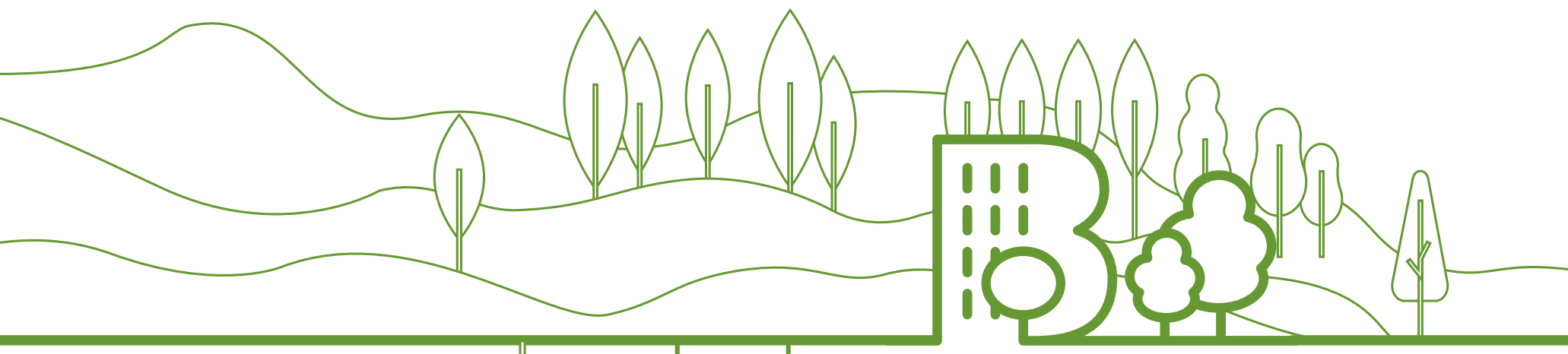




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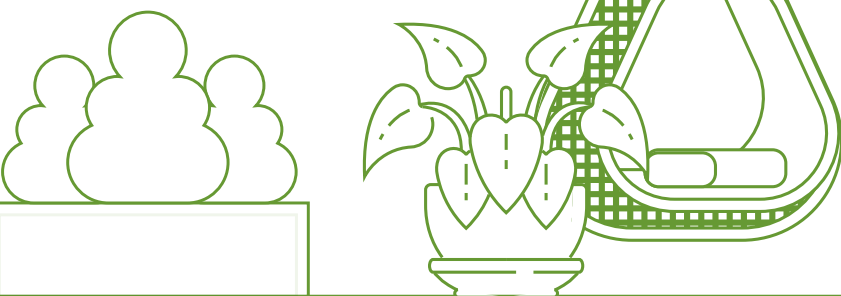
# elements of biophilic design



#biophilicoffice

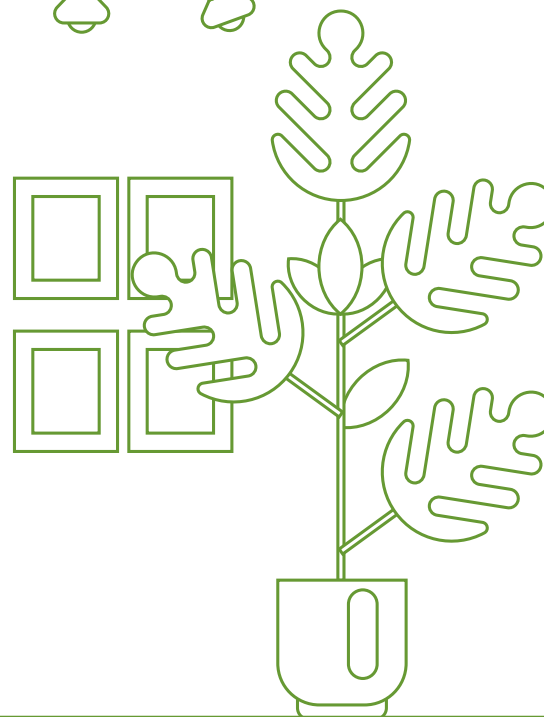
## 1. Vegetation

Use plants of varying height, form, color and distribution to create a more natural scene in the space and break up hard edges and regularity of typical interiors.



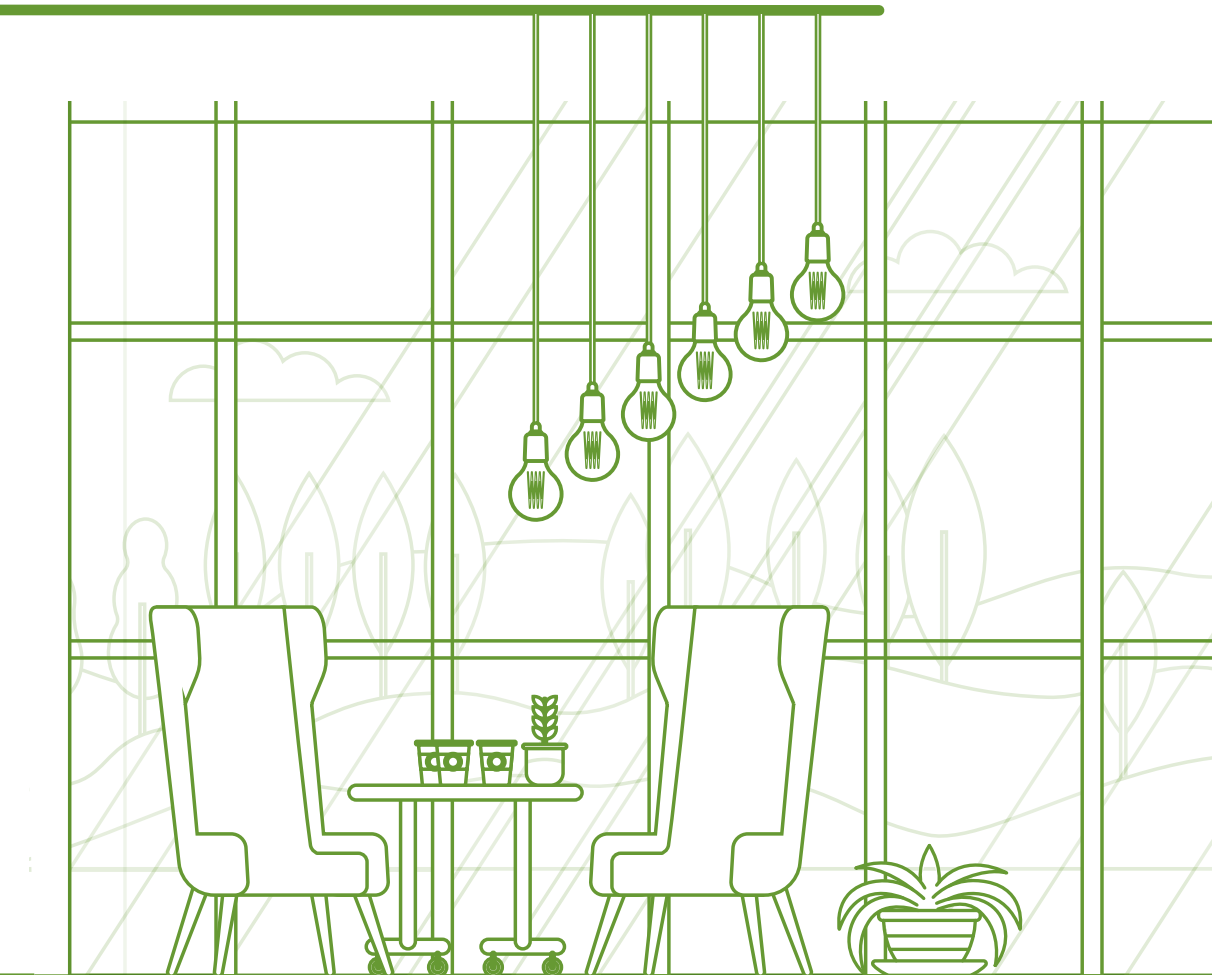
## 2. Refuge and shelter

Green borders around places where people sit or gather provide a feeling of security and help absorb sound.



## 3. Connections with the exterior

Smooth the hard edges of buildings around and near windows to blur the boundaries of the interior and exterior.



## 4. Overlooking a landscape

Create a view of a real landscape or the illusion of one by combining plants and design features.

## 5. Natural materials

Many types of plant and mineral-based materials, such as stone, wood, bamboo, rocks and gravel help create a more natural feeling inside buildings.

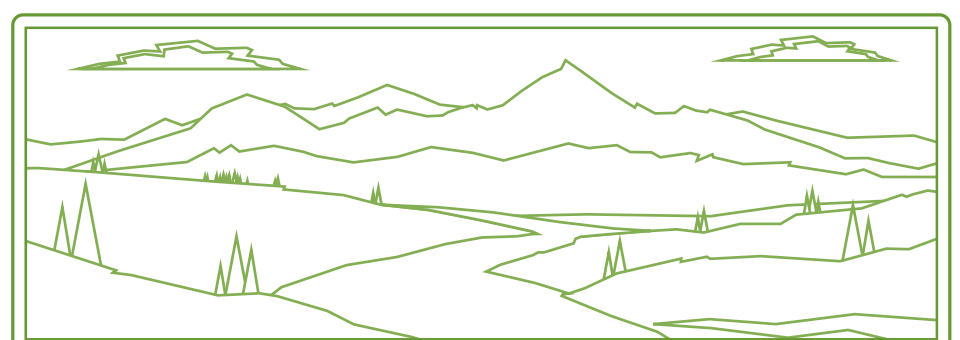


## 6. Light

Daylight is important for well-being. Combine natural and artificial lighting with plants to create areas of diffuse light and variegated shade.

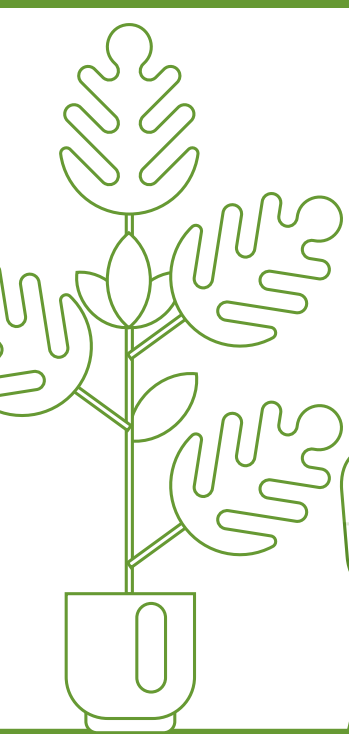
## 7. Scents

A pleasant scent in places where people pass through helps to reinforce feelings of well-being.



## 8. Water

Use water features or art with scenes of rivers, lakes, sea or waterfalls.



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