



EDGEMONT WELLNESS DESIGN PROJECT

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



Natural Wool Textiles

Raw, breathable, and grounding. Wool holds warmth without overheating, dampens environmental noise, and offers a sensory anchor to the body — ideal for allergy-conscious spaces needing emotional and physical softness.

Velvet in Deep Green

Rich in touch and depth, this velvet acts as a sensory modulator. The forest green tone lowers cortisol and helps draw attention inward. A material for introspection and safety.

White Oak & Maple Wood Finishes

Chosen for their subtle energetic stability and refined warmth. These woods help regulate the spatial field — giving the room a sense of structure without rigidity, and calm without coldness.

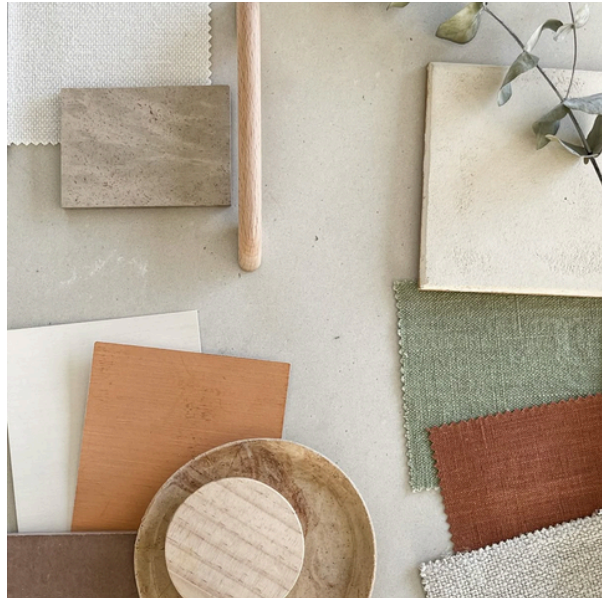
Botanical Hues: Raintree Green, Clay White, Herbal Creams

Inspired by nature's quietest tones — these colors modulate mood, light, and time perception. Greens balance heart rhythms and induce psychological restoration, while warm neutrals reinforce clarity and a sense of being “at home.”

Organic Fabrics (Linen, Cotton, Hemp)

Hypoallergenic and breathable, these fabrics synchronize with the body's own temperature and movement, enhancing air flow and supporting circadian rhythm through texture and light filtration.



**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.

MATERIALS AND TEXTURES

**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**

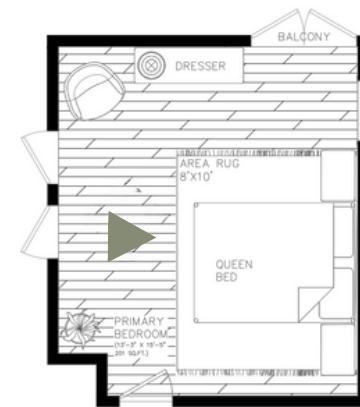
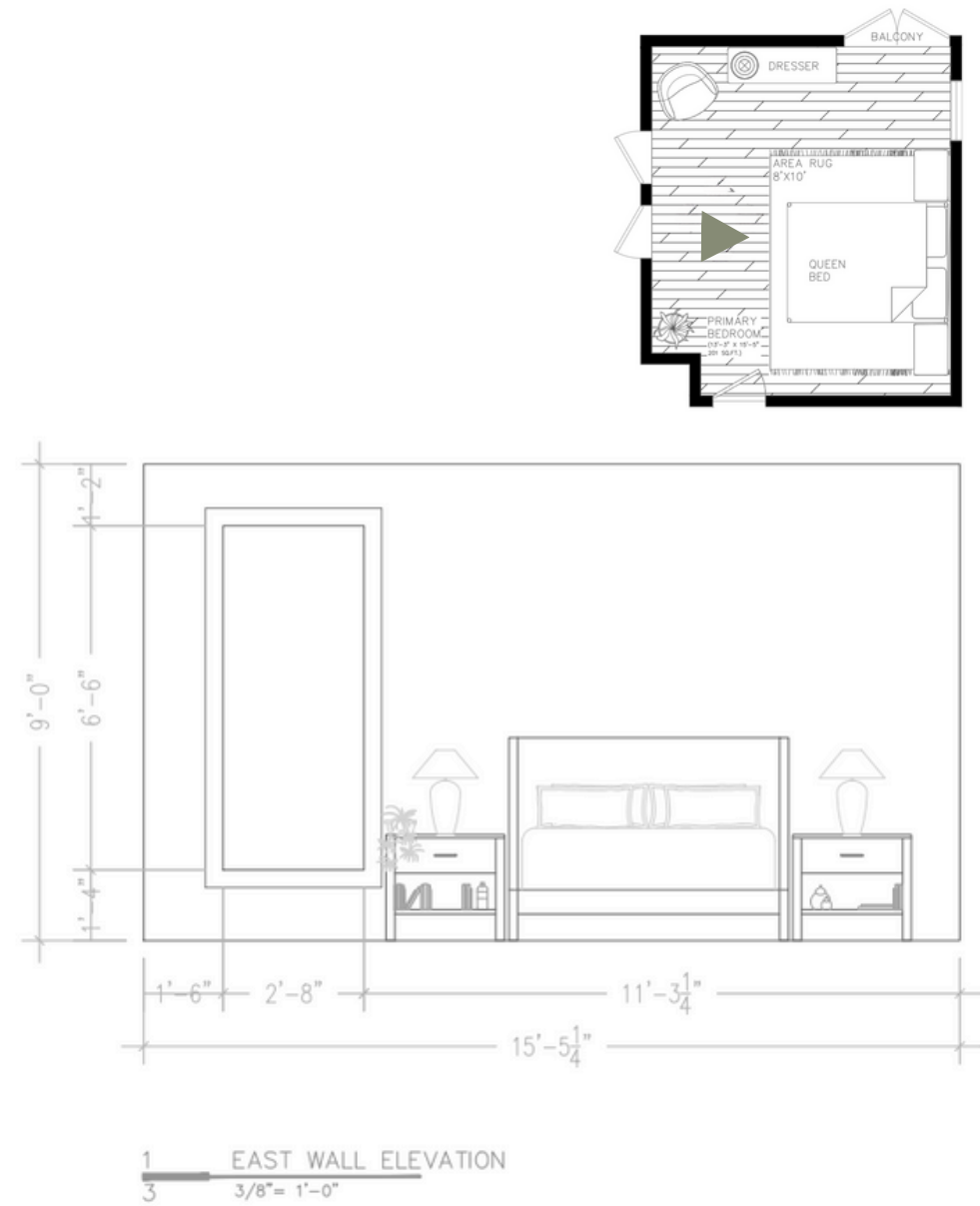
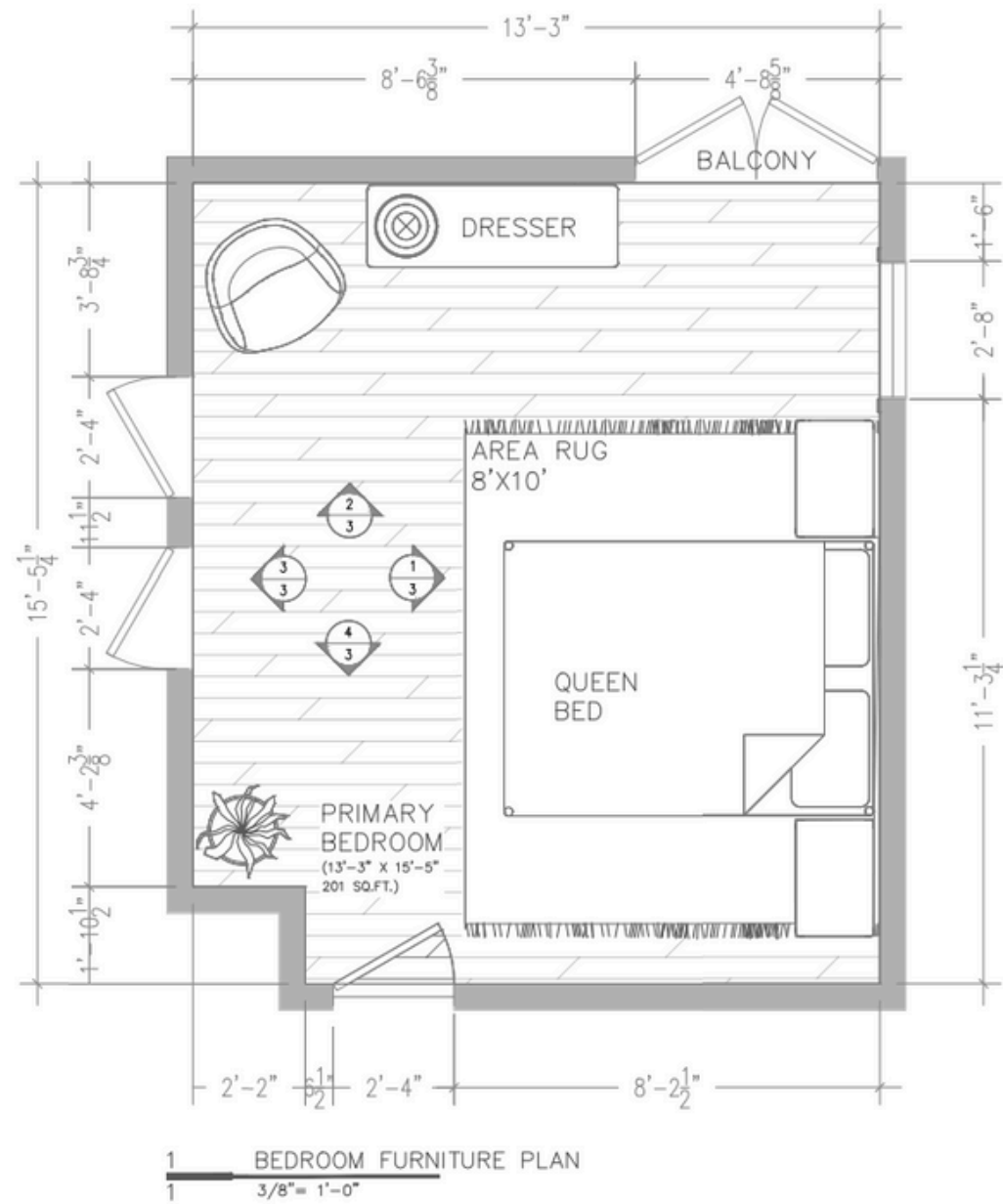
Velvet is more than luxury — it's tactility that whispers. Its soft resistance slows the touch, inviting presence. Velvet absorbs overstimulation, gently muting the world. In neuroaesthetic terms, it offers the body a grounding anchor — a moment of sensual exhale.

**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.



BEDROOM FLOOR PLAN



BEDROOM RENDERING



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

Silk and Snow

Brand Name

-

Product Details

-

SKU Code

-

Lead Time

0

Quantity

63

Width (in)

85

Length (in)

46

Height (in)

-

Depth (in)

Natural Oak

Colour

Hand-finished

Finish

Oak

Material


Contact Information

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

Product URL

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

west elm

Brand Name

-

Product Details

6225110

SKU Code

-

Lead Time

0

Quantity

32.5"

Width (in)

-

Length (in)

29"

Height (in)

33.75"

Depth (in)

Green Spruce

Colour

-

Finish

Deluxe Velvet

Material





Contact Information

<https://www.westelm.ca/products/berra-chair-h12457/?sku=6225110>

Product URL

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

Dresser



Product Specs

Tofino Dresser

Product Name

Silk and Snow

Brand Name

-

Product Details

-

SKU Code

-

Lead Time

0

Quantity

58

Width (in)

19

Length (in)

29

Height (in)

-

Depth (in)

Natural Oak

Colour

-

Finish

Solid Oak Wood, Engineered Wood

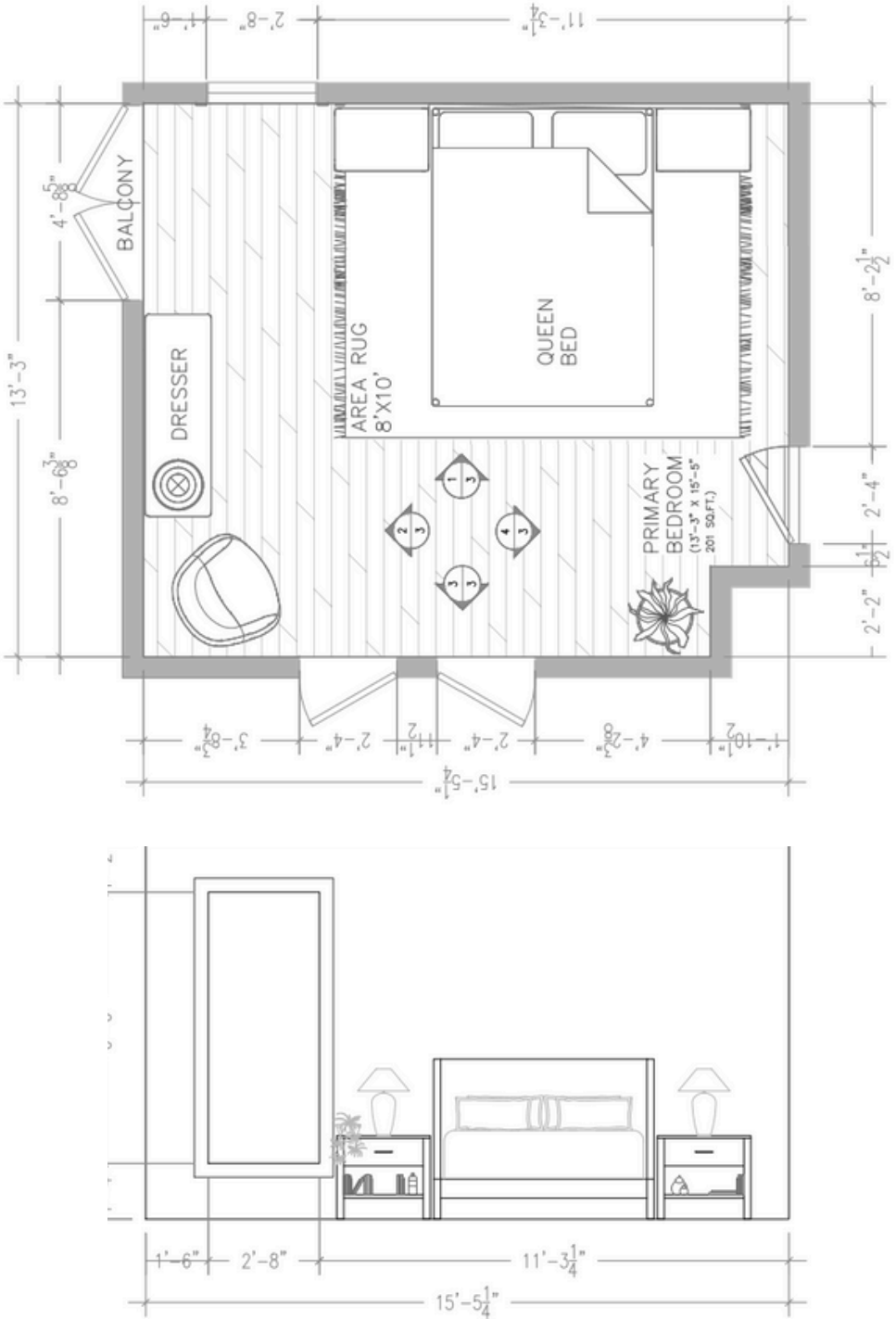
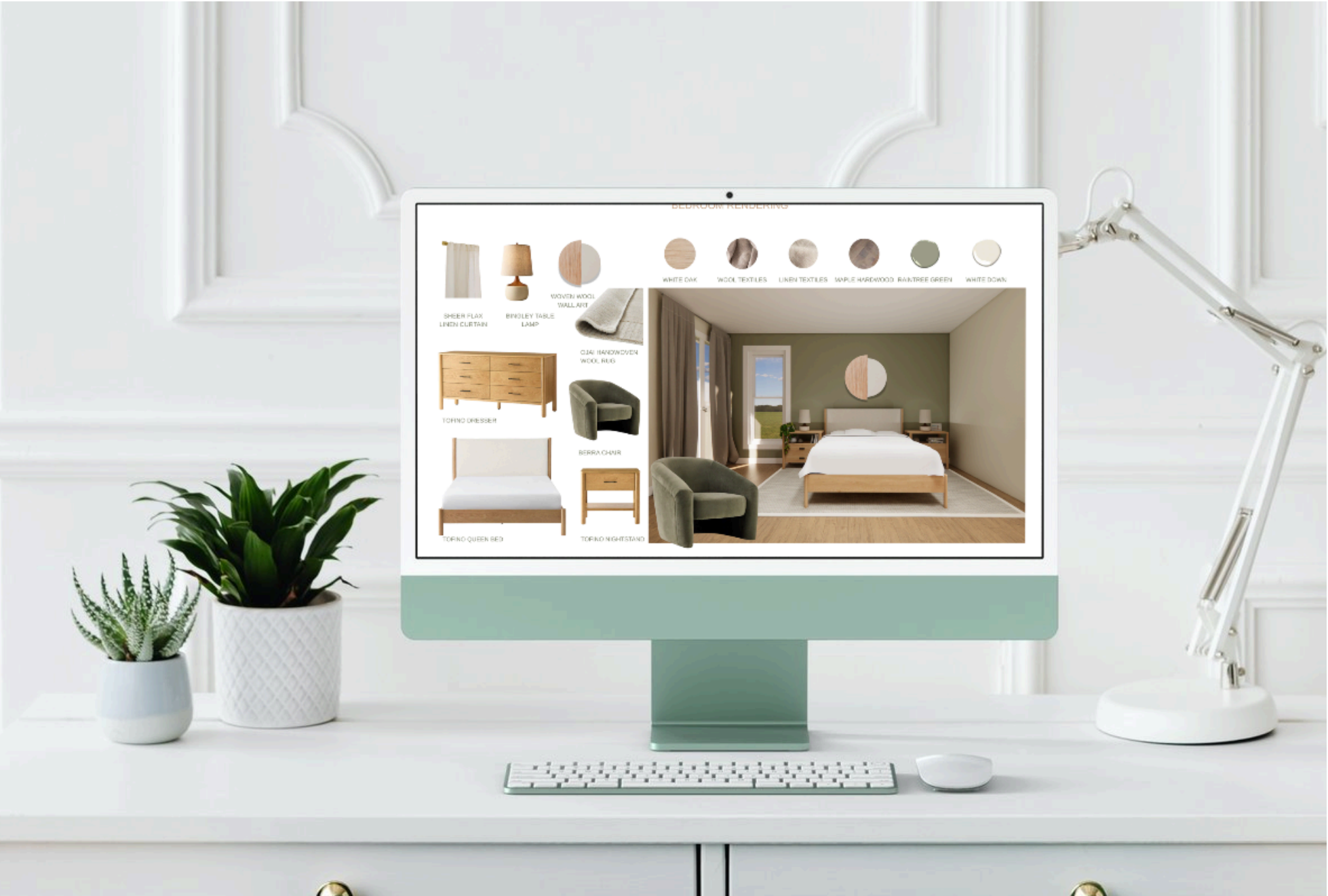
Material

Contact Information

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

Product URL

WELLNEST DESIGN





Ready to Transform Your Home?

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ways to personalize your home.



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