

THE INTERIOR TEMPLE

HOLISTIC INTERIOR DESIGN

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A sacred space where people can
retreat, rest and remember.

Imagine a space, that has been curated just for you. A space that is imbued with balance, beauty, and a deep sense of belonging. A space that communicates with you, comforts you, and fills you with a felt sense of conscious connection. Holistic Interior Design is a journey towards cultivating sacred spaces, where the physical environment, the inhabitant's lifestyle requirements, and the energetic aspects are woven together in harmony.

The primary purpose of holistic design is to support the well-being of the body, the mind, and the soul. Weaving ancient and modern philosophies, focused on sustainable slow living, and the healing arts brings to a space: form, functionality, and flow.



The Interior Temple breathes new life into old spaces and inspires our imaginations as to what is possible, birthing a new way for people to look at their living spaces.

Our external spaces are a direct reflection of our internal landscape, creating balanced and beautiful spaces that nourish us on a multitude of levels.

Isha Reina, Interior Designer and owner of The Interior Temple, lives and breathes holistic design and intentional curation. She has woven a life of beauty creating sacred spaces within various homes and business environments. Spaces where people can retreat, rest, relax, and feel a tangible connection to self, cultivating a

more profound understanding of one's needs, desires, and knowing.

In 2020 an opportunity to move from Melbourne to the Sunshine Coast arrived. Isha and her daughter Hala, followed the sun to settle on the Coast. Since then, Isha has been embodying the work of intentional living and intentional space creation, practicing it in all its forms in her own life, and serving clients who are ready to bring it to theirs.

Craving a studio space where people could come in and feel the elevated energy of holistic design principles, Isha launched a stunning space in the heart of Coolum Beach in July of 2022.

The space must be felt to be believed. It is serene, calm, and perfectly appointed. Dripping with beauty, you cannot help but go slow when you enter the space. The colour tones are subtle and soft, there are natural fibres and plants wherever you look. Everything feels as though it has a story to tell, if you could just slow down long enough to listen.

The principles of biophilia, which means incorporating nature and its various forms into our indoor environment, are seen throughout the studio. Shells, stones, crystals, plants, wood, each item creates a visual connection with the living world, linking us back to the earth.



This...
is medicine for your home.



The biophilic design delivers essential benefits for both human health and the environment by nurturing people's innate affinity for nature and creating harmony within our built environments.

The studio holds a dual purpose, offering people the visual and felt sense of holistic design principles, whilst also offering people an opportunity to find and purchase a piece that they love. Like a retail womb, The Interior Temple breathes new life into old spaces and inspires our imaginations as to what is possible, birthing a new way for people to look at their living spaces.

Isha's design process can take any project in any space from conception to completion.

Working closely with her clients she focuses on the core elements of physical foundations, flow, lighting, and colours that simply feel good. Ancient cultural lifestyle principles such as feng shui, Vedic architecture, and the Japanese philosophy of wabi-sabi inform her process.

Next, the finer details of fittings and fine furnishings are chosen with intent, completing the transformation. Isha is obsessed with 'getting it right' and the magic that comes to a space and the individuals living in that space after the transformation.

The service also includes an assessment of the overall health of the space, looking for potential sources of toxins and offering solutions to help rectify, eliminate, or reduce their negative effects.

Working from a mindset of 'less is more' and 'quality over quantity', Isha teaches her clients that life is easier with less. We value the simple and stunning pieces we have intentionally chosen.

We care for the space and the items within them differently. On a deeper level, it is about changing the mindset of how we choose to invest and spend our money and the spaces we choose to cultivate, curate, and create.



This change in consumption from exterior influences to intrinsic sensitivity is where holistic interior design thrives.

As a society, we consume resources on account of trends and aesthetics instead of finding pieces that speak to us. This change in consumption from exterior influences to intrinsic sensitivity is where holistic interior design thrives. The conscious curation of spaces that enhance the wellness of your mind, body, and soul.

The results are palpable, offering functional, harmonious, and aesthetically balanced spaces, that are in alignment with the built architecture and the inhabitant's lifestyle needs. The space directly supports well-being and offers an elevated experience for those who dwell in the space.



Along with her Interior Design services, Isha has a passion for sourcing one-off unique items for clients. Like a hunter-gatherer, foraging to find that perfect piece to complete a space. With core values of, sustainability and slow intentional living, Isha hopes that clients will feel empowered to create change when they engage with her and her brand.





Isha works with clients who are ready. People who value beauty, art, nature, and investing in themselves and their spaces. Those who carry an abundant mindset and who are open and willing to learn about intentional curation and holistic design principles. Working collaboratively with clients, Isha's work requires that her clients trust her judgment and choices holding the knowing that all of her work is heart-centered and exists to enrich the lives of those she serves.

Her vision is to empower individuals to create their own Interior Temples within their environments and within themselves. Creating spaces where people can foster connection and community, learn from each other, love one another, and commune with oneself. A sacred space; where people can retreat, rest and remember.

Isha is looking to her community with a passion for working with local artisans, suppliers, builders, and designers to make Holistic Design the new normal on the Sunshine Coast and beyond.

For collaboration and connection or to book a consultation please visit WWW.THEINTERIORTEMPLE.COM

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