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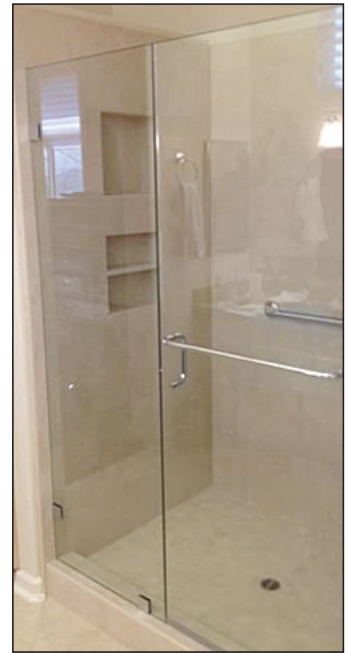
HOLIDAYS: Pick the best scents // COLORS: Getting nostalgic

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HOME TRENDS MAGAZINE

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Candle scents that create a festive, joyful home

BY BRANDPOINT

“Oh, there’s no place like home for the holidays,” crooned Perry Como in the iconic 1954 classic Christmas song of the same name. That stirring sentiment, for many, rings particularly true this year as we look forward to once again hosting celebrations at home with loved ones.

If you’re planning to stay home for the holidays, now is the time to start thinking about how you can create a festive and joyful atmosphere for yourself and your guests.

Decorations, food and entertainment are all important aspects of the holiday season, but another impactful way you can create a homey holiday feel is through fragrance. “Our sense of smell is our strongest sense,” said Harry Slatkin, home fragrance expert and founder of Slatkin & Co. “It goes straight to your brain and can recall a memory and give you a sense of joy in an instant.”

As you return home for the holidays this year, Slatkin, dubbed the “Candle King” by The New York Times, offers these five home fragrance tips to create a festive and joyful holiday atmosphere with scented candles.

1. Scents to greet your guests

When your guests arrive, you’ll want to have a scented candle burning that makes them feel relaxed and uplifted as soon as they walk in. In your entryway, light an aromatic candle with notes of pine or fir balsam to greet guests with a fresh, woody fragrance.

Even if you don’t have a Christmas tree, a scented candle with notes of pine needles and juniper will have guests believing that you brought one home that day. You can also opt for other evergreen candles with notes of

white birch and crisp winter air to capture the scents of a snowy winter day in the woods.

2. Scents to gather around

No matter where you start the evening, chances are everyone will eventually gather and end the night in your living room. To create a cheerful and festive atmosphere, choose a candle with bright, invigorating notes like Christmas Joy. This lively fragrance blends sparkling citrus notes with a variety of holiday spices, fresh cranberries and blue spruce that will remind you and guests of cherished holidays spent sipping mulled wine in front of the fireplace.

3. Scents for the cooking and dining areas

Choosing a scent for spaces where you will be cooking or eating can be tricky because you don’t want a candle fragrance to compete with the aroma of your holiday dishes. Likewise, burning a scented candle during dinner can interfere with the dining experience and take away the enjoyment of the meal and ambiance.

Instead, after the cooking is finished, burn a gourmand-scented candle in the kitchen with notes of buttercream and brown sugar that will have your guests’ mouths watering. Even if there is nothing cooking in the kitchen, the inviting fragrance will have them thinking you just took a tray of freshly baked sugar cookies out of the oven.

4. Scents for you

As a host, don’t get so caught up in the party planning that you forget to enjoy the

holiday season. Take time to take care of yourself by relaxing alone at home in your favorite spot with an aromatherapy candle. A scented candle with soothing notes of geranium, frankincense and cedarwood can produce a sense of tranquility and calm to help you find a sense of inner peace during the busy holiday season.

5. Scents for the ones you love

Gift a sensory experience by buying scented candles for those near and dear to you. While the act of gifting scented candles may have served as a punchline on late-night TV in recent years, the \$23 billion U.S. home fragrance market is no joke. Americans love scented candles. For a wide variety of choices, check out the Homeworx by Slatkin & Co. collection of 4-wick candles.

Whether your loved ones prefer warm, comforting candles with notes of cinnamon, pumpkin and vanilla, gourmand and fruity scents or woody, winter-themed fragrances, you’re sure to find options to satisfy them all. Best of all, they’ll think of you every time they light their candles.

“There is no stronger connection between scent and feelings of peace and joy than during the holiday season,” said Slatkin. “It is a special time when we create and celebrate memories with family and friends, and scent is the common thread that ties them all together.”

Set the seasonal mood with scents that evoke warmth, relaxation and togetherness. Using these five home fragrance tips, you can create a holiday everyone is sure to remember.



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AN INVITING SPACE

5 ways to make your home smell fresh and clean

BY FAMILY FEATURES | PHOTOS BY AMBA PRODUCTS

A clean and inviting home doesn't just look tidy, it smells pleasantly refreshing, too. However, running a household can be a stinky business and it may take some special effort to make your living spaces feel more welcoming.

Consider these sensible ideas to improve the scents throughout your home:

BRING THE OUTSIDE IN

Fresh air is a terrific option for banishing bad smells. Throwing open windows creates a cross breeze that can chase stale, musty air away in a hurry. You can also improve your air quality by adding house plants, which naturally help purify the air by absorbing pollutants and exchanging carbon dioxide for oxygen. Plants like jasmine, eucalyptus and gardenias also offer their own pleasant scents.

REFRESH SOFT SURFACES

Textiles and other soft surfaces throughout your home easily trap odor-causing bacteria, dust and other particles that can contribute to unsavory smells. That's why it's a good idea to regularly give the rugs, carpet, bedding, throw pillows, curtains and other soft surfaces throughout your home a deep cleaning. If you can't machine wash an item, use a vacuum with a hose attachment to remove as many hidden particles as possible.

INSTALL A TOWEL RACK

Damp spaces like bathrooms are breeding grounds for bacteria. If you notice a musty smell in the bathroom but can't pinpoint the source, it may be your towel. That's especially true if, like many people, you reuse a towel several times before washing it. Hang-drying your towel may not be enough to

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chase away smell-inducing bacteria. However, the growth of bacteria is reduced on heat-dried towels by as much as 99%, according to a study commissioned by Amba Products. What's more, in the study, a heat-dried towel produced a fresh smell over a seven-day period, whereas an unheated sample produced a musty odor by the fourth day.

With a variety of styles and finishes to fit almost any decor, the line of heated towel racks produces radiant heat to gently warm and dry towels. That can help eliminate moisture, resulting in less growth of mold and mildew. They also offer time, water and energy savings, plus some models come ready to use and take as little as 5 minutes to set up.

SIMMER FRESH AROMAS

If you need to add a pleasant scent in a hurry, such as just before hosting a special event for guests, consider simmering something that smells delicious on the stove. Simmering a blend of orange slices, cloves and cinnamon in a pot of water over low

heat produces a subtle, pleasing scent that doesn't overpower the room. Diffusers, candles and room sprays can also help add appealing smells in rooms that may need some extra attention.

CLEAN COMMON CULPRITS

Every household has some common culprits and, if you're noticing smells, you may need to step up your game to keep these areas clean. Trash cans, litter boxes and pet beds all need regular attention that goes beyond the basics. Make a point of not only emptying the trash but also cleaning the trash can itself. Don't just scoop the litter box. Replace the entire pan at least weekly. Strip and wash the exterior covering of pet beds and air out the cushion.

Keeping your home clean and smelling great does not have to be complicated. Maintaining a regular cleaning schedule and incorporating ways to purify and enhance the air can make the space more enjoyable. To get your home refresh started, visit ambaproducts.com.



GETTING NOSTALGIC

Fill your home with comforting color

BY FAMILY FEATURES



In the world of design, what's old inevitably becomes new again, and a similar pattern is inspiring today's on-trend color palettes for home decor. The latest styles reflect reviving and comforting colors influenced by heritage and romance, leading to a look that is familiar in an individualistic way.

With more people living their everyday, working lives at home, many homeowners are discovering the contentment that comes with slowing down. Often that means looking to the past to find comfort for moving forward.

Nostalgia serves as an emotional tool that delivers deep-rooted

serenity and powerful healing properties. Looking to the past is often beneficial during times of uncertainty and can be an opportunity to bring styles and practices back to the present to create an appreciation of the past.

Whether living through the romance of rural lifestyles, the comfort of home or the nostalgia from far-off times, some of today's most beloved design aesthetics celebrate the past, present and future while bringing balance, hope and comfort for you and your family to embrace.

TIMELESS COLOR

Using color to evoke feelings and emotions is hardly new but combining a carefully curated color palette with other design elements can allow you to create a look that pays homage to the past while breathing new life into your living space.

Reimagining classic, familiar tones allows you to achieve a design motif that is equal parts reminiscent and refreshing.

"The Vintage Homestead Color Collection offers an effortless look that reveals the importance of being hopeful to find stability and balance," said Ashley Banbury, HGTV Home by Sherwin-Williams senior color designer. "Our 2023 Color Collection of the Year revives elements from the past that are perfectly paired with vintage, comfortable and classic colors."

BLENDING PAST AND PRESENT

Striking a balance between old and new can take many forms, as these styles show:

Heritage Revival: An interest in reviving the past is evident in design trends like a reemerging appreciation of antiques and vintage elements, such oversized furniture and traditional shapes. To capture this style, your design should focus on contrasting old and new for a mix-and-match look. Ultimately, the aesthetic is a look that feels simultaneously individualistic and curated.

A cohesive color scheme can allow the various elements to stand on their own while working in harmony for an intentional design. For example, the HGTV Home by Sherwin-Williams 2023 Color Collection of the Year includes a combination of familiar tones that have been thoughtfully curated by design experts who borrow color and design concepts from the past for a hopeful future and a sense of belonging. Hues like Poetry Plum and Hot Cocoa evoke warmth and depth, while moderate shades like Restrained Gold and Glamour offer fresh ways to incorporate mid-range neutrals. Meanwhile, soft tones like Natural Linen and Cool Beige offer subtle color for lighter, brighter spaces.

Mixing and Matching of Eras: A new take on retro design is emerging in which eras are blended and new and old furnishing work side by side. To get this look, you'll craft a space that marries historical and contemporary design, celebrating both the old and new.

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To design for longevity, incorporate pieces that are ambiguous in era and stand the test of time.

Vintage Homestead: Reviving design elements from the past with mixed patterns, classic shapes and vintage decor adds up to comfortable and comforting design. With this trend, prints and patterns encompass a range of styles, reinforcing how interiors connect to fashion. Mixing classic elegance with sleek vintage shapes is refining the concept of polished comfort. To achieve the look, curate pieces in heritage shapes and patterns, along with retro accents. Be sure to incorporate vintage lighting and glass, as well.

A versatile color choice like Darkroom, the 2023 Color of the Year from HGTV Home by Sherwin-Williams, is an alluring shade that is classic enough for heritage interiors but also modernly retro for a throwback-inspired aesthetic. It's a neutral perfect for creating an eclectic yet modern look inside and out. Indoors, use it on the walls to offset more earthy brown and taupe tones in your furnishings and textiles.

Get inspired to combine the past with the present for a comforting design that's all your own at hgtvhomebysherwinwilliams.com.

CRAFTING A CONSERVATORY

Today's homeowners are also increasingly interested in biophilic design and bringing the outdoors in, which prompts a conservatory aesthetic in home design. To achieve the look, design your space to make maximum use of natural light in creative ways. Incorporate large potted trees and statement plants that blur the lines between indoors and outdoors.

HANGING OUT

5 best hanging plants to add to your home

BY HUNTER BOYCE

THE ATLANTA JOURNAL-CONSTITUTION



One of 2022's top interior design trends is all about bringing the outdoors in. Following years of being cooped up at home with minimal social interaction due to the pandemic, many homeowners and professional designers are looking for ways to make the home feel more relaxing, inviting and natural.

From mixing and matching different types of metal fixtures to slapping on a fresh coat of a verdant green, there are a number of clever ways to bring the outside in. But, adding some plant life to your living space is easily the most obvious.

POTHOS

If you are willing to shoulder the necessary maintenance, plants can be a great way to breath new life into the home. For starters, consider the pothos plant.

According to By Brittany Goldwyn, pothos plants are classic choices for hanging decor and can be found at most nurseries. Common choices are the golden pothos, marble green pothos, jade pothos and neon pothos.

SPIDER PLANT

Zia Allaway, co-author of the RHS "Practical House Plant Book," said that the spider plant is one of the easiest house plants to take care of.

"I love it for its fountains of variegated foliage and little baby spider plants that dance around the leaves on their

curved stems," she said, as reported by Country Living. "It takes some shade, survives drought, and you can feed it occasionally, but it will be happy with very little pampering."

CALATHEA (PRAYER PLANT)

Another popular choice is the prayer plant. Costa Farms representative Justin Hancock said that it's a great choice for inside the home.

"Earning its moniker from the fact the leaves fold at night like a set of praying hands, it tolerates low light and adds a little excitement and contrast to any houseplant collection," he told Real Simple.

LIPSTICK PLANT

For those looking to add a little color to their collection, it's hard to go wrong with the lipstick plant. According to Gardening Etc, you should hang the plant in a bright position away from direct sunlight. Water the plant when the top of the compost feels dry. Mist the foliage every few days and apply fertilizer once a month during the spring and summer.

LOBELIA

For a lot of color, house plant lover need to look no further than the lobelia plant. The plant blooms in blues, purples and whites. According to Bob Vila, the plant does best in part-shade. The plant can be found at most nurseries.



Unexpected spaces

Surprising home upgrade ideas

BY FAMILY FEATURES
PHOTOS BY WELLBORN CABINETS

Not all great things come in big packages, and home upgrades are an example of the truth in this wisdom. Unexpected, smaller spaces may not get the same attention as high-traffic areas like kitchens, bathrooms and living areas, but their impact can be just as powerful.

Get inspired to make improvements to the lesser-used areas of your home with these tips from the home decorating experts at Wellborn Cabinet, Inc.:

ENTRYWAY

It's the impression that welcomes guests into your home, so even if the space is small, your entryway warrants some TLC. Focus on making it open and inviting by removing any unnecessary furnishings. Some functional storage, like a bench with integrated coat hooks, can serve a practical purpose, and if you have the space, some built-in cabinetry with an eye-catching countertop can incorporate stylish storage.

LAUNDRY ROOM

Getting motivated to do chores like laundry is easy when you have a beautiful setting for getting to work. Introducing pops of color in nontraditional places, like the cabinetry, adds a high-end elegance. Water-inspired and earthy hues like Midtown Matte Tidewater or Arcadia Chiffon Cypress are perfect for the laundry space. Both are options in Wellborn Cabinet Inc.'s Aspire Series, which features concealed hinges with self-close functionality and matching interiors for a high-class look, even when the doors are open for business.

CLOSET

A cluttered closet may not be the first thing a guest notices, but it's a space you visit daily. Improving the organizational features can streamline your morning routine and put you in a more positive frame of mind to start each day. There's no right or wrong when it comes to closet design, but using cabinetry in place of open shelving and rods lends a more luxurious feel. Plan for adequate hanging and closed storage, and if space allows, be sure to plan for shoes and accessories since these items can easily contribute to a closet's disarray.



MINI BAR

If you fear you don't have room for a mini bar, you may be surprised. Reimagining a larger cabinet, like the ones Wellborn Cabinet, Inc. offers in 30-, 33-, 36- and 42-inch widths, can create an instant bar out of just about any wall space where you can fit a cabinet. Install it as a coffee bar or traditional bar, or add the optional Appliance Pullout shelf for more versatility.

PANTRY

Guests may not find themselves in your pantry very often, but you likely use this space every day. Transform your pantry for heightened utility in simple ways like using clear plastic bins for small boxed foods or stylish wicker baskets to hide away snacks. For a more permanent solution, take advantage of unused space on the back of the pantry door with thin shelves for items like seasoning packets and smaller canned goods.

GUEST BATHROOM

Swapping out a tired vanity and countertop is a relatively affordable upgrade that can completely change the style of a secondary bathroom. Be sure to also update the fixtures for a more contemporary look and, if budget allows, replace the flooring. Finish the project with a fresh coat of paint in a light, airy shade and add new textiles and a few decorative touches to complete the job.

HIDEAWAY STORAGE

One feature that enhances virtually any space is more storage. Having convenient places to tuck away all your stuff makes rooms

feel more open and inviting. Hidden storage solutions are often better because you can enjoy the functionality they add to the space without interrupting your design aesthetic.

Here are some clever ideas for keeping necessary items tucked out of sight but within easy reach:

Built-in step stool: If you love the look of tall cabinets but struggle to reach the top shelves, a practical addition is a hidden step ladder in a pullout caddy. Specially designed ladders that fold down extra narrow and feature nonslip rubber treads make this a handy addition you'll reach for again and again.

Paper towel pullout: Keep paper towels hidden but close by hiding them in a pullout cabinet such as Wellborn Cabinet Inc.'s 12-inch-wide model, which features a built-in paper towel holder and bottom shelf ideal for organizing cleaning products. There's also a space behind the paper towels that's perfect for storing sponges and other kitchen supplies.

Drawer dividers: While you can find many after-market options to organize the insides of your drawers and cabinets, choosing organizers designed to work seamlessly with your cabinetry creates a more polished look (and saves the headaches of measuring and guesstimating the fit).

Tray dividers are useful for sorting cookie sheets and baking pans, while you can find dividers in a variety of heights to match drawers below the

oven or where you store your cutlery. Another option that serves a similar purpose is pegs, which keep fragile items from shifting when drawers are opened or closed.





THE BEST BEDDING

A firm guide to mattress shopping

BY JENN WILLHITE | PHOTOS BY ADOBE STOCK



Shopping for a new mattress can make one sympathetic to Goldilocks' plight; however, area experts say finding the mattress that is just right doesn't have to be a challenge.

Today's mattresses offer a range of options to fit just about any body type, budget and need imaginable.

Most individuals begin the search for the perfect mattress either because their mattress is nearly or completely shot, or there is a medical necessity.

Bryan Hamm, merchandise manager for Long's Furniture World and Mattress in Franklin, says back pain generally tops the list of reasons why shoppers purchase a new mattress.

"I would also say very close to that would be pressure points," Hamm says.

Side sleepers often run into issues when their mattress is too

firm, Hamm adds, so they need to find something with a bit more padding.

"As we age, our skin gets thinner so our hips and our shoulders, if we are a side sleeper, tend to take the brunt of a firm mattress, so we get a lot of that," Hamm says. "They just want pressure release when on their side."

Bowles mattresses are usually a go-to for those seeking relief, Hamm says.

Traditional mattresses utilize a continuous coil construction – much like what older generations have grown up with, Hamm explains. Since the mid-1970s, Bowles mattresses, made in Indiana, have always offered a continuous coil mattress that is worth the money, he says.

The company still offers a traditional two-sided continuous coil that is also very reliable for customers, Hamm says, and people like that.

"Bowles really focuses in on all the different types of hybrids, from medium firm to plush top," Hamm says. "The one thing that is nice about every Bowles bed they make is there is lumbar support in every bed. And you can feel it. So, it just depends on the person's comfort level if they need firm, soft or somewhere in the middle. And they do the West Baden, which is the highest end hybrids they make."

The price point may be a bit more than one anticipates, but the benefits outweigh the cost, he says.

"In life we are taught that the more you pay for something the better it is," Hamm says. "In the mattress world, that rule doesn't always apply. A lot of times in the mattress world, what you have to get around is the perfect mattress for one may end up being a firmer bed, which translates to lesser cost. That is a big hurdle to get around. It will always mean something softer and that may not be your comfort zone."

Generally, most go with a queen size mattress and, on the low end, you are looking at a likely minimum cost of \$1,000 to \$1,200 to start depending on brand and type. When properly cared for and maintained, a mattress should last upwards of nearly a decade.

"Mattresses you are going to dispose of in a few years, even in their lower price point lines," Hamm says. "These are mattresses you use for many years."

When shopping, it is best to start in the middle and then work one's way in either direction to more firm or soft. Hamm says his staff will generally start shoppers out with a medium firm bed and ask them to lie on it like they would at home.

"All we are looking for is what keeps that customer's body and spine lined up for the position they sleep in," Hamm says. "Start in the middle and find where their comfort level is and adjust accordingly."

If you aren't a fan of the continuous coil, there are several other types of foam and foam/coil hybrids to choose from, including the Nolah, Titan and Casper, with additional mattress options in organic material and latex.

Colleen Darlington, sleep lab supervisor with Johnson Memorial Health Sleep Center in Franklin, says the comfort level of your mattress certainly impacts your quality of sleep. For instance, if you have back pain and don't have the right mattress you are going to feel it in the morning, likely waking still sore and achy as though you barely rested, if at all.

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Coincidentally, achy joints aren't all to suffer when a mattress is worn or inadequate.

"Your breathing is also affected if a mattress is too flat," Darlington says. "If you are too flat, your airway will be more prone to close off."

Some patients who have visited the sleep lab have commented that their time there was the best sleep they'd had in a long while and inquire about purchasing the same type of mattress for their home, Darlington says.

People with back issues will often gravitate toward a Tempur-pedic mattress, she adds.

"Those with joint pain or back issues often sleep better on a softer mattress," she says.

In some cases, making sure one has the right mattress can be a part of one's medical treatment plan, Darlington says.

Patients with snoring issues often gravitate to the Sleep Number bed, Darlington says, for the benefits it offers. Simply sleeping with the head elevated can help alleviate both the annoyance and potential health implications of snoring, she adds.

"Sleep apnea and snoring are the main concerns," Darlington says. "If someone can't wear CPAP, they recommend elevating the bed, too."

Mattress maintenance is much like caring for the tires on your

car, Hamm says.

"You are trying to achieve even wear as best you can," Hamm says. "Maintenance is very universal. If you look at the small print in everybody's warranties, any good mattress out there will have the same requirements that you rotate the mattress and keep it clean."

Four times each year, often coinciding with the changing seasons, you should turn a one-sided mattress completely around, and if it is two-sided, flip it over and every other time, turn it around like a one-sided, Hamm explains.

Remember, stains will void a mattress warranty, so it is equally important to keep the mattress clean. One way to do that is with a mattress protector, which has become nearly universal – especially with higher-priced beds.

"The real important side that people should know is the deluxe foams companies use now, like latex, memory foam and active response foam, they will last a very long time as long as they don't get wet or are exposed to moisture," Hamm says. "So, really if you want your bed to last, the biggest maintenance you can do is keep the mattress protector on the bed and wash it every now and then and put it right back on the bed, but below the sheets, so you keep the mattress foam feeling like it did when you were in the store."

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