Build Sustainable and Mindful Homes with Bailey Konieczka - Episode 371

In this Episode:

- Bailey shares her journey of transforming a passion for interior design into a mission-driven business, dedicated to creating sustainable homes that foster health and well-being.
- Discover how intentional sourcing—from the carbon footprint of materials to the natural origins and local craftsmanship—plays a key role in Bailey's sustainable design approach, and how these choices contribute to a healthier planet.
- Learn how sustainable and intuitive interior design principles can help you design a home that reflects your energy, personality, and values, while embracing eco-friendly practices that evolve alongside your family's needs.
- Find out simple, actionable steps to create a healthier, more intentional living space, including the growing demand for toxin-free, natural products and the shift toward eco-conscious design that prioritizes both wellness and sustainability.

Notable Quotes:

"It's this mindset shift that we really all need to be taking in the way that we consume."

"If it could come naturally from the earth, that's usually a great material because it can go back to the earth."

Pearl of Wisdom:

1. When it comes to your home, be intentional and give it love.
2. Look through that sustainability lens when you're purchasing for your homes.
3. Be conscious of the energetic value of what you consume.

Resources:

Bailey Konieczka is the founder and lead designer of Bailey Katherine Interiors (BKI), a holistic interior design firm focused on sustainable and intentional design. With a deep respect for both her clients' homes and the environment, Bailey combines creativity and organization to craft spaces that are beautiful, meaningful, and eco-conscious. As the Colorado chapter lead for the Good Future Design Alliance (GFDA), she collaborates with a community of designers, builders, and architects to promote sustainable practices and reduce waste. Bailey is passionate about slowing the cycle of mass consumerism, championing local artisans, and inspiring conscious decisions that benefit individuals, communities, and the planet.

Website: https://www.baileykatherineinteriors.com/
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