



Paint-Free Ways to Brighten Your Home

American Society for Horticultural Science, have shown that houseplants improve indoor air quality by filtering out volatile organic compounds, or VOCs, that can be harmful to human health. That's especially important come late fall and winter, when homeowners typically shut their windows and keep them shut

until spring, making it difficult for fresh air to enter a home.

Invest in some colorful throw pillows.

Natural sunlight brightens a room come spring and summer. But sunlight is increasingly scarce as fall turns into winter, and rooms that do not boast too many colorful accents can quickly grow drab as summertime sunlight dwindles. Instead of buying new furniture, invest in some colorful throw pillows to give a room a more vibrant look. Patterns can be mixed and matched to provide some contrast and transform a room from somewhere to spend time into a sight to behold.

Paper the walls

While many of today's homeowners prefer paint to wallpaper, those who want a less permanent solution to brighten up their homes may want to consider removable wallpaper. Such paper is less expensive than traditional wallpaper, and many do-it-yourselfers find removable wallpaper is easy to both install and remove. Choose a colorful pattern that can turn an otherwise plain wall into a potent palette that adds some life to your home's interior. Because removable wallpaper does not require a significant financial investment, you can experiment with various colors or change things up each month if you so desire.

Add some artwork

Another way to add color to the walls inside your home without dusting off your paintbrush is to hang some colorful artwork. Paintings that feature bold colors tend to draw your immediate attention when you enter a room, and that quality can make you forget the room is not benefitting from natural light. If you want to go the extra mile, find a painting that features colors which match throw pillows or other accessories in the room. This way your walls and your accessories are working in concert to make a room more colorful.

❖ *Family Features*

Many homeowners pick up their paintbrushes in an effort to make their homes more colorful. But homeowners need not embrace their inner Picasso to brighten their homes' interiors. The following are a handful of paint-free ways to add some splashes of color to your home this fall.

Bring nature inside

Flowers and plants can make colorful additions to a home's interior. Flowers tend to be aromatic, which can make a stuffy house in which windows need to be kept closed a lot more pleasant. Plants and flowers also can improve indoor air quality. Several studies, including one published in the Journal for the

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