

WELLNESS & BIOPHILIC INTERIOR DESIGNER

# *CHRISTINA MCMANAWAY*

MCMANAWAYINTERIORDSIGN.COM

## *ABOUT CHRISTINA*

Christina, having recently celebrated five years at her design firm McManaway Interior Design, she has spent the past year educating herself on health and wellness in the built environment. To show her commitment to Wellness she recently became an accredited professional with the International Living Future Institute - ILFI (the organization that created The Living Building Challenge, the most rigorous green building standard).

While studying for her LFA she attended the ILFI's Inaugural Cohort on Biophilic Design.

The LFA program taught her about product ingredients, scientific-based wellness design principles, and the future of design.

Throughout her studies one thing became evident: the need for advocacy to promote health and wellness in the interior design industry. Christina founded of The Well Designer an advocacy initiative focusing on Wellness and Biophilic Design.



Along side working in her design firm to promote wellness with her clients, she speaks with fellow designers who reach out to her, collaborates with fellow Wellness Designers, and contacts manufactures and auxiliary professionals to discuss the benefits Wellness and Biophilic Design.

History: Christina started her passion for art at a young age. As a fine arts photographer, she won several awards and has had her work published. Her love of art led her to interior design when she was taking art classes at a local college then later enrolled in their design program. While on vacation, she can be found with her Rolleiflex and infrared camera in hand.

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**HONORS  
&  
ACCOLADES**

**LIVING FUTURE  
ACCREDITED  
PROFESSIONAL**

ILFI / LIVING  
BUILDING  
CHALLENGE

**INAGURAL COHORT  
ATTENDEE**

ILFI'S BIOPHILIC  
DESIGN COURSE

**FOUNDER,  
WELLNESS ADVOCATE**

THE WELL  
DESIGNER

**NOMINATED  
DESIGN HOUND**

INFLUENCER  
AWARDS 2020

## **REACH US AT:**

FACEBOOK: CHRISTINA RENEE MCMANAWAY  
MCMANAWAY INTERIOR DESIGN  
THE WELL DESIGNER  
(GROUP - INDUSTRY & PAGE - PUBLIC)

INSTAGRAM: @MCMANAWAYINTERIORS

LINKEDIN: CHRISTINA MCMANAWAY

WEBSITES: MCMANAWAYINTERIORDESIGN.COM  
BIOPHILICCONSULTING.COM

## **THE CASE FOR WELLNESS AND BIOPHILIC DESIGN**

The Way We Build Is Affecting Our Health, Our Everyday Lives. We Can Make Better Choices: How We Design, In the Materials We Select, and How Construction is Performed.

- Christina McManaway

Indoor Air Pollutants Have Increased to 2-5 Times Outdoor Air Pollutants in Recent Decades"

- EPA Report: "Indoor Air Quality What are the trends in indoor air quality and their effects on human health?"

Practice Biophilia: Research in Biophilia is very specific about the level of connection that causes restorative effects in our bodies"

- Brown, Barton, & Gladwell, 2013; Barton & Pretty, 2010; Tsunetsugu & Miyazaki, 2005

"The EPA has 80,000 chemicals currently in the inventory [with] testing for fewer than 200 chemicals [...] and has issued regulations to limit or ban the production of only 5 chemicals.\*"

- "OVERSIGHT ON EPA TOXIC CHEMICAL POLICIES" Hearing  
<https://www.govinfo.gov/content/pkg/CHRG-110shrg88900/html/CHRG-110shrg88900.htm>  
pg. 22

"Students in Classrooms with daylight tested 8-16% higher than other with less window area"

\*Heschong, L 1999 & 2001

"Biophilic elements in design can reduce absenteeism by 10%\*"

Elzeyadi, I, 2011

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## ***SERVICES/ OPPORTUNITIES***

## ***BIOPHILIC CONSULTING***

Biophilic Interior Design  
Biophilic Transition Space Design  
Biophilic Exterior Design  
Biophilic Garden Design  
Biophilic Design Facilitator/Coordinator  
Biophilic Client Narratives/Research  
Biophilic Workshops  
Biophilic Mindfulness Exercises  
Biophilic Lectures/Speaking/Articles

## ***IDEAL CLIENTS***

Corporations  
Brands  
Publications  
Product Manufacturers  
Architects / Interior Designers  
Businesses / Homeowners

## ***WELLNESS DESIGN***

Reducing Toxins  
Biophilia Elements  
Healthy Lighting Techniques  
Sensory Input Design  
Natural Materials  
Stress Reduction  
Biomimicry  
Quality Air Control  
Human Centered Design  
Nature Integration  
Ecological / Historical Preservation  
Wellness Lectures/Speaking/Articles

## ***DESIGN PHILOSOPHY:***

Christina design style and philosophy is client centered design. Unlike many designers who specialize in a style, Christina developed a unique ability to type clients needs and design style down to the smallest details and motifs from her knowledge of art and architecture history. Her process requires client involved charette meetings, the development of a custom whole home color palette, and an interior design style profile covering the homes architecture, and garden style. To an untrained eye her portfolio may not look cohesive, it merely shows Christinas ability to develop the breath and depth of the different styles of her clients.