





# HEALING gardener

Biophilic design  
portfolio



Co-funded by  
the European Union



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# BIOPHILIC DESIGN

Biophilic design aims to bring nature indoors. By incorporating elements such as vegetation, natural light, wood and stone or water, we can improve built spaces for a healthier and more sustainable living.

This approach prioritizes the wellbeing of people, reducing stress and increasing happiness. It goes beyond merely adding natural elements to spaces and seeks to engage people's senses with the smells, sounds, and sensations of nature, all while using building elements that evoke natural and organic forms. It can serve as a means of applying therapeutic gardening practices indoors.





HALLS,  
ENTRANCES AND  
WAITING  
ROOMS





# VIEW-WALL PANELS





**USING TREES-  
A higher dimension**



5A

# SMALL PLANTS ORGANIZING SPACES



5B



5C



6A



6C

## USING WOOD WORK AND NATURAL DRIED TREES

The introduction of natural materials allows us to create more relaxing and sustainable environments. We can introduce materials like wood, cork, stone, and natural textiles on walls and floors to create a more welcoming environment. In addition, it allows us to develop different therapies that encourage interaction, such as the creation of a sensory path



6B



6D



6E





## TEXTURES ON THE WALL





## LIVING ROOMS

The best way to create a healthier and restorative living environment is through greenery. It is possible to transform the space with simple actions like grouping plants or installing more complex systems such as green walls or real indoor gardens. Vegetation enhances the space in a passive way while also allowing for active interaction through the care it needs and the therapeutic opportunities it provides.



8A



8B

## GREEN WALLS



8C



9A



9B

## PLANTS GROUPS



9D



9C



10A



**HANGING PLANTS**

10B



10C



10D



10E



11A



11B

## MATS



11C



11D



11E



## **KITCHEN**

**Growing a small indoor vegetable garden is becoming easier, thanks to systems that incorporate artificial light to assist plant growth or hydroponic systems. Planting aromatic herbs, spices and small fruits and vegetables not only brightens the environment but also enables the development of numerous therapies that stimulate the senses and boost the self-esteem of the users**



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12A



12B



12C

## SHELVES AND BOXES



12D



12E





13A



13B

## DECORATION WITH DRIED HERBS AND LEAVES



13C

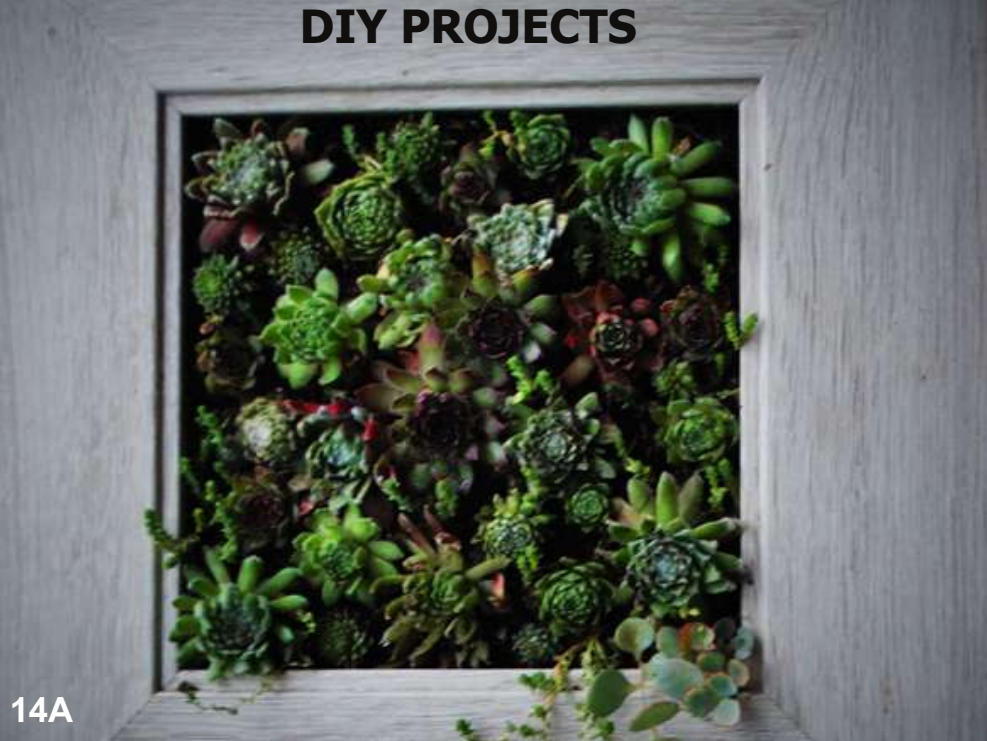


13D



13E

# DIY PROJECTS



14A



14B



14C



14D

# DIY-MOSS FRAMES

What Do You Need to Make a DIY Moss Wall?

1 | Frame or Panel

You will need a wooden frame, although other frame types can work but make sure to use a glue that is adapted to the material

2 | Wood Glue or Super Glue

It is important to use a solid a reliable glue with a good bond to stick the moss. (any quality wood glue and also superglue for special fill in)

3 | Preserved Moss

You can buy preserved moss in sufficient quantity to cover your frame or if it is allowed in your country, you can pick it yourself. Measure the surface area you plan to work on before purchasing the moss. (100g /A4 size)



**1. DON'T subject your moss frame to prolonged, intense sunlight. Excessive direct light can lead to the drying out of the preservative and fading of the dye. 2. DON'T mist or water your moss frame. While they should be capable of handling typical humidity levels, excessive moisture can result in the dye bleeding or running.**

## How to Make a Moss Wall (Step-by-Step)

### 1 | Visualise your design

Begin by visualizing and planning your moss wall design in advance. Take a piece of paper (or several pieces of paper for larger frames) and measure the same dimensions as your backing panel. Lay out your moss and try to find a design you like. You can use foam board to elevate some areas for a more natural appearance (See picture). Take a photo for reference when transferring your arrangement to the main stage.

### 2 | Apply glue to your frame or panel

Spread glue evenly across your backing panel. If you're working with a flat panel, use masking tape around the border to contain the glue. Alternatively, you can experiment with thicker, less runny glue like silicone.

### 3 | Arrange the moss

Now it's time to place the moss onto the glue. After positioning each piece, gently press it to ensure full contact with the adhesive underneath. Begin with larger elements and then fill in smaller spaces with additional pieces.

### 6 | Allow for drying

Place something flat and heavy gently on top of your frame. The goal is to compress the work into the glue while it dries to ensure everything adheres properly.



#### INSPIRED BY:

Hilton Carter. <https://www.youtube.com/watch?v=cUeO-5VMsyc>

And

<https://terrariumtribe.com/preserved-moss-wall/>  
Images created using Artificial Intelligence

# DIY- BIOMBO BRANCHES

What you'll need to do Biombo branches yourself

- 1 | Dried branches: All the wood you use should be dried for a minimum of two months. Fresh wood is not suitable for this project.
- 2 | Paint scraper and sandpaper: Prepare a paint scraper and sandpaper for the necessary surface preparation.
- 3 | Stain or varnish: To achieve a durable and visually appealing finish for the branches, consider applying stain or varnish. The stain give protection and you can choose a taint that you like, whether you prefer a colored or natural look.
- 4 | Wooden base and a drill: You will need a sturdy wooden plank as the base for your project. Opt for a plank with a thick border, measuring at least 5-8 cm. It is essential that the base is wide enough to support the length of the branches and provide stability. Additionally, have a wooden drill on hand for creating necessary holes or adjustments as needed.

## How to Create a Biombo (Step-by-Step)

- 1 | Select branches  
Select dry and sturdy branches for the project. We recommend tree species that include oak, birch, cherry, and others. You can reach out to companies involved in pruning or ask at a local sawmill.
- 2 | Remove the bark  
Scrape off the bark from the branches. This step is important when bringing tree parts indoors, as it helps eliminate any bugs residing beneath the bark.
- 3 | Smooth the branches  
Using sandpaper, polish rough areas on the branches. And if you want a smoother appearance, sand the entire piece with 150-grit sandpaper.
- 4 | Apply stain to the branches  
Utilize a chip brush to generously coat the branches with stain. The use of Minwax Stain in Natural can effectively enhance the character of the wood.
- 5 | Apply a protective finish  
To provide added protection, apply two coats of some kind of Polyurethane product to the branches. Ensure that you also apply the same protective finish to the plank base.
- 6 | Drill holes to accommodate the branches  
This step may be challenging. Drill holes in the plank base that are suitable for the size of your branches. If necessary, use wood repair filler to achieve a perfect fit for the branches.



INSPIRED BY:

<https://www.bybrittanygoldwyn.com/how-to-strip-and-finish-branches-for-decor/>

# DIY- Green Wall



## 1 | Find a suitable place

Survey the areas around the building that have convenient access to a water source, such as a tap or irrigation pipes. Assess the wall's orientation and the daily sunlight exposure it receives. This will help you choose plants that thrive in this location. Additionally, ensure the stability of the wall, fence, or shed. While most are sturdy, for older structures, confirm their ability to support at least 20 kilograms of materials, including the green wall structure, pots, soil, plants, and water.

## 2 | Choice of planter

Select a planter, which includes the pots and structure for your green wall. Many excellent options, like modular vertical garden systems or artificial grass walls, are available at reputable gardening and hardware stores. Some green wall models come with built-in watering systems, which can be highly convenient.

## 3 | Installation

Follow the planter's instructions to assemble the structure and affix it to your wall, fence, or shed. Essential tools for this task typically include a hammer, drill, and appropriate fasteners suitable for the wall type to which your planter will be attached.

## 4 | Select your irrigation system

Opting for an irrigation system is a convenient way to efficiently water your green wall and maintain its lush appearance. We recommend considering an automatic timer system or a tap timer, both readily available at local gardening and hardware stores. However, if you prefer manual watering, you can skip to step 6.

## 5 | Installation of irrigation system

Follow the instructions provided with your chosen irrigation system to connect the pipes to your water source and affix them to your green wall. Before proceeding to plant, it's essential to test the watering system to ensure that each plant receives adequate hydration. Pro tip: For native plants, set the system to water them approximately 3 to 5 times a week.

## 6 | Selection of your plants

Perfect native plants for green walls are the succulent pigface (Mesembry anthemum) for the top layer, fine leaf (Brachyscome) for the bottom layer as they love more water, and parvifolium (Myoporum) for the middle layers.

Your soil or potting mix will vary depending on the plants you select for your green wall.

All you need to do now is plant your plants and attach your planted pots to the green wall.

Pro tip: Go with about 3 or 4 different species to create variety, colour and texture on your green wall. Herbs, flowers, ferns and succulents are a good mix.

### **INSPIRED BY:**

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**<https://ovacen.com/jardines-verticales/>**

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4b: Restaurant decor. Image by K. Palmlöf

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6a: dried trees restaurant decor. Photo by K. Palmlöf

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