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# Nourish

VIEWPOINT #35

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Reflecting a growing cultural desire for holistic wellness, conferences such as Wisdom 2.0 are addressing one of great challenges of our age: to not only live connected to one another through technology, but to do so in ways that are beneficial to our own well-being, effective for our work, and useful to the world. Nourish explores how design can help to address this balance across all areas of our lifestyles. Tradition and innovation, natural and man-made go hand-in-hand to create products that not only look good but feel good too. From seamlessly integrating technology into ubiquitous forms to revisiting ancient remedies and exploiting the inherent properties of new or forgotten materials, the effect is entirely wholesome.

Textile designer Nina Gautier explores the potential of *Urtica dioica*, otherwise known as the common nettle, once widely used to make natural fibre. Gautier's URTICA\_LAB highlights not only nettle fibre's potential as a sustainable alternative to cotton but also catalogues the plant's wider potential uses as a source of food, medicine and natural dye.

Exploring the role that scent can play when embedded into everyday items, Design Academy Eindhoven graduate Alexandra Stück has created a range of therapeutic linens infused with different herbal scents to make the wearer feel calm, focused or revitalised.

Studio Ilse has created a line of furniture for IKEA that draws on natural materials and simple, useful forms that fit into everyday life. Made from materials such as cork, seagrass and ceramic, the series celebrates tactile surfaces and finishes, and also seeks to offer sustainable solutions for everyday objects. In a bid to declutter our homes of nests of cables and chargers, IKEA has also launched a range of furniture fitted with wireless chargers. The collection includes lamps and tables with integrated charging pads that have been designed to blend seamlessly into every space into the home.

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Exploring the intrinsically tactile qualities of stoneware, design Mette Duedahl has created a cafetiere that is both soft to look at and soft to hold.

The Samovar Tea Bar in San Francisco, designed by Arcanum Architects, epitomises effortless, well-centric interior design. From ceramics by Atelier Dion in Oakland, custom-created in heavy neutral-tone ergonomic earthenware, to natural dark-wood plank flooring and unfinished rock walls, the entire bar reflects a respect for natural materials and finishes.

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 — 7 Plantation by Alicja Patanowska  
 (photography by Dominic Tschudin)