



Thrive Through Winter: Design Tips for Health and Well-Being



As temperatures drop and daylight hours shrink, it's common to feel a dip in energy and motivation. But staying healthy through the winter months goes beyond stocking up on hand sanitizer and vitamin C. It's about creating environments that nurture our physical and mental well-being; spaces that feel calm, focused, and cared for.

Here are a few thoughtful design strategies to help you thrive during the colder, darker months that are coming:

Let in the Light

Natural light is a powerful mood booster and plays a key role in regulating our sleep-wake cycles. During winter, when sunlight is scarce, it's essential to maximize exposure to daylight. Position workspaces and seating areas near windows to soak up as much natural light as possible. If your space lacks windows or sunlight, consider using daylight-simulating bulbs or light therapy lamps. These can help combat seasonal affective disorder (SAD) and keep your energy levels steady.

Keep Air Moving

Indoor air quality tends to decline in winter, especially when windows stay shut and heating systems run constantly. Stale air can contribute to fatigue and increase the spread of seasonal illnesses. Combat this

by using air purifiers, cracking windows for short periods to refresh the air, and regularly cleaning HVAC filters. Even small changes can make a big difference in how you feel day to day.

Build in Comfort

Comfort isn't a luxury, it's a necessity, especially in high-stress environments like healthcare, education, or shared workspaces. Incorporate soft textures like plush rugs, cozy throws, and upholstered furniture to create a sense of warmth. Choose warm, earthy tones to visually soften your space and promote relaxation. Ergonomic furniture also plays a crucial role in physical comfort, reducing strain and with that pain while supporting posture during long hours indoors.

Design for Wellness

Thoughtful design supports wellness all year long. Whether it's a calming color palette, strategic lighting, or furniture that encourages movement and rest, every detail matters. Our team specializes in creating spaces that feel warmer, safer, and more human.

Let's work together to design environments that help people feel their best, no matter the season.

The Ultimate Pumpkin Pie Recipe

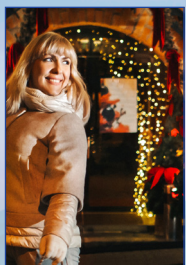
Here's The Ultimate Pumpkin Pie Recipe with extra flavors for a rich, warm taste:

Ingredients

- 1 unbaked 9-inch pie crust
- 1 (15-ounce) can pumpkin puree
- 1 cup packed light brown sugar
- 1 cup heavy cream
- 3 large eggs
- 1½ tsp ground cinnamon
- 1 tsp ground ginger
- ½ tsp ground nutmeg
- ¼ tsp ground cloves
- ¼ tsp salt
- 1 tsp vanilla extract
- **Extra twist:**
 - 1 tbsp maple syrup (adds depth)
 - Zest of 1 orange (brightens flavor)
 - 2 tbsp bourbon (optional, for warmth)

Directions

1. Preheat oven to 375°F.
2. In a large bowl, whisk together pumpkin puree, brown sugar, heavy cream, eggs, spices, salt, vanilla, maple syrup, orange zest, and bourbon until smooth.
3. Pour filling into the pie crust and spread evenly.
4. Bake for 50–60 minutes, until the center is set. Let cool completely before serving.
5. Garnish with whipped cream and a sprinkle of cinnamon or sweet candied pecans.



Mission Inn Light Fest, Nov. 23

November 11 - 18
SD Food + Wine Festival
Various Locations
San Diego, CA

November 15
Lighting Ceremony
Rodeo Drive
Beverly Hills, CA

November 16
Seahawks vs. Rams
SoFi Stadium
Inglewood, CA

November 23
Mission Inn Light Fest
Mission Inn
Riverside, CA

November 26 - 27
Turkey Trot + Health & Fitness Expo
Dana Point, CA

November 28
LA Kings vs. Ducks
Honda Center
Anaheim, CA



Turkey Trot, Nov. 26 - 27



WestEdge Design Fair: Where Furniture Gets a Personality

Forget quiet showrooms. WestEdge turns furniture into a full-on experience. Held at Santa Monica's iconic Barker Hangar, the fair blends high design with West Coast energy: sleek outdoor lounges, sculptural seating, and materials bold enough to make a statement but smart enough to live with.

This year marks the 10th anniversary of the WestEdge Design Fair, running November 20–22, 2025, and the celebration is bigger and bolder than ever. With over 150 premium brands showcased across 50,000 square feet, the fair offers a curated mix of immersive exhibits, interactive installations, and thought-provoking programming that highlights the transformative power of design.

This year's vibe? Refined rebellion. Think stone tables with attitude, modular sofas that flirt with art, and outdoor pieces that dare you not to sit down. Between the panels, cocktails, and endless "that would look amazing in my living room" moments, WestEdge reminds everyone why design is meant to be felt, not just seen.



HON Color Palettes 2025 (3 Examples Based on Cities Around the World)

Muscatine, Iowa, United States

Over 80 years ago, The HON Company was born in Muscatine, IA, setting the foundation for what they have become today. While HON has grown and evolved over the decades, the Midwest values and culture that shaped them remain in their core. Inspired by their roots, HON reimagined their original palette with modern finishes and textures. Blending a nod to the past with a fresh, forward-looking approach is their way of honoring where they started while staying focused on where they are headed.



Amsterdam, Netherlands

As the sun sets on Amsterdam, the city's canals and bridges come alive with a warm, glowing charm. Neutral blues and soft grays reflect the beauty of the night sky, while rich browns and creamy tones echo the character of the illuminated buildings. Subtle patterns capture the understated elegance of the skyline, bringing a hint of sophistication and depth.



Agra, India

Agra, home to the iconic Taj Mahal and one of the Seven Wonders of the World, boasts breathtaking views bursting with vibrant colors. The warm glow of Red Sandstone, a common building material used locally, radiates a cozy charm. Pairing those earthy hues with warm wood tones and calming greens inspired by lush trees brings the magic of this majestic landscape right into your space. LA's autumn light, the colors blend amber, rose, and terracotta with mid-century greens and muted browns for a nostalgic warmth. It's fall without the chill, where the season's beauty comes not from changing leaves but from the light itself shifting through the day.

