

A lush garden scene with a stone wall, various flowers, and a shovel in the foreground. The scene is set in a garden with a stone wall in the background. In the foreground, there is a green lawn and a shovel leaning against a garden bed. The garden bed is filled with various flowers, including purple and yellow ones. The overall atmosphere is peaceful and natural.

Staycation

The completely correct guide to vacationing at home



«Marie Kondo» your home

A hotel room is a blank slate.

You walk in and, if all goes according to plan, you find a fresh, clean room, free of clutter and chaos.

This is not always the case at home, where life often gets in the way of things like fluffed pillows and spotless floors ...



Normal people go out shopping and buy something they like, often without considering the entire environment it will be joining.

We don't necessarily understand that it's not in harmony with the rest of our things



Cleaning up your closet

For your staycation purposes, walk around your home with a critical eye to figure out why certain spaces aren't working. Remove the things that are causing a disjointed feeling. That may be getting rid of a weird rug, competing art, or just general clutter and mess.





"One of the great treats of a hotel room is that the closet is empty and you're starting from scratch"



Clean your closet to get back to the essentials.

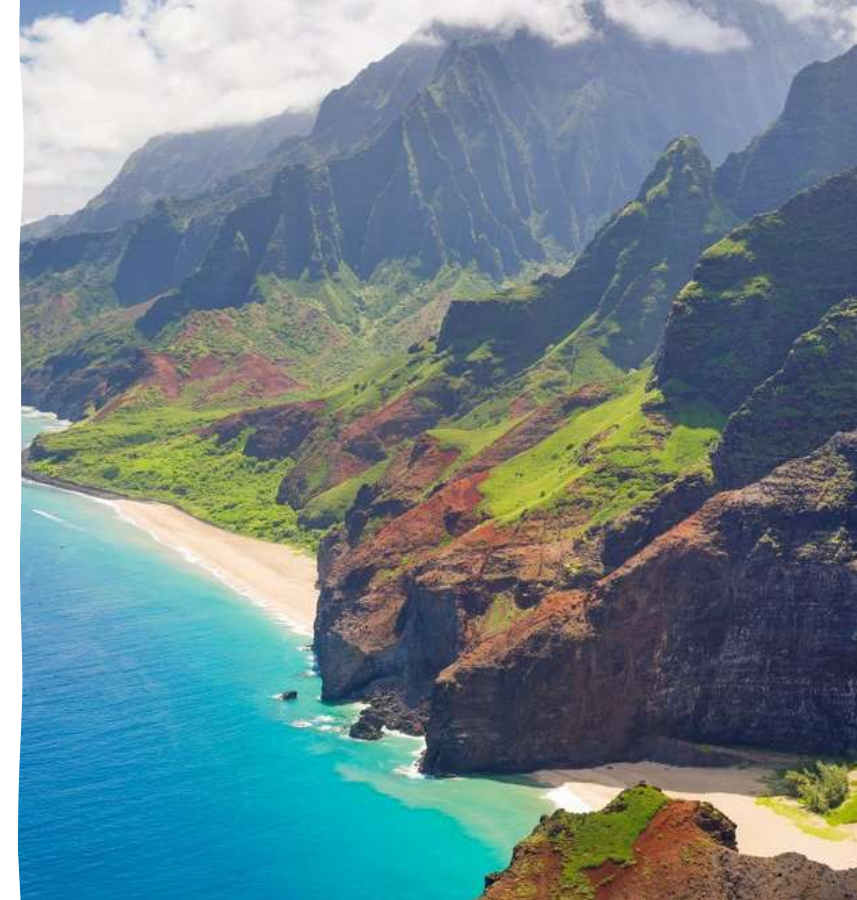
And don't just stop at the closet; purge the rest of your home of unnecessary items, then try to maintain that cleanliness.

Although this may initially feel like work, the result can be a more hotel-like living space.





Embrace the power of scent



Start your scent search by thinking about the feel you're trying to create.
A Hawaiian vacation may smell like orchids, plumeria, vanilla and coffee.

Buy items online like candles, incense or essential oils, or think about plants, flowers or fresh herbs you have on-hand.





You can literally go cut a sprig of rosemary from your yard, put it in any little tumbler, and totally change the room. It doesn't have to be extravagant.

Use essential oils to re-create aromatherapy treatments.

Choose different oils for different parts of your day. Bright scents will be better for focusing on work, while lavender, chamomile and bergamot will be soothing when you want to quiet your stress.





Role-play hotel service



Are you social distancing with a partner or roommate you still like, despite being trapped together for hours?

Treat each other with those little hotel-amenity treats, like a hot chocolate spiked with whiskey or a midnight snack.

Or, you can give your partner a massage one day, and find hot water and bubbles in your bath ready for you the night after.

Quarantining solo? Treat yourself to turndown service by making your bed daily and topping your pillow with a chocolate.

Or stock a tray with drinks and snacks to re-create a minibar experience.



Beautify your bathroom





A bathroom at a hotel: pampering.



Your bathroom at home: functional?



DIY bathroom MAKEOVER

In our own lives, our personal bathrooms are never tidy.

Why don't you try this: refresh your towels, improve your bathroom's lighting, upgrade your hand soap and hand lotion. Find something that smells really good; something that makes every hand-washing experience feel delightful.

A person wearing a green hoodie is holding a stack of cassette tapes. The tapes are stacked vertically, and the person's hands are visible at the top and bottom of the stack. The background is slightly blurred, showing some greenery and a brick wall.

Change your playlist

TOM WAITS
SOME MACHINES

SONIC YOUTH

NICK CAVE & THE BAD SEEDS
HENRY'S DREAM

Mahler "Fourth Symphony"

LEONARD BERNSTEIN

IGGY POP THE BORN

NICK CAVE AND THE BAD SEEDS
Murder Ballads

VELVET UNDERGROUND
LIVE IN DALLAS 1968

DE P.I.L.



You may be tempted to keep the TV on as background noise; don't do it. Choose music or sounds that will calm you, instead.

What sounds do you love on vacation? That could be a Spotify playlist of steel drum music, or a YouTube video of waves crashing on a beach.

Let it go.



Do things you'd normally do on vacation

Is the weather nice out? Grab a beach towel and lay out in your backyard, as long as you practice social distancing and stay six feet away from any other "beachgoers."



gettyimages
lisegagne

25 YEARS

Roll out a yoga mat for an in-room practice, go on a jog outside or follow workout routines streaming online or on Instagram to break up your day at home.



10 Amazing Virtual Museum Tours



Hintze Hall

Hintze Hall is the gateway to the Natural History Museum's collections and galleries.

Try [taking virtual tours](#) of the world's most famous tourist attractions. Right now, destinations like the Louvre, the Great Wall of China and American national parks are online for your sightseeing pleasure.



Sleep luxuriously



Vacation can be an opportunity to relax and refresh.

Getting good sleep is a huge part of that.

Use the time you normally spent commuting to work to catch up on sleep.

Channel wellness-resort sleep by creating a ritual around going to bed. Before tucking in, try taking a bath, drink a cup of decaffeinated tea, light candles, practice yoga, meditate or read a book.

Focus at the end of the day on gratitude.

