

WELLNESS BLUEPRINT

Curating a Home with Thoughtful Zones and Products to
Support Healthy Habits and Elevate Daily Living



Graceful
SPACES

Hello!

A well-organized home is more than just a place to live—it's a foundation for a lifestyle of ease, intention, and wellness. At Graceful Spaces, we believe your environment plays a pivotal role in shaping your habits and supporting your goals. By curating systems and zones that align with your wellness journey, you create a space that empowers you to focus on what matters most: your well-being and the connections you build with those around you.

Imagine starting your day in a kitchen where every tool for your morning smoothie is perfectly placed or unwinding at night in a bedroom designed to encourage restful sleep, free from distractions. These aren't just conveniences—they're intentional choices that reinforce healthy habits. Whether it's creating a designated area for meal prep, establishing a stylishly organized supplement station, or designing a serene meditation corner, the systems we put in place are designed to remove barriers and make wellness second nature.



Let your home be the foundation for your wellness transformation. With a few intentional changes, your space can become a catalyst for your aspirations, helping you build the routines and habits that shape your best year yet.

We're here to support you every step of the way, so please don't hesitate to reach out with any questions.

Here's to a home that inspires and supports your goals.

Rebecca + Christina
CO-FOUNDERS



About Graceful Spaces

At Graceful Spaces, we specialize in luxury home organization, but what truly sets us apart is our holistic approach—seamlessly blending family efficiency with timeless functionality. Many of our clients find that traditional organizing services fall short; they need something more personalized and elevated to suit their busy lives and sophisticated tastes.

We provide a high-touch, seamless experience that combines elegance and functionality. From building a new home to moving in, refining your spaces, or maintaining home operations, our design consultants, product curators, and professional organizers guide you through every step.

Discover the power of whole-home harmony, where every square inch serves a purpose, and your spaces come together in perfect cohesion and functionality.

Experience the power of whole-home harmony, where every square inch of your home has a defined purpose, and spaces work together to create cohesion and function.



The Power of Intentional Spaces

Your home has the potential to be a catalyst for your wellness journey. Thoughtfully designed spaces don't just make life more convenient—they transform your routines and help you sustain healthy habits effortlessly. When every zone is tailored to your needs, your environment becomes a partner in supporting your goals, enhancing your day-to-day life, and fostering long-term well-being.

We've personally experienced the profound benefits of curating a home to support our health and wellness goals. These intentional zones bring consistency to our routines, inspire those around us, and make wellness a natural part of daily life.

These intentional zones have:

- Encouraged family members to join in on wellness routines.
- Served as a daily reminder of what's important to us.
- Inspired friends, family, and guests to prioritize their own wellness.
- Made it easier to stay consistent by integrating healthy habits into our home environment.

When your home reflects your goals, it becomes a partner in supporting your wellness journey, fostering long-term health and harmony for everyone who enters.



STEP ONE

Identify Your Wellness Priorities

Before creating intentional zones, it's important to first identify the wellness routines and goals that matter most to you and your family—including kids. Think about the habits you want to encourage, like staying active, eating healthier, or prioritizing relaxation. Tailoring zones to everyone's needs helps make these routines more achievable and sustainable. Here's how to approach it:

- **Physical Wellness:** Consider where you need space for exercise or healthy eating, like a workout area or a dedicated spot for meal prep.
- **Mental Wellness:** Think about areas for unwinding, such as a cozy corner for reading, journaling, or meditation.
- **Self-Care:** Look for opportunities to add spaces that support self-care routines, like skincare storage or a calm space for evening rituals.

Identifying your wellness priorities allows you to tailor your home environment to support the specific habits that enhance your health and well-being.



STEP TWO

Building Your Wellness Zones



PLAN YOUR SPACE

Identify where your wellness routines will take place—whether it's a drawer, closet, or larger area. Focus on accessibility and functionality, ensuring each space is designed to support your goals and make your routines effortless.

PURCHASE PRODUCT

Now that you know where you are building a zone, determine what products you need, and the size of your space.

Using our purchasing guides, curate the products and systems you will need to set up your wellness zones.



CURATE YOUR SPACE

Before building your zone, take time to edit—remove anything that doesn't serve you or align with your goals. By intentionally selecting only what truly supports your wellness, you create a space that fosters clarity, focus, and lasting habit change.



STEP THREE

Maximize Efficiency



ROUTINE STACKING

The easiest way to start a new routine is to add it to an existing routine. Identify micro-zones that can support routine stacking where you already have daily routines in place. Examples:

- Store your supplements or a journal in your bedside table for accessibility first thing in the morning.
- Build a post-workout smoothie bar in your home gym
- Place a water pitcher and glass in a visible spot on your kitchen counter or office to encourage hydration throughout the day.



ESTABLISH MAINTENANCE ROUTINE

Efficiency isn't just about the initial setup—it's about consistent upkeep. Spend a few minutes each week maintaining your zones by refilling supplies, tidying up, or rotating seasonal items. This simple habit keeps your spaces organized, functional, and ready to support your wellness goals all year round.



QUICK TIP:

Clearly label to keep everyone in the household on the same page!



ZONE BLUEBPINT

Smoothie & Supplements

One of our favorite zones to create for our clients is the central hub for smoothies and supplements. Ensuring you're starting your day off right with health and convenience in mind, this zone brings everything you need into one accessible space.

First, begin by selecting a convenient location, in your kitchen or pantry. Use sleek canisters to decant fresh ingredients and powders for your smoothies, and pill organizers to keep your daily vitamins neatly arranged. Turntables work wonderfully to corral vitamins and supplement bottles for easy access.

For single-serve packets or supplements, organize them in a nearby drawer using dividers or drawer organizers. Don't forget to include space for essential appliances like your blender or smoothie maker, ensuring everything is ready for effortless breakfast or smoothie prep.

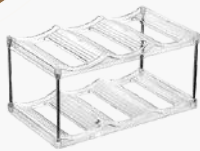


TAKE IT A STEP FURTHER

Create a nearby cabinet or drawer dedicated to healthy breakfast options, such as protein bars, granola, or nut butter. This extension keeps all your morning essentials within reach, making it even easier to maintain your wellness routine.

[TOUR THE HILLYER HOMESTEAD](#)

[TOUR MODERN MUSE](#)



Double your storage while keeping bottles & shaker cups perfectly organized with these acrylic cup holders.



SHOP THE ZONE

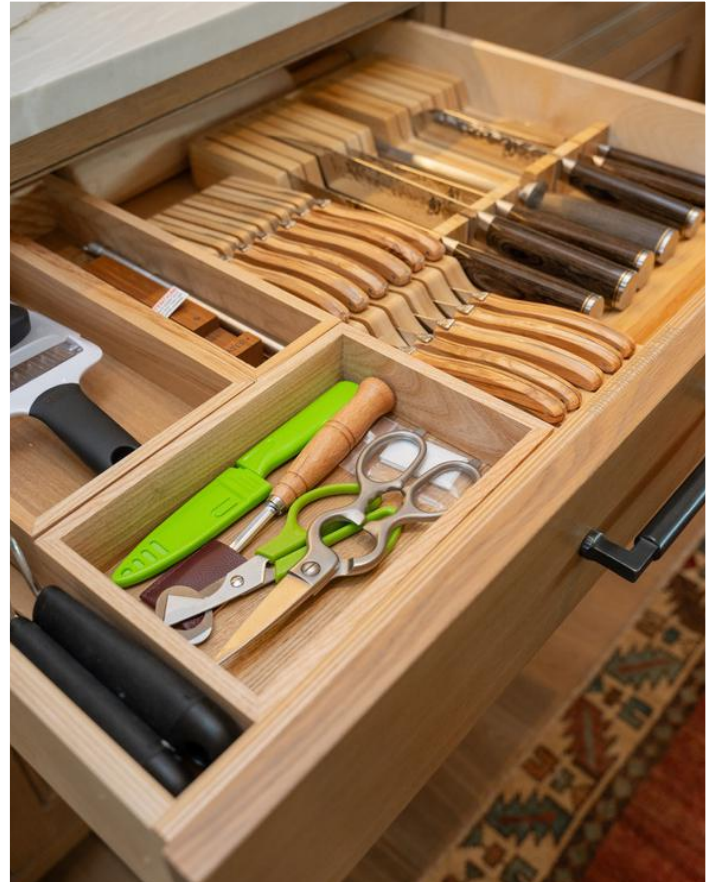
ZONE BLUEBRPINT

Cooking & Meal Prep

The way your kitchen is organized has a profound impact on your cooking experience. By thoughtfully zone planning your kitchen for efficiency, you'll transform meal preparation into a seamless, stress-free process, saving time and energy while encouraging healthier eating habits.

Start with your cooking zone: Focus on the area around your stove and countertops. Use nearby drawers for cooking utensils organizing them with drawer dividers for quick access. Store spices in a dedicated drawer with organizers or a cabinet with tiered risers to keep everything visible and close at hand.

Include essentials within arm's reach: Keep cooking oils, vinegars, and seasonings near the stove, stored on a turntable, in a pull-out cabinet, or on a sleek tray. Ensure pots, pans, and measuring tools are easily accessible in nearby cabinets or drawers to make your workflow more efficient.



TAKE IT A STEP FURTHER

Expand your meal prep zone with a dedicated space for chopping, mixing, and assembling meals. Keep cutting boards, prep tools, and mixing bowls in one convenient location, and organize pre-portioned containers for leftovers or meal prep nearby.

[TOUR BLUE IVY VILLA](#)

[TOUR WANDERING MEADOWS](#)

See the Zone in Action



[SHOP THE ZONE](#)

ZONE BLUEBPINT

Medicine & First Aid

We all know that even with the best health and wellness routines, the occasional cold or a scraped knee is inevitable. It's often in these moments—scrambling to find a thermometer or a band-aid—that we realize how scattered our essentials are throughout the home. Let's make those moments as stress-free as possible by creating a dedicated medicine and first aid zone.

Identify a convenient location that works best for your family, ensuring it's out of reach for younger children. Commonly effective spots include the kitchen, laundry room, mudroom, pantry, or primary bathroom.

If you're using a cabinet, Linus bins are an excellent solution. Don't forget to label each bin. You can opt for broad categories like "Kids' Medicine" and "Adults' Medicine" or get more specific with labels such as "Cold & Flu" or "Stomach Relief."

For drawers, choose drawer organizers to keep items neatly contained. If you're using a lower cabinet, we recommend The Home Edit's stackable drawer organizers. Pair these with tall inserts to micro-categorize items for quick and easy access.



TAKE IT A STEP FURTHER

Prepare for life on the go by creating a travel-friendly version of your medicine and first aid essentials. Use a small, portable organizer to store key items like pain relievers, band-aids, allergy medication, and cold remedies. Keep it in your car or travel bag so you're always ready, no matter where life takes you.

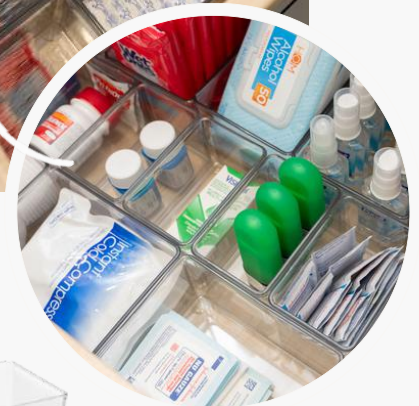
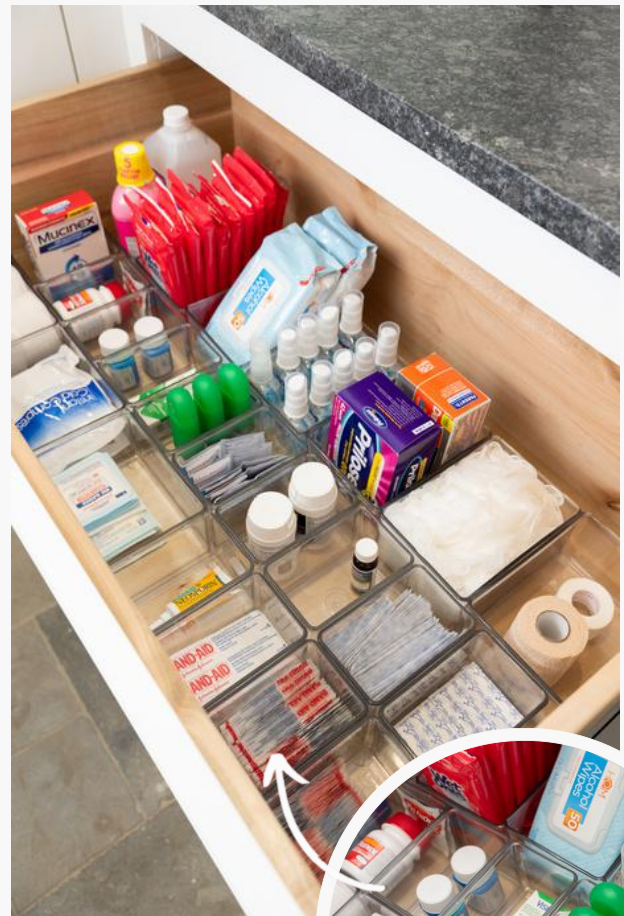
[TOUR HEAVENLY HOUSTON](#)

[TOUR THE WIMBERLEY RANCH](#)

See the Zone in Action

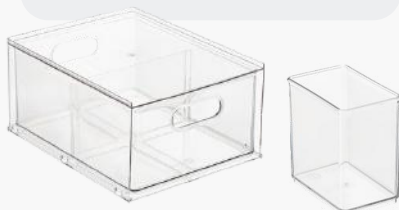


Don't forget to label!



QUICK TIP:

Using a lower cabinet for first aid or medicine essentials? Use stackable drawers with inserts to maximize and micro-categorize.



[SHOP THE ZONE](#)

DEFINE YOUR ZONES

Make it Personal

Home organization is about creating systems that work for you and your family. Imagine your unique wellness needs: what systems, organization zones, and curated areas can you create to support your goals?



HEALTHY SNACKS

Making healthy snacks readily available is key to staying on track with your wellness goals. In those moments when you need a quick pick-me-up, having prepped options like nuts, seeds, or other favorites in clear canisters helps you avoid reaching for less healthy choices. For little ones, keep their healthy snacks accessible to encourage smart habits early on.

DEFINE YOUR ZONES

Make it Personal



BREAD MAKING

Looking to add sourdough to your list of routines? Create a dedicated bread-making zone where everything you need is within arm's reach, making it easy to stretch and fold your way to home-baked bliss.



SLOWCOOKER MEALS

Cut back on eating out and prepare healthy meals for your family with a dedicated slow-cooker zone. By adding an adhesive bin to your cabinet for slow-cooker recipes, you streamline your routine, keeping recipes and serving supplies in one place to support your healthy lifestyle.

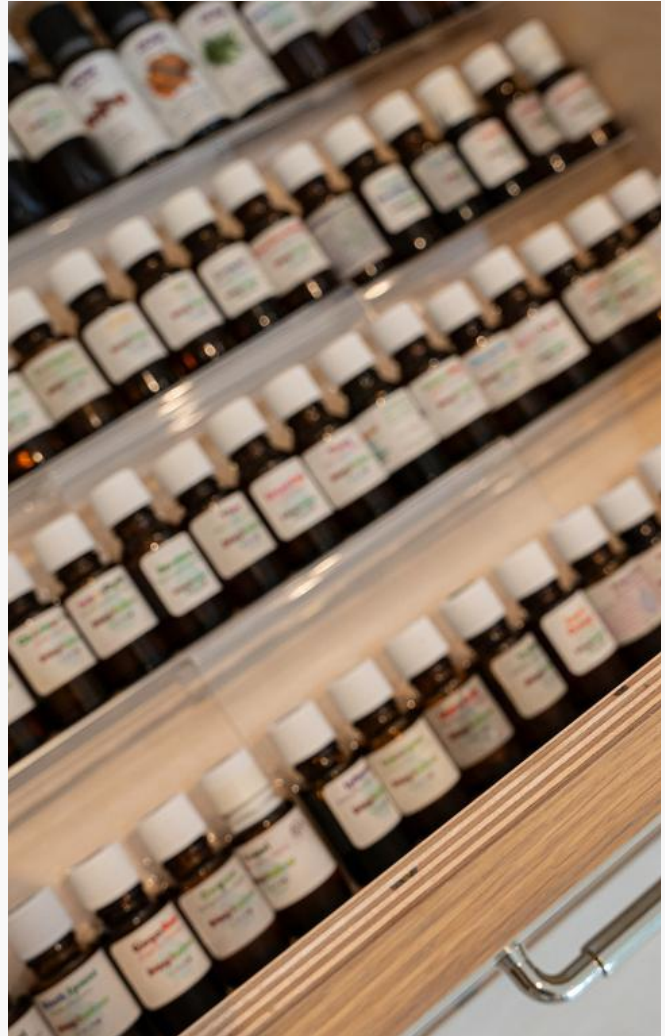


READY-MADE MEALS

One of our favorite healthy hacks is using ready-made meals to supplement home cooking when things get busy. With this ready-made meal freezer zone, you'll always know what you have and be able to grab it on the go.

DEFINE YOUR ZONES

Make it Personal



HOLISTIC WELLNESS ESSENTIALS

As you create your wellness zones, start by identifying your inventory and determining where each category makes the most sense to live based on the associated activity. For example, in our Builders Bliss project, we transformed a pool closet into an apothecary closet to house the family's health and wellness items. However, essential oils remained in the primary bathroom, as that's where they were most frequently used. Tailor your zones to fit your daily routines and ensure everything is stored where it naturally supports your activities.

[TOUR THE BUILDERS BLISS](#)

DEFINE YOUR ZONES

Make it Personal



BUILD HEALTHY HABITS EARLY ON

Supporting kids in developing healthy habits starts with creating intentional wellness zones throughout the home. Think about the routines and responsibilities you want them to build, and set up spaces that provide a strong foundation for these practices. From a bathroom equipped with everything they need for proper dental care to a mudroom with an organized drop zone, these spaces can encourage consistency and self-sufficiency. For older kids and teens, a dedicated tech zone in the mudroom or another central location can help establish healthy boundaries around screen time and teach them the importance of managing their devices responsibly.

SEE HOW WE DO IT

Our Co-Founders Fridge

Maintaining healthy eating habits starts with having nutritious food readily available. A well-stocked and organized fridge can make all the difference in achieving your healthy eating goals. When fresh, wholesome options are just as easy to grab as sugary snacks, staying on track becomes effortless.



1

Use clear organizing bins to keep healthy snacks and fresh produce in sight. Make it easy to make healthy choices by purchasing pre-packaged snacks or preparing grab-and-go options.



2

Wash fresh produce as soon as you get home, and use produce-preserving containers to keep your fruits and veggies fresh for longer.



3

Store homemade beverages like lemon water or cold-pressed juices in glass containers. Avoid harmful toxins from plastic drink containers by decanting milk and store-bought juices into glass as well.

[BUY OUR FRIDGE DESIGN GUIDE](#)

SEE HOW WE DO IT

Our Co-Founders Home Gym

Establishing and maintaining an exercise routine becomes easier with the right home gym equipment. Take a look at Christina's at-home setup, designed to keep her on track and active, whether she's at home or on the go.

1

Stock your gym with travel friendly equipment that you can take with you on the road. Christina travels with her jump rope and resistance bands to stay on track no matter where life takes her.



2

Struggle to get up and ready? Keep your workout clothes in your home gym so you can eliminate that mental hurdle, and get dressed once you are already awake and in your space.



3

Celebrate your wins to boost momentum. Any new habit takes time to form. Positive reinforcement and tracking your progress are great ways to stay positive while you are building new routines and habits.

[SHOP THE HOME GYM](#)

Bonus Tips From the Team

CURATE A LIFE OF WELLNESS WITH THESE
BONUS TIPS FROM OUR TEAM OF EXPERTS



Top 10 Tips from the Team



01 **DECANT YOUR SUPPLEMENTS EACH SUNDAY**

Refill your [pill container](#) and any supplements you will use that week each Sunday to keep your zones freshly stocked.

02 **DONATE UNUSED SEASONAL FOOD ITEMS**

Donate unused seasonal food items, like baking supplies or other items you won't use, to make space for new items coming in. Do this quarterly to keep your pantry from becoming overstocked with unused goods.

03 **KEEP PRODUCE FRESH LONGER**

Wash your fruits and vegetables with a combination of water and vinegar, then add baking soda to clean off any germs or pesticides. This will also help keep them fresher longer.

04 **CLEAN UP YOUR PRODUCTS**

Look up the health rating of your products on the [Environmental Working Group](#) website. This can apply to food, beauty products, cleaning products, and more.

05 **DEDICATED ZEN ZONE**

Design a calm space for meditation, reading, or journaling. Include a pillow for sitting and a bluetooth speaker to play calming meditations or music.

Top 10 Tips from the Team



06

DOUBLE UP FOR CONVENIENCE

Have multiples for AM and PM routines, such as a Gua Sha tool by your bedside for night and another in the bathroom for the morning.

07

BOOST YOUR DAILY WELLNESS

Our CEO Christina uses this wellness shot recipe to stay healthy and energized throughout cold and flu season.

- 1 tbsp turmeric powder
- Dash black pepper
- Tbsp apple cider vinegar
- Tbsp lemon juice
- Hot water
- Orange or pineapple juice to taste

08

PLAN YOUR MEALS WEEKLY

Make a meal plan and stick to it. Shopping only for what you need creates less food waste and helps prevent impulsive choices that don't support your goals. Plan your meals weekly.

09

KEEP FITNESS TOP OF MIND

Keep small fitness equipment in main areas where you are more likely to use them. A walking pad in your office is a great way to get extra steps in while working.



10

BRING LIFE INTO ANY SPACE

Live plants are a great way to not only add life to any space but also improve air quality.

A Better Night's Rest

Sleep is one of the most important aspects of your physical health, and getting a great night's sleep is made easier with the right routines, tools, and environment. Get a better night's rest with these top tips!



01 TECHNOLOGY FREE ZONE

Easier said than done, but the harsh light can wreak havoc on your circadian rhythm, and people who sleep without their cell phones report less anxiety and higher-quality shut-eye. Get an old-school alarm clock and start your day with a journaling session instead of scrolling Instagram.

02 COLD, DARK, AND QUIET

The best night's sleep comes in a space that is all three: cold, dark, and quiet. Save energy and fall asleep faster by lowering the thermostat at night by a few degrees. Block any extraneous light sources, or use a light-blocking eye mask to eliminate distractions. We also recommend sleeping in silence or with quiet white noise in the background.

03 CLEAN IS COZY

A clean bed will always yield a better night's sleep. Wash your bed linens in non-toxic, hypoallergenic detergent to eliminate skin discomfort or allergies, and change them at least once a week. Vacuum your mattress at least monthly to get rid of dust and dander.

Travel Well – On the Go



STAY ON TRACK ON THE GO

Plan ahead to stay on track! Pack a small travel bag with essentials for when you are on the go. Include things like individually packaged snacks, collagen, peptides, supplements, etc.

KEEP YOUR SUPPLEMENTS ORGANIZED

Bring your prescriptions and supplements along with an AM/PM [pill container](#). Use a hard sided container or bento box to organize different individually packaged supplements.

SHOP TRAVEL SIZED TOOLS

With [travel sized tools](#) like this Roller and Guasha, you can take your wellness practice along with you.



PLAN AHEAD TO STAY ACTIVE

Request a yoga mat in your hotel room, or travel with your own [light weight workout equipment](#) like a jump rope so you can stay active while away from home.

BRING YOUR OWN PRODUCTS

Pack travel sized non-toxic cleaning products and personal care products so you can stay on track while traveling. Keep sanitizing products in your bag to clean surfaces in your room or transportation.

RETURN TO HOME SWEET HOME

Prepare for your return by resetting your home before you leave. Deep clean and declutter key areas like the kitchen, bathroom, and entryway.

Empty trash cans, clean out the fridge, and do laundry to avoid returning to unpleasant odors or chores.

BONUS

Our Favorite Non-Toxic Products



USE CODE
'GRACEFULSPACES' TO
SAVE 15% OFF

Practice wellness with your products by eliminating harsh chemicals and toxins around your home. We have partnered with Branch Basics to offer our followers 15% off their Starter Kit, which gives you everything you need to start your non-toxic product transition!

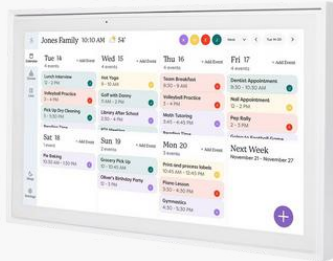
Our clients are embracing the shift to non-toxic living, and through our Fresh Start service, we've had the privilege of sourcing some incredible non-toxic brands tailored to their unique needs. Each brand we recommend is Graceful Spaces-approved, ensuring they meet the highest standards for safety, quality, and effectiveness. Here are a few of our favorites to inspire your own transition:

- ☐ Attitude
- ☐ Grove Collaborative (now at Target!)
- ☐ Blueland
- ☐ Clean People Laundry

[SHOP NON TOXIC PRODUCTS](#)

BONUS

Products That Make a Difference



SKYLIGHT CALENDAR

Keep your personal and family routines front and center by adding them to your Skylight Calendar.



DUST MITE VACUUM

Once a month, make it part of your routine to vacuum your mattresses and couches. You'll be amazed!



PORTABLE TREADMILL

Work from home? A desk treadmill is the key to staying active and moving your body during the workday!



NUFACE FACIAL DEVICE

Skip the Botox and incorporate the NuFace into your daily routine—an investment in toned, glowing skin right at home.



DAILY PILL ORGANIZER

Simplify your routine and stay on track, even on the go, with a daily pill organizer



CARAWAY FOOD STORAGE

Yes, an investment, but worth it for the nontoxic materials and streamlined design—Caraway food storage combines function and style effortlessly.

SHOP THE FULL LIST

BONUS

Products That Make a Difference



MINI BEAST BLENDER

Elevate your smoothie zone with the sleek Beast Blender, perfect for creating nutritious drinks on the go.



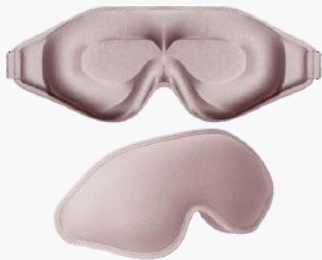
ESSENTIAL OIL DIFFUSER

Enhance your environment with a sleek diffuser, elevating your space while promoting focus and well-being through refined essential oil blends.



PRIMALLY PURE TOOLS

Primally Pure offers non-toxic facial tools designed to support natural skincare and promote healthy, glowing skin.



SLEEP MASK

Block out light with an eye mask to improve sleep quality and support your natural circadian rhythm.



BLUE LIGHT GLASSES

Blue light glasses help reduce eye strain and improve sleep by blocking harmful blue light from screens.



OXO GREENSAVERS

Keep fruits and veggies fresh longer with OXO Greensavers, designed to maintain optimal airflow and humidity.

[SHOP THE FULL LIST](#)



Ready to learn more?

At Graceful Spaces, we believe everyone deserves a home that exudes beauty and operates flawlessly. Our team has revolutionized home organization, partnering with you through every phase of home refinement, installation, and maintenance.

When you're ready to take the first step towards building a sustainable and organized home that is customized to your unique goals, we're here to help!

[LEARN MORE ABOUT OUR SERVICES](#)



GRACEFUL SPACES WELLNESS BLUEPRINT