

viva

MAGAZINE ONLINE

**NATURAL
GUIDE TO
STRESS
MANAGEMENT**

5

**REASONS
FOR
WEIGHT
GAIN**

**BACK TO
BASICS
BEAUTY
ROUTINE**

EXCLUSIVE

EV LARUE

*HOW REDUCING STRESS
MADE HER HEALTHIER*

**KICK BACK
AND RELAX
IN ASHEVILLE**



FINDING YOUR ZEN

Like many people, this is my favourite time of the year. Being a designer, this is also the busiest season for my industry, which for me is fun and exciting. Being actively engaged in a project fuels my energy levels and keeps me feeling alive! Putting my talents to good use means helping those around me to create stylish and functional spaces, while sourcing some of the most beautiful finishes and materials produced to keep my creative juices flowing.

The season is also filled with beautiful things, from renovations coming to fruition, to warm-weather entertaining, patio bbq's and breezy clothing, keeping fit and becoming more in-tune with our bodies and minds by exercising, healthy eating and traveling.

Finding your inner peace and serenity is most rewarding and taking time to focus on yourself is a rewarding expenditure. My zen comes from beauty, harmony and balance in the home, this may also be the libra in me speaking, whose always yearning for perfect harmony, nevertheless, it what makes me happy. In this issue, Viva has put together a buyer's guide to help reduce the stress in your life and all it entails. Stress can negatively affect the someone mentally and physically, and this issue will educate you and give you the tools you need to find your own zen. As a designer, I find that renovations can actually alleviate stress by making your personal spaces more practical for everyday use and more aesthetically pleasing. I believe that beauty and harmony can truly soothe the soul. There's nothing more stressful than rushing out in the morning while trying to function in a kitchen or bathroom that simply doesn't work for you or your family.

Warm weather is always inspiring, so make this season count and take action to bring out your inner zen.



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BLISSFUL BATHROOMS

BY DVIRA OVADIA
PHOTOS BY STEPHANIE BUCHMAN



Bathrooms are one of my favourite spaces in the home to remodel, and now that summer is finally here, I often find myself drawing inspiration from the season to breathe new life into existing areas. No matter how large or how small your bathroom is, the basic design elements, which make a bathroom a stylish and spa-like retreat, are the same.

CLASSIC WHITE-ON-WHITE

I adore working with white and nothing inspires me more. It's crisp, clean and acts as a backdrop for classic yet contemporary accessories.

Subway tiled walls elevate a space and will give any bathroom that custom look. Moving the same tile from wall to floor adds cohesiveness to a space. Ceramic and porcelain tiles are affordable choices that are durable and water-resistant, while marble and stone tiles are luxurious and high-end.

For bathrooms that lack warmth, consider heated floors, which can replace bulky radiators. With fully programmable features and on-off capabilities from the touch of your phone, they will keep your feet cozy throughout the year.

CLASSIC MEETS CONTEMPORARY

Create a feature wall with a stunning vanity and stay within the white-on-white theme. Your bathroom vanity will have the greatest impact on your bathroom makeover, and will change the feel of the entire space. Summer is all about clean, crisp lines—which lends a more contemporary look. However, I love to include a classic element to a contemporary vanity by choosing a piece with legs.

Choose a countertop impervious to scratches and water stains and stands the test of time. Quartz, one of nature's hardest and most abundant minerals, is tougher than granite and doesn't require sealing. It is also naturally resistant to moisture, bacteria and stains. While it is higher in price per square foot than granite and comparable to marble, it does offer a variety of colours to choose from that will always be true to their sample swatches. Don't forget to select an edge profile that works with

the bathroom's style. If a backsplash is needed for your vanity, consider a classic arch or a higher than average eight-to-10-inch straight edge.

SUMMER INSPIRED

Hang two beautifully appointed mirrors over double sinks. Framed mirrors add to the clean crisp look without distracting. Add a hotel quality to your bathroom with a curved shower rod and white curtain—again, staying within your theme of white-on-white, which also visually expands a space.

Sconces can also lighten and brighten even the smallest of bathrooms. If space permits, two sconces are my top choice, which gives a tailored look and works well for modern and classically-styled bathrooms. Don't spare the pot lights. Combined with wall mounted fixtures, they are essential for illuminating the space.

Remember, faucets are the crown jewels in any bathroom. Change out the old ones and replace them with sleek, curved-spout models. Keep in mind, if you're retrofitting a new faucet to an existing sink or buying a complete sink ensemble, be sure to match the type of faucet to the hole-openings in the sink.

LAYER WITH SPARKLE, SHINE AND COLOUR

Brighten your bathroom with simple and elegant finishes that last for years. Crystal adds unexpected elegance and refinement to a bathroom space. So go for the glitz—add a bit of sparkle with crystal sconces. In addition, add a little visual height to your bathroom with a vertical towel stand, made from glass and metal that complements the finishes.

Finally, bring the look together and elevate the summer theme by adding a pop of colour with luxurious towels and fresh-cut flowers in glass vases or rustic jars.

You may not spend the most time in your bathroom, but it is definitely a room that you and your family spend many hours in—pampering in the morning and relaxing after a hard day. If you need a little help transitioning your bathroom into a summer retreat, call in a designer to create that fabulous, fashionable look you've always dreamed of. **vm**