



MAHONEY

ASSOCIATES, LLC

A FULL SERVICE LANDSCAPE FIRM



# Outdoor Wellness Spaces That Rejuvenate and Refresh

Outdoor wellness spaces are one of the top landscape trends this year. And the spring season of rebirth is the perfect time to update your landscape with elements that help you feel relaxed, refreshed and rejuvenated.

Following are examples of outdoor wellness spaces that go beyond simple beauty to promote emotional, physical, and spiritual well-being.



Incorporate landscape features that spark joy and evoke favorite carefree summertime memories.



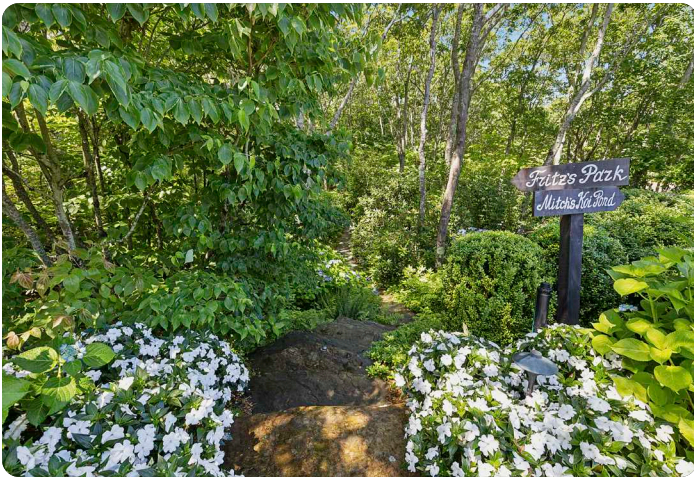
A separate dining space situated well away from the hustle and bustle of the home and food prep area, creates an especially peaceful atmosphere for cocktails, meals or dessert.



Nothing says summer like juicy, delicious, just-picked fruit. Espalier fruit trees do triple duty, providing a sculptural element, screening, and a nutritious snack.



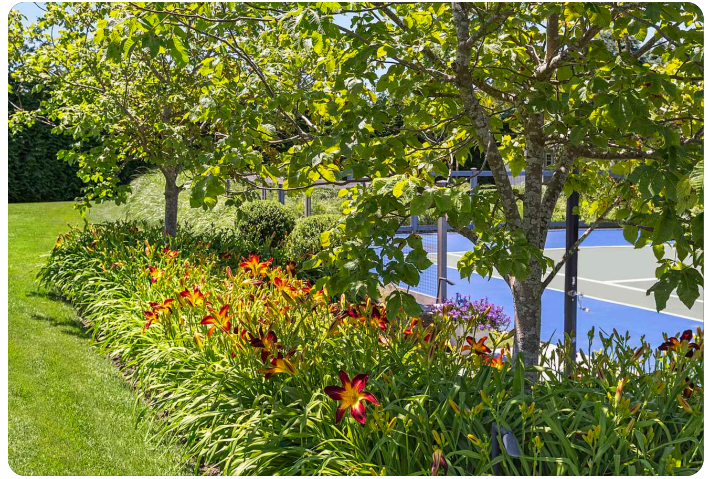
A hidden garden swing tucked into a shady nook provides the perfect escape for reading, daydreaming, sketching, or sharing secrets with a pal.



Go outside and play! Recreate the favorite pastimes of your youth within your landscape with trails to explore, a koi pond to admire, and butterflies to chase.



Make every day as refreshing as a spa visit. A private retreat within the broader landscape provides secluded spaces for yoga, workouts, or meditation. A fragrant sensory garden deepens relaxation.



If active recreation is your favorite way to chill out, playing courts can be seamlessly integrated into the landscape with creative placement of screening, hedges, grading, walls and fencing.



Fragrant blossoms encourage us to slow down, smell the roses, and enjoy a leisurely stroll.



Go natural with permeable stone pathways that aid drainage and reduce runoff during intense rain events. Permeable pathways are environmentally friendly and especially effective when paired with vegetable garden beds.



Call Mahoney to rejuvenate your landscape with outdoor wellness features that make your time in the Hamptons even more relaxing and enjoyable!