HEALING BY THE SEA: AN EMPIRICAL STUDY INTO BIOPHILIC DESIGN

Biomimicry (from *bios*, meaning life, and *mimesis*, meaning to imitate) is a design discipline that seeks sustainable solutions by emulating nature's time-tested patterns and strategies. The core idea is that Nature, imaginative by necessity, has already solved many of the problems we are grappling with: energy, food production, climate control, non-toxic chemistry, transportation, packaging, and a whole lot more (Benyus, 2012).

The focus of this project lies in the relationship between the built structure and the natural world. In more detail, how biophilic design can affect those who use it and the environment in which it is located. Biophilic design is defined as "the deliberate attempt to translate an understanding of the inherent human affinity to affiliate with natural systems and processes - known as biophilia - into the design of the built environment" (Kellert, Heerwagen, & Mador, 2008).