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CHECKLIST

Japandi style checklist: five steps to calmer rooms

- [ ] Remove decorative items until each surface holds one or two objects with space around them
- [ ] Repaint walls in a warm white, pale grey or soft beige with minimal sheen
- [ ] Replace synthetic textiles with linen, cotton or wool in muted tones
- [ ] Introduce solid-wood furniture with simple lines and minimal hardware
- [ ] Add one or two houseplants in plain ceramic pots
- [ ] Choose low or diffused artificial lighting rather than overhead fixtures
- [ ] Edit bookshelves and storage to show only what you use regularly