

# The Natural Home Makeover: "10 Steps to Infuse Your Space with Biophilic Design"

Thank you for reading our Guide to Biophilic Design.

Is your home environment making you feel closed off and uninspired?

Discover how biophilic design can revitalize your home by adding elements of nature, enhancing mood, productivity, and overall health with simple changes that make a big impact

Biophilic Design incorporates the elements of nature into interior space to promote well-being and connectivity to the nature.

By following these tips, you can create interior spaces that not only look beautiful but also promote a sense of well-being and harmony with nature.



**1. Incorporate natural materials:**

Utilize wood, stone, bamboo, and other natural elements in furniture, flooring, and decor to create an indoor ambiance that mimics the outdoors.

**2. Maximize natural light:** indoors with large windows, skylights, and glass doors. Use sheer curtains, and strategically place mirrors to enhance sunlight reflection.

**3. Introduce Indoor Plants:** Include a variety of houseplants to improve air quality and add greenery. Consider vertical gardens, hanging plants, or plant walls for a striking visual impact.

**4. Create Natural Views:** If possible, enhance any views of nature, such as gardens, trees, or water features. Position seating areas to face these views.

**5. Use Nature-Inspired Colours:** Choose a colour palette that mimics nature, look at earth tones, greens, blues, and neutrals. These colours create a calming and grounded atmosphere.



**6. Water Features:** Integrate water elements like fountains, aquariums, or indoor ponds. The sound and sight of water can have a soothing effect and enhance the natural ambiance.

**7. Textures and Patterns:** use textures and patterns that reflect natural forms, leaf motifs, organic shapes, and textures resembling bark or stone. These can be included in wallpapers, fabrics, and art. (always get a sample first)

**8. Natural Scents:** Incorporate natural scents through essential oils, candles, or diffusers. Scents like lavender, eucalyptus, and citrus can evoke the outdoors and enhance mood.

**9. Biophilic Furniture:** Choose furniture with organic shapes and natural materials and pieces that feel handcrafted or have a connection to nature.

**10. Wellness Spaces:** Designate areas for relaxation and mindfulness, such as a meditation corner, reading nook, or indoor garden area. Ensure these spaces are quiet and free from electronic distractions.





Thank you for exploring the World of Biophilic  
Interior Design

Please get in touch

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