

# MAIN LOGO & MISSION

Health & Home: Interior Design With Your Health In Mind - is an interior design-based business that seeks to help others create healthy homes by minimizing toxins, optimizing design and maximizing health.



## COLORS



## FONT'S

CORMORANT GARAMOND

ABCDEFGHIJKLMNOPQRSTUVWXYZ

abcdefghijklmnopqrstuvwxyz

1234567890!@£\$%^&

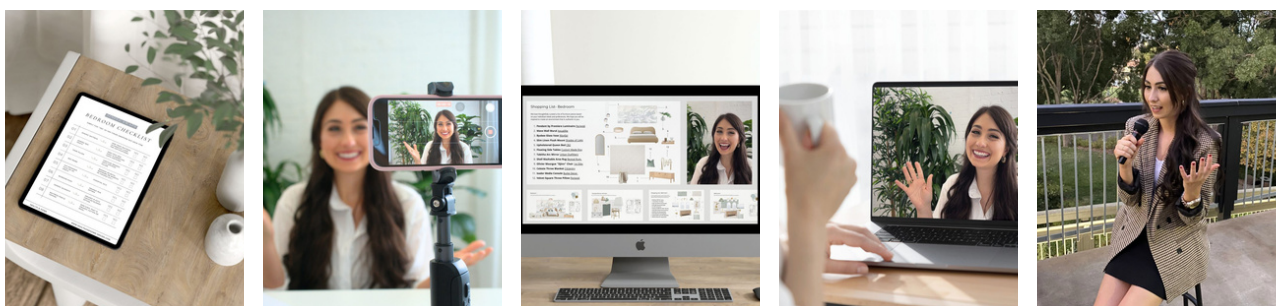
KHULA

ABCDEFGHIJKLMNOPQRSTUVWXYZ

abcdefghijklmnopqrstuvwxyz

1234567890!@£\$%^&

## MOOD BOARD



## SUMMARY OF WHO WE ARE

"Health & Home is an interior design-based business that is all about helping you create your healthiest home, so you can live your healthiest life! We help you do this by using nature as our inspiration and research from the latest studies as our guiding principles, to help you minimize toxins and optimize the design of your space so you can maximize your health!

Research has shown over and over again that our interior environment significantly impacts all aspects of our health both negatively and positively depending on how we design and use them.

From the negative things like weight gain, cancer, depression, chronic disease, and anxiety to the more positive things like better sleep, stronger immune function, quicker healing, healthier eating, and scientifically measurable perceived happier lives - all are greatly impacted by how we create and live in our spaces.

While we know that all to be true - we also know that our home environments are not being created this way, so we decided to do something about it by creating Health & Home, the first of its kind to look at interior design with your health in mind! We want to support you as much as we can! That's why we go further than just beautifying spaces by offering a variety of ways to support you on your journey!

Whether it's through our services, public speaking and teaching, e-courses, freebies, our podcast, YouTube, Instagram, or blog - whatever you are looking for, we have got you covered! We hope you feel at home here with us ♡

---

## SOCIAL MEDIA LINKS



**INSTAGRAM:** <https://www.instagram.com/healthandhomedesign/>



**PINTEREST:** [https://www.pinterest.com/healthandhomedesign/\\_saved/](https://www.pinterest.com/healthandhomedesign/_saved/)



**FACEBOOK:** <https://www.facebook.com/healthandhomedesign>



**WEBSITE:** <https://healthandhome-design.com/>



**TIKTOK:** <https://www.tiktok.com/@healthandhomedesign>



**LINKEDIN:** <https://www.linkedin.com/company/healthandhome/>



**YOUTUBE:** <https://www.youtube.com/channel/UCUVABSnL5yTUR6mZJRJPUAQ>

## PODCAST COVER



---

## PODCAST LINKS

**APPLE:**<https://podcasts.apple.com/us/podcast/health-home/id1590234667>

**SPOTIFY:**<https://open.spotify.com/show/1qB6EEqrAAy9YMBHr9A3TR>