

Godfrey Hirst



Wellness Trend Report



A Sanctuary Within the Home

We are investing in our emotional and physical wellbeing more than ever. With an understanding that the atmosphere of our environment interlinks with our general health, we are now seeking spaces that promote activity, healing and resting restoratively.

Relaxation in Every Room

To unwind, find focus and relieve stress, we can create cosy spaces with soft furnishings to encourage comfort and calm. Finding light filled seating nooks can provide a sense of enclosure and stillness.

Barely-There Tints

Soft shades of pastel contribute to a tranquil ambience. You can achieve this by incorporating washed out hues, such as peach, pale yellow and blush.



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