

# The Art of Crafting Luxury Spaces for Mind and Body



Celebrated garden designer and advocate for biophilic design, **Lynn Hill** delves into the wellness benefits of cultivating quality connections between home and garden alongside Mozolowski & Murray, well known for their exceptional craftsmanship, innovative designs, and dedication to crafting luxury spaces that nurture body and mind.

Our homes are our sanctuaries, where we can escape the hustle and bustle of the outside world – a place to rest, relax and recharge. Whether it be enjoying quality time with friends and family or some quiet ‘me time’ in the garden, every home is unique and special in its own way.

In relation to the built environment, wellness is a growing field of science with a body of evidence showing how a well-designed home, connected to nature, can have a powerful impact on our well-being. Such spaces can enrich your life, nurture your health, and foster feelings of happiness. These are the principles of biophilic design, demonstrating how our homes provide the opportunity for us to flourish.

Creating spaces that connect home and nature is where Mozolowski & Murray come into their own. With thoughtful architectural design, they believe that homes should be



more than just functional and beautiful; they should also be spaces that nourish our emotional and physical well-being.

Looking through their portfolio, I love how each space is unique, with its own distinct character. What connects them all, though, is the meticulous attention to detail – particularly the thoughtful use of natural light. Every space is carefully designed to feel airy and calm, filled with light and connected to nature. Natural light can have a profound effect on our well-being. It boosts our moods, promotes better sleep and can even enhance creativity and productivity.

Whether it be a peaceful retreat to relax in or a home gym to motivate action, Mozolowski & Murray understand the importance of light and are clearly experts in utilising its benefits in their designs. The way their sun lounges, extensions, conservatories and orangeries complement the existing buildings and their natural surroundings is sublime, and the quality of their craftsmanship truly stands out.



Central to the health benefits of biophilic design is our connection to nature, with the relationship between indoors and outdoors playing a vital role. Whether the seamless flow between spaces through bi-fold doors or a carefully framed view from a window, every connection should be carefully considered to maximise its potential.

A well-designed garden offers interest throughout the year, a tapestry that transforms as the seasons change. By

Images, clockwise from left:  
Mozolowski & Murray design every space to feel airy and calm – filled with light and connected to nature

This stunning glass-roofed room with pool and hot tub is the perfect escape from the hustle and bustle of everyday life

Central to biophilic design is the connection to nature, with the relationship between indoors and outdoors playing a key role

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harnessing the technology to provide high-quality insulation and thermal efficiency, Mozolowski & Murray combine traditional values of quality and craftsmanship with innovative modern technology. Creating comfortable home extensions that connect with your garden to be enjoyed whatever the weather.

With a history spanning more than thirty years, the creative vision at Mozolowski & Murray is now led by Virginia Murray.

Top: Imagine unwinding on this stunning patio, surrounded by nature – the perfect harmony between home and garden!

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Image: Bringing the outside in – the dining room and patio connect seamlessly

Below: The perfect blend of nature and design  
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### Mozolowski & Murray's Top Tips for Wellness-Driven Property Design

**Prioritise natural light:** creating bright, light-filled spaces.

**Flexible spaces:** design thinking to create multipurpose places that meet the needs of your lifestyle.

**Embrace the seasons:** with connections between home and garden to create year-round utility using materials and smart design features.

**Think of the future:** how will your home and garden evolve to continue supporting a lifestyle of well-being in the long term?



She told me, “Our focus is to create wonderful places that support your lifestyle and work for you in ways that matter most. Plus, we offer a supportive hand to guide you through the key design decisions and the planning permission process.”

Any extension to your home is a significant investment, with design choices and budget

considerations at every turn. The aim is to create lasting value, and a wonderful home, where house and garden fit as one. A home where the wellness benefits of a biophilic approach reach all areas of your life, fostering health and happiness.

So, what exactly is biophilic design? Biophilic design relates to our innate connection

to nature and the impact this has on our quality of life, with proven benefits to our physical and psychological health, creativity, productivity, sleep patterns and feelings of happiness.

By bringing elements of nature into your world, you are reaping these benefits and allowing nature to enhance your life. Spending time in gardens and green spaces is the most obvious, but even just a view of nature has a profound effect. As does the use of natural materials and images of nature within the home.