CrossFields Interiors & Architecture Issues Biophilic Design Resource

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GAINESVILLE, GA - November 10, 2026 -
CrossFields Interiors & Architecture has published a resource on applying biophilic design principles in healthcare office design. The approach draws on the company's long-standing work creating environments for holistic health and wellness practices. The resource addresses how natural elements can be incorporated into the planning of treatment rooms, waiting areas, and circulation spaces.

The published material outlines several practical methods used in the company's projects. These include maximizing natural light by avoiding full-height walls where possible, using lowered partitions and translucent glass, and selecting light-diffusing solar shades that reduce heat while preserving views. When natural light is limited, the resource notes the use of circadian lighting systems and higher kelvin color temperatures to support the visual environment.

Further recommendations cover the integration of greenery. Options described include living walls in treatment rooms and waiting areas, strategically placed potted plants in high-traffic zones, and aromatic plants such as lavender or eucalyptus. For practices that prefer lower maintenance, the resource also references high-quality permanent botanicals that maintain visual consistency without ongoing plant care.

Material selection forms another section of the resource. The company recommends organic and nature-inspired finishes such as wood, stone, and natural fibers including leather, cotton, wool, and linen. These choices are paired with an emphasis on low-VOC and non-toxic alternatives that support air quality. The resource notes that air quality considerations also include operable windows where feasible and HEPA filtration in appropriate locations.

"Integrating natural light, plants, and organic materials helps create environments that align with the goals of holistic care," said Carolyn Boldt, Vice President and Director of Design at CrossFields Interiors & Architecture. "The planning process addresses these factors early so that functional requirements and aesthetic choices work together."

CrossFields Interiors & Architecture developed the resource from its experience with chiropractic and wellness practices. The company uses its Signature 06 Steps process to guide clients through the sequence of decisions that affect space use, patient flow, and long-term operational needs. Early steps in the process evaluate how light, materials, and layout will interact before finishes or permit drawings are finalized.

The resource also addresses spatial flow. It describes the value of open, uncluttered areas that allow intuitive movement between zones. This approach is intended to reduce visual and physical barriers while supporting the different activities that occur in a holistic practice, from initial check-in to treatment and education spaces.

"Practices benefit when design decisions account for how the space will support daily operations and patient experience," said Scott Boldt, President of CrossFields Interiors & Architecture. "Early attention to lighting, materials, and layout reduces the need for later adjustments."

The company's background in commercial design and building informs the recommendations. Team members hold degrees in architectural engineering, construction management, and interior architectural design, with individual experience ranging from 15 to more than 30 years. Several team members maintain professional credentials that include NCIDQ certification, LEED AP status, and registration as designers or commercial general contractors.

CrossFields Interiors & Architecture has focused exclusively on holistic health and wellness environments since shifting its emphasis in 2011. The company was co-founded in 2004 by Scott Boldt and Carolyn Boldt after earlier work designing facilities for a major chiropractic university. That history includes the design and construction of public and student clinics as well as individual practitioner offices.

The resource is consistent with the company's overall approach to space planning. As degreed architectural interior designers, the team treats layout as the core of each project. Decisions about light penetration,

material durability, and zone relationships are resolved before aesthetic selections are completed. This sequence is intended to align the finished space with both operational requirements and the practice's care philosophy.

CrossFields Interiors & Architecture provides architectural, interior design, construction, and consulting services for holistic health and wellness environments. Founded in 2004 by Scott Boldt and Carolyn Boldt, the company has supported hundreds of practitioners through its Signature 06 Steps process.

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CrossFields Interiors & Architecture

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