



ENO INTERIORS
by
ELBA OCASIO

THE BIOPHILIC HOME DESIGN STARTER GUIDE

GROUND YOUR HOME IN THE BEAUTY
OF THE NATURAL WORLD



WHAT IS BIOPHILIC DESIGN?

Biophilic design is the practice of connecting people and nature within built environments and communities. The term 'biophilia' literally means 'love of life.' Biophilic design recognizes that humans have an innate biological connection to the natural world that has evolved over thousands of years.

This design philosophy goes far beyond simply adding a few houseplants to a room. It's a comprehensive approach that incorporates natural light, organic materials, natural patterns, views of nature, and even the sensory experiences of the outdoors, like the sound of water or the feel of natural textures, into our living and working spaces. At ENO Design, we merge these natural elements with balanced luxury to weave a story of serenity and vitality throughout your home.

Did You Know? Research shows that humans can recognize over 20,000 plants and animals, suggesting our brains are hardwired to connect with nature. When we disconnect from natural elements, our health, productivity, and overall wellbeing can suffer.

WHY BIOPHILIC DESIGN MATTERS FOR YOUR WELLBEING

In a time when people and businesses crave healing and positivity amidst anxiety-filled environments, biophilic design offers a transformative solution. The benefits extend across physical, mental, and emotional health. Scientific studies have consistently demonstrated measurable improvements in various aspects of human wellbeing when natural elements are thoughtfully integrated into interior spaces.

KEY HEALTH BENEFITS:

- **Reduced Stress and Anxiety:** Exposure to natural elements can lower cortisol levels and heart rate, creating a calming effect that helps combat the stresses of modern life.
- **Enhanced Cognitive Function:** Biophilic environments improve focus, creativity, and problem-solving abilities. Studies show productivity increases of 6-8% in spaces with natural elements.*
- **Better Air Quality:** Strategic plant selection and natural ventilation systems can significantly improve indoor air quality, reducing pollutants and increasing oxygen levels.
- **Improved Mood and Mental Health:** Natural light, views of nature, and organic materials have been shown to elevate mood, reduce symptoms of depression, and improve overall mental wellbeing.
- **Faster Recovery and Healing:** Healthcare facilities using biophilic design principles report reduced patient recovery times and decreased need for pain medication. **Better Sleep Quality:** Exposure to natural light patterns and circadian rhythm support through design helps regulate sleep-wake cycles, leading to more restorative rest.

THE SIX CORE PRINCIPLES OF BIOPHILIC DESIGN

These principles guide our work at ENO Design as we create intentional spaces that revitalize your overall wellbeing and experience of living.



1. Environmental Features

Living walls, water features, natural ventilation, and connections to outdoor spaces.

2. Natural Shapes and Forms

Organic curves, botanical motifs, and fractal patterns that our brains instinctively respond to.

3. Natural Colors, Patterns, and Processes

Circadian lighting, seasonal connections, and materials like wood and stone that age beautifully.

4. Light and Space

Maximize natural daylight with varied lighting conditions; bright work areas and softer relaxation zones.

5. Place-Based Relationships

Honoring Where You Are: Design with a deep respect for the land and climate around us, using locally inspired materials and responding to the natural rhythms of the region. Each space reflects a sense of place, grounding your home or workplace in its unique environment.

6. Evolved Human-Nature Relationships

Create prospect (views) and refuge (cozy spaces) that invite exploration while ensuring safety.

RESIDENTIAL & COMMERCIAL APPLICATIONS

HOMES

Create nurturing sanctuaries with natural materials, living plant walls, circadian lighting, and seamless indoor-outdoor flow. From living rooms perfect for connection to spa-like bathrooms for daily renewal.

WORKPLACES

Boost productivity by 13% with living walls, natural light, and nature views. As a full-service firm, ENO Design specializes in creating beautiful, high-performing spaces that support wellbeing and innovation.

BIOPHILIC DESIGN IN DIFFERENT SETTINGS

RESIDENTIAL SPACES

- **Living Rooms:** Large windows with views, natural material furnishings, living plant walls, and layered natural lighting create gathering spaces that feel both uplifting and calming, perfect for connection and conversation.
- **Bedrooms:** Soft natural textiles, circadian-friendly lighting, color palettes, and connection to outdoor views support restorative sleep and morning awakening rituals.
- **Kitchens:** Natural stone counters, warm wood cabinetry, herb gardens, and abundant daylight make the heart of the home feel alive, nourishing, and connected to nature's abundance.
- **Bathrooms:** Stone, water elements, plants that thrive in humidity, and natural light create spa-like retreats for daily renewal and self-care.



COMMERCIAL SPACES

In workplaces, biophilic design boosts productivity, creativity, and employee satisfaction while reducing absenteeism and stress. The emphasis is on supporting both performance and wellbeing and creating environments that support the many ways people work and connect.

As a full-service design firm, ENO Design specializes in creating beautiful, nature-inspired workspaces that foster wellbeing and innovation

- **Office Spaces:** Living walls, abundant natural light, views of nature, and natural materials reduce stress and increase focus. Studies show 13% higher productivity in biophilic offices.
- **Healthcare Facilities:** Nature views, restorative gardens, natural materials, and enhanced daylight support patient recovery and reduce staff burnout.
- **Retail Environments:** Natural elements create warm, welcoming environments that increase dwell time, customer satisfaction, and meaningful engagement.
- **Hospitality:** Hotels and restaurants using biophilic design see deeper guest satisfaction, longer stays, and more meaningful emotional connections with their brand.

COMMON BIOPHILIC DESIGN MISTAKES (AND HOW TO AVOID THEM)

Even with the best intentions, it's easy to make missteps when implementing biophilic design without professional guidance. Here are the most common pitfalls we see and how to sidestep them with thoughtful planning.

Mistake #1: Plants Without a Plan

Simply adding houseplants doesn't create biophilic design. Common errors include choosing plants that can't survive in your light conditions, creating maintenance nightmares with high-care species, or grouping plants with incompatible needs. The fix: Work with your specific light, humidity, and maintenance capacity. Choose resilient native species when possible, and consider a professional plant consultation to ensure success.

Mistake #2: Ignoring Light Quality

Natural light isn't just about quantity; quality, direction, and variation matter immensely. Overlooking window orientation, glare problems, and circadian lighting compromises biophilic benefits. The fix: Map your space's natural light throughout the day and seasons. Use appropriate window treatments, mirrors, and supplemental lighting strategically.

Mistake #3: Mixing Incompatible Styles

Adding nature elements to ultra-modern minimalist spaces or rustic designs without consideration creates discord rather than harmony. The fix: Choose natural materials and forms that complement your existing aesthetic. Biophilic design adapts to any style when thoughtfully integrated, from desert elegance to California coastal to mid-century modern.

Mistake #4: Forgetting About Water and Air

Focusing only on visual elements while ignoring air quality, humidity, and water features misses major biophilic opportunities. The fix: Consider ventilation, air-purifying plants, humidification needs, and incorporating water sounds where appropriate for multisensory connection.

Mistake #5: One-and-Done Approach

Biophilic design requires seasonal adjustments, plant care, and ongoing refinement. Treating it as a static design decision leads to declining plants and diminished benefits. The fix: Plan for maintenance from the start and design systems that are sustainable for your lifestyle.

Mistake #6: Overlooking Local Context

Using tropical plants in a mountain home or Mediterranean materials in a Pacific Northwest setting ignores the place-based relationships that deepen biophilic connection. The fix: Choose materials, plants, and design elements that reflect your local ecosystem and climate, creating an authentic connection to your region's unique natural character.

THE ENO DESIGN APPROACH TO BIOPHILIC DESIGN

At ENO Design, we believe that truly transformative biophilic design goes beyond trends and aesthetics. As a woman-owned biophilic design firm led by founder and CEO Elba Ocasio, our methodology is rooted in understanding you, your space, and your unique relationship with nature. Every project begins with listening; not only to your needs, but to the energy of the space itself. We also draw inspiration from the ancient wisdom of Feng Shui, honoring balance, flow, and harmony to create environments that feel aligned, grounded, and supportive.

In a time when people and businesses crave healing and positivity amidst anxiety-filled environments, Elba Ocasio at ENO Design stands out as a daring and visionary leader. Her dedication to integrating natural elements and elegance into homes and workplaces has helped countless clients create spaces that enhance aesthetic appeal while fostering wellbeing, productivity, and a deeper connection to nature.

OUR DESIGN PROCESS

- **Discovery & Assessment:** We begin with a comprehensive consultation to understand your lifestyle, wellness goals, aesthetic preferences, and the unique characteristics of your space. We evaluate natural light patterns, existing architecture, and opportunities for nature connection.
- **Place-Based Analysis:** We study your property's relationship to its surrounding ecosystem, climate patterns, and local natural materials. This ensures your design feels authentic to its location while maximizing regional biophilic opportunities.
- **Personalized Concept Development:** We create a customized design strategy that integrates biophilic principles with your personal style. This isn't cookie-cutter nature décor; it's a thoughtful plan that reflects who you are and how you want to feel in your space.
- **Material & Plant Selection:** We carefully curate materials, finishes, and plant species that work together harmoniously while meeting practical requirements for maintenance, durability, and sustainability. We prioritize responsibly sourced, high-quality natural materials.
- **Implementation & Installation:** We coordinate all aspects of your biophilic design installation, working with trusted craftspeople, horticulturalists, and artisans who share our commitment to quality and sustainability.
- **Education & Support:** We provide comprehensive guidance on maintaining your biophilic elements, from plant care to material maintenance, ensuring your space continues to thrive and evolve.
- **What Sets Us Apart:** We don't just design beautiful spaces. We create living environments that actively support your health, happiness, and connection to the natural world. Our designs are informed by environmental psychology, sustainable practices, and the timeless principles of Feng Shui, honoring the flow of energy, balance, and harmony within each space.



REGIONAL BIOPHILIC DESIGN: CALIFORNIA VS. WASHINGTON

ENO Design serves clients across the West Coast, and we recognize that successful biophilic design must respond to local climate, ecology, and cultural context. Based in Seattle, Washington, with projects throughout California and the Pacific Northwest, we've developed deep expertise in creating place-based designs that honor regional character. Here's how we adapt our approach for different regions:

CALIFORNIA BIOPHILIC DESIGN CONSIDERATIONS

- **Climate & Light:** California's abundant sunshine and Mediterranean climate allow for generous use of natural light and indoor-outdoor connections. We design for sun control and heat management while maximizing daylight and views, perfect for California coastal and desert elegance aesthetics.
- **Drought-Resistant Plants:** Native California plants such as succulents, sage, California poppy, manzanita, and California lilacs thrive with minimal water while reflecting the beauty of the state's natural landscapes.
- **Indoor-Outdoor Flow:** Large sliding doors, covered patios, and courtyard designs blur boundaries between inside and outside, extending living space into nature, essential for California living.
- **Natural Materials:** Natural materials like wood, stone, clay, lime plasters, and earth-based systems create healthy, breathable spaces that feel connected to the land and the rhythms of nature.
- **Water Mindfulness:** We incorporate water features thoughtfully, using recirculating systems and drought-conscious plantings that respect California's water challenges.

UNIVERSAL PRINCIPLE:

Whether in sun-drenched California or the verdant Pacific Northwest, our design approach honors the unique spirit of place while creating spaces that support human wellbeing through nature connection. Each project tells its own story of serenity and vitality.

WASHINGTON BIOPHILIC DESIGN CONSIDERATIONS

- **Climate & Light:** Washington's Pacific Northwest climate features lush greenery, frequent rain, and diffused light. We maximize limited sunlight while celebrating the region's dramatic seasonal changes and connection to forests and water, creating spaces that embrace the Northwest's natural character.
- **Moisture-Loving Plants:** Ferns, moss, and shade-tolerant plants that thrive in humidity create authentic connections to Northwest forests and bring vitality to gray days.
- **Cozy Refuge Spaces:** Washington's climate invites creation of warm, protected spaces with views to rain and nature, perfect for the biophilic principle of prospect and refuge.
- **Rich Natural Materials:** Cedar, Douglas fir, stone, and other Pacific Northwest materials create warmth and connection to regional forests and mountains.
- **Light Enhancement:** Strategic use of skylights, light-colored natural materials, and reflective surfaces maximizes precious natural light during darker months.
- **Rain Celebration:** Water features, views of rain, and designs that celebrate rather than hide precipitation connect occupants to the region's life-giving moisture.

BEGIN YOUR BIOPHILIC DESIGN JOURNEY

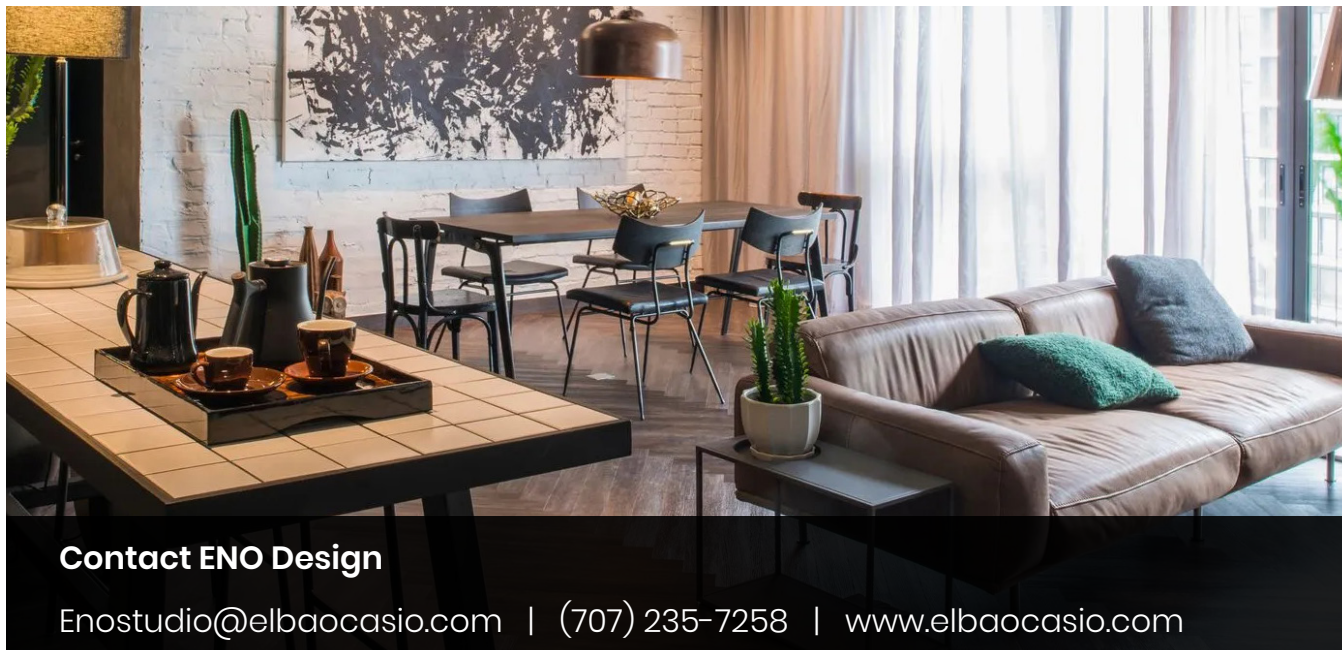
You've taken the first important step by learning about biophilic design principles and how they can transform your living or working environment. Now it's time to bring these concepts to life in your own space; to create an intentional home that revitalizes your overall wellbeing and experience of living.

Ready to Get Started?

Every successful biophilic design project begins with understanding your unique needs, aspirations, and space. ENO Design offers comprehensive design consultations where we evaluate your environment, discuss your wellness goals, and create a customized roadmap for bringing nature into your life. Let's partner to ground your home in the beauty of the natural world.

WHAT TO EXPECT IN YOUR CONSULTATION:

- **In-depth discussion** of your lifestyle, aesthetic preferences, and wellness objectives
- **Professional assessment** of your space's natural light, airflow, and biophilic potential
- **Review of your home's relationship** to its surrounding environment and climate
- **Preliminary recommendations** for high-impact biophilic interventions
- **Discussion of** project scope, timeline, and investment considerations
- **Clear next steps** for moving forward with design and implementation



Contact ENO Design

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Serving California & Washington State Based in Seattle, Washington





We look forward to helping you create a space where nature and design unite to support your wellbeing, productivity, and joy every day. **Let's weave a story of serenity and vitality throughout your home.**

ENO DESIGN Sophisticated Designs Inspired By Nature

