

The Less-Than-\$1,000 Bedroom Makeover

Your dollars can go surprisingly far when shopping for a natural bedroom. Here's a sample of what you might get.



Insulated tab-top curtains:
\$54; www.Gaiam.com

Dream Mate wool/natural latex pillow:
\$40; www.NaturaWorld.com

Organic-cotton sateen
sheet set (full size):
\$110; www.UnderTheCanopy.com

Total: \$986

Olympic Premium zero-VOC
interior latex paint (1 gallon):
\$24; www.Lowes.com

Full-size futon mattress
(8-inch thick, natural fiber):
\$175; www.NorthernNaturals.com

Organic-cotton Gold Fiore
print quilt (full/queen):
\$115; www.Gaiam.com

Platform bed
(full size, Santa Fe style):
\$365; www.NorthernNaturals.com

Lavender candle:
\$14; www.JardinDuSoleil.com

Hemp area rug (4 feet by 6 feet):
\$89; www.Rawganique.com