

HOME



DANNY GAWLOWSKI THE BELLINGHAM HERALD

This is the main floor of the home of Jan Templeton, as seen from a "catwalk" balcony on the floor above. Templeton's home is influenced by her backgrounds in Feng Shui, natural health and staging, resulting in a living area with clean lines, as little clutter as possible and many living plants, flowers and fruits.

Put some heart into your home

Create a sanctuary that nourishes your soul

ZOE FRALEY

THE BELLINGHAM HERALD

When the world outside is all stress and fear and financial woe, it's all the more important for home to be a place where life's issues can be cast off at the door.

If it sounds too good to be true, Jan Templeton's cottage-like Bellingham home is proof that it isn't.

"To me, (it's) sanctuary and tranquility," she says. "Especially in these times."

Templeton, 58, owns two companies: natural-focused Templeton Health Inc., and Enharmony, which help people stage homes. Because her office is in her home, it's even more important to keep the living spaces calm, welcoming and separate from her work.

She considers where she lives, how she lives, and how she feels, as all interconnected.

"Health is so much more (than) what we put in our body and eat," she says. "That's important, but our surroundings, we have no idea until someone experiences a peaceful, tranquil setting, how it affects us."

Templeton sees staging, which is generally done to help a home sell, as an opportunity to make any home more comfortable and cozy. And it's something that anyone can do, with or without the help of a professional.

"Go to the door of each room and look at it from that perspective," she says. "If it looks peaceful and tranquil, then you're drawn in. It works for buyers, but it also works for you. Why wait to stage

until you sell?"

Her tips to create a personal space come down to three words, but what those words are is up to you.

"Find three adjectives that you want in your home or your office," she says. "You want it to look like you and feel like you."

Once you know what adjectives to shoot for, keep an eye out for things in your home that work for or against those ideas, and change accordingly.

While rearranging furniture can create a dramatic change, the comfort of Templeton's home is in more than just looks. It's in all of the senses.

"I'm a big one to make soup and bread. In the winter, I love that smell," she says. "It totally makes you feel like, 'Yes, I'm in my sanctuary. I'm being nourished.'"

She uses cooking, candles and essential oils to make a house smell like a home, and plays soothing music. She also uses color in paint and furniture to give rooms a calm feel.

Her ultimate joy is having space in her home to be herself and to do what matters to her. She has an alcove where she can decompress and reflect in a comfortable chair that's nowhere near a TV.

"Allowing time and space for your passion, it makes a happier person," she says, whether the passion is writing, cooking, reading or arranging flowers. "That's who you are."

Reach Zoe Fraley at zoe.fraley@bellinghamherald.com or call 756-2803. Visit her blog Style & Error at TheBellinghamHerald.com/blogs.



DANNY GAWLOWSKI THE BELLINGHAM HERALD

Jan Templeton sits in the main room of her home with her spaniel, Daisy.

STAGING TIPS

Here are Jan Templeton's tips to stage your home to relax in the New Year.

Declutter. "I think people are so ready to get rid of clutter," she says. "The more you have, the more you have to maintain."

Choose calming colors. A fresh coat of paint can do wonders for a home, and natural, earthy tones make a refreshing change from bare, white walls.

Get comfortable furniture. Whether it's adding fluffy pillows to a couch or picking up a recliner that you can sink into, every home needs a seat that is impossible to rise from.

Bring in live plants. "That's bringing nature in," she says. "It's uplifting. It really does shift a person."

THINGS I COVET

Glow in the new year

ZOE FRALEY

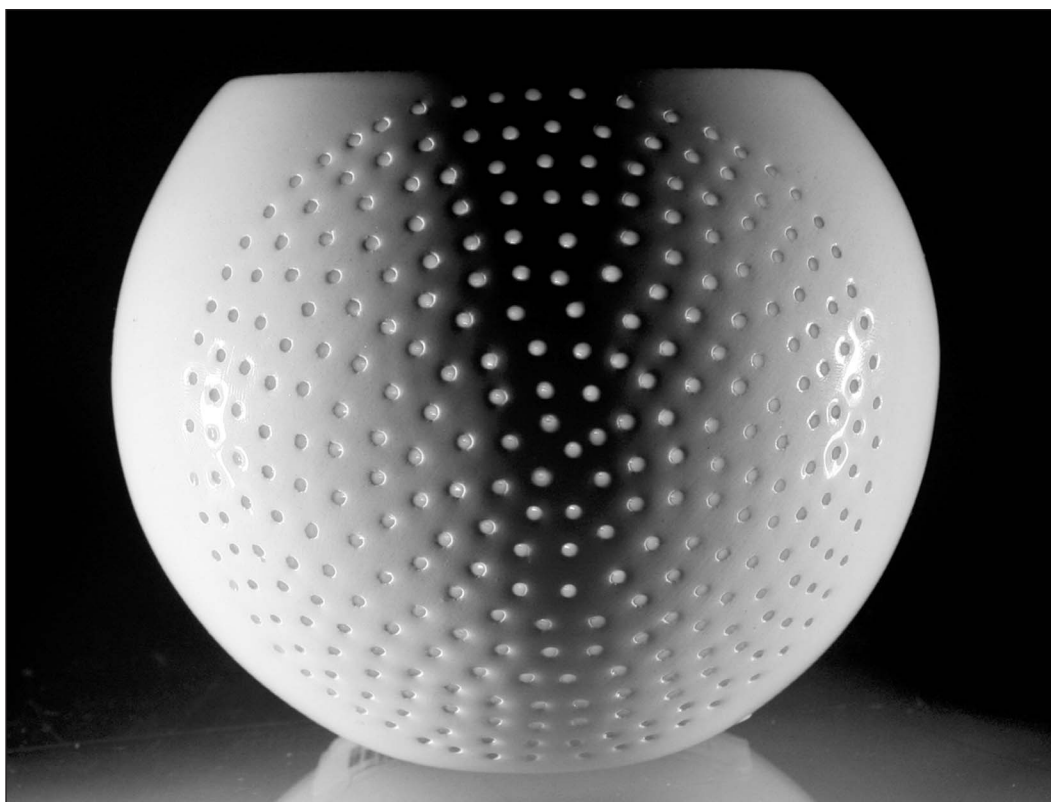
THE BELLINGHAM HERALD

Your Christmas lights and ornaments may be packed away for another year, but that doesn't mean your home has to give up all of its twinkle.

With its fireworks-like burst of pierced-pin dots, this snow-white ceramic orb by Perch provides just the right amount of New Year's dazzle.

At \$32, you can buy one or several to sprinkle some light around your home. Pick them up at Design Lab, in the Gateway Building in downtown Bellingham. Check out the store's Web site at www.design-labshop.com.

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ANDY BRONSON THE BELLINGHAM HERALD

Perch pierced candleholder for \$32 from Design Lab.

THINGS I COVET

The layered look 'grungy' yet smart

ZOE FRALEY

THE BELLINGHAM HERALD

Who: Katie Rismondo, 22

Lives: Bellingham

Where she was spotted: Swell boutique in Bellingham

How she describes her style: Layered, slept-in, and "way too much grunge for my own good."

What she can't leave the house without: A scarf

Why she was snapped: Her quirkily piled-on layers made her ready for rain, snow or sun — or all three. She's smart and cute.

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