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People Use Color to Soothe Moods, Welcome Spring Season

Celebrating Home President Offers Tips for National Decorating Month

MARSHALL, Texas (Grassroots Newswire) <Date> - The flowers are in bloom, the sun is shining a little brighter and summer is drawing closer. Although these are all signs that would boost anyone's mood, current economic challenges may still leave some people down in the dumps. Psychological studies have shown that something as simple as the colors in a room have an effect on the mood of the people in it. In fact, a recent *Boston Globe* article noted that people are using color in a soothing way – to boost their mood during these challenging economical times.

This April, as the country celebrates National Decorating Month, Heather Chastain, president of *Celebrating Home*, the nation's largest direct selling home décor company, is showing people how they can give themselves a boost of esteem during these economic times – and at the entrance of the spring season – by giving their homes a makeover.

All it takes is some easy decorating techniques.

"Spring is the perfect time of year to add a little pizzazz to your home and it really doesn't take much effort," Chastain said. "Some people may choose to add a sprinkle of spring simply by including pastel-colored decor items throughout their home, such as fresh-cut flowers or framed pictures that reflect the season. However, there are other ways to achieve that 'wow' factor."

In the *Boston Globe* article, a color psychologist said people are freshening their surroundings with paint color and accent pieces. "We're all spending more time at home, so it's natural that we're looking to change our mood and escape through color," the color psychologist stated. To help local residents escape through color, Chastain suggests they find ways to incorporate lighter and/or brighter colors into their homes.

Colorful candles can be implemented, or accent pieces decorated with silk flowers can be placed on the coffee table or in the dining area. One might even want to display mirrors in various rooms to catch the sunlight from windows, or change the lamp shades to lighter colors to make the rooms in their homes brighter. Even when it comes to entertaining, Chastain recommends using dishes and serving platters that embody the

season to spread a positive mood to their family and friends, as well as other guests and visitors.

It is also important to surround yourself by the things you enjoy. For example, Chastain says to frame photographs of your loved ones and post them on the refrigerator or display them throughout the rooms of the home. In addition, incorporating inspirational and nature accents such as angel figurines, butterfly-decorated votive holders or accent pieces with positive sayings engraved on them can have a favorable effect on your feelings.

"It just takes a few adjustments here and there, but before you know it, you, your family and your friends will feel great just by walking into your home!" Chastain said. "A special focus should always be on the home. We at *Celebrating Home* share a passion for the home and believe that the home is very important because it is the center of the family and should be the place where you find most comfort."

Celebrating Home, the nation's largest party-plan home décor company, was built on the foundation of two industry icons, Home & Garden Party and Home Interiors and Gifts. Visit the company's *Founders' Legacy* at www.celebratinghome.com to learn more.

About *Celebrating Home*

Celebrating Home, headquartered in Marshall, Texas, offers high-quality products to decorate and enliven homes, including stoneware pottery, candles and fragrance lamps, wall décor, gourmet food mixes, dining and entertainment pieces and accessories for your home and garden. *Celebrating Home* enables thousands of women across the United States to earn extra income, have fun and make friends while working from home as Designers.

Additional information about *Celebrating Home* products or business opportunities is available via the company web site at www.celebratinghome.com or by contacting Jerry Benson, Executive Vice President of Administration at 903.935.4197 x 4210 or jbenson@celebratinghome.com.