

Wellness-Focused Interiors: How Design Is Shaping Healthier Living Spaces

Reported By : [Snigdha Oreva](#) [News18.com](#)

Last Updated: August 15, 2025, 13:55 IST

Wellness has found its way in home decor and interior design as well. People are looking for elements that encourage relaxation, promote calm, and support physical health.



Wellness design promotes mental and physical well-being.

Wellness is no longer a niche trend in interior design. It's a movement redefining the way we think about our spaces. From homes to offices, healthcare centres to hospitality venues, design now goes beyond aesthetics to actively promote both mental and physical well-being. The modern consumer is looking for interiors that not only look beautiful but also support a healthier lifestyle through thoughtful layouts, soothing colour palettes, ergonomic solutions, and hygienic, sustainable materials.

"Wellness has always been a key priority in interior design. Consumers and designers alike are seeking solutions that go beyond visual appeal, prioritising surfaces that actively contribute to a cleaner, healthier living environment," says Parul Mittal, Director, Greenlam Industries.