



BIOPHILIC INTERIORS

HOME DETOX

— Starter Guide —

7 Simple Changes to Create
a Healthier Home



by Mika Faria



1

Let Fresh Air In

Open windows for 10–20 minutes every morning and after cooking or showering. Cross ventilation improves comfort and helps refresh indoor air.

2

Reconnect with Daylight

Keep curtains open during the morning, position your workspace near natural light and avoid unnecessary artificial lighting during the day.

3

Introduce Natural Materials

Choose timber, linen, cotton, wool, stone and clay whenever possible. Natural materials create warmth, texture and authenticity.

4

Reduce Visual Noise

Select one surface today and remove everything that doesn't need to be there. Clarity in the environment often creates clarity in the mind.

5

Design a Restorative Corner

Create one intentional place for reading, reflection or quiet moments. Include comfortable seating, soft light and one natural element.

6

Engage All the Senses

Notice not only what you see, but also what you hear, touch and smell. Calm interiors are multisensory experiences.

7

Observe Before You Redesign

Walk through your home and ask: Where do I feel calm? Where do I feel distracted? Design begins with observation.





Home Detox Checklist

- ☐ Open your windows today
- ☐ Spend 15 minutes in natural daylight
- ☐ Remove clutter from one surface
- ☐ Add one natural material or plant
- ☐ Create a restorative corner
- ☐ Observe how each room makes you feel



Continue Your Journey

This guide is only the first step. In *Designing with Nature*, you will explore the science of Biophilic Design, environmental psychology and practical design strategies that transform the way your home feels.

Next steps

- ☒ Read *Designing with Nature*
- ☒ Join the *Designing with Nature* newsletter
- ☒ Explore future digital guides and online courses