



Wellness Sanctuary Master Bedroom

Category	Key Elements	Details
Air Quality	Air Purifiers, Plants, Ventilation	HEPA filters remove pollutants; plants like snake plants and peace lilies filter air naturally; proper ventilation improves airflow.
Lighting	Circadian Lighting, Smart Bulbs, Dimmer Switches	Circadian lighting systems and smart bulbs regulate sleep patterns; warm lighting for evenings and cool lighting for mornings.
Meditation Space	Quiet Corner, Cushion, Personalized Touches	Create a designated area with calming items like essential oils, lamps, plants, and meaningful artwork for mindfulness practice.
Sleep Quality	Blackout Curtains, Soundproofing	Blackout curtains block external light, while soundproofing and white noise machines reduce disruptions in sleep environments.
Mattress & Pillows	Comfort, Support, Materials	Select mattresses and pillows based on sleeping positions; memory foam, latex, or hybrid options; firm or soft based on needs.
Aromatherapy	Essential Oils, Diffusers	Lavender, chamomile, and bergamot promote relaxation using diffusers, sprays, or rollers for calming scents.
Technology	Smart Beds, Sleep Trackers, Sound Systems	Smart beds adjust firmness and temperature; wearables monitor sleep patterns; sound systems provide ambient noise for relaxation.
Furniture	Ergonomic Designs, Storage	Ergonomic chairs and practical storage reduce physical strain; appropriate furniture improves posture and accessibility.
Natural Elements	Biophilic Design	Use plants, natural materials like wood or linen, and nature-inspired artwork to reduce stress and connect with nature.
Personal Wellness	Custom Environment	Assess personal needs and prioritize areas for improvement such as air quality or relaxation spaces, evolving the setup gradually.