

HOME GLOW

Blend your personal style with elements that foster tranquility, transforming your home into a sanctuary where you can truly relax and feel at ease.

BOOK YOUR INITIAL CONSULTATION TODAY

Discover the latest trends, tips and inspirations.

Where Style Meets Serenity

Design expertise 2024

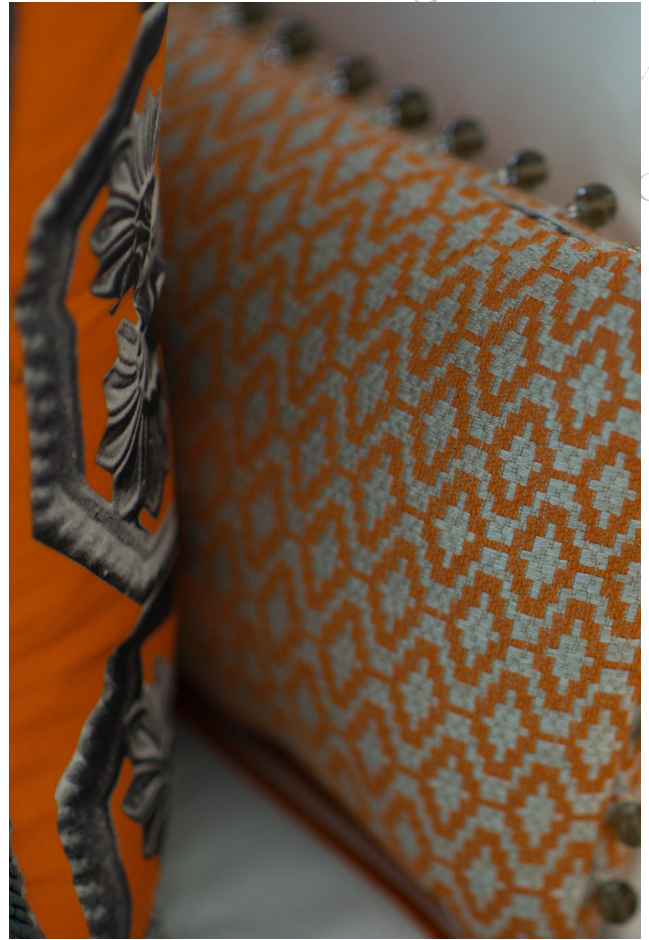
BAHAMAS VILLA

This holiday Villa situated in one of the most sought after private estates in the Bahamas. The brief was to introduce some antique pieces of furniture and source items from main land Miami.

Using a sophisticated, yet playful colour palette this created a comforting and homely holiday villa which fitted in with its surroundings perfectly.

Explore the initial mood board below created to capture the essence and inspiration for this project.

@alicemolloyinteriorsltd



Alice Molloy Interiors
Interior Design Consultancy

@pinterestuk

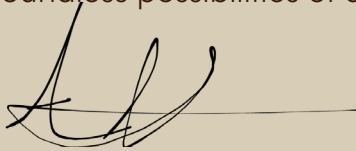


PERSONAL LETTER FROM THE EDITOR

I'm thrilled to have the opportunity to introduce myself to you. My name is Alice Molloy, and at 32 years young, I've had the privilege of experiencing life's many facets. Married and blessed with a nearly two-year-old daughter who fills our days with boundless joy, I've come to appreciate the beauty of family and the enriching parenthood journey.

My academic journey led me to pursue a passion for transforming spaces and creating environments that resonate with the soul. Graduating with a degree in Interior Design from Hertfordshire University, I embarked on a professional journey that has allowed me to blend creativity with functionality, turning spaces into living, breathing reflections of personality and purpose. Beyond design, I cherish moments spent with loved ones, exploring new cultures, and seeking inspiration in the everyday marvels that surround us.

Join me as I embark on this exciting journey of creativity, family, and the boundless possibilities of design!



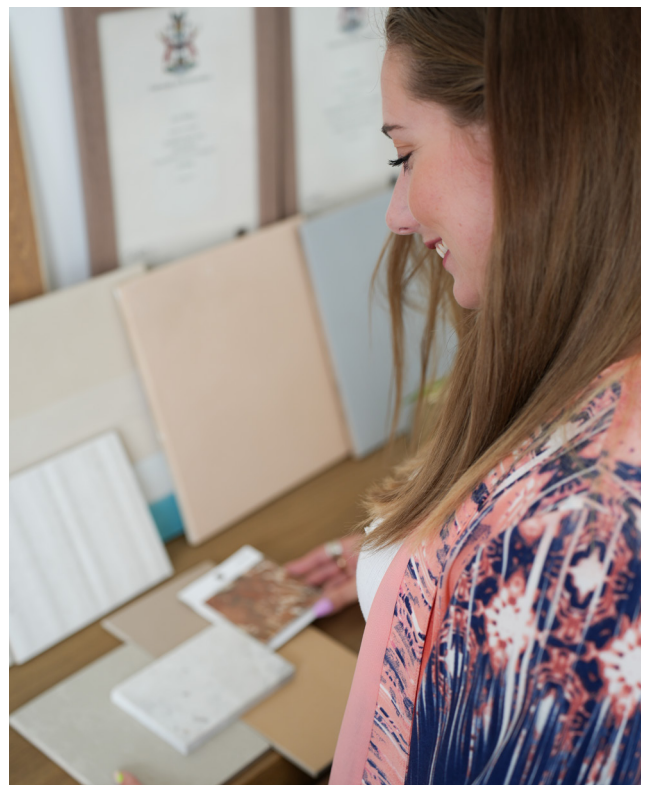
TRANSFORM YOUR SPACE TODAY!

- INTERIOR DESIGN
- FULL PROJECT MANAGEMENT
- E-DESIGN
- DESIGNER FOR A DAY

We have a range of services we can offer, starting with a full interior design service all the way to an E-Design pack and everything in-between. If you're not sure what would suit you best, please feel free to get in touch for a consultation call.

Contact Alice today to begin your dream home transformation!

info@alicemolloyinteriors.com



Alice Molloy Interiors

Interior Design Consultancy



@alicemolloyinteriorsltd

HOW TO DESIGN A FEEL GOOD HOUSE?

The interiors of your home should make you feel good because they provide a personal sanctuary where you can relax, recharge, and feel comfortable, significantly impacting your overall well-being and happiness.

Here are a couple of statistics that highlight the positive impact of a well-designed house on mental health:

NATURAL LIGHT AND WELL-BEING

A study found that people who live in homes with ample natural light are 20% more likely to report feeling happy compared to those in darker environments, as natural light exposure is linked to improved mood and reduced stress levels (Source: The Lancet).

CLUTTER AND STRESS LEVELS

Research from the UCLA Center on Everyday Lives and Families indicates that high levels of household clutter can lead to increased cortisol levels, a marker of stress. Conversely, well-organized and thoughtfully designed spaces can help reduce this stress, contributing to better mental well-being (Source: UCLA Celf)

DO YOU FEEL GOOD?

Our surroundings have a huge impact on our mental health and well-being and therefore the interior design of your home should be carefully curated to create a comfortable, uplifting, and harmonious environment.

Your home should be a place to feel safe, relax and de-stress from the environment outside. By introducing some biophilic elements you can:

- Reduce fatigue by 38%
- Reduce depression by 58%
- Reduce anxiety and tension by 37%
- Increase productivity by 18%
- Increase your wellbeing by 13%

(Source: Home Space via Interface & Plant Plan)



CONTACT US!

Contact us today to book your initial consultation. Whether it's remodelling a single room or full renovation or rebuild, you've come to the right place!

Get in touch via the following:

M: 07826 541669

T: 01206 899333

E: info@alicemolloyinteriors.com

W: alicemolloyinteriors.com

What are you waiting for?!



CREATING A SENSE OF FREEDOM

A home designed for mental wellbeing should give the user freedom – both mental freedom to think and freedom of choice. For the former, that might mean creating pockets of space conducive to moments of reflection and escapism – it could be a view out of a window, an inspiring picture on the wall of a favourite place associated with happy memories, or having areas of negative space (space where there is nothing or no visual interest, such as blank walls) where the eye has space to rest.

Having a sense of freedom in your own home is important because it fosters a feeling of comfort, security, and personal expression, allowing you to live authentically, make choices that suit your lifestyle, and create a space that truly reflects your identity and needs.

“When I was feeling agoraphobic, I could even feel trapped while sitting at the dinner table. A home should not govern you or dictate how you should behave, but should be based on your own rules.” (Cate St Hill – Source: Cate St Hill Website)



@alicemolloyinteriorsltd

THE POWER OF A WELL-DESIGNED BEDROOM

Your bedroom is more than just a place to sleep; it's a sanctuary for rest, relaxation, and rejuvenation. The design of this personal space plays a crucial role in your overall well-being. Here's why a well-designed bedroom is essential for a healthy mind and body.

PROMOTES QUALITY SLEEP

The primary function of a bedroom is to provide a restful environment conducive to sleep. A well-designed bedroom optimizes elements like lighting, temperature, and bedding comfort, which are vital for good sleep hygiene. Soft, warm lighting, for instance, can help signal to your body that it's time to wind down, while blackout curtains can block disruptive light. A comfortable mattress and pillows support proper posture and comfort, reducing the risk of aches and improving sleep quality.

SUPPORTS PHYSICAL HEALTH

Beyond mental well-being, a well-designed bedroom can support physical health. Good air quality, achieved through proper ventilation and the inclusion of indoor plants, can enhance sleep and overall health.



BOOK YOUR INITIAL CONSULTATION TODAY

Get in touch today, and we can deliver a specialised interior design service tailored to meet your unique needs! What are you waiting for?!

WWW.ALICEMOLLOYINTERIORS.COM

INTERIOR DESIGN