



peaceful
MOMENTS

A soothing bathroom and yoga room draw inspiration from nature and serve as a quiet sanctuary in an Atlanta home.

Writer and Stylist Lisa Mowry Photographer Emily Followill



OPPOSITE Cypress lines the windows in the yoga room. **THIS PHOTO** Interior designer Karen Ferguson covered the bathroom in natural materials, using honed Galala limestone on walls and floors and cypress on the ceiling. Fixtures in oil-rubbed bronze and wood accessories provide contrast to the surrounding light tones.



ABOVE The limestone sink shows off a modern silhouette that blends into limestone walls. The client's world travels inspired the designer to choose accessories with an international flair, including the exotic carved mirror from Syria with inlaid mother-of-pearl. **ABOVE RIGHT** Cypress boards installed in a horizontal pattern lend just the right amount of holistic texture to the yoga room. Rubber floors add softness underfoot. **RIGHT** Rounded sink fixtures are attached to the wall for a seamless look. **BELOW** Delicate shades at the windows in both rooms let in an abundance of natural light.



“MY CLIENT EMPHASIZED THE NEED FOR A SPACE WHERE SHE COULD FOCUS ON TAKING CARE OF HERSELF.”

Karen Ferguson, interior designer

IT'S A DESTINATION FOR MORNING SUN SALUTATIONS

and an energizing shower before work or a restful evening meditation followed by a hot soak in the tub. This combination bathroom and yoga room, adjacent to an exercise room, provides a meaningful getaway within an Atlanta house. “My client has a demanding job, so she emphasized the need for a space where she could mentally escape and focus on taking care of herself,” interior designer Karen Ferguson of Harrison Design says.

The bathroom's design is clean-lined and spa-like—and because it's not the home's master bath, it contains only minimal cabinetry and storage. The house was new construction, giving Ferguson a blank slate—and plenty of opportunity. To keep the bath's overall look ethereal and quiet, Ferguson wrapped the room in floor-to-ceiling limestone walls and flooring. “The quiet movement and warm color of the limestone—which happens to be reasonably priced, as a bonus—makes it the perfect material for generous use,” Ferguson says. A floating vanity sink in the same material almost disappears against the wall.

In the adjacent yoga room, cypress walls provide a subtle connection to nature, while large-scale mirrors and a barre add function to the exercise space. Ferguson chose rubber flooring for two reasons: “Rubber is a nonporous surface that naturally repels and resists bacteria,” she says. “Rubber is also notoriously easy on the joints.”



ABOVE The soaking tub with a heated back and air jets and a corner shower provide luxurious post-workout places to refresh and relax. “I chose bold, modern fixtures in an oil-rubbed bronze finish to juxtapose the extravagant use of limestone,” says Ferguson, who purposefully mixed contemporary and old-world styles in the room.

Even with an emphasis on simplicity, this dual space incorporates several thoughtful details to elevate its style quotient. The chandelier in the yoga room, for example, shows off clean lines and recycled-glass accents to promote a mindful mood, Ferguson says. Oil-rubbed bronze fixtures and a Persian lantern in the bathroom seem to transport guests to other lands, particularly when paired with a Syrian mirror over the vanity. “When I saw that mirror, it stopped me in my tracks,” Ferguson says. “The history, scale, and colors—just everything about it was perfect. It was the last thing I chose but my favorite thing.”

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