

BOHEME

History of
Bohemian
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THE EVERY GIRL'S GUIDE TO BOHO BEAUTY



By Angela Melero

There's a reason the bohemian look has had a loyal following for decades. The effortlessly chic style has some serious versatility and can work for a variety of occasions ranging from music festivals and lazy beach days to garden weddings and date nights. We support any look with that kind of clout! The other thing we love about the boho goddess look is that it doesn't take much to execute. It's really a matter of lightly accentuating your natural features. Don't believe us? Check out this comprehensive guide

to channeling your inner boho princess. Watch out: It may make you want to fly out the door and run barefoot through a field!

Hair

Beachy Waves:

When you hear "boho hair," what comes to mind? If you're thinking perfectly imperfect bed-head waves, you would be right on the money. So how do women achieve that mussed-up hair that makes us all green with envy? Quite easily, actually. Try one of these three tutorials for the perfect boho hair for any

“Bohemian style is all about letting your natural self shine!”

hair length! One thing to keep in mind when rocking the soft, messy waves is that products are key to creating and keeping the style. Make sure you use a sea salt spray (applied to damp hair before taking a blow dryer to it) and texturizing spray (applied after you curl it).

Braids:

Braided 'dos are also synonymous with bohemian beauty. There's something very ethereal about a pretty plaited style. For an ideal boho braided style, try a braided crown or headband. They're fairly easy to do and an instant upgrade to your mane. Just make sure the braids aren't too tight or perfect. Sprinkle a little texturizing powder (like Shu Uemura Volume Maker) in your hair prior to braiding. This allows for your locks to have grip and gives them a messy, undone look.

Makeup

Do Less:

Bohemian style is all about letting your natural self shine, especially your lovely face. Stick to minimal, no-makeup makeup for this look. For foundation, opt for a brightening formula to give your skin a soft, dewy finish (we love Giorgio Armani Maestro Foundation). Stay away from cakey powders or matte finishes, as you don't want to look overdone or too perfect. One thing you can employ for a little color is bronzer. Free-spirited bohemian looks include sun-kissed complexions, so embracing a light bronzer would work in your favor. But, don't go overboard! Keep the bronzer application strategic and stick to places on the face where the sun naturally hits.

Natural Shadows:

Unfortunately, chic and wild looks like the cat eye, smoky eye and neon eyeliner are not on the menu for boho eye makeup. Like we said earlier, this carefree look

needs to be minimal and show off your natural features. Think earthy. Stick to neutral shadows and employ an eye contouring technique that will help accentuate your natural shape. If you must wear eyeliner, go with a matte brown as opposed to black and keep the line soft.

Soft, Pretty Lips:

For a perfect boho pout, pretty nudes and peach hues are the way to go. Like the approach to your facial makeup, lip products should have some shine and a light, glossy (emphasis on light) finish. Outline your lips with a natural or invisible lip liner and fill them in with a lip stain or gloss. For an even more subtle pop of lip color, you can try a tinted lip balm!

Nails

Metal Mania

While your hair and makeup stay natural and earthy, nails allow you to get a little edgy with your boho goddess beauty. Try cool metallics like gold, bronze or other glittery finishes to give your look a little sparkle!

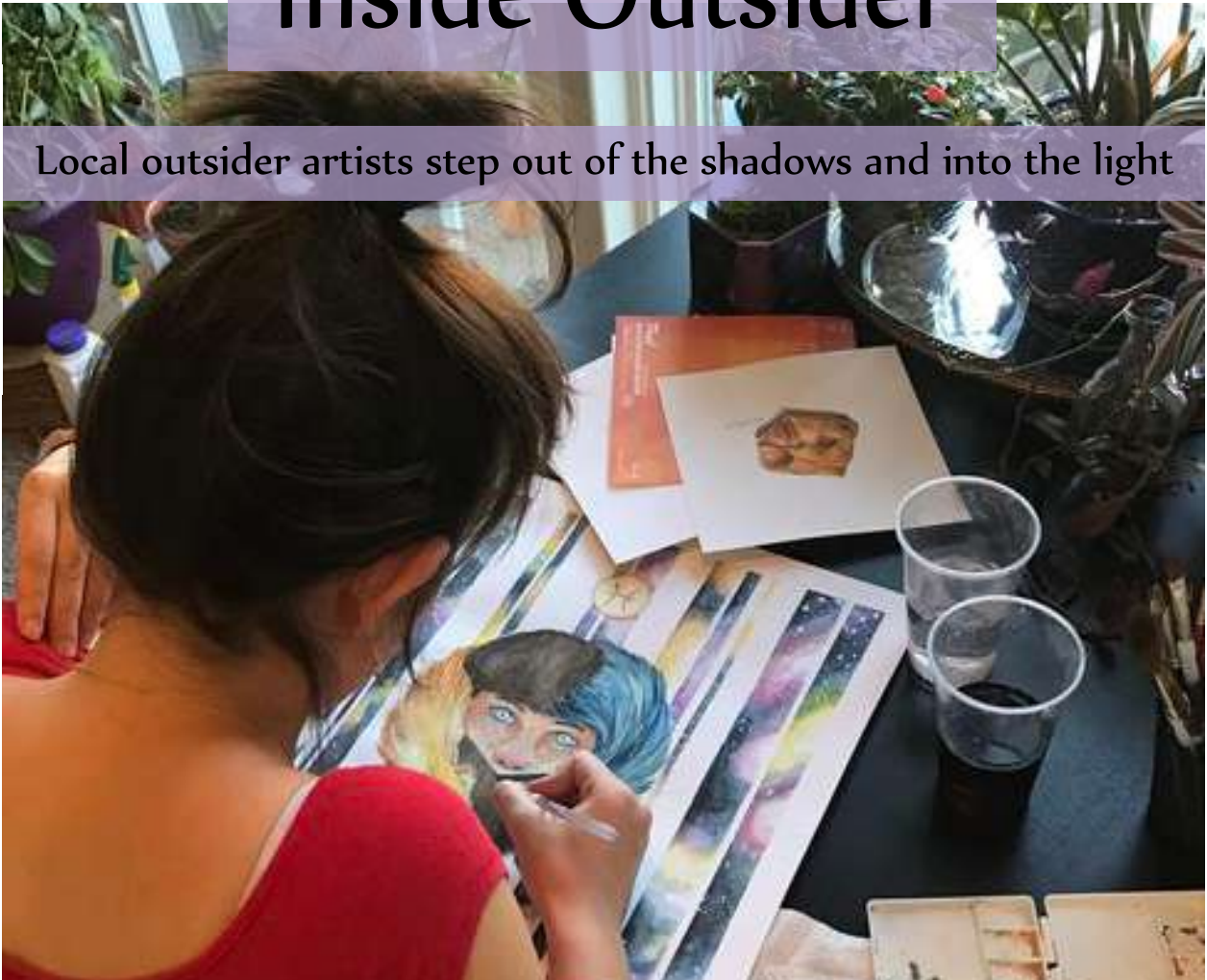


A SMOKY BRONZE AND PEACH LOOK FOR SPRING!

Start by unifying your skin tone with a powder-finish foundation, working from the center of the face out towards the edges for the best coverage. Next, contour your face with the help of a dual-toned sculpting palette that will help you to highlight and refine your favorite features. Finish by applying a wash of pale rose blush to the apples of your cheeks to add color to your skin!

Inside Outsider

Local outsider artists step out of the shadows and into the light



By Charlie Swanson

In the art world, the term "outsider art" is a label created by those who live and work on the fringes of society. These artists often suffer from mental-health issues or disabilities, and their brilliant works are frequently only brought to light after their death.

In the North Bay, several mental-health-service providers are determined to put a positive spin on the term "outsider art" and recognize the contributions of otherwise marginalized

community members through the Sonoma County Wellness Art Collaborative.

The organization hosts a new group exhibit, "Out of the Shadows: A Collection of Transformative Art," opening in August at the Steee Lane Community Center in Santa Rosa, with a reception featuring spoken-word, artistic expression, and musical entertainment.

At the forefront of the collaborative is Adam Kahn, a licensed marriage and family therapist who has worked for the past 10 years at

"The arts brings in all kinds of people from all different backgrounds"

Buckelew Programs, a community-based service provider that helps people with mental-health problems to live independently within the community. Now a supervisor at Buckelew, Kahn formed the Sonoma County Wellness Art Collaborative to promote the creative works of many of these individuals.

"Culturally, we appreciate our artists who have eccentricities, but I don't know that we really appreciate our eccentrics who have artistic abilities," says Kahn. "And a lot of the folks we work with do have those artistic abilities. Their way of being in the world is so unique, but oftentimes it's not something that's appreciated by the mainstream. A lot of that expression is shoved into corners or dark places."

For the wellness art collaborative, Kahn reached out to other North Bay mental-health service providers, including Community Support Network, Telecare Sonoma ACT (Assertive Community Treatment) and St. Joseph's Health. Kahn says the partners all see the benefits of the intersection between arts and the overall mental health of the people participating in art.

"The arts brings in people from all different backgrounds, we're really experiencing that while gearing up for this show," says Kahn.

"Out of the Shadows" will include more than 60 pieces of art from over 30 participating artists. The range of art at the show runs the gamut of media, including painting, photography, sculpture and even puppetry. The subject matter of the work reflects the role and feeling that art plays in each artist's life, be it for coping or to express the anguish (or perhaps other feelings) of their situation. "The muse is as unique as the artist," says Kahn.

All the artwork will be for sale, and the proceeds will go to the artists, many of whom live under the poverty line or are homeless, in addition to living with severe mental illnesses or traumatic brain injuries.

"To me, the sale of the artwork is almost secondary," Kahn says. "Some of our artists might feel differently, but I've seen such a great response, not just from the public who get to view the art, but from the artists who have the opportunity to show their work and have that kind of engaging interaction with the public."

"It genuinely does do a great deal of good, and help to create a sense of self-worth for them."



Out of the Shadows: A Collection of Transformative Art opens with a reception featuring a lineup of entertainment in August at Steele Lane Community Center in Santa Rosa, California.

HISTORY OF BOHEMIAN STYLE

By Lauren Padalia

The bohemian sub-culture has been closely connected with predominantly male artists and intellectuals. The female counterparts have been closely connected with the so called Grisettes, young women who combined part-time prostitution with various other occupations. In the first quarter of the 19th century, the term Grisettes also came to refer more specifically to the independent young women. These, often working as seamstresses or milliner's assistants as well frequented bohemian artistic and cultural venues in Paris.

Many grisettes worked as artist's models, often providing sexual favours to the artists in addition to posing for them. During the time of King Louis-Philippe they came to dominate the bohemian modelling scene. Pre-Raphaelites: In 1848 William Makepeace Thackeray used the word bohemianism in his novel Vanity Fair. In 1862, the Westminster Review described a Bohemian as "simply an artist or littérateur who, consciously or unconsciously, secedes from conventionality in life and in art". During the 1860s the term was associated in particular with the pre-Raphaelite movement, the group of artists and aesthetes of which Dante Gabriel Rossetti was the most influential.

As the 1860s progressed, Rossetti would become the prince of bohemianism as his deviations from the norm became more audacious. And as he became this epitome of the unconventional, his egocentric demands necessarily required his close friends to remodel their own lives around him. His bohemianism was like a web in which others became trapped – none more so than William and Jane Morris. Pre-Raphaelite traits:

Jane Morris, who was to become Rossetti's muse, epitomised, probably more than any of the women associated with the pre-Raphaelites, a flowing style of dress that, while unconventional at the time, would be highly influential at certain periods during the 20th century.



She and others, including the much less outlandish Georgiana Burne-Jones (wife of Edward Burne-Jones, one of the later pre-Raphaelites), eschewed the corsets and crinolines of the mid-to-late Victorian era, a feature that impressed the American writer Henry James when he wrote to his sister in 1869 of the bohemian atmosphere of the Morris' house in the Bloomsbury district of London and, in particular, the "dark silent medieval" presence of its chateleine:

"It's hard to say whether she's a grand synthesis of all the pre-Raphaelite pictures ever made ... whether she's an original or a copy. In either case she's a wonder. Imagine a tall lean woman in a long dress of some dead purple stuff, guiltless of hoops (or of anything else I should say) with a mass of crisp black hair heaped into great wavy projections on each of her temples ... a long neck, with no collar, and in lieu thereof some dozen strings of outlandish beads."

In his play *Pygmalion* (1912) Bernard Shaw unmistakably based the part of Mrs. Higgins on the then elderly Jane Morris. Describing Mrs. Higgins' drawing room, he referred to a portrait of her "when she defied the fashion of her youth in one of the beautiful Rossetian costumes which, when caricatured by people who did not understand, led to the absurdities of popular estheticism in the eighteen-seventies."

A biographer of Edward Burne-Jones, writing a century after Shaw (Fiona MacCarthy, 2011), has noted that, in

1964, when the influential Biba store was opened in London by Barbara Hulanicki, the "long drooping structureless clothes", though sexier than the dresses portrayed in such Burne-Jones paintings as *The Golden Stairs* or *The Sirens*, nevertheless resembled them. The interior of Biba has been described by the biographer of British 20th century designer Laura Ashley as having an atmosphere that "reeked of sex ... It was designed to look like a bordello with its scarlet, black and gold plush fittings, but, interestingly, it implied an old-fashioned, Edwardian style of forbidden sex with its feather boas, potted palms, bentwood coat racks and dark lighting". MacCarthy noted also that "the androgynous appearance of Burne-Jones's male figures reflected the sexually ambivalent feel" of the 1960s.

Rational dress and the women's movement during inter-war years: By the turn of the 20th century, an increasing number of professional women, notably in America, were attempting to live outside the traditional parameters of society. Between 1870 and 1910 the marriage rate among educated women in the United States fell to 60% (30% lower than the national average), while, by 1893, in the state of Massachusetts alone, some 300,000 women were earning their own living in nearly 300 occupations. The invention of the typewriter in 1867 was a particular spur: and, by the turn of the 20th century, 80% of stenographers were women.

By this time, such movements as the Rational Dress Society (1881), with



which the Morrises and Georgiana Burne-Jones were involved, were beginning to exercise some influence on women's dress, although pre-Raphaelite looks were still considered "advanced" in the late years of the 19th century. Queen Victoria's precocious daughter Princess Louise, an accomplished painter and artist who mixed in bohemian circles, was sympathetic to rational dress and to the developing women's movement generally (although her rumoured pregnancy at the age of 18 was said to have been disguised by tight corsetry). However, it was not really until the First World War that "many working women embarked on a revolution in fashion that greatly reduced the weight and other restrictions that were often imposed on them by their clothing".

Some women working in factories wore trousers and the brassiere (invented in 1889 by the feminist Herminie Cadolle and patented in America by Mary Phelps Jacob in 1914) began gradually to supersede the corset. In shipyards "trouser suits" (the term, "pantsuit" was adopted in America in the 1920s) were virtually essential to enable women to shin up and down ladders. Music hall artists also helped to push the limits of fashion; these included Vesta Tilley, whose daring adoption on stage of well tailored male dress not only had an influence on men's attire, but also foreshadowed to an extent styles adopted by some women in the inter-war period. It was widely known that Tilley sought additional authenticity by often wearing traditionally male

underclothing, although off stage she was much more conventional in both her dress and her general outlook.

The grisette became a frequent character in French fiction but have been mentioned as early as in 1730 by Jonathan Swift. The term, compare the grisette in poetry, signifies qualities of both flirtatiousness and intellectual aspiration. Du Maurier based large parts of *Trilby* on his experiences as a student in Parisian bohemia during the 1850s. Poe's 1842 story was based on the unsolved murder of Mary Cecilia Rogers near New York City, subtitled "A Sequel to 'The Murders in the Rue Morgue'", it was the first detective story to attempt the solution of a real crime. The most enduring grisette is Mimi in Henri Murger's novel (and subsequent play) *Scènes de la vie de Bohème*, the source for Puccini's famous opera *La Bohème*.

The beat generation and flower power: In the United States adherents of the "beat" counter-culture (probably best defined by Jack Kerouac's novel, *On the Road*, set in the late 1940s, written in 1952 and published in 1957) were associated with black polo-neck (or turtle neck) sweaters, blue denim jeans and sandals. The influence of this movement could be seen in the persona and songs of Bob Dylan in the early to mid-1960s, "road" films like *Easy Rider* (1969) and the punk-oriented "New Wave" of the mid-1970s, which, among other things, produced a boho style icon in Deborah Harry of the New York band Blondie, whom photographer David

LaChapelle has described as "the definition of cool". However, as with some American musicians of the mid-1960s, such as Sonny and Cher, Blondie became popular internationally only after a tour of Britain in 1978.

Greenwich Village and West Coast: New York's Greenwich Village, which, since the late 19th century, had attracted many women with feminist or "free love" ideals, was a particular magnet for bohemians in the early 1960s. Bob Dylan's girl-friend Suze Rotolo, who appeared with him on the cover of his second album *The Freewheelin' Bob Dylan* (1963), recalled that the Village was "where people like me went – people who didn't belong where they came from .. where the writers I was reading and the artists I was looking at had lived or passed through". These "beatniks" (as they came to be known by the late 1950s) were, in many ways, the antecedents of the hippie movement that formed on the West Coast of the USA in the mid-1960s and came to the fore as the first post-war baby-boomers reached the age of majority in the "Summer of Love" of 1967. The Monterey Pop Festival was a major landmark of that year, which was associated with "flowerpower", psychedelia, opposition to the Vietnam war and the inventive music and flowing, colourful fashions of, among others, Jimi Hendrix, the Mamas & the Papas, and The Beatles, whose album, Sgt. Pepper's Lonely Hearts Club Band, is said to have caused the guru of psychedelia, Timothy Leary, to remark that "my work is finished".

Hippiedom and the Pre-Raphaelites:
The documentary film, *Festival* (Murray Lerner, 1967), recorded how the "clean-cut college kids" who attended the Newport (Rhode Island) Folk Festival in 1963-4 had, by 1965 (when Bob Dylan caused a sensation at that year's festival by playing an electric guitar), become "considerably scruffier": "the hippies were waiting to be born". Among other things, the wearing of male neckties, which, in the mid-1960s, had often drawn on 19th century paisley patterns, declined as muttonchop whiskers and teashades (sunglasses) came in: by the time of the Chicago 7 trial (late 1969), hair over the collars had become so commonplace that it was beginning to transcend Bohemian style, taking on mass popularity in the 1970s. The London art dealer Jeremy Maas reflected in the mid-1980s that: "there was no question that the Hippie movement and its repercussive influence in England owed much of its imagery, its manner, dress and personal appearance to the Pre-Raphaelite ideal. It was observed by all of us who were involved with these exhibitions [of pre-Raphaelite paintings] that visitors included increasing numbers of the younger generation, who had begun to resemble the figures in the pictures they had come to see and admire."

Jimmy Page of the British band Led Zeppelin, who collected Pre-Raphaelite paintings, observed of Edward Burne-Jones that "the romance of the Arthurian legends, captured in his paintings, and the bohemian life of the artists who were reworking these stories seemed very attuned to our time", while the author David Waller noted in 2011 that Burne-Jones' subjects "have much in common with the sixties rock chicks and their pop-star paladins".

Women in the late 1960s and early '70s:
By the late 1960s shops such as Laura Ashley (whose first London outlet opened in 1968) were routinely

promoting the "peasant look" and selling a range of "uniquely eccentric clothes." The magic was being able to step into a 'Laura Ashley' dress and imagine you had found something special out of a dressing-up box". At around the same time too, and going into the 1970s, the brassière (or bra), which, as noted, had been seen as a liberating innovation in the early part of the century, came to be regarded by some women, such as the Australian academic Germaine Greer (*The Female Eunuch*, 1969), as an unduly restrictive symbol of traditional womanhood. However, the much-publicised incidence of "bra burning" in the 1970s tended to be overstated and came to be satirised: for example, in the 1973 film, *Carry On Girls*, and a poster by Young & Rubicam, one of a mildly subversive series for Smirnoff vodka: "I never thought of burning my bra until I discovered Smirnoff". It was also seen by many, including Greer herself, as a distraction from the cause of women's "liberation". A Vermont lawyer later observed wryly that "like every good feminist-in-training in the sixties, I burned my bra", but that "now it's the nineties ... I realize Playtex [underwear manufacturer] had supported me better than any man I know." Claire Perry, who became a Conservative Member of Parliament in 2010 and later a government minister, reflected that, as a "women's officer" at Oxford University in the early 1980s, she was "a bra-burning feminist with a hideous new-romantic haircut", but that her feminism had, in her view, greatly matured.

Since the 1960s - Hippie/Boho-Chic:
Journalist Bob Stanley remarked that "the late 1960s are never entirely out of fashion, they just need a fresh angle to make them de jour". Thus, the features of hippie fashion re-emerged at various stages during the ensuing forty years.

In the mid-to-late 1980s, variants of the short and fundamentally un-Bohemian rah-rah skirt (which originated with





cheerleaders) were combined with leather or denim to create a look with some Bohemian or even gothic features (for example, by the singing duo Strawberry Switchblade who took inspiration from 1970s punk fashion). In the 1990s the term, "hippie chic", was applied to Tom Ford's collections for the Italian house of Gucci. These drew on, among other influences, the style, popular in retrospect, of Talitha Getty, actress wife of John Paul Getty and step-granddaughter of Dorelia McNeil, who was represented most famously in a photograph of her and her husband taken by Patrick Lichfield in Marrakesh, Morocco in 1969. Recalling the influx of hippies into Marrakesh in 1968, Richard Neville, then editor of *Oz*, wrote that "the dapper drifters in embroidered skirts and cowboy boots were so delighted by the bright satin '50s underwear favoured by the matrons of Marrakesh that they wore them outside their denims à la Madonna twenty-five years later".

In the early 21st century, "boho-chic" was associated initially with supermodel Kate Moss and then, as a highly popular style in 2004-5, with actress Sienna Miller. In America, similar styles were sometimes referred to as "boho-" or "ashcan chic", or "luxe grunge", their leading proponents including actresses Mary-Kate Olsen and Zooey Deschanel. As if to illustrate the cyclical nature of fashion, by the end of the 2000s, strong pre-Raphaelite traits were notable in singer Florence Welch, model Karen Elson, and designer Anna Sui.

Bohemian Decor

Art and Craft Ideas for Your Boho Home



By Jen Wallace

Bohemian decor never goes out of style for those with the bohemian spirit in them. To some, boho chic decor seems nothing more than a passing fad, but for others it's just a way of life. Bohemian decor isn't one of those decorating styles for which you plan out everything ahead of time and keep to strike style guidelines. Instead, it's about collecting and making those things that make you feel free, comfortable, creative, and peaceful in your very own bohemian space.

Check out these fun and easy bohemian DIY projects to add a little boho chic to your space!

Macrame Wall Hanging – Don't be afraid of macrame—it's doesn't have to be dated and all 1970s. Macrame can actually be quite modern and updated, just like in this tutorial: You will need a wooden dowel, jersey fabric or thin rope/chord, and fabric scissors. Instructions:

First cut thin strips of fabric (or rope/chord) approximately 1 inch by 10 feet. (Knotting the fabric makes the final project much shorter. The 10-foot strips created a 3 ½ foot wall hanging). Next, fold a fabric strip in half and slide the loop end under the dowel. String the open ends of the fabric through the loop and pull it tight to secure over the dowel. Repeat with each strip of fabric, placing them about 1 inch apart until you reach

“Add a little boho chic to your space”

the end of the dowel. After that, make a row of basic knots, tightening them as close to the dowel as you want (About an inch between our knot and dowel is a good place to start). Then make a row of square knots a few inches below your initial row of basic knots. Then right underneath, add a second row of square knots using the same fabric strips, creating a double-square knot pattern. Move a few inches below, and add another row of square knots starting two strips in from the edge. Then right underneath, add a third row of square knots using the same fabric strips, creating the same double-square knot pattern. Afterwards, move a few inches below, and make another row of square knots using the fabric strips from the first row. Then right underneath, add a fourth row of square knots using the same fabric strips, creating the same double-square knot pattern. Get it? Create additional rows of knots (either double-square or basic knots) until your design is complete. Lastly, cut the ends of the fabric strips so that they are even. Your shortest strip will determine the length of your wall hanging.

Hanging Mason Jar Lanterns – Mason jars are also an easy way to add rustic boho style to any space. Fall is approaching, and September weddings are plentiful. It's just warm enough to hang outdoors into the wee hours, and just crisp enough that you need that extra layer of warmth. Candles in jars have been a popular way of illuminating the outdoors for ages, and the hanging jar lantern is something all budding DIYers should be versed in. There are tons of complicated and beautiful tutorials out there involving fancy knots and crochet-style netting, but we're all about basics. With a handful of twine and 4 knots, it's super easy to create your own hanging lanterns, and in under 2 minutes:

You will need glass jars, twine, candles, and scissors. For jars, you can use good old mason jars or recycled mix-and-match jars. First, tie a small piece of string around the rim of your jar. Then cut three pieces of string about 24 inches in length. Tie two together in the middle, and then tie the third one on. This will give you a large knot in the middle with six strands of string coming out from it, in a sort of spider-like formation. Set the "spider" down on your work surface. Place the jar on top of it, centered. Now thread each strand up the jar and pull through the piece of string on the rim. Do so evenly around the jar to create six stripes. Once you've pulled all of the strands through, tie a knot at the top. Secure again with a second string around the rim of the jar and drop your candle in. Done! If you've got smaller jars and want to make a little triple lantern, use the same "spider" string and tie two strands around each small jar. Pull excess string up into the middle and knot. Now, hang your brand new lanterns on trees! Be sure not to hang them too close to any loose leaves or twigs. The natural tone of the twine goes perfectly with any tree, bush, or branch you find. Now, let's see how the lanterns looked at the main event! And there you have it! Two super easy ways to turn jars into beautiful hanging lanterns, perfect for outdoor weddings, fall barbecues, and romantic evenings outside.



Add pizzazz to a summer patio with hanging lanterns. Suspended from shepherd's hooks or tree branches, these easy, inexpensive, and fun candleholders will add sparkle to the garden or patio by day and beautifully illuminate a pathway by night!

How to Bring the Outdoors in With Indoor Gardens

By Sara Elliott

Most plants have simple needs. As guests go, they're relatively undemanding. There are only four basic things you need to understand before you decide to invite a plant home: light, water temperature and air. If you can master these four elements, from a plant's perspective, you can create an indoor garden just about anywhere in the world and during any season of the year.

Light: Most garden plants need at least six hours of light a day. But it has to be good light. If you put your hand in front of the window and it doesn't cast a shadow, chances are the light isn't adequate for most plants to live a happy life. However, you can always supplement low light conditions with grow lights. If you have modest natural light in your home and don't want to fuss with special lighting, stick to plants that normally need low-light conditions, or try moving your garden to a sunny windowsill or area of the room.

Water: Plants need conditions close to those in their native habitats. A plant that calls the desert home will need less frequent watering than a plant that lives in a bog. Knowing what water conditions a plant prefers is a good first step to keeping a successful indoor garden. It's easier than you think because the plants themselves will often give you clues. Plants with thick rubbery leaves are water hoarders and can typically survive with less water than plants with thin, delicate leaves. If you hate to water your plants,

choose varieties that can thrive on less, or pick plant-pots that have hidden reservoirs to cut down a bit on your watering chores.

Temperature: Plants also need the right temperature to grow in. Your home is probably warm enough for many plants, but because some places in the world experience distinct seasons, including freezing winters, plants from these areas need the cold to tell them it's time to do something, like hibernate for the winter. You can usually trick these plants into thinking it's winter by putting them somewhere cold for a while, like inside your fridge. There are also some seeds that need warmer temperatures to trigger sprouting. A bump in the mercury tells them that spring is on the way, and it's time to come out and say hi.

Air: As a byproduct of photosynthesis, plants produce oxygen and filter nasty gasses, like formaldehyde, from your home environment via their leaves. To keep plants healthy, you need to keep their leaves clean and keep the air around them moving and moist. To do this, you can place them in a spot with good air flow or provide them with a small fan. This is particularly important if you maintain plants in a conservatory or terrarium. To keep that nicely circulating air moist and plant-friendly, elevate your plant pots on a dish filled with marbles or pebbles that you've filled with water just below the top. That way the plants will get humidity, but their roots won't be sitting in water. Another great idea is to keep plants

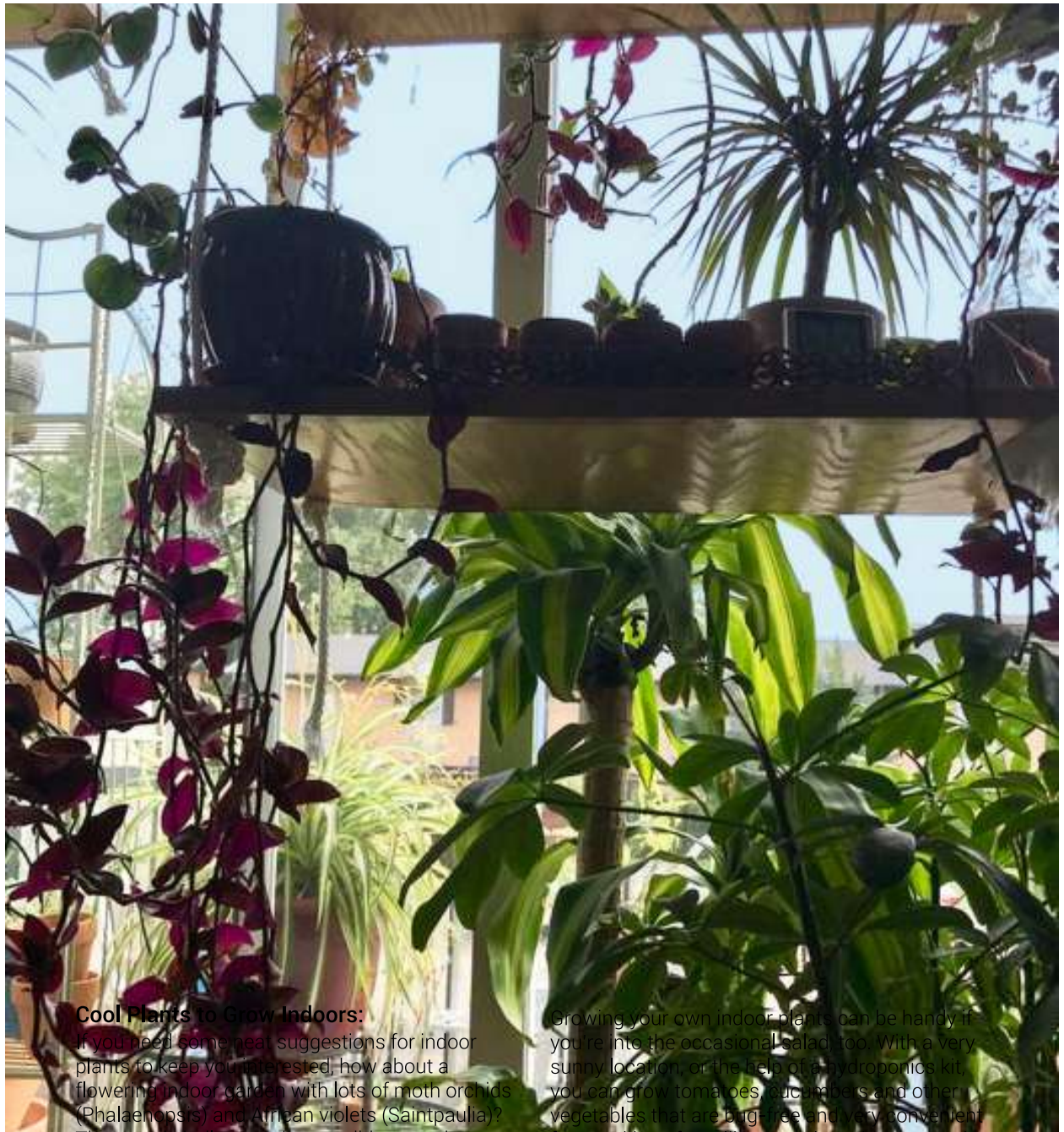
grouped together. They'll create a mini-environment that's a little more humid than other areas of the room.

Other Indoor Garden Considerations:

Beyond these four essentials, plants need good soil, but you can usually find a convenient potting mix for most of your indoor plant needs. Some options include vegetable mix, cactus mix, African violet mix, orchid mix or general houseplant mix. When you buy a new plant, the soil it comes in is probably fine for the first few weeks, but not forever.

When you bring plants indoors to grow in an artificial environment, you may have to make some trade-offs. Plants that need lots and lots of strong light might not flower or set fruit, but they may give you enough nice greenery and fragrance to make keeping them worthwhile. Plants that send out large or abundant roots may grow into smaller specimens than they would outdoors. You may have to set your vegetable plants and dwarf fruit trees outdoors for a few days in the spring time or pollinate them artificially.





Cool Plants to Grow Indoors:

If you need some neat suggestions for indoor plants to keep you interested, how about a flowering indoor garden with lots of moth orchids (*Phalaenopsis*) and African violets (*Saintpaulia*)? They need similar growing conditions, and miniature African violets make a dramatic presentation in a container garden while some moth orchids can bloom for months at a time.

For a unique conversation starter at your next dinner party, try a carnivorous garden with pitcher plants (*Nepenthes*) and a few Venus flytraps (*Dionaea muscipula*) for good measure.

Growing your own indoor plants can be handy if you're into the occasional salad, too. With a very sunny location, or the help of a hydroponics kit, you can grow tomatoes, cucumbers and other vegetables that are bug-free and very convenient for snacking. If you like to cook, make potpourri or just enjoy growing fragrant plants, try an indoor herb garden with chives (*Allium schoenoprasum*), lemon balm (*Melissa officinalis*) and rosemary (*Rosmarinus officinalis*), to name a few.

Now that you have some plant roommates, you can clean your indoor air and start a green revolution one seedling at a time.

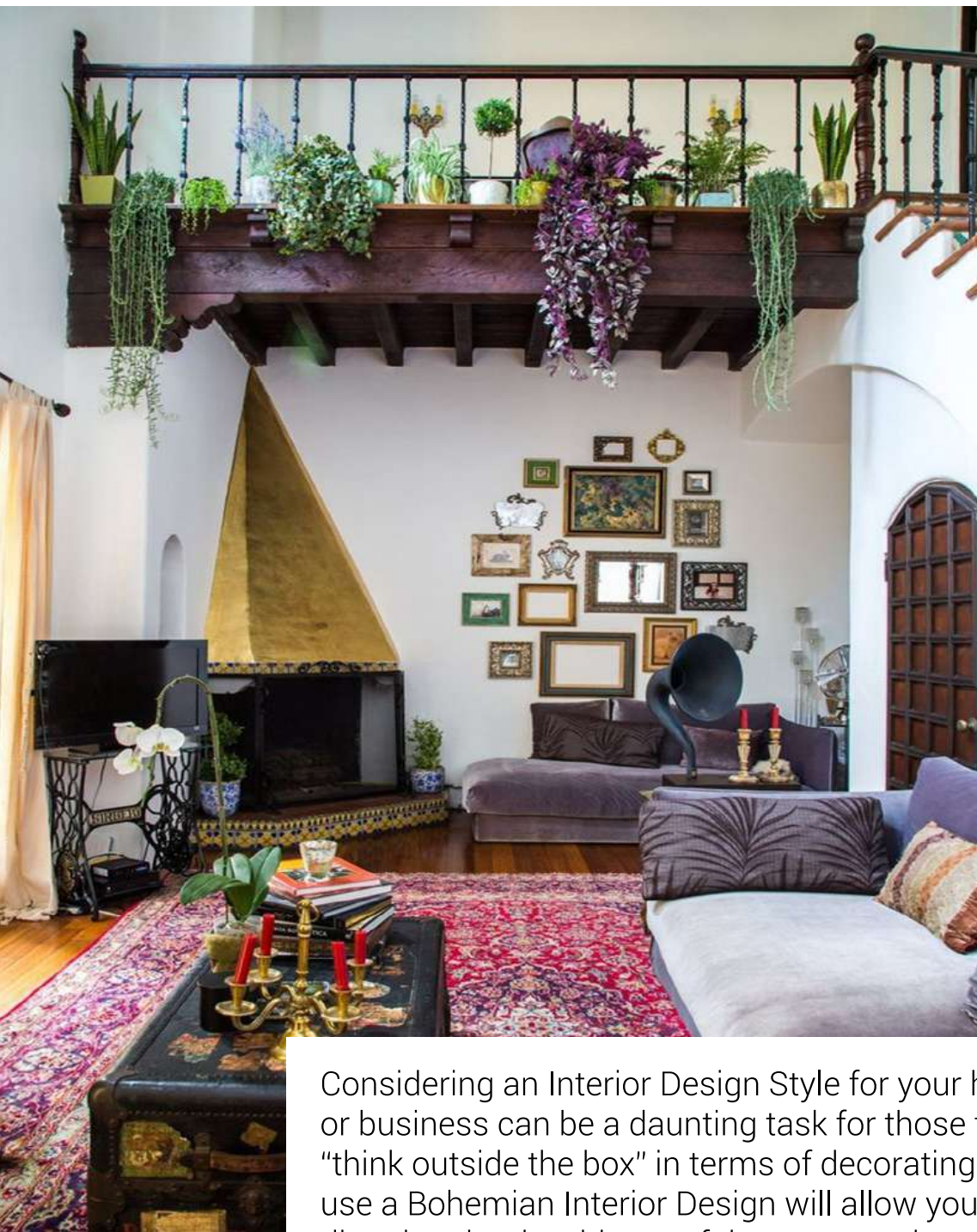
INTERIOR SPACES



Boho Chic

By Linda Patterson

Bright Moroccan-inspired accent pillows and throws bring a boho vibe to an otherwise neutral room. Bold hues and rich textiles offset white walls and earthy plants for a laidback ambiance. Clashing wall art, patterns and accents create an eclectic decor scheme. You can also trade in your furniture for a cozy hammock chair. A tribal rug complements earthy tones and green plants. A crocheted curtain puts a chic twist onto the entryway of an understated room. Don't be afraid to go wild with colors and furniture!



Considering an Interior Design Style for your home, office, or business can be a daunting task for those that like to “think outside the box” in terms of decorating. Choosing to use a Bohemian Interior Design will allow you to stray in a direction that is a bit out of the norm, and not nearly as rigid or scripted as other designing styles may be.



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The Bohemian Influence

The word Bohemian has been around for a very long time. Originally, it was used to describe nontraditional lifestyles of people who appeared as wanderers or vagabonds back in the mid-1800's. It was also associated with those who were considered as "anti-establishment" or non-conforming to the current day social or political view points. Later, the term became to be synonymous with the word "gypsy" – as it was applied to those who left Bohemia in Central Europe to escape the rigid rules imposed upon them for a life of travel and unconventional living.

When applying a Bohemian Interior Design, you are engaging in a design that is meant to break the rules and adhere to your own way of decorating – which makes this design style a very easy one to accomplish. However, as with any design, mistakes can be made that will counteract your plans. To truly experience this style the way it's meant to be, you may choose to utilize the services of a professional Bohemian Interior Designer who can take all the guess work out of it for you and still deliver the reckless abandon that your little bohemian heart desires.

Someone or something that has a Bohemian style typically evokes a picture of travelers, hippies, artists, gypsies, and other "free spirits." Individuality is expressed, which means the style is as diverse as the individuals themselves. If you enjoy structure and

order, you might want to give this style a pass. But if you're inherently drawn to unconventional displays, free expression, and colorful collections, read on. This is definitely the place where your own style can shine.

Today, luxury, romance and comfort are the words that perfectly embody a Bohemian décor, and this makes it one of the most outstanding décor choices when setting up an atmosphere for your room. Bohemian decorations are very unique and are predominantly based on the use of various artistic elements. It shares similar characteristics to the foreign gypsy look, giving you the ideal opportunity to showcase your artistic skills. In this article, we will look at some luxurious bohemian interior design ideas:

Bohemian Walls and Floors

You need to start by decorating your walls and floors. Select gloss paints in bohemian colors like gold, purple, dark red and brown. Remember that the luxurious bohemian look is symbolized by rich colors, so use colors such as purple, emerald green, indigo, turquoise, golden colors and hot pink, combined with a glossy finish, to create an exquisite bohemian home décor.

If you use deep jewel tones to decorate your walls, select your fabrics and pictures a bit more sagaciously. Even though this style definitely showcases a lot of color, some soothing and comfortable cohesiveness

will still be required – this can be achieved by regulating the palette to some degree. A perfect place from which to derive a color scheme could be your favorite painting.

Plain vanilla is the most excellent choice of color for the walls so that you get a broader variety of options for the rest of your home décor. It makes it possible for you to mount any kind of art piece on the walls. If you wish to add more colors, you can do the baseboards and trim in opposite colors to add diversity and a more glamorous touch. Wallpapers and decals can be used to add texture to the walls.

When decorating your floors, go for the Threadbare Oriental rugs. These are quite like the rough woven rugs that originate from the Middle East. Hardwood floors look more lavish and are preferable to tiles. Lush tapestries may also be used on the walls and floors to add some color and interest.

Bohemian Furnishings

The underlying principle when choosing your furnishings is eclecticism. Vintage pieces blended with some modern touches make up the classical Bohemian look, but there ought to be some cohesiveness in your room. This can be attained by effective pairing or color-schemes of the old and new. Preferably, each piece should be independent and exhibit a great sense of individuality. For instance, a sophisticated fringed shawl (newly

purchased) can be draped over the foot-board of a vintage bed to achieve this new and old style pairing. It is best when it is distressed and looks old. There is little concern for style or time period. The greater the variety of time, the better off you are. Comfort is highly important when you are thinking about soft goods. Decorate the rooms with large, wooden, and elaborate furniture pieces, such as linen chests, large armoires, and four poster beds.

Antique furniture pieces colored in dark mahogany wood can also be used. Living rooms can be decorated using large chests, which may also be used as storage space. Victorian sofas are most commonly used for bohemian décor, but you can also get replica furniture and slip on embellished tapestry.

Contrast your dark-colored walls and furniture with light and delicate linens such as satin and lace. Select pillows, bedspreads and curtains that are elegant and feminine. To decorate your armoires, windows, tables, or even the four poster bed, you can use sheer fabrics that drape delightfully. To add more glamor and romance in your room, choose colors such as pink, white and cream with subtle accents in gold and silver.

Bohemian Accessories

The most exciting part about bohemian interior design is accessorising. Your accessories ought to have a meaning and can be obtained from all over the world. Decorate your home with

individualised paintings, sculptures and objects. A series of African masks, a Moroccan incense burner, or a selection of vintage needlecraft would work perfectly to pull your home together into a luxurious bohemian style. Try mixing and matching art from different cultures and epochs – the bohemian aesthetic allows you to work with any accessory that you find appealing instead of the carefully matched mass-market accessories that are often used.

Some collections that you should consider acquiring over time would be the small, lavishly framed mirrors which you may group together in your dresser. Tiny English tins can also look good on your shelves as well as stacks of quilts. Additionally, your vintage perfume bottles will look amazing on a sterling silver tea tray, placed on the dresser.

Some great accessories to complete your luxurious Bohemian décor have to be of the right accents. Gold and silver framed mirrors can enhance the look, as well as gold and silver candlesticks. You may also display small trinket wooden boxes and antique books. Ancient vases, tea-pots, and jars would also look perfect. Always remember to bring life to the room by adding various indoor plants, such as palm, succulents, bonsai, orchid, or a Japanese maple.

For the bedroom, Mexican and Native American blankets provide the best patterns and textures. If you are looking for something more feminine and softer,

go for the vintage velvet, Asian silk, or French lace textiles. And for a more exotic touch in the bedroom, Middle Eastern style fabrics, pillows and beddings would best fit the bill. Use a fringe Victorian lampshade to add texture to your table lamps.

Art

This should be another reflection of time. Pieces to signify many different periods. Portraits, landscapes, or abstracts. They are all so different, and look so great when used together. Fill walls with multiple pieces. Here, more is always better. if you want to know more about the Bohemian style, you can also learn about Art Deco, Eclectic, Shabby Chic, and Mid Century Modern.

Lighting

Mesmerizing candle lights and unique lighting are superb bohemian interior design ideas that bring a deluxe, warm and sensual atmosphere in the home. Dark lamps shades, low wattage bulbs

and candles accentuate the effect in the room. Strictly avoid the use of bright lights. Existing lamps can be draped in fabrics in deep colors so that they match with the existing décor. A traditional lantern can be hung at the corner of the room. When in doubt, choosing a Moroccan style lantern is a great way to go. Natural light is also a nice feature, so allow as much of this as you possibly can. Colored glass is a gorgeous element during the day or night. Hanging lanterns from the walls or in corners is oh so bohemian. Oversized lamps and lanterns are key.

Tips To Achieve a Bohemian Interior Design Style:

Stand Out From The Crowd:

Your personality will play a huge role in expressing this style within your home. If a Traditional Interior Design has no appeal to you, you will love being able to interject your artistic side into this bohemian interior design and explore a style that results in the "unexpected".



Keep It “Busy”:

If you are thinking you would like a nice and neat, totally organized, streamlined, symmetrical foundation for your furnishings and accessories then turn around and run from the Bohemian style of decorating! You'd probably enjoy more of a Mission Interior Design with it's disciplinary style of decor – as a Bohemian interior design is the exact opposite with the decor being quite busy and sometimes seemingly random.

Don't Hold Anything Back:

When considering what objects or accessories to use, don't hold anything back. More is more, in this case. Jump right in with decorative items such as candles, paintings, artwork, souvenirs, photos, and other Eclectic things that bring you joy. With this particular bohemian interior design style, you can pile to your hearts delight ... and if you change your mind, you can always take a step back and reevaluate your style.

Add (More) Textiles:

The use of textiles is key to creating a bohemian look. Rugs, tapestries, and wall hangings all have a place. Patterns, color, and texture, should all be equally important. There needs to be a real contrast and absolutely no matching necessary. Layering rugs is a classic bohemian design trick – it creates a more visually interesting space. Don't be afraid of mixing patterns; if the room is styled right it'll all blend together and look seamless. Solids are fine, but it is recommended to stay away unless it is to bring in some strong color. Tapestries with astrological or nature-inspired motifs are popular in bohemian homes and can be used as anything from a bedspread to a curtain. Macrame wall hangings are a more recent style trend.

Color Theory:

A true bohemian embraces color and doesn't believe in decorating with neutrals. Common colors used in

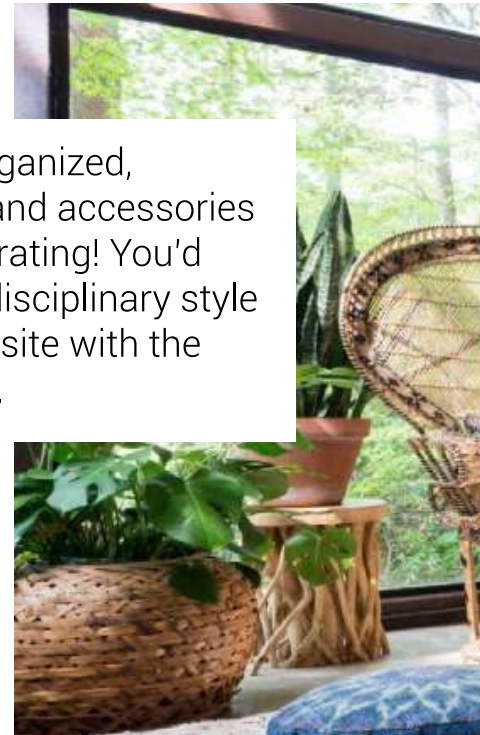
bohemian design are cobalt blue, fuchsia, green, yellow, and red. Slightly faded or washed-out versions of these colors are also beautiful and will create a softer palette. Using multiple colors in a room is a must – matching doesn't exist in bohemian design!

Up Your Accent & Accessories:

Accessories are a great way to cultivate the bohemian aesthetic. Nothing too new will do here – the point is to make all the decor look like it's been collected over years of travel. Vintage shops are your best bet for this, and whip out any family heirlooms or antiques that have been collecting dust in your attic! Pulling the outdoors in by incorporating succulents, spider plants, or trailing vines into your decor gets you major bonus points. Floor pillows and Moroccan-inspired poufs are fun ways to add more seating or lounge space to a room. Lanterns, vintage chandeliers, and pendant lights are your go-to's for making your room glow.

Rattan Is a Jam:

The point of a bohemian home is for it to look lived-in and comfortable. The best way to recreate this feeling is decorate with furniture that has already had some lovin'. Well-worn pieces, especially rattan and cane pieces, will look perfectly eclectic and channel that feeling of comfort and warmth that all bohemian homes should have. Shop consignment stores or flea markets to





find accent pieces and accessories to really spruce up your space.

Have Fun With It!:

Choose furniture pieces that tell a story – your Grandma's old rocker, your Aunt Iris' hand-me-down footstool, a sofa that you have saved from your college days. If it has meaning, personality, charisma, or a story that bears repeating, use it. What about the arrangement? What about it?! Anything goes. Have fun with bohemian interior design style and make it your own!

Be Reckless, But Keep It Tasteful:

Easier said than done? No, not really. You can mix and match furniture and accessories to your hearts content, however – if it looks like you've just thrown up your arms and tossed everything into one big pile in the living room, then you'll need to back up and gingerly allow a little rhyme and reason to show through. While the idea of

"throwing everything together" sounds simple enough, if not careful, your design will simply be referred to as chaotic. Again, another reason as to why you may decide you want to hire a Professional Interior Designer to do a bohemian interior design.

Bare Spots Not Allowed:

See an empty corner? Fill it. Bare spot on your wall? Cover it. Consider using throws on naked furniture pieces, wall hangings on bare walls, or antiques for displaying out and about. Scour your basement and attic for hidden treasures, or head down to the Flea Market or second hand store to bring home some new ones. This is one of the key to bohemian interior design.

Your Style, Your Way:

A Bohemian Interior Design Style is sometimes exactly what your heart calls for when you no longer want to play by the rules with a particular

design style. So what if your lamps aren't aligned perfectly side by side and in perfect unison? Who cares if your Window Treatments don't match your sofa? Why can't you accessorize every inch of your home? Who said blue doesn't go with mauve? If you ask yourself those questions, then you are the perfect candidate for a Bohemian Interior Design style in your home.

The Possibilities Are Endless:

With this type of interior design. It is actually a lot of fun and you can use your ideas and creativity to come up with the most eccentric ways for a total home decor makeover. Richness of color is the most essential element of any given bohemian style décor, whether it is the furnishings, art pieces, accessories, and even lighting. Do not be afraid to go overboard with your decorations; actually, the more accessories and furnishings you have, the more bohemian your home will look!

Happy Glampers

By Flora Sapovsky

The travel industry is ever on the lookout for creative mash-ups and new, innovative things. Take the "poshtel," for instance, an upgrade on the cheap, no-frills backpacker hostel. While the staying power of that category remains to be seen, glamping, another hybrid concept, appears to be here to stay.

As with the poshtel, glamping is a mishmash of a time-tested activity with a chic and glamorous tweak: outdoor camping injected with convenience and luxury. No need to bring the tent—it awaits your arrival. Instead of stiff camping mats, there are plush beds with high-end mattresses. Elegant gas lamps replace flashlights. While it's not as cheap as a sleeping bag on the dirt, glamping does offer much lower prices than the traditional brick and mortar hotels it imitates.

Glamping, which might involve sleeping in a yurt or a vintage trailer, has been enjoyed outside the United States for years, but the trend has only recently taken root in the North Bay, as innovative hoteliers meet the rising demand for lodging. Last year, Terra Glamping established a pop-up lodging experience on the Sonoma-Mendocino border, just above Timber Cove, with ocean-view tents, memory foam mattresses, cooking facilities and embroidered rugs to complete the experience. Breakfast and coffee are served in the morning, and in the evening there are s'mores, songs, activities, and quality time spent around the campfire.

A number of Napa Valley wineries have taken to the quick setup of glamping tents and provide an alternative to sleeping among the vines. Charles Krug Winery in St. Helena started to offer tent stays on its lawn last summer as part of a private wine-industry event. A similar, albeit seasonal, offering can be found at Pope Valley Winery in collaboration with Terravello Tours, which specializes in food and glamping experiences.

"It's definitely a trend, two decades in the making," says Tim Zahner, chief marketing officer for Sonoma County Tourism. "Safari West in Santa Rosa has had their tents for a number of years, and the Petaluma KOA and the Cloverdale KOA are definitely upgrading their amenities. As people get out to experience the outdoors, we are definitely promoting it."

Zahner himself might be a "more of an REI backpacker kind of guy," but he can't deny the potential that glamping has. "As Sonoma County has every kind of lodging, it's good to have a balanced portfolio. You don't want to have too much glamour or too much camping, and glamping appeals to the middle ground and to possible shifts in the economy."

Crista Luedtke, the owner of Boon Hotel and Boon Restaurant, was there first. This season, running May to October, will be Boon's fourth year with glamping. "Since we constantly had to tell people we were sold out at the hotel, I thought of adding these amazing tents, but didn't want to cramp them," she says.

"We already had the bathroom and shower building that we've been using for events, so it's almost like having your own facility, plus all the amenities are the same—the pool, breakfast in your tent."

For hotel operators like Luedtke, the flexibility and ease of tents are attractive. "It's been a great way to add more accommodation without adding buildings, Guerneville being a seasonal destination," she says.

A newcomer to the Russian River, Autocamp also offers "luxury tents" with power outlets and plush linens, as well as a slightly more permanent yet still camping-inspired solution: vintage, refurbished Airstream trailers. Starting in Santa Barbara in 2013, Autocamp's funky premise is in the spirit of glamping, turning something familiar and old-school into something new. Cofounder Ryan Miller said he discovered the Guerneville spot on a scouting trip.

"I fell in love with the town, not knowing what to expect prior to visiting," he says. It took the company 14 months to buy the





riverfront property and build the clubhouse where guests can purchase snacks and sit by a fire pit. Autocamp's tents and trailers range from \$190 to \$350 a night. There's nothing new about yurts, but Napa County's Bothe State Park brings them to a new audience in wine country. The park added the three yurts in 2015 and joined the Outbound Collective, an online community similar to Airbnb for outdoorsy types. Bookings provide links to nature experiences. For \$70 a night, visitors hiking the Coyote Trail or visiting the state park can rest on a comfortable bed while still being able to hear the outside world.

Meaghan Clark Tiernan, a 30-year-old writer from San Francisco, stayed in one of the yurts soon after they launched. "Compared to the tent, it was

much nicer," says Clark Tiernan. "The yurt was cozy, so you didn't need extra layers. We had much more room to spread out, change, and it was still camping in the sense that you were cooking your food outside on the fire."

While the Bothe yurts are on the cheaper side, the prices at other glamping destinations are steeper than the average camping site. So who goes glamping? Adventurous folks generally in their 40s or younger, says Luedtke.

Autocamp's Miller says glamping appeals to more than one demographic. "What's the best thing about a hotel? Design, great mattress, a shower? What's best about camping? the outdoors. We're taking all these and combining them," he says.

Fortune-Telling: Fact, Fiction & Fantasy

By Benjamin Radford

Fortune-telling has been practiced for millennia. Humans have always yearned to know what the future has in store for us. Who doesn't want a glimpse — even if only for a few moments — of the cosmic plan to see if our destiny ultimately lies in riches or lies in ruin?

Divination by laughter and cats:

Some of the claimed methods for divining the future are simply bizarre. Gelomancy, for example, involves carefully listening to hysterical laughter (and even animal noises) for clues about the future. Those who practiced felidomancy claimed to know the future by observing cats; everyone knows that a black cat crossing your path predicts bad luck, but did you know that sneezing is a cat's way of predicting rain? Animal lovers won't be enthusiastic about it, but one popular method of fortune-telling practiced in ancient times called haruspication required someone to cut open a recently butchered animal and pull its intestines onto the ground to see if the bloody entrails formed any symbols that could be interpreted as a portent of things to come.

Numerology, phrenology, and palmistry:

Many believe that a person's name (or even how many letters are in a name) give important clues to what their future will hold. One form of divination held that bumps on the skull could accurately predict not only a person's personality but indeed their future. This "science" of

phrenology was not a weird, fringe belief but instead wildly popular even among well-educated Americans and Europeans in the 1800s.

There are many hundreds of long-discredited (and self-evidently absurd) fortune-telling methods. Many equally unlikely techniques are practiced today, including reading tea leaves, numerology, consulting tarot cards, and examining the lines on a person's palm.

Dream interpretation:

For millennia, dreams have been universally considered a fortune telling tool, and there is a thriving cottage industry of books, DVDs and fortune-tellers who claim to divine your future by interpreting your dreams. For example, dreaming about an attic means that you will renew an important friendship, and dreaming about walnuts indicates that losses and financial ruin are in store. (If you repeatedly dream about eating walnuts in an attic with a friend while you lose money, you may want to seek therapy.)

The psychology of fortune-telling:

Whatever form the fortune-telling takes, the basic process is the same: seeking meaning in random patterns and phenomenon. Some essentially random event is observed in nature (animal sounds are created, dreams are recorded) or caused to happen (tea leaves are stirred, cards are shuffled), and people closely examines the results trying to make meaning or sense of them. The human brain is very good at finding

(or creating) meaning even when there is none, such as in random patterns. That's why people see faces and other images in clouds, Rorschach blots, and coffee stains. This phenomenon, called pareidolia, is well known in psychology.

Validity of fortune-telling:

Do any of these fortune-telling tools work? Unfortunately not, and it's not a difficult question to test. Fortune-tellers failed to predict the September 11, 2001, attacks, the recent global economic collapse, the 2011 Japanese tsunami and nuclear meltdown, and countless other important world events that would have saved innocent lives if they'd been accurately predicted.

The most obvious problem is that different fortune-telling methods discredit each other (themselves too) by giving inconsistent and contradictory predictions. Not only do answers vary between methods, but often, they even vary between consultations of the same signs. Two tarot card or tea leaf readings minutes apart with the same person





asking the exact same question about the future should come up with the same answer, but quite often, they do not match at all.

Let's say, for example, that someone wants to know if they will move to Paris in the next 10 years, or whether the current president will be re-elected next term. If any of these fortune telling methods worked, they should all give the same answer; it shouldn't matter whether you ask a psychic, read tarot cards, or sprinkle a handful of flower petals on the ground and look for guidance. The answers should all be the same, since either you will or will not move to Paris, and the president either will or will not be

re-elected. Instead, the answers are often no better than chance. This is the same reason that a person can consult 10 different psychics and get 10 different answers about the future. If these fortune-telling methods are so fallible and fickle, why use them at all?

Even many books devoted to fortune-telling admit that the techniques are unreliable; a "Note to the Reader" prefacing "The Complete Book of Fortune" reads, "When seeking to know your Fortune by any method of divination, the results obtained must be regarded as an indication of what may happen, and must not be accepted as conclusive evidence of what will happen."



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