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THE HEALTHY HOME | SAN FRANCISCO



# BALLON STUDIO

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Interior design that is stylish, sophisticated and highly functional can also promote healthy living and spiritual well-being. This is a fact that Sabra Ballon, founder and principal designer at ballonSTUDIO, understands intrinsically. “We are obsessed with the human factors of design because the body’s ability to move with grace and ease in a space is the essence of a healthy home,” she says. “Ergonomics, geometry, materiality, air quality and light are all characteristics that influence the way we feel. A healthy home is also one that is sustainable and has a limited impact on the environment. We accomplish this by specifying handmade furniture that stands the test of time and by working with our network of local upholsterers, metal workers, cabinetmakers and other artisans who create pieces that bring beauty, purpose and well-being to our lives, our community and the planet.”

## WELL, WELL, WELL ...

Sabra Ballon shares her top tips for a healthy home.

- **Install a “smart home” system** that operates lighting, entertainment, air filtration, heating and cooling, and window shades. This reduces energy consumption and allows for easy control of your environment.
- **Use non-toxic building materials and furnishings** to reduce chemicals in the air, which means a healthier home and purer environment.
- **Increase natural light** by removing walls and adding windows, doors and skylights. Not only does this save electricity, but it promotes sensory well-being.
- **Discuss your emotional needs and aspirations for your spaces** with your designer. A good question to ask is, “How do I want to feel when I open my front door and step inside my home?”

“We combine a clean, composed aesthetic with natural materials to create **calm, soothing spaces that exhilarate the soul.**”



**Above** A wall was removed in the renovation of this kitchen to allow natural light into the adjacent family room. **Top left** The sofa sectional was upholstered in sustainably-created natural leather from Moore & Giles. **Top right** This 100-percent-wool area rug from Erden is a natural product and a renewable fiber source. **Photography** Aubrie Pick



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