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GlobalSpa

23-Apr-2025



9 Spiritual Products That Will Transform Your Mental Wellness at Home

It's time to get your zen mode on!

Ready to vibe higher from the comfort of your living room? This list is your go-to guide for spiritual home upgrades that go beyond aesthetics. From mood-lifting lamps to chairs that literally align your chakras, we're spotlighting 9 must-have products that bring zen, style, and soul-soothing energy into your space. It's giving inner peace, but making it decor goals.

1. Unity Tic Tac Toe by The Prana Homes



The UNITY Tic Tac Toe takes the nostalgia of a childhood classic and elevates it into a meditative design moment. Crafted with intention from grounding wood and calming marble, it brings a tactile charm to your coffee table, shelf, or sacred nook. Whether you're mindfully plotting your next move or simply soaking in its sculptural beauty, this piece is all about presence, connection, and play.

2. Goodluck Brass Dhuni with Tong Loban Set by vVyom By Shuchita



Bring a sense of calm, clarity, and spiritual grounding into your home with this beautifully crafted brass Dhuni set. Designed to enhance your mental wellness through daily rituals, this 4-piece set includes a traditional dhuni, a tong, a pack of charcoal, and a pack of natural resin.

Ideal for meditation, mindfulness practices, or simply setting a positive tone for the day, this copper-toned brass set not only purifies your space but also strengthens your connection to spiritual wellbeing.

3. Wa Wa by Catellani & Smith available at Innovative Design Studio by IDG

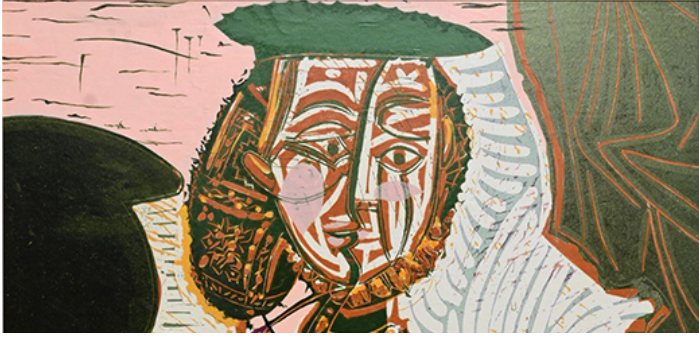


With its simple, balanced design and gentle, warm light (2700K), it helps create a peaceful atmosphere that supports mental wellness and quiet moments. The flexible arms and soft glass lenses let the light feel almost meditative, while the built-in dimmer with memory lets you set the mood just right for reading, relaxing, or unwinding. Thoughtfully handmade in Italy, the Wa Wa lamp brings a sense of harmony, making it a perfect fit for homes focused on spiritual well-being.

4. Bathtub by Essentia Home

¶This elegant bathtub embodies the harmony of design and wellness, serving as a tranquil sanctuary within the home. Positioned on a raised marble platform, the freestanding tub radiates minimalist luxury, creating a meditative space ideal for relaxation and reflection. Surrounded by thoughtful elements—black planters, soft linens, and a serene view framed by floor-to-ceiling windows—it promotes a mindful bathing ritual.

5. Cubism Artwork by Natelier by Bent Chair

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This striking Cubist artwork adds a bold, introspective energy to a meditation room. With its fragmented forms, rich textures, and expressive colour palette of deep purples, earthy greens, and warm pinks, the piece invites contemplation and emotional exploration. The layered patterns and abstract facial expression encourage viewers to reflect inwardly, making it a powerful visual anchor in a wellness-focused space. It's an artful reminder that healing and harmony often begin with embracing complexity.

6. Wooden Table Set-Up by Stone Art



This serene setup beautifully illustrates how spiritual products can transform mental wellness at home. The hand-pierced Moroccan lights cast intricate shadows, creating a meditative ambiance. Paired with a majestic petrified wood table, each slab a testament to the ancient girth of trees—it brings grounding energy and a connection to the Earth. Surrounded by marigolds, fruits, and candles, the scene radiates warmth and intention. These elements, rooted in nature and tradition, foster mindfulness, elevate daily rituals, and carve out space for peace and inner balance.

7. Oil Burner by Maison 21G available at Opulin



Maison 21G's oil burner is a mindful addition to any home focused on mental wellness. Thoughtfully designed to diffuse natural essential oils, it fills your space with calming, therapeutic aromas that help reduce anxiety, uplift mood, and encourage emotional balance. Ideal for quiet moments of reflection or evening relaxation, its warm, gentle glow creates a serene ambiance. More than just a decor piece, this oil burner supports daily rituals that nurture inner peace and promote overall mental well-being at home.

8. Raku Rocking Chair & Ottoman by Häuser



The Raku Rocking Chair and Ottoman bring mindfulness into motion. Inspired by meditative design, their soothing rhythm calms the nervous system while encouraging intentional rest. With serene curves and grounding textures, this duo becomes more than seating. It transforms into a sanctuary for quiet reflection, turning your living space into a haven for everyday spiritual wellness.

9. Cocoon Pret Collection by Cocoon Fine Rugs



Designed to make luxury more accessible, the Cocoon Pret collection invites you to quite literally ground yourself—in style. Whether you're flowing through your morning yoga, meditating with intention, or just taking a mindful pause with your coffee, these handcrafted rugs are your soft landing. With calming textures and soulful patterns, each piece transforms your floor into a sanctuary. Rewind, realign, and lay back—because finding your zen should feel as good as it looks.

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