



## A Functional and Gorgeous Master Bathroom Remodel

Angelina M., of East Cobb, was tired of her frozen-in-the-seventies master bathroom. She and her husband built their home in 1979, and the master bathroom's décor was dated. The 24" wide shower, which Angelina referred to as "the smallest shower ever," was dysfunctional. When they'd built the house, Angelina wanted an enormous bathtub, but she had a serious case of buyer's remorse. Filling the tub took too long, and she used it only a handful of times. Meanwhile, the tub used a huge amount of the bathroom's real estate. One of her main must-have items for her new space was a larger shower.

For years, Angelina had been wanting to remodel her master bathroom. She first heard of us when she received our Home Styles print newsletter in the mail. Our President, Dale Contant, visited Angelina's home to discuss her project and she immediately felt comfortable with him. Dale seemed to understand her vision for the space from the beginning of the project.

In fact, Dale helped her understand the need to redesign her entire bathroom layout. We shifted the bathroom entrance from the hallway outside of the master bedroom, into the bedroom itself. We incorporated a formerly separate toilet/shower room, and long wall of bi-fold closets, into the new master bath by creating a separate walk-in closet and water closet. Now Angelina's bedroom opens right up into her bathroom and the layout is much more functional.



Yet this transformation was more than just functional: the custom shower is Angelina's favorite part of her new bathroom. She selected a beautiful hi-gloss Classic Gray colored wall tile. The tile is accented by a strip of Heirloom Linen White geometric tiles; built-in, tiered, corner shelving; and Rain grout. Now rather than feeling claustrophobic as in her previous shower, Angelina luxuriates in her roomy shower with its glass block accent window. Even the shower's hardware enriches Angelina's day-to-day routine: the extra-long shower hose allows her to bathe her Scottish Terriers with ease. She can also reach every part of the shower with her detachable showerhead for cleaning.

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# DESIGNING THE BIOPHILIC HOME

## Remodeling to Bring Nature into Your Everyday Life

One new design trend has a deeper meaning and impact than many trends, ensuring its staying power. More designers and homeowners are “bringing the outdoors in.” Most people spend an excessive amount of time indoors. Many indoor environments have artificial light and recirculated air. In his article “What Is and Is Not Biophilic Design?”<sup>1</sup> Stephen R. Kellert states that “We are just beginning to find that these environmentally impoverished habitats foster fatigue, symptoms of disease, and impaired performance.” Large windows, glass walls, skylights, inner-courtyards, and elaborate outdoor living spaces are just some of the solutions designers have incorporated into more and more home remodeling and building projects.

### From Commercial Architecture to the Latest Trend in Homes

In the past, biophilic design has been implemented in commercial architecture. Exposure to nature improves focus and productivity. When you look at architecture historically, you can see how both interiors and exteriors mimic nature, from leaf patterns in the stone of a building, to vines in wallpaper: imitating nature is a long-standing design tradition. Recently, home builders, remodelers, and designers are using more biophilic techniques. Biophilic designs combat stale environments in the home. They are alive and place homeowners right up against a natural backdrop in a seamless way.

Experts say specific qualities make a design biophilic; for example, elements included should be alive and native to the area. If a home is in a suburban or wooded setting, seashells and driftwood



Photo courtesy of Nana Wall



Photo courtesy of Cosentino

may be pretty to look at, but they are neither alive, nor biophilic. Living nature incorporated into design can have a positive impact on stress levels, mood, and overall well-being. When homes incorporate components from their environment, it creates a cohesive look between the surrounding landscape and the home.

### Varying Environment and Sensory Engagement

When we are in nature, temperature and light often shift, whereas indoors the lighting and temperature remain fairly constant. Abundant natural light, fresh air, and variables in both of these elements are healthy additions to your home. Living walls turn plant life into art pieces and filter the air, adding a biophilic touch. Fountains or indoor water features can replace having a view of water and also produce a nice auditory stimulus. Biophilic design maximizes all the senses, from the sounds of birdsong to the breezes from an open window.

When remodeling your home, incorporate glass walls, large windows, skylights, and even glass blocking. Consider transitional spaces, like the glass wall going onto a deck or outdoor living area. Having quality outdoor furnishings, and several potted plants indoors near the transitional space, pulls the two areas together. Seamless flow of the design from inside to the outside helps to blur the line between you and your natural environment. Bringing the outdoors in is not just a trend for beauty, but for peace of mind.

<sup>1</sup>Kellert, Stephen. “What Is and Is Not Biophilic Design,” *Metropolis*, Oct. 26, 2015, [www.metropolismag.com/architecture/what-is-and-is-not-biophilic-design/](http://www.metropolismag.com/architecture/what-is-and-is-not-biophilic-design/).

## New Design Solutions for a Simple, Serene Kitchen Remodel



Photos courtesy of Cosentino/Dekton/Silestone



Can you look around your kitchen and name aspects of it that don't function efficiently? Is countertop clutter always in the way when it's time to prep? Are you shuffling around a collection of small appliances so you can wipe counters down?

Streamlined kitchen designs are appealing. It isn't solely their futuristic, serene appearance, but how they incorporate solutions for maintenance and functionality. Homeowners of all ages are swapping out tired styles from the past for a fresh look and smooth workflow.

# Siding Options for Your Home



Your home's siding is vital, not only for curb appeal, but for protecting your home's walls and structure. Weather conditions can impact which type of siding you choose. Preventing damage caused by moisture, insects, or fire are important considerations as is proper maintenance of this investment in your home.

## Here are some popular siding options for your consideration:

- **Vinyl** is easily installed and maintained, and tends to be the most versatile, economical siding. It comes in a variety of styles. It is moisture, insect, and fire resistant. Vinyl comes in various colors because it cannot be painted, but make sure the color you select is one you will not tire of in the next 20 years—the average lifespan of properly installed vinyl siding.
- **Wood** has a timeless appearance. While wood does not have the same resistance to moisture, insects, or fire that vinyl has, it is a beautiful siding option. Wood siding has good insulation properties. The color or stain can be changed, but the upkeep is costly due to the frequency of staining, painting, or sealing. Wood siding, when cared for properly, can last for the lifetime of your house.
- **Steel/Aluminum** siding is mold, fire, and pest resistant. It has a modern, sometimes industrial look. One drawback of metal siding is that it is one of the costlier options. If a chip forms in the metal,

it must be sealed right away, or else it may rust—and it is hard to stop rust once it begins. Aluminum siding can form dents and does not provide the same type of noise insulation as wood or vinyl.

- **Fiber Cement or Wood Composite** siding both have a wood-like appearance and come in many styles and colors. They are more expensive than vinyl but less expensive than wood. Although composites can last up to 50 years, they require frequent painting after the first 10-15 years for upkeep. If the surface is damaged and not repaired or replaced, moisture can encroach on the siding's core and cause damages.

- **Brick and stone** siding resists weather, insects, and fire, but is extremely expensive. Real brick and stone can last a lifetime and the look is very elevated. Veneers are less pricey options that are easier to install than true stone. With both real and faux stone and brick there is a risk moisture can be trapped behind the siding. Usually, expert installation prevents this possibility.

Wood, composites, and stone or brick are wonderful for mixing and matching siding on your home to create a more eclectic look. With vinyl, you can have many different styles of siding all made from one material. It depends on what kind of look you want your home to have, but it is a choice to plan carefully!



Photos courtesy of CertainTeed

Upper cabinetry is becoming more obsolete as more homeowners choose lower cabinetry storage. Well-liked options include deep drawers, oversize islands, or floor-to-ceiling storage walls. Microwaves and refrigerators can be relegated to lower drawers, making them more reachable. Open shelving often displays attractive collections of objects. Range hoods are sometimes hidden, adding to the clean aesthetic. Some remodeled kitchens look more like living areas than kitchens. Skylights, large windows, and camouflaged lighting provide an airy, bright, and inviting atmosphere.

Monochromatic color palettes still hold appeal, but many homeowners are embracing bold colors, especially in cabinetry. Matte laminate, and wood veneer cabinets are gaining traction along with the use of metal. Cabinetry hardware is often left out altogether, for a clean, easy to maintain look. Appliance cabinets and “garages” are more popular than ever for stashing away all of those small countertop appliances that can hinder your working space. Customizable storage options in drawers and cabinets have no signs of losing ground as trends.



Gorgeous Master Bath Remodel

Designing the Biophilic Home

Siding Options for Your Home

Design Solutions for a Kitchen



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## Collaboration, Bling, and a Happy Homeowner

Throughout the design of the room's décor, Angelina's input was detail-oriented, helping our team give her the exact look she wanted as well as the functionality her last space lacked. The bathroom has a total of seven light fixtures in addition to its wealth of natural light. The most striking fixture is the rectangular light in the center of the bathroom which contains 100 strands of crystals! Angelina selected the light because it casts an elegant pattern onto the ceiling and adds a glamorous touch of "bling" to the space, increasing the sense of luxury.

During the project, Dave Newell, Angelina's project manager, was organized and good at communicating with her about the project. One of her favorite aspects of working with our team was her freedom to express her wants, needs, and opinions which were greeted with understanding and a sense of collaboration. She trusted our team implicitly. Although Angelina was prepared for the stress possible with a remodeling project, she was impressed with how workers cleaned up daily, and she really valued how careful they were not to let her dogs out by accident.

In the end, Angelina got her dream bathroom. The overall Modern European style is light, bright, and clean. Marble flooring adds an elegant feel to the space. Natural light makes the corner space near the window an ideal location for her dressing table and the etched, geometric-patterned, mirror mounted over it. She can hear the birds from her yard and has a view of the trees. Several indoor plants add to the nature-inspired ambience of the space. Angelina said, "I now have a larger shower and a beautiful master bathroom to go with it!" She also told us that Dale has great design ideas and she appreciated how we used the best materials.

"Do not hesitate to contract with Atlanta Design & Build for your project. They have the expertise, integrity and a sense of fairness to complete the project to your satisfaction. The whole experience with Atlanta Design & Build was great."

—Angelina M., East Cobb, Homeowner

