

# DECOR MAINE

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JAN 2020 *The*  
**TRENDS  
ISSUE**

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FOR A LONG  
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**MORE REASONS  
TO SHOP  
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**LOOKING  
BACK:  
CELEBRATING  
A YEAR OF  
DECOR MAINE**

**PLUS  
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BREWERIES,  
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HISTORIC CHARM**

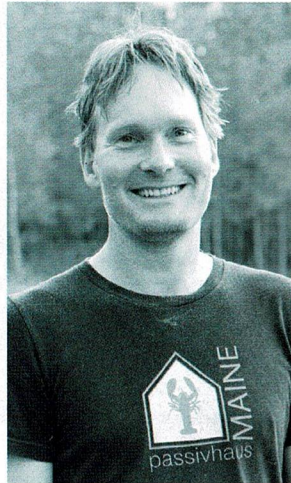
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**LAURA ZOULAMIS**  
*interior designer*

So long to the days of rigid office spaces with harsh lighting and monochromatic cubicles. In **"DESIGN FOR WELL-BEING,"** Laura, of Bowerbird Design Collective in Saco, explains the benefits of biophilic design and offers solutions for how to incorporate it into your own workplace. "Design and built environments can directly impact user experience," she says. "Design has the power to positively impact the way people work and live."



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**JESPER KRUSE**  
*builder*

Not everyone can build new, ultra-low-energy buildings from the ground up, but in **"DESIGN FOR WELL-BEING,"** Jesper—the owner of Maine Passive House in Bethel—gives advice for how to make an existing home more efficient: "Getting off fossil fuels and toxic spray foam isn't just necessary to combat climate change; it also makes for a much better building."



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**MISSIE YASKO**  
*proprietor*

In an era of digital influence and sundry social media moguls, discovering new and noteworthy trends can be difficult. Missie, owner of Juju in Portland, gives insight into some of the cultural barometers we intend to consult throughout 2020 for **"#TRENDING2020."** First on the list? Terrazzo.



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**EMILY MOTTRAM**  
*architect*

"It's critical to think about the amount of energy our homes use, the amount of money it costs to live in them, and the direct effect they have on our health and happiness," says Emily of Mottram Architecture in Cumberland. In **"DESIGN FOR WELL-BEING,"** the architect (who specializes in energy-efficient residential design for cold climates) shares advice on how to incorporate clean, green housewares into your home.

# DESIGN FOR WELL-BEING

*New trends in wellness  
and sustainability  
start at home*

By Annie P. Quigley

Today's biggest movements—from organic foods to low-waste living, minimalism to mindfulness—have one thing that binds them: a thoughtfulness toward how our daily choices impact our own wellness, and that of the planet. Now, these bigger trends are zeroing in on the home, inviting us to look at the spaces where we spend our days and ask: How can we incorporate more conscious, more beautiful design into our own homes, workplaces, and gardens?


Here are a few trends taking hold in Maine—and how you can apply them to your space.

Well-being and self-care begin at home with how you feel in your space.

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In lieu of grass, plant a wildflower meadow. It's more natural for the environment—and there's zero mowing involved.

## Rethinking the Garden

Traditional wisdom holds that planting a garden is good for the earth, but that's not always true—not if it takes lots of water or energy to get flowers to grow. That's why landscapers like Mike Corsie of Terrapin Landscapes in Kennebunkport are encouraging Mainers to rethink the garden with **no-water alternatives**, like creative hardscaping instead of plantings, and natural, low-maintenance yards. "Many of the designs we've been working on are **no-mow lawns** made of fescue grasses and wildflowers," Mike says.

Then there's **wildscaping**, or planting only native species, which reduces environmental impact and creates a habitat for wildlife. Here in Maine, Mike suggests planting winterberry, serviceberry, viburnum, witch hazel, coneflower, milkweed, columbine, aster, or foamflower. "These plants are adapted to the local climate, which can be unpredictable in Maine, and often require less maintenance, fertilizer, and pesticides than exotic species," he says. And they pay homage to Maine's natural beauty, too.

## Earth-Friendly Architecture

Having an eco-friendly home starts with some basic building blocks—literally. **Green materials** are a hot topic,” says Emily Mottram of Cumberland-based Mottram Architecture. Before building materials even get to the construction site, they have an impact on the earth, “from how they are extracted, manufactured, and transported to the site,” she says. “There’s a lot of emphasis on using lower-carbon or carbon-negative products,” like sustainably grown wood instead of concrete, a major contributor to greenhouse gases. It’s another reason to source reused, not new, materials. “Anything **salvaged**, reclaimed, or recycled is great,” Emily says.

The building process matters, too. **Passive houses**—hyperefficient designs that require little energy usage thanks to insulation, clever window placement, and airtightness—are springing up in Maine. Not ready to build one from the ground up? You can borrow a few ideas from passive houses to make your existing home more efficient. “If you need to change the siding and windows, that’s the perfect time to air-seal your home, add more insulation, and get some new windows,” says Jesper Kruse of Maine Passive House. “My wife and I just did this, and we now have something very close to a passive house, even though it used to be a traditionally built home.”

## Healthier Workplaces

Thankfully, attention to well-being is also catching on in the workplace. “Historically, offices have separated us from nature: They were void of all things ‘green’ or natural,” says Laura Zoulamis of Saco-based Bowerbird Design Collective, which incorporates **biophilic design**—moments of nature—into commercial spaces. “Folks just want to connect to the natural world,” she says.

To embrace biophilic design in your own workspace—whether you work at home or in a cubicle—aim for more natural light. “Position your desk near a window,” says Laura. “Being exposed to daylight throughout your workday helps keep your body’s natural circadian rhythm aligned.” Add a diffuser with essential oils to your desk: “They can be used to relax and connect,” she says. And cultivate *something* green. “One of our favorite plants is the snake plant,” Laura says. “It thrives in many light levels and acts as a natural air filter.”






photo: Greta Tucker

## Clean, Green Housewares

You check the labels on the food you eat. But do you know what's in your sofa? "People are starting to ask for **healthier products**: things that have lower VOCs, are formaldehyde-free, don't off-gas or smell, and don't have carcinogens," says Emily Mottram. Read labels on furniture, finishes, and paints carefully, and opt for furnishings made of naturally regenerating materials like bamboo, wool, and hemp, Emily says, instead of petroleum and plastic.

And Maine is fully on board with **zero-waste, pack-age-free** housewares, too, including at the newly opened GoGo Refill in South Portland, where you fill your own containers with soaps and cleaning solutions.

A small way to connect with nature at the office? Put your desk by a window and add a plant (or two).

## Clearer Homes,

We often leave home—for a yoga or meditation class—to recenter, but wellness and calm start with our own spaces. “**Clearing clutter and getting organized** can have a tremendous effect on mental well-being,” says Jessica Borelli of Portland-based Infinite Space Professional Organizing. “When our habitats are cluttered and dysfunctional, we don’t feel free. But when things feel good, when they’re set up right, when they function well,” she says, we have more time and space to live fully.

## Clearer

## Minds

To live with less, get rid of what’s bogging you down. “If you have a negative thought about a thing, let the thing go,” Jessica says. Before organizing what’s left, take note of how you use your space. “Some self-observation will give you the information you need to create systems around how you and your family function,” she adds. “And go easy on yourself. Try to take on little, manageable tasks, one at a time.”

You can also weave moments of **mindfulness** into small, everyday routines, like coming home at the end of the day. “When you pull into your driveway, take a few breaths before getting out of the car,” says Rebecca Wing of The Mindfulness Center of Maine in Saco. “Imagine letting go as you take long exhales. It will feel like sighing out the day. Then commit to being attentive to those who greet you when you walk through the door.”

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