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\$10.99 US | \$15.99 CAN
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EMOTIONALLY BALANCED

Designing spaces for form, function and mind.

By **Jickie Torres** | Photography by **Mike Van Tassel**



Rose Praino says of her design methodology: “Ultimately, NeuroSensory Design™ is about designing for longevity and well-being. By integrating natural elements, sensory cues, and thoughtful proportions, this living space becomes more than a backdrop—it becomes a restorative experience that supports the people who inhabit it.”

WHEN INTERIOR DESIGNER Rose Praino sets out to design a space, her process is qualitative and quantitative. As creative director at YDC Design based in NYC, her goal is to create a design that can support emotional well-being and intuitive nervous system regulation. Each room seeks to integrate soft material transitions, acoustic quiet, and a grounded palette to help calm the mind and body.

“In this space, my goal was to create a living environment that feels both grounded and expansive, something that nourishes the senses while supporting everyday life,” Rose says of this Setauket, New York new build. “NeuroSensory Design™ is about more than how a room looks; it’s about how it makes you feel on a neurological level. Here, I leaned into natural light, organic textures, and balanced contrast to evoke calm, focus, and connection.”

The MCM principal of inside-out connection weaves perfectly with her approach. “The soaring windows invite nature inward, allowing the green of the landscape to become a living artwork that shifts with the seasons,” she says. “The sculptural wall installation introduces a tactile element—rounded, stone-like forms that reference the natural world while offering a sense of rhythm and movement. These organic gestures balance the clean architectural lines, softening the geometry and creating harmony between the built environment and the outdoors.”

“Furniture was selected for both function and feeling,” she adds. “The mix of warm wood, supple leather, and tailored upholstery engages multiple senses—sight, touch, even scent over time—anchoring the space in comfort without sacrificing sophistication. Layered lighting adds another sensory dimension, ensuring the room can transition fluidly from morning brightness to evening intimacy.”