

# LOOKBOX LIVING

The ultimate blueprint for a well-designed life

HOMES UNDER 750SQFT

## TINY SPACES WITH *BIG* *CHARACTER*



**THE MINIMALIST LIFE**  
The joy of living well  
with less

**SMALL SPACE IDEAS**  
Brilliant solutions for  
all rooms in the house



# LIVING WELL WITH LESS

More and more people are seeing the appeal of minimalism – a movement that explores living a life that prioritises quality over quantity, and simplicity over unnecessary complications.

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## BIG CHANGE

Reevaluating your needs, decluttering and organising can go a long way! Not only will your space end up much neater and nicer looking, it will work more efficiently so you can focus your time and energy on other more meaningful pursuits. Images courtesy of Get Organised & Beyond

### BEFORE



### AFTER



Having less things might seem counterproductive to leading a better life – after all, the modern consumerist world thrives on the mantra “money can buy happiness”. Yet, the minimalist movement is gaining speed, with an increasing number of advocates and converts all over the globe claiming that their lives have changed for the better.

Minimalism is the idea of living with less. Yet, there are no fixed rules, and people identify with it differently. “Although there are minimalists who aim to reduce the amount of their possessions to the extreme, the majority are on a journey of simplification to surround themselves only with things they truly need and love,” says Nathalie Ricaud, professional organiser and founder of Get Organised & Beyond, who believes that decluttering helps in creating a more harmonious and peaceful home.

Nutritionist and personal trainer Rachel Aust weighs in, saying that minimalism is very personal, as one’s environment is reflective of one’s beliefs and headspace. “I saw someone on YouTube who had no furniture, but that would not be the life for me,” the Melbourne-based YouTuber adds. As a minimalism advocate, this is her take: “I like having very little clutter. I have a curated wardrobe and don’t own many ‘things’, but I do have a lot of plants because they bring me joy, and I want to feel happy and at peace in my space.”



## MINIMALISM'S APPEAL

While the decrease in the average home size in urban cities can be a driver for minimalism, it is also attributed to the change in people’s mindsets. “People who typically embrace minimalism want to free themselves from the stress and financial burden associated with the amount of stuff they buy and own,” says Nathalie. “It also resonates with those concerned about the environment and those who want to reduce their carbon footprint.” She thinks that the trend will continue to grow.

“Minimalism is quite aligned with millennial generation values – more focus on well-being, a preference for experiences over material goods, awareness of environmental sustainability, as well as being more open to a shared economy model,” she explains.

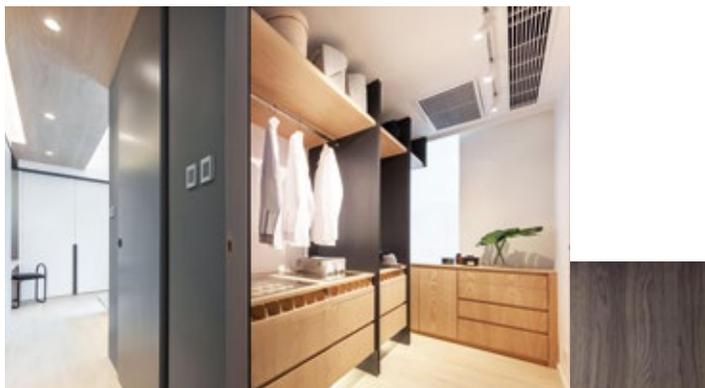
Speaking from experience and as someone who has spent half her life living in Australian urban centres, Rachel agrees. “People are more conscious than ever of personal debt and how they can reduce it. Many also want to live closer to work in the central business districts,” she says. This typically means smaller living spaces, factoring in a budget and the continually decreasing size of the average urban apartment. “While minimalism might not be for everyone, those who find fulfilment in it will stick with it as a lifestyle, beyond seeing it as merely a fad,” adds Rachel.

The home of Rachel Aust, minimalism advocate, personal trainer and nutritionist, is light and airy with a calming vibe. Neutral tones and simple furnishings set the tone, while plenty of plants enhance the interiors. Images courtesy of Rachel Aust





**ACHIEVING THE MINIMALIST HOME LIFE**



As seen in the work of Studio Adjective, minimalist interiors need not be boring. The key to creating understated but beautiful spaces is in understanding the essentiality of a space, highlighting what is important and doing away with the unnecessary. Images courtesy of Studio Adjective



The most obvious manifestation of living ‘minimally’ is in our immediate surroundings, such as our homes. “In urban areas, space is gold. We are all trying very hard to live comfortably in compact spaces. If we don’t have a minimalist mindset, our spaces will be much more cramped and will lose its focus,” says Wilson Lee, design director of Studio Adjective, a Hong Kong-based design agency.

He explains that when there are already so many distractions in a busy city, it’s important for one’s dwelling to provide the focus needed for one to feel grounded. “A minimalist interior can provide a platform for people to appreciate things, whether it’s items they own or tiny details like light and shadow, or the view through the window.” The selection of materials, form and structure, functionality and the daily habits of the user are all factors to consider.

“So pay attention and make the important elements stand out, and remove the distractions,” states Wilson. This can be said not only for interiors, but also the way one chooses to live – hopefully more simply, meaningfully and happily.