

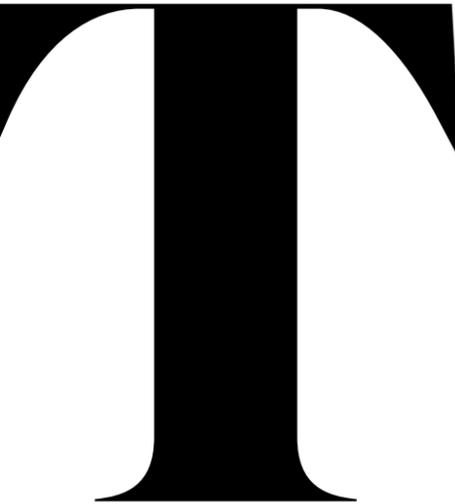
LIVE BETTER NOW

With the Whole Home Project concept home, *House Beautiful* and a team of sponsors set out to prove that a dream house can be more than pretty: It should help you live your very best life.



Relaxing is the priority in the white oak-paneled study—hence the ergonomic Stressless seating. The Currey & Company desk, Arteriors coffee table, and Milling Road side table are from Perigold. The mirrors, wooden chair, and planter are from Huff Harrington. Rosecore Mirage Cheetah rug, Stanton Carpet. Pendant, Circa Lighting.

ARCHITECT LINDA D'ORAZIO **MacARTHUR BUILDER** LADISIC FINE HOMES
INTERIOR DESIGNERS SHERRY HART AND JENNIFER JONES **CONDON KITCHEN & BATH DESIGNER** MATTHEW QUINN
PRODUCER CARISHA SWANSON **PHOTOGRAPHY** VICTORIA PEARSON **WRITER** KATHRYN O'SHEA-EVANS



There's an essential secret to a happy life that was well known even 150 years ago: Make your home a sanctuary of self-care, and you'll never have to look elsewhere for happiness. In the early 1870s, when the man behind the nom de plume Mark Twain was building his house in Connecticut, he and his wife, Olivia, had two special directives for their architect: a conservatory for their riotous houseplants, and a third-floor billiards room that would double as an office (the original man cave?). So today, ask yourself, what exactly *are* you doing at home to live your best life? With all the choices available—from smart light switches for instant relaxation to drugstore face masks—you're now more capable than ever before of designing and stocking your home with an eye toward wellness. It's what Samuel Clemens believed, and what *House Beautiful* has advocated since 1896: If you design your home well, you'll live well. With a dedicated team of sponsors and pros (builder Michael Ladisic, architect Linda D'Orazio MacArthur, kitchen-and-bath designer Matthew Quinn, and interior designer Sherry Hart), we built a home in Atlanta from the ground up, including a kitchen engineered to inspire healthy eating and a no-excuses fitness studio. Go ahead: Pick a paint color, a gadget, or a whole frame of mind, and let it help you triumph every day.



The modern farmhouse's exterior includes tall, slim Marvin Windows and Doors windows, for ample sunlight and floor-to-ceiling fresh air inside. The metal-roof porch, outfitted with Woodard furniture, encourages neighborly chats, which just might boost longevity—studies show that a wide social network and community engagement can increase a person's lifespan. Paints, Benjamin Moore White China and Iron Mountain.

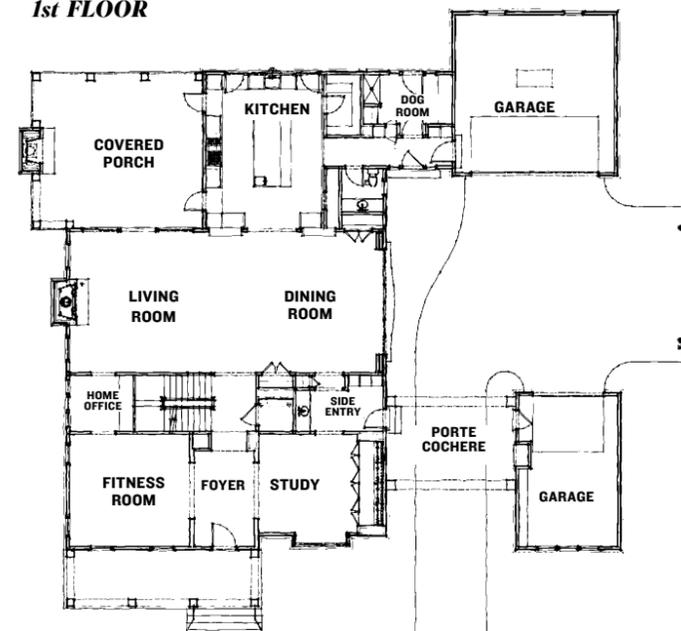
The Project

It took a village to raise *HB's* Whole Home Project concept house, but all parties involved agreed that it had to look the part. "Our lives are so hectic, and we're constantly bombarded, so we decided to go with the simplest idea of a house," says architect Linda D'Orazio MacArthur of the exterior, which mimics a childlike drawing of a classic house. "We wanted it to be familiar."

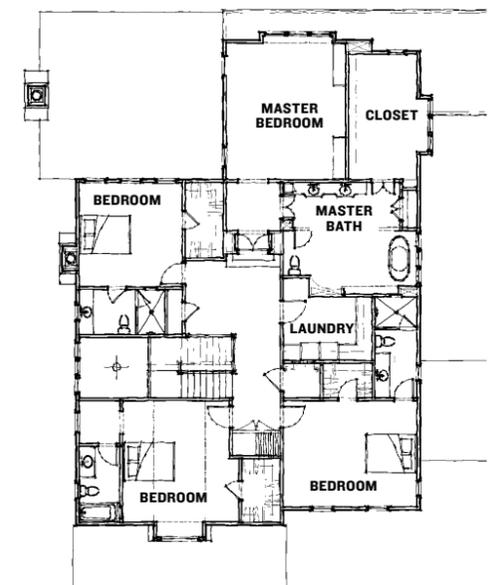
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AKDO, AMERICAN STANDARD, ARCHITECTURAL GRILLE, BALLARD DESIGNS, BENJAMIN MOORE, CALIFORNIA CLOSETS, CHARLES P. ROGERS, CHUBB, CIRCA LIGHTING, DOWNSVIEW KITCHENS, DXV, GROHE, LG, LOLOI, MARVIN WINDOWS AND DOORS, MATOUK, NOON, PERIGOLD, ROCKY MOUNTAIN HARDWARE, SIGNATURE KITCHEN SUITE, SILESTONE, STANTON CARPET, STRESSLESS, STYLE LIBRARY, THIBAUT, WOODARD

1st FLOOR



2nd FLOOR



Together as One

Living rooms were once buttoned-up dens of frosty detachment, but ours is as warm as a mug of piping-hot mulled cider. We ratcheted up the homey and welcoming cues, which are felt viscerally in the elevated-folksy Thibaut curtain pattern and the prime-spot-for-everyone eight-foot-long Lee Industries sofas. This room pumps up your pleasure at every turn.

Accordion-style doors by Marvin Windows and Doors extend the living room onto a covered porch, doubling its square footage. The Lee Industries sofas are covered in Crypton Home by Thibaut fabric, the red pillows are in a Galbraith & Paul fabric, and the curtain fabric is Thibaut.

Rugs, Antrim through Stanton Carpet and Azra Oriental Rugs. The Izmir coffee table is from Perigold.

Bench, Ballard Designs. Fireplace surround, Francois & Co. Art, Huff Harrington.



A Dining Room That Gets Used

Presto, change-o! This sunlit dining room is a stylish shape-shifter. Instead of a single surface, we opted for two tables that can be used in tandem, to seat eight, or separately, as kids' and adults' tables or dinner and homework stations. Designer Sherry Hart picked the Circa Lighting bell-jar lanterns for their shimmering warmth—appropriate for a fete or just weeknight grain bowls—that casts all in a glamorous, photogenic glow.



A built-in cabinet from Downsview Kitchens houses heirloom pieces for everyday use. The Sarreid tables are from Perigold, and the Charles Stewart dining chairs are covered in a Thibaut fabric. Tableware, Royal Crown Derby from Replacements, Ltd. Paint, Benjamin Moore White Dove. Rug, Stanton Carpet.

Fitness: Front and Center

In a space typically reserved for a dining room, we created this workout studio and meditation pad—because when your gym is two seconds from the kitchen, you’re more likely to put down the chips and roll out a yoga mat. A Peloton bike brings the trainer to you, and Ubarre weights double as sculpture. Meditation cushions await for when a 10-minute head-clearing is more vital than a good sweat, but in case you do perspire, the daybed seating is a resilient Moore & Giles leather.

A daybed in Moore & Giles’s eco-friendly Eden leather—tanned using olive leaves—can stand up to kombucha spills and sweaty T-shirts. Curtain fabric, Abbot & Atlas. Rug, Loloi. Speaker, Google Home Max. Art, PurePhoto.



ABOVE: The Bernhardt desk and Bungalow 5 lamp are from Perigold. Chair, Stressless. Windows, Marvin Windows and Doors. **LEFT:** All of the lights are operated by Noon, a smart-switch system with customizable “scenes,” such as Entertaining or Relax, that set the mood instantly.

Let There Be (Lots and Lots of) Light

Builder Michael Ladisic believes in the life-changing power of natural daylight—because he’s living it. “I built my house to be flooded with light, and it has totally transformed my family’s mental state,” he says. Here, light is maximized with clever window placements, such as a dramatic two-story expanse at the stairwell—a traditional spin on the modernist walls of Philip Johnson’s Glass House—and with the ingenious lighting system Noon, which tunes in to your home’s rhythms and can dim and brighten bulbs based on your lighting habits.



Details of a healthy kitchen: The countertops and corner sink are in Nebula Pulsar by Silestone. A Signature Kitchen Suite dishwasher reduces water usage by skipping pre-rinsing. Kitchen cabinetry, Downsview Kitchens. Chandelier and sconces, Circa Lighting. Fixtures, American Standard. Wall tile, Floor & Decor. Floor tile, FireRock. Wood-veneer wallcovering on ceiling, Thibaut. Hardware, Rocky Mountain Hardware. **RIGHT:** The Signature Kitchen Suite appliances include a restaurant-quality, 48-inch range equipped with four gas burners, an induction cooktop, and a built-in sous vide (*below*). Backsplash, Renaissance Tile. Antique rug, Moattar.



A Help-You-Be-Healthy Kitchen

Year-round on-demand fresh herbs? No, it's not a new start-up, but the idea behind an in-kitchen grow room designer Matthew Quinn devised for this healthy kitchen. Clipping micro-greens is almost as fun as letting the American Standard touch faucet precision-measure three cups of water for a batch of farro. Over at the Signature Kitchen Suite range, the built-in sous vide preps healthy proteins and more, locking in nutrients. Foods come out so tender and flavorful, it's practically a party trick.

Let's Get It Out in the Open

On the premise that “the more convenient it is to grab something, the more likely you are to do it,” Quinn brought back the cold larder (*right*) to put healthy choices in plain sight. “Root cellars are typically in a dark, gross basement,” Quinn notes. But at kitchen level, this preservation room is glammed up and on display, showing off pre-portioned snacks (like washed strawberries, apples, and mini peppers) alongside potatoes, onions, grains, and jars of pickled deliciousness, all stored at the ideal temperature for longevity. “And 58 degrees also happens to be perfect for storing red wine!” Quinn says. Aesthetically pleasing baskets and bins (those farm-life touches have a spot in our soul) move from garden or market to home—reusable and highly Instagrammable. Elsewhere in the space, a wall of light makes dish duty a joy. Pro tip: Performing a routine task slowly—while taking in the sounds, scents, and feeling of it—is considered a mindfulness activity. Clean the dishes, clear your head.



ABOVE: The cold larder is lined in AKDO tile and stocked with Ballard Designs shelves. **FAR LEFT:** Dish drawers are ergonomic for all ages. Movable peg dividers keep dishware tidy and can be easily readjusted for quick customization. **LEFT:** For symmetry, the combo trash-and-recycling bin (*left*) was clad to match the Signature Kitchen Suite dishwasher.



The porte cochere is home to a dedicated delivery closet.



A doggy door gives this pup come-and-go autonomy. Wallpaper, Thibaut. Rug, Azra Oriental Rugs.

Smart Utility, Less Anxiety

To fret less and breathe more, consider the delivery shed, a closet or bin with a BoxLock, an app-enabled padlock that allows designated shippers (like FedEx) to drop off packages securely. No more panicking about a parcel left on the porch! Likewise, pet parents report higher life satisfaction than those without them; to keep it that way, add an architecturally A+ doggy door that leads to the yard. Also convenient: a half pocket door. “I love that I could put my pup in here when she’s muddy, close the half door, and know she’s not behind a closed wall,” Hart says. Soaping up pets in a canines-only tub-and-shower combo takes pressure off your back—no stooping necessary. Bonus: A dedicated washer/dryer is ideal for tossing in first-floor laundry like dog beds, dish towels, and gym clothes.



A pet shower with DXV fixtures. Washer and dryer, LG.

Sleepy, Meet Sexy

A bedroom that's one part restful, one part seductive is a tall order—and not at all abetted by screen time or clutter. These anti-aphrodisiacs are common in the modern bedroom, says Elana Kilkenny, an intuitive space designer who suggests nixing the gadgets and adding passionate hues (hello, raspberry headboard and red-trimmed Matouk bedding!) that come alive in low light. The canopy, a boutique-hotel staple, triggers feelings of an away-from-it-all escape, while the sofa promotes relationship-enhancing conversation.



A canopy, crafted by Atlanta's Designs by Sudi in a Sanderson fabric from Style Library, plus a Ballard Designs headboard and bench (in a Morris & Co. fabric from Style Library), absorb sound and add plushness. Bedding, Matouk. Rug, Stanton Carpet. Table lamps, Circa Lighting. Global Views nightstands, Perigold. Wallpaper, Thibaut. Decorative register, Architectural Grille. The sofa is by Lee Industries in a Duralee fabric. Sofa pillow (center) and side table, Ballard Designs. Curtain trim, Samuel & Sons. Lumbar pillow on bed, Travis & Company. Artwork, Tommy Mitchell.



LEFT: Tub and tub filler, DXV. Stool, Made Goods. Plants, the Home Depot. **ABOVE:** A dual-sink vanity and his-and-hers toiletry towers destress the morning rush. Cabinetry, Downsvie Kitchens. Countertop, Silestone in Statuario. Sconces, Circa Lighting. Fixtures, DXV. Hardware, Matthew Quinn Collection. **BELOW:** In front of shimmering AKDO tiles, beauty to take in: an art mirror by Stacy Milburn and a painting by Leslie Strain Wilson from Anne Irwin Fine Art. Towels, Matouk. John Richards console from Perigold.



Bathing Beauty

Without the teams of masseuses and facialists, five-star spas are essentially just glamorized bathrooms. So what's to stop you from creating that indulgent retreat at home? Quinn's master bathroom started with a womb-like barrel-vaulted ceiling, modeled on a hammam. The Grohe rain showerheads pump air into the water, so you use less H₂O without forfeiting pressure. Glimmering mirrorlike surfaces and a Lafco Sea & Dune candle complete the ambience. "This is clearly a retreat," Quinn says. "It's ethereal and cloud-like when you're in there." Cue up *Lakmé's* "Flower Duet"!

Organize to Inspire

Calm starts here. If you look organized, you'll *feel* organized, and your closet—domain of treasured possessions, the things that represent you to the world—is telling. (There's a reason Marie Kondo says to start with clothes!) This space, outfitted by California Closets, puts your things in order so your life follows suit. There's utility: a compact, freestanding LG Styler steamer (*above*) that reduces wrinkles and odors and refreshes creases on pants. And also beauty: When your wardrobe looks like a boutique, you're bound to enjoy it. To make it extra personal, says *HB* editor in chief Sophie Donelson, "stash the scarf or brooch you might not wear, but is sentimental to you, inside. Every time you see it, you'll think of that special person or time."

TOP LEFT: In this California Closets–designed space, glimpsing a sea of baubles organized in suede-like compartments is like opening a gift each morning. Jewelry from Huff Harrington and Tuckernuck. **TOP RIGHT:** The room makes space for a compact convenience, the LG Styler, a freestanding personal steamer. **LEFT:** A tilt-out laundry hamper is disguised as a deep drawer in the cabinet below the window. Clothing courtesy of Tootsies and Tuckernuck. Art, Whitney LeJeune (*left*) and Lindsey Porter (*right*).



Room-to-Grow Ideas

With imagination and free play as the tenets for the children's quarters, the adults in the room agreed on one thing: a hideaway in plain sight. "My kids loved *The Lion, The Witch, and the Wardrobe*," MacArthur says. "So we thought, What if the hall closet had a hidden ladder to a secret attic space?" (There's also adult access to the playroom through a bedroom loft.) The impulse that makes kids hide out behind sofas and erect pillow forts also makes them love these clandestine modern eaves.

ABOVE: The "Narnia closet" boasts monumental Rocky Mountain Hardware and books from Juniper Books. **TOP LEFT:** Motorized Shade Store shades can be raised and lowered with the push of a button. Bed, nightstand, and lamp, Ballard Designs. Bedding, Matouk. Rug, Stanton Carpet. Paint, Benjamin Moore Pale Vista. Custom register, Architectural Grille. Chandelier, Circa Lighting. Soicher Marin art, Perigold. **MIDDLE LEFT:** Thibaut Goa wallpaper stretches to the loft. Wildwood mirror and Oomph desk, Perigold. Chair, Ballard Designs. **BOTTOM LEFT:** The secret playroom, where kids can get creative and make messes. Books, Juniper Books. Pouf, Moroccan Prestige.

Live Outside

Nowhere in *HB's* Whole Home concept house is the good energy more free-flowing than on the open-air porch, amid a leafy canopy (and Benjamin Moore Gumdrop paint). Listening to Carolina wrens chirp and the breeze rustle trees is a mini version of the Japanese concept of *Shinrin-yoku*, or forest bathing—taking in natural surroundings as a powerful form of mental and physical therapy. When you're ready to reengage, the gas fireplace offers primal entertainment. And yes, the 65-inch LG OLED TV probably has the game on, but if you still want to feel calm, choose Gallery Mode instead. Cultured, relaxed, and energized—and all within the comforts of home.



With a gas fireplace, LG television, and sized-for-sharing Woodard furniture, the all-weather covered porch off the living room is geared to family together time. Janus et Cie planters and Currey & Company drinks table, Perigold. Plants, the Home Depot. Fireplace screen, coffee table, urn, and planters on mantel, Ballard Designs. Rug, Stanton Carpet. White table and bowl, Made Goods. Vintage topiary planters and paint stool, Huff Harrington. FOR MORE DETAILS, SEE RESOURCES ON NEXT PAGE