



CRAFTED
CUSTOM HOMES + RENOVATIONS

5 Tips for Making a **BIG** Statement with a small Space

By Curtis Lawson, Owner of Crafted Custom Homes + Renovations

*You've seen them while visiting a friend's home or scrolling social media... little rooms with **BIG** impact! Small rooms provide an opportunity to do something daring and bold that you may be afraid to try in a larger space. You know what they say about good things and small packages?*

1. HIGH-IMPACT WALLCOVERINGS - Experiment with an unexpected texture on the walls brought by handmade tiles. Wallpaper can be classy or whimsical. Plaster finishes bring a level of sophistication. Dark, brooding paint colors can really set the mood for a dramatic effect.

2. LIGHTING AS A STATEMENT - Wall sconces and hidden lighting behind a mirror provide a much softer, more flattering light. A small chandelier or pendant can sparkle in the natural light pouring in from a window or, in absence of natural light, consider embracing the moodier atmosphere with dimmer, more subtle lighting.

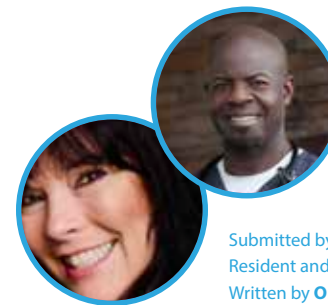
3. OVERSIZED ARTWORK AND ACCESSORIES - Large pieces of art can bring big personality and energy to small rooms. Artwork can also balance out or bring contrast to bold wallpaper.

4. STAY AWAY FROM THE ORDINARY - Mix old and new by using an antique piece of furniture as a cabinet base, a slab of wood from the family farm as a countertop, or a 14th century stone basin for your sink! If you have a modern home, continue the "clean look" with a wall-mounted commode and faucet.

5. TOP & BOTTOM! - Don't forget the oft-neglected 5th and 6th walls in a room... the ceiling and floor! Intricate flooring can really bring personality to a small space. Consider patterned cement tiles, antique brick, wood flooring in a herringbone pattern, or vibrant tiles. Ceilings can be highlighted by wallpaper or a splash of color!

We love designing everything from small intimate spaces to majestic homes. Let us craft a one-of-a-kind experience for you

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ask the expert

Submitted by **Michelle Crevier Gerukos**, Tanglewood Resident and community sponsor
Written by **Oran Hartwell**, Physician Assistant
Sponsored By **BluVida Precision Health and Wellness**

HIGHLIGHTING MEN'S HEALTH

HOW DO I KNOW IF I HAVE LOW TESTOSTERONE?

A question we get asked a lot here at BluVida Precision Health and Wellness is: *How do I know if I have low T?*

The short answer is with a simple blood test from which we can determine your Testosterone level, precisely. A common conversation involves discussing the symptoms frequently experienced when your "T level" is discovered to be sub-optimal. These symptoms include lack of energy, fatigue, moodiness, poor motivation, brain fog, reduced muscle mass, and low libido.

The causes of low testosterone are not all fully understood but contributors include age, stress, and lifestyle factors. For many men, low testosterone can cause a decreased quality of life.

Fortunately, low T is an easy condition to treat. BluVida has developed a four-step process to restore optimal hormone health for our male patients.

- 1. Assess your current condition**
- 2. Develop a customized care plan with a BluVida provider**
- 3. Implement the care plan, seeking to optimize your progress**
- 4. Support the 'New You' with BluVida's team and technology**

BluVida's approach to testosterone replacement therapy (TRT) is elevated, as our patients also benefit from the technology (and talent) unique to our center. These technologies are carefully designed to support your wellness and shorten the path to a healthier you.

BluVida's technologies and services include:

- **Photo-Bio-Modulation** (red light therapy), which has been shown to stimulate the cells responsible for producing testosterone.
- **PEMF** (pulse electromagnetic field therapy) reduces inflammation and improves blood circulation, both essential steps toward improving men's health.
- **Lipo Injections:** Lipo-B and Lipo-C injections help your body switch to burning fat as a source of energy rather than glucose (sugars). This promotes weight loss and a lower BMI.
- **Certified Nutritionists** and pharmaceutical grade supplements, weight loss and Cryo21 fat elimination programs.
- **IV Therapies:** A safer more effective method to deliver nutrients and other therapies to your body as they are 100% bioavailable.

If you're curious about your "T level," finding out is easy and convenient. Call (or stop in) to BluVida and let's discuss your current situation and then identify solutions.

BluVida's Health and Wellness Center is in Katy, and for those of us living in Tanglewood, it is an easier (and faster) drive than getting to Houston's Med Center! BluVida is a fully credentialed med spa providing the tools and talent to empower our clients to optimize their Health and Wellness. Our IV spa is staffed by RNs, supervised by our physician medical director.

Visit www.BluVida.com for a full menu of our technology and services.

These statements have not been evaluated by the Food and Drug Administration. These products and/or services are not intended to diagnose, treat, cure or prevent any disease.

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BluVida Precision Health and Wellness

Be Healthy, Be Fit, Be Wise...Start Living Your Best Life Now!



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Do you have a topic you want to educate the community on? Email us at TanglewoodLiving@N2Pub.com.