



Before

Brighten your mood with boldly hued walls
For the most spirit-lifting effect, go for bright shades in small spaces. According to color therapist Leatrice Eiseman, cobalt blue is best for bathrooms because it evokes images of the sky and sea, creating a spa-like feel. One to try: Benjamin Moore Semi-Gloss in brilliant blue, \$5 for 2 oz., from benjaminmoore.com.

Bathroom bliss in a blink!

All it takes is a quick coat of paint and a few spa-inspired accents to instantly transform a plain old bathroom into a relaxing and renewing oasis!

1. Add beachfront serenity with shells

Create a calm seaside setting by filling nooks and crannies with shells. Since each is unique, it's like having an original sculpture (without the steep price). One to try: Florida Pink Conch Shell, \$13, from seashellcity.com, or call 302-539-9386.

2. Feel invigorated with potted ferns

Studies show that plants can reduce fatigue and colds by more than 30 percent. Opt for humidity-loving varieties, like Boston or polypody ferns. One to try: Common Polypody 6" fern, \$15, from plantdelights.com, or call 914-772-4794.

3. Stay organized with custom shelves

Deep wall-mounted wood shelves keep towels and toiletries within reach without sacrificing counter space. Find a wide variety of shelving, cut to fit, and coordinating metal brackets at The Home Depot; log on to homedepot.com for stores.

4. Boost energy with bright accents

Jump-start your day by adding splashes of citrus to the mix. Color experts say sunny hues stimulate the brain, making you feel more alert. One to try: JCPenney Bright Towel in lime or mango, \$5, from jcpenny.com, or call 800-222-6161.

Main photo: Walsheles; inset photo: Paul Johnson; Woodstock.com; Shells: George and Associates; Just Like Carrots