

Transform Your Bathroom into the Ultimate Paradise

(Family Features)

Many people spend a lot of time in the bathroom. It's a functional space where you can bathe, get ready for the day and take care of business. However, the bathroom can be so much more than that: it can offer a place to destress, relax and recharge before taking on the morning or after conquering a long day.



Now you can escape to your own paradise without leaving home. These simple tips and tricks from lifestyle and parenting expert Jordan Reid of Ramshackle Glam can help you transform your bathroom into a spa-like oasis without undergoing a major renovation.

1. Don't be scared to play with lighting, as it helps create a room's atmosphere. Use multi-bulb lighting fixtures paired with warm LEDs. For a sunset-on-the-beach vibe, try pink bulbs in the bathroom with your regular lighting; together they can create a rosy-glow that's the perfect aesthetic for a relaxing time.
2. To immerse yourself in the sand and sun, use collections of gold-framed mirrors. Adding mirrors is a simple way to bounce additional light around the room, and the gold can add a warm hue, so they're both functional and aesthetically pleasing.
3. Bathrooms can have greenery in them, too. Plants such as philodendrons and bromeliads can add an element of airiness and life, and both can be found in super-realistic faux styles if your bathroom is not conducive to the real thing.
4. Don't be afraid to accessorize your bathroom with items that fit your style and personality. For your paradise getaway, a bamboo bathmat can create a beachy vibe that's also chic and modern and Turkish towels can add texture and color. Even smaller items, such as jewelry stands, towel hooks and toilet paper holders, can show off your unique aesthetic and make your escape truly your own.

5. Keep your bathroom sparkingly and stunningly clean - and smelling great. Don't forget to clean frequently overlooked places like the back of the toilet, inside the shower and along the edges of fixtures. Scented cleaning products such as those from the Clorox Scentiva Pacific Breeze & Coconut line, including bathroom foamer, toilet cleaning gel, multi-surface spray and disinfecting wipes, not only deliver a refreshing clean, but can also help transport you to a relaxing paradise with aromas of coconut, pineapples and warm sandalwood. For more information, visit [Clorox.com](https://www.clorox.com).

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4 Bedroom Upgrades that Won't Break the Bank



(Family Features)

Upgrading your bedroom might sound like a daunting task. You may assume it costs an arm and a leg, takes months and requires professionals to complete. However, upgrading your bedroom doesn't have to mean breaking the bank, or your back. Investing in a few quality upgrades to some bedroom essentials can make your life less stressful and more cost- and energy-effective.

Whether you've moved to a new space, or just want a fresh look and feel, these are four unique, functional additions you can make to your bedroom.

Smart Lighting

Lighting makes the difference between a cozy, inviting escape and a cold, fluorescently lit room. You can upgrade your traditional bedroom with high-tech, smart lightbulbs, which can save you money in the long-run due to their energy efficiency. These lightbulbs are often dimmable, feature Wi-Fi capability and can be controlled from a central hub, like your phone, via manufacturer or third-party apps.

Adjustable Base

An adjustable base can help take your sleep to new heights. Today, adjustable bases come in a variety of designs and sizes, and are usually discrete and sturdy. If you suffer from neck pain or back pain, sleeping in a reclined position in an adjustable bed can help decrease the pressure on your spine by creating an angle between your thighs and trunk, according to Healthline. Bases are easily customizable, usually via remote, so you can find your favorite bed position, whether you're sleeping, reading or lounging. Learn more about adjustable bases at mattressfirm.com.

Blackout Curtains

The right curtains can help pull together the look of a room, change the perceived size, impact the lighting, reduce noise and even help with temperature control, especially if you have older windows. There are a variety of size and color options to choose from at different price points, so you can spend less time adjusting your thermostat and more time enjoying your sleep space.

Self-Adhesive Wallpaper

Self-adhesive wallpaper is one way to upgrade your entire bedroom. There are trendy, customizable options available that are easy to install. The right wall color can bring together the aesthetic of a room, and peel-and-stick wallpaper can provide it without the mess and fumes of traditional wall paint. Self-adhesive wallpaper can be applied to any flat surface, so you're not just limited to walls, and if you change your mind, it's removable and residue-free.

Remember, you don't have to rush and upgrade your entire bedroom all at one time. To ensure you're getting the best value, look for deals on specific items throughout the year and rely on retailers such as Mattress Firm that can help stretch your budget, offering you more for less.

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