



Clockwise from top left: A living room by Bonnie Lewis incorporates many elements of biophilic design; HD Walls' (hdwalls.com) leafy wallcovering seems real; Bisazza's (bisazza.com) Pensée glass mosaic tile brightens a dining room.



GREEN SCENE

# NURTURED BY NATURE

Need a more serene interior? Add some biophilic design elements.

By Teresa K. Traverse

Biophilic design—the science of incorporating nature into interiors—is one of the hottest trends in the interior design world. Long associated with hospitals, senior living facilities and other health care settings, biophilic design is just now starting to find a home in residential spaces.

“Biophilic design is based on a strong connection to nature,” says Bonnie Lewis, founder of 55+ TLC (55plustlc.com) and a national award-winning interior designer who has been incorporating its tenets since launching her company in 2013. “We have an innate desire to share occupancy with nature in our environments. Adding in natural elements has been proven to reduce stress and bring a calmness to the space.”

Lewis has incorporated biophilic design in recent projects by using a natural color scheme, bringing in potted plants, specifying fabrics with nature-inspired patterns, showcasing windows with garden views and even filling a metal planter with real birch poles. “Our home is our palace,” she says. “If we can make it calming—that’s awesome.”

Interior product manufacturers have also recently discovered the biophilic effect and have been coming out with garden-inspired wallcoverings, fabrics, tile patterns and living wall (or vertical garden) systems.

Proper biophilic design balances elegance with a warm sense of comfort, says Lewis. “It combines the best of both worlds.”