

Plant-Based Design in Indoor Spaces: The Restorative Power of Nature

Beste Karakaya Aytin

Faculty of Architecture, Department of Landscape Architecture, Trakya University, Edirne, Turkey

Abstract:

Modern individuals spend the majority of their time indoors, making interior design a critical factor directly influencing their quality of life. Prolonged periods spent in spaces such as offices, homes, and shopping malls necessitate the creation of interiors that are aesthetically, ecologically, functionally, and psychologically well-designed. In this context, the integration of plant-based designs into indoor environments not only creates a natural atmosphere but also provides functional benefits such as improving air quality, maintaining humidity balance, and resolving acoustic challenges.

On a psychological level, plant-based designs contribute to stress reduction and foster improvements in overall mood. By bringing the restorative power of nature into indoor spaces, this approach revitalizes interiors with a dynamic and lively atmosphere, yielding positive effects on both individual and societal levels.

However, the implementation of plant-based design in indoor spaces requires careful consideration of various factors, including the physical characteristics of the space, user needs, the specific requirements of plant species, the expectations of stakeholders, and the creative vision of the designer. This study examines the importance of plant-based design in indoor spaces and analyzes the factors influencing this process through examples. The findings underscore the significant positive impact of plant-based arrangements on human quality of life in interior design.