

# Kala

Lauren Hersh



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## Wellness Oriented Design

Wellness-oriented furniture design focuses on **promoting physical and mental well-being** through thoughtful, human-centric designs. This trend is gaining traction as people increasingly **prioritize health, mindfulness, and self-care in their daily lives**. Key aspects of this movement include ergonomic innovation, sustainability, biophilic elements, and multi-sensory engagement.

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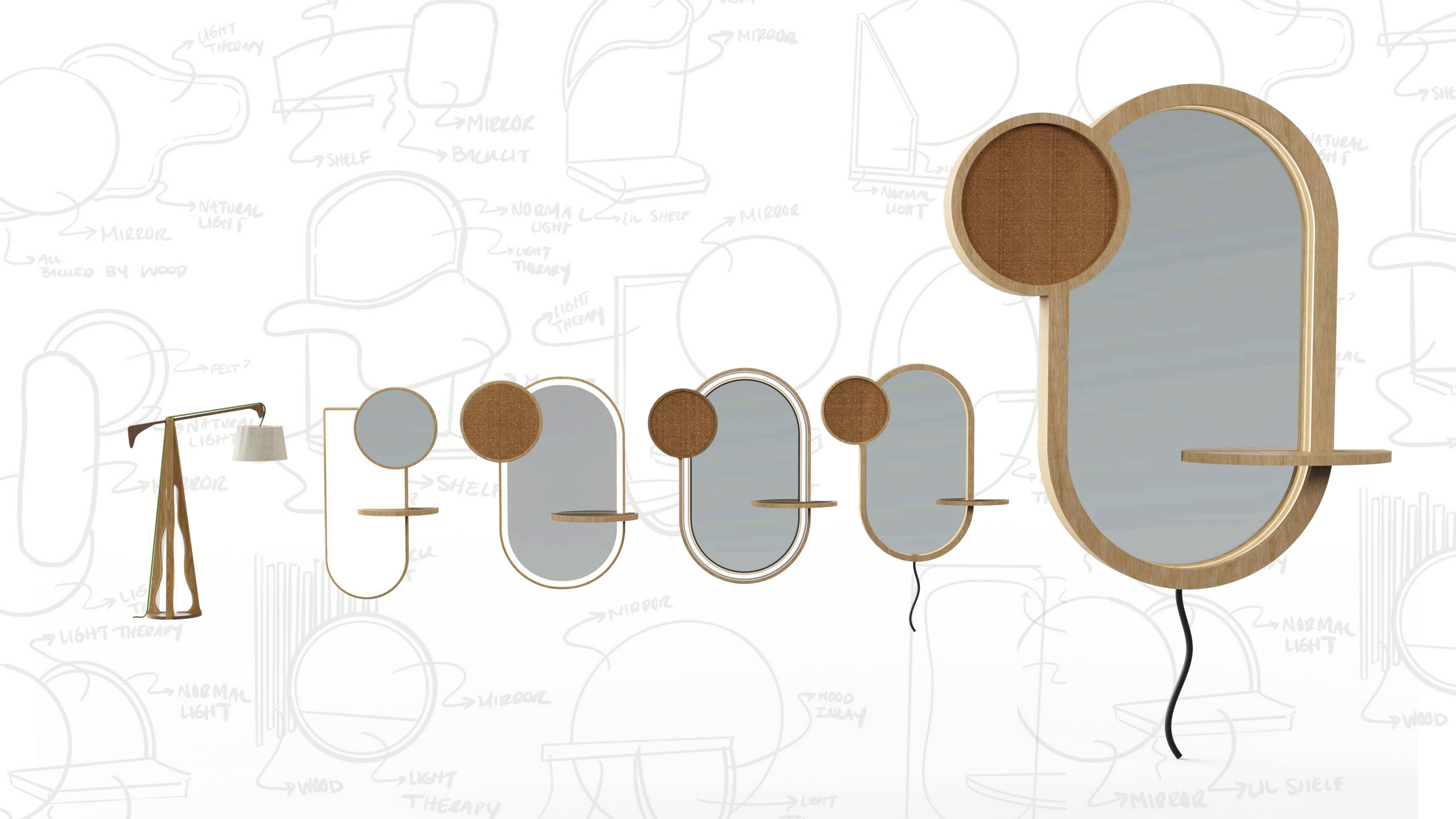


What is being used?

## Light therapy

Light therapy uses specific light to improve **mood**, **sleep**, and **treat seasonal depression**.







## Kala

***Reflect wellness,  
radiate confidence***

Temperature changing LED lights, made with wood and cork



## Mental Health

My goal is to promote **mental wellness** through a product that naturally fits into the home—both as a tool for **emotional support** and as an object you're **proud to display**. It's about making mental health care feel seamless, beautiful, and **part of everyday life**.

**Kala opens the door for  
more functional wellness  
products that blend health  
technology with everyday  
items.**





**Thank You**

Lauren Hersh