

the zen zone

Create your own wellness space that can quickly transform into a tranquil office.

In today's fast-paced world, finding moments of tranquillity and relaxation are essential for our overall well-being. While many of us seek solace in various wellness practices, such as meditation and yoga, creating a dedicated space in your own home enhances these experiences even further. Resene Colour Expert Amy Watkins says soft greens have long been associated with having a soothing effect on the mind and body, which makes them ideal for a yoga or meditation space at home. She suggests using shades reminiscent of nature, such as Resene Green Spring, Resene Saltpan and Resene Secrets, for a feeling of serenity in your wellness space that will make it easier for you to relax and unwind. As well as greens, warm, earthy tones work well in these calm spaces, Amy says. "Try terracotta beige tones such as Resene Summer Rose or the buttery notes of Resene Athena to create a relaxing environment."

Keep to low sheen and flat finishes, such as the Resene SpaceCote range, to allow your colours to recede. These sorts of finishes help to diffuse the light for a space that's easy to be in. When it comes to trims, use whites sparingly for these and selected accessories. This frames your colour without making the room feel too clinical. In addition to choosing the right colours and finish, it's important to maximise the functionality of your wellness space. While the primary purpose may be relaxation and rejuvenation, you can also use it as a versatile working space when you're not resting or stretching. Incorporating elements such as a comfortable chair, a small desk or a yoga mat, depending on your specific needs will help you seamlessly transition between work and relaxation, all within the same tranquil environment.

Use your calming colours not just on the walls but also on furniture and accessories, or even the floor and ceiling, Amy suggests. Try painting plant pots, shelving or your work desk in shades like Resene Paddock, Resene Half Rivergum or Resene Flax.

Pay attention to your lighting too. Natural light is ideal, as it boosts mood and energy levels. Position your space near a window to allow ample sunlight to fill the room. If natural light is limited, choose warm, soft lighting options that mimic the natural glow of the sun. When choosing your wall colour, remember that lighting affects the colour of the paint. If your space receives ample natural light, try a lighter, cooler green like Resene Envy or Resene Rainee. If your lighting is limited, try a warmer green like Resene Aspiring or Resene Coriander.

Creating a haven in your home doesn't have to be complicated or require a large budget. With a bit of creativity and DIY, you can transform even the smallest of spaces into a special retreat. H

Above: Add natural materials and botanical features to enhance the connection to nature in your multi-use zen space. This soothing space does double duty as a wellness space and a handy workspace. The calming bamboo wall arch is painted in Resene Saltpan, floorboards in Resene Colorwood Breathe Easy, skirting and shelf in Resene Secrets, bench and desk in Resene Paddock, plant pots and lantern in Resene Half Secrets and small vase in Resene Vantage Point.

Resene Paddock Resene Colorwood Breathe Easy

project Melle Van Sambeek

words Jess Weale

images Bryce Carleton

<input type="checkbox"/> Resene Saltpan	<input type="checkbox"/> Resene Secrets	<input type="checkbox"/> Resene Green Spring	<input type="checkbox"/> Resene Summer Rose
<input type="checkbox"/> Resene Half Popcorn	<input type="checkbox"/> Resene Aspiring	<input type="checkbox"/> Resene Rainee	<input type="checkbox"/> Resene Flax
<input type="checkbox"/> Resene Half Secrets	<input type="checkbox"/> Resene Coriander	<input type="checkbox"/> Resene Envy	<input type="checkbox"/> Resene Half Rivergum