



# EDGEMONT WELLNESS DESIGN PROJECT

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SCHEMATIC DESIGN

CALM

CONNECTED

INSPIRED

**SANCTUARY + FAMILY WELL-BEING**

- Home as a restorative refuge blending calm, connection + vitality for all family members
- Natural light, warm wood tones + soft earthy colors foster resilience and ease seasonal fatigue

**BALANCE + DAILY RHYTHMS**

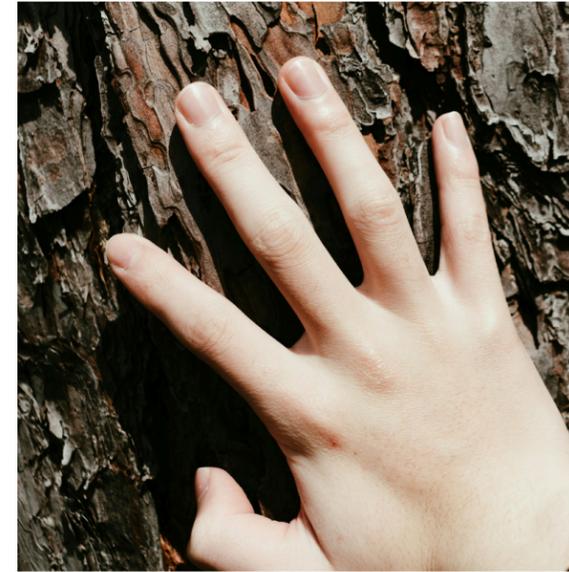
- Layered lighting designed to support individual cycles of energy + rest
- Clean layouts + soft, natural materials prevent overwhelm, nurturing clarity, comfort + inspiration

**BELONGING + PERSONAL EXPRESSION**

- Personal touches + meaningful artwork weave identity into every corner
- Spaces reinforce warmth + connection, transforming the house into a true reflection of family life







**BIO-WAVE CALIBRATION**

The space is attuned to the couple's natural rhythms — energy peaks, fatigue phases, and quiet transitions. Colors, textures, and organic forms are curated to create a sensory rhythm close to the alpha state — ideal for deep rest, hormonal balance, and mental regeneration.

**SPATIAL ANCHORING**

Each zone carries a distinct emotional and physical function — connection, nourishment, silence. Over time, the body and mind “learn” the environment: a soft rug becomes an anchor for comfort and grounding; a rounded table invites presence and shared experience.

**CIRCADIAN LIGHTING**

Lighting is aligned with biological timing: cool light in the morning stimulates alertness; warm, diffused light in the evening promotes relaxation. This supports melatonin production and naturally enhances sleep quality and emotional regulation.

**VIBRATIONAL BODY ACTIVATION**

Natural, skin-friendly materials — linen, wood, smooth concrete — activate a sense of grounding and presence through tactile stimulation. These textures help the nervous system settle, supporting breath, stillness, and reconnection with the body.

**AIR QUALITY CONSCIOUSNESS**

All finishes are non-toxic and allergy-conscious — from Zero-VOC paints to breathable textiles and Greenguard-certified flooring. The atmosphere supports respiratory wellness and promotes clarity, especially important in environments sensitive to allergens or asthma.



### Maple Hardwood Flooring

Maple holds a quiet strength — light in color, but deep in presence. Its smooth grain and subtle warmth bring emotional clarity to the space. In wellness design, maple absorbs excess energy and reflects light softly, supporting focus by day and serenity by night.



### Linen

We chose linen not just because it drapes beautifully — but because it breathes with the house. It doesn't block; it protects. It doesn't burden the eyes — it soothes them. This textile creates an atmosphere of trust, quiet, and a home that has a body of its own.



### Cotton Bedding

Cotton is simplicity that touches the skin with familiarity. Breathable, hypoallergenic, and naturally soft — it doesn't ask for attention, but offers calm. It helps the body remember the feeling of clean, restful presence — a gentle cradle for sleep and repair.



### Art Inspired by the Moon & Sun

Circular forms and soft symmetry remind the brain of natural cycles — sunrise, moonrise, breathing in, breathing out. In neuro-design, these shapes reduce cognitive tension and create spatial coherence.



### Wool

Wool is a living material. It retains warmth, breathes with humidity, and carries the primal comfort of natural shelter. Its uneven texture engages the skin just enough to say, "You are here." It helps the nervous system recognize safety through sensation.



### Oak

When we use oak, we're not just choosing a strong material — we're weaving in a symbol of stability, maturity, and depth. This wood speaks to the body: "You are safe," and to the psyche: "You are held in structure."



### Velvet

Velvet is more than luxury — it's tactility that whispers. Its soft resistance slows the touch, inviting presence. Velvet absorbs overstimulation, gently muting the world. In neuroaesthetic terms, it offers the body a grounding anchor — a moment of sensual exhale.



### Olive Tree

The olive tree is more than a plant — it's a symbol of inner peace and longevity. Its twisting branches echo resilience, while its muted greens lower cortisol levels. In the room, it acts as a living mediator of stillness and time.

ELEMENTS OF NEUROACTIVE DESIGN



Light, breathable, and tactile — these curtains support circadian balance by softly filtering daylight

A cortisol-reducing hue that evokes nature and depth. Especially supportive for "evening chronotypes."

Plants, natural textures, and elemental symbols (water, fire, earth, air) — create a deep sense of connection with the living world.

A soft neutral that invites visual spaciousness and breath — helping clear mental clutter before rest.

Zero-VOC paints, GreenGuard-certified non-toxic finishes - ensuring clean air, especially important for a good sleep

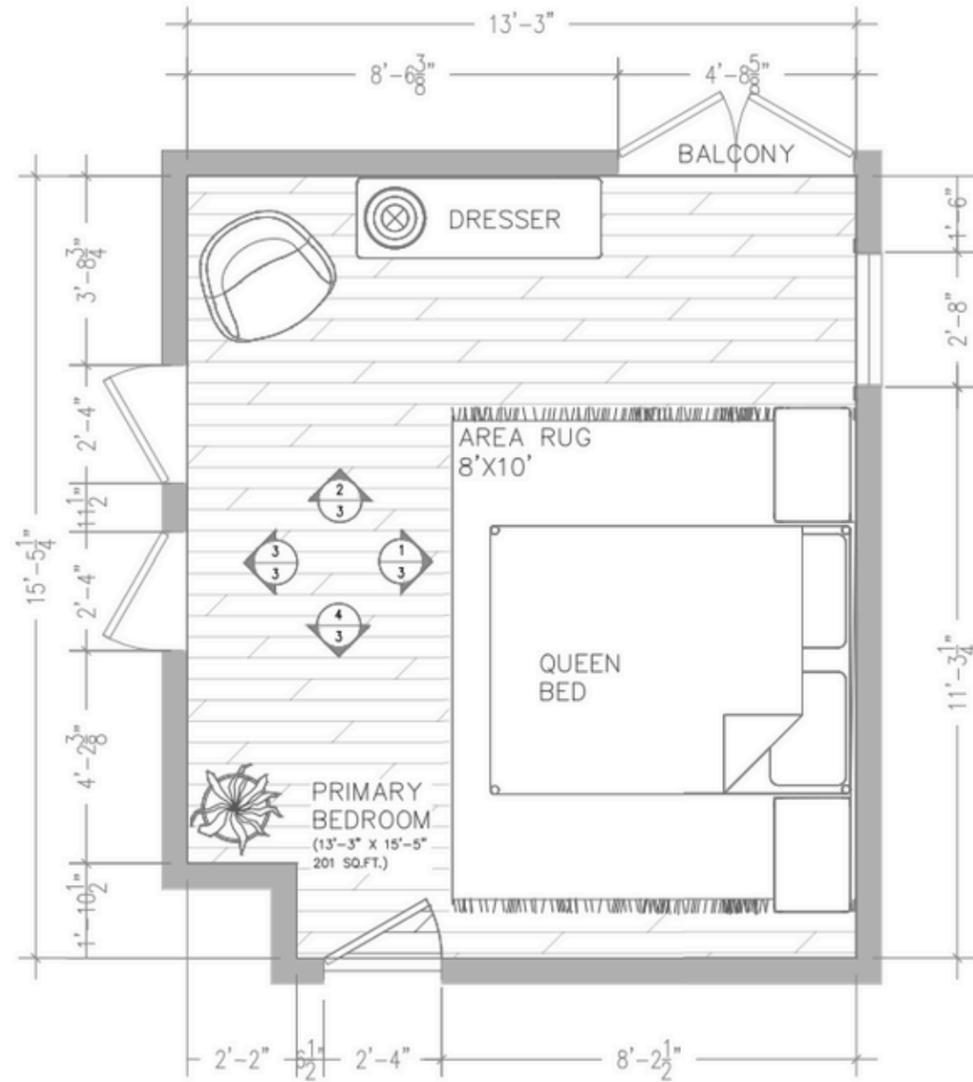
White Oak & Maple Hardwood: Grounding, emotionally stable, and warm — supports trust and relaxation.

Organic Forms and Curved Lines: Reduce anxiety, create a safe environment for children, and support bodily self-regulation.

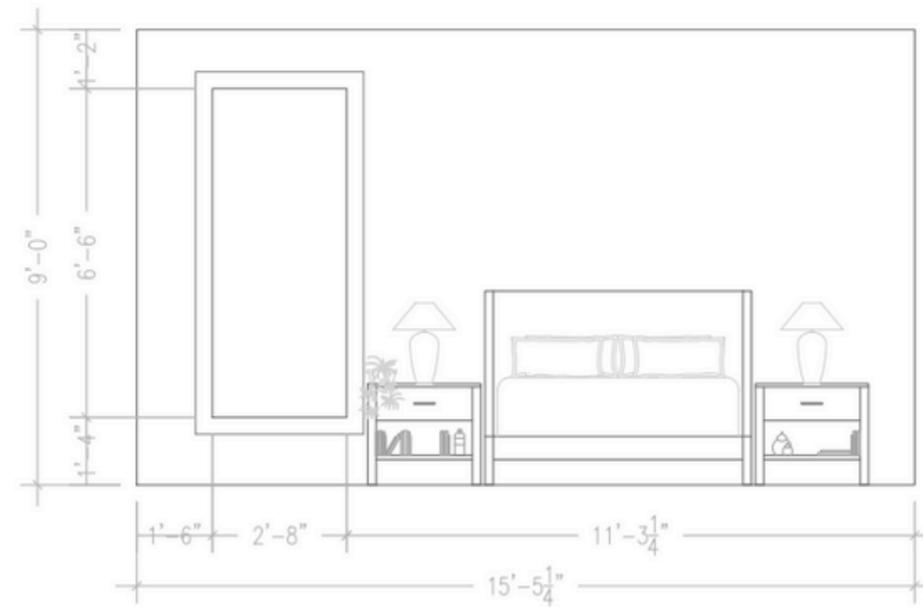
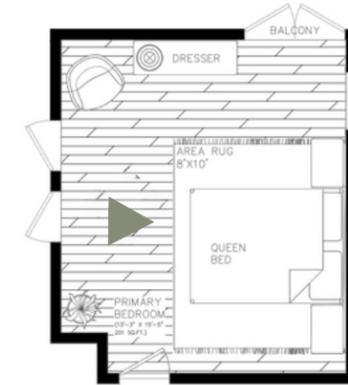
Wool regulates humidity and provides a subtle tactile memory of nature underfoot.

The organic shape, soft texture, and deep green color create a "pause point" — ideal for journaling, meditating, or simply decompressing before bed.

BEDROOM FLOOR PLAN



1 BEDROOM FURNITURE PLAN  
1 3/8" = 1'-0"



1 EAST WALL ELEVATION  
3 3/8" = 1'-0"



SHEER FLAX  
LINEN CURTAIN



BINGLEY TABLE LAMP



WOVEN WOOL  
WALL ART



OJAI HANDWOVEN  
WOOL RUG



TOFINO DRESSER



BERRA CHAIR



TOFINO QUEEN BED



TOFINO NIGHTSTAND



Wellnest Design / Edgemont ( Jolaine and Darren ) / Jolaine and Darren Selections

### Bed Frame



**Product Specs**

Tofino Bed Frame Product Name	63 Width (in)	85 Length (in)
Silk and Snow Brand Name	46 Height (in)	- Depth (in)
- Product Details	Natural Oak Colour	Hand-finished Finish
- SKU Code	Oak Material	
- Lead Time		
0 Quantity		

**Contact Information**

<https://www.silkandsnow.com/en-ca/tofino-bed-frame-queen&colour=natural-oak&colour2=cloud>  
Product URL

PAGE 1 OF 1

Wellnest Design / Edgemont ( Jolaine and Darren ) / Jolaine and Darren Selections

### Accent Chair



**Important Information**

GREENGUARD Gold Certified, FSC®-certified

**Product Specs**

Berra Chair Product Name	32.5" Width (in)	- Length (in)
west elm Brand Name	29" Height (in)	33.75" Depth (in)
- Product Details	Green Spruce Colour	Deluxe Velvet Material
- SKU Code	- Finish	
- Lead Time		
0 Quantity		

**Contact Information**

<https://www.westelm.ca/products/berra-chair-ht2457?sku=6225110>  
Product URL

PAGE 1 OF 1

Wellnest Design / Edgemont ( Jolaine and Darren ) / Jolaine and Darren Selections

### Dresser



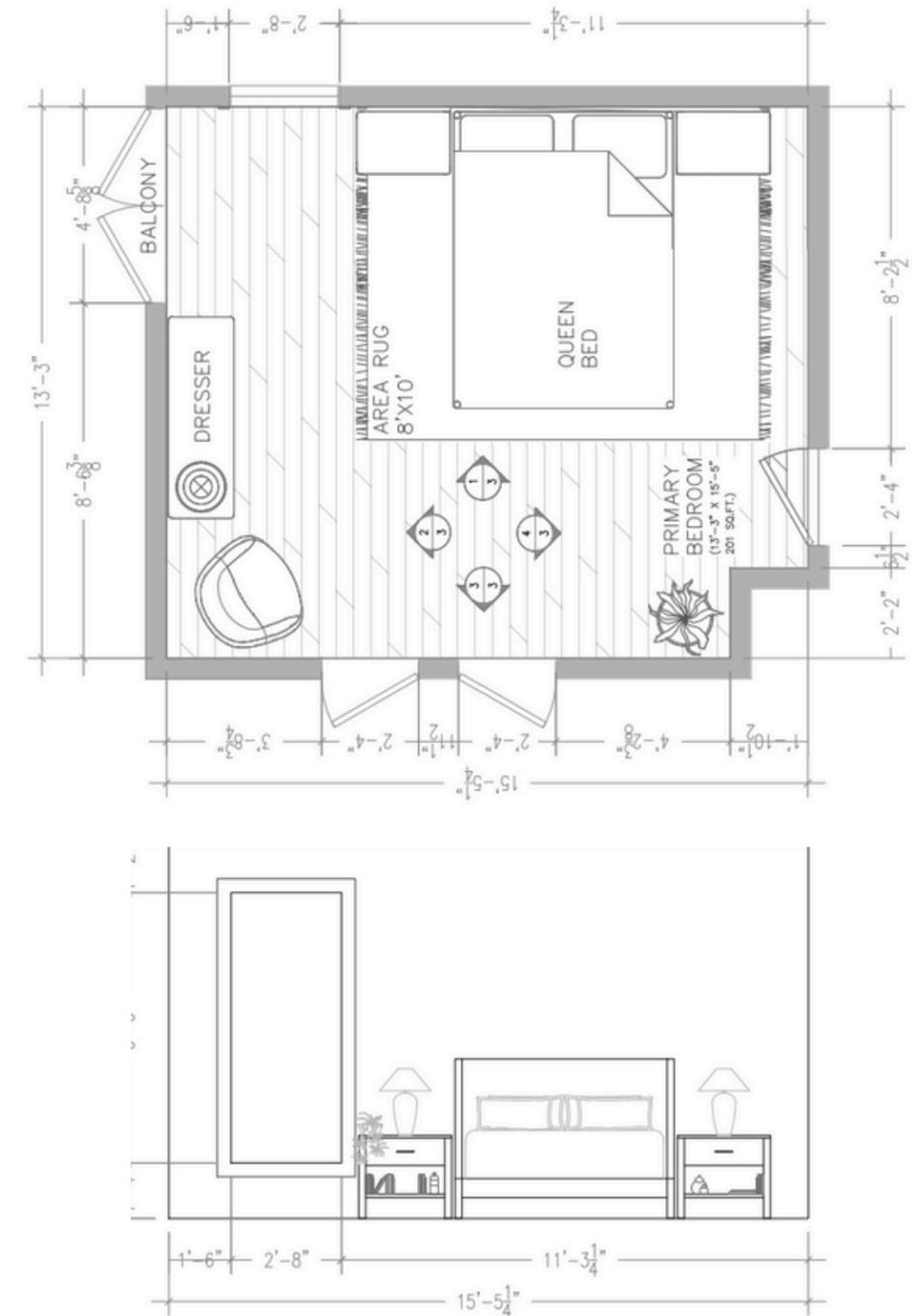
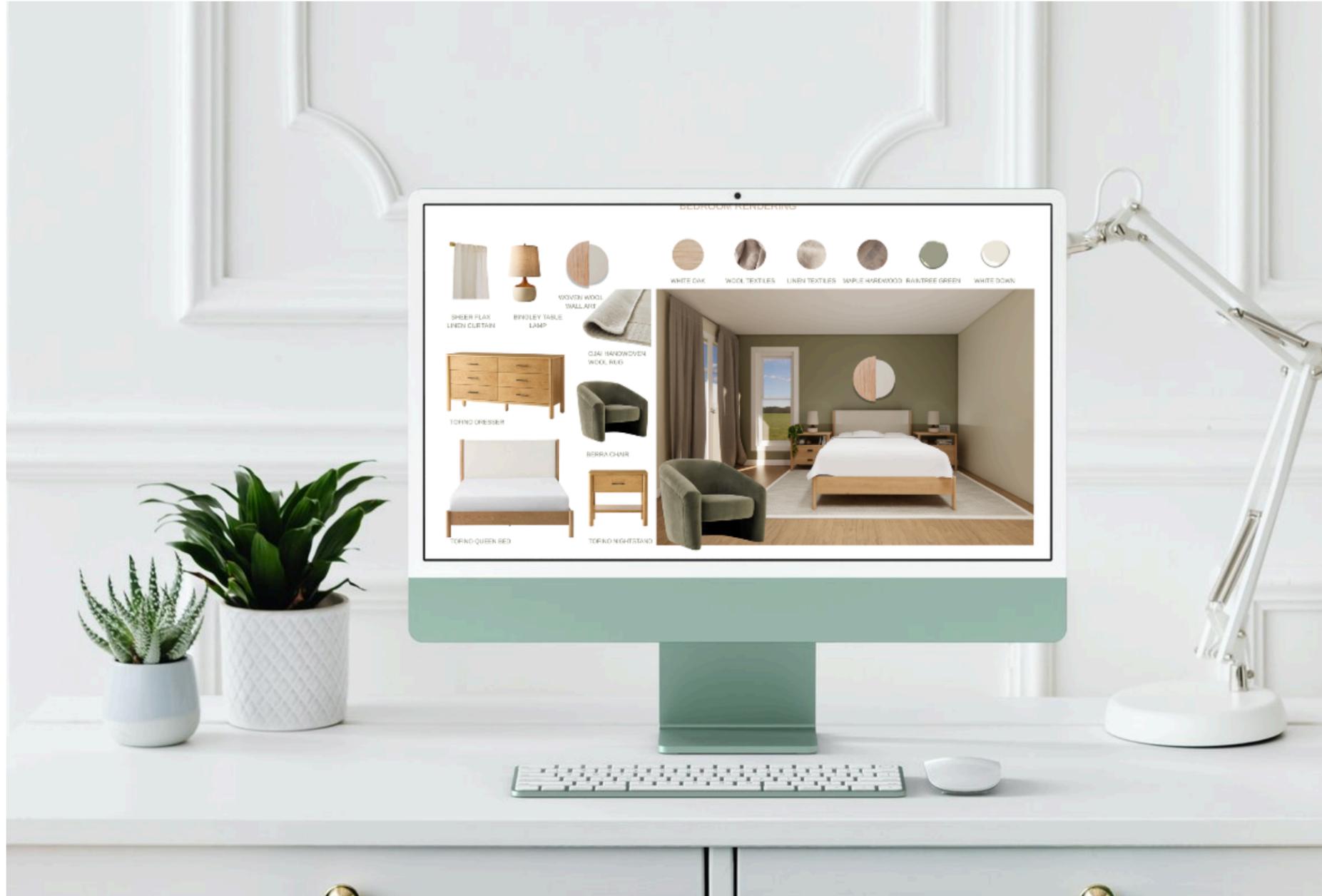
**Product Specs**

Tofino Dresser Product Name	58 Width (in)	19 Length (in)
Silk and Snow Brand Name	29 Height (in)	- Depth (in)
- Product Details	Natural Oak Colour	- Finish
- SKU Code	Solid Oak Wood, Engineered Wood Material	
- Lead Time		
0 Quantity		

**Contact Information**

<https://www.silkandsnow.com/en-ca/tofino-dresser/?size=6-drawer&colour=natural-oak>  
Product URL

PAGE 1 OF 1





# Ready to Transform Your Home?

Discover how we can bring this vision into your space.  
Explore more wellness-focused services, room packages, and  
ways to personalize your home.



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