

## WELLNESS IN DESIGN

**The concept of wellness in home design has surpassed aesthetic appeal and functionality, entering a space where the occupants physical, mental, and emotional well-being take centre stage. This important evolution in design is known as 'wellness architecture' and not only reflects our own holistic needs within the home or place of work, but also the impact of the built environment on our lives.**

Working from and entertaining in the home is now the 'new norm,' so creating balance and harmony whilst retaining functionality is especially important.

Sustainability, health, and comfort are all principles of 'wellness architecture,' this includes elements such as natural light, air quality, biophilic design, and the use of natural materials – non-toxic materials! The goal is to ensure living spaces not only meet practical needs, but also improve physical health, reduce stress, and increase mental clarity. The challenge comes when one space serves a multitude of purposes - that need to cancel out the stress we experience during 'work hours' and replace that with the comfort of our 'nest,' creating a space where there is balance of purpose and environment.

It might sound conflicting, but technology plays an essential part in wellness architecture. Smart home technology that controls everything from temperature to lighting, sound to security and even the toilet! Lighting systems can be programmed to adjust to your daily schedule – work mode and relaxing mode, without prompt. Air purification systems that deliver outdoor quality air for those at the desk all day, or for those who suffer with breathing issues.

Whether you're lucky enough to have one room as a dedicated office, or a room that has dual purpose, with thought and the right products and design the office can be embedded discreetly into daily life. For example, acoustic wallpaper minimises the impact of noise which is so important for mental health and professional zooms, whilst bespoke cabinetry that is both stylish and practical hides gadgets and anything that reminds us of work when the day is done.

Natural light is so important, exposure to it is vital for regulating sleep patterns, energy levels and mood. Large windows, skylights, and circadian lighting – systems that mimic natural light, all contribute to wellness. Similarly, water filtration systems to include taps that purify water and serve it hot, cold or with bubbles, offer wellness and are great for cooking and entertaining.

You may start to hear the term 'Biophilic design' which connects occupants with nature through elements like indoor plants, outdoor views and natural textures, and there is substance behind it! Studies

show it reduces stress, boosts creativity, and develops well-being. Work surfaces that mix wood with natural stone elements such as granite and marble achieve this but are also super stylish and impactful.

Wellness as a concept most naturally sits within the bathroom, and a spa-like experience is one of the biggest requests we receive - think 'light therapy mood boosting' showers, and sauna, steam, and Turkish baths. The guest toilet in our showroom is home to our extremely popular Japanese toilet that is both sleek and stylish and uses EWATER+ Technology which thoroughly cleans the wand jet and toilet bowl. EWATER+ is dirt repelling and boasts cleansing properties that give waste, mould, and bacteria little chance of lasting...so put away those rubber gloves! You don't have to touch the toilet either, it senses your approach, opens and closes automatically. A heated seat and 'cleanse and dry service' complete the experience – oh, and odour is also absorbed! We also display the latest in showering technology. A showerhead that is an impressive 1.3 meters long and 30cms wide with four retractable wings and integrated ambient lighting. Three jet types – a concentrated mono jet, expansive rain jet and body jets with unique PowderRain spray deliver a sensory experience. Now if that doesn't invigorate, relax, and create a sense of wellness in the home, I don't know what will.

## SHOWROOM LOCATION

13-15 Kenilworth Street, Royal Leamington Spa, CV32 4QS

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