



Luxewell

BIOPHILIC HOMES · BUILT FOR LONGEVITY

The Elements of a *Healthy Home*

A walk through the six systems we design into every Luxewell home — what they are, why they matter, and how you'll see them working, every day, on your own wall.

BEFORE WE BEGIN

Your home is either building your health or quietly taking it. *We build the first kind.*

Most luxury homes are designed for how they look. A Luxewell home is designed for how you'll feel in it — this year, and thirty years from now. Every choice below comes from published research, not wellness folklore, and every system is measured, so you never have to wonder if it's working.

We organize the home in three layers. **Foundation** is the invisible baseline — air, water, light, sound, and materials working quietly around the clock. **Restoration** is where the home actively helps your body recover. **Sanctuary** is what it all adds up to: a place that settles your nervous system the moment you walk in.

Foundation

THE HEALTHY-HOME BASELINE

Filtered air and water, circadian light, quiet, and clean materials — infrastructure you never think about, working every hour.

Restoration

BUILT TO HELP YOU RECOVER

Sauna, cold plunge, deep-sleep bedrooms, and room to move — recovery designed into the floor plan.

Sanctuary

CALM FOR THE NERVOUS SYSTEM

Natural materials, indoor-outdoor flow, and nature within eyesight and earshot.

01

AIR

02

WATER

03

LIGHT

04

SOUND

05

MATERIALS

06

NATURE

Air

You breathe twenty thousand times a day. Every breath is either working for you or against you.

WHY IT MATTERS

Indoor air is routinely more polluted than outdoor air — and Harvard's COGfx studies found that as CO₂ and fine particles rise, thinking measurably slows, with no lower threshold where the effect stops. Georgia is also radon country. Clean air is the fastest, most powerful health upgrade a home can make.

WHAT WE BUILD IN

- **Continuous fresh air** — a whisper-quiet energy-recovery ventilator exchanges stale air for filtered outdoor air, all day, every day
- **MERV 16 filtration** at the air handler — hospital-grade capture of what circulates
- **True HEPA** purification in every bedroom
- **Induction cooking** with a hood vented outside — no combustion in your kitchen air
- **Radon mitigation** designed in from the slab up

1.4–1.8%

slower cognitive response times for every 500 ppm rise in indoor CO₂ (Harvard COGfx)

HOW YOU'LL SEE IT

- PM2.5, CO₂, VOCs, humidity — live
- Radon, tracked continuously
- Filter life, so nothing quietly expires

ON YOUR DASHBOARD · AIR TILE

What you'll notice: you sleep deeper, wake clearer — and other houses start to smell "stuffy" to you.

Water

You drink it, cook with it, and bathe in it — thousands of gallons a year through your body and skin.

WHY IT MATTERS

Most homeowners have never tested their water — and the things that matter most, like lead, PFAS, and bacteria, are invisible and tasteless. So we don't guess. Every Luxewell water system starts with a certified laboratory panel of your actual water, and the treatment system is designed from those results — then monitored for life.

WHAT WE BUILD IN

- **Whole-house filtration** — sediment, then catalytic carbon — sized to your lab report
- **UV purification** on well systems — bacteria handled before it reaches a single tap
- **Reverse osmosis + remineralization** at the drinking tap
- **Copper drinking-water lines** — no plastic leaching into your water (see Materials)
- **Leak sensing and automatic shutoff** at the main

Test first

every system is designed from a certified lab panel of your water — never from a catalog

HOW YOU'LL SEE IT

- Filter life on every stage — replacements arrive before they're needed
- Flow, pressure, and leak alerts
- At Heartwood: community supply lab-tested continuously — metals, nitrates, and more

ON YOUR DASHBOARD · WATER TILE

What you'll notice: water that tastes like nothing at all — which is exactly what it should taste like.

Light & Dark

Light is the signal that sets your body clock. Most homes send the wrong signal all day — and all night.

WHY IT MATTERS

Eighteen of the world's leading circadian scientists published consensus targets in 2022: bright, daylight-rich days; dim, amber evenings; and true darkness for sleep. Get those three right and sleep, mood, and energy follow. A Luxewell home renders that science in architecture — automatically, every day, without you touching a switch.

250 / 10 / 1

melanopic lux targets — day / evening /
sleep (Brown et al., PLOS Biology 2022)

WHAT WE BUILD IN

- **True circadian lighting** — the whole home shifts from cool morning brightness to candlelight-warm evenings on the sun's schedule, automatically
- **Architectural daylight** — window walls and orientation that flood mornings with real light
- **Blackout shades with side channels** — the detail that eliminates the halo of light and takes bedrooms below 1 lux
- **Dawn-simulation wake** — shades rise and light warms gradually; no alarm clock
- **No glowing standby LEDs** in sleep zones — switched off at the wall, by design

HOW YOU'LL SEE IT

- Today's light curve, live
- Your bedroom's commissioning reading — measured at pillow height
- Sleep score, right beside it

ON YOUR DASHBOARD · LIGHT TILE

What you'll notice: evenings that make you sleepy on schedule — and mornings you wake before the alarm you no longer need.

Sound

Quiet is a luxury your nervous system can measure — even when you don't consciously hear the noise.

WHY IT MATTERS

The World Health Organization links chronic night noise to fragmented sleep and elevated cardiovascular risk — and the damage happens even when sounds don't fully wake you. Their guideline for bedrooms is under 30 decibels at night: roughly the sound of a whisper. Almost no conventionally built home achieves it. Ours are designed to.

WHAT WE BUILD IN

- **Acoustically isolated bedrooms** — insulated walls, solid-core doors
- **Quiet mechanicals** — equipment isolated and located away from sleep zones; a ventilation system you'll never hear run
- **Soft, sound-absorbing surfaces** layered into the design
- **Siting and glazing** chosen for the quiet side of your land

<30 dB

WHO nighttime bedroom guideline for good-quality sleep

HOW YOU'LL SEE IT

- Bedroom sound level, live, in decibels
- Overnight quiet report beside your sleep score

ON YOUR DASHBOARD · SOUND TILE

What you'll notice: the particular stillness of a country night, indoors — and how loud everywhere else suddenly seems.

Materials

Your home is the one thing you live inside of. What it's made of ends up in your air — and your water.

WHY IT MATTERS

Conventional paints, foams, adhesives, and cabinetry quietly off-gas volatile compounds for months or years. Even plumbing matters: Purdue University research shows common plastic (PEX) water lines can leach unregulated compounds into drinking water, while copper leaches nothing organic and naturally resists microbial growth. We choose every material as if you'll breathe it — because you will.

WHAT WE BUILD IN

- **Zero/low-VOC** paints, adhesives, and finishes throughout
- **Formaldehyde-free** cabinetry and casework
- **Natural materials** — reclaimed wood, stone, natural textiles; no carpet in sleep zones
- **Copper potable plumbing** — hot lines especially, where plastic leaches most
- **A materials disclosure sheet** — you'll know exactly what your house is made of

Copper

drinking-water lines — verified safe for your water chemistry before installation

HOW YOU'LL SEE IT

- VOC index, live — watch it stay low
- Your home's materials ledger, on record

ON YOUR DASHBOARD · AIR & MATERIALS

What you'll notice: no "new house smell." That smell was never a good sign.

Nature

Plants, flowers, and animals within eyesight and earshot — because your biology expects them.

WHY IT MATTERS

Decades of research — beginning with hospital patients who healed faster with a window view of trees — show that seeing and hearing living things measurably lowers stress. This is biophilic design: not decoration, but a nervous-system intervention built into the floor plan. It's also what makes daily movement and time outdoors actually happen.

WHAT WE BUILD IN

- **Window walls and courtyards** — green views from the rooms you live in most
- **Edible landscape** — gardens and orchard trees, not just ornamentals
- **Indoor-outdoor flow** — stepping outside is effortless, so it happens daily
- **Recovery spaces** — sauna, cold plunge, and room to move, connected to the outdoors
- **Life around you** — chickens, pollinators, birdsong within earshot

Eyesight & earshot

the Luxewell standard for gardens, orchards, and animals from your main rooms

HOW YOU'LL SEE IT

- Garden soil moisture and temperature
- Weather on your land, live
- A window to the coop and garden, on the wall display

ON YOUR DASHBOARD · LAND TILE

What you'll notice: you go outside without deciding to. The house makes it the easiest thing to do.

SEEING IT WORK

One screen. Your whole home, *telling the truth.*

Every element on the previous pages reports to a single display — a vertical screen on your wall, and the same view on your phone. Not a gadget app with seventeen logins: one calm surface showing what your home is doing for you right now.

THE HOME'S VITALS

Air quality, water and filter status, light phase, sound levels, energy — live, in one glance.

YOUR VITALS, BESIDE THEM

Sleep score, recovery, HRV from your wearable — so you can see the home and the body it's building, together.

IT SPEAKS UP ONLY WHEN IT SHOULD

A filter nearing end of life. A leak at the main. CO₂ creeping in a closed room. Otherwise, it stays quiet.

YOUR DATA STAYS HOME

The system runs locally, in your house. Your home's health data belongs to you — not to a cloud company.

At Heartwood, the community water supply is laboratory-tested continuously — heavy metals, nitrates, and thirty other parameters — and every resident sees the results on this same screen. No community in Georgia can say that.

HOW IT HAPPENS

From first conversation to a home that *keeps you well.*

01

Assess

Your current home, scored across the six elements — free, online, three minutes.

02

Test

Certified lab panels of your water and land — the science that writes the spec.

03

Design

The six elements, tailored to your family, your site, and your goals.

04

Build

Delivered with our builder partner — three decades of homebuilding across North Georgia.

05

Monitor

The dashboard goes live. Filters arrive before they're needed. The home keeps proving itself.

Start with the *assessment.*

Twenty-one questions. Your score, your biggest opportunity, and your plan — in three minutes.

luxewell.com/assessment

© Luxewell · A Rhodium Ventures company. This guide is educational and not medical advice. Product selections are representative and finalized per project. Renderings are conceptual.