

4 Wellness Trends for 2021 and Beyond

Cork, copper, and voice activation will be among the four innovations leading the march for health and wellness in home design

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Cork, copper, and voice activation will be among the four innovations leading the march for health and wellness in home design, say Dr. Susan Chung, vice president of research for the American Society of Interior Designers.

“Human behavior is part of prevention strategies, too,” says Chung. “Smart home technology (including the Internet of Things) can learn human and environmental behavior to create a program that fits occupant needs” Chung cites the example of indoor air quality management. “I envision technology that monitors outdoor and indoor air quality and temperature together to prompt occupants to open windows for natural ventilation or automatically run ventilation/purification systems to ensure good air quality while also considering occupant preferences.”

This is a growing category of smart home technology, with industry leaders and emerging competitors all marketing to builders and design professionals. National home builders like KB Home and Shea Homes are tying air and water quality monitoring into their wellness offerings and luxury developers like Rancho La Puerta are tapping into the trend too.