

CLUTTER COMFORT: WHY YOUR 'MESS' MIGHT JUST BE YOUR BEST DESIGN DECISION

Celebrity interior designer Nikki Hunt says it's time to toss minimalist styling out the window and embrace the bold, vibrant world of Maximalism. She's ready to dish out compelling reasons for making the switch to more is more.

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LET'S GET REAL ABOUT CLUTTER

Thanks to the minimalism trend led by influencers like Marie Kondo, we've been tossing out beloved knick-knacks faster than last season's fashion fads. But wait – what if those cluttered corners are fundamental to our well-being? As an interior designer who has snatched up more award trophies than my shelves can hold, I'm here to champion the charm of clutter.

CUE THE ANTI-MINIMALIST REVOLUTION

Here's the scoop: those spotless, curated spaces? Snooze fest! They're like silent films – nice to look at but missing that 'zing'. Your home should be a 3D technicolour masterpiece with a symphony of music and dialogue.

Those random trinkets? They're the character actors that bring the zesty dialogue and belly laughs to your daily living. They make your space as rich and inviting as a hit rom-com - sprinkled with love, life, humour and yes, a dash of delightful disarray.

THE WELLNESS LINK

Think about it: Your home is the unsung hero of your wellness regimen, right up there with quinoa, kale and your yoga class. Those mementos you adore? They don't just fill your shelves, they nourish your soul. Believe it or not, your clutter can be your own private therapy session!

And neuroscientists are showing us just how it works. In an increasingly digital world, those favourite keepsakes are tangible reminders of happy times and loved ones. They trigger the pleasure centres of the brain and stimulate the release of happy hormones for an instant mood boost and a cascade of positive emotions.

Cluttered Brain, Creative Gain

And let's not forget the muse in your mess. That 'junk' sparks creativity, ignites memories, and fuels

those genius moments. It's the brainstorming powerhouse behind your decor, sprinkling magic in the most unexpected corners.

IMPERFECTION: A NEW AESTHETIC

Enter Wabi-Sabi, the art of embracing the perfectly imperfect. A home that rocks the mismatched and the time-worn encourages us to kick back and be ourselves. It's a world away from the pressure of keeping everything pristine.

CLUTTER-CURIOUS? HERE'S HOW TO NAIL IT

Now, this isn't about living in a hoarder's paradise. Balancing wellness and clutter is an art. The key is intentional placement. It's about curating your clutter like a pro - creating a 'clutter cocktail' that's uniquely you. Mix, match, and make it meaningful!

Rather than randomly scattering personal items, organise them in specific areas – a gallery wall of family photos, a shelf of souvenirs, a corner with a favourite armchair surrounded by beloved books. It's about creating pockets of personality that enliven the space without overwhelming it.

BREAKING THE MINIMALIST MOULD

So, buck the trend. Gone are the days when we worshipped at the altar of minimalism, where the mantra was "less is more," and the only thing colder than the colour palette was the comfort level. Instead, make your space a testament to your life's journey and embrace the beautiful bedlam of clutter. Your home is your personal storybook, a tapestry woven from the threads of your life's adventures. Fill it with stories, with every 'mess' a chapter, every oddity a highlight. Make your home not just a showcase, but a joyful, living, breathing, laughing landscape of your life.