



Have you ever entered a solarium full of plants and felt your body relax? Do you enjoy spending time outdoors? **There is actually an innate human instinct to connect to nature — it's called biophilia.** Some people may feel it more strongly; many people may have been so cut off from nature by their manmade environment that they don't realize the difference it would make to their physical and mental well-being to have natural elements present in their daily life.

As we've all had to make adjustments to our daily lives because of the pandemic, some people have been altering their home environments to be healthier for their physical well-being. **The natural result is that such changes are also better for mental well-being.**

Growing herbs in the kitchen has been gaining popularity with cooks who will use them.



Even before the pandemic, there had already been a movement towards connecting people with the outdoors with the development of walls of glass doors that fold away to connect indoors with outdoors, as shown in the photo of **LaCantina® Doors connecting a contemporary kitchen with the patio.**

House plants are becoming popular as a small way to bring nature indoors.

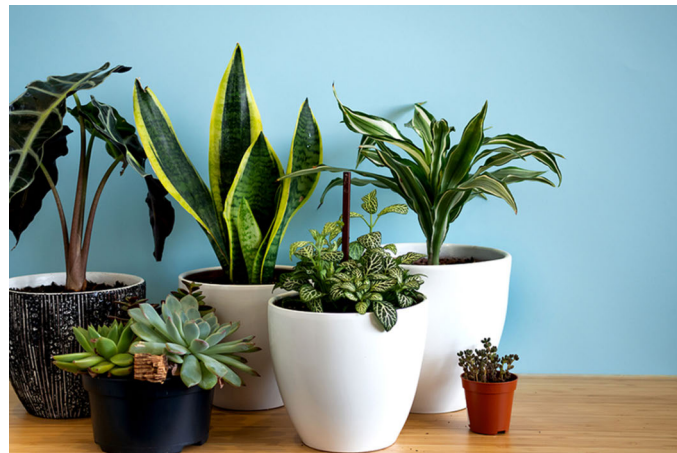


The social changes brought on by the pandemic have led to a closer study of biophilia by designers of home spaces. In addition to promoting psychological well-being, biophilic design supports physical health and cognitive function. That has led to the wellness trend of increasing connections to the natural environment to foster a sense of wellbeing.

Studies show that having plants in the home lowers blood pressure, improves mood and sleep, and the connection to nature makes people more energetic.

One doesn't need to be an enthusiastic gardener; there are many low maintenance house plants for those without a green thumb.

Some plants, such as the snake plant, are known to help purify the air from pollutants and alleviate chemical contamination, while they also create oxygen to freshen the indoor environment.



In kitchen design, natural elements that inspire well-being include cabinetry such as this **Omega® example with natural finish maple cabinets**. Sage has become a popular color choice for a soft natural tone, or you may prefer darker rich brown wood stains or deep forest green paint colors both of which are reminiscent of the forest. Think of maple, alder, or quarter-sawn white oak in simple, clean door styles such as slab or shaker.



Natural stone countertops are another option to add visual warmth as a grounding element in the kitchen design. Or consider this example with a wood countertop on an island with seating for casual meals and **Andersen® casement windows** shown here providing a view of the outdoors. Clean lines of shaker style cabinet doors in white brighten the space by softly reflecting natural light. Stone tiles in the backsplash are another natural element.



Whatever you choose for natural elements to bring into your home, you'll find them to be a soothing palette for a healthier life. Contact me to discuss your dream kitchen.

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