



JUVEA™

A GUIDE TO THE
ULTIMATE SLEEP ENVIRONMENT



GIVE LOVE

GIVE SLEEP

THIS HOLIDAY SEASON



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INTRO

Your sleep environment has a profound impact on your quality of sleep. Climate, light, and design elements can make or break a night's rest. However, an awareness of those factors and incorporating natural elements can have significant positive effects on your sleep. We've curated a guide to the ultimate sleep environment this holiday season, to help you give the gift of relaxation and rejuvenation.



BRING NATURE *Inside*



Live Plants

Live plants can improve air quality, naturally humidify, and promote relaxation.

Try an Aloe Vera, a Peace Lily or a Lavender plant!



Fresh Flowers

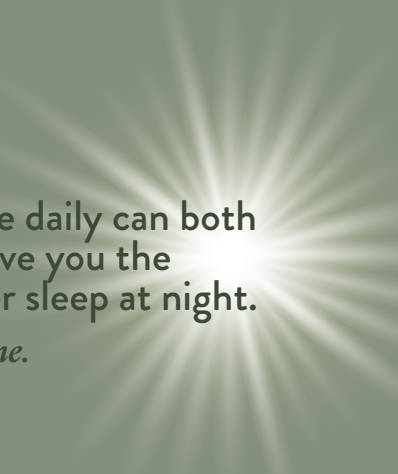
The addition of fresh flowers to your space can filter the air, boost your mood and add a pleasant fragrance.

Replace the water every 2-3 days to keep your flowers fresher longer.

Natural Light

Allowing natural light into your space daily can both create an inviting atmosphere and give you the exposure you need to promote better sleep at night.

Be sure to eliminate light sources before bedtime.





Organic Patterns

Botanical or oceanic (think waves) print bedding, throw pillows, drapes and wallpaper can infuse your bedroom space with nature.



Earth Toned Colors

Bring in colors inspired by nature - think greens, blues and browns.



Mix & Match Furniture Pieces

Coordinating pieces with different types of woods and materials can cozy up your space.



Nature Inspired Art & Accessories

Add details found in or inspired by nature, like botanical art prints, beach wood or stone.



Natural Textures

Bamboo or jute rugs, rattan accents and flax linen curtains create layers of natural texture.



Incorporate

NATURAL MATERIALS



Natural Latex

Available in pillows and mattresses, natural latex is biodegradable, chemical-free, breathable and supportive.



Organic Cotton

Organic cotton bedding is eco-friendly, free of chemicals and dyes and only gets softer with more wear.



Wool

Wool rugs, throw pillows and blankets provide texture and warmth, while offering sustainability and resilience.



Silk

Naturally sourced and hypoallergenic, silk is ideal for sheets and pillow covers as its both moisturizing and non-inflammatory.



Lyocell

Lyocell (branded Tencel cellulose fibers) is sustainably produced, biodegradable and gentle on the skin.



CREATE A *Cozy Corner* (Holiday Gift Guide)



Choose a corner of your bedroom to really ramp up the coziness. It could be your side of the bed along with your bedside table, or a space reserved for reading and relaxing. Bring in elements that make you want to stay awhile and feel your most at ease - think spa-like environment!

P.S. This round-up doubles as the perfect gift guide for the homebody or cozy enthusiast in your life!




 *shearling slippers*



 *your new favorite mug*



 *the dreamiest cotton coverlet*

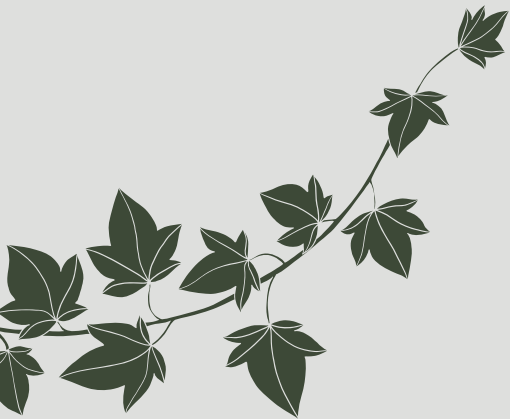
 *the softest nordic sheepskin*



 *the perfect pillow*

 *an aesthetically pleasing speaker*





Contact Us!

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