RewriteEngine On # Only apply to URLs on this domain RewriteCond %(HTTP_HOST) ^(www.)?domain.tld\$

Only apply to URLs that aren't already under folder. RewriteCond %(REQUEST_URI) !^/public/

Don't apply to URLs that go to existing files or folders.
RewriteCond %(REQUEST_FILENAME) ! -f
RewriteCond %(REQUEST_FILENAME) ! -d

Rewrite all those to insert /folder.
RewriteRule ^(.*)\$ /public/\$1

Also redirect the root folder.
RewriteCond %(HTTP_HOST) ^(www.)?domain.tld\$
RewriteRule ^(/)?\$ public/index.php [L]