

# From Our Editor

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Clockwise from left: In a room designed by Philip Mitchell at the 2018 Kips Bay Decorator Show House. The “Narnia closet” in the Whole Home concept house. A custom piece from Architectural Grille for the home’s dog room. A Ubarre weight. My son in his own secret space.



**G**athering string is how journalists refer to the act of jotting down disparate, non-relevant ideas. My own Notes app is full of “strings”—notions that might strike me at the time, but with no real project yet in mind. I’d bet your screenshots, bulletin boards, or folders of tear sheets are similar. In my notes from the past year, however, a clear theme surfaced: Our homes have untapped potential to nourish us.

So I developed the idea further. The products and stories I gathered pointed toward the idea that our homes can inspire and support our healthy habits, from eating well to finding stillness—that our homes can make us *whole*. Thus, the Whole Home Project was born. And while we were publishing our yearlong series of special reports, a team in Atlanta was building and decorating the ideas in real life. Our concept house is revealed on page 63.

From fitness gear so handsome it shouldn’t be shelved (see Best U Studio’s Ubarre weight, above) to a bold proclamation of passion for your pet (Architectural Grille’s dog-bone grate, also above), we highlight unexpected ways to energize your relationship with your home, and with yourself.

One not to miss—the “Narnia closet” on page 82. The idea was sparked by the home of Gretchen Rubin, author of *The Happiness Project* (see our April 2018 issue). That home was full of contradictions: aesthetically elevated yet fiercely functional; deeply personal but broadly appealing. (In short, very *HB*.) And it also made room for wonder—the decoration, by Katie Lydon, extended all the way to an under-the-stairs nook for the kids that was even wallpapered. But the nook never made it into the pages of the magazine. We couldn’t wedge our adult-size photographer into the kid-size space. And that’s part of the room’s power—it’s fairy-tale stuff.

The string gathered there was noting that decoration can heighten our sense of wonder, our lust for escape. And that’s essential to health and wellness, too—to live richly, you must leave space for possibilities. In this issue, I hope you’ll find your own bit of string worth gathering.

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