

ART & DECOR FOR YOUR NEUROBIOLOGY

The Living Room

1 SOCIAL SYNAPSE ZONE

Research suggests that Blue and Green hues (shorter wavelengths) reduce heart rate and lower stress, allowing the prefrontal cortex to focus on complex tasks without hitting "mental fatigue."

IMPLEMENTATION: Lighting over Pigment

Use warm-spectrum bulbs (2700K). Neuro-aesthetics proves that "warm" light triggers the release of serotonin in social settings.

TEXTURE & CONTRAST

Mix your **Signature Color** in different textures (a velvet pillow vs. a matte ceramic vase). High tactile diversity stimulates the somatosensory cortex, making the room feel "rich" and safe.

WHY YOUR ART & DECOR MATTER

Your brain is constantly scanning your environment to determine if you are safe, alert, or tired. Through neuro-aesthetics, we know that certain color wavelengths impact the endocrine system, heart rate, and cortisol levels. This guide helps you apply your Color Protocol results to your physical world.

NEW
NEW
NEW
NEW

GOALS:

Oxytocin release and verbal fluidity.

COLORS: Golds, muted coral, peach, with neutrals

ART:

smooth lines, flowing abstracts, conversation starters

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Stop buying art that just matches your sofa, and start buying art that primes your brain for the life you're trying to build.

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ART MATTERS!

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