

Calming spaces ideas for purchasing



Calming spaces support mental and emotional well-being in the workplace. They provide opportunities to slow down, recharge and decompress. One study found that calming spaces at work can reduce stress by 60% after just 15 minutes. Soft lighting, soothing colors and comfortable furniture are a great start to designing a calming shared space. Need additional help? Reach out to us for a [consult](#).

You may feel you don't have the resources to create a calming space in your area. But, we have suggested some possible products and levels to meet every budget.

Basic

- Possible budget: **\$250 – \$500**
- Purpose: A portable toolkit of items to create a temporary calming space on a lower-level budget
- Examples of items to purchase:

Item Example	Suggested Number of Units	Approximate Cost Per Unit	Total Cost
Battery Candles	1 (9 candles included)	\$26	\$26
Blankets	1	\$16	\$16
Essential oil diffuser	1	\$30	\$30
Essential oils	3 (calm, lavender, breathe, etc.) ongoing purchase	\$18	\$54+
Fountain	1	\$40	\$40
Eye mask	1	\$13	\$13
Fan/Heater	1	\$22	\$22
Portable speaker	1	\$30	\$30
Tea bags/chocolate/Mints	Ongoing purchase	\$20	\$20+
Finger labyrinth	1 (bamboo)	\$70	\$70
Adult coloring books	3 (for variety)	\$7	\$21+
Sensory stickers for calm	Ongoing purchase	\$15 for 50 stickers	\$15+
Bags for item transport	1 (4 bags included)	\$22	\$22

Intermediate

- Possible budget: **\$500 – \$800**
- Purpose: A permanent calming space on a mid-level budget
- Can include some Basic level items as well
- Examples of items to purchase:

Item Example	Suggested Number of Units	Approximate Cost Per Unit	Total Cost
Massage cushion	1	\$80-300	\$300
Timed lock box for phone	1	\$45	\$45
Battery Candles	1 (9 candles)	\$26	\$26
Weighted heated neck pad	1	\$45	\$45

Essential oil diffuser	1	\$30	\$30
Essential oils	3 (calm, lavender, breathe, etc.) ongoing purchase	\$18	\$54+
Sound machine	1	\$25	\$25
Guided visual meditation tool	1	\$22	\$22
Finger labyrinth	1 (bamboo)	\$70	\$70
Stacking rocks set	1	\$18	\$18
Adult coloring books	3 (for variety)	\$7	\$21
Colored pencil set	1 (set of 240)	\$50	\$50
Thoughtful cards	1 (set of 120)	\$25	\$25
LEGO set	1 (medium box)	\$28	\$28

Advanced

- Possible budget: **\$800-\$2000**
- Purpose: A permanent recharge room for full immersion stress reduction
- Can include items from Basic and Intermediate levels
- Examples of items to purchase:

Item Example	Suggested Number of Units	Approximate Cost Per Unit	Total Cost
Silk Imitation Plants	3+ depending on size of room. Plants suggested to be arranged in a semi-circle pattern to create the impression of being fully immersed and surrounded by a natural environment	\$60-100	\$300
Projectors XGIMI Mini Optoma UHD 50X LG 4K Smart Home	1	\$700-1800	\$700-1800
Gentle Low Lighting • Smart light options • Floor lamps	1+ depending on size of room	\$50-100	\$200
Smart Speakers	0-1 An external speaker may not be needed if the projector has a speaker included	\$30-200	\$0-200
Essential oil diffuser	1	\$30	\$30
Essential oils (lavender angustifolia)	Ongoing purchase	\$100 for 3-month supply	\$400 year