

The Practical Companion

DESIGNING FOR THE
MOUNTAINS ENVIRONMENT

5 Ways to Bring the
Mountain Energy Into Your
Home



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1. Seek Elevation & Perspective

- Create a dedicated spot in your home that offers a higher vantage point — a window with a view, a loft, or even a slightly raised chair near a window.
- If you don't have altitude, mimic it with tall bookshelves, art that depicts horizons or mountain landscapes, or layered vertical design.

2. Carve Out Quiet Retreats

- Dedicate a space in your home where you can retreat and recharge (a reading nook, a meditation corner, a private desk).
- Use textiles, screens, or furniture placement to create “pockets of solitude” that feel set apart from the rest of the home.

3. Design for Stillness

- Opt for décor that communicates calm: muted palettes, natural textures, and simple forms.
- Limit constant sensory input — reduce clutter, harsh lighting, and digital noise.
- Add grounding elements such as stone, clay, or wood to anchor the space.

4. Integrate Natural Elements of Height & Clarity

- Bring in tall plants (like fiddle-leaf figs or snake plants) to mimic vertical growth.
- Hang art that features peaks, skies, or vast horizons.
- Use mirrors strategically to reflect “expansive” views and light.

5. Prioritise Spaces for Clarity & Decision-Making

- Mountains thrive on distance and perspective — create a space where you can “step back” mentally.
- Designate a zone for journaling, brainstorming, or big-picture planning.
- Keep these areas clean and pared-back so your mind mirrors the stillness of the environment.

Quick Action Step:

Choose one small adjustment this week (e.g., creating a quiet corner, hanging mountain-inspired art, or placing a tall plant).

Notice how it shifts your sense of calm and clarity.