

# New England HOME CT



Season of  
RENEWAL

## One on One

Contributing editor Nicole Polly sat down with interior designer **Lina Galvão**, cofounder of Curated Nest, to chat about what's on the firm's radar right now.

### We're hearing the term "neuroaesthetics" a lot these days. What is it?

Neuroaesthetics is the study of how color, texture, proportion, light, and layout influence mood, stress levels, creativity, and physical well-being. Its importance comes from the growing understanding that design isn't just visual; it's deeply emotional, physiological, and experiential. In a world where people are increasingly seeking refuge from constant stimulation, neuroaesthetics helps designers create interiors that nurture.

### How do you incorporate it into your designs?

Curved forms and organic materials can lower stress responses. Art can do the same by activating our brain's reward system, releasing dopamine and improving mood. Balanced color palettes can subtly shift the tone of a space, while clutter-free layouts can help the mind stay focused.

### You're a big proponent of using organic materials and sustainable practices. Tell us how you do that.

Organic and sustainable materials matter most in the places we touch and experience every day—finishes, furnishings, and



*Interior designer Lina Galvão designs clutter-free layouts for clients looking for refuge and focus.*

## What's Hot Now

*Here's what Lina Galvão's clients are asking for on repeat.*

- **British-inspired styles**, such as modern cottage and heritage revival.
- **Architectural details** like paneling and moldings that enhance new builds and restorations alike.
- **Moody finishes and darker woods** to create a warm and welcoming home.
- **Grand architectural gestures** along the lines of bold alcove ranges and curved islands.

architectural details that shape how a home feels and functions. These elements influence indoor air quality, long-term durability, and the overall sensory experience. Surfaces we come into frequent contact with, like flooring, upholstery, and countertops, benefit greatly from nontoxic, renewable options that age well and minimize environmental impact.

### Aside from our health and the health of the environment, how do these materials help a home's overall narrative?

Natural fibers like wool, linen, and cotton offer breathability, comfort, and a tactile richness that synthetic alternatives rarely match. Reclaimed woods or rapidly renewable species warm up modern spaces, while artisanal, locally made pieces reduce the carbon footprint and add authenticity.

# SHOW REPORT



LEFT TO RIGHT: **Elaine Sconce** by Hudson Valley Lighting, **Abigail Chandelier** by Crystorama Lighting, **Lyric Pendant** by Hubbardton Forge, **Camille Chandelier** Fredrick Ramond.

## Lightovation: Dallas International Lighting Show

Chloe Winston Lighting Design’s Candace Pereira and Rina DiMarte reveal their favorite finds from the industry’s biggest lighting show.

**Tried & Trad:** Classic design is having a moment, which was evident at the lighting show. Quiet luxury continues with elegant investment pieces.

**All the Hues:** A rainbow of colored glass shows up in everything from chandeliers to sconces.

**Artful Objects:** Technical advances in lighting take the pressure off every fixture, allowing some to just be beautiful pieces of art.

**Botanicals:** From petals to bunches of blooms and contemporary to classic designs, floral lighting adds charm and personality to rooms.

All lighting available through Chloe Winston Lighting Design, South Norwalk, [chloewinstonlighting.com](http://chloewinstonlighting.com)

## Paris Déco Off 2026

What could be more French than visiting **de Gournay** in Paris? The design house launched several luxurious wallpapers and panels for 2026. From botanicals to art deco-inspired designs, the latest patterns continue de Gournay’s reputation as the luxe leader in custom coverings.

A celebration of pattern and form, Doucet is named for the French art collector Jacques Doucet. Other patterns include *Leopards at Dusk*, featuring felines embellished with wire, metalwork, delicate beading, and silk threads, and the Pointillism-inspired *Parasol Pines*, which showcases a Mediterranean landscape hand-embroidered with raffia, silk, and cotton thread.



De Gournay’s **Doucet wallcovering**, named for twentieth-century art patron Jacques Doucet, recalls the detailed leather book bindings of the 1930s. It’s seen here in deep tones of mahogany and plum.

# Save the Date

Celebrate the connection between the local land and the farmers and purveyors who nurture it at the Mayflower Inn & Spa.



## Mayflower Chef's Garden

ONGOING

Beginning May 1, you can dine under the stars—or under the sun—in the Chef's Garden at the Mayflower Inn & Spa. Partnering with Serena & Lily, the inn created a charming dining zone amidst rows of herbs, vegetables, and flowers cultivated for Mayflower's kitchen, giving new meaning to farm-to-table.

Washington  
[auberge.com](http://auberge.com)



## << History Tours

Enjoy these three regional tours of Connecticut's historic home interiors:

MAY 2

**Colonials of Old Lyme**

MAY 3

**Colonial Homes of Westport and Weston**

MAY 30

**Colonial Homes of Avon and Simsbury**

[histoury.org](http://histoury.org)

## >> Trade Secrets

MAY 17-18

Explore some of the area's most notable gardens, including the landscapes of Bunny Williams and John Rosselli, and Katie Ridder and Peter Pennoyer. On day two, shop for rare plants and garden antiques at Lime Rock Park.

Litchfield County and Millbrook, N.Y.

[tradesecretsct.com](http://tradesecretsct.com)



## << Luxury Home Design Summit

MAY 18-20

Taking place at Cape Cod's iconic Chatham Bars Inn, the event features keynote, educational seminars, roundtable discussions, and plenty of time to connect with industry colleagues.

Chatham, Mass.

[luxuryhomedesignsummit.com](http://luxuryhomedesignsummit.com)

## >> Fenimore Lane Design Summit

JUNE 6-7

Join interior designer Ariel Okin and her team for panel discussions, lectures, and workshops for design enthusiasts at the Mayflower Inn & Spa. Shop for decor, furniture, fabrics, antiques, and fashion at the tented bazaar.

Washington  
[auberge.com](http://auberge.com)



## TO THE TRADE

Great news for Hartford-area designers: **Connecticut Lighting Centers** has partnered with **Visual Comfort & Co.** on the lighting manufacturer's first Premier Gallery in the country. This dedicated space makes it easier than ever to envision beautiful lighting in your home.

Congratulations to Fairfield-based **Devore Associates Landscape Architects** on winning the prestigious ASLA

Connecticut Landscape Architecture Merit Award for a residential project in Greenwich. "The 2026 award-winning projects reflect the visionary power of landscape architecture—turning ideas into action, meeting challenges with creativity, and advancing a shared commitment to a more resilient and vibrant environment," says Sean Ragan, president of ASLA Connecticut and senior landscape architect at Tighe & Bond's Halvorson Design Studio.