

**Biophilia:**  
 “Love of life  
 or living systems”  
 and the positive  
 human response  
 towards nature.



Design by Metro Interiors  
 Palisades Apartments Party Room (Roseville, MN)

## A Space Designed for Wellbeing Applying the Principles of Biophilic Design

By Julie Ann Segal

Imagine entering a room to the sight and scent of lush herbs and vivid flower blossoms; hearing the happy melody of song birds; feeling the warmth of a crackling fire; or being soothed by flowing water.

Biophilic Design is one concept I use to create “feel good” spaces. Based on the research of Biologist Edward Wilson, it connects people to nature in their interiors, which has a positive impact on their wellbeing. It’s in our biology to feel good when connected with the natural world.

A few ways to apply Biophilic Design principles in your home:

- Use organic forms in fabrics, carpet, wall coverings, sculptures and furniture details—they’re captivating and comforting.
- Choose natural materials: wood, stone, fossil, cork and bamboo add richness, authenticity, and have a calming effect.
- Create light patterns with sunlight, firelight, moonlight, and light fixtures to evoke drama or peacefulness.
- Construct smaller spaces within larger ones by adding nooks, overhead trellises, or booth seating, which offer protection, and can reduce boredom, irritation and fatigue.

By making selections that bring nature inside, you can design a space for better health and wellbeing.



Julie Ann Segal, Interior Designer and President of Metro Interiors, is renowned for her deep commitment to providing clients with state of the art design. Always on the cutting edge, Julie Ann’s dynamic approach utilizes all resources within reach.

For over 25 years, Julie Ann has enjoyed taking the stress out of making design changes. Eclectic to classic, modern to traditional—there is nothing she and her team will not do to create that “wow factor” that has exceeded clients’ expectations for over two decades. A Certified Feng Shui consultant, Julie Ann infuses elements of this ancient art into all design endeavors, revealing environments rich in comfort, beauty, balance, and harmony.

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