

serene scene

Looking for a little peace and serenity during the holidays? Start at home. Simple changes in your everyday decor can lend a festive feel that's both calming and cool. At a time of year often rife with sensory overload, that's truly something to celebrate. Here are just a few ideas to get you started



LIGHT IT UP: Arrange silver and pearlized ornaments and sheer white ribbon around a group of blue pillar candles. Set on a silver platter or mirrored tile.



PILLOW TALK: Swap out everyday pillows and throws with a selection of matching blue versions. Choose cozy wool and shimmering satin to dress your holiday decor.



TOP IT OFF: Create a simple yet stunning tabletop arrangement by weaving sheer blue ribbon through a fresh pine wreath. Accent with pinecones and candles (or lights).



LIGHTS, RIBBON, ACTION: Adorn your chandelier with frosted white garland, tiny white lights and blue ribbon. Dress a flocked white pine tree with matching blue ornaments.



IT'S A WRAP: Use packages to promote your cool-hued theme by wrapping gifts identically in blue paper and white ribbon. Position them in groups to punctuate your decor with color.



True Colors

Local experts in feng shui dish on the meaning of color in home decor.



Mark and Leslie Jacobson

What's wrong with making red the dominant color in your kitchen? Plenty, according to Mark and Leslie Jacobson of Feng Shui Consultants of Boca Raton, who advise against choosing interior colors based on nothing but personal preferences.

"[Colors in a room] create a certain effect and feeling," Leslie says. "It can influence how effectively you do things in each room."

Here are just a few of the Jacobson's dos and don'ts when it comes to color in your home.

BEDROOM: Go with pink, peach, pale green or pale blue, as opposed to a dark color, which can make it more difficult for you to fall asleep. And don't forget about your sheets—pink and red enhance romance, and yellow can improve the comfort of your bed. FYI: Avoid white sheets—they represent a death shroud in Chinese culture and can cause sleeping difficulties.

LIVING ROOM: "You want to have a harmony in the living room that will encourage people to stay," Leslie explains. "People often go with an earthy color on the walls, and add metal accessories and candles for fire." You can mix in colors with something simple (tissue box, pillow, etc.).

HOME OFFICE: White and gray are good colors on the walls because they increase creativity and efficiency—and reduce distractions.

KITCHEN: White works in the kitchen because it makes it look clean. Red is a no-no. "Red represents fire in feng shui," Mark explains. That can lead to accidents.

BATHROOM: "It's all about the elemental balance because bathrooms are all water," Leslie says. "You have the toilet, the shower ... you need to correct that imbalance." Try an earthy color like yellow or beige.

