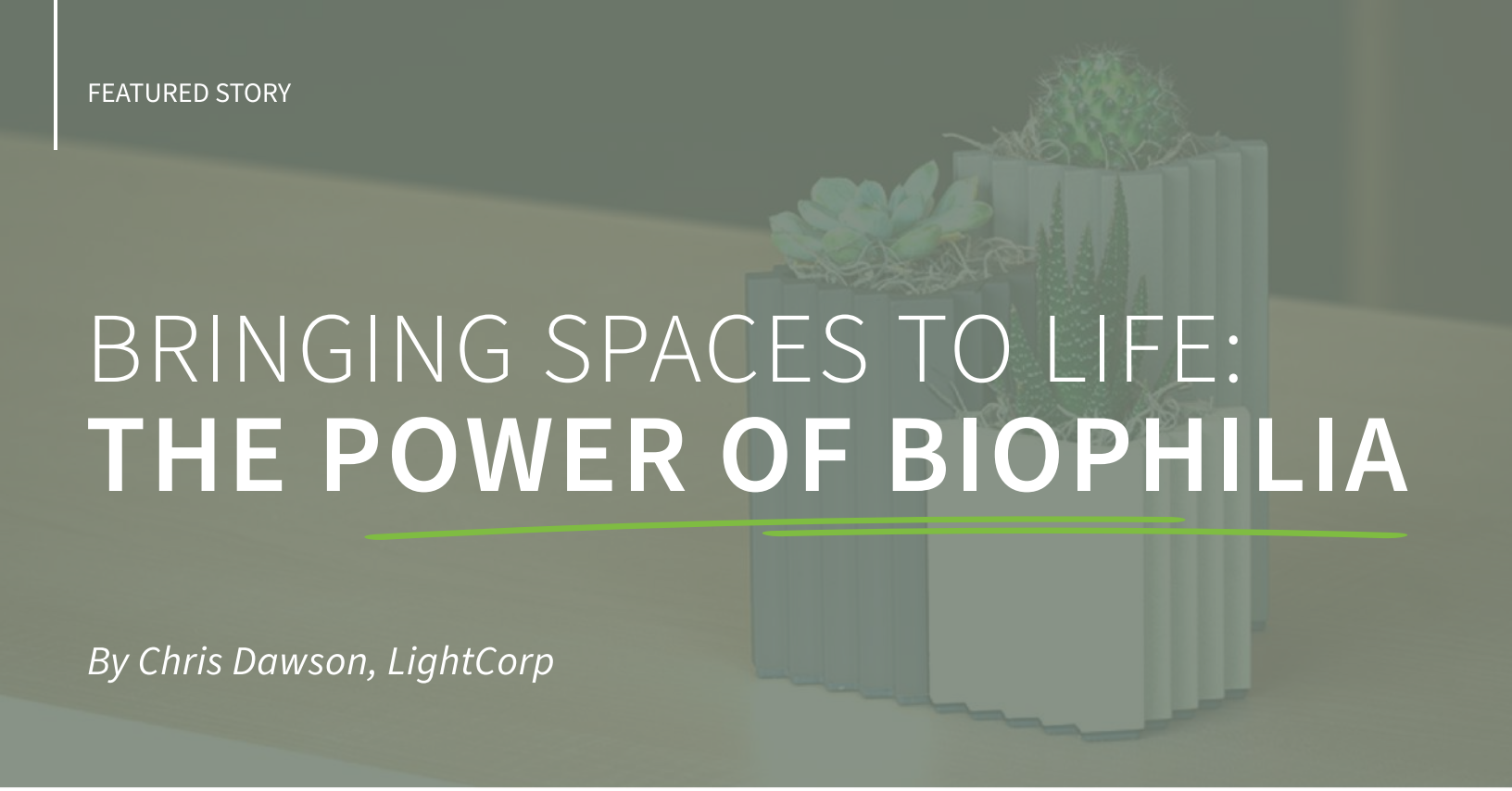


BRINGING SPACES TO LIFE: **THE POWER OF BIOPHILIA**

By Chris Dawson, LightCorp

You may be wondering at the outset what credentials a lighting and power manufacturer like LightCorp has to author an article about this topic. Our goal is to create products that help bring spaces to life, and in this case we mean it quite literally. Our growing investment in the planter category, along with our commitment to sustainability and wellness, highlights our deep belief in the power of biophilia—the human connection to nature.

This connection has been with us since the beginning of time. From watching the sunrise to feeling peace while gazing at vast landscapes, humans have always sought a bond with the natural world. In the 1980s, American biologist E.O. Wilson gave this phenomenon a name—*biophilia*. His book explored our innate drive to connect with nature and living things.

Biophilia is the idea that people thrive when connected to nature. This connection has always been part of us. Whether it's the calming effect of a sunrise or the sense of peace from a walk in the woods, nature has a way of grounding us. In the 1980s, biologist E.O. Wilson named this relationship biophilia. He described our innate tendency to seek connections with nature and living things.

The word itself comes from the Greek "bio" (life) and "philia" (love). Over the past two decades, biophilia has become a key principle in design and is often credited with improving how we live, work, and learn. Let's explore why biophilia matters and how you can easily bring its benefits into your space.

A Brief History of Biophilia in Design

Biophilia began influencing interior design in the early 2000s as research highlighted its benefits: better productivity, improved well-being, and enhanced creativity. By the 2010s, as sustainability and wellness gained traction, biophilic design became a standard, supported by certifications like the WELL Building Standard.

Today, with hybrid work environments reshaping how and where we work, biophilia is more relevant than ever. Businesses are rethinking their spaces to support both physical and mental health, and biophilic design offers a practical, engaging way to do just that.

Biophilia Beyond Plants

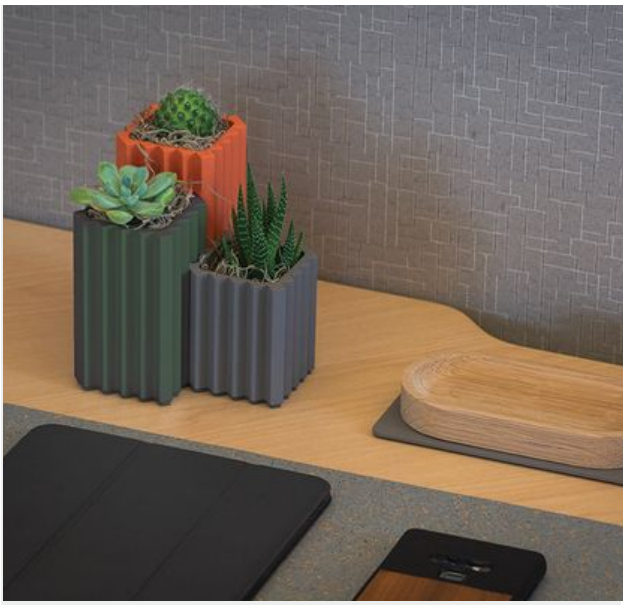
When people hear "biophilia," they often think of plants. While greenery plays a big role, biophilic design goes beyond foliage. Other ways to bring nature indoors include:

- **Maximizing natural light and outdoor views**
- **Using organic materials like wood, stone, or bamboo**
- **Incorporating curved forms and soft angles into architectural design**
- **Introducing sensory elements like nature sounds or subtle scents**
- **Adding water features, such as fountains or aquariums**

Why Biophilia Works

Biophilia isn't just about aesthetics—it's backed by science. Natural elements in a space can enhance air quality, boost mood, and improve cognitive function. Research shows that exposure to nature benefits both the body and mind. Physically, biophilic practices can lower stress levels, reduce blood pressure, and encourage better sleep through regulated circadian rhythms. Psychologically it has been attributed to improved concentration, creativity, and problem-solving skills in the workplace, leading to greater well-being and productivity. Given these advantages, biophilia is a natural choice for designing workplaces in which people enjoy spending time.

With hybrid work on the rise, companies are searching for ways to encourage employees to return to the office. Biophilic design makes workplaces more inviting, comfortable, and inspiring. Thoughtfully integrating nature into the office can elevate mood, create a sense of calm, and increase job satisfaction.



Simple Ways to Bring Biophilia into Your Space

Incorporating biophilia doesn't have to require a major investment in design. Here are a few simple ways to create a more natural, inviting environment:

Maximize natural light:
Position desks near windows or add skylights.

Introduce greenery:
Use potted plants, hanging planters, or living walls.

Create outdoor spaces:
Design patios, terraces, or rooftop gardens for fresh-air breaks.

Incorporate water elements:
Add fountains or aquariums for a calming effect.

Use nature-inspired materials:
Choose wood, stone, bamboo, or organic textures.

Engage the senses:
Play soft nature sounds or introduce natural scents like lavender.

Frame views of nature:
Arrange layouts to offer sightlines to trees or landscapes.

Encourage participation:
Invite employees to bring their own plants to work or take part in an employee garden project.

Biophilia isn't a passing trend—it's a meaningful way to design spaces that support health, happiness, and productivity. By embracing natural elements, we create environments where people feel more connected, focused, and at ease.

LightCorp's growing collection of sustainably crafted planters offers an easy way to introduce greenery into your space. Whether it's an office, home, or a third place, our planter collection helps integrate biophilic design with simplicity and style. Explore our collection at LightCorp.com.

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