LIVE BETTER NOW

With the Whole Home Project concept home, House Beautiful and a team of sponsors set out to prove that a dream house can be more than pretty: It should help you live your very best life.

Relaxing is the priority in the white oak-paneled study—hence the ergonomic Stressless seating. The Currey & Company desk; Arteriors coffee table, and Milling Road side table are from Pergold. The mirrors, wooden chair, and planter are from Huff Harrington. Rosetone Mirage Cheetah rug, Stanton Carpet. Pendant, Circa Lighting.

ARCHITECT LINDA D’ORAZIO MacARTHUR BUILDER LADISIC FINE HOMES
INTERIOR DESIGNERS SHERRY HART AND JENNIFER JONES CONDON KITCHEN & BATH DESIGNER MATT HARRISON PRODUCER CARISHA SWANSON PHOTOGRAPHY VICTORIA PEARSON WRITER KATHRYN O’SHEA-EVANS
There's an essential secret to a happy life that was well known even 150 years ago. Make your home a sanctuary of self-care, and you'll never have to look elsewhere for happiness. In the early 1870s, when the man behind the nom de plume Mark Twain was building his house in Connecticut, he and his wife, Olivia, had two special directives for their architect: a conservatory for their riotous houseplants, and a third-floor billiards room that would double as an office (the original man cave?). So today, ask yourself, what exactly are you doing at home to live your best life? With all the choices available—from smart light switches for instant relaxation to drugstore face masks—you're now more capable than ever before of designing and stocking your home with an eye toward wellness. It's what Samuel Clemens believed, and what House Beautiful has advocated since 1896: If you design your home well, you'll live well. With a dedicated team of sponsors and pros (builder Michael Ladisc, architect Linda D'Orazio, MacArthur, kitchen-and-bath designer Matthew Quinn, and interior designer Sherry Hart), we built a home in Atlanta from the ground up, including a kitchen engineered to inspire healthy eating and a no-excuses fitness studio. Go ahead: Pick a paint color, a gadget, or a whole frame of mind, and let it help you triumph every day.

The Project

It took a village to raise HB's Whole Home Project concept house, but all parties involved agreed that it had to look the part. "Our lives are so hectic, and we're constantly bombarded, so we decided to go with the simplest idea of a house," says architect Linda D'Orazio MacArthur of the exterior, which mimics a childlike drawing of a classic house. "We wanted it to be familiar."

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AKDO, AMERICAN STANDARD, ARCHITECTURAL GRILLE, BALLARD DESIGNS, BENJAMIN MOORE, CALIFORNIA CLOSETS, CHARLES P. ROGERS, CHUBB, CIRCA LIGHTING, DOWNSTAIR KITCHENS, DIV, GROHE, LG, LOKOL, MARVIN WINDOWS AND DOORS, MATOUK, NOON, PERIGOLD, ROCKY MOUNTAIN HARDWARE, SIGNATURE KITCHEN SUITE, SILESTONE, STANTON CARPET, STRESSLESS, STYLE LIBRARY, THIBAUT, WOODARD

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The modern farmhouse’s exterior includes tall, slim Marvin Windows and Doors windows, for ample sunlight and floor-to-ceiling fresh air inside. The metal-roof porch, outfitted with Woodard furniture, encourages neighborly chats, which just might boost longevity—studies show that a wide social network and community engagement can increase a person’s life-span. Paints, Benjamin Moore White China and Iron Mountain.
Together as One
Living rooms were once buttoned-up dens of frosty detachment, but ours is as warm as a mug of piping-hot mulled cider. We ratcheted up the homely and welcoming cues, which are felt viscerally in the elevated-folksy Thibaut curtain pattern and the prime-spot-for-everyone eight-foot-long Lee Industries sofas. This room pumps up your pleasure at every turn.
A Dining Room That Gets Used

Presto, change-o! This sunlit dining room is a stylish shape-shifter. Instead of a single surface, we opted for two tables that can be used in tandem, to seat eight, or separately, as kids’ and adults’ tables or dinner and homework stations. Designer Sherry Hart picked the Circa Lighting bell-jar lanterns for their shimmering warmth—appropriate for a fête or just weeknight grain bowls—that casts all in a glamorous, photogenic glow.

A built-in cabinet from Downsview Kitchens houses heirloom pieces for everyday use. The Sarreid tables are from Perigold, and the Charles Stewart dining chairs are covered in a Thibaut fabric. Tableware, Royal Crown Derby from Replacements, Ltd. Paint, Benjamin Moore White Dove. Rug, Stanton Carpet.
Fitness: Front and Center
In a space typically reserved for a dining room, we created this workout studio and meditation pad—because when your gym is two seconds from the kitchen, you're more likely to put down the chips and roll out a yoga mat. A Peloton bike brings the trainer to you, and Ubarre weights double as sculpture. Meditation cushions await for when a 10-minute head-clearing is more vital than a good sweat, but in case you do perspire, the daybed seating is a resilient Moore & Giles leather.

Let There Be (Lots and Lots of) Light
Builder Michael Ladisic believes in the life-changing power of natural daylight—because he's living it. "I built my house to be flooded with light, and it has totally transformed my family's mental state," he says. Here, light is maximized with clever window placements, such as a dramatic two-story expanse at the stairwell—a traditional spin on the modernist walls of Philip Johnson's Glass House—and with the ingenious lighting system Noon, which tunes in to your home's rhythms and can dim and brighten bulbs based on your lighting habits.