



# ECO HAVEN APARTMENT

*By Alice Nguyen*



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# ABOUT ME

## ALICE NGUYEN



Hi everyone! I am a senior Interior Design student passionate about creating meaningful spaces that inspire connection, creativity, and purpose. My design interests span across workplace, K-12, higher education, hospitality, multifamily, aviation, and international design. I believe great design can bring people together and make everyday experiences more enjoyable.

I approach every project with curiosity, collaboration, and care. From concept to completion, I love transforming ideas into spaces that serve real people and create lasting impact. I am curious, collaborative, and always looking to grow. So if you are passionate about design too, let's connect. I promise I do not bite unless we are talking about snacks at a design charrette.

# Table of Contents:

- *Introducing*
- *Project Overview*
- *Digital Mood Boards*
- *Part I and Floorplan*
- *Kitchen*
- *Bedroom*
- *Bathroom*



# PROJECT OVERVIEW

Eco Haven Apartment is a wellness centered one bedroom design that focuses on creating a healthy and restorative living environment. The project incorporates four key wellness strategies that guide the overall concept. Air Quality is addressed through the integration of enhanced filtration systems to support cleaner indoor air. Natural Light is maximized through large windows that brighten the interior and create warm, inviting spaces. Biophilic Areas introduce greenery and natural elements that strengthen the resident's connection to nature and support emotional well being. Fitness Areas encourage active lifestyles by providing dedicated spaces for movement and social interaction. Together, these elements form a holistic approach to healthy living and align the design with WELL Certification principles. Eco Haven Apartment presents a balanced home that promotes comfort, clarity, and everyday wellness.

# DIGITAL MOOD BOARDS



## NATURAL CALM

Soft greens, warm wood textures, and organic shapes set the foundation for Eco Haven's calm and balanced atmosphere. This board captures the essence of natural comfort with muted neutrals, smooth terrazzo, and rounded forms that promote a sense of grounding and clarity.



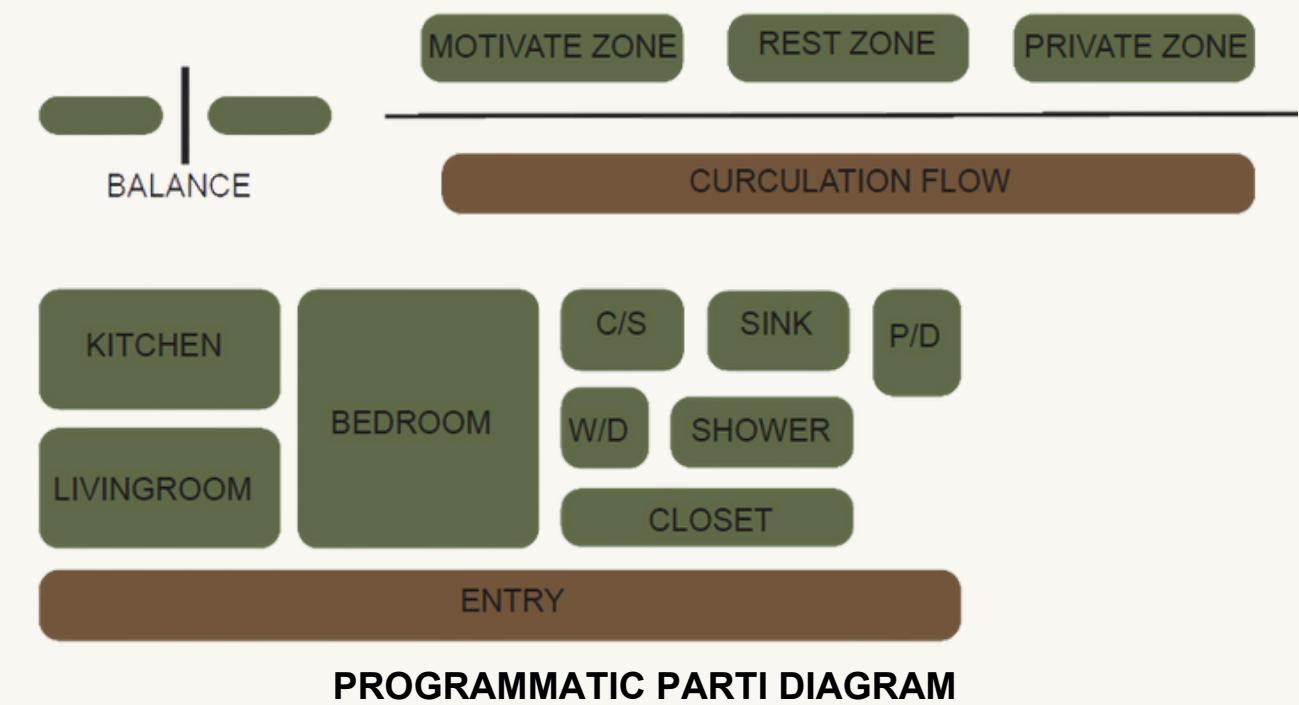
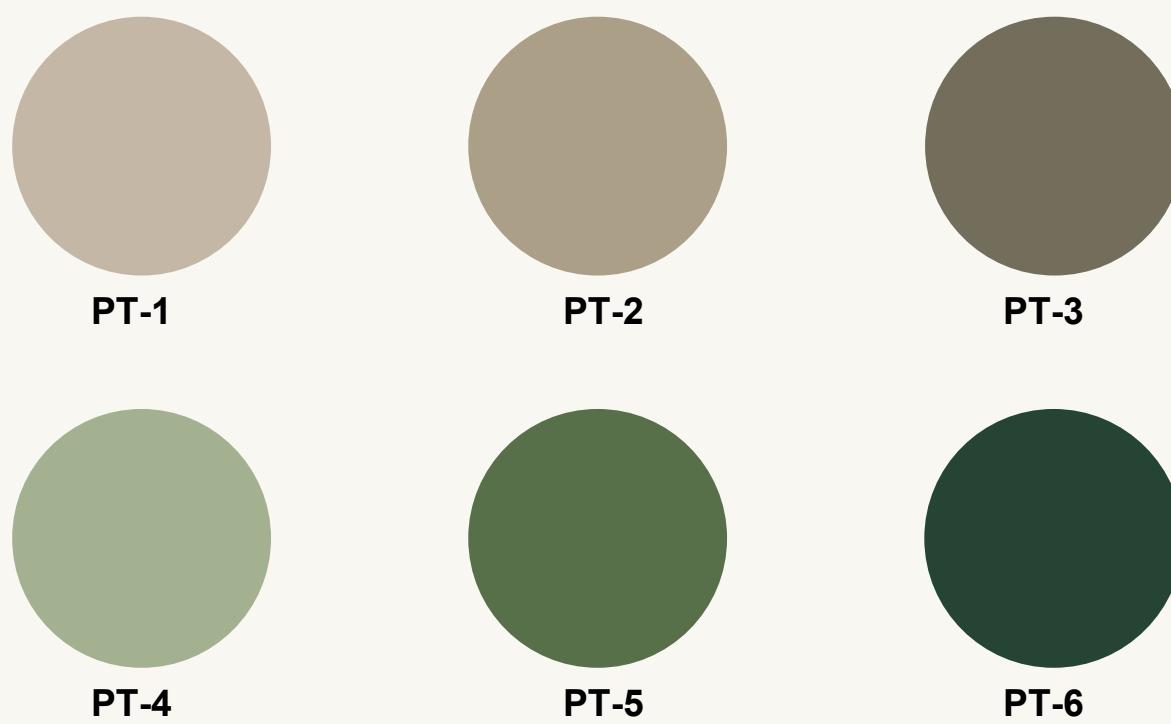
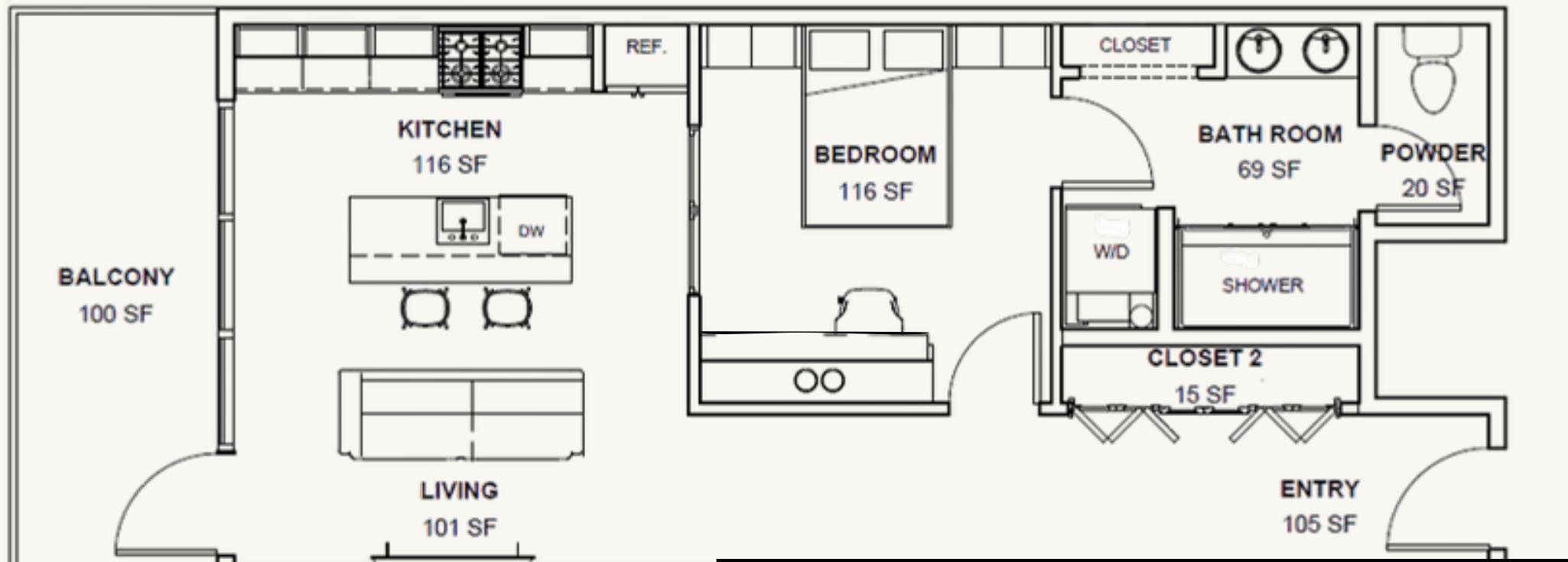
## BIOPHILIC TEXTURES

A harmonious blend of leafy patterns, soft greenery, and natural fibers reflects the apartment's connection to nature. Layered textures, botanical motifs, and gentle sunlight inspired tones bring warmth and serenity into the space, enhancing emotional well-being through biophilic design.



## MODERN WELLNESS

Clean lines, sculptural forms, and earthy materials merge to create a modern yet restorative living environment. This board highlights the project's focus on wellness, using natural materials, soft curves, and balanced compositions to support a peaceful and health-centered home.



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# Kitchen



The kitchen is designed as a restorative center of the home, where natural materials and soft green tones create an atmosphere of calm and balance. Warm wood textures ground the space, while the muted sage cabinetry reinforces a biophilic connection that supports emotional well being. The terrazzo island provides a functional workspace and a welcoming place for daily gathering. A full-height glass door opens directly to the balcony, filling the kitchen with natural light and strengthening the indoor outdoor connection. This openness enhances comfort, improves mood, and supports healthier living by bringing daylight and fresh air deeper into the home. Modern lighting and simple black fixtures add clarity and refinement, completing a space that encourages relaxation, social interaction, and an effortless daily routine.

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# Bedroom



The bedroom is designed as a calming retreat where soft green walls, natural textures, and gentle lighting create a space for deep rest and emotional grounding. The earthy palette strengthens the connection to nature and brings a sense of serenity, while the warm wood tones add a feeling of comfort and stability. Every element is chosen to reduce visual noise and support a peaceful nightly routine. Large windows introduce soft daylight, enhancing mood and contributing to overall well being throughout the day. Minimal decor and organic artwork reinforce a restful atmosphere, allowing the space to feel balanced, restorative, and deeply personal. This bedroom becomes a sanctuary within the home, encouraging relaxation, mindfulness, and a healthier daily rhythm.

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# Bathroom



The bathroom is designed as a soothing, restorative space where soft green cabinetry, clean lines, and natural textures create an atmosphere of clarity and relaxation. The muted palette supports a calm morning routine and helps reduce visual stress, while the warm lighting enhances comfort throughout the day. A spacious glass shower brings openness and ease of movement, allowing the space to feel bright and refreshing. Matte black fixtures add modern refinement and create a balanced contrast against the soft finishes. Thoughtful storage and simple accessories keep the environment organized and peaceful, supporting a sense of wellness and effortless daily living. This bathroom becomes a quiet retreat within the home, a space that promotes renewal, comfort, and a deeper sense of well being.

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# Thank You.

## Let's Get In Touch

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