

O

HEALTHY
HOME HABITS

CURATE YOUR HAPPY SPACE

VOL 1.

A NOTE FROM SARAH FOX

Unprecedented.

Named 2020 word of the year and well, there is no other word to describe the past few years! I've been thinking about how we would describe 2022 and I came to the conclusion of gratitude, purely due to our ability to overcome adversity and take note of who and what we have to be grateful for.

Since the pandemic hit, our homes no longer sat empty as a place to sleep before rushing back to work, or somewhere to drop our bags before socialising with friends. Our homes became a safe haven, a place of pride and comforts. A place to work, sleep, entertain (digitally!), exercise, love, laugh and sometimes cry! Our home protected us and gave us something to live for. During this time, many took to DIY and upgrading their spaces, from a lick of fresh paint, to full space reconfiguration, it breathed a breath of fresh air into our homes.

2022 is gratitude. Which is where we found our Healthy Home Habits, 'Cleanse, Peace and Organise'. A collection of habits to help balance our lives BC (before covid) and PC (post covid).

Introducing Healthy Home Habits, the epitome of modern living, refocusing the mind to create enriching spaces. This ever evolving cycle of habits guarantee to improve mind, body and spirit, making your home work for you, no matter what you need.

Sarah x

SARAH FOX, EDITOR

INTRODUCTION

Reset and refocus your home and mind with our Healthy Home Habits. Sit down and get comfy as we explore our top tips for you to implement in your routine. From creating quiet spaces, to tucking into your favourite wholesome foods, there's so many ways to create harmony within yourself and your home.



Aloe With Bark Effect Pot/Dalston Occasional Chair Natural

OLIVIA'S TOP 10 HEALTHY HOME HABITS

When it comes to home living, small changes in routine can create a big difference if well-being is your priority. Healthy Home Habits is about focusing on what is important to you and making small, sustainable steps each day to reach your goals. It is underestimated how much our home has an impact on how we feel, so here's our guide to help you start on a journey of self-care and home improvement.



@OUR_WANDSWORTH_HOME

Neyland Natural Linen Occasional Chair

OLIVIAS.COM

Olivia's Healthy Habit #1

CREATE A QUIET SPACE WHERE YOU CAN UNWIND

In a house of any size, having a space that is used to relax and unwind is essential to maintain a healthy mindset. If reading is your escape, try creating a reading nook with a comfortable armchair, side table and a lamp for a calm ambiance just like Luci from [@our_wandsworth_home](#).

If watching Netflix and late night TV is your happy place, elevate your living room or bedroom décor to include new bedding, cushions and throws. Investing in comfort is always worth it. Having a safe space where you come to relax at the end of a long day, will allow your body and mind to recharge.

Olivia's Healthy Habit #2

TIME FOR A DIGITAL DETOX?

unplug and disconnect

In a world where endless scrolling is effortlessly addictive, it's easy to get lost in the abundance of apps at the touch of your fingertips. An increase in screen time seems like a predictable occurrence with the latest technology functions and features; however, some of this can have a negative effect on our overall well-being. Become more present in the moment and take the time out to see your surroundings and appreciate moments.

Set yourself a time limit each day or week for apps. By doing this, you still allow time for catching up with social media and your favourite apps but it doesn't interrupt your lifestyle.

GO OFFLINE CHECKLIST



Have daily mindful moments where you can process your thoughts and be present in the moment



Sleep with your phone away from your bed



Put your phone on silent mode and head out for a walk



Avoid using your phone when in the presence of company



Set up technology-free zones in your home



Choose reading a book rather than watching TV

THE OPPORTUNITY
TO UNWIND IN THE
EVENING ALLOWS
YOU TO REFLECT
ON THE DAY.



@HOME_WITH_THE_BUCKINGHAMS

Sleek Edison Wall Light Brass

OLIVIAS.COM

Olivia's Healthy Habit #3

UNWIND IN THE EVENING COLLECT YOUR THOUGHTS

Taking time for yourself is important, giving you the opportunity to unwind in the evening allows you to reflect on the day and collect your thoughts. Journaling is a great way to express your feelings and transfer them from memory to page. A good way you can start to build up a journaling habit is to set a timer, no matter how short or long you spend jotting down thoughts, ideas and plans, it will feel natural once you adopt the daily habit.

Alternatively practising affirmations daily is a way in which you can become more appreciative of who you are, what you have and allows you to be more present in the moment. To encourage the daily practice of affirmations, create a serene and relaxed space in which you feel comfortable and confident to express your thoughts.

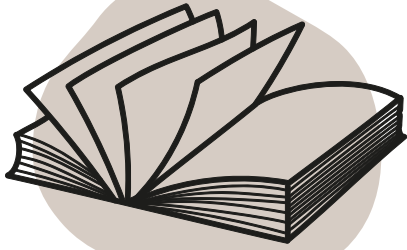
Today i am grateful for...

Olivia's Healthy Habit #4

P R I O R I T I S E T I M E O U T D O O R S

make the most of your garden

Spending time outdoors offers multiple benefits, such as reducing stress and improving overall mood. Whether you've had a stressful day at the office, or are suffering from a bit of cabin fever from working at home, a short walk will help reset your mindset and relax you ahead of your evening down time.



SIT IN THE
GARDEN WITH YOUR
FAVOURITE READ



SPEND TIME
GARDENING



DINE ALFRESCO
WITH FAMILY
& FRIENDS

unwind
WITH OLIVIA'S

Our favourite outdoor
activities to help improve
your well-being and
lifestyle



GO FOR A WALK
& APPRECIATE
NATURE



GROW YOUR OWN
FRUIT & VEGETABLES



DE-STRESS BY DOING
AN OUTDOOR
ACTIVITY



@ALLCHLOEROSE



@DEER_VIEW_HOUSE



@FLORALIEHOME



@GEMMALOUISEATHOME

Set Of 2 Zamin Vases/Organo Chopping Board
Villandry Cushion Bone/Komodo Dining Table

Olivia's Healthy Habit #5

ALLOW FRESH AIR TO CIRCULATE YOUR HOME

Taking in a breath of fresh air is more important than you would imagine. Allowing fresh air to circulate your home not only places you into a better frame of mind, it also alludes to good home keeping to avoid air pollutants and moisture build up. At least 5 minutes of fresh air every day is the ideal recommendation.

A fresh arrangement of flowers, laundry or baking your favourite snack is a natural way to add a personal scent to the air. For spring freshness, accessorise your space with a colourful array of daffodils or in the autumn time, a warm selection of cookies to fill your home with a delicious scent. Candles offer another great alternative to adapt air within your home and create the perfect ambience.

Olivia's Healthy Habit #6

COOK YOUR FAVOURITE HOME DISHES

enjoy a hearty, home cooked meal

Whether it's the effort dedicated to creating your favourite home-cooked dishes or the time spent with loved ones enjoying a delicious meal at the end of the day, the perfect recipe for health and well-being is simply nutritious food.

There's a world of ingredients to discover and your next favourite meal may be only one dish away. Take a trip to farmers markets for local produce or research new ingredients to pick up the next time you're doing your food shop.

THE BENEFITS OF COOKING AT HOME

- O** **It's healthier.**
You have more control over the ingredients you put into your own recipes and can tailor to your specific needs.
- O** **It brings people together.**
From family feasts to friends round on the weekends, cooking at home can be enjoyed most in the company of others.
- O** **Expand your knowledge of the world.**
Broaden your horizon by trying out new cuisines and ingredients from around the world.
- O** **You don't have to break the bank.**
We all know how expensive eating out can be at times so opting for a home-cooked meal is always a cheaper option. Meal prepping also allows you to be organised for busier days!
- O** **Confidence boosting.**
Perfecting recipe dishes is a great way to build confidence and proves the success of trying out new things.



SET ASIDE TIME
EACH DAY TO
CONCENTRATE ON
ONE AREA OF
YOUR HOME.

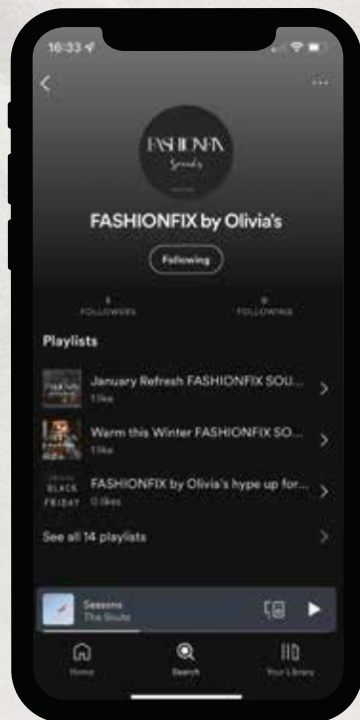
Model 01 Linen 2 Seater Sofa in Pumice/Frills Pillow Grey/Blue
Ivor Cushion Blue/Fulshaw Mirror/Sagara 1 Table Lamp Base

Olivia's Healthy Habit #7

WHEN CLEANING, FOCUS ON ONE AREA AT A TIME

We often procrastinate tidying up because it seems like a never-ending mission. One way to conquer cleaning is to start on one area at a time. See this first step as a triumph within itself, the rest of the house can wait.

Set aside time each day to concentrate on one area of your home, so the task becomes easily manageable and doesn't take too much time out of your day-to-day schedule. This way, the end seems easier to reach, with the right playlist or radio channel you'll feel inspired to do the rest!



Why not tune in to FASHIONFIX on spotify? Olivia's own playlist for your home.

Olivia's Healthy Habit #8

HOW TO ADOPT A HEALTHY SLEEP ROUTINE

get a good night's sleep

In a world filled with technology it's easy to get lost in the art of scrolling. Our overall health revolves around sleep and can have a big impact on how we feel the next day. We rely on rest for our bodies to recover, fight off illness and re-coup - without adequate rest this can be more difficult.

5 SIMPLE STEPS FOR A HEALTHIER SLEEP ROUTINE



Don't go to bed hungry; *make sure you get a nutritious evening meal before winding down into your bedtime routine. Being hungry increases your chance of a disturbed night's rest.*



Relax before bedtime; *spend time relaxing and unwinding before bed. Whether that's watching your favourite programme, journaling or reading your favourite book.*



Put phones, laptops and technology away; *removing all distractions means you won't be tempted to scroll or be kept awake with any extra noise or sounds.*



Set an alarm; *give yourself plenty of time in the morning to prepare for the day. From choosing an outfit to creating a list for the day ahead and allowing time to tuck into a delicious breakfast.*



Get an early night; *To feel your best the next day, try to get an early night and keep to the same time each night so that your body can get accustomed to what time to prepare for sleep.*



@KATHERINEBONDHOME



@FAIRFIELD_INTERIORSTYLE

Lessina Table Lamp Brushed Brass/Rochester Mirror

Olivia's Healthy Habit #9

MAKE YOUR BED FIRST THING IN THE MORNING

A simple tidy of your bed can help give the room a refresh and encourages you to start the day feeling organised and prepared. When you make your bed as soon as you wake up, it limits the temptation to lounge and procrastinate. It also means you are prepared for the following night, fresh bedding and lots of pillows is the definition of luxury.

Olivia's Healthy Habit #10

ORGANISE AND DECLUTTER YOUR HOME

live an organised life

There is no better feeling than parting ways with unnecessary clutter. This doesn't mean you need to transition into minimalist mode and get rid of everything inanimate; homeware and personal treasures can bring happiness to your life but there are ways to store and display these items. Storage solutions are a great addition to the home, practical yet chic. Storage doesn't have to be boring, suit your home aesthetic with matching materials and trending pieces.

DECLUTTERING TOP TIPS

1.

Split unwanted items into categories:
charity donations, recycling and general rubbish

2.

Tackle one room or area at a time

3.

Do items still fit their purpose?

4.

Think about the last time you needed something

5.

Take before and after photos to see the difference easily

6.

Make the most of storage solutions



Ceremoni Sandy Soil Yellow Vase/Vidal Bookend Sandstone
Traditional Amber Candle Holder

THE COLLECTIONS HEALTHY HOME HABITS

Olivia's Healthy Home Habits Collections centre around improving your home life by refreshing your interiors with key pieces, creating more space and functionality whilst working towards achieving your dream home aesthetic. Interiors are proven to impact your overall well-being and having a comfortable and appealing place to spend your time is key.

Inspiration is made easier with our carefully curated collections to navigate you towards your homeware aspirations, whether you are looking to optimise space and improve on your home organisation or need a bit of an interior refresh with some new classic or trending accessories, our Healthy Home Habits edit is here to help.

Our collections, Peace, Cleanse and Organise focus on the different aspects of home life, from decluttering and refreshing your interior to relishing in those fulfilling, tranquil moments.



live an organised life



Tidy home, Tidy mind

Bamboo Basket Black/2 x 4 Wooden Desk Drawer Soap Treated
2 Door/3 Drawer Sideboard

ORGANISE TOP TIPS

Decorative storage baskets

It's no secret that we adore storage baskets at Olivia's. These practical yet stylish home accessories seamlessly blend into an array of contemporary décor themes, adding texture and natural tones to any space. Use them in any room in the home to store your everyday essentials, whether it's blankets, cushions, toys, books and remote controls.

Multifunctional cabinets

Multifunctional cupboards and cabinets are a great way to offer storage solutions to a multipurpose space. With home bars still proving to be a popular home item, a well-chosen cabinet can work as both a staging area for your favourite tippie and glassware whilst acting as a storage solution for your kitchenware and crockery.

Look for cabinets that combine surface space with closed storage, whether a cupboard door or drawers. Style the top of a cabinet with spirit bottles, wine glasses and other decorative items, you immediately draw the eye to this area and not what lies beneath.

This rule can be applied to your home office organisation; an office desk with additional storage will keep your paperwork organised as well as store your work equipment when not in use.

Wall shelves

Wall-mounted shelves and organisers are great to add functional storage space whilst also adding depth and design to your home. Look for deep shelves that can comfortably fit decorative items as well as smaller storage boxes and baskets that you want to be placed out of the way. Wall shelves are ideal for books, glassware and any other decorative items that can be styled. Combine with your favourite ornaments, candles or plants to add the finishing touches.



ADD LITTLE
LUXURIES TO
YOUR HOME
THAT CREATE
PEACEFUL
MOMENTS.



@OLIVIAS.UK

Cozy Living Traditional Amber Candle Holder

OLIVIAS.COM

PEACE TOP TIPS



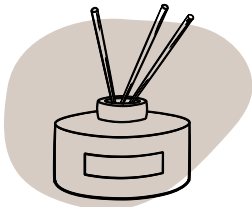
Light candles

As a sensory form of mental health, burning a candle has many benefits including transforming the atmosphere around us and how we feel in a space, calming the mind, stimulating memory and improving overall mood.



Create tech-free zones

We live in a world where technology plays a big part of our lives, so it's important to take time away from our screens. Set a "no phones" rule during dinner time and be mindful of how much phone-time you're getting whilst at home.



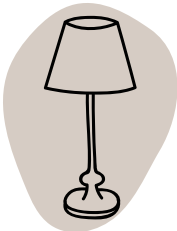
Utilising scents

Aromatherapy is a great way to feel more at ease. Use diffusers or candles to boost feelings of relaxation and improve the health of your body and mind.



Place plants in all rooms

Besides adding a touch of green and calming elements, many plants can improve air quality and circulation, making them the perfect partner to a peaceful home.



The importance of natural light

It's gentler on the eyes than artificial lighting, and changes naturally during the day. If you work with tech, see if it has a night mode or night shift. This option mimics softer, natural light and puts less stress on your eyes.



create the illusion of space



Fulshaw Mirror/Vidal Bookend Sandstone/Louis Vuitton Catwalk: The Complete Fashion Collections

CLEANSE TOP TIPS



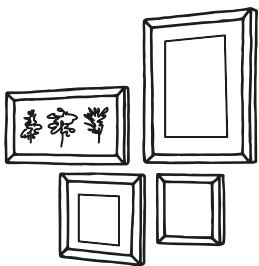
Add mirrors to create the illusion of space

Mirrors are essential in the home; they create the illusion of a more spacious home setting and can stand out pieces that elevate your interior style. If you want to uplift your current interiors, a mirror is a simple addition that can wow any guest and make a room feel more multi-dimensional. A tip to remember when figuring out the placement of a mirror, is to consider what it is reflecting and how to best optimise its position so that it complements your interior décor. Avoid placing a mirror where unfinished décor is reflected, or you can see bin storage and unappealing clutter.



Refresh with accessories

You may be at the point where your home space is in need of a revamp. We spend a lot of time at home and our style is constantly evolving when it comes to interiors. Sometimes rooms can start to feel a little tired and need something new and refreshing to put some life back into it. Accessories are a good way to make a change without too much planning. They can be swapped around in different areas of your home to give an updated look. Refresh with accessories, add coffee table books to your coffee table or add blooms to a new vase.



Create character with wall art

Wall art is the perfect way to add character to your interiors and make your space feel personal. Being in a home space that feels like it has your own stamp on it allows you to appreciate what you've achieved and admire the interior design that aligns with what you love. Wall art is packed with expression and can be minimal or maximal depending on your desired style. Abstract wall art matches many interiors.



@OLIVIAS.UK

PLANTS CAN REDUCE
STRESS LEVELS AND HELP
WITH CONCENTRATION.

Milano 2 Door/3 Drawer Sideboard/Ramon Baskets Black and Natural
Fulshaw Mirror/Faux Monstera Tree/Sagara 1 Table Lamp Base

OLIVIAS.COM

INTERIORS & PSYCHOLOGY TOP TIPS

Letting the light in

Sunlight is a natural mood booster, it is said to reduce anxiety and boost happiness leading to a happier home space. If the majority of your time is spent working at a desk, try placing your workspace near or under the window. If lounging on your sofa is what you do best, place it in an area where the sunlight hits most during the day. Golden hour is a beautiful experience when relaxing at home. To enhance the light at this time of day, place objects like plants in the direct flow of the sunlight entering the home to visually appealing reflections.

Colour choice

Colours can have a dramatic effect on your mood and emotions. Choosing a colour scheme for your home is an important decision, opting for lightness throughout has more benefits than using darker tones.

Darker colours can be based on trends or trying to achieve sophistication, they can have a negative impact on feelings of peace and relaxation. Instead of dark colours and tones being the primary palette on walls and large furniture pieces, try using these colours in a way that complement a lighter interior foundation such as the addition of dark accessories to a primarily light room.

Bringing the outdoors in

Biophilic style is a focused Interior design theme that encapsulates blending outdoor aspects with interior space. This means; bringing in plants and flowers as a source of decoration, using natural materials like wood and stone and creating a natural overall look.

Studies¹ have conducted that having plants in the home can reduce stress levels, improve memory retention, and help with concentration. Biophilic pieces are easy to bring into most interior looks, most often paired with a rustic or Scandinavian style.

¹ (Texas A&M International University)

Space, balance and consistency

Creating space, balance and consistency can be achieved in any home. You've most likely heard of the Chinese term 'Feng Shui', which is a way of arranging objects in the home to allow energy to flow seamlessly.

To achieve this approach...

Keep clutter to a minimum; *using furniture that offers good storage solutions.*

Ensure entry ways are clear; *arranging objects in the home that allow more space when entering a room.*

Use mirrors wisely; *reflections increase energy flow when reflecting a more desirable part of the room.*



@STYLESISTERS



Look out for our Style Sisters Approved badge at [olivias.com](https://www.olivias.com)

OLIVIAS.COM

THE STYLE SISTERS

Olivia's sat down with the talented Style Sisters to talk organisation, storage and trend-led design. They have over 4 years' experience helping clients such as Millie Mackintosh, Amanda Holden, Rochelle Humes and many more to curate home improvement habits utilising timeless classic homeware and stylish storage pieces. The Style Sisters duo specialise in home detox combined with organisation and how to create a functional living space without compromising on your chosen interior aesthetic.



Willow Timber Tobacco Side Table/Chanel Catwalk: The Complete Collections
Pippard Open Display Unit Champagne/Arrocca Hook Print Cushion Black & White
Aubin Occasional Chair Brown/Malcom Console Table Brushed Brass

Describe your interior style..

"Our interior style is classic but fun. We like to keep the base of the room versatile, timeless with pops of colour through artwork and statement pieces of furniture."

What is your favourite piece from your collection with Olivia's and why?

"It's so hard to choose one piece from the collection because we honestly love it all! But if we had to pick something we would have to say the Liang and Eimil coffee table. We love the simplicity yet still a statement because of the size. It's the perfect piece for us to style!"

What are your Healthy Home Habits?

"It's really important to us that everything is put away at the end of the day so that we can relax and unwind. We both find it hard to function when our homes are a mess! Having a system in place such as labelling where items go really helps the whole family to stay on top of things! Scented candles, fresh flowers and diffusers are also things we enjoy having in the home. Scent is such a powerful tool for healthy home habits and candles also create a beautiful calm ambience too!"



“SCENT IS SUCH A
POWERFUL TOOL FOR
HEALTHY HOME HABITS
AND CANDLES ALSO
CREATE A BEAUTIFUL
CALM AMBIENCE TOO.”

– THE STYLE SISTERS –

Willow Timber Tobacco Side Table/Chanel Catwalk: The Complete Collections

What do you love about Olivia's?

"We have been shopping with Olivia's for ourselves and clients for a while now because we love the large selection of beautiful items they have from all the different brands they stock including their own range! We always find that perfect piece!

Our relationship with Olivia's homeware has stood the test of time which lends itself to the inspirational possibility that you can transform your space from vision to reality. Olivia's hones in on contemporary homeware with a classic and timeless twist so no matter what your style is now and how it develops in years to come, it will always be relevant for you to purchase your desired homeware furniture and accessories."

Why have you created an edit with Olivia's?

"Creating an edit with Olivia's felt like a very natural next step for us as we've both been big fans for a while now. There are so many items we both adore that it's been great to be able to curate a selection of pieces for others to shop too! There are items that we would not only use in our clients homes but in our own homes too!"



@OLIVIAS.UK



@OLIVIAS.UK

Musso Coffee Table Black/Halo Table Lamp White & Gold



Hayle Round Mirror Champagne/Oscar 28 Pendant Light Brushed Gold

