

Biophilic Design

Biophilia being incorporated into design is a rising trend, and for good reason. Integrating nature in a design does not only provide the space with a more unique interior aesthetic, but it also has health benefits for anyone in the space.



Biophilia can be applied to an interior of space in a variety of ways, including live plants, water elements, skylights, natural materials, and more.



Exposure to nature has been proven to have positive effects on human health and behavior. **Biophilia** has been shown to reduce stress, lower blood pressure, improve mental performance, attributes to optimistic thinking, lower the risk of diabetes, and can even lower the risk of depression.

Humans need connection to nature, yet we spend so much time indoors, being completely disconnected to most natural things. **Biophilic** design is an effective way to incorporate nature into commercial spaces that are often occupied for long periods of time. Offices with natural elements will not only benefit employees' physical and mental health, but these elements in turn will benefit the company itself with more employee satisfaction.



Interior spaces with more natural elements have been shown to have higher usage from employees, making the space more utilized. With employees' cognitive function increased and creativity levels higher due to the exposure to nature, it's clear that incorporating nature in any workspace is beneficial to all. In addition, many biophilic features are more environmentally responsible.

