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MARCH 2006 • VOLUME 19, NO. 3  
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# ROMANCING THE BEDROOM

*Promote harmony and prosperity  
with this ancient Chinese art.*

BY ANITA ROSENBERG

Romance. Where can we find it and how can we get more? It's all happening in the bedroom, and Feng Shui is the secret weapon!

Bedrooms are private sanctuaries for dreams and passions. They are sacred spaces where we spend one-third of our lives. Whether you are single or in a relationship, bedrooms are power centers; they influence our relationships. What is going on in your bedroom is going on in your life. Feng Shui asserts that bedrooms have two purposes: to recharge your battery through sleep and to rejuvenate your spirit through love and romance.

As a Feng Shui consultant, it surprises me to see that many master bedrooms are forgotten. They are multitasking as exercise rooms, children's playrooms, family rooms, laundry rooms, movie theaters and dining rooms. Bedrooms are dumping grounds for left over furniture and artwork. Good Feng Shui is about reclaiming a restful night's sleep and our passionate playgrounds.

## AN ANCIENT ART

Feng Shui (pronounced Fung Shway) is the 3,000-year-old ancient Chinese Art of placement. It is not a religion or a superstition. It is an environmental science that uses symbols and metaphors. Seeing through "Feng Shui eyes" ensures a life of love, prosperity and good health. Donald Trump, Donna Karan, Oprah Winfrey, Tiger Woods, Shell Oil and Citicorp use Feng Shui for success because it works.

**BEDROOM COLORS SHOULD  
BE WARM AND COZY LIKE A  
MOTHER'S EMBRACE.**



BEFORE



BEFORE: Eve's all-white bedroom has too many decorative mirrors and a cluttered bedside table. Our Feng Shui goal is to fire it up with colorful accessories.





AFTER: Red, pink and orange pillows and throws — like the richly hued pillows on the bed and the luxurious cashmere throw on the loveseat, all from H.D. Buttercup — enliven the white bedding and furniture.







Taming the clutter monster on her bedside tables, we added candles and fresh flowers as symbols of romance and passion.

Television producer and family therapist, Eve Brandstein, is a single mom who expanded her Beverly Hills duplex into one unit she shares with her teenage son. As a busy executive, Eve uses her bedroom as a television room, snack room and workspace.

At first glance, Eve's own Garden of Eden has all the ingredients of a romantic haven. She has lace draping over her canopy bed, pristine white bedding and a love seat by the fireplace. Her decorative mirrors, silk ivy plants and matching white furniture complete her soft style. Looking closely through Feng Shui eyes, there is more we can do to enhance her love and marriage life blessing. Eve admitted she was ready for a change and was eager to attract missing romance back into her life.

Editing down her large perfume collection, we infused her dresser with colorful glass bottles and jewelry boxes. For romantic art, a pair of Tuscan landscapes painted by Anita Rosenberg was chosen.

## 9 RULES FOR BEDROOM FENG SHUI

1. **The bed is king (or queen)**—The bedroom is all about the bed. Wooden bed frames are best.
2. **Bed placement**—Positioning the headboard against an interior solid wall is most supportive, while a headboard against a window is unsettling.
3. **Bedside tables and lamps**—Pairs of bedside tables and lamps create equality.
4. **Colors**—Bedroom colors should be warm and cozy like a mother's embrace, in chocolates, tans, beiges, peaches and creams. Blues, grays and blacks are too cool.
5. **Pairs**—Objects in twos promote happy healthy relationships.
6. **Romantic Art**—Choose images that are romantic to you.
7. **Mirror**—Mirrors in bedrooms over stimulate the nervous system. While you sleep, cover mirrored closets and vanities.
8. **Televisions and electronics**—Keep televisions inside cabinets, and remove computers, office equipment and workout machines.
9. **Clearing clutter**—Clutter is stuck energy and pushes away new opportunities.

### FIVE ELEMENTS

There are five Feng Shui Elements: metal, water, earth, fire and wood. What first stood out in Eve's room was an overabundance of the metal element, which is seen in the color white and in metal itself. In a bedroom, this makes your brain work overtime. The Feng Shui cure is to add fire elements like candles, lighting and accents in passionate pinks, fiery reds and sunset oranges. Fire melts the metal and balances the energy. Shades of red should be used sparingly in all bedrooms. Too much red is overstimulating





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AFTER: A roaring fire along with candles and brightly colored hanging lanterns invite sensuality.