



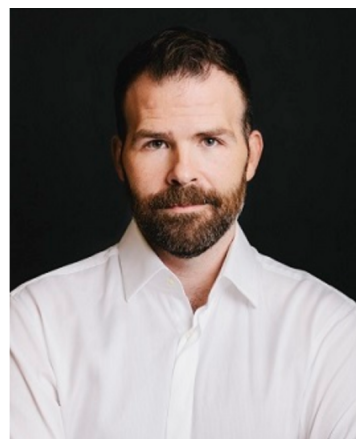
BARBARA & CHRISTOPHER TEAM UP TO BRING **Wellness** INTO THE HOME

Their mission is to create stylish, beautiful and healthy homes, with eco-friendly design, to help improve well-being.

INTERSECTION OF DESIGN & HEALTH

ECO-FRIENDLY INTERIOR DESIGN TO PROMOTE WELLNESS & NOURISH THE SOUL

Barbara Ficarra, a lifestyle, wellness & health designer™, is a registered nurse, and a recognized & trusted leader in the health & wellness industry. She is a design advisor, health educator, international speaker, on-air health expert seen on ABC, NBC & FOX and a writer for HuffPost, Dr. Oz etc. Barbara is passionate about transforming lives and homes into a vibrant well space using healthy design. Barbara helps busy professionals live "everyday well" - by designing a life and home with style, passion, purpose, and she provides a blueprint for wellness.



Christopher Burns, a sought-after interior designer in New York City creates interiors infused with an effortless elegance and introspective beauty. Christopher seeks to understand the lifestyle, needs and aspirations of his clients in order to create interiors that move beyond their expectations. The results invite and embrace. Christopher studied design at FIT and Parsons School of Design and started Christopher Burns Interiors in 2003.

BARBARA & CHRISTOPHER

For more information:

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Barbara Ficarra + Christopher Burns

Wellness Design Service

*Barbara Ficarra, RN, Health Designer and Christopher Burns, Interior Designer,
Join Forces to Integrate Design and Wellness in the Home*

As a HEALTH DESIGNER™ and registered nurse, Barbara Ficarra has made wellness her career, designing methods for wholesome living and empowering people to design their own healthy lifestyles.

Christopher Burns has been transforming spaces for over 15 years, working with his clients to design and customize their dream homes.

Christopher and Barbara believe that a well-designed home goes beyond the aesthetics. With artful and scientific approaches, they use their strengths to create a haven for health and well-being. Whether designing a new home from the ground up or updating one special room in the house, Christopher and Barbara consult with each client to determine individual needs and goals. They also believe in creating beautiful living spaces that intimately reflect those who live there, while emphasizing the vital understanding of all the elements chosen for the home and their impact on everyday life.

The design process can be as easy as helping to choose products and materials that are naturally sourced to reduce chemicals and toxins in the home, or the scope of the work can require a more extensive focus such as redesigning a kitchen that encourages one to make healthier meal choices by creating a whole “well” kitchen.

Their mission is to create stylish, beautiful and healthy homes, with eco-friendly design, to help improve their clients well-being.

They make the process smooth and effortless for their clients regardless of the scale of the individual projects.

By implementing thoughtful design choices, this dynamic team combine their areas of expertise to create beautiful and inviting homes that promote a healthier way of living.

Get started now on your beautiful newly designed healthy home.
Contact Barbara here for details.