

# BIOPHILIC

## Touchpoints Throughout Interiors

Biophilic touchpoints are small, natural design elements woven into interior spaces to create a subtle yet meaningful connection with nature.

### Types of Biophilic Touchpoints

#### Indoor Planting Niches

Pocket planters, shelf pots, and built-in greenery nook placements.

#### Green Walls

Living panels or preserved moss that create vertical natural surfaces.

#### Improved Air Quality

Plants capture particulates + oxygenate the room.



#### Reduced Stress & Calm

Natural elements lower cortisol and mental fatigue.



#### Enhanced Productivity

Nature-backed environments encourage focus.

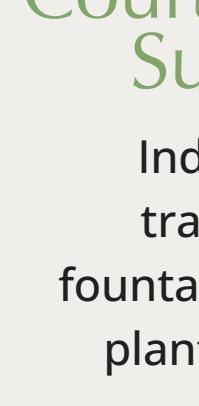


#### Stronger Nature Connection

Daily micro-moments of greenery restore wellbeing.



### How to Integrate Biophilic Touchpoints



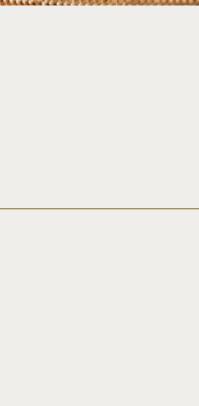
#### Scale Smartly

Choose touchpoints proportional to the room.



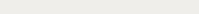
#### Strategic Placement

Position near sofas, reading corners, entryways, or kitchen zones.



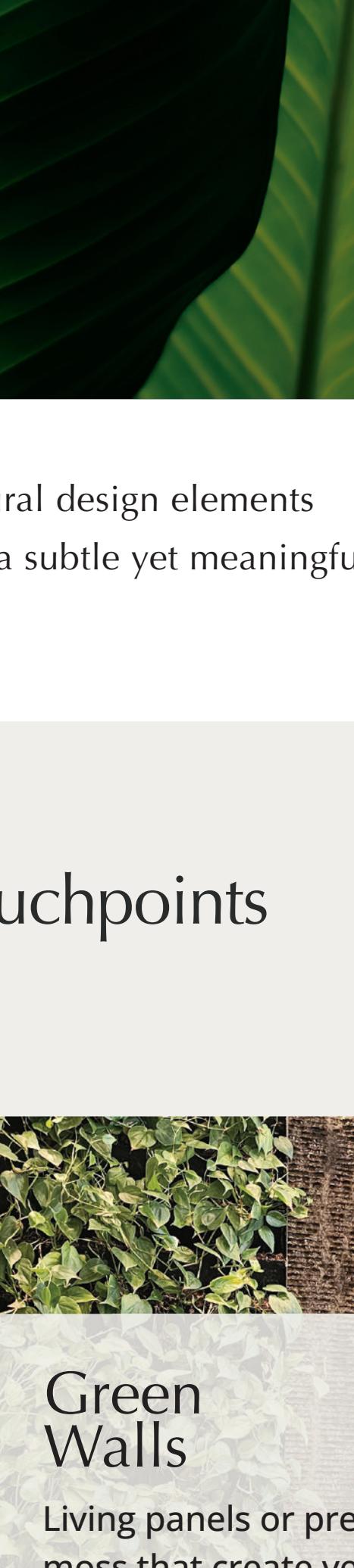
#### Light Considerations

Maximize natural light; supplement with grow lights if needed.



#### Maintenance Plan

Pick hardy species, set a watering routine, design for easy access.



**Living Rooms**  
Moss walls, sculptural stone seating, or layered plant clusters.



**Kitchens**  
Herb wall niches, micro-greens displays, and warm natural wood finishes.



**Bathrooms**  
Moss walls, sculptural stone seating, or layered plant clusters.



**Courtyards & Sunrooms**  
Indoor-outdoor transitions, zen fountains, and lush planting pockets.



**Bedrooms**  
Soft natural textures, calming plant vignettes, and diffused natural lighting.

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