

# The Ultimate Guide To Biophilic Interior Decor



You don't have to be "outdoorsy" in order to enjoy nature and all of its benefits. Create a connection between the outside and the inside by incorporating biophilic design elements into the walls, floors, and furnishings inside your home. Dating back to the 1980s, biophilic decor focuses on including greenery in ways that feel like a conscious part of the home yet connect a space to the great outdoors. The new movement was outlined and spurred by Edward O. Wilson, who openly shared his ideas about humans and nature being interconnected, ultimately having a significant influence on the design trend (via [Living Architecture Monitor](#)). A successful biophilia-inspired design will transcend beyond the traditional potted snake plants, **succulents**, and olive trees you may typically find in people's homes. Ultimately opening new doors for you to experiment with plant-covered walls and the creation of living roofs instead.

This unique style is about more than just adding plants to homes. "Historically, being connected with nature has provided food, clothing, and shelter," interior designer Kristin Bartone told [Better Homes and Gardens](#). "These connections are imprinted in our brains and we are subconsciously comforted by these colors, textures, and patterns." At a time when most people are finding themselves spending their leisure hours indoors, they are seeking opportunities to capture the essence of the environment at home. Through floral patterns, curved furniture, earthy tones, and water elements, find inspiration below for all the ways to decorate a space inspired by biophilic decor for your own home.