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Interior Design

Original Research Article

Biophilic Design in Bedrooms that Supports the Process of Holistic Art Therapy

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Abstract: Emotional health and psychological well-being are essential considerations in the design of private spaces, particularly bedrooms. A bedroom serves not only as a place for rest but also as a space for deep personal expression. This study explores the integration of biophilic design elements in bedrooms as a strategy to support holistic art therapy focused on emotional healing. Art therapy is viewed as a holistic approach that utilizes creative expression as a means of psychological recovery. In this context, biophilic design contributes by creating a natural and calming atmosphere that fosters emotional balance. This research employs a qualitative approach through literature review and interior design analysis, incorporating natural elements such as daylight, plants, natural textures, and organic colors. The findings indicate that integrating biophilic design into bedrooms can create environments that effectively support art therapy activities, enhance relaxation, and strengthen the emotional connection between individuals and their personal space. These insights open new opportunities for developing interior design strategies that promote psychological healing and holistic well-being through a more emotionally responsive design approach.

Keywords: biophilic design, bedroom, holistic art therapy, emotional recovery, therapeutic interior design

INTRODUCTION

Emotional health is an important aspect of human life that affects the overall quality of life. One of the factors that plays a role in emotional recovery is a personal space that supports comfort, calm, and self-expression (Evans, 2023). The bedroom as a personal space has a very significant role in this process, because it not only functions as a place to rest and sleep, but also as a space for individuals to express themselves personally and emotionally (Gifford, 2007). The existence of a space that supports psychological recovery can help reduce stress, anxiety, and facilitate a more holistic healing process (Rollero et al., 2010).

One approach that can support emotional recovery is art therapy, which focuses on creative expression as a means to overcome mental disorders (Stuckey et al., 2010). Art therapy not only functions as a medium to express emotions that are difficult to express in words, but can also improve mental balance andindividual emotions (Curl, 2008). Therefore, the integration of art therapy in bedroom design becomes relevant to support this healing process.

In the context of interior design, the biophilic approach has been shown to be effective in creating an atmosphere that supports relaxation and recovery (Dzhambov et al., 2018). Biophilic design emphasizes connection with nature through natural elements such as natural light, living plants, and materials reminiscent of nature (Joye, 2007). Kellert and Calabrese stated that the presence of natural elements in a space can reduce stress levels and improve cognitive function and emotional well-being (Kellert et al., 2015). Research by Largo-Wight also showed that the presence of plants in personal spaces can improve air quality and create significant feelings of calm (Largo-Whight et al., 2011). In another study, Alvarsson showed that natural sounds and ambiance, including natural lighting, can reduce physiological tension (Alvarsson et al., 2010).

In addition, previous studies have shown that biophilic design has been successfully applied in various types of spaces, including office spaces and healthcare spaces, to improve occupant well-being. Hartig found that biophilic elements in office spaces, such as natural lighting and indoor plants, can reduce stress and increase productivity (Hartig et al., 2014). Another study conducted by Browning also revealed that biophilic design applied to healthcare spaces can accelerate the patient's healing process by improving mood and reducing anxiety (Browning et al., 2014). Research conducted by Ulrich also revealed that the view of nature from windows in hospital rooms can accelerate the recovery of post-surgical patients, providing strong evidence of biophilic in the context of health (Ulrich, 1984). From previous studies, there are still research opportunities that focus on the application of biophilic design, especially in bedrooms that support art therapy. Therefore, this study attempts to fill this gap by examining the relationship between biophilic-based interior design and art therapy in the context of psychic recovery in the bedroom.

Although many studies have highlighted the benefits of biophilic design in office spaces and healthcare spaces, the application of this design in private spaces such as bedrooms that also function as art therapy spaces is still rarely discussed. Existing studies tend to focus more on the impact of natural elements in public spaces or professional spaces. However, the bedroom as a private space has great potential in supporting the healing process through a combination of biophilic design and art therapy. Elements such as natural light, indoor plants, and natural materials in the bedroom can create an atmosphere that supports relaxation, introspection, and self-expression (Bringslimark et al., 2009). Furthermore, a bedroom with biophilic elements can function as a space that not only supports sleep quality but also provides space for occupants to process emotions and engage in therapeutic creative activities.

Thus, this study was conducted to analyze how biophilic design elements can be integrated into the bedroom to support holistic art therapy, and explore its impact on emotional recovery and psychological well-being. This study is expected to contribute to creating a more profound and effective interior design in supporting art therapy and improving the quality of life of individuals through a carefully designed bedroom.

METHODS

This study uses a qualitative-descriptive approach with the aim of examining the application of biophilic design in bedrooms that support holistic art therapy. The study focuses on design analysis and literature review related to the application of biophilic elements in private spaces, especially bedrooms. Furthermore, this study analyzes bedroom designs that integrate biophilic elements and evaluates the potential of these designs in supporting art therapy, especially in the process of psychological recovery. Data collection techniques are carried out

through interior design case studies. The case studies collected and analyzed are 3 bedroom designs that have applied biophilic elements such as natural lighting, living plants, the use of organic materials (such as wood, stone, and linen), and other natural textures. Meanwhile, secondary data collection is carried out with a focus on sources from journals, articles, and previous studies that discuss the influence of biophilic elements in space and their impact on the physical and emotional well-being of occupants. Data collected from case studies and literature will be analyzed using thematic analysis to identify emerging patterns and themes related to the application of biophilic design in bedrooms. Several categories of analysis include: (1) The influence of natural lighting and plants on the atmosphere of the room; (2) The impact of using natural materials in increasing physical and emotional comfort; (3) The influence of the bedroom as a place for personal artistic expression on the process of psychic healing; (4) Utilization of biophilic design to create an environment that supports relaxation and creativity. To ensure the validity and reliability of the data, this study will use source triangulation by comparing various sources of literature and relevant case studies.

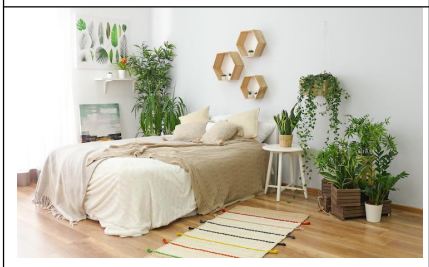
RESULTS & DISCUSSION

This study aims to explore the application of biophilic design in bedrooms that support holistic art therapy, and to analyze its impact on emotional recovery and psychological well-being. Biophilic design is a design approach that focuses on the integration of natural elements into built spaces, such as natural light, living plants, and materials reminiscent of nature to create a closer relationship between humans and nature (Kellert et al., 2008) (Browing et al., 2014). Meanwhile, holistic art therapy is a therapeutic approach that combines artistic expression with the aim of healing or overcoming emotional and psychological disorders. This therapy uses art as a medium to express feelings that are difficult to express in words and helps individuals achieve emotional, mental, and physical balance (Malchiodi, 2012). In this context, holistic art therapy in the bedroom functions not only as a means of self-expression, but also as a tool to achieve more holistic healing through the creation of spaces that support and facilitate these creative activities.

To explore the application of this concept more deeply, this study uses the design of three bedrooms that have applied biophilic elements such as natural light, living plants, and the use of organic materials. Each of these bedroom designs was selected based on its ability to create an environment that supports art therapy and the emotional recovery of the occupants. The application of these elements is believed to create an atmosphere that supports relaxation and introspection, which are necessary in the process of art expression as part of therapy. This study also aims to evaluate the extent to which the room design contributes to improving the psychological well-being of the occupants by assessing the elements that are most effective in creating a calming space, as well as how it can accelerate emotional recovery through interaction with art and the natural elements around them.

Table 1. Bedroom design and implementation.

Illustration	Bedroom Design	Bedroom Design Description	Biophilic Elements
	Design 1	The design space applies the principle of minimalist layout with the focus on the low bed giving a calm and orderly impression. The open and partition-free space reinforces the spacious and airy spatial experience, allowing users to feel free and not confined. The use of neutral colors and green plants creates the impression of a natural and calm color palette that facilitates a sense of relaxation and harmony. Meanwhile, the contrast of natural textures from stone, wood, textiles, and plants creates a rich	The space features floor-to-ceiling glass windows that enclose the space, creating a direct visual connection with the outside landscape. Sheer curtains that let in sunlight create a natural, bright and refreshing atmosphere. Several large-leafed tropical plants are placed in the corners of the room, bringing a sense of life and freshness that seems to bring nature into the space. The bed has a natural stone headboard that gives a rough texture

Figure 1. Illustration of bedroom with biophilic approach design one. Source: (https://www.decorilla.com/)		visual and tactile experience and provides an organic impression that enhances the emotional connection with the surrounding environment.	that contrasts with the softness of the linen. Wooden benches and stools, woven rugs, natural fibers, and clay and rattan decorations add a touch of earth and authenticity to the interior.
Figure 2. Illustration of bedroom with biophilic approach design two. Source: (https://okoskoti.co.uk/)	Design 2	The neutral color palette creates a balanced and calming impression. Natural lighting combined with hanging lamps creates a relaxing atmosphere. Wallpaper with leaf and plant motifs creates the illusion of natural greenery. Meanwhile, the combination of soft textures of fabric and rough wood adds a sensory dimension that enriches the experience of the space. The placement of minimal and functional furniture creates an open, airy space, allowing users to breathe easily and feel free. Wooden chairs with soft cushions and round rattan tables add natural accents that are gentle yet elegant.	Large windows with sheer curtains that allow sunlight to enter create warm and soothing natural lighting. The green view from outside the window strengthens the visual connection with nature. The presence of various plants in the corners of the room and on the side table provides a strong natural touch and creates a fresh and lively atmosphere. The selection of large-leafed plants and palms strengthens the tropical and natural impression. The use of natural wood on the floor, ceiling, furniture, and decorations shows a design approach that prioritizes organic materials.
 **Figure 3.** Illustration of bedroom with biophilic approach design three. Source: (https://www.decorilla.com/)	Design 3	The neutral color combination in this room creates a clean, peaceful, and spacious impression. The green accents from the plants become a refreshing visual point for the eyes. The textures on the knitted blanket, pillows, carpet, and plant pots provide visual diversity and a tactile sense of comfort. The striped carpet with colorful decorations at the ends gives a slightly playful impression but still harmonious. The balanced and not excessive arrangement of the room provides breathing space visually and physically. Minimalist decorative walls with leaf artwork and hexagonal wooden shelves add character without overwhelming the space.	Natural light from the large window on the left side of the room makes the room feel bright and open. Sheer white curtains maintain privacy while allowing light to spread softly throughout the room. Living plants are the main elements in this room, ranging from large plants, hanging plants, and small plants placed on shelves and tables. The variety of types and sizes of these plants reinforce the nuance of life and natural freshness. Warm-colored wooden floors and furniture such as small tables and hexagonal wooden shelves provide a calming natural touch.

Through visual and descriptive analysis of these three bedroom designs, this study attempts to explore in depth how each biophilic element is uniquely applied to create a space that supports the emotional recovery process. The approach used not only considers the aesthetic aspect, but also the therapeutic potential of the human relationship with nature presented in a private space. The three designs show a variety of strategies in integrating natural light, vegetation, organic materials, and other tactile and visual elements that encourage positive sensory experiences. The results of this observation not only strengthen the findings in the literature study regarding the psychological benefits of biophilic design, but also emphasize the importance of diversity in design approaches to address the different emotional needs of each individual. Thus, these three designs can be representative materials on how interior design can function as a medium for recovery and support well-being through harmonious integration between space, humans, and nature.

The Influence of Natural Lighting and Plants on the Atmosphere of a Room

The influence of natural lighting and plants on the atmosphere of the room is very pronounced in the three bedroom designs analyzed. In Design 1 (Figure 1), maximum natural lighting is obtained through the use of large floor-to-ceiling windows that directly frame the outside landscape. This not only creates a strong visual connection with nature, but also allows sunlight to enter optimally into the room, creating a bright, warm and refreshing atmosphere. Large-leaf tropical plants strategically placed in the corners of the room not only strengthen the connection with nature, but also add an element of life that gives the impression of a “breathing” and dynamic room. Meanwhile, in Design 2 (Figure 2), large windows with sheer curtains provide soft and even natural lighting, creating a calm atmosphere and supporting relaxation. The green view from outside the window reinforces the restorative effect of natural elements, as stated by Alvarsson et al. (2010). In addition, the use of plant-patterned wallpaper and the presence of various types of living plants, especially palms and broad-leaf plants,

provide an organic touch that blends harmoniously with other interior elements. These plants become a source of consistent visual calm throughout the space. Design 3 (Figure 3) shows how natural lighting and vegetation can create a balance between simplicity and comfort. Large windows on the sides of the room provide enough sunlight to illuminate the entire space without the need for excessive artificial lighting. Sheer white curtains allow for soft light diffusion, creating a peaceful and open feel to the space. Living plants are the dominant visual elements scattered throughout the room: from hanging plants, large plants on the floor, to small plants on tables and shelves. The diversity of plant species and heights enriches the atmosphere and provides a calming visual dimension, as well as supporting indoor air quality.

The three designs show that natural lighting and plants not only function as decorative elements, but also as essential components that create a deep healing atmosphere. Natural lighting elements and living plants have been shown to have a significant influence in creating a bedroom atmosphere that supports emotional and physical recovery. Natural light entering the bedroom through large windows creates a bright and refreshing atmosphere, increasing feelings of comfort and calm. Natural lighting also plays an important role in regulating the body's circadian rhythm, which can improve sleep quality and support physical well-being. This context is in line with Largo-Wight's findings where the presence of biophilic elements in personal spaces, especially bedrooms, contributes greatly to reducing stress and anxiety, as well as promoting sleep quality and physical well-being (Largo-Wight et al., 2011). The careful integration of natural light and vegetation in the three spaces shows how biophilic design can be implemented effectively to support emotional health in everyday life. These findings support what Alvarsson stated that natural elements, including plants and natural lighting, can reduce physiological tension and provide a significant sense of calm (Alvarsson et al., 2010).

The Impact of Using Natural Materials in Increasing Physical and Emotional Comfort

The use of natural materials such as wood, stone, and linen in the three bedroom designs shows a significant contribution in creating physical comfort while supporting emotional balance. In Design 1 (Figure 1), the use of natural stone as a bed headboard becomes a strong tactile element that presents a rough contrast that balances the softness of the linen textiles and cotton blankets around it. The wooden floor and ceiling, as well as accents such as a small bench, natural fiber carpet, and rattan and clay decorations, create a warm and down-to-earth atmosphere. The authentic impression of these materials creates a deep emotional connection between the occupant and the space while strengthening a sense of safety and comfort. This approach is in line with Keller's findings that emphasize the importance of connecting with natural materials in supporting positive emotional experiences (Kellert et al., 2015). In Design 2 (Figure 2), the dominance of wood materials on the floor, furniture, and interior accessories provides a soft and earthy natural feel. The combination of the rough texture of wood and the softness of linen and sheer curtains creates a sensory balance that is visually and tactilely pleasing. The round rattan table and wooden chairs with cushions provide a dimension of comfort that is not only functional but also aesthetic. The simplicity of the material selection creates a light yet inviting atmosphere, creating an environment conducive to introspection and relaxation. Meanwhile, Design 3 (Figure 3) displays harmony between minimalist visual elements and dominant natural materials. Warm wooden floors are combined with hexagonal wooden wall shelves and small tables made of similar materials, reinforcing the calm organic feel. The use of knitted blankets, soft pillows, and rugs with earth-colored motifs create a sense of warmth throughout the space. The presence of these elements enhances emotional and physical comfort, in line with the study of Dzhambov et al. which states that the presence of natural materials in private spaces such as bedrooms can reduce stress levels and accelerate psychological recovery (Dzhambov et al., 2018). From the three designs, it is clear that natural

materials are not only decorative elements, but also play an important role in creating an atmosphere that is supportive of mental and emotional health. These elements bring a calming multisensorial experience through natural touch, color, and aroma that deepens the quality of rest and strengthens the inner connection between the individual and their living space.

The Influence of the Bedroom as a Place for Personal Artistic Expression on the Psychological Healing Process

Bedroom designs that implement biophilic elements, as seen in the three designs analyzed in this study, not only play a role in creating a calming resting space, but also have great potential as a medium for personal artistic expression that supports the process of psychic healing. Each bedroom shows a flexible and open space capacity, allowing for functional adjustments as an area for creative activities such as drawing, journaling, or spontaneous art making. In Design 1 (Figure 1), the spacious and minimally partitioned layout provides free space for residents to move freely to carry out creative activities without feeling restricted. The presence of organic materials such as rattan, wood, and clay creates an atmosphere that supports tactile and visual exploration, which is very important in art-based therapy. The calm natural color palette can also inspire and stimulate soft and reflective visual ideas, making it an ideal place to be alone and express personal expression. Design 2 (Figure 2) presents a softer and more contemplative atmosphere. The combination of leaf wallpaper, warm lighting, and simple furniture creates an atmosphere that is not intimidating, but rather inviting to dwell and explore emotions through the medium of art. The presence of a rattan table and a comfortable seating area can easily function as a reflective corner or a place to express creative ideas independently. This supports Curl's opinion that a private space that provides freedom to create can help individuals channel their emotional stress constructively (Curl., 2008). Meanwhile, Design 3 (Figure 3) presents simplicity that is rich in meaning through the use of geometric shapes, natural textures, and a variety of plants that surround the space. The presence of unique hexagonal shelves and leaf art accent walls create a space that is not only visually pleasing but also provides the opportunity to make the room a personal gallery where residents can display their own works. This flexibility provides a sense of ownership of the space, which is important in the art therapy process because it provides control over the environment and contents of the space, which psychologically greatly supports feelings of safety and openness. Through a design approach that considers comfort, connection with nature, and opportunities for expression, the three bedroom designs prove that the bedroom can go beyond its basic function and become a place for holistic emotional healing. With a space that encourages relaxation and creativity, residents can undergo a deeper introspection process and build a healthier emotional connection with themselves through the medium of art.

Leveraging Biophilic Design to Create an Environment that Supports Relaxation and Creativity

The application of biophilic design in the bedroom has great potential to create an environment that supports relaxation, introspection, and creative expression, especially in the context of art therapy. This study shows that the integration of natural elements such as sunlight, living plants, and organic materials not only has an aesthetic impact, but also provides significant psychological benefits. Bedrooms that apply biophilic principles become spaces that are more than just a place to rest, they are transformed into places that inspire and restore. Of the three bedroom designs analyzed, it was found that the element of natural light plays a major catalyst in creating a bright, open, and positive atmosphere. The large windows and sheer curtains used in the design allow light to spread evenly, creating an atmosphere that is not only comfortable for relaxing, but also ideal for artistic activities that require natural lighting, such as painting or sketching. Natural light has also been shown to support the body's circadian rhythm, which ultimately improves sleep quality and balances emotional conditions (Kellert et al., 2015).

Living plants, presented in various shapes and sizes, make a major contribution to improving air quality and the natural aesthetics of the space. The presence of plants such as monstera, palms, and hanging plants not only creates visual freshness, but also strengthens the emotional connection between the occupants and nature. Based on Largo-Wight's study, interaction with plant elements in private spaces has been shown to reduce anxiety levels and improve mood, an ideal condition for the process of authentic artistic creation (Largo-Wight et al., 2011). Natural materials such as wood, stone, rattan, and linen enrich the tactile and visual experience in the bedroom. The use of these materials provides a warm, familiar, and grounded feel that creates a sense of security for individuals in the process of psychological recovery. In the context of art therapy, a space that provides a sense of security and comfort is essential to support the courage to express emotions through visual media. The combination of rough and smooth textures such as natural stone on the headboard and the softness of linen fabrics offer sensory stimuli that can stimulate calm and exploration of creative ideas. Furthermore, the open design, minimal partitions, and simple but functional furniture arrangement provide high flexibility in the space. This allows the space to be adapted for various art activities, such as drawing near a window, arranging artwork on a small table, or simply sitting quietly for self-reflection. This type of space design reflects the principle of "environment as therapist," where the physical environment plays an active role in the healing process (Stuckey et al., 2010). Thus, it can be concluded that biophilic design not only provides visual and emotional comfort, but also supports the functional and psychological needs of art therapy practice. A bedroom designed with a biophilic approach allows for the realization of a holistic personal space, a place where residents can not only rest, but also create, reflect, and restore themselves emotionally through interaction with art and the natural elements around them.

Implications

The results of this study confirm that the biophilic design approach has broad and significant implications in supporting holistic art therapy, especially in the context of private spaces such as bedrooms. The three bedroom case studies analyzed showed that the application of natural elements, abundant natural lighting, the presence of living plants, and the use of organic materials such as wood, stone, and natural textiles consistently created an environment conducive to relaxation, emotional exploration, and the creative process. The main implication of these findings is that interior design can be viewed not only from an aesthetic or basic function aspect, but also as a profound therapeutic medium. Bedrooms designed with biophilic principles can act as a place for self-expression and emotional reflection, especially when combined with art practices such as drawing, painting, or writing. The physical environment becomes an integral part of the healing process, where a calm, natural, and warm atmosphere can reduce stress, increase a sense of security, and strengthen a person's internal connection with themselves.

In addition, the use of biophilic elements also has implications for sustainable design approaches that support long-term health. The use of organic materials is not only environmentally friendly but also free from harmful chemicals, which contributes to indoor air quality and creates a healthier atmosphere. Thus, the bedroom is not only a place to rest, but also develops into a healing space that is integrated with human biological and emotional needs. From a practical perspective, this study can be an important reference for interior designers, art therapists, and individuals who want to create a more meaningful personal space. The biophilic concept in design can be adopted as a primary strategy to improve the quality of life, especially for individuals who are facing emotional stress or need space for psychic recovery. This also shows that effective space design lies not only in its visual beauty, but also in its ability to respond to human needs as a whole, both physically, mentally, and emotionally.

Thus, the results of this study contribute significantly to expanding the understanding of the therapeutic potential of interior design, especially in the context of art therapy. The application of biophilic principles is not only aesthetically and ecologically relevant, but also offers an interdisciplinary approach that bridges design, psychology, and art in creating more humane and emotionally healthy living spaces.

Further discussion of this study, the findings of the analysis of three bedroom designs show that the application of biophilic design consistently makes a significant contribution to the creation of an environment that supports the holistic art therapy process. Every natural element presented, from natural lighting, living plants, to organic materials, has a strategic role in forming a spatial experience that is not only visually calming, but also touches the psychological and emotional aspects of the occupants. First, natural lighting has been shown to be a key element in creating a bright, warm, and refreshing room atmosphere. Openness to natural light not only provides positive visual quality, but also functions as a regulator of the body's circadian rhythm, which contributes to improved sleep quality and emotional stability. The three bedroom designs show different approaches to maximizing natural light, but all provide consistent results in creating calm and a sense of security, which are very important in the art therapy process. Second, the presence of living plants strengthens the connection with nature which has been psychologically proven to reduce stress and anxiety. This finding is in line with the restorative theory of the natural environment proposed by Kaplan, where natural elements are considered capable of regenerating attention and restoring mental capacity. Plants not only provide physical freshness, but also create a calming visual dynamic and bring “life” into private spaces (Kaplan et al., 1989). Third, natural materials such as wood, stone, and organic fabrics provide a deep tactile dimension, enriching the multisensorial experience of space. These materials not only beautify the appearance, but also provide a sense of authenticity and warmth that strengthens the sense of emotional connection to the space. This element is very important in the context of art therapy because it creates an environment that supports honest expression and spontaneous inner reflection.

Furthermore, the bedroom’s ability to function as a personal artistic expression space demonstrates that a design that considers flexibility and comfort not only enhances the function of the space but also expands its therapeutic potential. Spaces that provide reflective and personal areas have been shown to provide occupants with a psychological space to recognize and express emotions through the medium of art. This supports a holistic art therapy approach that emphasizes the relationship between body, mind, and space as a healing whole. Overall, the results of this study emphasize that biophilic design is not just an aesthetic trend, but a strategic approach to creating an integrated healing space. The three bedroom designs demonstrate that the integration of biophilic elements can be adjusted to suit diverse aesthetic preferences without losing its therapeutic essence. The variation in design approaches also demonstrates the importance of personalizing space to address the unique emotional needs of each individual.

These findings have broad practical implications, particularly in the context of mental health-oriented interior design. Interior designers and therapists can leverage biophilic principles to create personal spaces that are not only functional, but also support the process of psychic healing through a holistic and holistic experience. Integrating biophilic design into personal bedrooms can be one concrete step in addressing the mental health crisis in today’s fast-paced and stressful modern era.

CONCLUSION

This study confirms that the application of biophilic design in the bedroom plays an important role in creating an environment that supports the process of emotional healing and art therapy practices. Through the analysis of three different bedroom designs, it can be concluded that natural elements such as natural lighting, living plants, and organic materials are not just aesthetic elements, but functional components that create an atmosphere of relaxation, warmth, and deep emotional connection between individuals and space. Natural light, as the main element, has been shown to have a positive effect on the stability of biological rhythms and supports creative activities by providing optimal lighting. Meanwhile, living plants not only beautify the space, but also improve air quality and provide visual and psychological freshness. Natural materials such as wood, stone, and natural fiber-based textiles add depth to the sensory experience that strengthens the sense of comfort, safety, and connection with nature. Furthermore, the three bedroom designs analyzed show that private space can be developed into a medium for personal artistic expression that supports psychic healing. The flexible and open layout of the space allows for reflective and creative activities such as painting, writing, or simply contemplating. This approach shows that interior design, when combined with biophilic principles, can make a real contribution to improving the quality of life, both mentally and emotionally. Thus, the results of this study strengthen the understanding that space design is not only about visual beauty or physical comfort, but also closely related to the capacity of space to act as an agent of healing and inner balance. The application of biophilic design in the context of the bedroom can be a relevant, applicable, and meaningful therapeutic strategy in presenting a more humane, healthy living space that supports complete self-expression.

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