

Target Bed Bath Refresh_1

In a bathroom with a large freestanding bathtub, text details appear on-screen while bright instrumental music plays.

ON SCREEN TEXT: BEDROOM
 - REFRESH -
 BATHROOM

Inside a bedroom is a bed with a white bedspread, striped headboard, and blue patterned pillows.

Wearing a pink shirt, Emily Henderson speaks to the camera.

EMILY: The wonderful chaos of the holidays is over, and now it's time to recover and focus a little bit on you.

Emily folds a white quilt at the foot of the bed. In the bathroom, she places a dark vase with leafy branches in it on a side table. Then she rearranges the leaves of a plant in a pink vase on the marble countertop.

EMILY: For me, that means refreshing the bedroom and bathroom and adding these moments of luxury and comfort but still having it look pulled together.

Emily places a glass jar and toothbrush holder with rose gold details onto a black tray on the bathroom counter.

In the bedroom, she folds a mauve quilt on the bed.

Emily continues speaking to the camera.

EMILY: With the help of Target's Threshold and Project 62 lines, here are some tips that can help.

In the bedroom, Emily fluffs a patterned pillow and straightens the edge of the duvet. Black text details in a diamond shape appear on-screen.

ON SCREEN TEXT: GIVE YOUR
 BEDROOM
 NEW LIFE

EMILY: You spent a lot of time in your bedroom, right?

The view pans over the freshly made bed.

EMILY: So let's make sure that it looks and feels great.

Emily continues speaking to the camera.

EMILY: Start with the perfect inserts and comforter.

Emily places four pillows on the bed, with two solid denim-colored pillows against the headboard and then two pillows with a diamond pattern in front of them. Text details appear.

ON SCREEN TEXT: USE TWO
 SETS OF
 PILLOWS

EMILY: Layer two sets of pillows, one that's great to lean against and the other that's more comfortable to sleep on.

Emily continues speaking to the camera.

EMILY: Wintertime means layering textures for epic coziness.

Emily folds the duvet where it meets the pillows so that the denim-colored percale sheet underneath is visible. Text details appear on-screen.

ON SCREEN TEXT: LAYER
 TEXTURES FOR
 COZINESS

EMILY: Start with a super soft classic percale sheet set.

At the foot of the bed, she folds a white quilt on top of a mauve quilt.

EMILY: Then add a linen duvet, and don't forget quilts at the foot of the bed for that middle-of-the-night warmth.

Emily continues speaking to the camera.

EMILY: Choose whatever colors and patterns make you feel calm, and that might be different for everyone.

Close-up shots show different angles of the bright bedroom, including the mauve striped headboard and denim-colored sheets, a gray dresser with framed abstract art, the mauve quilt and blue patterned pillows on the bed, and the blue woven rug on the floor. Text details appear.

ON SCREEN TEXT: CHOOSE
 CALMING
 COLORS

EMILY: I love this mauve, gray, and denim combination for how fresh and modern it feels, yet it's really cozy and has this California winter vibe.

Emily continues speaking to the camera. Text details appear.

ON SCREEN TEXT: KEEP
 PATTERNS IN
 ONE COLOR
 PALETTE

EMILY: If you're mixing patterns, make sure they share the same color palette and that the sizes of the patterns vary.

A close-up shot shows the white pillow with blue diamond pattern against the mauve striped headboard. Text details appear.

ON SCREEN TEXT: VARY THE
 SIZE OF THE
 PATTERNS

EMILY: This diamond sheet set contrasts perfectly with our custom striped headboard.

Emily places a gray pillow in front of the blue patterned pillows. Then she adds a blue pillow with intricate embroidered details.

EMILY: Add decorative pillows to pull it all together. I love this beautiful blue, embroidered pillow from the Threshold collection.

Emily continues speaking to the camera. Text details appear.

ON SCREEN TEXT: CALM YOUR
 SPACE WITH
 SYMMETRY

EMILY: Symmetry always makes a room feel visually calm, so our matching nightstands and lamps help give it that hotel feel.

In the bedroom, matching mauve lamps sit on nightstands on either side of the bed. Emily straightens a stack of books near the lamp.

She arranges pink and white flowers in a vase on the dresser. A wide shot of the bedroom shows the blue colors of the rug and the linens and the mauve colors of the quilt, lamp, bedspread, and flowers.

EMILY: Fresh flowers and plants will help a room come alive and breathe new life into it.

Emily continues speaking to the camera.

EMILY: Let's head into the bathroom.

In the bathroom, pink towels hang on a hook and a towel rack.

EMILY: We use the same color palette as the bedroom with pinks, denims, and bigger hits of black, but it still feels really fresh and clean.

Denim-colored macrame art hangs on the wall by the sink. A pink towel and vase are on the counter. A black tray holds a glass jar of cotton balls and a toothbrush holder.

Emily continues speaking to the camera. Text details appear.

ON SCREEN TEXT: BRIGHTEN
 UP YOUR
 ACCESSORIES

EMILY: Think about pretty storage and matching vanity accessories.

Emily places the glass toothbrush holder with rose gold details on the black tray. Next to the sink stands a glass soap dispenser with a rose gold finish on the top.

EMILY: I love this rose gold collection by Project 62 'cause it adds a little bit of glam to this otherwise simple bathroom.

In front of the sink, Emily straightens a rug with a black and white chevron pattern and white fringe.

EMILY: A larger rug like this can work in a bathroom. It adds a little bit of pattern plus some underfoot comfort.

Emily continues speaking to the camera. Text details appear.

ON SCREEN TEXT: INDULGE IN
 THE SMALL
 LUXURIES

EMILY: Indulge in the small things that can make any bathroom feel more spa-like.

She places a candle and bath salts on a side table with a rustic wood top and hairpin legs. Then she puts a vase of flowers by the sink. On the table by the tub, she arranges tall leafy branches in a dark vase.

EMILY: A pretty-smelling candle, flowers, and branches are little luxuries that make a room feel more special.

Next to the side table, she hangs a pink towel on a rustic wood towel ladder. Then she hangs a towel on a hook on the wall.

EMILY: A towel ladder or hooks is a great way to add accessories without making your room feel too busy.

Emily straightens two pieces of macrame art on the bathroom wall.

ON SCREEN TEXT: USE ART
 LIKE ANY OTHER
 ROOM

EMILY: And don't forget about art and accessories.

Above the tub is a impressionistic painting of a landscape in muted greens and blues with a pop of pink. Text details appear.

EMILY: A large painting can become a focal point just like it would in any other room.

Emily continues speaking to the camera. Text details appear.

ON SCREEN TEXT: DECANT
 FOR STYLE
 AND SPACE

EMILY: Decant your Q-tips, makeup pads, and cotton balls to reduce your visual clutter and make them more accessible.

In the bathroom, Emily places cotton balls in a clear glass jar. Then she stacks the jar on top of two other jars full of Q-tips and makeup pads and puts the jar in the cabinet.

Emily continues speaking to the camera.

EMILY: Fresh towels can really make it feel like a new year.

In the bathroom, Emily puts a white hand towel on a hook. She runs her hand down the textured waffle weave of a pink towel hanging by the tub. She hangs another hand towel on the lip of the sink.

EMILY: This waffle weave is really absorbent, soft, and yet simple.

Emily continues speaking to the camera.

EMILY: You made it to the new year.

The view shows the sleek color-coordinated bedroom and bathroom.

EMILY: So now with the help of Target, focus on being comfortable, cozy, on getting some sleep and taking care of yourself for a little while.

Emily continues speaking to the camera.

The screen fades to white, and black text details circle into view.

ON SCREEN TEXT: BEDROOM
 - REFRESH -
 BATHROOM

The text details shrink into a black line that disappears into a red Target Bullseye logo.