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'Everything you keep should belong somewhere,' writes homes and interiors expert Jackie Sears

## Detoxing your home

After eating, drinking and being merry over the festive period, many feel inspired to detox, get fit or go on a diet. Chances are our homes will be creaking at the seams with new acquisitions too, so it's a great time of the year to trim away the clutter and get our space in better shape. The ingredients are the same for both — make time for the new regime, and imagine how good you'll feel afterwards!

Clutter includes unfinished DIY tasks and broken items, as well as things that are neither beautiful nor useful. Clutter saps our energy and can bind us to a negative past. We can't do good storage planning either until we know what we really need.

Worst of all, when selling our home, clutter can cost us money. It makes viewers feel uncomfortable and distracted, it reduces the size of our space and gives an impression of neglect. To start, get some boxes, bubblewrap, tape and marker pens. Go through your house room by room, and separate things into these categories:

- dispose of as rubbish
- sell or give away
- mend/clean
- keep because you would still buy it in a shop today.

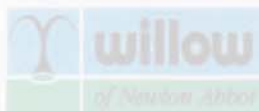
Everything you keep should belong somewhere — make a list as you go, of things which don't, to best plan what storage you need. For added detox, combine the above with cleaning and finally reward yourself with a healthy smoothie or massage!

For more advice on interior design for home owners or property presentation for home movers, call Jackie Sears on 01392 670485 or see [www.present2sell.co.uk](http://www.present2sell.co.uk)

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