



# The Healing Home: Creating the Perfect Place to Live with Color, Aroma, Light and Other Natural Elements

*Suzy Chiazzari, Susy Chiazzari*

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## **The Healing Home: Creating the Perfect Place to Live with Color, Aroma, Light and Other Natural Elements** Suzy Chiazzari, Susy Chiazzari

A new, holistic approach to natural designing and decorating for a home that is healthy for the mind, body, and spirit. Beautifully illustrated with color photos. When we walk into a room for the first time, we often have an immediate reaction to its atmosphere. The natural energies created by our environment highly influence the way we feel. By enhancing positive elements, such as light, color, and scent, we can create a harmonious sanctuary that engenders health and well-being and nurtures all that is best in the human spirit. Environmental designer Suzy Chiazzari draws from a variety of cultures and philosophies to reveal the many ways in which we can improve the vital energy in our home. By using natural materials, full-spectrum lighting, energy-balancing sounds, as well as the healing properties of water, plants, sunlight, scent, color, and placement or feng shui, we can charge our home with "an energy that connects us to the earth, the air, and each other to sustain us in perfect health." Suzy Chiazzari is a designer of healing environments as well as a color therapist. 128 pp 8 1/2 x 10 70 color photos

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