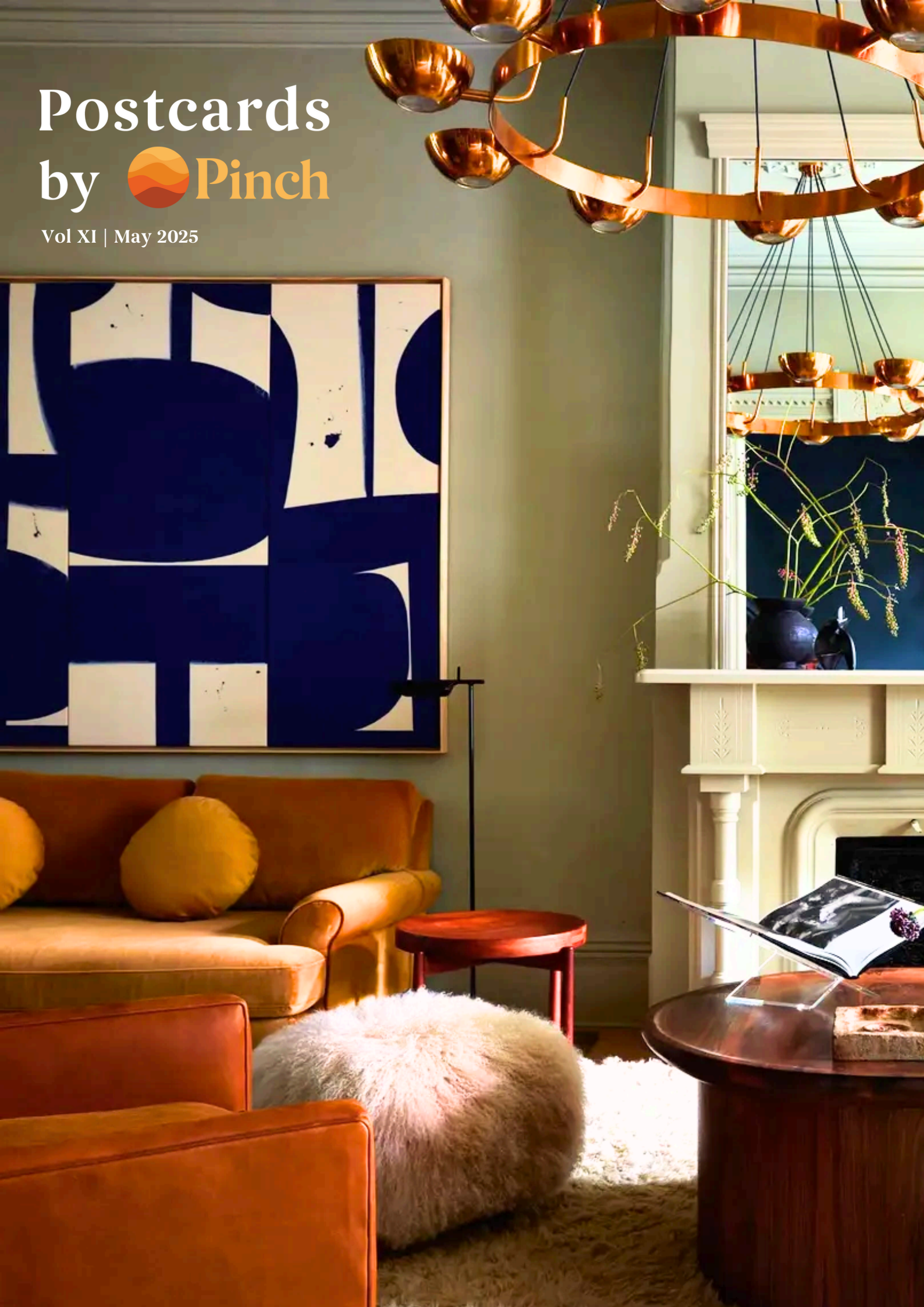


# Postcards by Pinch

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# The Hidden Power of Your Home



**We often think of** our home as just a place to rest or entertain, but have you ever paused to consider how your home's design might be quietly shaping your thoughts, emotions, and even your productivity? The colors on your walls, the way light filters through your windows, and how your furniture is arranged all work together to influence your mental well-being every single day. What if a few thoughtful changes could help reduce your stress, boost your creativity, or even improve your sleep? The design of your home holds more power over your mind than you might imagine.

Take natural light for instance. It is no secret that daylight affects how we feel, but the science behind it is fascinating. Exposure to natural light increases serotonin, the brain chemical that lifts your mood and energy levels. A [study](#) showed that people who spend their days in naturally lit environments sleep better at night, leading to clearer thinking and emotional balance. So that sun-drenched corner in your living room is not just cozy; it is a small mood booster in disguise. Simple tweaks like opening curtains wide or positioning your desk by a window can make a surprising difference in how you feel.

[Color is another powerful influence](#), a language your brain understands deeply even if you do not realize it. Cool blues and greens tend to soothe your nervous system, easing anxiety and inviting calm. That is why many spas and wellness centers favor these shades. On the flip side, warm colors like reds and oranges ignite energy and conversation, but too much can overstimulate your senses and cause irritability. Think of your bedroom as a sanctuary for rest where soft, calming hues help you unwind, while your home office might benefit from brighter, more stimulating tones to keep your focus sharp.

Beyond color and light, the way your space is laid out also impacts your state of mind. Have you ever noticed how a cluttered room can make you feel overwhelmed? That is your brain reacting to chaos. Clutter and cramped spaces raise cortisol, the stress hormone, making it harder to relax or concentrate. On the other hand, open, tidy environments help your mind breathe. Minimalism is not just a trend; it is a way to clear mental fog and create calm. When everything has its place and surfaces are not overcrowded, your brain can focus better and creativity flows more freely.



One of the most exciting developments in home design is biophilia, the idea of bringing nature inside. Plants, natural wood, stone, or even water features reconnect us to the outdoors, providing a calming effect that modern research backs up. A [Harvard study](#) found that workers with views of nature were 13 percent more productive and felt less stressed. Imagine applying that to your home: a few well-placed plants or a natural wood coffee table can make your space not only more beautiful but also more mentally restorative.

Lighting, both natural and artificial, deserves special mention as well. The quality and warmth of your lights affect your body's internal clock, influencing how alert or relaxed you feel. Bright, cool lights in the morning can boost focus, while soft, warm lights in the evening help you wind down. Poor lighting, however, can cause headaches, fatigue, and even depressive moods. Layering your lighting by combining overhead, task, and accent lights gives you control to match your environment to your mood and needs throughout the day.



Finally, the magic ingredient in any home is personalization. Spaces that reflect your personality and allow you control over factors like light and temperature foster a sense of security and comfort. This sense of home is not just about aesthetics; it is about creating a place where you can relax, recharge, and be your true self. The more your environment supports your mental well-being, the easier it is to navigate the stresses of daily life.

In many ways, the design of your home is a quiet collaborator in your daily life. It doesn't shout for attention, but it constantly influences how you feel, how you focus, and how you move through your day. Every decision, whether it's choosing a calming wall color, placing a chair by the window, or clearing space on a shelf, becomes part of a larger story about how you care for yourself. When your surroundings are thoughtfully attuned to your needs, your home begins to mirror the kind of life you want to lead. It becomes more than just a space. It becomes a silent partner in your personal growth - a place that restores you, reflects you, and helps you thrive.



## To Use

# Studio Indigene Decor Objects

These beautifully handcrafted decor items made from natural wood and brass bring a warm, earthy texture to any room. Their organic materials help create a calming, grounded atmosphere that connects your home to nature's elements. Perfect for adding subtle sophistication and tactile richness, these pieces invite a sense of balance and timeless elegance into your everyday space.



## To Read

# Joyful by Ingrid Fetell Lee

This insightful book dives into how our surroundings and the objects we choose can spark joy and uplift our spirits. Ingrid Fetell Lee reveals the science and magic behind joyful design, encouraging you to rethink your home aesthetics with positivity and intention. It's a must-read for anyone wanting to transform their living space into a source of happiness and creative energy.





## To Explore

# Clay Crafting Experiences

Pottery workshops offer a hands-on way to bring creativity and calm into your home. Places like [Mitti Space](#) in Mumbai and [The Clay Company](#) in Delhi and Gurgaon provide welcoming environments to learn wheel throwing and handbuilding techniques, perfect for beginners and enthusiasts alike. Beyond making beautiful, personalized ceramics, these workshops invite you to slow down, connect with your senses, and add meaningful, handcrafted pieces to your living space. It's a mindful experience that enriches both your home and your well-being.

## To Watch

# The Home Edit on Netflix

This engaging series shows the magic of thoughtful organization and styling in transforming everyday homes. With expert tips on decluttering and creative storage solutions, The Home Edit inspires you to create spaces that are both beautiful and functional. Perfect for anyone looking to bring harmony and flair to their living environment with a practical yet stylish approach.





## Brand Feature

### Coming Home, Even When You're Away: The Story of V are Family



It started with a simple need. In 2014, Puja and Aman Batra were looking for a getaway that felt like a real break from the city - a place where their children could play freely, their parents could rest comfortably, and they themselves could breathe easy. But the more they searched, the more they realised how rare it was to find a home-away-from-home that truly worked for a multigenerational family.

So they did something unusual. They designed an experience around one.

That first home, in Kasauli, wasn't just a vacation spot. It was a response to what most travel options lacked. No more making do with generic décor, inconsistent staff or eating every meal out. Here, they could walk barefoot, ask for daal-chawal for dinner, and wake up to quiet hills and homemade chai. Word spread. Friends came. Friends of friends came. Before long, the idea had a name and a purpose.

That's how [V are Family](#) was born - not as a business plan, but as a lived experience.

Today, it's a curated collection of homes across the hills, coastlines and countryside of India, from Mussoorie to Goa. Each is chosen for its natural charm and managed end-to-end by an in-house team that believes in the same founding values: ease, empathy and unhurried hospitality.

Unlike most holiday rentals that stop at handing over the keys, V are Family welcomes you the way a host would welcome loved ones. The lights are on when you arrive. Beds are turned down, not just made. The fridge is thoughtfully stocked, or a menu prepared with your children's favourite snacks in mind. And if you're travelling with pets, the space is already ready for them too - comfortable, safe and familiar.

There's no templated luxury here. Every home is different, reflective of the family that owns it. Some are lovingly restored bungalows with antique furniture. Others are modern, sunlit villas with art-lined walls. What connects them is their warmth and the fact that they've been chosen for their space, soul and surrounding greenery. If there's no view, no garden, no reason to step outside and breathe deeply, the home doesn't make the cut.



Meals, too, follow the home philosophy. No laminated menus, no restaurant mark-ups. Just honest, home-cooked food made by in-house chefs using local produce and billed at cost. It's less about service, more about being served with care.

Behind the scenes, the Vare Family team is trained not just to deliver hospitality, but to notice the little things. To remember how you take your tea. To set up a romantic dinner if you're celebrating something. To keep the WiFi working when you're on a work-cation. To quietly make the unfamiliar feel familiar. More than a brand, Vare Family is an invitation to rest, reconnect and remember what it feels like to be truly at ease.



*V are* FAMILY  
VACATION HOMES



If you'd like to experience any of their homes for your next holiday or special occasion, reach out to your Lifestyle Manager and we'll help make it happen.



Make Time for More

