

THE SMART + HEALTHY HOME / SOUTHERN CALIFORNIA



AVALON ARCHITECTURAL, INC.

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Among the goals that drive the team at Avalon Architectural, Inc., the desire to create spaces that feel inviting and contribute to wellness is high on the list. As Jeff Anderson, the firm's principal architect alongside Tom Stewart, acknowledges, such environments "can be hard to define, but you know them when you're in them." And Avalon knows where to start in creating them. According to Anderson, it all comes down to personalization. "We give meticulous thought to each client's routines and habits in order to establish a layout that is in tune with even the smallest details of their lives," he says. Technology, of course, now plays a role in those. With consideration for automation systems, lighting controls, audiovisual components, window shading, solar PV systems and more, Avalon ensures that each home seamlessly blends the best of innovation with bespoke, refined living.

"High-tech and unique features need to be considered from the start, so they don't look like afterthoughts."

LIGHT COORDINATION

"Healthy living is enhanced by the experience of natural light in the right amounts at the right times," Anderson says. "It's all about the site's orientation to the sun and **creating a careful balance that allows for daylight, openness and views, but also provides protection and shelter from the sun when desired.** We design based on how light is needed throughout the day, according to individual lifestyles. **For example, we'll design to bring morning sun into the breakfast nook or provide shade to a swim-up bar in the hot desert afternoon.**"

THE WFH HUB

According to Anderson, there are a few key ways to ensure that the at-home office can be a part of a healthy work-life balance.

+ Set the scene.

"In one home, we located the work space along a waterscape that surrounds the home," he says. "This gave it a calm vibe, lowering stress and aiding focus. We also used a fireplace, display shelves, wood ceilings and art to bring warmth and personality."

+ Designate a meeting room.

If there is a need to host business associates at home, establish a separate living/entertaining space intended specifically for professional gatherings.

+ Include places for respite.

Sometimes, those working from home must contend with demands from family on top of the professional tasks at hand. For this reason, Avalon often incorporates areas for clients to take a power nap, make an espresso or watch an episode of a show without leaving their secluded office.

1. Designed to give the owner a place to recharge during the workday, this nook includes a daybed, warm lighting and storage for reading material.

1. Photography by Denny Kim

Impeccable design for the way you really live.



Avalon Architectural is known for creative and highly functional designs. Our client-focused design process begins with getting to know your passions and pursuits, and culminates in a home that celebrates your unique lifestyle while embracing its surroundings, climate and view. Wherever you reside, whatever aesthetic you love, we offer impeccable design for the way you really live.



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