

Biophilic Design: Connecting with Nature Indoors

Biophilic design is an architectural and interior design approach that connects people with the natural environment. Biophilia (love of nature) is something we all share. Incorporating biophilic design into an interior structure increases the happiness of those occupying the space, and much more, as you are about to see.



The 6 Elements of Biophilic Design



1. Natural Features

Plants, sunlight, water, scenic views, façade greening, fire, etc.

2. Natural Shapes & Forms

Animal and botanical motifs, shells, ovals, spirals, etc.



3. Natural Patterns & Processes

Fractals, sensory variability, growth, bounded spaces, etc.

4. Light & Space

Natural light, light pools, warm light, spatial harmony, etc.



5. Place-based Relationships

Indigenous materials, space defined by landscape, etc.

6. Evolved Human-Nature Relationships

Evoke reverence, refuge, curiosity, security, affection, etc.



Benefits of Biophilic Design



Education

Enhances learning, test results, concentration levels and attendance



Healthcare

Reduces post-op recovery time and the need for pain medication



Home

Creates a happy, calming, restorative environment



Hospitality

Guests are willing to pay more for biophilic-designed rooms



Retail

Customers are willing to pay more when biophilic elements are present



Work

Increases productivity, well-being, creativity, and reduces absenteeism

How to Implement Biophilic Design

- Improve thermal comfort, air quality, ventilation
- Maximize acoustic comfort
- Enhance natural and artificial lighting
- Create appealing internal and external views of nature
- Use natural textures, patterns, colors
- Incorporate building materials such as wood, perforated metal and stone



Biophilic design can increase work productivity by **8%** and increase learning by **20** to **25%**. It can add up to **23%** more to the rate for hotel rooms with views of biophilic elements, and increase rental rates on retail spaces.

Source: oliverhealth.com



accurateperforating.com