

GRAND DESIGNS AUSTRALIA

LIGHT & AIRY
The art of bright
breezy interiors

**DESIGN
THAT FEELS**
Architecture for
mind and mood

STEAM, SOAK, SWIM
Luxe wellness spaces at home

**The New Age of
Australian
Infrastructure**

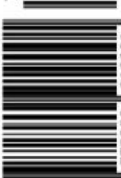
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Strong Hold

A home robust in form and commanding in presence

FEATURE OUTSIDE IN



ABOVE

A stylish balcony space with comfortable seating and a splash of green. Photography by Fiona Susanto. kaikodesign.com.au

BELOW

With a beautiful outdoor lounge and fireplace, you'll never want to head indoors. Featured is the Kai coffee table by Satara. satara.com.au

RIGHT

Create the ultimate wellness area at home with the Forge 2-Person FAR Infrared Sauna. forgesaunas.com.au



Sauna facts with Olia from Forge Saunas

Why Add a Sauna to Your Outdoor Space?

A sauna transforms your backyard from simple to sanctuary — it's a wellness upgrade that supports daily detox, better sleep, higher energy and reduced pain. Beyond aesthetics, it becomes a ritual space that encourages healthy habits, from post-workout recovery to meditation and reflection.

How It Works

Traditional saunas heat the air to warm your body, while infrared saunas use light to heat body tissue directly. This creates a deeper, more comfortable heat at lower temperatures, promoting greater detoxification and circulation while using less electricity, making it both effective and energy-efficient.

Health Benefits

Regular sauna use has been linked to:

- **Heart Health:** Up to 63 per cent lower risk of cardiac death and 50 per cent lower risk of heart disease.
- **Brain Health:** Up to 65 per cent reduced risk of dementia and Alzheimer's.
- **Immunity:** Boosts white blood cell production and overall resilience.
- **Fitness:** Enhances endurance, recovery and metabolic health.
- **Wellbeing:** Relieves pain, reduces stress, and supports better sleep.

Fun Facts

- Saunas date back over 2000 years in Northern Europe.
- Historically, they were so clean and sterile they were used for childbirth.
- Infrared saunas mimic the effects of moderate exercise, improving circulation and heart health without extreme heat. forgesaunas.com.au

RIGHT

Classic in design, paired with stylish furniture, this Vibia lighting is superb. euroluce.com.au

BELOW

A cosy Alani daybed is the ultimate in outdoor luxury. satara.com.au

go the custom route," he notes. "It's not just about aesthetics, it's about longevity and avoiding the cookie-cutter look."

Light on

Lighting plays a pivotal role in setting the scene. Dario Dal Ponte, general manager of LightCo, says there are a few key factors that come into play. "The right balance of natural and artificial sources transforms a setting from flat and static to layered, dynamic and inviting," he says.

There are a number of fabulous options for outdoors that can transform your pool and spa and alfresco areas into warm inviting spaces. With modern technology, some of them even allow you to take the light with you, wherever it's needed. Dario says when outdoors, portable rechargeable lamps provide instant ambience for patios and balconies, with no wiring required. "Many indoor designs now also adapt beautifully to exterior use, turning decks and gardens into true extensions of the home, perfect for Australia's love of outdoor living," he explains. "Innovative systems such as Drop by Il Fanale or Leda by Karman add flexibility and creativity, with modular designs that bring both sculptural interest and atmosphere to outdoor spaces."

Indoor outdoor décor

Beautiful liveable outdoor spaces continue to evolve, as the trend towards outdoor living grows. Justine Wilson, founder of Vault Interiors Property Styling, says multi-functional décor which looks just as good indoors or out is hot property right now.

"This year we are seeing more trends for multi-functional décor that works both indoors and outdoors, especially in Australia where alfresco zones really extend your living spaces," says Justine. "Indoor-outdoor tables and chairs in easy-wipe finishes such as resin, plastic or powder-coated styles work well in both."

Justine adds that UV fabrics also handle the weather and are great inside if you have pets or kids. "Stripes, bold solid colours or graphic patterns will be popular," she says.

