

PRIVATE PARADISE

Your home may well be your haven, but here are easy ways to make it your very own spa-dom.

By PALLAVI MEHRA

Carving out a personal wellness space begins with acknowledging our homes as more than just physical structures; they are sanctuaries where we recharge, rejuvenate and ready ourselves to plunge back into life's every day grind. This is why dedicated wellness spaces such as meditation rooms, home gyms, and spa-like bathrooms are becoming increasingly popular in contemporary homes. With growing stress as everyone's constant companion, thoughtful design can play an important role in fostering serenity and restoring balance. We reached out to some of India's best interior designers and architects to explore easy ways to incorporate wellbeing into your space.

"Wellness design emphasises relaxation and well-being in



GREEN REVOLUTION

Clockwise from above: Use of natural materials for the bedroom from Earthitects; Spa-like bathrooms by Eshita Marwah; Azure Interiors advises prioritising natural light; reD Architects advises crafting a dedicated space for massage tables

home spaces, integrating features such as meditation rooms, home gyms, and spa- bathrooms for a tranquil atmosphere," says Jasem Pirani and Huzefa Rangwala, interior designers and co-founders of MuseLAB. "Utilise natural materials, calming colours, and ample natural light to create a serene environment conducive to physical and mental rejuvenation, transforming your home into a sanctuary of wellness."

HARNESS YOUR INNER MARIE KONDO

Much like as the Japanese tidying consultant, the art of transforming your home into a wellness sanctuary could begin by simply decluttering. "Wellness comes from being in a mental state of calm. To achieve that in your own home, the first thing is to declutter the space; this therapeutically leads to decluttering of the mind," advises Mumbai-based interior designer and partner at reD Architects, Ekta Parekh. "If the mind is restful, it will make space for positive thoughts and focus on what one needs to reclaim a sense of balance. Your space can be used for placing things that infuse joy—be it art, books, a musical instrument, or even an exercise corner—anything that lends a sense of wellbeing!"

BIOPHILIC DESIGN

Research shows that bringing in nature's bounty makes compact spaces appear larger than they are and promotes physical and emotional well-being. And incorporating biophilic design is an easy way: "A





AN OASIS OF CALM

Dedicated gyms like this one by Fab Studio are easy ways to embrace wellness design (Above); Biophilic design, featuring natural materials as seen in these spaces by Minnie Bhatt Design (left) and right (opposite page), and spa-like bathrooms like the ones by Eshita Marwah (Below left and right)



home has to be a haven, a sanctuary, a place one can rest and relax at the end of the day, in the middle of the day, during the week, or on weekends, and all year around. In addition to functioning as natural air purifiers, indoor plants add a sense of wellness to the space," adds interior designer Eshita Marwah, founder of /e, V-Create Architects. "Not only do they add to the aesthetic appeal, but they are also natural sound-absorbers, aid better respiratory health, and reduce stress levels, promoting relaxation."

In addition, opt for furnishings made of natural materials, which summon calming energy and grounding elements of nature indoors, fostering a feeling of peace. "Natural materials such as wood and stone enhance the aesthetics of a space while contributing to a sense of well-being," explains George E. Ramapuram, principal architect of Earthitects. "Each plank of wood, with its unique grain and texture, includes an imprint of nature, promoting tranquillity and harmony. Similarly, natural stone adds a luxurious feel with its distinct characteristics and textures, creating a sense of grounding and connection to the earth."

OPEN TO THE ELEMENTS

Allowing natural light to suffuse our living spaces achieves more than mere illumination. It has the power to enhance our overall sense of wellness. According to Rashi Bothra and Ruchi Gehani, interior designers at Azure Interiors, "consider opting for larger windows or cleverly positioning them to welcome sunlight through the day, forging a harmonious link with the outdoors. Choose window coverings crafted from light-filtering materials to gently diffuse sunlight as well as maintain privacy. Integrate mirrors strategically to amplify natural light and impart a feeling of expansiveness to rooms. Opting for light hues in your decor, from walls to floors and furnishings, further enhances the reflection of natural light, creating an atmosphere that feels spacious, airy, and inherently uplifting," they add.

Integrating wellness into interior design includes prioritising healthy air as well. Vikrant Sharma, principal architect of Studio Hive, advises investing in high-quality materials and efficient devices for light control and air quality maintenance to ensure a healthier and more sustainable living environment. "Conscientious landscaping selections and the application of premium paints amplify the overall wellness of our living spaces, nurturing a serene ambiance and promoting vitality in our daily experiences," says Sharma.

COMFORT AND ERGONOMICS

Focussing on comfort and ergonomics is not just a popular trend, it has a proven track record for positively impacting well-being. "Chairs equipped with adjustable height and lumbar support maintain spinal alignment during long meetings or work-from-home sessions. Desks featuring

adjustable heights provide flexibility, enabling shifts between sitting and standing positions to mitigate the hazards of prolonged sitting," claim interior designers Rishabh Kapoor and Monica Chadha, founders of Design Deconstruct. "Investing in ergonomic pillows and mattresses ensures proper spinal alignment and enhances sleep quality, which is crucial for overall physical well-being, fostering a healthier lifestyle."

CALMING HUES

Painting your walls in neutral colour schemes such as cream, taupe, and fawn helps craft a serene environment that promote tranquillity. "Integrating natural and earthy colours enhances overall well-being," says Mumbai-based interior designer Saniya Kantawala. "Shades of red, orange, and yellow





YOUR SPECIAL SPACE

Calming hues and dedicated mindfulness spaces as seen in the living room (Bottom); Creating a spa in your space like this one by Design Deconstruct (Below)



WELLNESS

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are on the warmer side of the colour wheel and can evoke cosiness and comfort. Pastel blues, pinks, and greens evoke feelings of calm, while white is known for clarity and freshness. These colourways can transform homes into sanctuaries where residents can unwind and rejuvenate, counterbalancing the stresses of modern life.”

MOVEMENT AND MINDFULNESS

Experts advise creating separate relaxation and exercise areas in your home. “The key is to craft dedicated spaces for relaxation and meditation,” advises Minnie Bhatt, interior designer and founder of Minnie Bhatt Design. “I always emphasise the importance of separating work and leisure. Instead, create a designated space, whether it’s a cosy corner or an entire room, dedicated solely to moments of peace and mindfulness. With this approach, one can create a comfortable cocoon of relaxation and rejuvenation within the confines of your home.”

Additionally, your exercise or movement area could be a room or a designated corner in your home, housing equipment such as yoga mats, free weights, or resistance bands. “Crafting a wellness oasis within homes involves designing spaces that emulate the serene and rejuvenating atmosphere of meditation rooms or gyms,” says Jaskaran Singh, principal architect at Fab Studio. “This approach provides a holistic experience, which emphasises self-care and overall well-being.”

SPA-LIKE BATHROOMS

Bathrooms can easily morph from their utilitarian roots and transform daily routines into mini wellness retreats through serene aesthetics and sumptuous elements. Space permitting, you can also add massage treatment tables and a manicure-pedicure station for the ultimate spa-like ambiance. According to Zafar Masud Chaudhary, principal architect of Habitat Architects, “adding a bathtub can convert your existing bathroom into a spa-like space. If you want to avoid architectural changes, then aromatic candles, a few planters and touches of understated luxury can help achieve the desired objective.”

From bringing nature indoors to crafting designated relaxation spaces, wellness design is a journey and not a destination. Begin by incorporating small changes and experimenting with different elements to figure what works for you and your lifestyle; no one size fits all—just play along.