

## 2022 Home Design Trends to Watch: Lisa Kahn Designs

*As we get into the swing of 2022, we're taking inventory of what 2022 home design trends some of the most influential figures in the interior design industry are predicting.*

We caught up with Florida-based interior designer Lisa Kahn of Lisa Kahn Designs to find out what trends she thinks will rise in popularity in the new year. Here's what she had to say.

### An emphasis on the home as a sanctuary.



"After the past 2 years of being at home and working at home, we're depending on our homes to support us in every way. As we move back out into the world, we carry with us a new reverence for and appreciation of our nests."

### A deeper understanding of how to nurture our own good health.



"This translates into more interest in sleeping well. This could mean incorporating pillow systems, delicious bedding, specialized mattresses and creating EFM-free zones in our bedroom. Eating well is another interest. The focus here is on well-designed kitchens and appointing them with all the right equipment. Eating right and sleeping well have a big impact on our ability to resist sickness and to recover quickly when we do become ill. Therefore, a bigger market for products that address both is created.

### About Lisa Kahn Designs

Based in Naples, Florida, Lisa Kahn Designs is a full-service design firm that focuses on human/environment connection. The team at Lisa Kahn believes that there's a distinct tie between the human spirit and the environment that surrounds it. In order to form a positive human spirit/environment connection, Lisa Kahn aims to help clients create a peaceful home that translates to a peaceful soul.



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Learn more about Lisa Kahn and her team by checking out their [website](#), or [follow them on Instagram](#). Hungry for more 2022 home design trends? [Check out our interview with interior expert Michel Smith Boyd](#).

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