

Introducing the Kitchen & Bath Remodel that feeds the **MIND | BODY | SOUL**

Kitchen and bath specialist, Lynn Wallace has been living a bona fide organic life for years. The result is the lifestyle change that so many are looking for in 2020. Lynn is using her experience to evolve the traditional and out-dated kitchen to a bright, spacious, and blissful haven of health, wellness and happiness.

Are you ready for a healthy mind and better organized space full of rejuvenation for your life? It's time to reinvent your kitchen and bath design. Good for you. Good for the planet. Five key areas that are receiving the biggest revamp are:

- ✓ Space planning that optimizes utilization for a healthy happy life
- ✓ Sophisticated cabinet storage for ideal use
- ✓ Appliances that perform with precision to preserve nutritional density
- ✓ Healthier happier lighting design
- ✓ Bacteria free countertops with clean lines

A re-imagined layout has efficient workstations that help prevent food and water waste. It welcomes convenient conversation spaces while still providing ample room for task stations. Islands are a cornerstone featuring incubators for micro-greens, a central drain for easy clean up and separate trash and compost compartments.

Gone are the days when cabinets and appliances were just for storage and cooking. They now serve as the epicenter for healing and nurturing good health. Cabinets display food in appetizing way to encourage organic eating habits. Kitchen cabinets are consciously selected for their natural wood-seals and paints that are low or no VOC, improving air quality. Quartz is a popular choice for countertops because of their non-porous characteristics that are stain resistant, easy to clean and disinfect.

Appliances are crucial to keeping healthy food fresh. They maintain proper temperature zones and nutrient values. For example, not all vegetables maintain their nutritional integrity at the same

Photo from Urban Cultivator



temperature. Fruits should be separated from vegetables to keep their natural ethylene gasses from over-ripening them.

The new Wellness Kitchen serves as a better reflection of our mind, body and environment.

To learn more about Wellness Kitchens, please visit: <http://isyourkitchenstillservingyou.blogspot.com>

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