



MINI SERIES

DESIGN FOR WELLNESS



WWW.TESSGUINERY.COM

DESIGN FOR WELLNESS

ALOHA FROM THE LAGOON HQ

AKA / TESS GUINERY
DESIGN STUDIO

WELCOME...
TO THE #LAGOONTOTHEMOON
MINI-SERIES. BRINGING YOU LITTLE
POCKETS OF GOLD TO HELP YOU
NAVIGATE THROUGH THE TRENCHES
OF THE #FREELANCE WORLD.

LET'S TALK WELLNESS

BROUGHT TO YOU BY
OUR GUEST CONTRIBUTOR /
INTERIOR DESIGNER + QUEEN OF
WELLNESS -

CHRISTINE AMIRADAKI
XO

WWW.TESSGUINERY.COM



MINI SERIES

1. NOT JUST A PRETTY FACE

Ever noticed you work better when you're in an environment that's bright, filled with light and splashed with colour? Or stepped into a dark, claustrophobic room and hit the exit asap! Who knows we eat way too much in a space designed to stimulate your appetite (mood lit & red tones)? Guilty! It's safe to say that interior design does more than make a space look pretty.

2. MOODY

I have always been passionate about interior design because of the effects it can have on someones body, soul and spirit. Our mindset, emotions and actions can all change based on the environment we step into. We can design spaces that make people feel a certain way! Miserable, frightened, cheerful, romantic, peaceful.

3. DESIGN FOR WELLNESS

Lets zoom into creating spaces filled with peace. That space where you breathe a sigh of relief. I'm especially enthusiastic about creating environments that benefit wellness, both physically and mentally. After looking at much of Roger Ulrich's research and findings, three main components have been shown to create psychologically supportive environments...

- a) Control
- b) Social Support

10. GREENS ARE GOOD FOR YOU

Get some of those greens into your interior spaces! A few of my favorite indoor plants are:

1. Rubber Plant: Deep green colour and super low maintenance!
2. Strelitzia: Stunning large leaf plant!
3. Succulents! Remember if the plant appears to be drying out it's actually because its getting too much water! Less is best.

11. SMART ART

Any connotations of living things, animals, humans or nature create positive distractions. Fill your space with beautiful pieces of art that take you back to nature. Sculptures, paintings, photographs... Go crazy (with a budget)!

12. PEACE OUT

Enjoy those little tips, be free and create your little hubs of peace!

**PLAY TIME!
ENJOY CREATING
YOUR NEW SPACES**

LOVE CHRISTINE

XO

CHRISTINEAMIRADAKI.COM

@CHRISTINEAMIRADAKI



MINI SERIES