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welcome back to the space to be. Well, this is season one, episode one, Coming Home to Wellness, where we will be talking about all things wellness, design. I'm Michelle Paul office, I am your host, and I am with Valerie Putman, my director of design co-host. Hi.

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Hi, everybody.

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we are a design firm. We specialize in beauty and wellness design

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both home and business.

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And we are so excited to be talking about wellness design, because I think this is an overlooked topic. I think, you know, people talk about a, well, space. You know, a lot of times they talk about things like biophilia and exposure to light and air quality, and these are all key aspects of creating a space and a space that is designed well.

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We have been designing wellness and beauty spaces for over 20 years, and so we have a different lens for how we see wellness design,

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through the lens of beauty and, and great design and structured program and details that really pull a space together that is focused on well-being and and transformation, not just for the business, but for the home.

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you know, our, our design really encompasses what it really means to be well, and to have a space that is, is to be well, you know, and so I think, as you were, you know, to piggyback on what you were saying, Michel, you know, there are so many, so much noise out there in the industry where, you know, people talk about wellness spaces and know, you know, they have, a plant wall or they have, the quintessential, you know, organic, you know, element and water feature.

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Yeah, exactly. And, and and then they're like, oh, checked off the

list. Now we've got a wall space. Well, no, not the case, my friends. You know, I think we have to really

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take a second and, and dive

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deeper because it

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is so much deeper than that, so much deeper. That connection that, that we have with wellness and and design.

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So I'm so excited that we have the opportunity to, to start talking about that and to really bring awareness so that it really can be, you know, design for everybody. Everybody can have a wall space. Exactly. Well, it really is about what we always name the podcast The Real Wellness Design, which, you know, that's not not half bad.

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We we decided on this space to be well, but at the end, you know, coming back to the real wellness design because this really is about true wellness. True wellness. Touches our innermost part. And, you know, you were talking about, you know, this noise about wellness, you know, when you when most people think about wellness, they think about the green juice, right?

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That is how the aspect of, eating well and exercising well, you know, will even go as far as to talk about our emotional state and, and the health and quality of our mental and emotional well-being. But I also think it goes even deeper to the soul.

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And that is where

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design is formed, is in the soul.

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That's the why. That's the purpose. So you could be truly eating, you know, the best foods and drinking all the green juice in the world. And trust me, I'm a wellness. You know, I'm. I'm, a pretty deep wellness person. But you could be doing all of that in. Your soul's not right. And you're not in touch with with the why and the purpose behind.

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You know, why are you drinking the green juice? You know, it's about your soul and how you want to feel and, and and and how you want to wake up every day and it's about living life to to the best and and feeling the best that you possibly can. And so, you know, when we talk about the green juice, I sort of think we have that same noise when when people talk about wellness design.

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Because just like the green juice, that's great. And it's it's a good sort of foundation. But true wellness design is much deeper than that. Yeah, it definitely hits much deeper. So isn't it exciting that we we really can start to share some of our insight and help people understand and help people connect better with their spaces? Because don't we all we all want to be well, right?

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We all, you know, we all deserve to be well. And and, I think being able to, to help people understand you know, where we're coming from is, is a really great opportunity and well designed. Yes to. Yeah. But I do think that, you know, we we're going to walk, take a journey, a wellness design through the home

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and today we are starting with the foyer, which is like, I think, the obvious place to begin, but sometimes the most overlooked, you know, I think about, you know, we because we designed so many beauty and wellness interiors businesses, we are really focused on the the first impression, the

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reception area. You know, we talked to our customers about yielding a big return on their investment when they're investing their their dollars wisely into their space. And it again, seems very obvious. But where we're putting most of those dollars in the business is in the reception area because it's all about the first impression. It's about, attracting clientele, helping them to understand dive into their brand from the minute they walk in the door that they start to go through this, idea and this feeling of transformation.

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Well, guess what? It's the same for the home. And so that is why the foyer is so important, because it is about that threshold. It is about sort of leaving the world behind and walking into your own personal sanctuary. And whether you have a foyer that's big or small, I think that that threshold, that first impression is key to, starting the wellness journey in design in the home.

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the, the foyer or your entrance really helps establish,

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the that first impression, you know, showing, you know people this is who I am, this is where I belong. This is, you know, welcome to my space, you know, and, I hope you stay a while or maybe not. I don't know as quickly as it exactly.

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I think that's where you could really have a lot of fun,

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you know, showing your your identity and your, you know, how you want people to feel as soon as they walk in the space, you know, do you want them to be joyful and excited and happy?

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Do you want it to feel mysterious and and a little moody? You know, the choice is yours. But, you know, the foyer is a great place to to make this initial impact. Absolutely. First impressions are key. And and not even just for the guest, or for whoever's coming to visit, but for your own personal self when you're when you're coming home.

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I know for me, when I come home, like, I'm putting the the day behind me or the, the loud noise, the chaos that's happening outside, you know, coming home is is coming home to my personal sanctuary.

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From the moment I walk through the door. I want to feel that feeling of comfort, of safety, of security, and also to feel like this really represents who I am so that I'm the most comfortable.

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And so we talked about the, you know, the, the sort of diamond, if you will, the four dimensions of true and real wellness design, you know, starting with identity. So that's key, right? So if you, want

the space to be light and bright, your foyer or dark and moody, as you mentioned, I do think, that identity plays a role.

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But then there's the functionality to. Right. So it's where do you put the coat? Do you take off your shoes? And let's not forget about the Amazon, box graveyard. Yeah. And when you walk in and say, okay, who ordered what and why is this here? What, for your home to look really beautiful? That's a whole other story, but that's, you know, that that functionality, that behavior.

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So again, real and raw wellness design is about not only thinking about your identity, but thinking about your behavior and, and how you move into that space and how where do you drop off your keys and, hang your coat and, and put your shoes and and then there's even that, that third dimension is the where and that's that relational connection.

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So back to, as you were saying, how do you welcome a guest in the space and in that threshold or transformation for the, that relational connection that happens the moment somebody walks in the door? That's that's key. And then, of course, there's the how. Right? Yeah, absolutely. Artistry. Yeah. How how are we making a cohesive and artful interior space that truly, you know, comes the comes the senses, brings order to things and really just I think all great design, you know, should, you know, give you that that sense of just wow.

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Right. And I think for the foyer that's really important. It's well the name of the season is coming home to Wellness. Yes. If you want to come home to wellness, you it's it's walking through the front door in the, in that foyer or, you know, a, you see, designs where you walk into the foyer and it's this huge, huge, expansive foyer and there's spiraling staircases that go in one direction or the other.

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You know, I think that's that's great. But then you have to question, does that really is that really who you are? Is that really how you want to feel when you walk in the space? Potentially, yes. You know, maybe that's just all about this grand first impression. But, you know, that's something that really needs to be thought out.

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You know, it's the why, right? That's the purpose. That's the core of wellness design is the why. So when you're thinking about the design of your foyer, are you want to be thinking about the purpose and the why, what is behind that foyer that's really important to you? And and maybe that's, that's the most important to you. Is that, you know, that massive first impression?

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But I just wonder if there's a deeper level of thinking as it relates to truly how you want that space to feel when you walk in the door. Yeah. So not everybody has the luxury of a big foyer. No. Definitely not. I'm one of those people. But I think, you know, no matter if you have a large or small space, as as your foir, there's still takeaways here that, you know, that translate, you know, even even thinking about, you know, our, our business clientele, you know that immediately when, when someone's entering the space, you really, want to start to explain and kind of story tell where they're going to go on

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their journey. And what better place to start than with, with the front door itself, even, you know, that can be such a statement, you know, in itself.

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Well, you know, I'm, I'm planning a remodel on my house, and I'm shoemaker. Right? You know, everybody has nicer shoes than I do. Right? By the design of my home.

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It has has been something that I've been working on. But my my customers, my clients come first. So it's sort of like a side project that I just never get to, but I, I have come a long way, with the design and it's it's close to execution. But I will tell you something right now, man, I would not do this project if I could not do to the foyer.

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What I plan to do. And this is so I've already thought about the why with my design. You know, this is, you know, this is it's such an important part. Like, I'm all about first impressions and I'm all about, you know, a transformation, a sanctuary. I want the space to be beautiful and restful and have all of the elements of the artistry and the refinement that go into great design.

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So, like, I, I, you know, I painstakingly put hours and days and years into what that that foyer was going to look like. And we know

what that feels like. Right? Because we do the same thing for our clients. Like we painstakingly sometimes just continue to fall over the ideas and the details to make sure that it's beautiful.

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Like absolutely no different. This is my foyer. Absolutely. And that means blowing out of the closet and taking that away from my husband's office, which, you know, well, I think I'm getting through that sale. You know. Yes, you're losing it. However, we're gaining a beautiful foyer and it literally doubles the size of the foyer. And, I'm even putting a window in the front so that somebody's driving by.

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It's almost like a shadow box you see into the foyer. And there is these organic dimensional panels that are happening in there. And beautiful lighting. And that statement light fixture, and, and of course, the door, you know, like, for me, it's about, a carved organic wood door that has a metallic paint finish on it. And yes, I'm still trying to figure out where I'm going to source that.

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Okay. But you know it. That's the refinement. Those are the details that we're talking about, that that's the how. And if you know your why, why you want to do it, if you know who you are deep down inside, if you if you understand your behaviors. Yes. My husband orders a million boxes on Amazon. Well, that's my husband's.

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But, you know, you gotta work up, right? And then there's the the connection and how I want people to interact in the space. And then you pull it together with the how through artistry and beauty and quality. Wow. That's the beauty of wellness. Yeah. The winning formula. Right. Easy. Right.

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Right. Winning for me it is. It is. Absolutely. And I, I would say that he is going to once this happens and it's built and he's going to see how much of an impact taking away that closet that he did have. How how big of a difference that that's going to make in your daily life by having that really fits your life now and in all these aspects?

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I think it's just he's going to be like, well, why didn't we do that sooner? Like, this is, you know, that's like a no brainer. Yeah, I think so. And of course I always know best. Yeah. And then the design I think he knows more about paint than I do. But then again,

when I'm like, no, I think that, you know, when we think about the foyer, these are the sort of details that that I think need to be talked about and how important they are when it comes to design and transformation.

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It's all about this space to be well and and true wellness design. And it starts when you walk in the door. Right? It's absolutely, absolutely it is. And, you know, I would say that, you know, again, I think we started to kind of touch on this a little bit, but, you know, just myself, I have a very small entrance and foyer.

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Sure. That'd be great to change, but, you know, it is what it is right now. So how do we make the the most out of, you know, this opportunity? How do I make that space feel more. Well, and, you know, since we've really been starting, you know, conversations around our, our podcast and really, you know, it's brought to attention.

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It's like, wow. Yeah, I really could take some let's take my own cues here of what I do every day. And, you know, I think I think I need to give my foyer a little more attention. I'm not going to lie. Exactly. You know, I, I agree. Yeah, I think okay, let's let's say it, I see. Right. You know, it's like we are guilty, right?

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Yeah. I'm guilty because this is a this is something that needs to be taught, and it needs to be something that's learned. And it needs to be something that we focus on when we're when we're thinking about the design of our homes.

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Valerie, when I, I'm familiar with your foyer and, and you know some things that and I would encourage all of our listeners and watchers to, to think about is even though if you have a small foyer, there are some big things that you can be thinking about.

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And you mentioned the door. I talked or the door is like, everything, right? You could have a small foyer, but have this really beautiful door because the door represents sort of the coming and going, the separation between the outside world in the inner sanctuary. And so I think for those that have a small foyer or that they can be thinking about the, the door.

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Yeah, I think that's key. I always think about sometimes less is more. Maybe it's just that grab and light fixture or something. Even though it's a small space, the lighting can really transform that, those environments. And I think that's something else that that one can be looking at is, is the lighting. I do think that lighting is everything.

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And I think that, that's something that can be looked at. And then even just a beautiful wall covering,

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we always talk about yielding a big return on a small investment. And wall coverings are a great way to do that, you know, everybody knows. Now, while coverings have made a, huge resurgence, and we do all coverings in our, beauty and wellness spaces all the time.

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And this is really something that you should absolutely think about for your foyer and even a mural. Yeah. Absolutely. Magical. Beautiful. You know, a statement mural that, just has, an element of nature and an artful quality about it that I think would be really stunning in a small space and, you know, just have the the perfect little side table there.

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You know, the a beautiful coat hook. And then to make it personal, you know, something personal. It could be, just, a piece of artwork that represents, travels or, you know, a favorite color in the wall covering something that's just a little bit personal that you can pull off in a small space. Yeah, absolutely.

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No great, great ideas. Great ideas. I think there's, just piggybacking on, you know, what you were saying about making a space personal, and I think, a really cool thing that we can, we can do for our home interiors is actually to use something that has emotional value to it as kind of like an anchor for helping to create your space.

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Like, I, I love to do this. I'm I'm definitely a very emotional type of person. So I connect a lot with, you know, things that I feel like are beautiful or have like a great sentiment or meaning to them. And so I, I actually really love to, to have it's not just an art piece to me.

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It's something that I truly it's I emotionally connect with that makes me happy or makes me feel a certain way. And I love walking into a space and seeing that and feeling like every day, like, it just brings me joy or, you know, and it makes me feel like I'm on top of the world just having, you know, these certain things.

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And so I think that's something that you can also think about whether it might be, might be a vintage rug or it might be an heirloom side table for you or, or again, it could be that art piece, but I really love the idea of bringing that sort of emotional connection through through some, some object that, you know, you don't need a lot, you know, that's that's, you know, again, less is more.

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I feel like when you find that one thing, 1 or 2 things that just really are special to you, that can really, again, just help you feel that sense of belonging and that sense of space. So I think that could be a really great way that, you know, I could, I could, you know, look at that. You know, that small space quality over quantity, especially this small space to me that's a that's a value that I have.

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It's about quality over quantity. As you mentioned, less is more. And so especially in this small space these are things it's that these are things that you can be thinking about. And then you're sort of balancing that identity or the who, as you're describing with these special pieces, with the behavior and the what and how does that space function and where are we putting our coats, and where is the little side table, that you can set something down when you're taking off your shoes.

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So those are the the details matter and design is absolutely in the details. And the more we dive into wellness design, we're going to really prove that design is in the details. It's in the thoughtful details. It's the quality of the details. Details matter and design over and over and over again. And even in the smallest space such as the for these, these details are super important.

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And you know what else came to mind too, is like a mirror. The mirror in there would be beautiful. It would open up the space to and reflect the light and, could be very special in a smaller space to or a bigger space. Yeah, absolutely. Can we talk just a little

bit about about daylight as it relates to, fair.

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And we delve in a little bit deeper on daylight, you know, you know, you mentioned that in, you know, in your remodel that you're definitely you wanted to put in a nice, beautiful window that's going to act as this kind of shadow box effect, but also, you know, it's going to bring in this beautiful daylight. And, I think, you know, whether or not you have the ability to put in a new window or you have, have, have, you know, a window already, you know, you can also think about your door acting as that light filtering, as well, or adding, like a clear story window.

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There's and the mirror, even as you said, that's going to help just reflect, what's happening on the interior. But I think, you know, what's really special about daylight is the fact that it's not just like, a stationary thing. It moves and moves throughout the day. Right? And it gives you different effects in your space. It creates shadows and patterns and organic details just naturally because you're bringing the outside in, you know, through, through daylight, it.

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So I think there's, you know, that's really interesting to me, like when you compare that to just maybe, decorative light that we can just pop in the, in the room, like, which is can be more stagnant and stationary and context, you know, like it's the same light quality uniformly all the time. You know, where I think we could really play with daylight as how that really changes your changes, your space, how it makes you feel, and everything.

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Definitely. And I think that's one of the main reasons having that window and the new design that I'm creating is crucial. But we think about that all the time in our spaces. We're always thinking about even in our businesses, when we're looking at the design of our, beauty and wellness spaces, we see things from top view, site view, a dimensional view.

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And I always see these like, barriers. Right. And it's like these walls are put up and I am all about letting the cheese flow through the space, which is a light a lot of times, and allowing the light to filter through the space. And so it's like we need to like open up this wall or we need to replace this wall with a window.

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And I'm totally in agreement with you. I think that we are organically and naturally attracted to light. Definitely. You know, I think there's a spiritual meaning behind white. I think it goes very deep on why we are organically and naturally attracted to the light. And so to to have that in design is one of our, like, real secret sources, right?

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We're always looking how we can filter light as much daylight as we can into this space. And I'm so happy you brought that up, because that is like absolutely crucial in creating, a space that is, is well, I mean, imagine a space without light. I mean, it would be like a jail cell. I, you know, like, not good, right?

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Like, could you imagine not having access to to light? Yeah. Daylight especially, you know, you can shut light out, you know, in the evening hours. Even if you're, you are creating like a, a romantic environments and, you know, you're dimming the lights, but there's still. Yeah. Exactly. Right. Exactly. And, those are the the lighting detail is, crucial in creating a, space to be.

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Well, yeah, absolutely. And then further, can we talk about nature? Absolutely. My mom, one of my favorite subjects. You know, for that same, same reason, I think that we are attracted to nature. Yeah. There's a term called biophilia or natural affinity to nature. And we've talked about this before. Could you imagine? You know, again, here's the designer and me.

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Like, I get offended if I see a space that doesn't have some sort of, like, natural element to it, even if it's just a beautiful orchid. It needs some sort of, reflection of nature that we're organically attracted to. That's what biophilia is, our natural affinity for nature and, space devoid of nature is is it's not, it's not a, well, space.

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No. Even if it's done through architecture. Right. There's ways to bring. And that's where I was, you know, in talking about my front door of wanting, like, a carved wooden door with an organic element carved into it. So, so you can bring nature into a space without just putting a plant. And. Yeah, I love the architectural aspect of nature.

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Yeah. And the carvings and the dimensional panels and wood and

things of that, that, that really showcase, you know, God's creation. Yeah. And I think, you know, that's one of the fun things that we get to do as interior designers, as, as we're always at the forefront of seeing what new things are on the market, how, companies are, you know, creating and responding to wellness and other design trends, for that matter.

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But how we can pinpoint and use these different, materials to really help elevate our interiors, you know, and that it doesn't have to be so literal that every space has to have this exact plant. Although I love plants. So, I wouldn't I wouldn't hate that. I wouldn't plant. I am in the floral yes, yes person I am.

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I love flowers. Yeah. And it's, It's such a beautiful thing. Yeah. So there, you know, if you think about it, there are so many different flowers, the colors of nature, the shapes and the geometry of nature and all of that. You know, it's really it comes together as a very cohesive, beautiful thing. Every time it's the anchor and it's it is.

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I think the space really can't be well without an organic component to it. Yeah. And that's something that we love to explore through our art history and our refined spaces where we're incorporating these, you know, panels and, luxury materials, even if you think about marble and onyx and stones, that right there is nature still, right? Yes.

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We're not just even talking plants or the proverbial olive tree with yes, love. Yeah. But there is that element of the stone and wood and layering all of these natural aspects is how you really get a refined, luxurious space that's reflected of true wellness. Yeah. And there's something to really why, Chris, you're talking about these natural stones and these different organic materials that.

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So, so grounding. Right. Having a space that has natural materials is automatically such a grounding space and feeling that, you know, I don't think I don't even think people realize, like the impact that, you know, it's like either a wood floor or just a beautiful wood countertop. Were, other details like that that really, just can set your space apart and just really make you feel really good and grounded.

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Unknown

I hope that everybody is being inspired by these, these thoughts and ideas, because this is the the true foundation of of true wellness design. It really is. I think when you incorporate those elements and you layer all these pieces, you really have an authentic, timeless space, one that's refined and one that is sort of has a luxury, component to it that really stands the test of time.

00:32:50:07 – 00:32:51:15

Unknown

Yeah, absolutely.

00:32:51:15 – 00:33:18:16

Unknown

Gallery I enjoyed this conversation talking about the well interior for, for year, which is all about the first impression. You know, just to recap what we talked about in terms of those components that really bring a foir together. It's the natural light. It's the, organic element, either through architecture or, or plants or that beautiful orchid.

00:33:18:18 – 00:33:47:19

Unknown

It's about, the layering of materials, potentially beautiful wall coverings or marble, stone finishes, even if it's a beautiful piece of furniture, adds having that light filtering quality in this space, the, the beautiful rug that is an heirloom piece or that piece of artwork that brings it all together and those details really go about bringing together a space.

00:33:47:19 – 00:34:11:10

Unknown

If it's if it represents who you are and it suits the behaviors and the, the patterns that you do when you walk into the house. And it really helps guests and, to feel comfortable and relaxed when they walk in the home, including yourself. You have a space to to be. Wow, I love it

00:34:11:10 – 00:34:33:23

Unknown

So on that note, we will see everyone next week where we are going to stay on topic here this season. Coming home to wellness. And we will be talking about the great room, the family room, the sitting room. It's all the same room. Exactly. The living room. Yeah,

00:34:33:23 – 00:34:34:12

Unknown

I love it.

00:34:34:12 – 00:34:47:13

Unknown

And I do, you know, again, if you have any thoughts, ideas to our listeners and watchers, if there's any questions that you have or comments and you want more information, please reach out and comment.

00:34:47:13 – 00:34:48:07

Unknown

Thank you.

00:36:18:17 – 00:36:32:19

Unknown

have to ask, you kind of started to touch on this a little bit, but, you know, what are you talk about? Deliveries at your home you touched on you have that kind of an Amazon graveyard, and I.

00:36:32:19 – 00:36:47:12

Unknown

That just makes me laugh so much. But I also understand because I've seen it happen at my house, too. But share like, tell the details. Like what? What? You know, funny story or.

00:36:47:12 – 00:37:01:15

Unknown

Well, I have to say, it drives me crazy. You know, I it's like I, I do order on Amazon. I would be and I order everything online actually, you know, my clothes, my shoes, everything generally you know I packages delivered all the time.

00:37:01:17 – 00:37:23:06

Unknown

But you know, I, I'm very good at going through. I know what I'm expecting and I, you know, I'm efficient at, opening up my packages, you know, putting together the boxes so that I can recycle them efficiently every week. And, yeah, it's, you know, my husband, it's like, sometimes I just wonder, what the heck is he ordering?

00:37:23:08 – 00:37:53:05

Unknown

This is boxes keeps showing up, like. And these are just small boxes. These are huge boxes. Like, seriously, I think he's stocking up on toilet paper. It's like. Yeah. And it's just like, okay, I promise you, we can order more for when we're running a little low, you know? Yeah. Need a couple months worth of toilet paper. But that is all part of the the remodel that so I there is a method to the madness.

00:37:53:07 – 00:38:14:13

Unknown

This is part of the remodel is, I am building in, you know, while I'm taking away his closet, his storage. Storage? I am building a beautiful storage closet. You know, this is one of our things, right? We love built in detail. So this is going to be, built in detail that that you wouldn't even know is a closet.

00:38:14:13 – 00:38:43:02

Unknown

But if you, you know, it opens up and we can stack things there. And as we receive the deliveries, we can we can fill the the storage

unit. But once it's filled, no more. Right. That's the the the limit is the is the storage unit right there. We have no more room. But in all seriousness, I think that's something that everyone can, you know, can and should benefit from.

00:38:43:02 – 00:39:07:03

Unknown

You know, because deliveries, you know, online ordering is, is it's here to stay, right here to stay. Yeah. So we do need to think about, how we manage those deliveries. We have to deal with this every day with our our business clients, right? Yeah. They have orders that they're receiving boxes of product and supplies. And how are they managing?

00:39:07:05 – 00:39:17:21

Unknown

The receiving. That's that's a big part of that. Goes into our planning every day. And that's something that we all need to be looking at, for our, our personal homes.

00:39:17:21 – 00:39:20:22

Unknown

definitely some good takeaways there.