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Contact: Carol McCabe (760) 815-0650
Email: carol.mccabe55@gmail.com
Sales: Kimberley Tyson (703) 405-3622
Email: kimberley@stephanieparisistudio.com

Neuroarchitectural Design Provides Restorative Tranquility at Residential Wellness Retreat for Emergency Room Physician

(Rancho Santa Fe, CA) September 16, 2024 – From luxury homes to boutique hotels, Stephanie Parisi's portfolio of work encompasses both interior design in addition to furniture, sculptures and accessories supporting modern well-being living. As founder and creative director of Stephanie Parisi Studio, (www.stephanieparisistudio.com) her creative philosophy promises an innovative perspective redefining luxury as a personalized lifestyle experience that transforms modern wellness living spaces.

"What intrigues and draws me to the creative process is the ability to engage those who experience a space on a sensory and emotional level. The challenge of eliciting this type of response is key to my design process," commented Parisi.

Extensive travels have inspired Parisi's interiors that express a fascination for blending styles and multicultural design elements. She collaborates with artisans, artists and skilled tradespeople, both domestically and internationally, infusing cultural aspects in the creation of design in which the individuality of each client is key.

Her recent interior design projects include the design of a personal wellness retreat residence with neuro architectural elements for an emergency room physician. "High level of stress have been observed in this profession, in which 50% of doctors experience symptoms of burnout at some point in their careers," said Parisi. "The spaces that we live in influence the physiological and psychological aspects of our bodies and psyches. This home was designed to have tranquil and restorative effects intended to counter common stressors experienced in the busy environment of the hospital."

Other interior projects include a luxury seaside home in La Jolla, CA, a modern eclectic mix of classic architectural elements and soft textiles and silhouettes in furnishings and art. The result was a home with a feel of comfort, intimacy and a certain feel of mystery of other times and places woven into the design tapestry. Comfort and the feel of a lush spa retreat were also important to support the clients' wellness and self-care priorities. Also completed was the renovation of a Spanish Revival estate in Rancho Santa Fe, CA. This home was gently revised to fit today's lifestyle while paying homage to its heritage.

"Our interior environments profoundly effect our sense of harmony, balance and well-being," added Parisi.

With an innate passion for tapping into sensory and emotional resonance of environments, Parisi has seamlessly blended her interests in wellness living and background in psychology to become an internationally recognized interior designer who envisioned the development and launch of the new Stephanie Parisi Collections. The launch of Stephanie Parisi Collections seamlessly extends the legacy of the studio's reputation for thoughtful transformative lifestyle experiences.

These collections, a fusion of furnishings and art, explore how intuitively designed furnishings backed by scientific research, captivating art, and thought-provoking sculptures can weave together to create environments that not only please the eye but also nourish through comfort and invigorate the mind.

Her studio's portfolio includes designs featured in some of the world's leading design and lifestyle publications, including Architectural Digest (AD) France, AD Italia, AD Middle East, Casa Vogue and international editions of Elle Decor. Her namesake hotel, Hotel Parisi, in La Jolla, was honored with a coveted "outstanding interior design" by the AIA and was lauded by *Condé Nast Traveler* as one of the top boutique hotels in the US.

Stephanie Parisi Studio will debut her Stephanie Parisi Collections at High Point Market, showroom IH502 – IHFC, Floor 1.

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Stephanie Parisi Studio incorporates neuroarchitectural elements in design of residential retreat for emergency room doctor. The home was designed to have tranquil and restorative effects intended to counter common stressors experienced in the busy environment of the hospital.

ABOUT NEUROARCHITECTURE DESIGN

The home has been designed with elements of neuroarchitecture intended to relax the mind and activate the parasympathetic division of the autonomic nervous system. The floor plan layout, pathways, carpet insets, and furniture feature rounded shapes and transitions. Round lines and circles are more pleasing than angular lines and shapes. They relax the brain and elicit playful impulses and “approach” response. This refers to both architecture and objects in the space. Angular forms look sophisticated, but we have an unconscious negative response to them.

Through a fMRI imaging study, it was found that participants determined spaces to be more beautiful featuring curvilinear vs. rectilinear forms. Actively contemplating about the beauty of a space activated the “anterior cingulate cortex exclusively, a region strongly responsive to the reward properties and emotional salience of objects,” (Vartanian et al., 2013, p. 10446).

Researchers found that curvilinear forms vs. rectilinear objects invoke pleasant emotions and have been consistently preferred including geometric forms, household objects, furniture, or car interiors (Bar & Neta, 2006; Dazkir & Read, 2012; Leder & Carbon, 2005) which in studies demonstrated consistently even when controlled for symmetry, prototypicality, and balance (Silvia & Barona, 2009).

And furthermore, It was found that images of curvilinear architectural interiors activated the lingual gyrus and calcarine in the visual cortex more than images of rectilinear interiors when participants made approach-avoidance choices (Vartanian et al., 2013).

For further information visit doctor's home retreat: <https://online.flippingbook.com/view/654708394/4-5/>

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