

SMART IDEAS



## Wood you like this?

During Diwali go  
beyond home  
renovation and  
make efforts  
towards home  
reinvention

Home is where health is. That's the new adage in our constantly busy and stress induced lives. The choices you make for home décor affects mood, sleep pattern and stress levels of members of a household. To turn your home into a beneficial space for living, working, well-being, the natural choice is wood.

Wood from sustainable forests such as Canada provides benefits that go far beyond than just environmental friendly wood which is certified either by FSC or PEFC.

Use of solid wood in interior design, outdoor applications or for structural purposes, has made a unique contribution, with a focus on improved indoor air quality, acoustics, physical health, and a natural, positive human response to wood that has always been intuitive,

but is increasingly being proven by research and experience.

### Health impact

A recent study at the University of British Columbia and FP Innovations identified a link between the use of wood and human health.

The study compared the stress levels of participants in different office environments with and without wood finishing.

The results found that "Stress, as measured by sympathetic nervous system (SNS) activation, was lower in the wood room in all periods of the study."

### Air quality

Indoor air quality is a basic requirement for humans in any space. Wood itself is considered to be hypoallergenic; its smooth surfaces are easy to clean and prevent the build-up of particles that are common in soft finishes like carpet, heavy fabrics and furnishings.

### Humidity moderator

Acting like a sponge, solid wood absorbs or releases moisture in order to maintain equilibrium with the adjacent air. This has the effect of raising humidity when the air is dry, and lowering it when the air is moist, perfect for the sweltering summer months.

### Nature ambience

Humans have a natural affinity for nature. Being in a natural environment, be it a forest, park or garden can make us feel more relaxed.

So a decking made of the rich mocha coloured Western Red Cedar may be a key enabler in lower heart rate, blood pressure, and higher heart rate variability.

Wood products are beautiful, natural, durable, sustainable and the only major building material that grows naturally.

Source: Forestry Innovation Consulting India Pvt. Ltd

