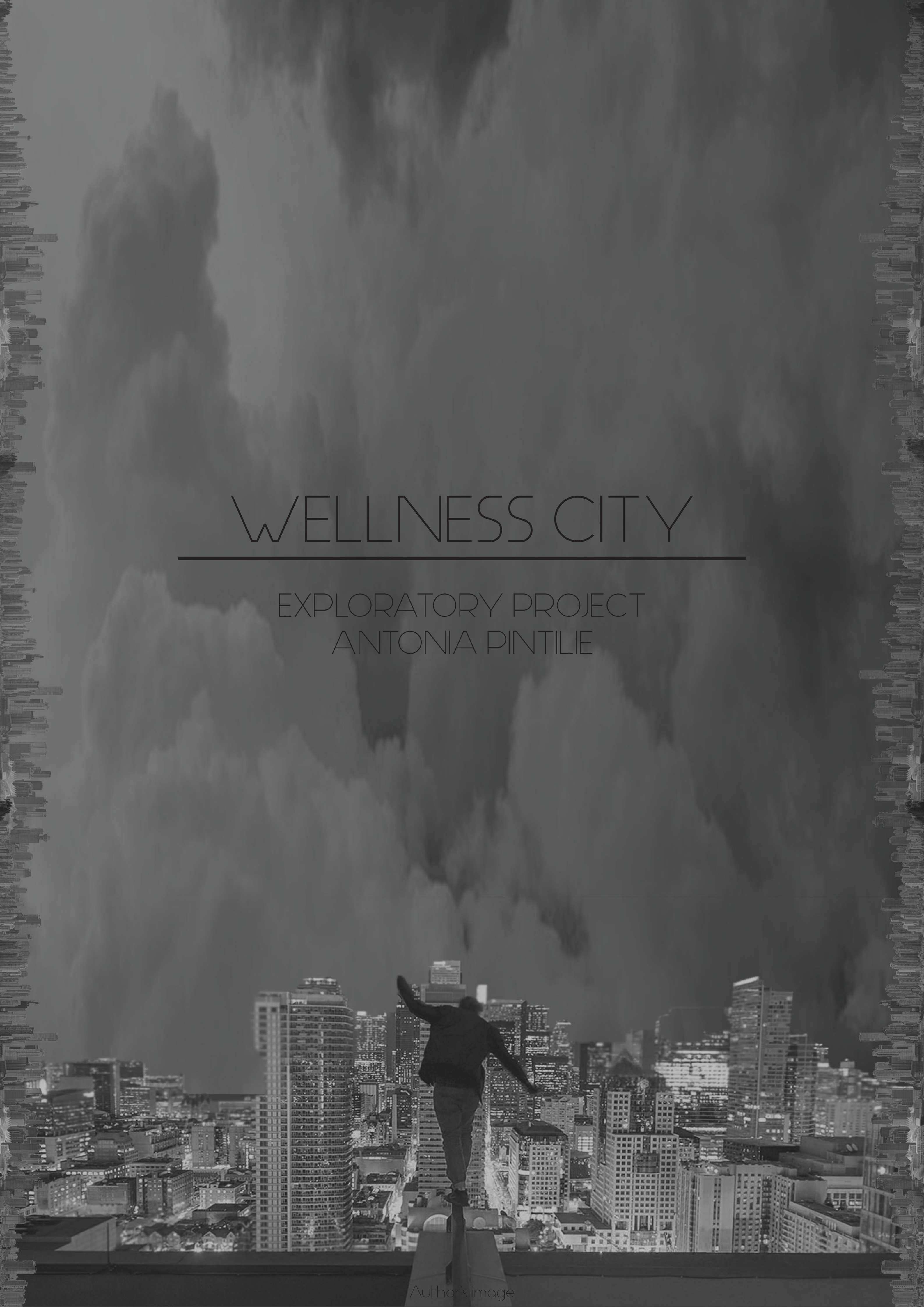




WELLNESS CITY

EXPLORATORY PROJECT
ANTONIA PINTILIE

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CRITICAL POSITION



Fig. 1: Fernando Guerra, 2018, Art Pavilion 20 Saya Park

My interest lies within merging the creativity of the artistic feature of interior design with the factual elements of scientific related fields, such as environmental psychology, in order to achieve an optimal outcome- an approach associated with evidence-based design.



Fig. 2: Fernando Guerra, 2018, Art pavilion 15 Saya Park

Interior design constitutes a vast and complex field, which thrives to explore the physical environment in which the modern human spends most of their existence.

THE BRIEF

HOW CAN INTERIOR DESIGN PROMOTE WELLNESS ?

The project addresses the needs of the **modern human**, overwhelmed by a **hectic life style** and subjected to the negative effects of a long exposure to stress and to past traumatic events that triggered the onset of different **anxiety** related disorders. The aim of the proposed project is the creation of a **healing environment**, that through the integration of different design strategies, in addition to **restorative facilities** and **psychotherapy**, contributes to the better functioning of the human (both body and mind)

USERS

Non-pathological users



Fig. 3: Oszvald

Adult population looking for a space of relaxation where they can escape from the stress of every-day life. A **public wellness center** is to be created, where environmental psychology strategies are to be integrated.

Pathological users

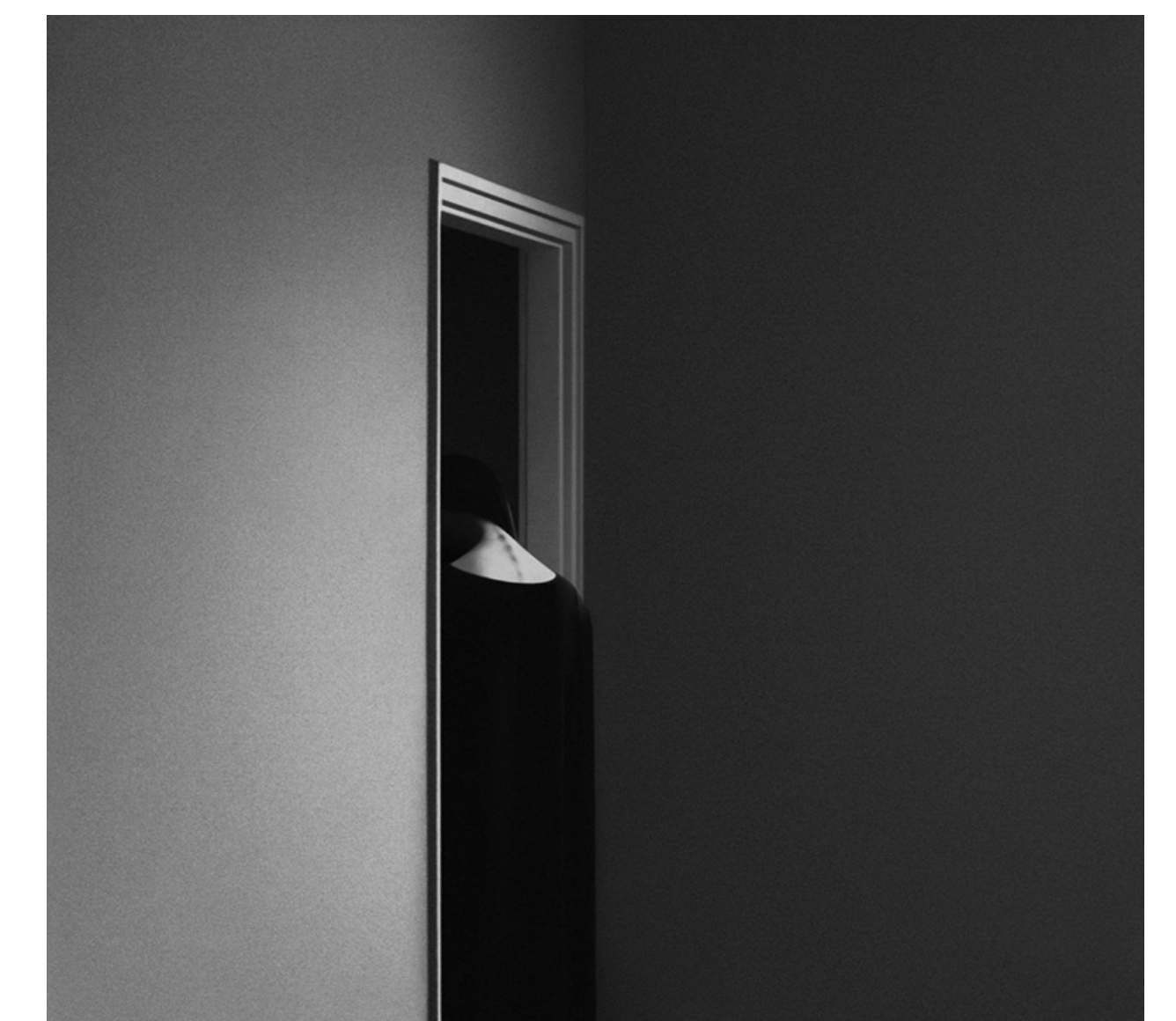


Fig. 4: Oszvald

Special focus: **Adult** population diagnosed with **Generalized Anxiety Disorder (GAD)**. A specially designed psychotherapy area is to be integrated, and aims to assist psychologists and **medical practitioners** in their treatments

SITE

The Central Hall "Hala Centrala" is located in heart of the city of Iasi, Romania, and constitutes an important architectural element that has undergone changes in both its function and interior appearance over the years. Despite its central location, a significant amount of space around the building is present, allowing the construction to independently and freely stand out in the surrounding area, as it is not overcrowded with tall blocks of flats. Its straight structure and almost cubical form instill an imposing aura to the space and provides a lot of freedom regarding architectural planning.

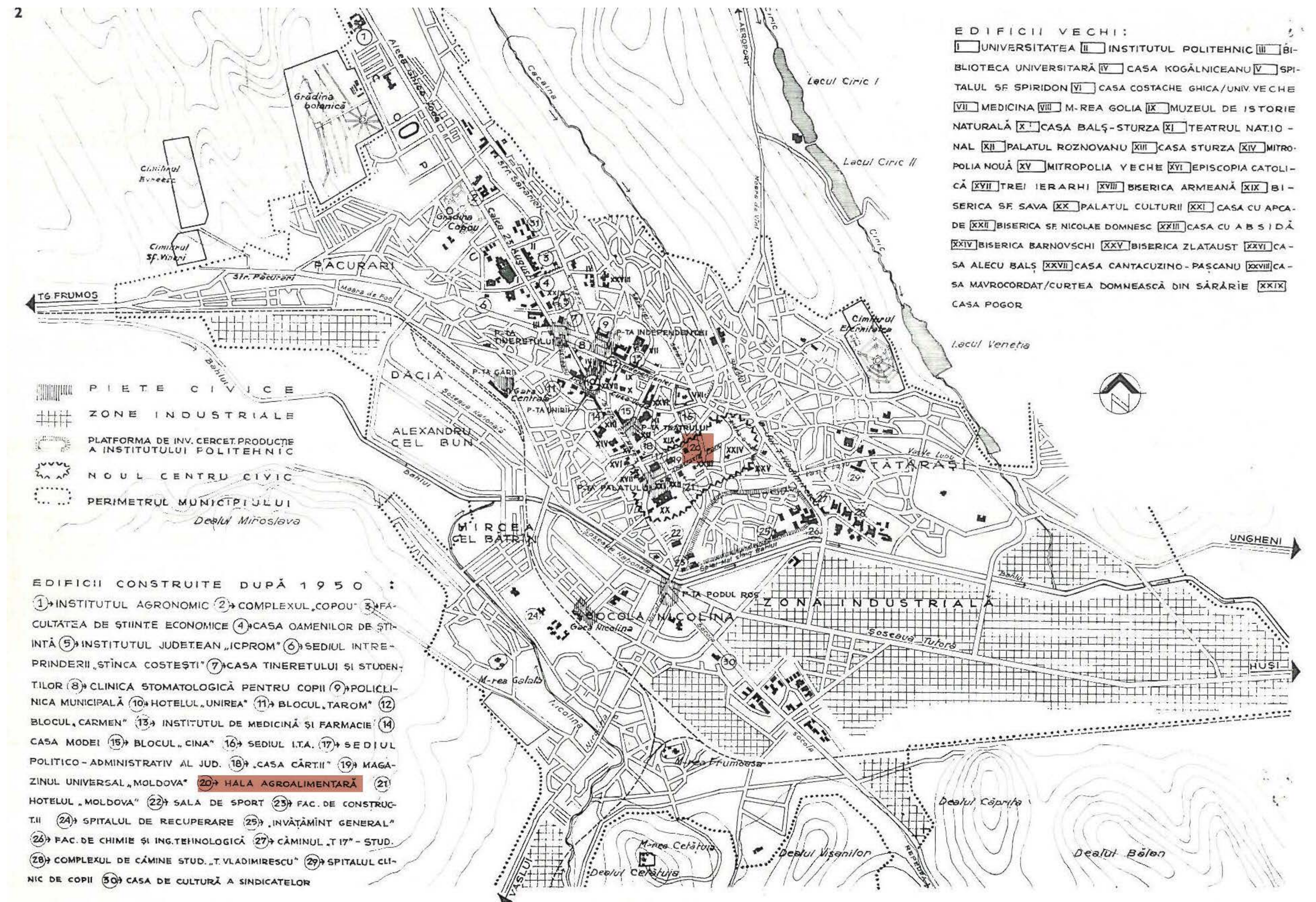


Fig. 5: Map of old and new edifices :1981

Construction Years: 1975-1977
Architects: Cristian Constantinescu, Daniel Visan
The Hall, finished in 1977, has had many names and changed its function over time, although the constant that remained is the commercial nature of the space.

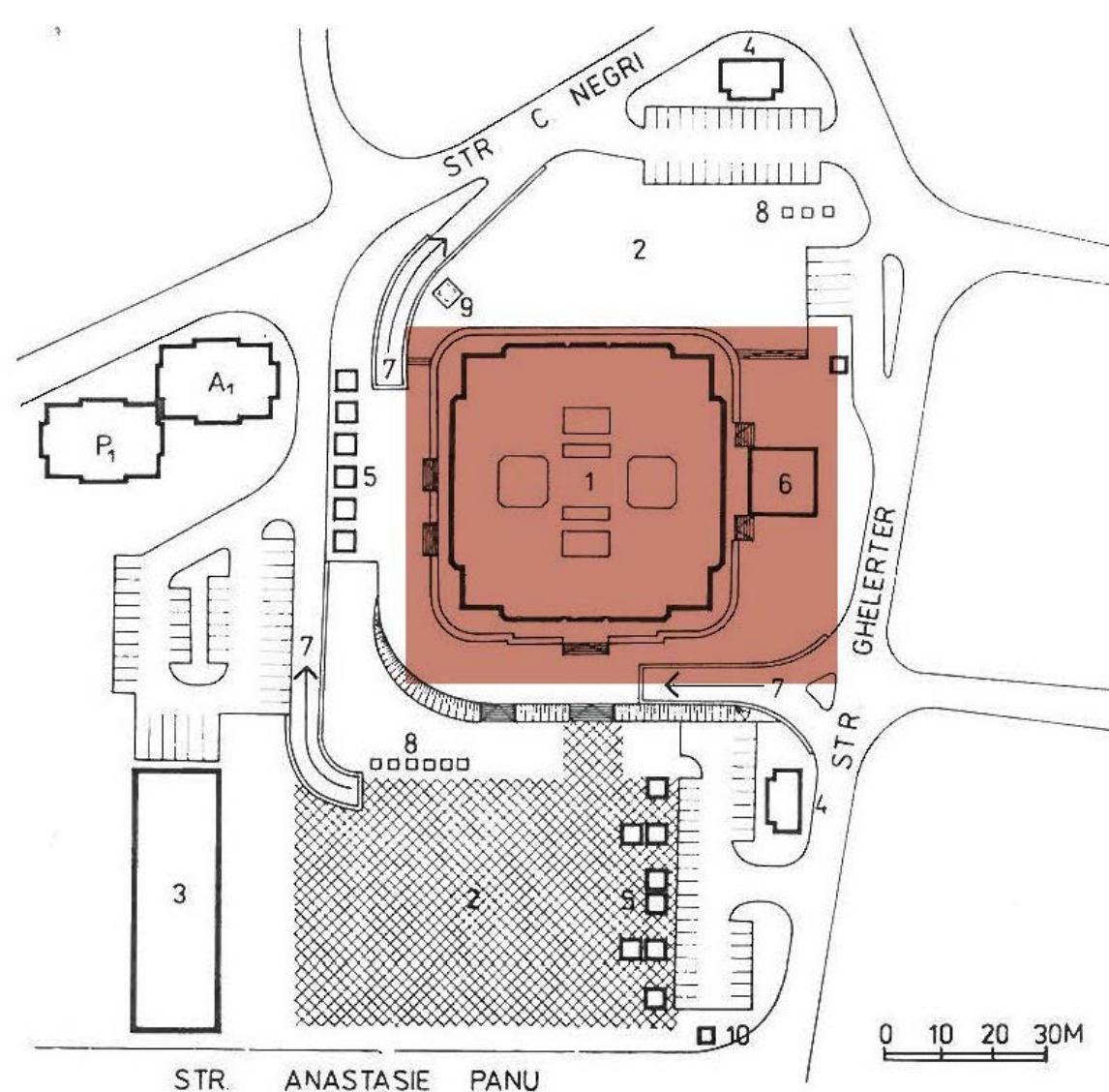


Fig. 6: Top view of the aea where the Hall is placed:1981



Author's image



Author's image



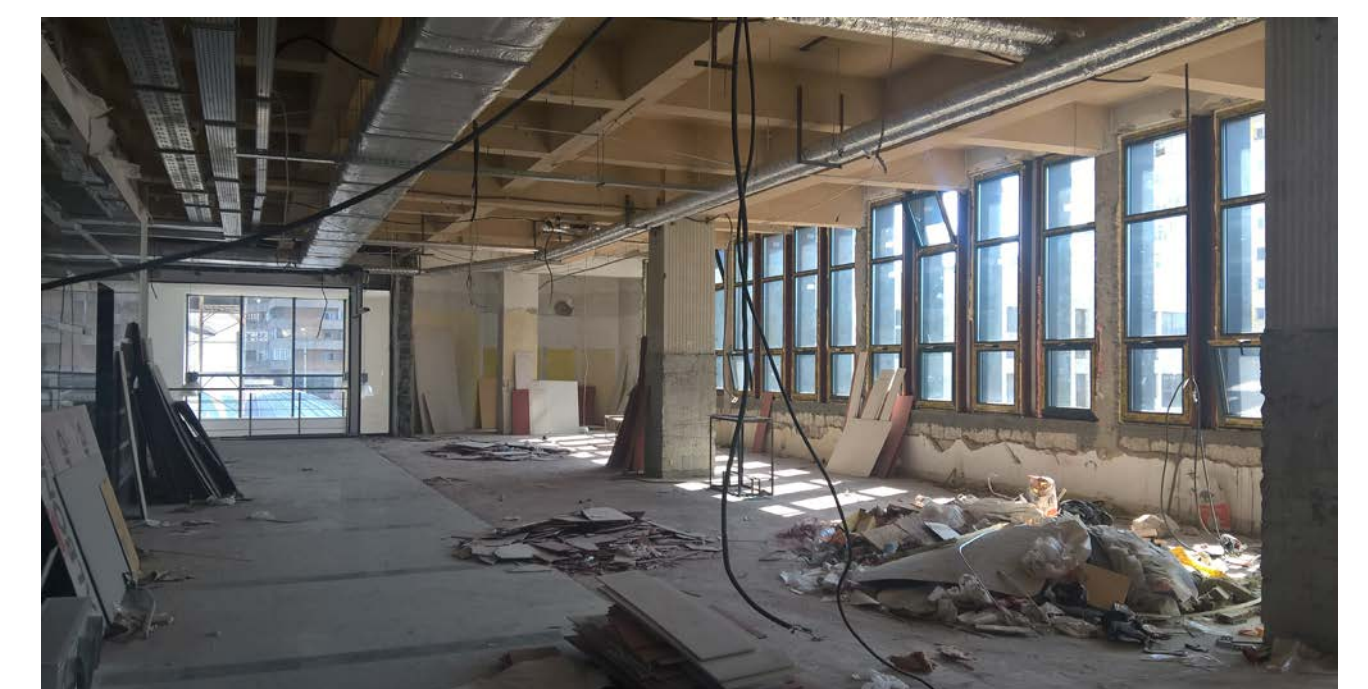
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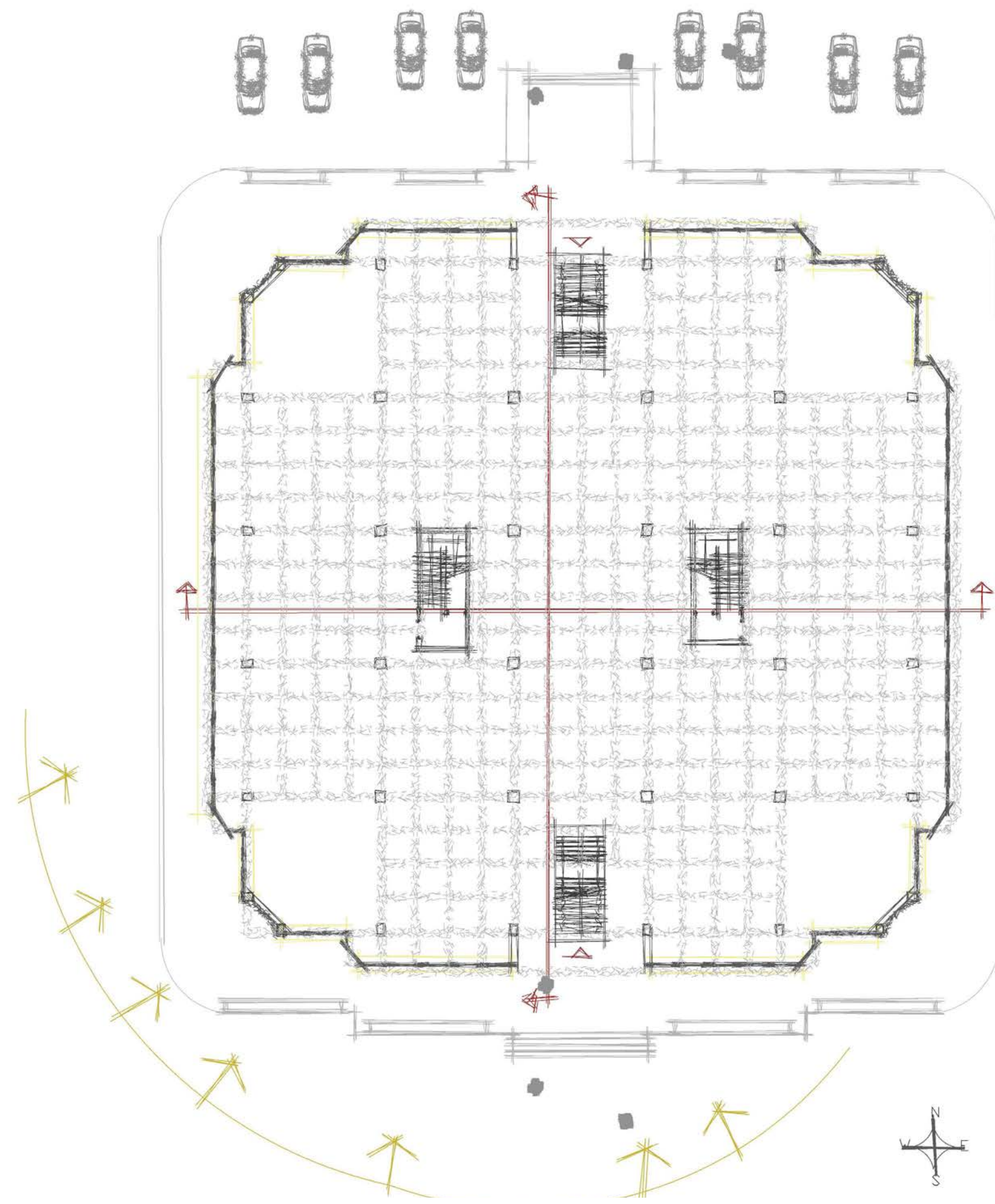


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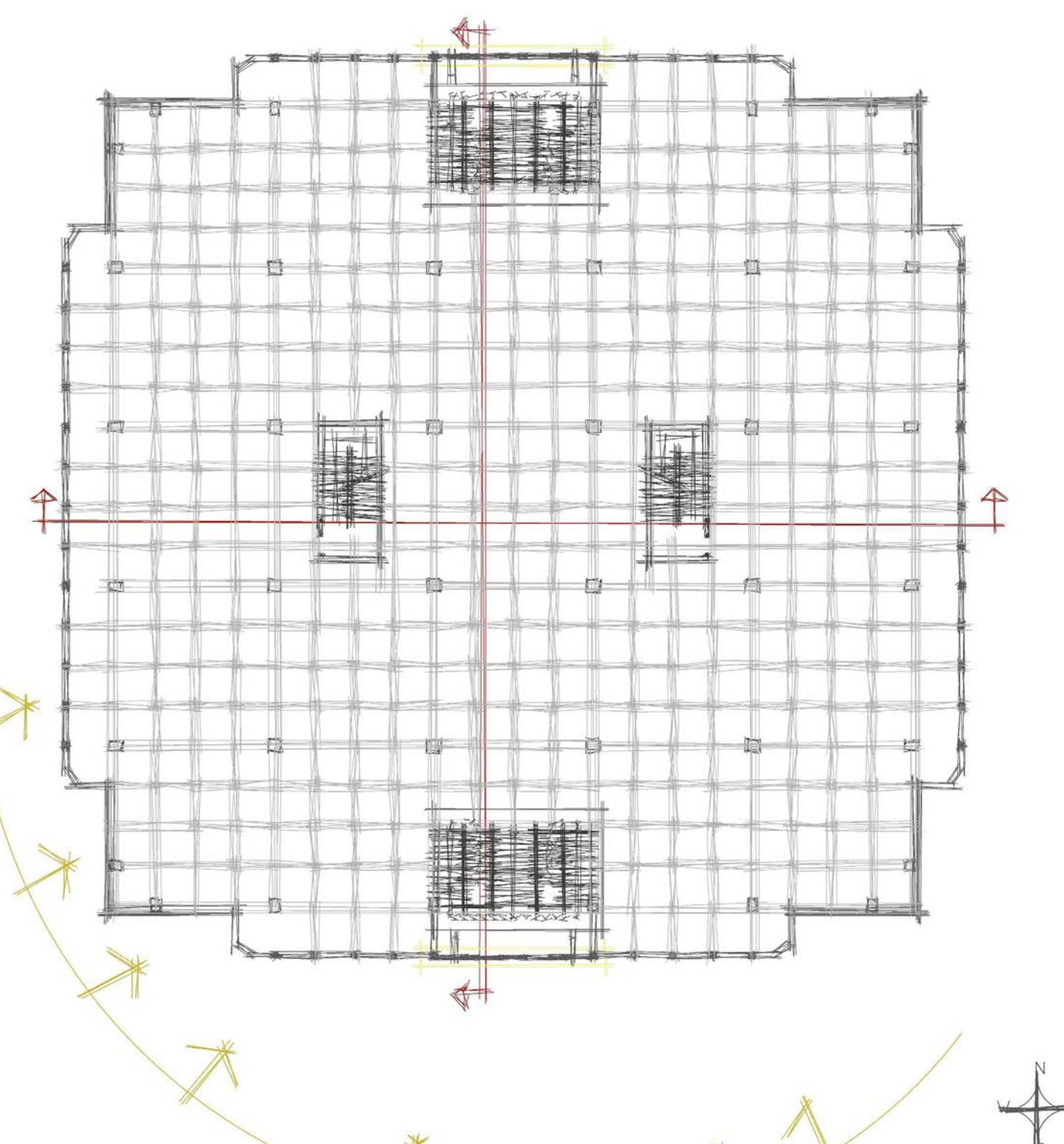
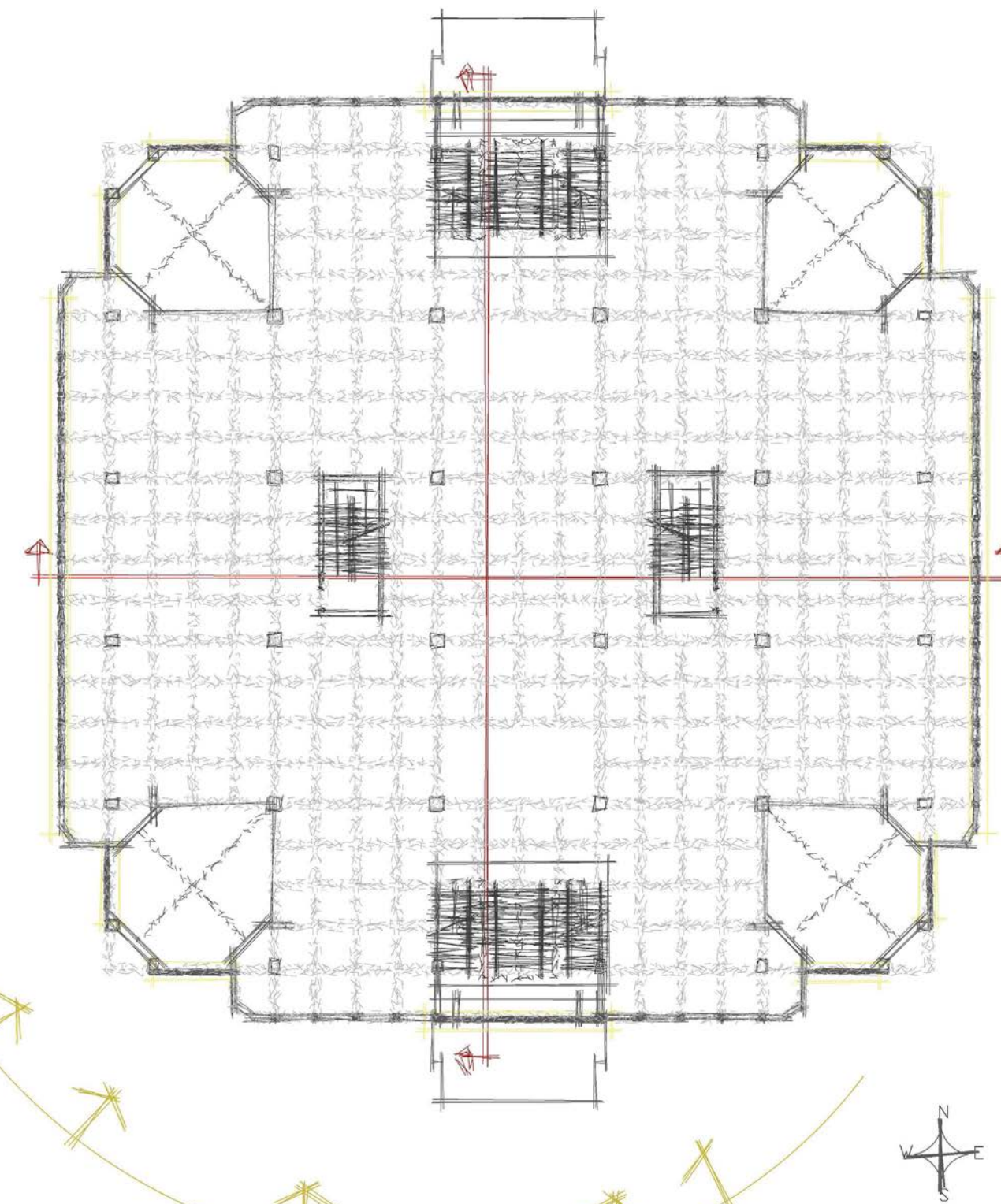


Author's image

SITE ANALYSIS

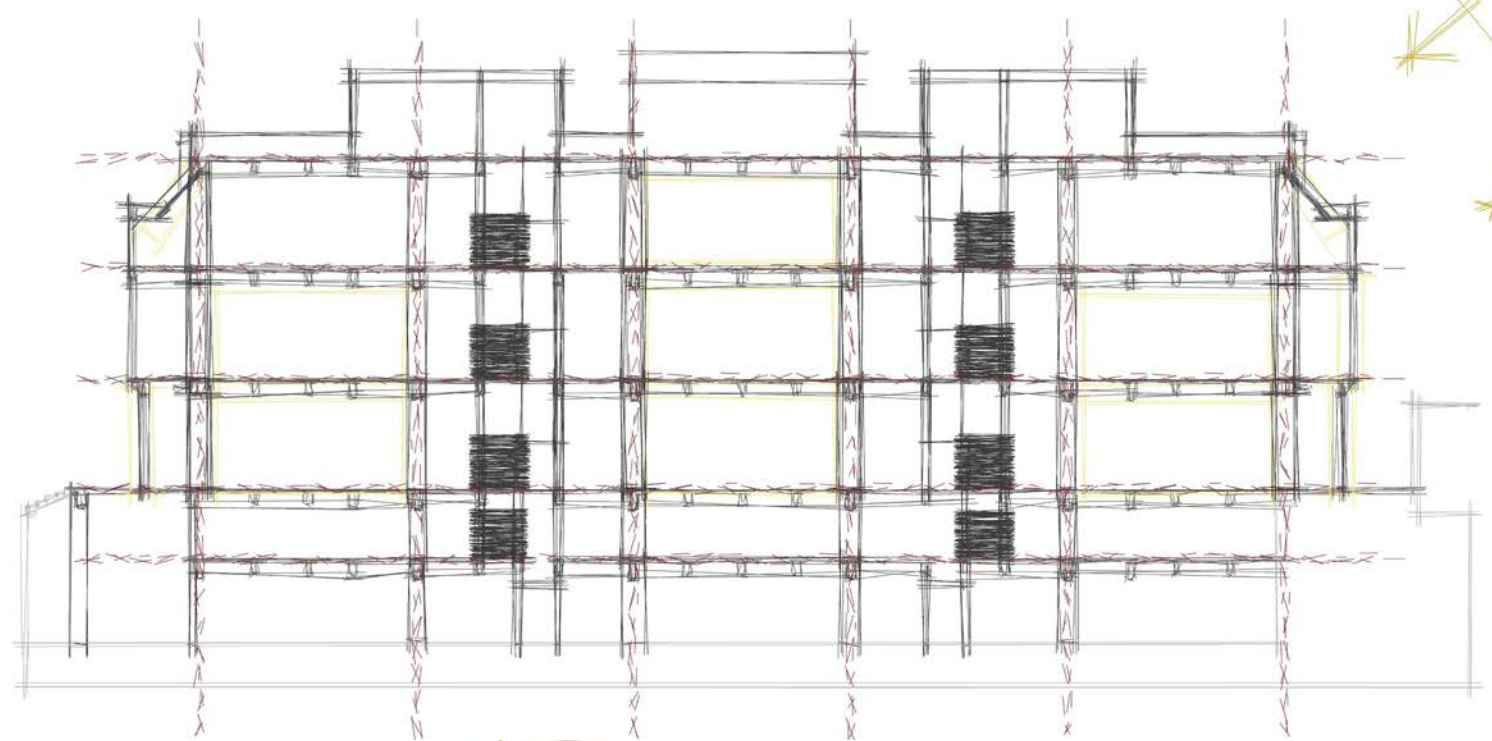


Increased light exposure

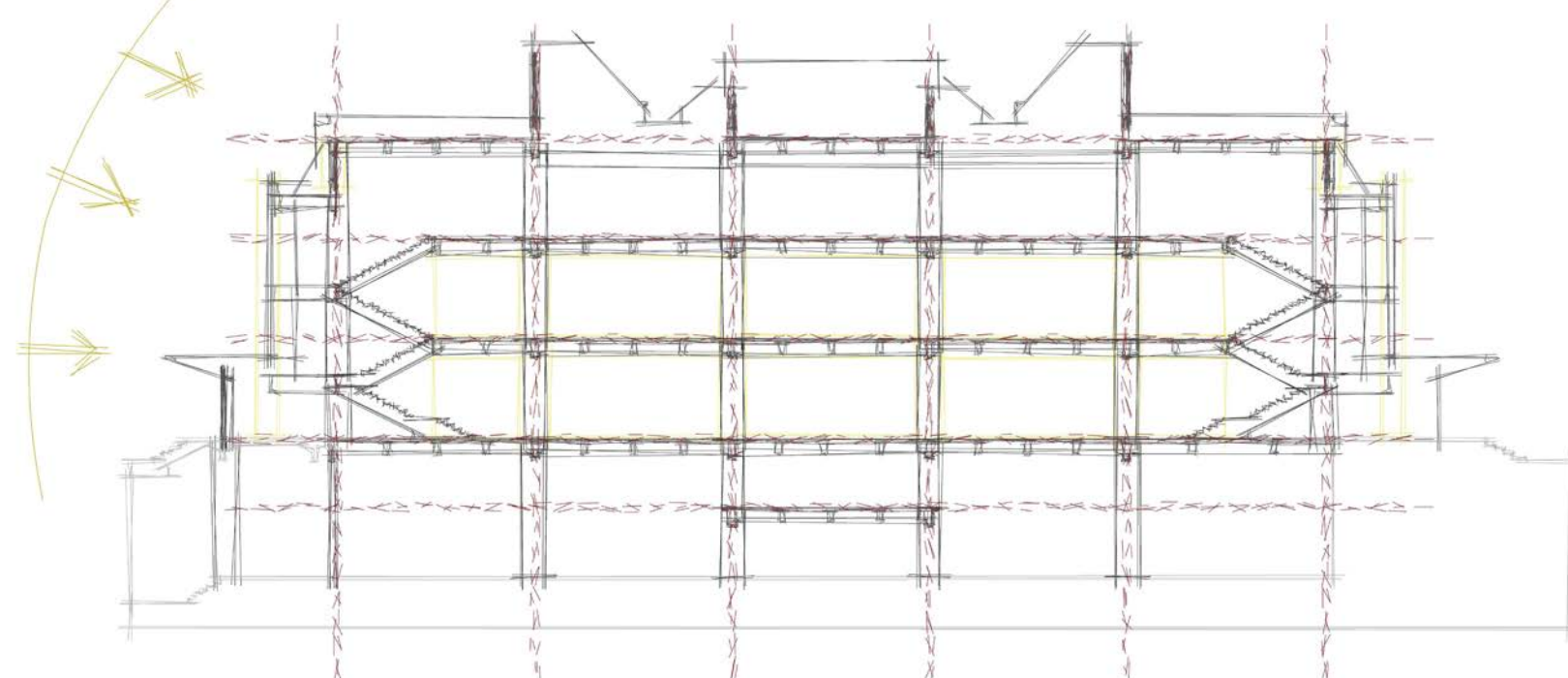


Increased light exposure

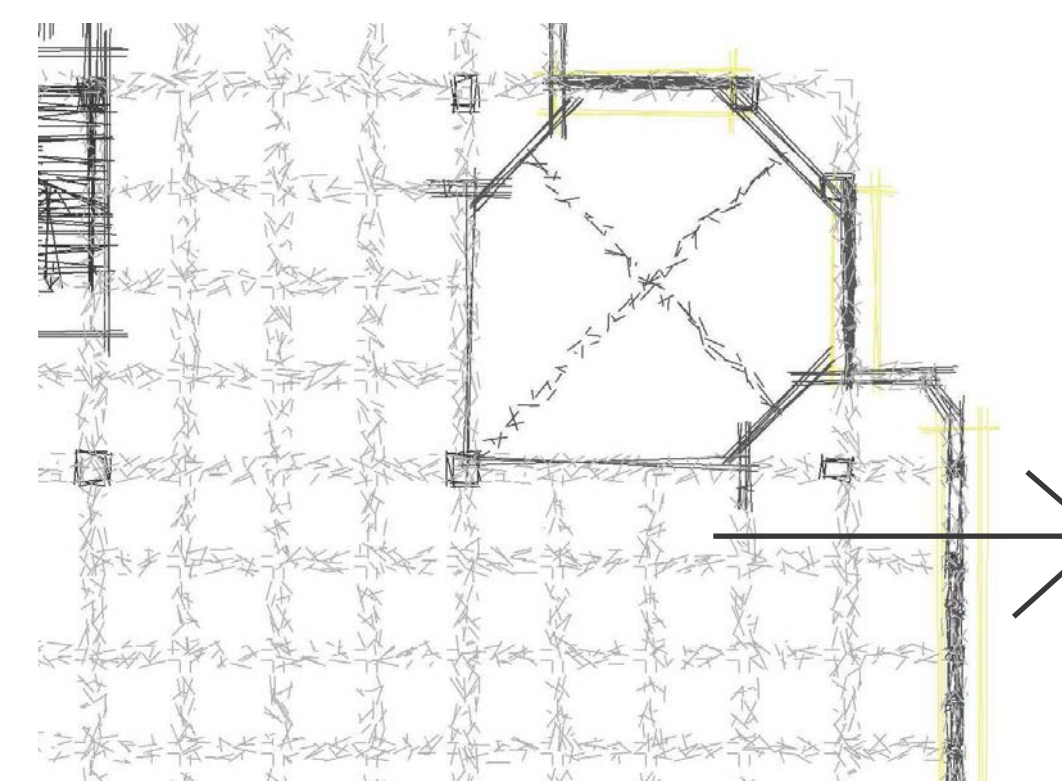
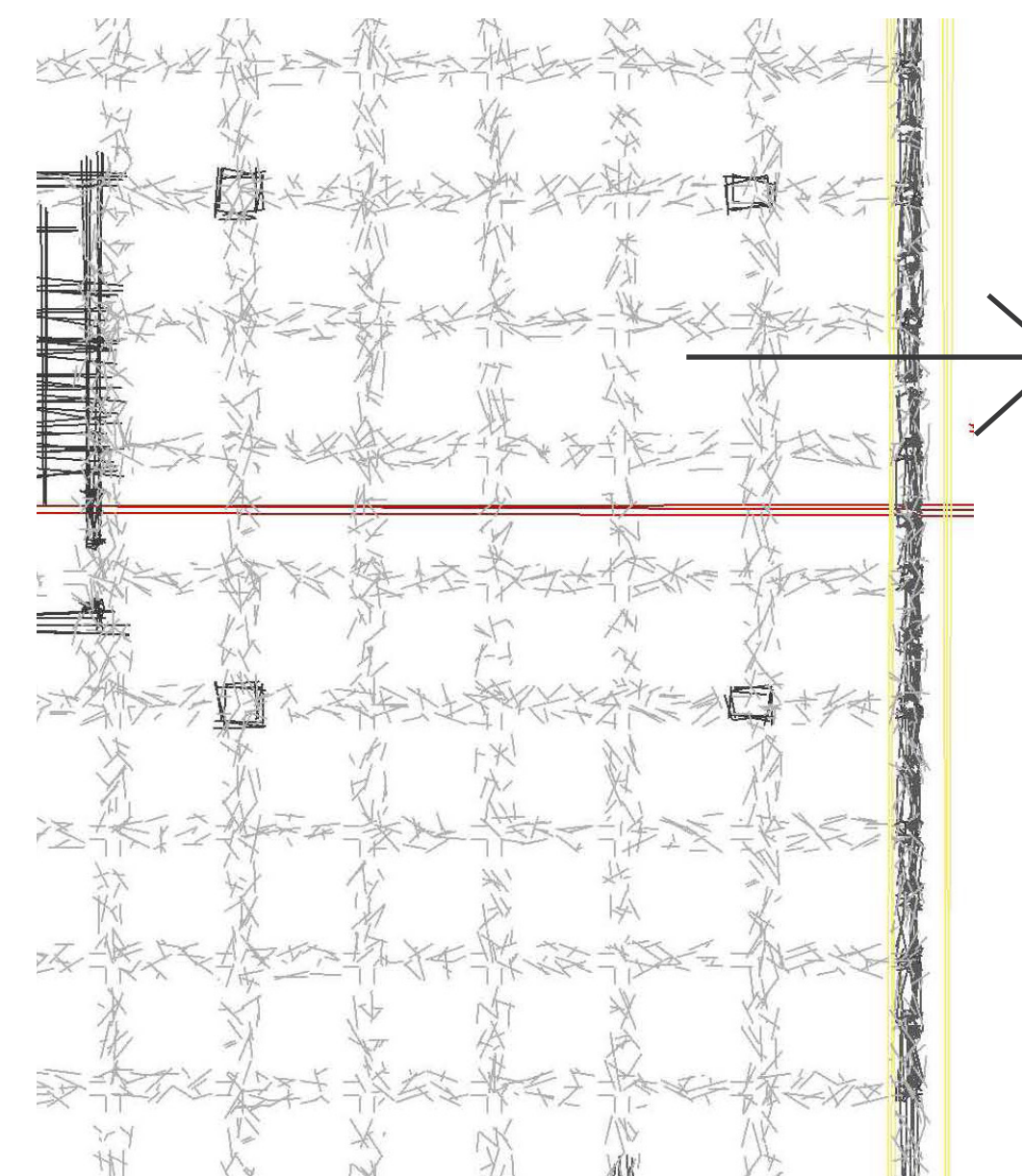
Increased light exposure



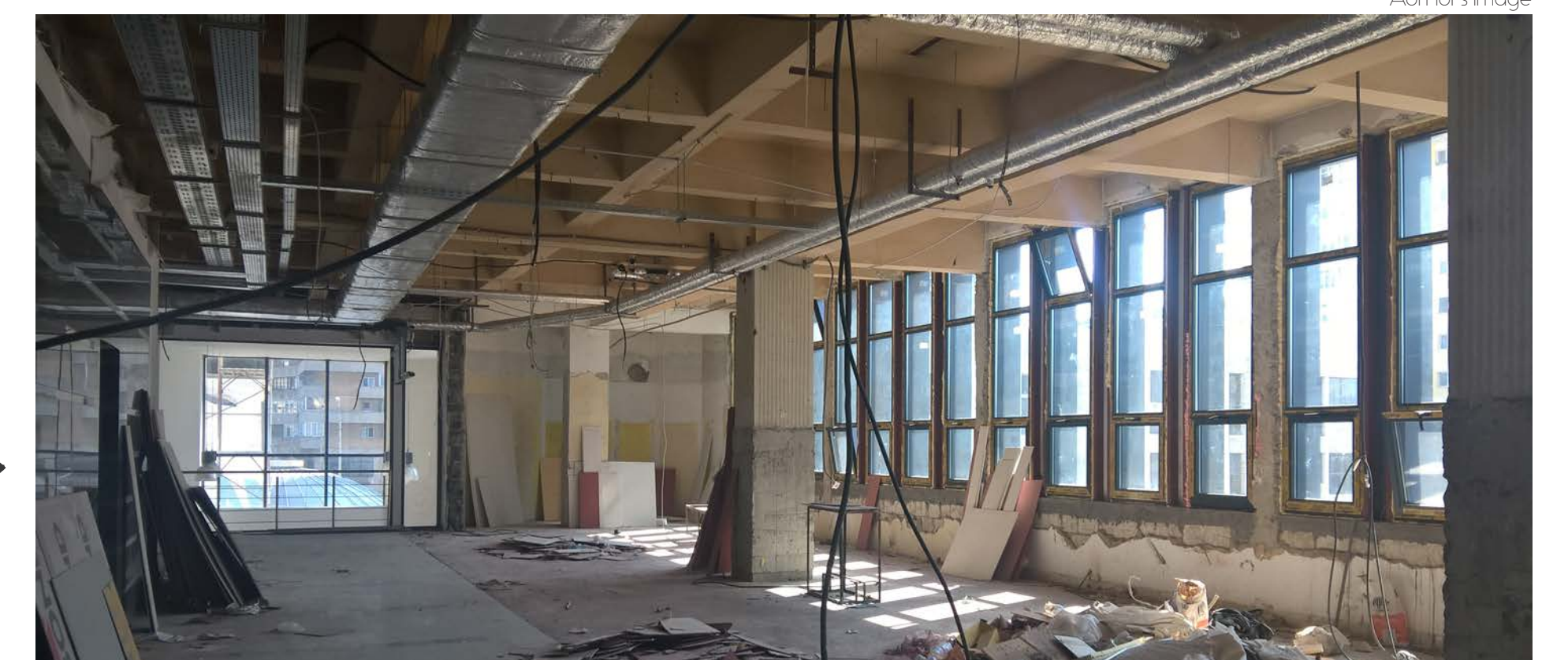
Increased light exposure



All levels above the ground level incorporate a series of windows: on the ground floor most of the exterior structure is made of glass, on the first level the walls facing the exterior contain a continuous row of tall windows, and on the last floor light gets in through windows placed at an angle.



A feature of the interior is defined by the presence of a grid, visible throughout the ceiling, as a pattern of square cavities is present, and allows the creation of organized voids.



WELLNESS CENTRE

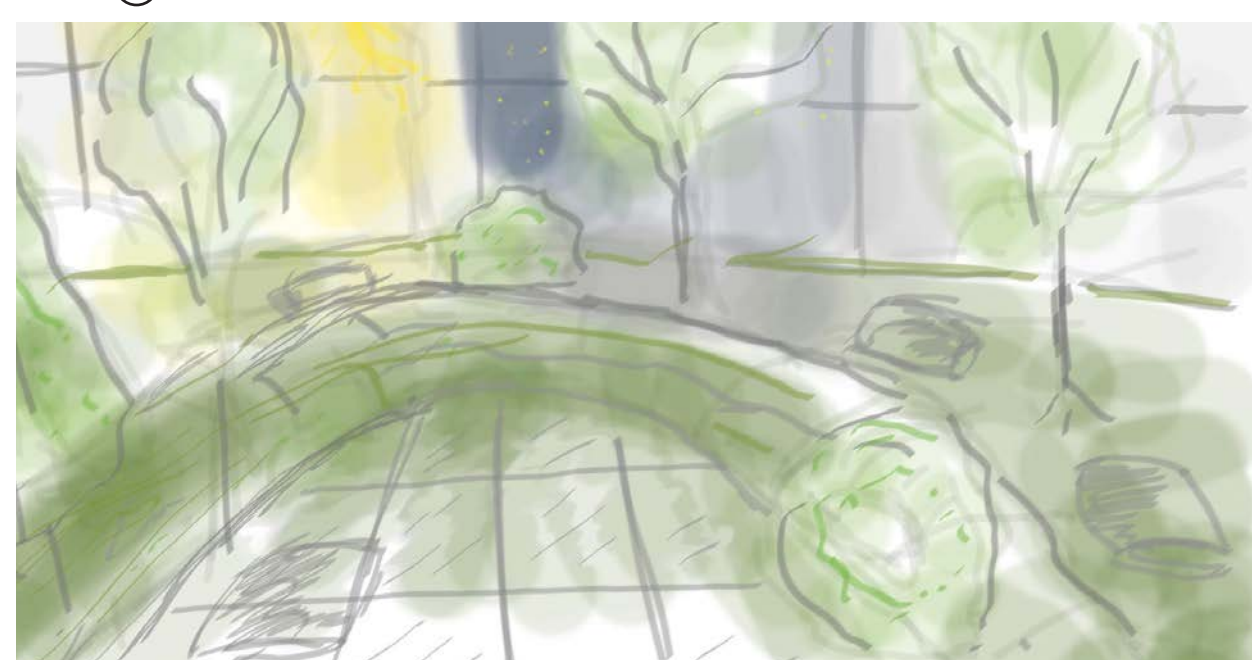
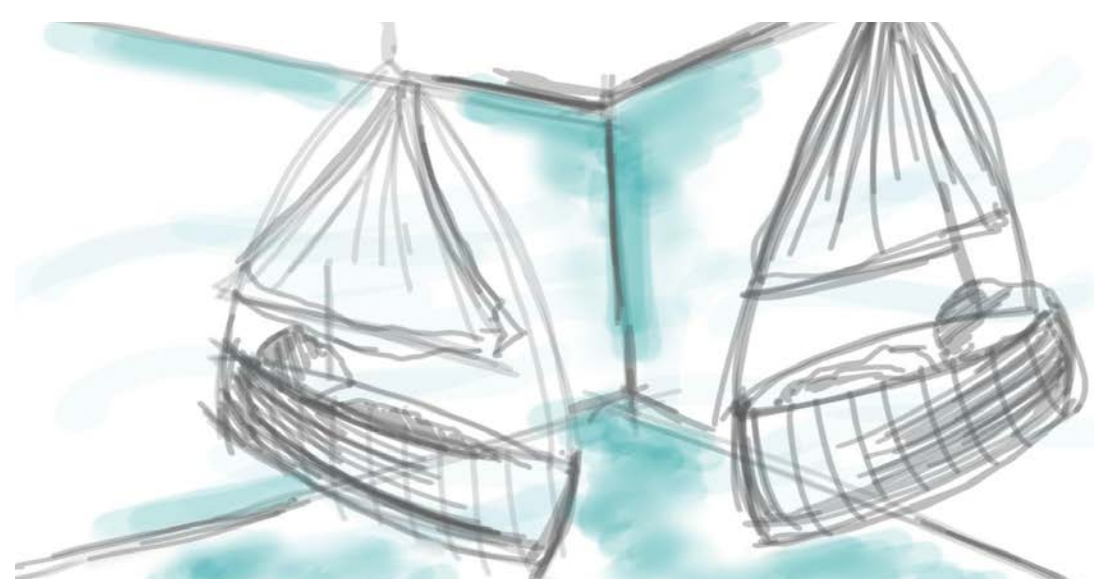
How can the positives of the modern city be translated into a design that promotes wellness?



Fig. 7 Derek McLane 2015 set design for Company

What if... different representation of the city were integrated in a wellness facility?

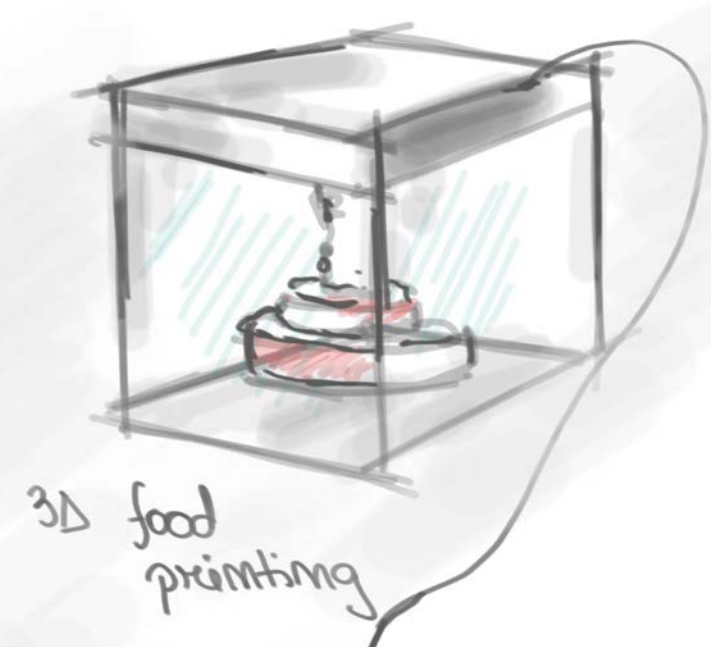
Design strategies



Mindfulness Forest



'Sailboats' Room Concept



3D food printing



Concept for Culinary Lab

PSYCHOLOGY PRACTICE

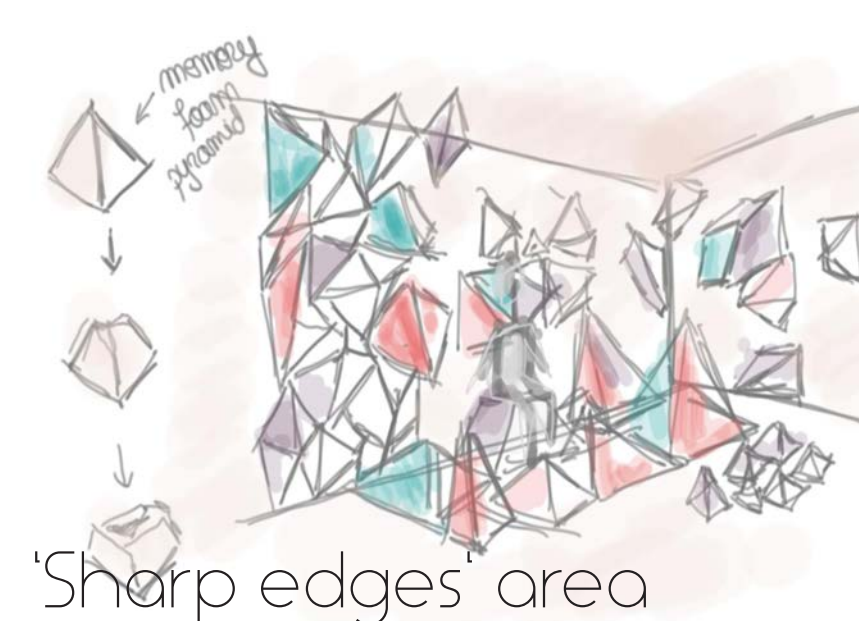
How can design facilitate the therapy for patients with generalized anxiety disorder?



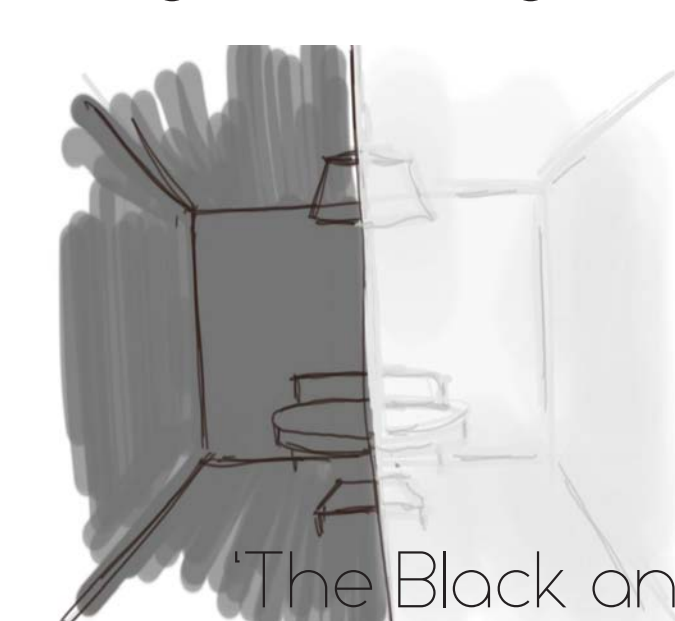
Fig. 8 Steve Bronstein, Escher self-inspired image

What if...the physical environment expresses cognitive processes in psychological disorders?

Design strategies



'Sharp edges' area



'The Black and White vs. Grey Room'



ABSTRACT! IT MUST BE DANGEROUS
I SHOULD AVOID IT



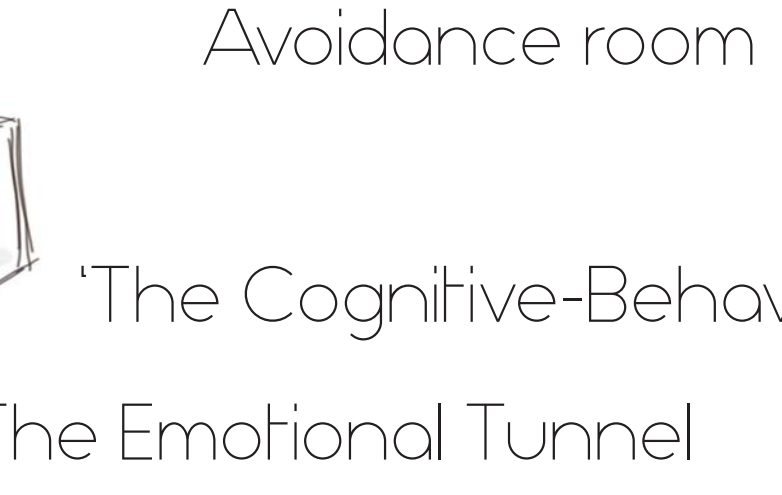
Avoidance room



I CAN'T AVOID ANYMORE

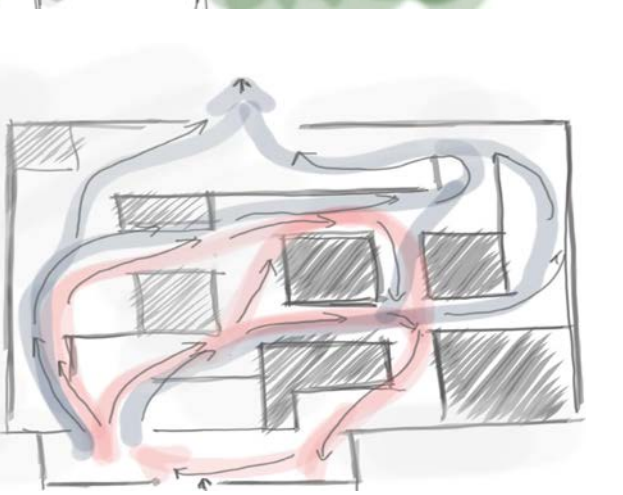


walk on emotions



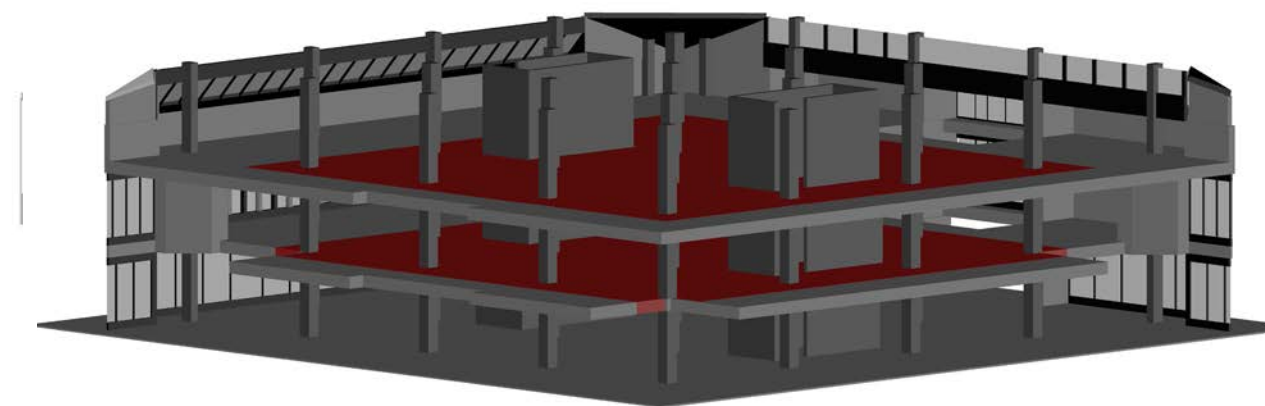
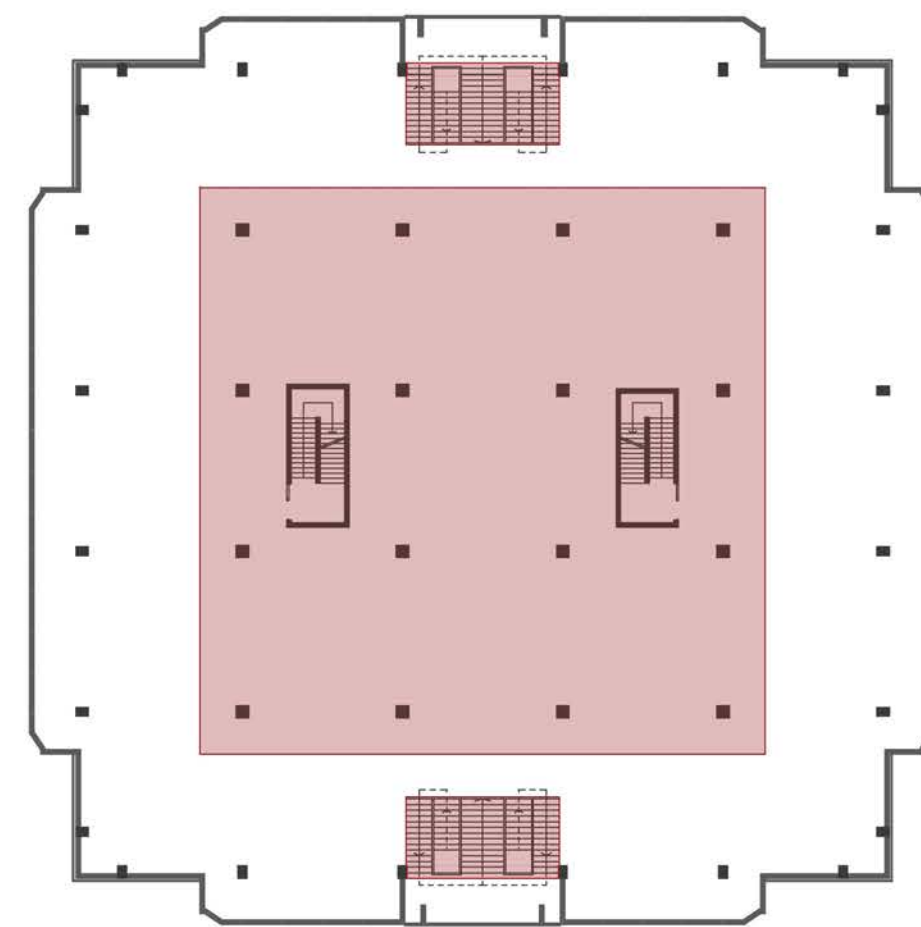
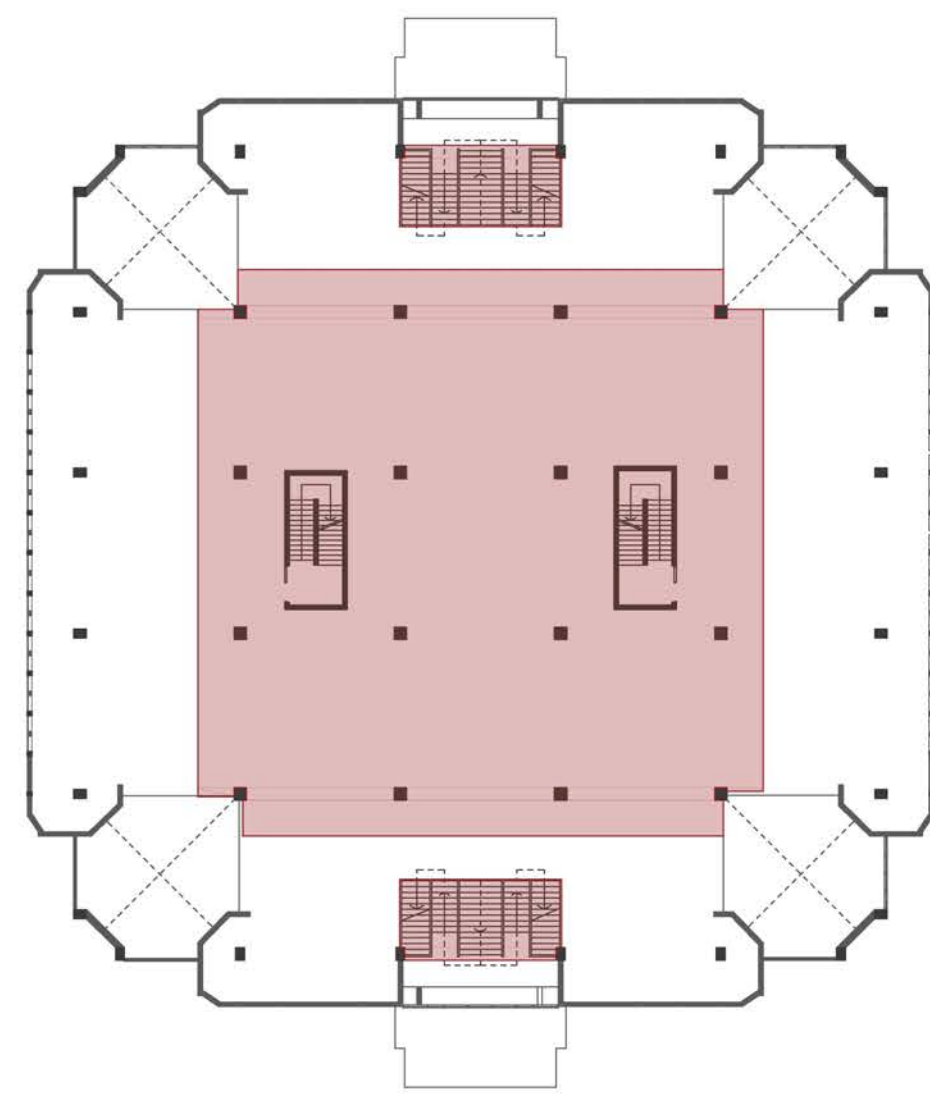
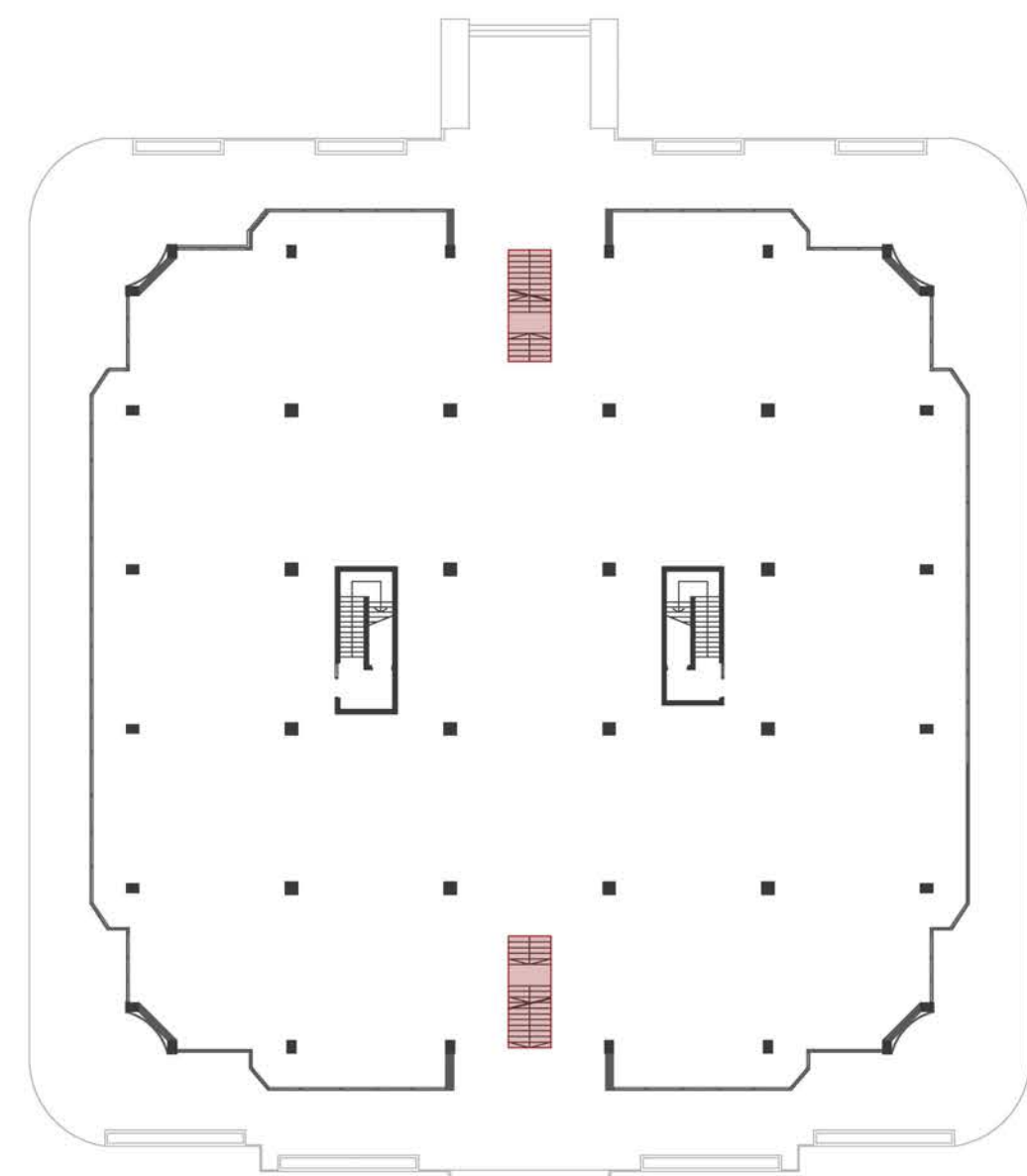
'The Cognitive-Behavioral Maze'

The Emotional Tunnel

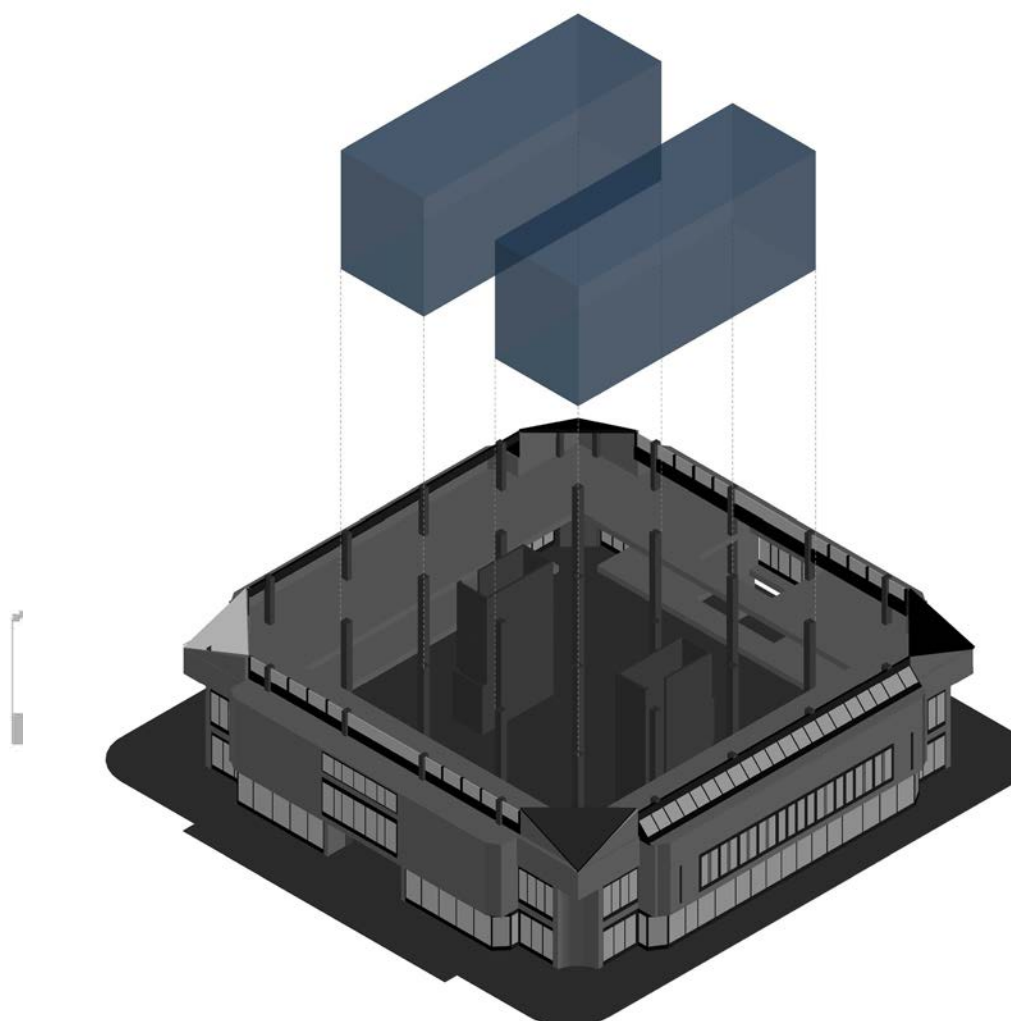
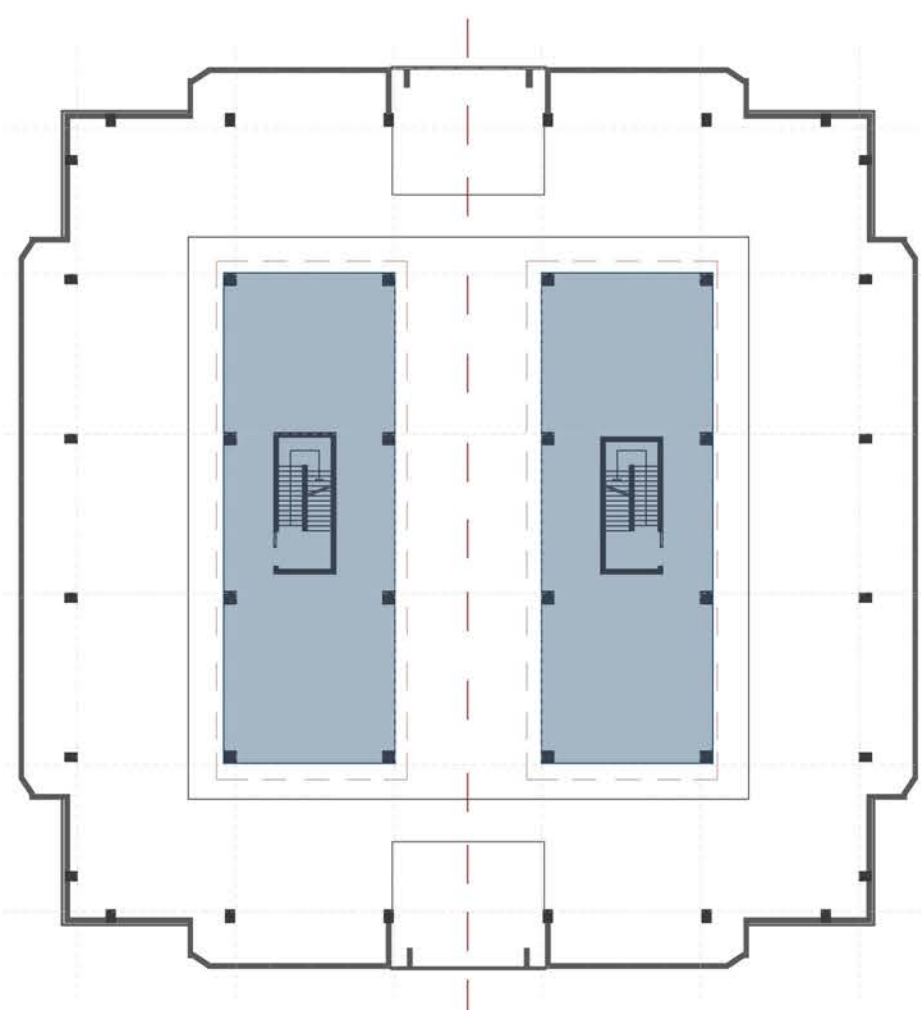
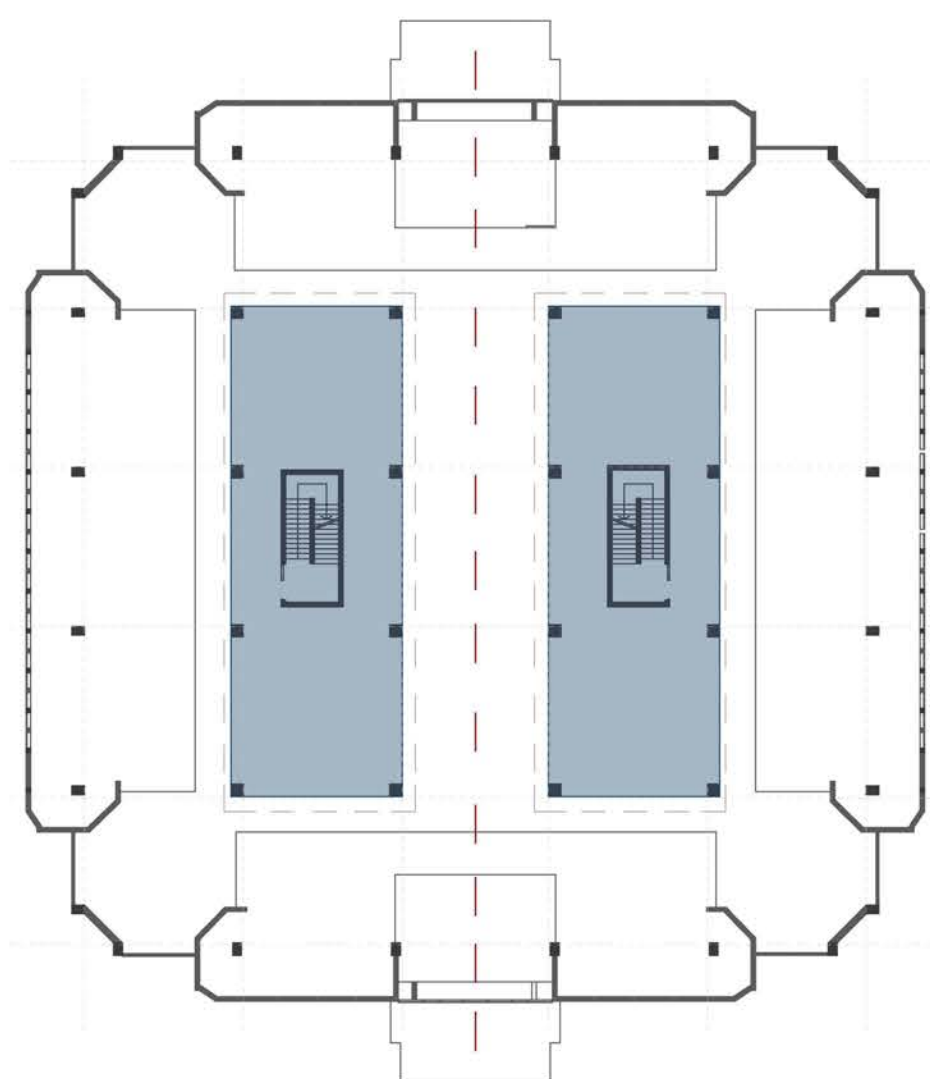
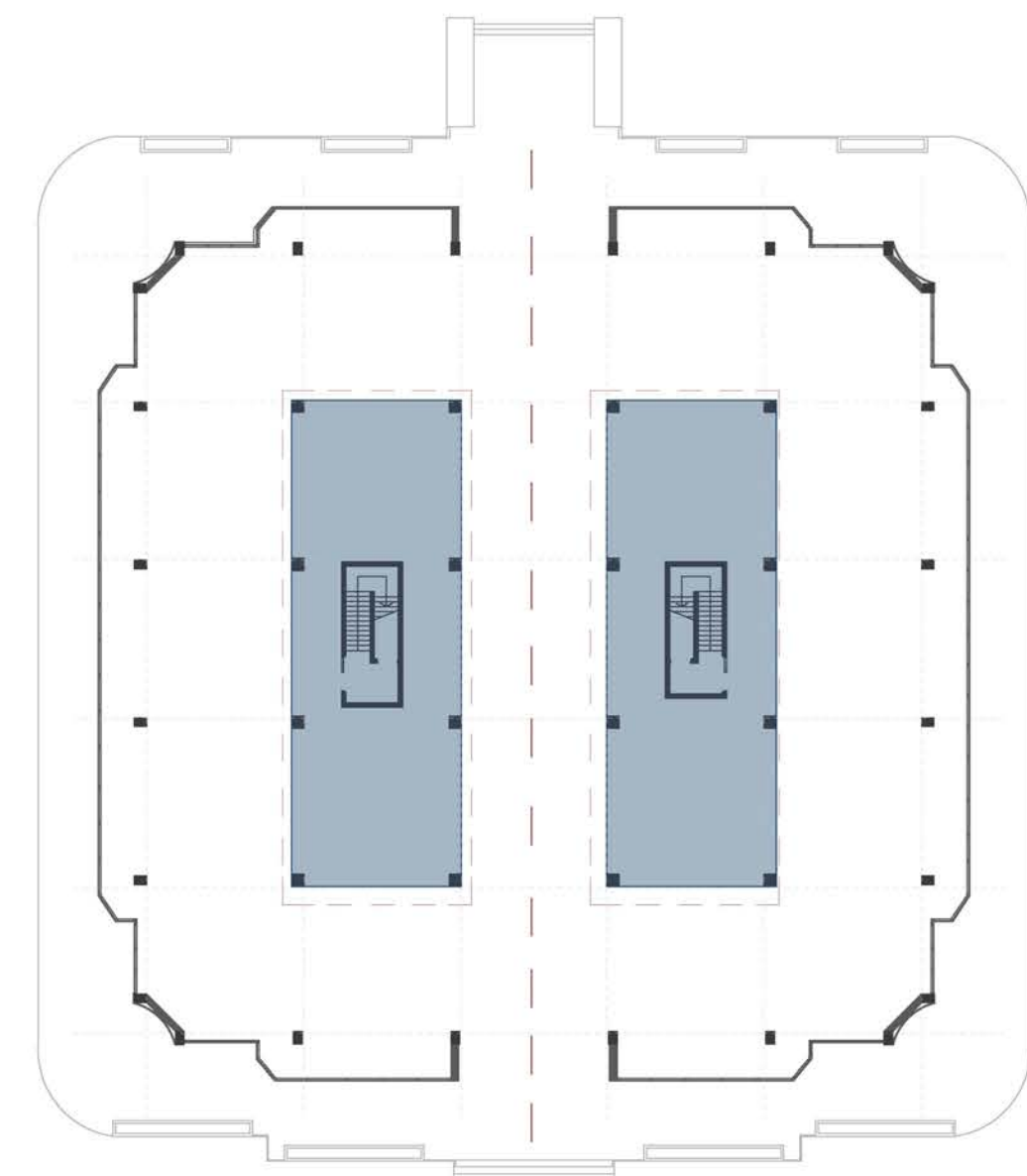
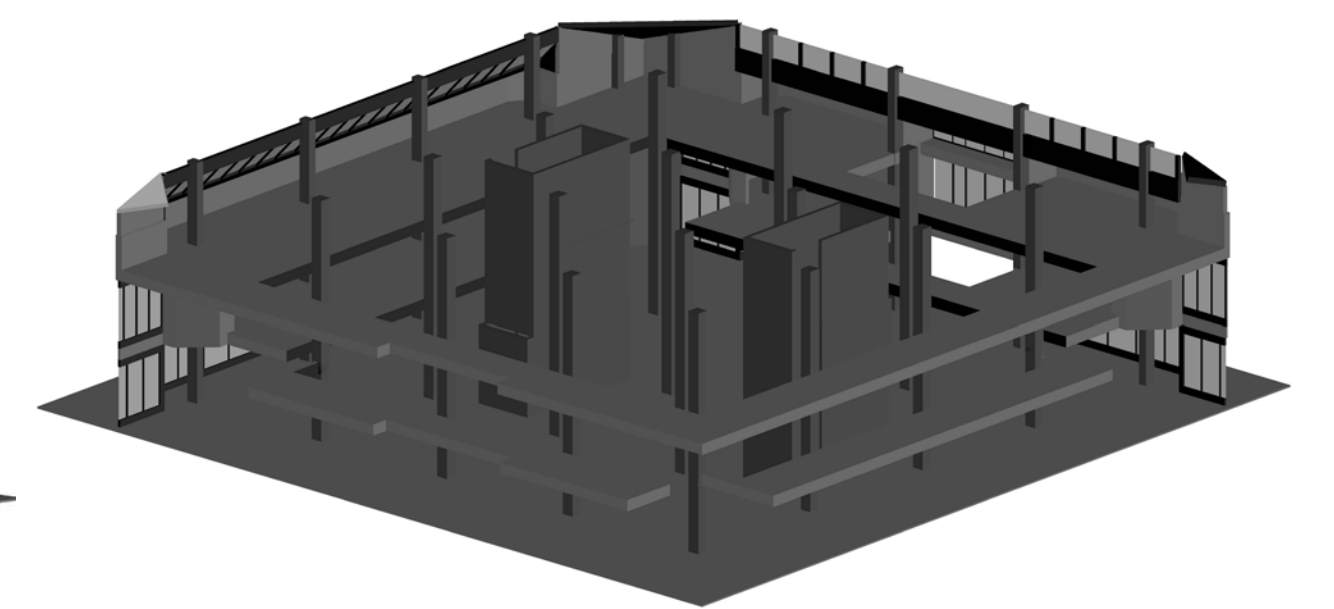


CONCEPT- STAGES

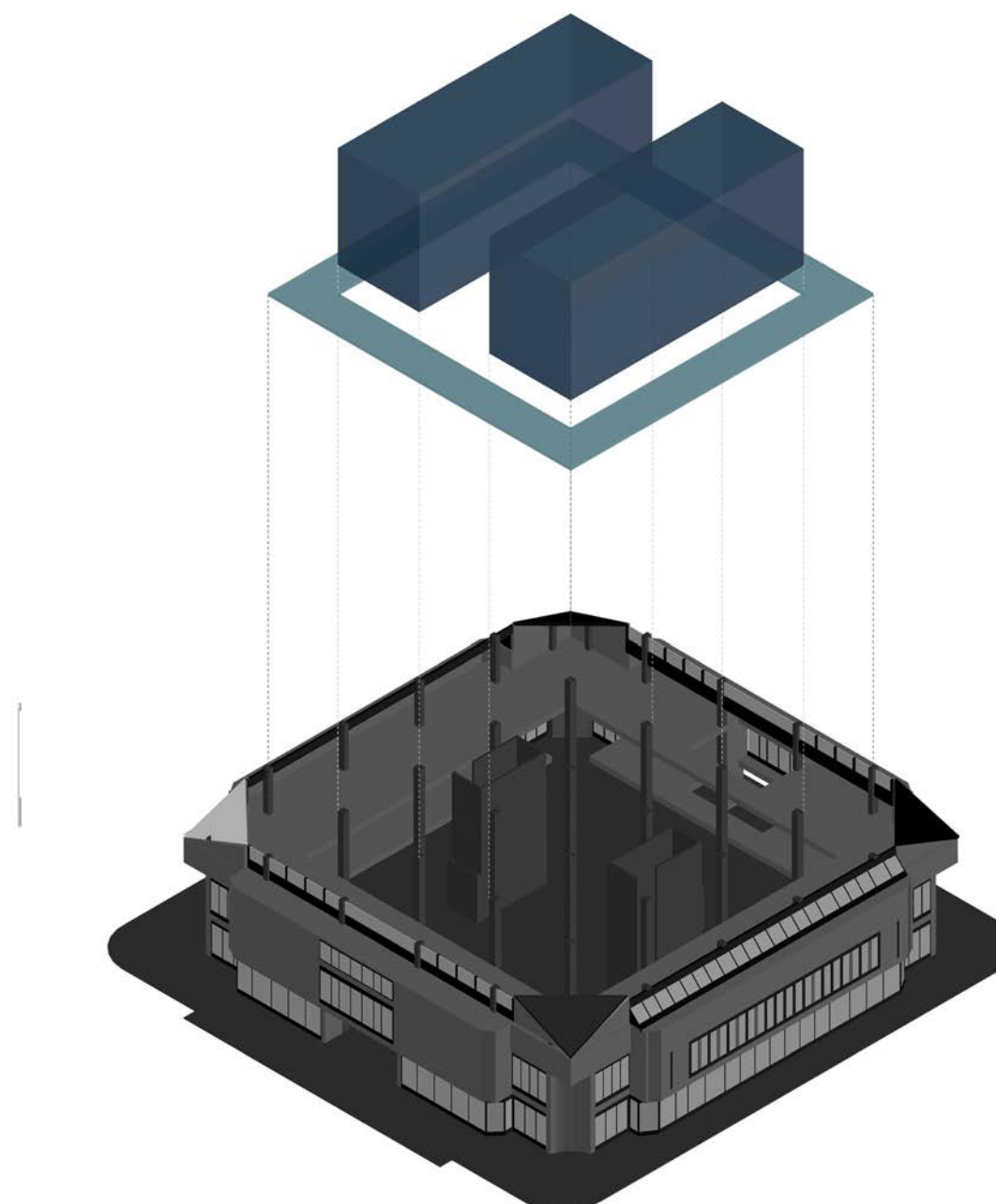
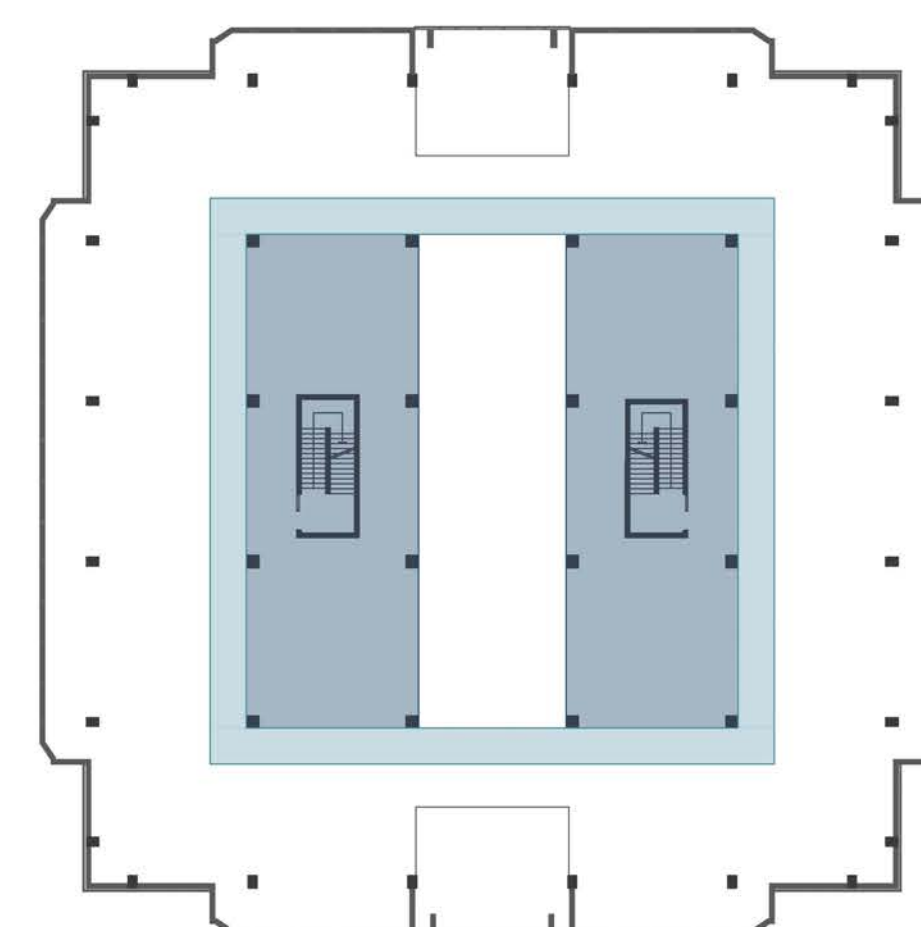
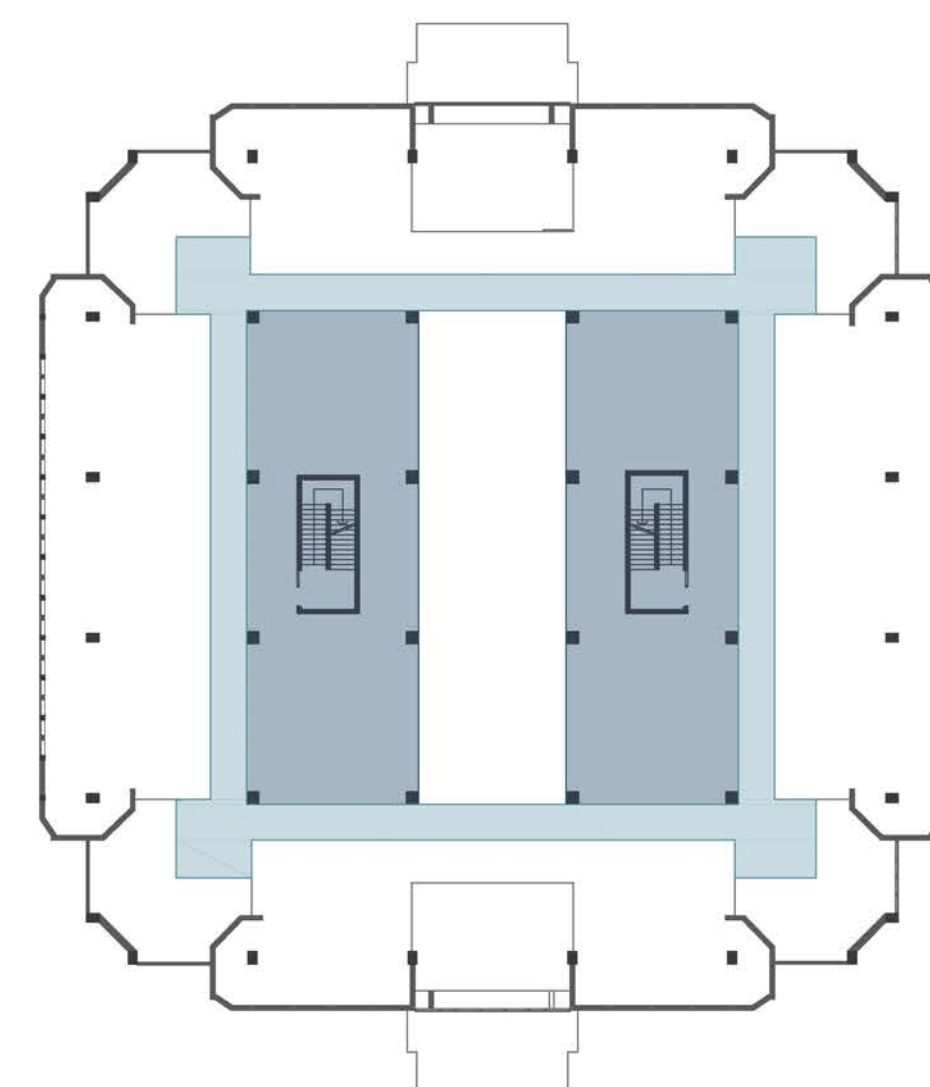
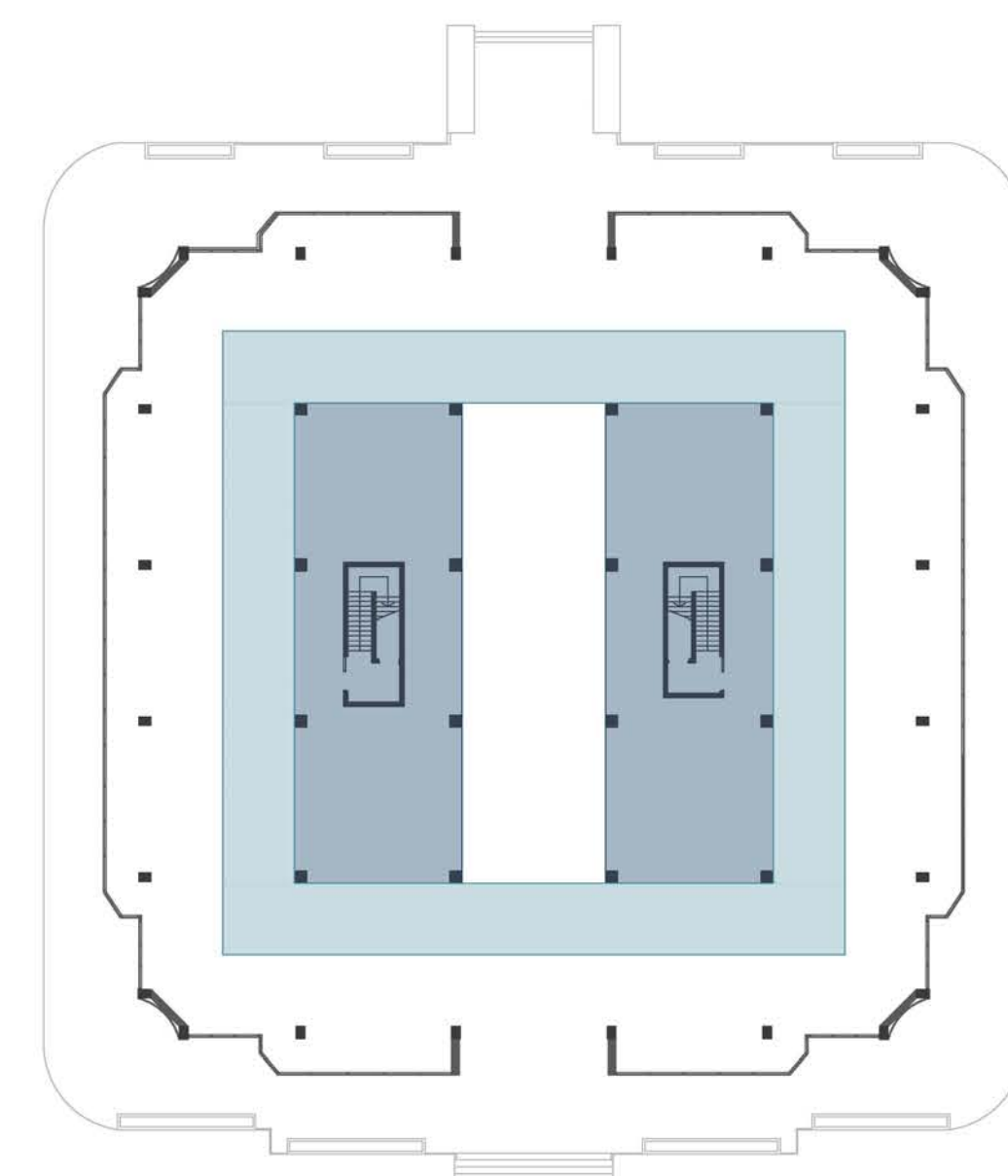
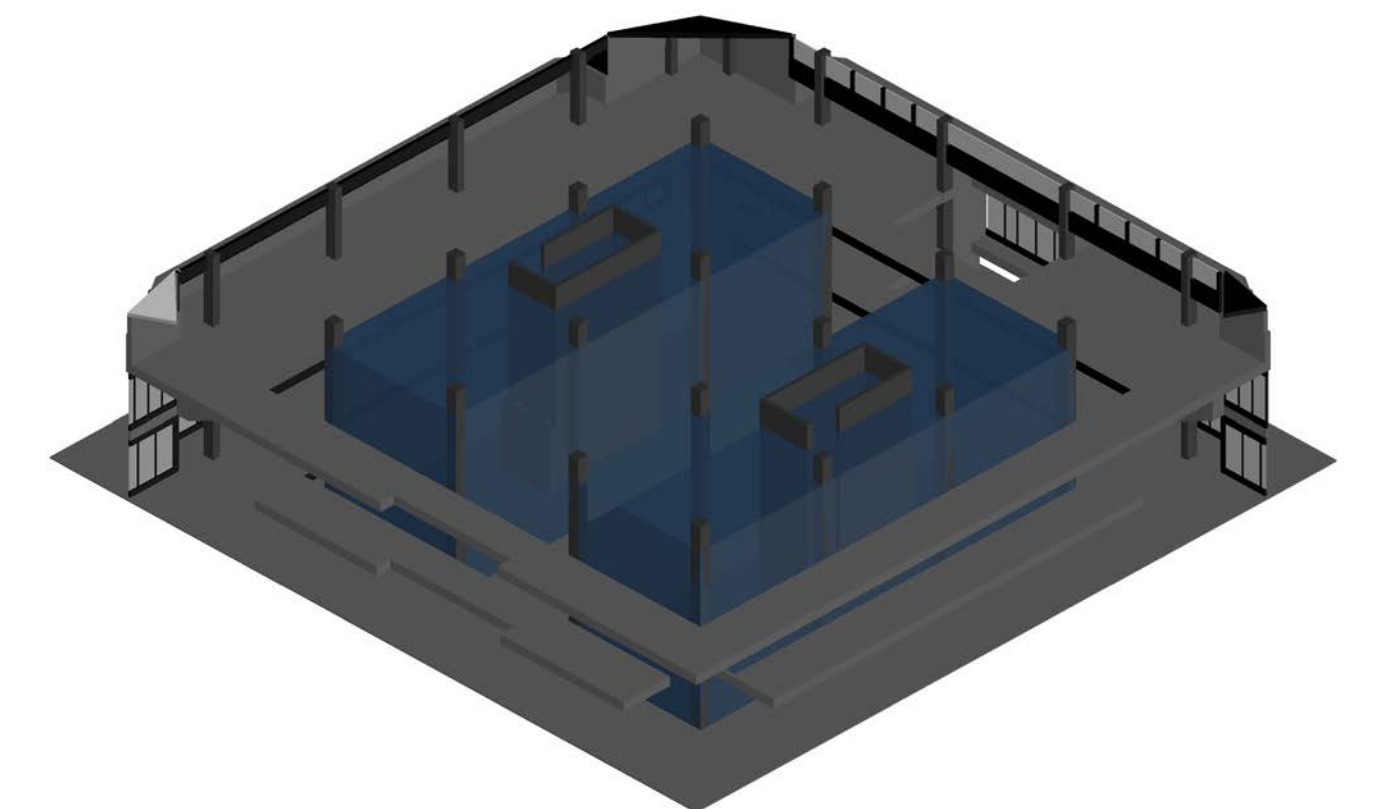
'City' inside building



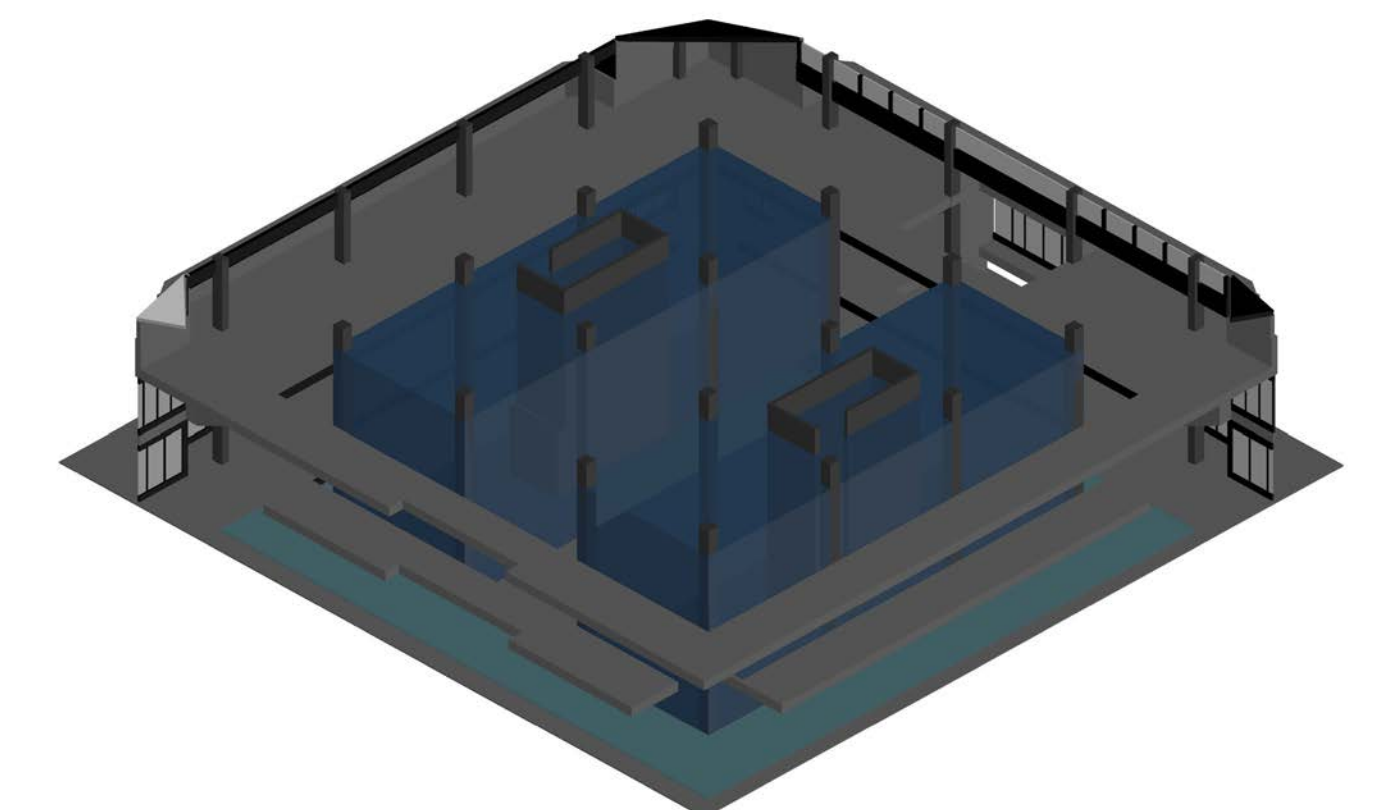
Stage 1
Parts of the first and second floor are to be removed



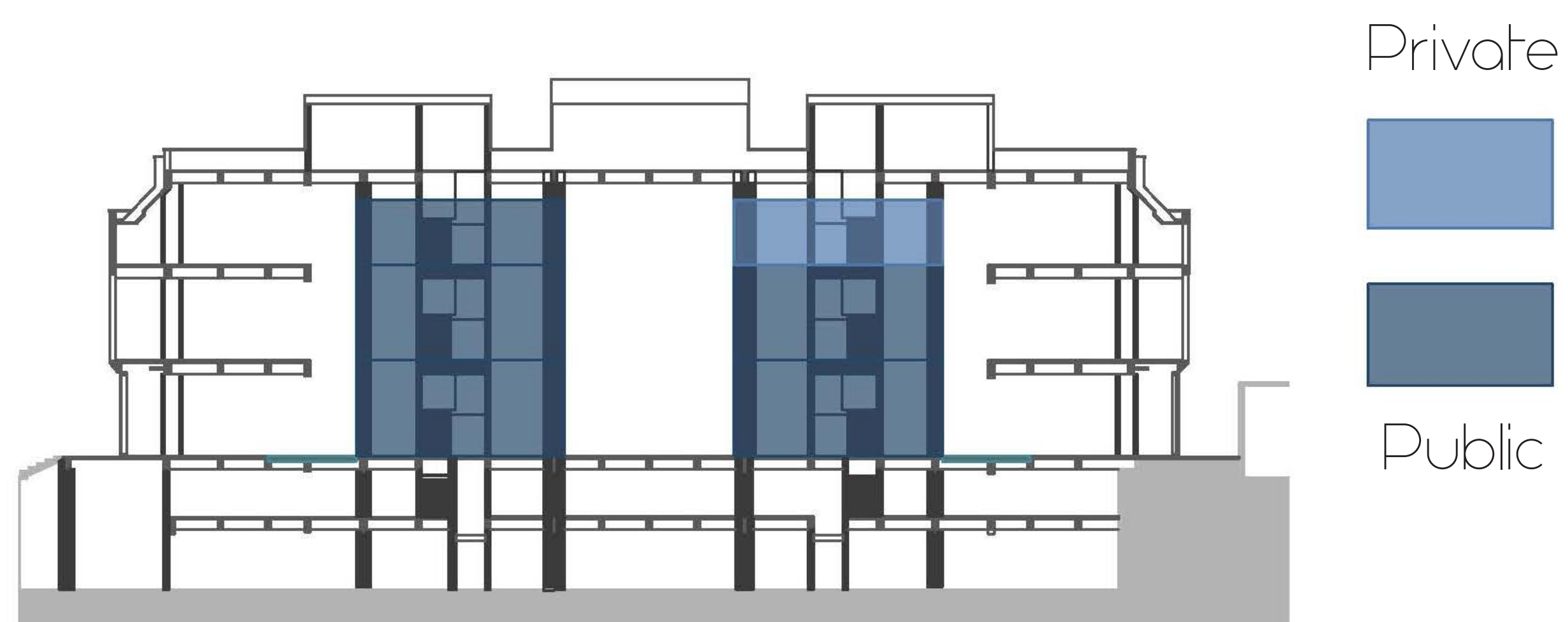
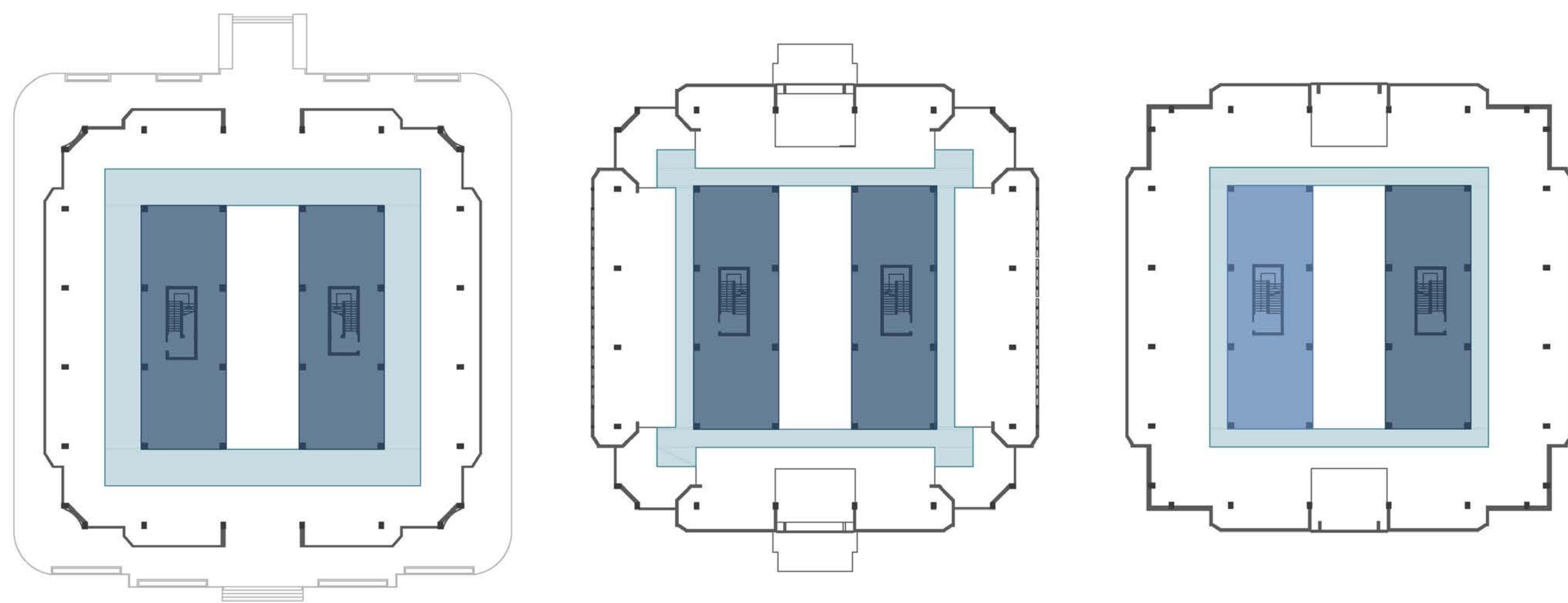
Stage 2
Two blocks- buildings, are to be integrated in the centre of the building after removing parts of the floor



Stage 3
For the last stage, a moat, on the ground floor, surrounding the interior structures, is to be added. It is to be connected to the indoor pool.

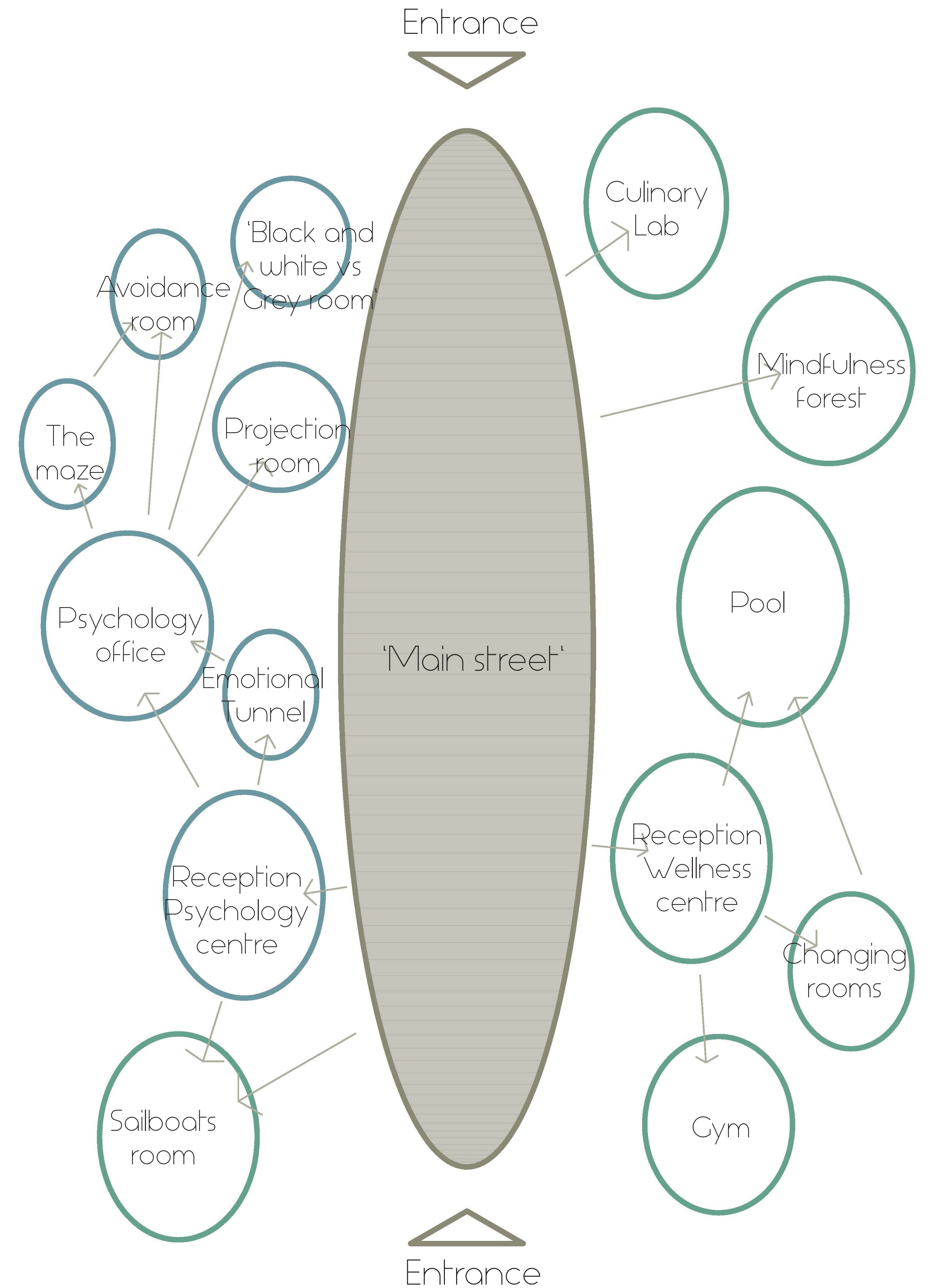


GENERAL ZONING

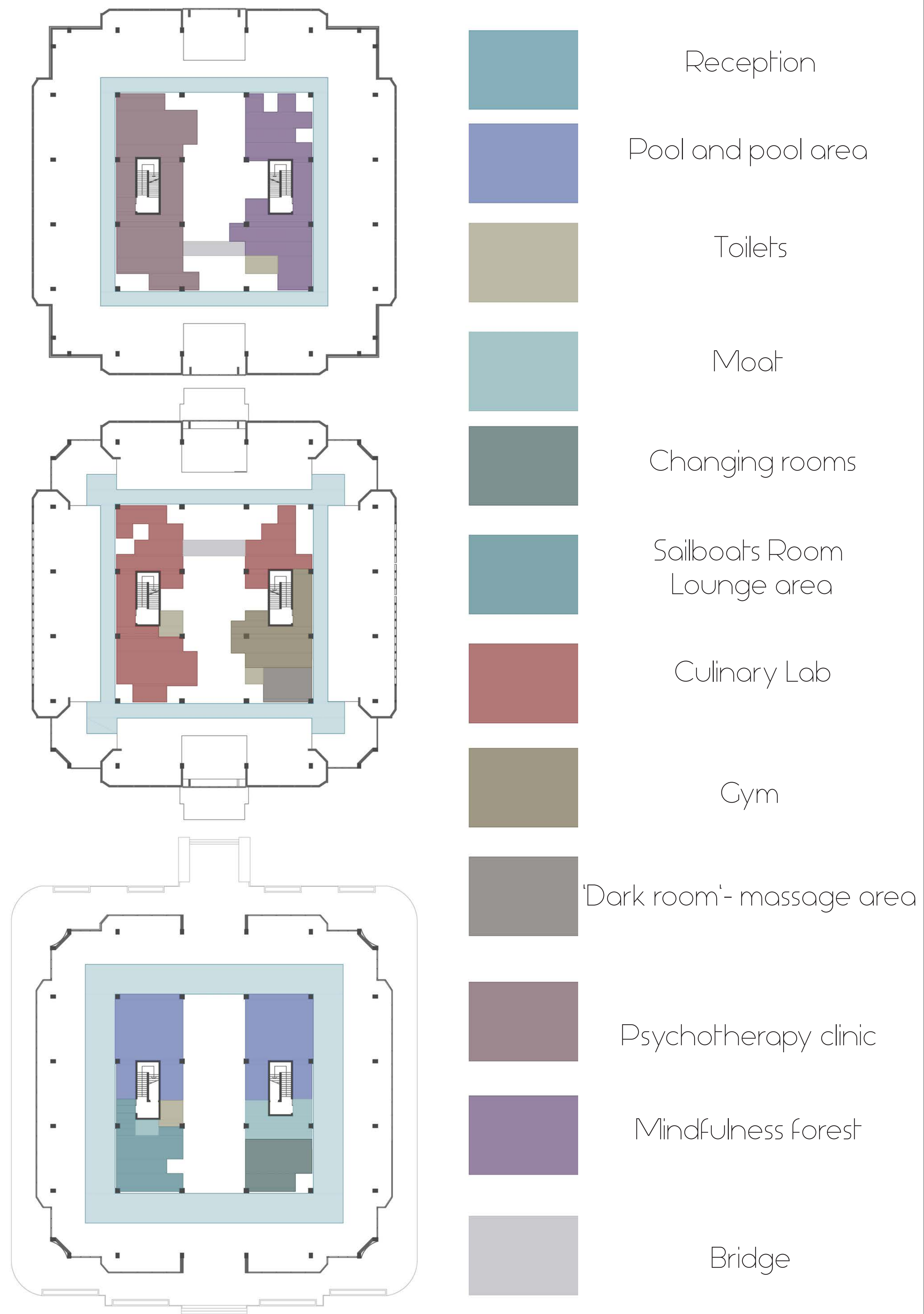


The private area is to accommodate the psychology practice, and it is to be located on the second floor, above the Culinary Lab. The public area incorporates the wellness centre and is placed on all three levels of one of the inserted buildings, and on the first two floors of the second one.

BUBBLE DIAGRAM

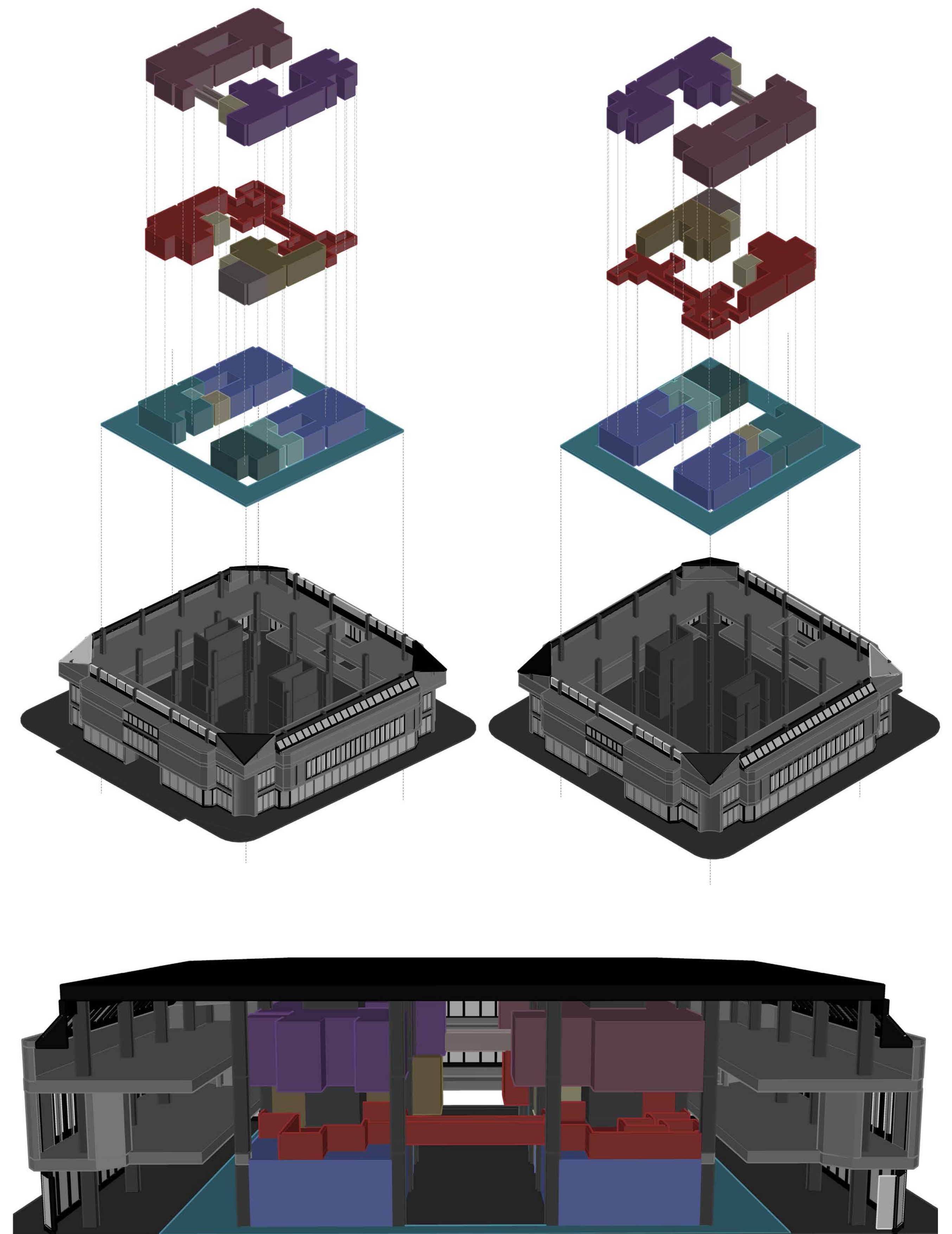


DEVELOPED ZONING

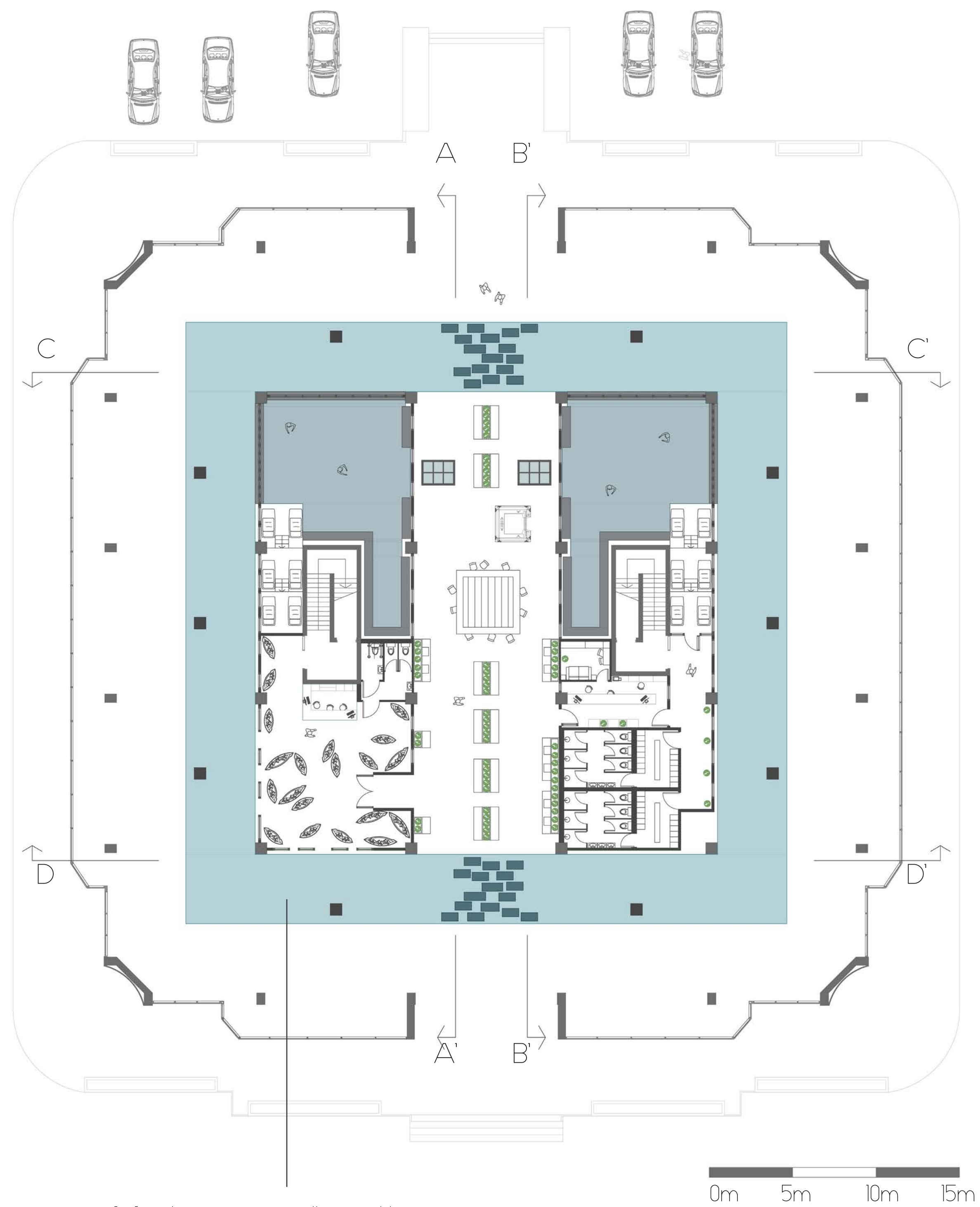


DEVELOPED ZONING

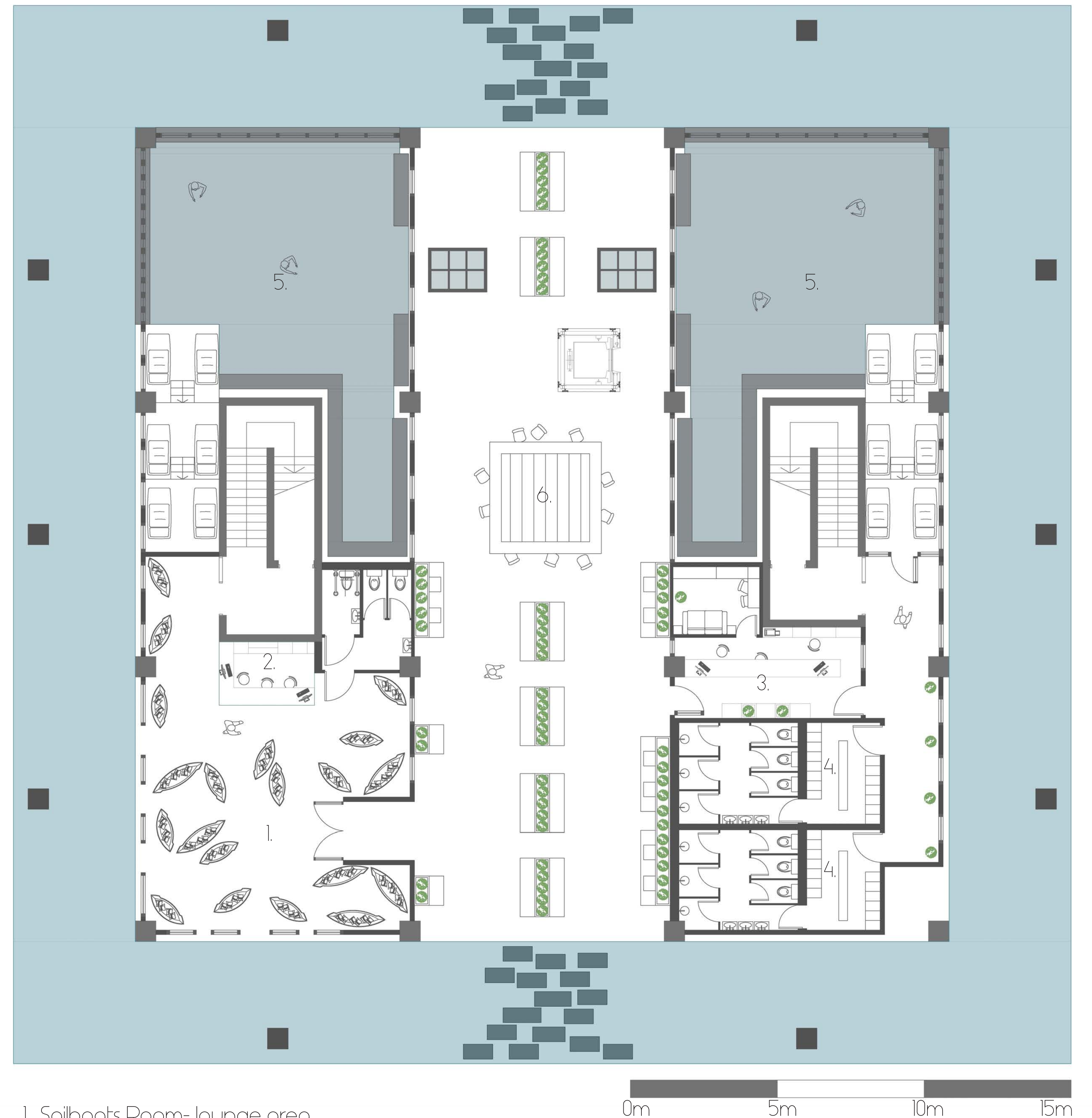
Axonometric diagrams and section



TECHNICAL DRAWINGS



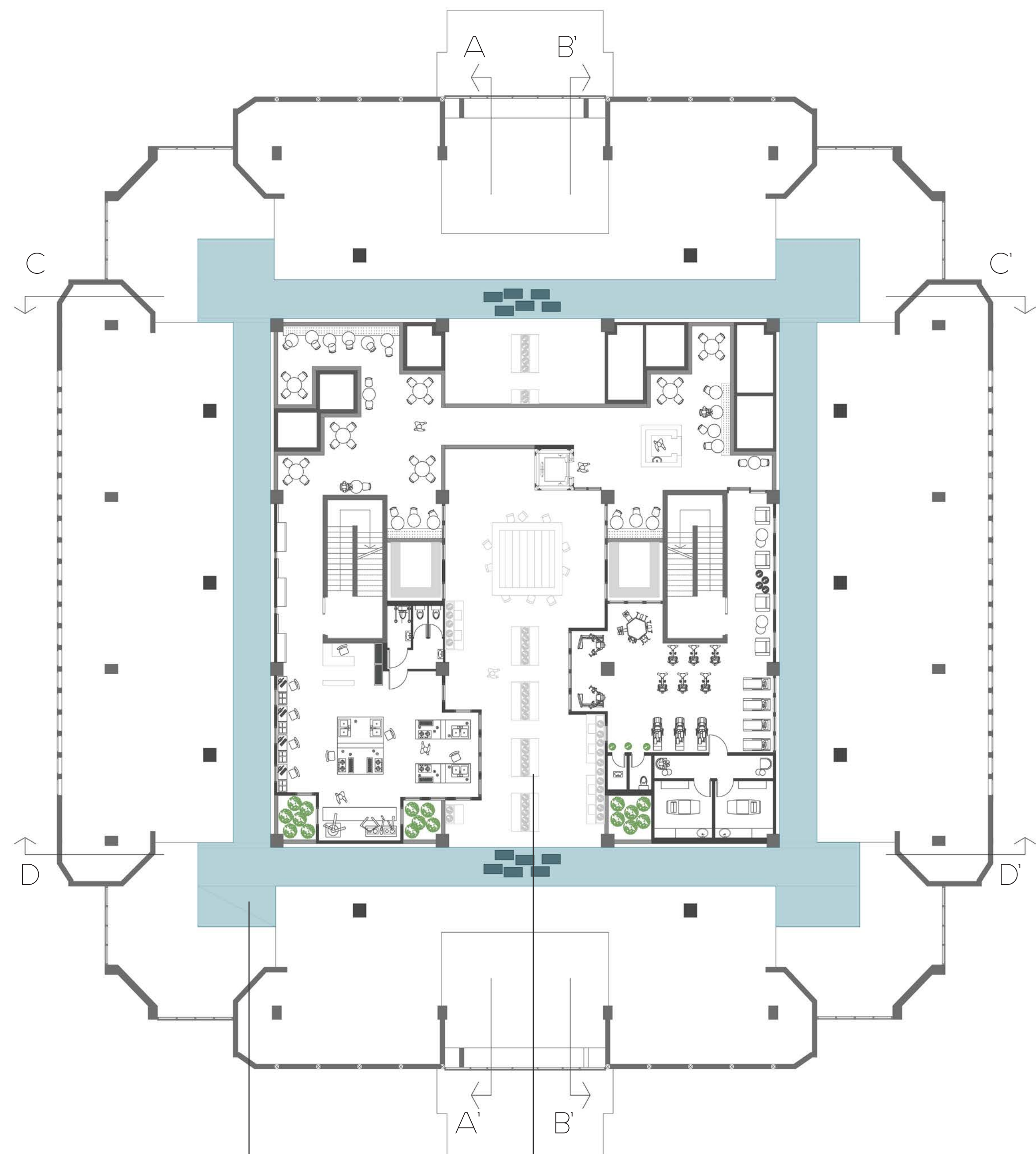
Moat surrounding the two inserted buildings



1. Sailboats Room- lounge area
2. Reception- psychology office
3. Reception- wellness centre
4. Changing rooms
5. Pool + pool area
6. Coffee shop

Ground floor

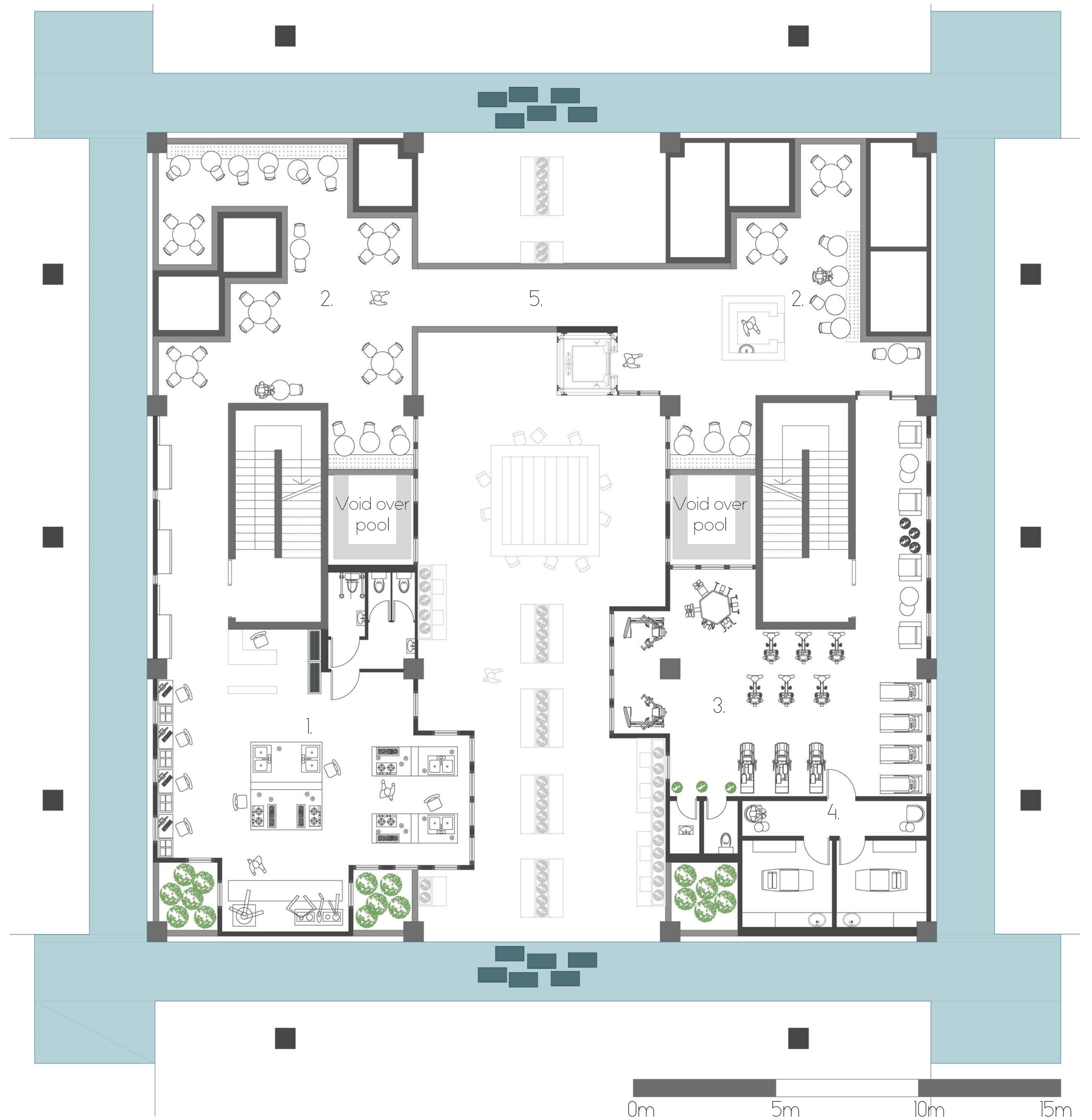
TECHNICAL DRAWINGS



Moat visible from upper levels

Inner street visible from upper levels

0m 5m 10m 15m

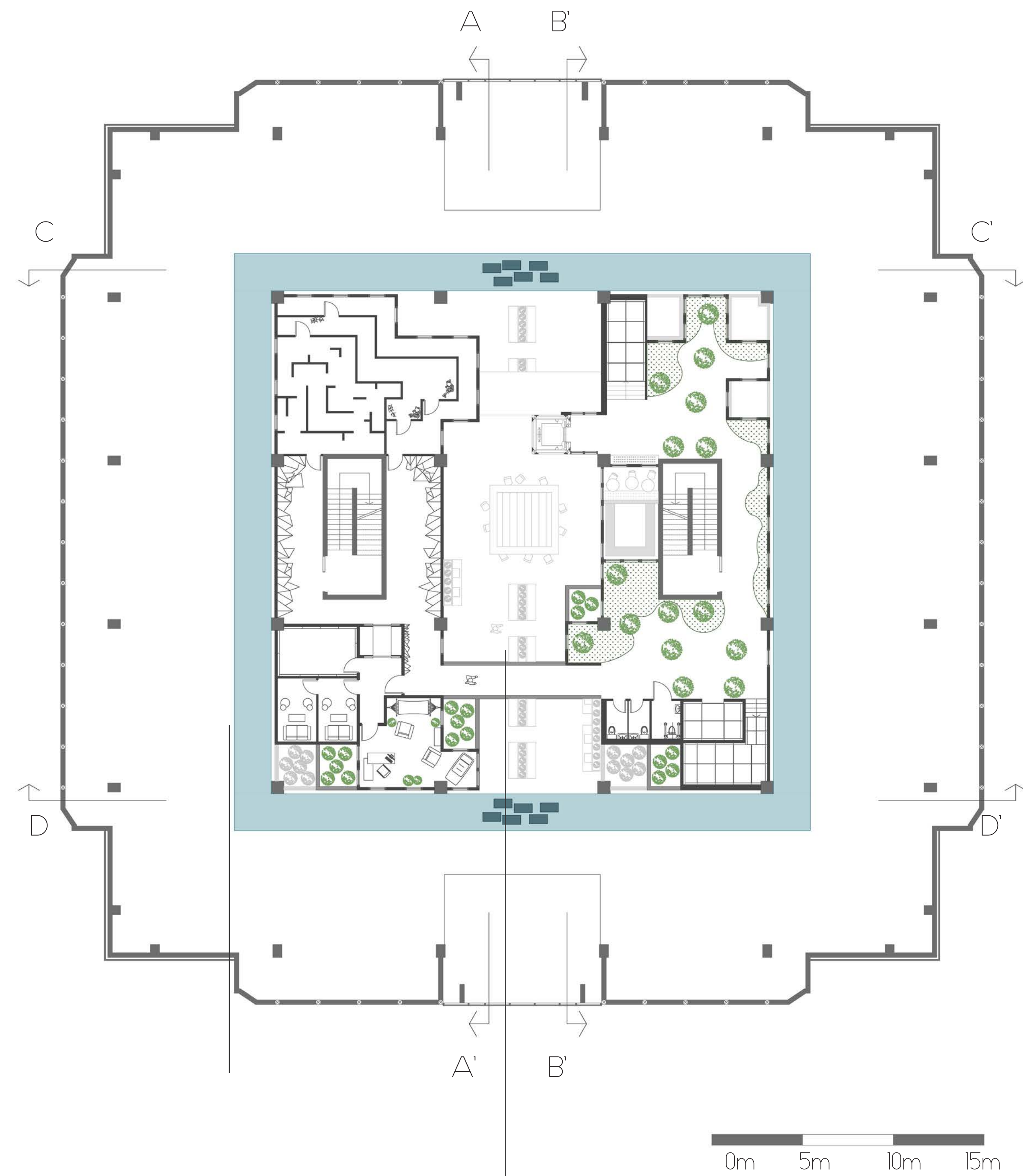


1. Culinary Lab
2. Culinary Lab-restaurant
3. Gym
4. 'Dark room'-massage area
5. Bridge (connecting the two buildings)

0m 5m 10m 15m

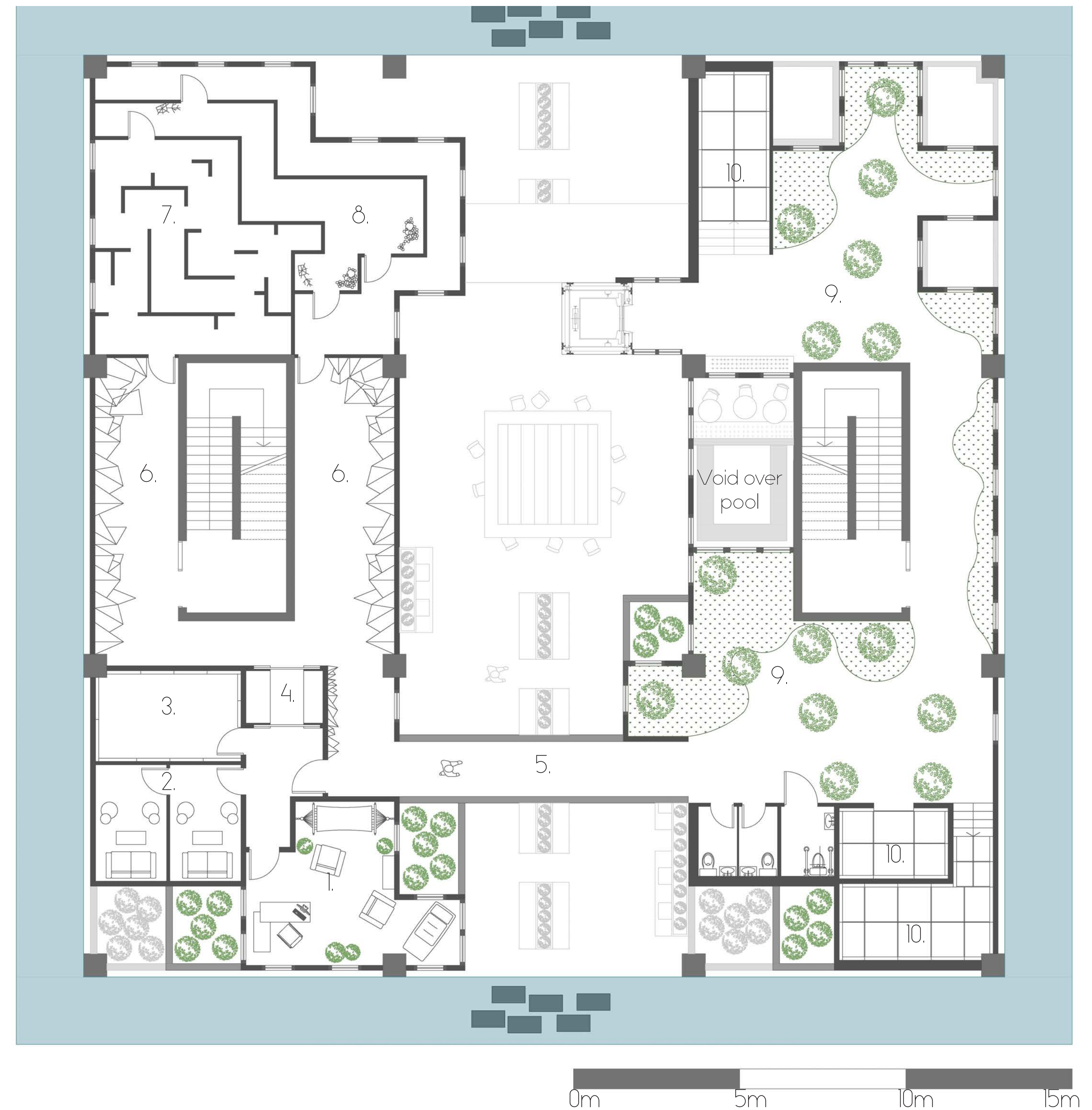
First floor

TECHNICAL DRAWINGS



Moat visible from upper levels

Inner street visible from upper levels



1. Psychotherapy office
2. 'Black and white vs Grey Room'
3. Projection room
4. The emotional tunnel
5. Bridge (connecting the two buildings)
6. 'Sharp edges' area
7. The cognitive-behavioral maze
8. Avoidance room
9. Mindfulness area
10. Interactive area (digital space that can recreate natural environments)

Second floor



0m 5m 10m 15m



0m 5m 10m 15m

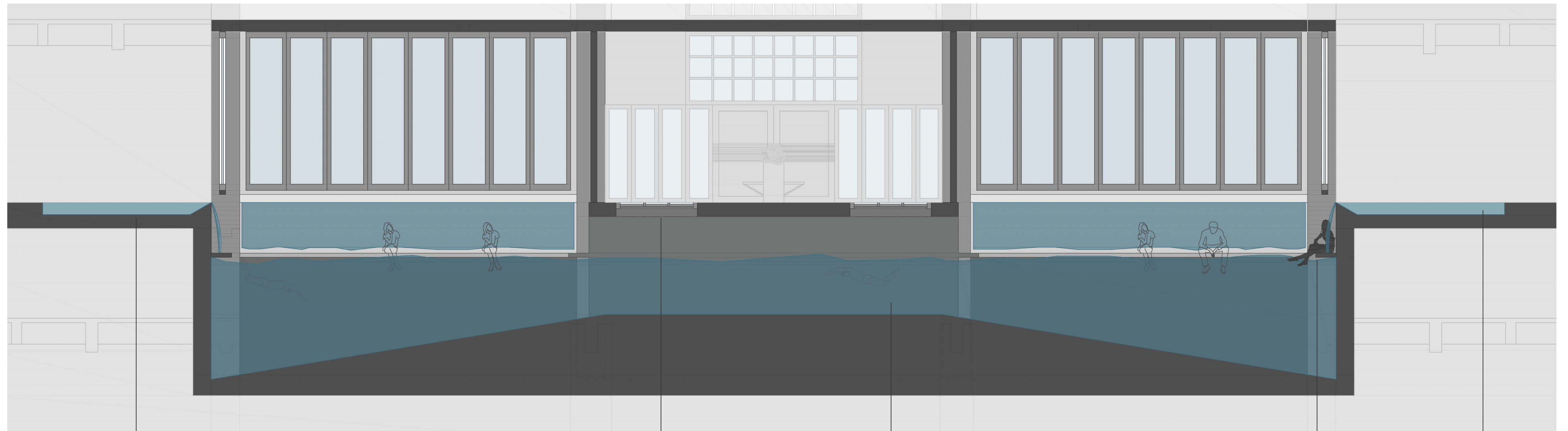




MAIN STREET



POOL



Moat, surrounding the two inserted buildings, and connected to the pool area, through an infinity pool structure

Glass floor- tunnel visible from the inner 'street'. Allows light inside the tunnel

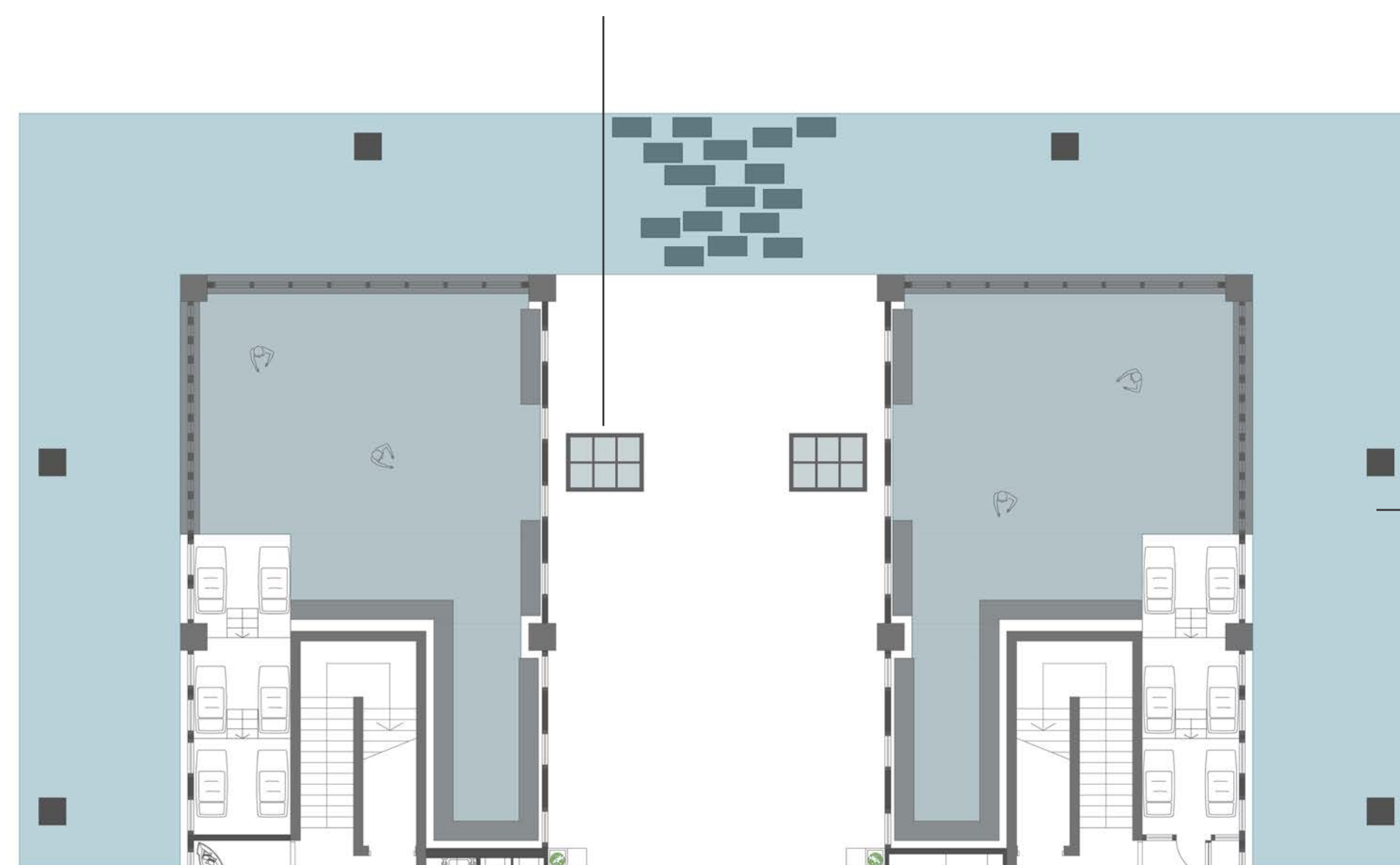
Underground water tunnel, connecting the two pool areas

Sitting area

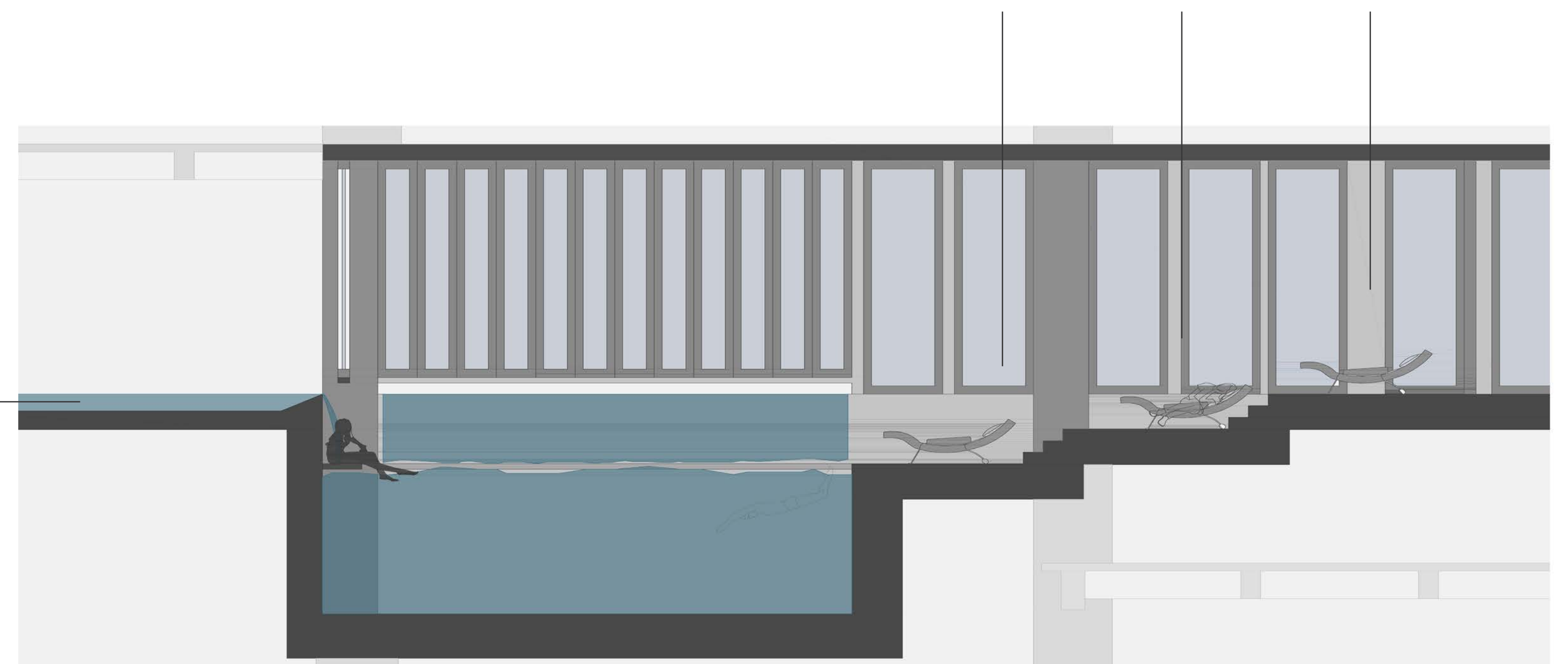
Moat

Different floor levels, where pool chaise lounges are placed

Glass floor



Moat

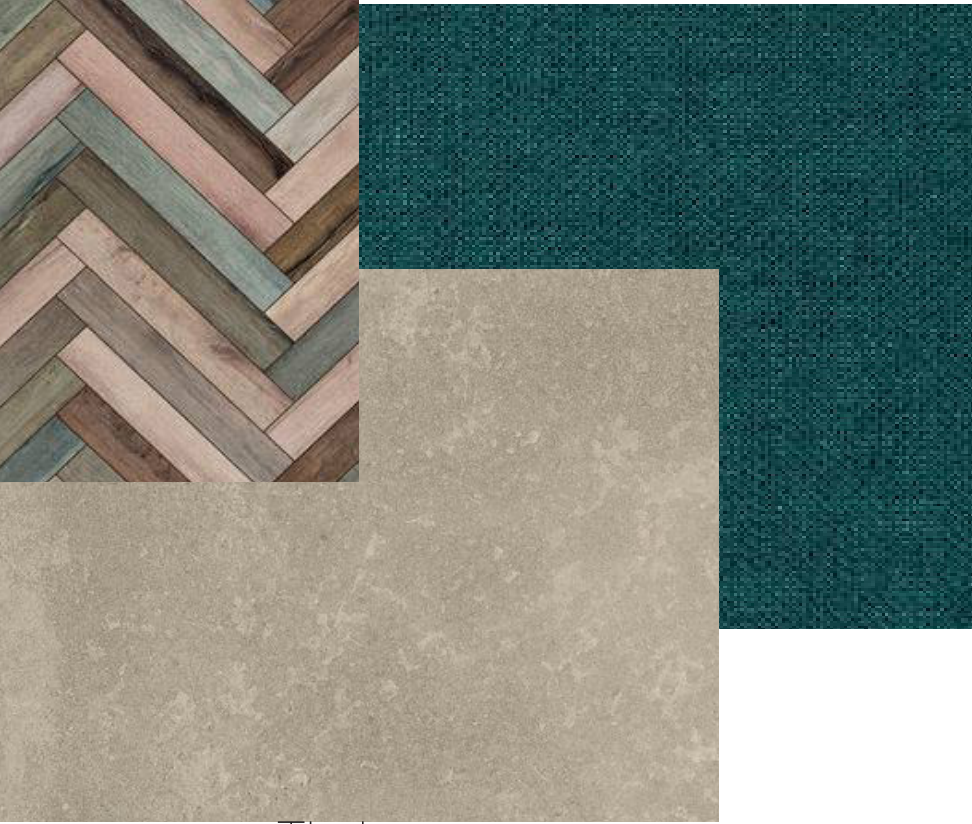




POOL



Bespoke laminated wood
Supplier: Bespoke Flooring solutions



Timber reinforced concrete

Water proof laminated planks- placed on both stairs and walls.
Main structure- concrete.





Sailboats Room Lounge area



Bespoke
laminated
wood
Supplier:
Bespoke
Flooring
solutions

Kvadrat
upholstery
'Cover printed
one side'0011

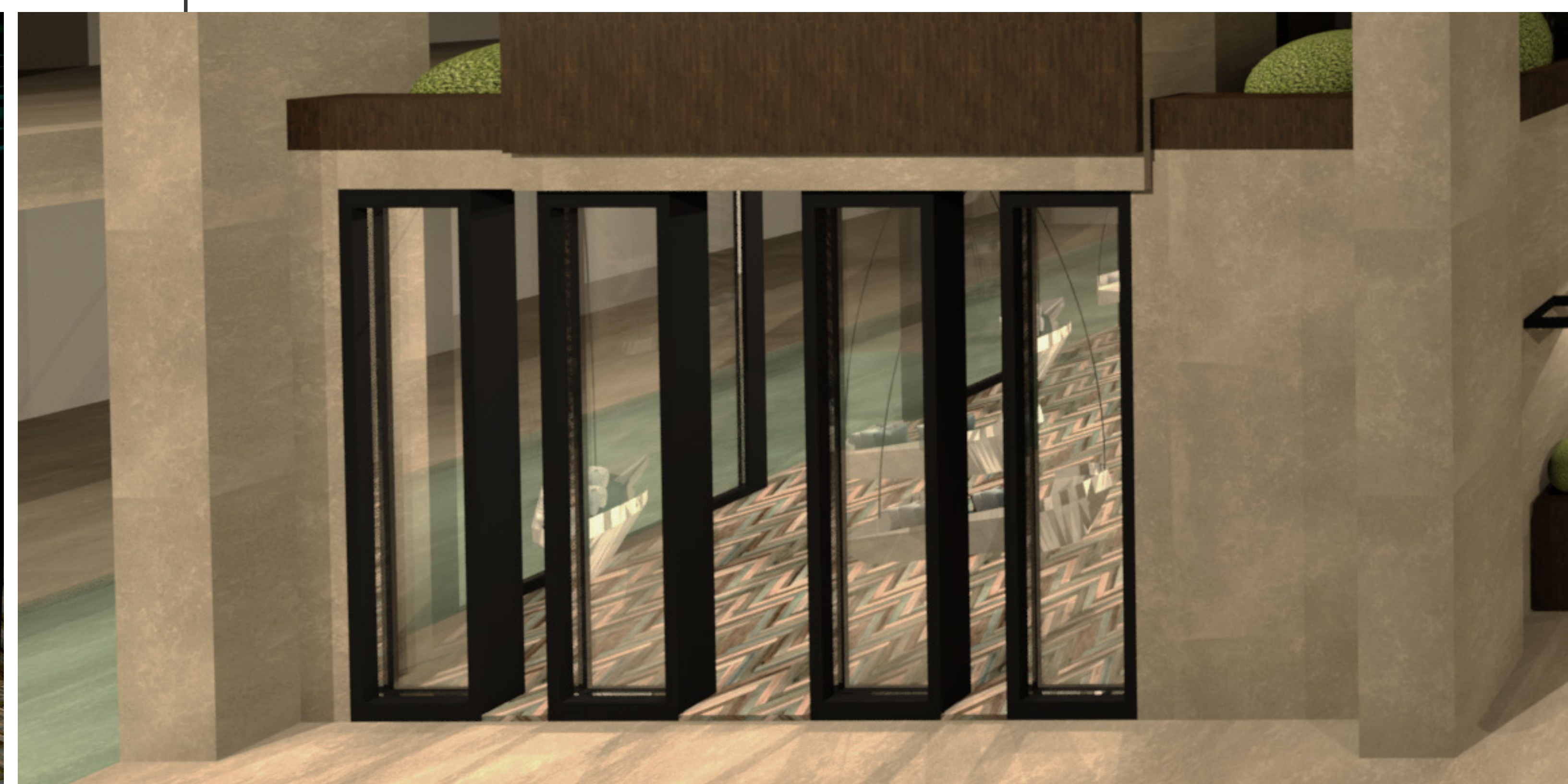
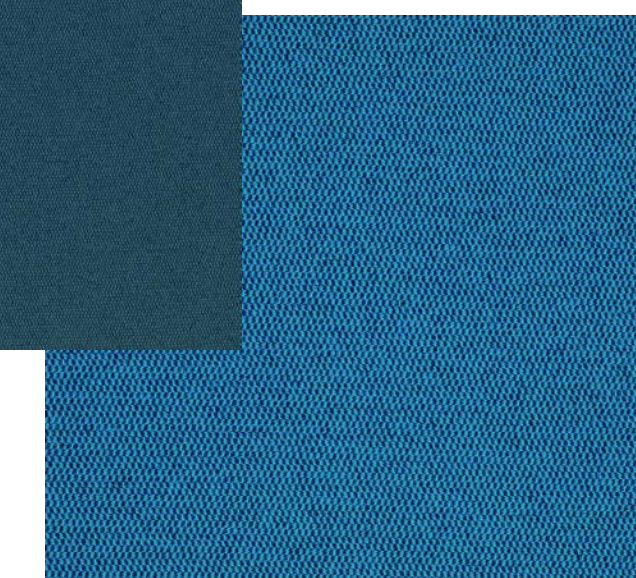
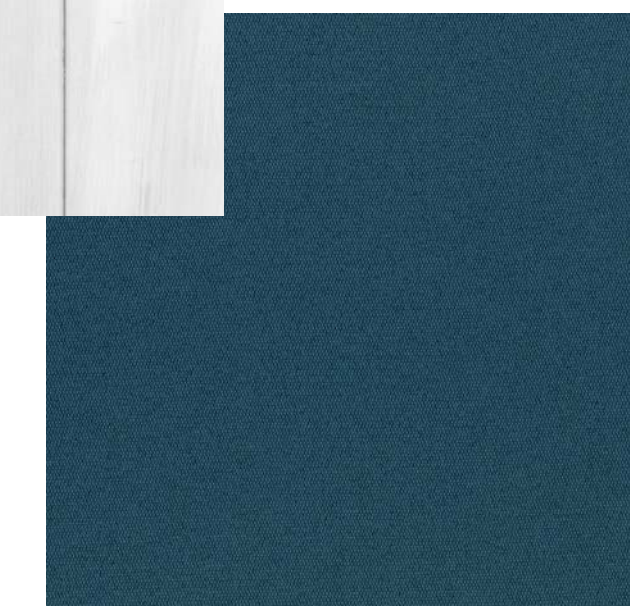


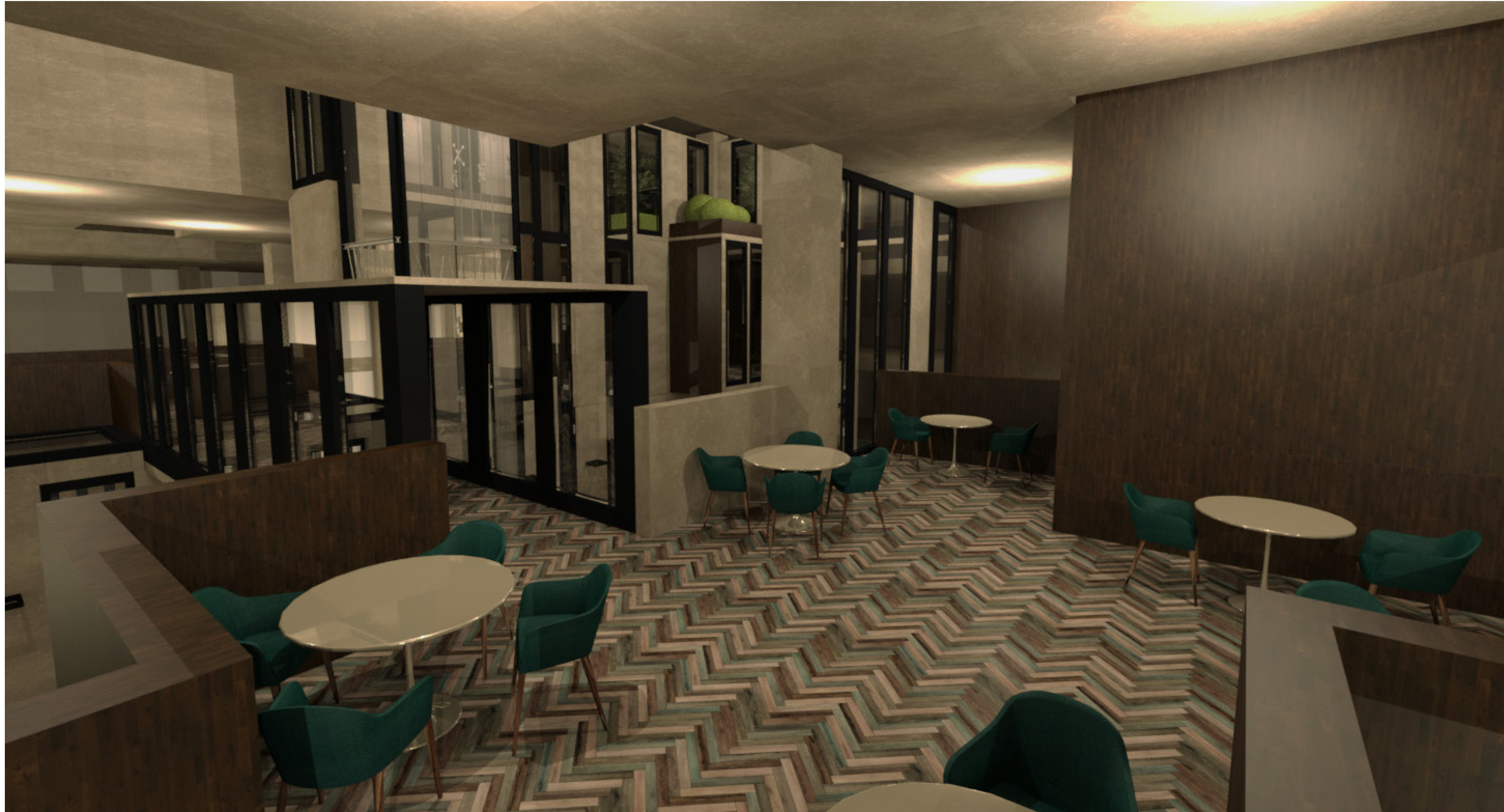
Kvadrat
upholstery
Messenger 094



White painted
timber (for the
sailboats)
Supplier: David
Linley

Kvadrat
upholstery
Messenger 041





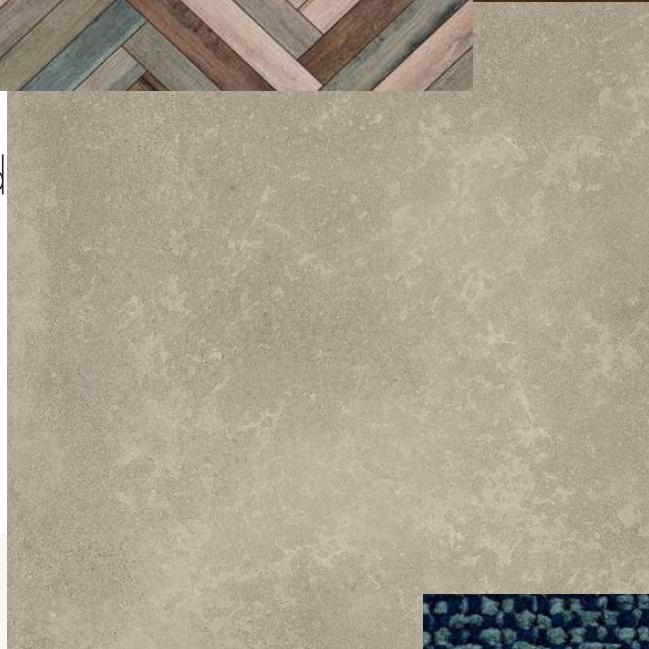
CULINARY LAB Restaurant



Timber cladding
Suppliers:
Howarth Timber

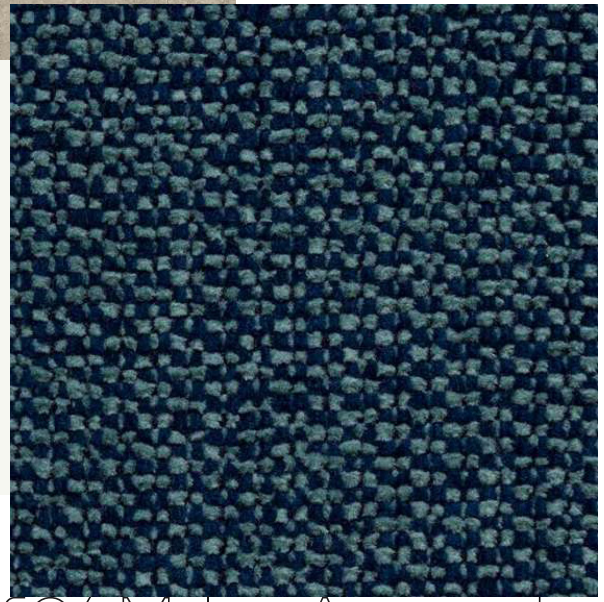


Bespoke
laminated
wood
Supplier:
Bespoke
Flooring
solutions

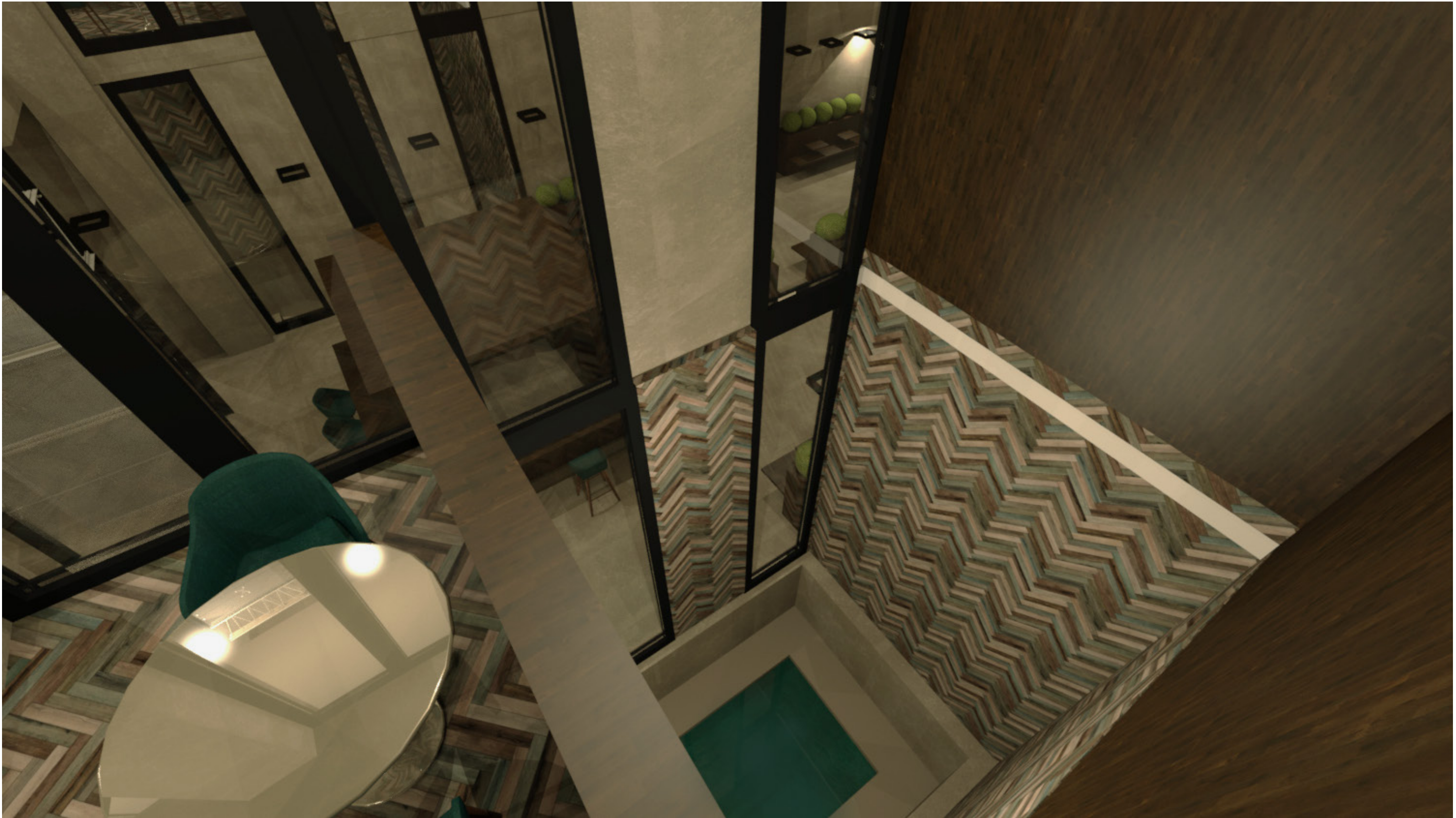


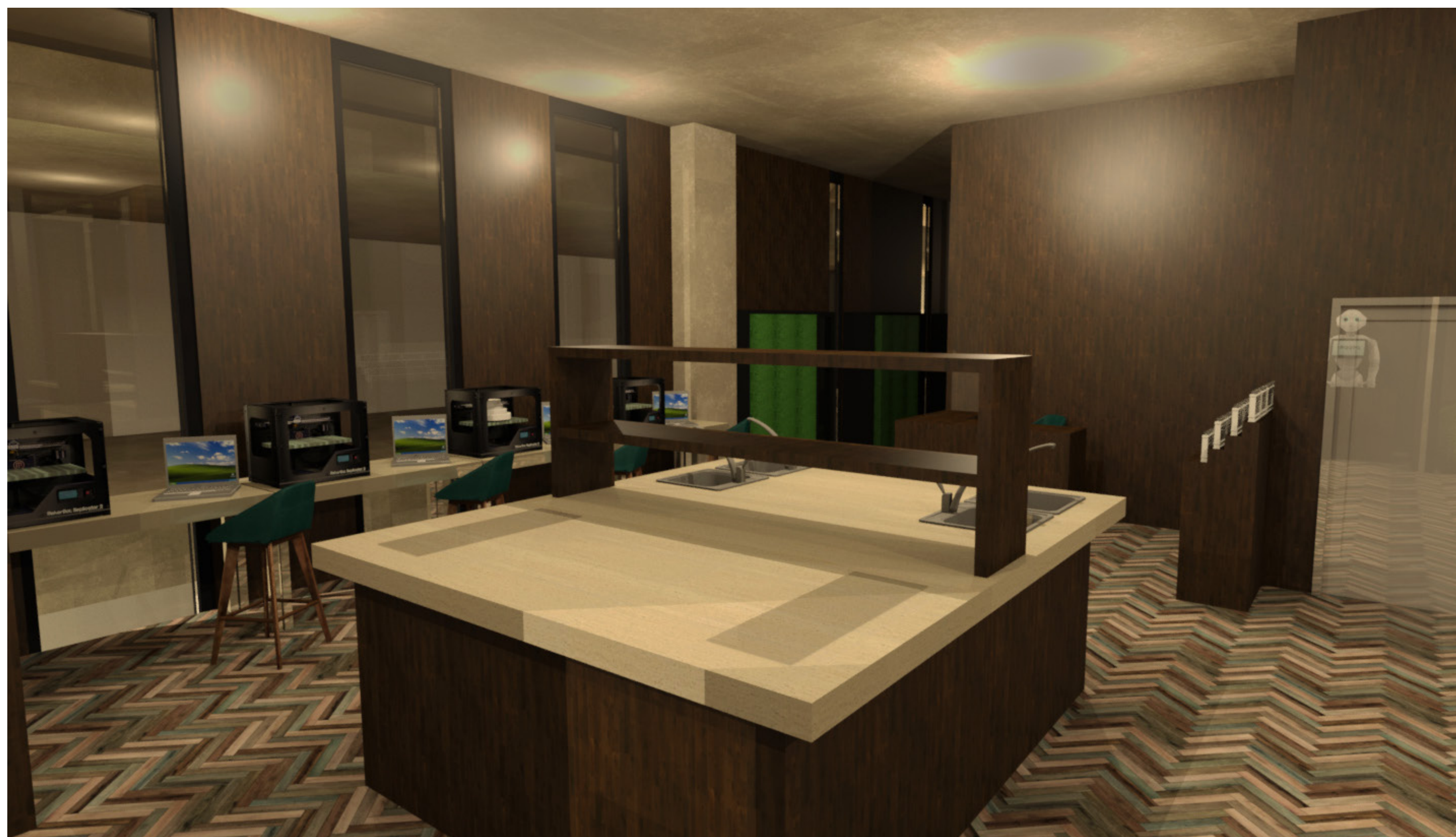
Timber
reinforced
concrete

Vetro Bianco
Saarinen Dining Table



SG6 Malmö Aquamarine
Colligaris Igloo chair





CULINARY LAB

Cooking area
Area for culinary experiments

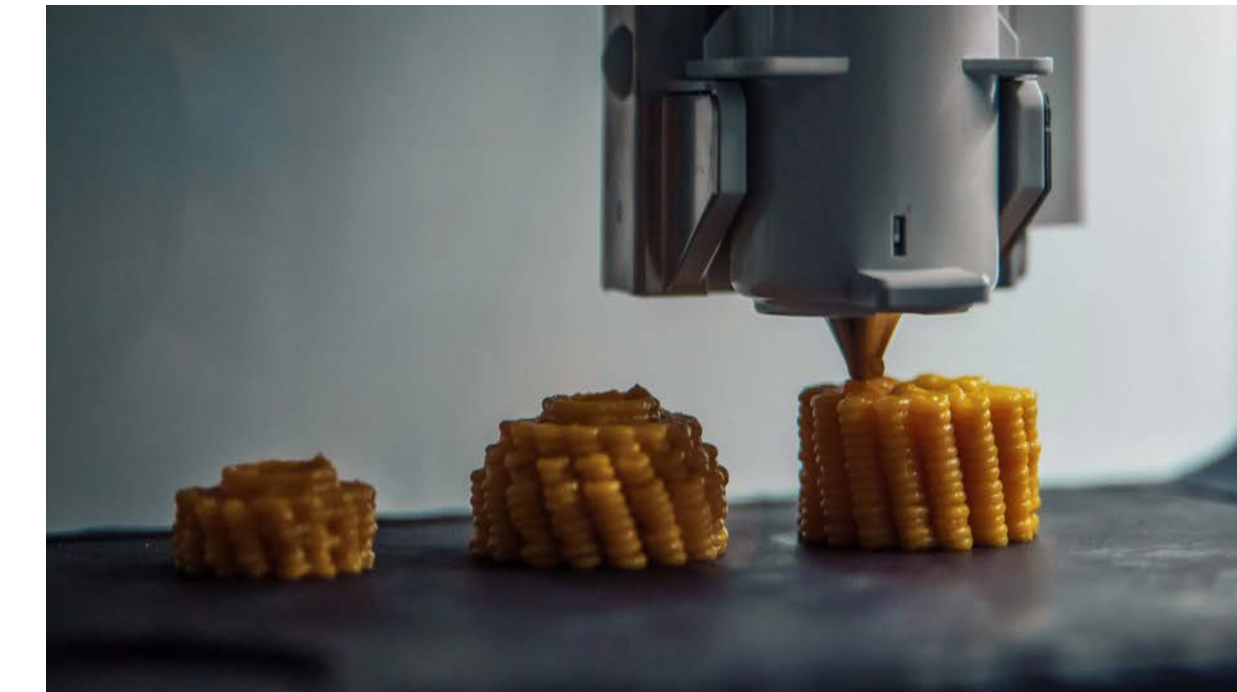


Fig. 9: Natural machines-Foodini: Corn Cob Dish Printing Closeup

3D printing machines allow users to customize food and create new recipes

Cooking robots are integrated in a warm and comfortable environment



Fig. 10: Moley Robotics Robotic Kitchen



Fig. 11: Yurii Dmitriev.2010. Bio Robot Refrigerator

Bio Robot Refrigerator
Prototype
Sustainable alternative to the traditional fridge

Chemistry equipment is to be facilitate the cooking activities of users, and store different spices

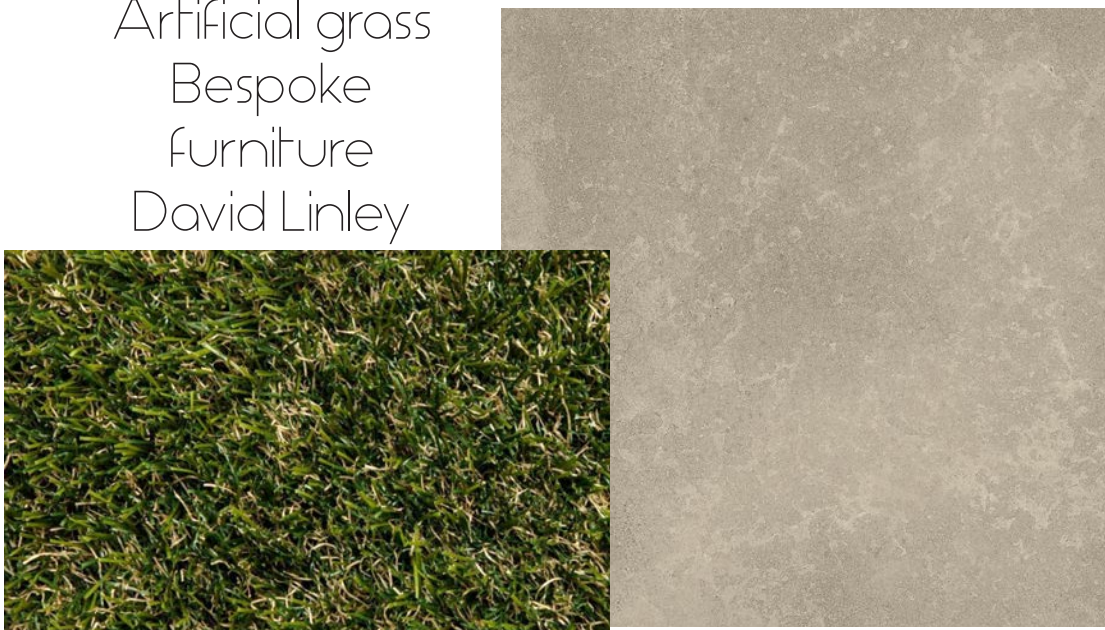


Fig. 12: Dean and Deluca. Spice rack



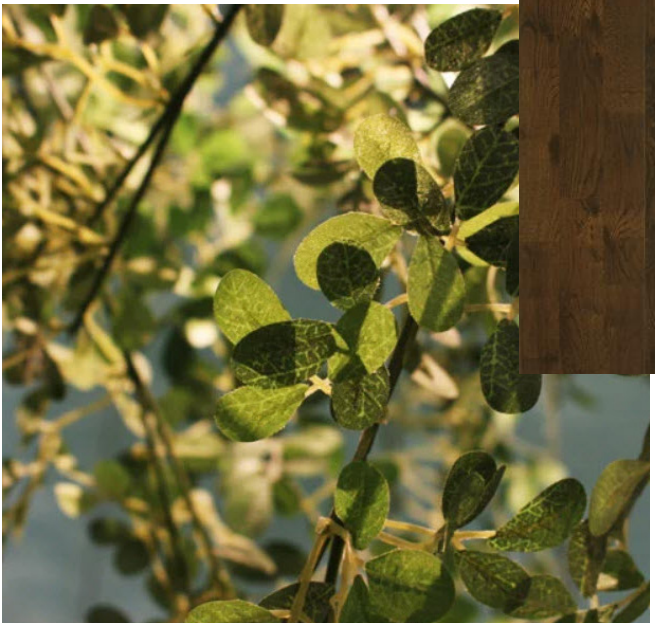
MINDFULNESS FOREST

Artificial grass
Bespoke
furniture
David Linley



Timber
reinforced
concrete

Artificial
vegetation



Timber cladding
Suppliers:
Howarth Timber

Interactive screens
Recreates different
natural environments

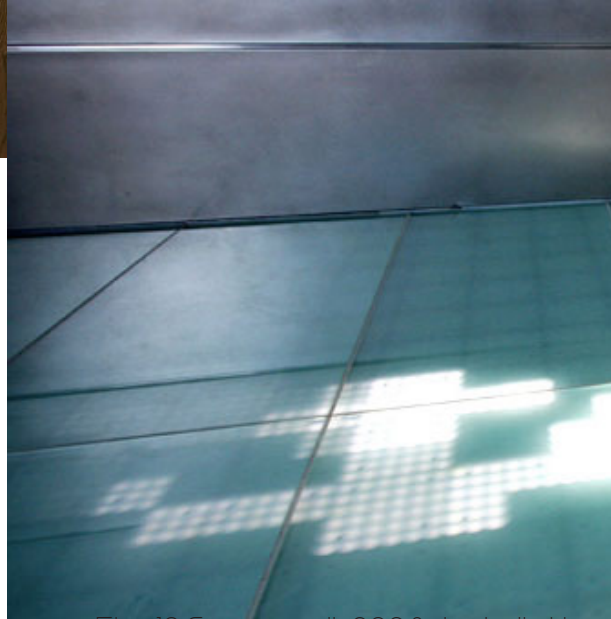
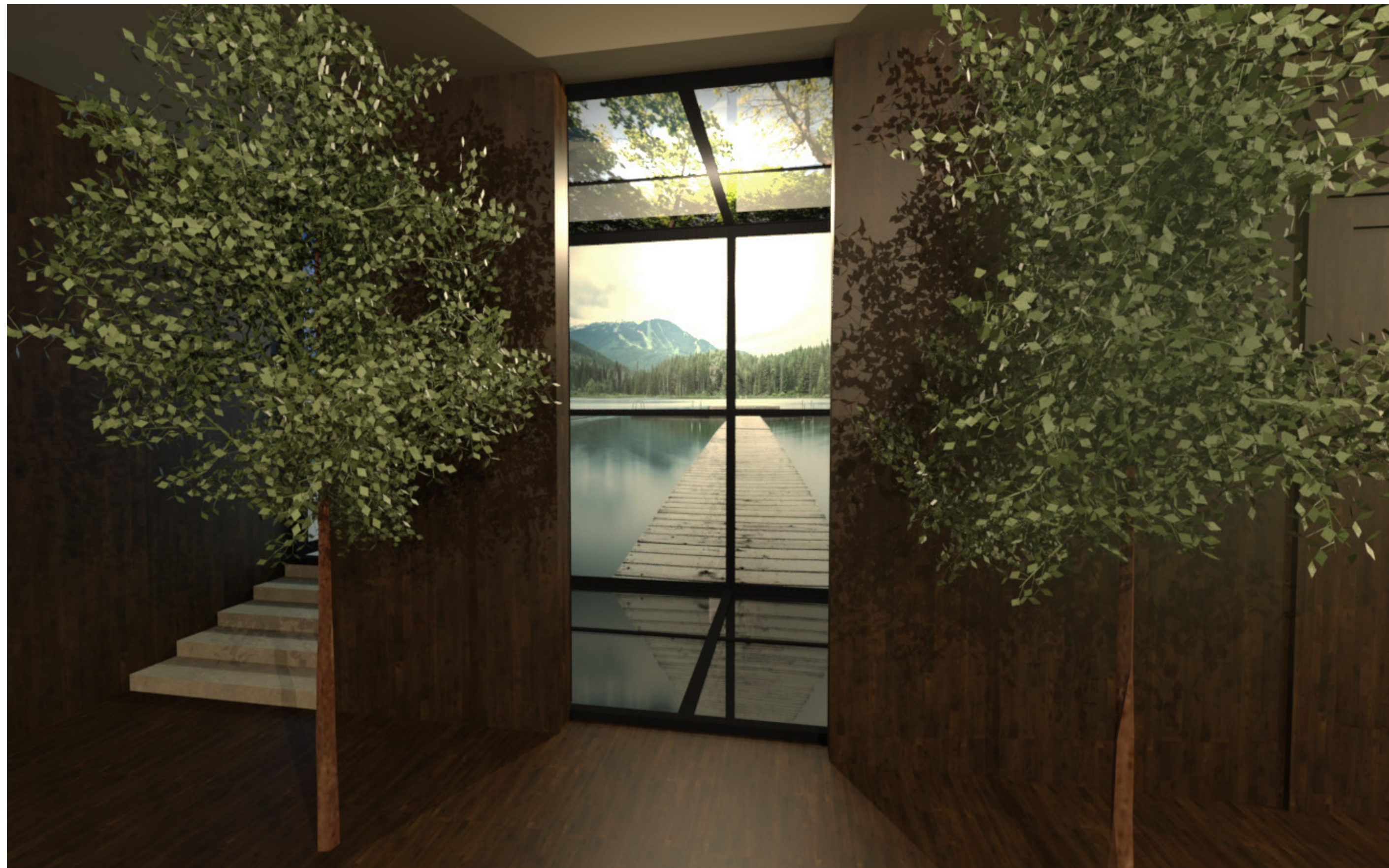
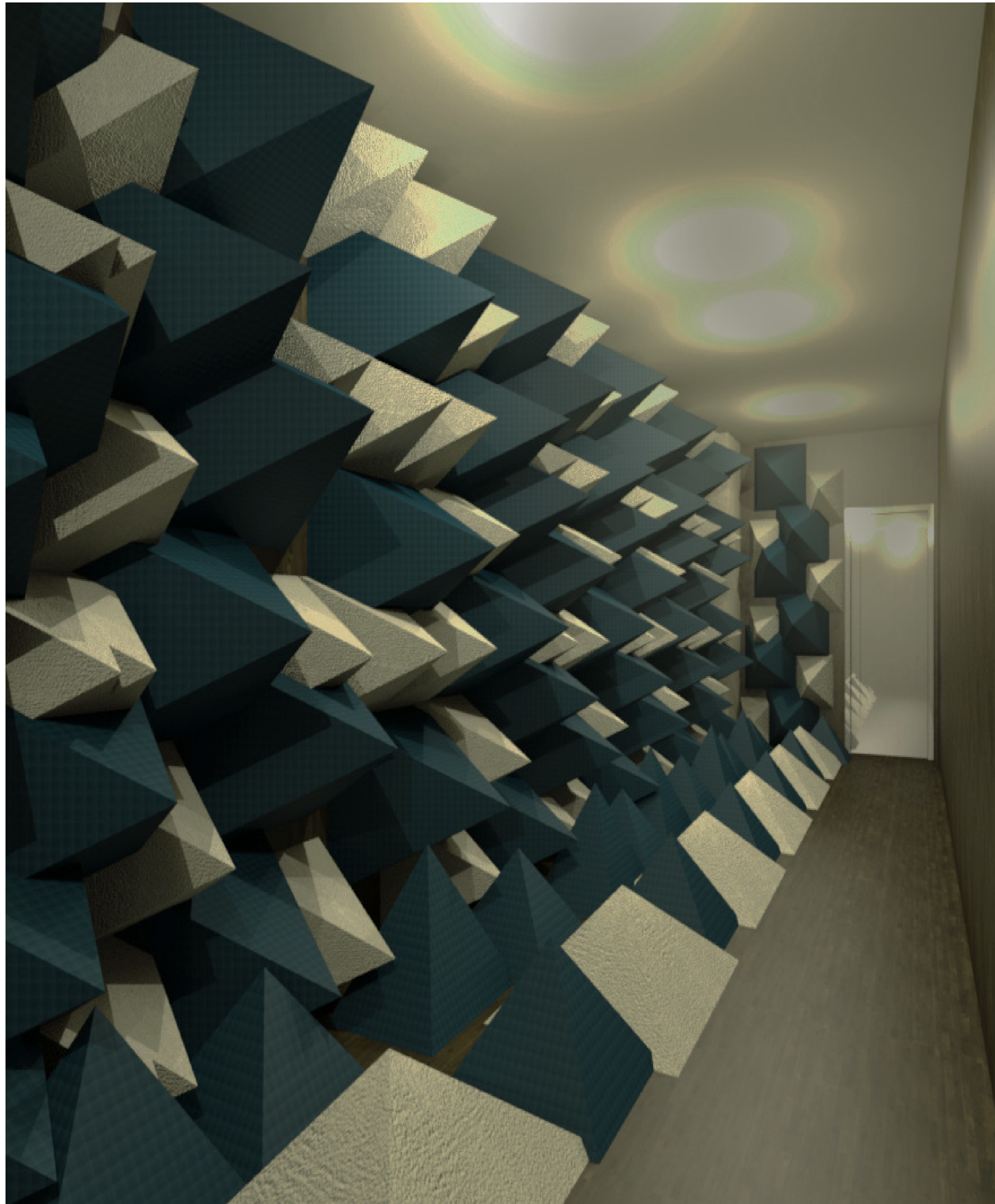
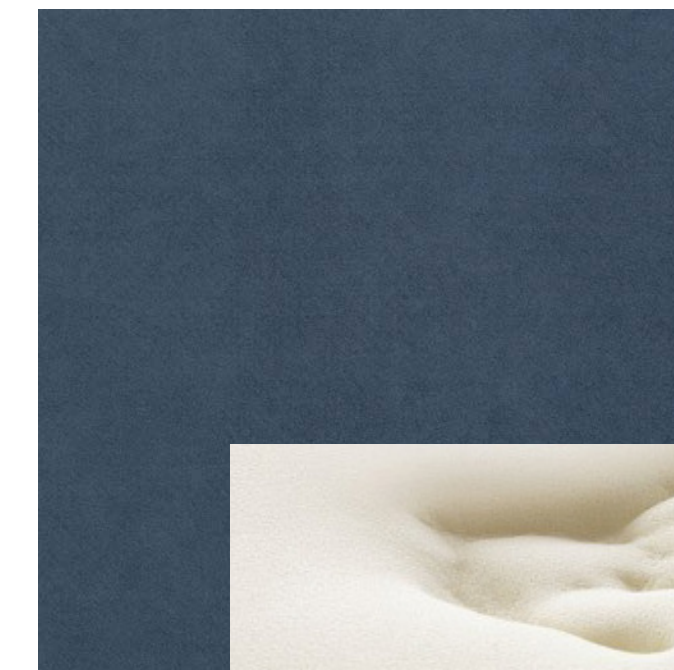


Fig. 13 Sansacell, 2008. Installation

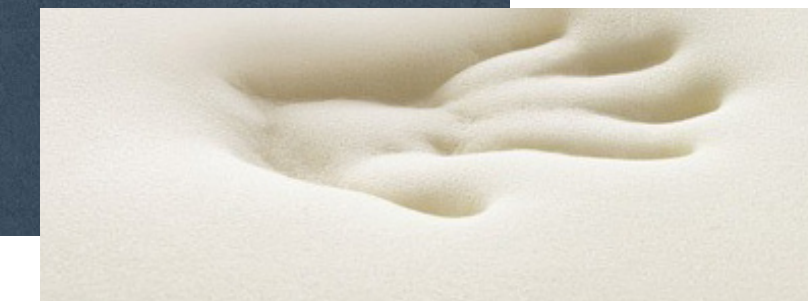




SHARP EDGES and THE EMOTIONAL TUNNEL



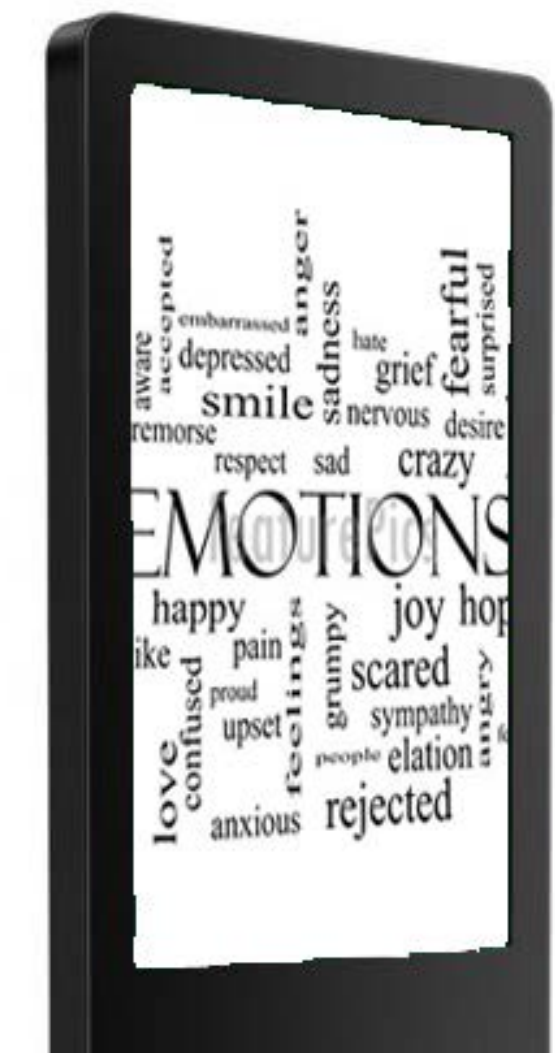
Kvadrat
upholstery
Waterborn 0753



Memory foam



Kvadrat upholstery
Waterborn 0853



Interactive screens



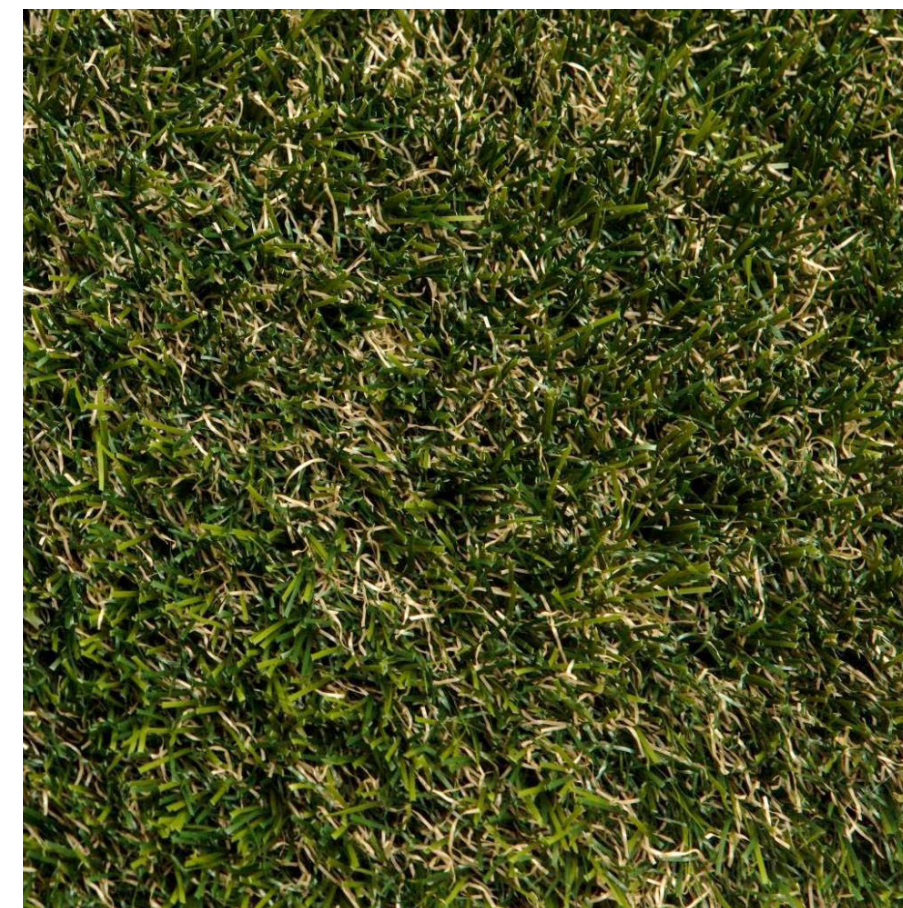


Color scheme

SPECIFICATIONS

The project aims to create a healing environment by integrating elements from environmental psychology. As a result, a space that translates natural elements in a city like manner is to be created.

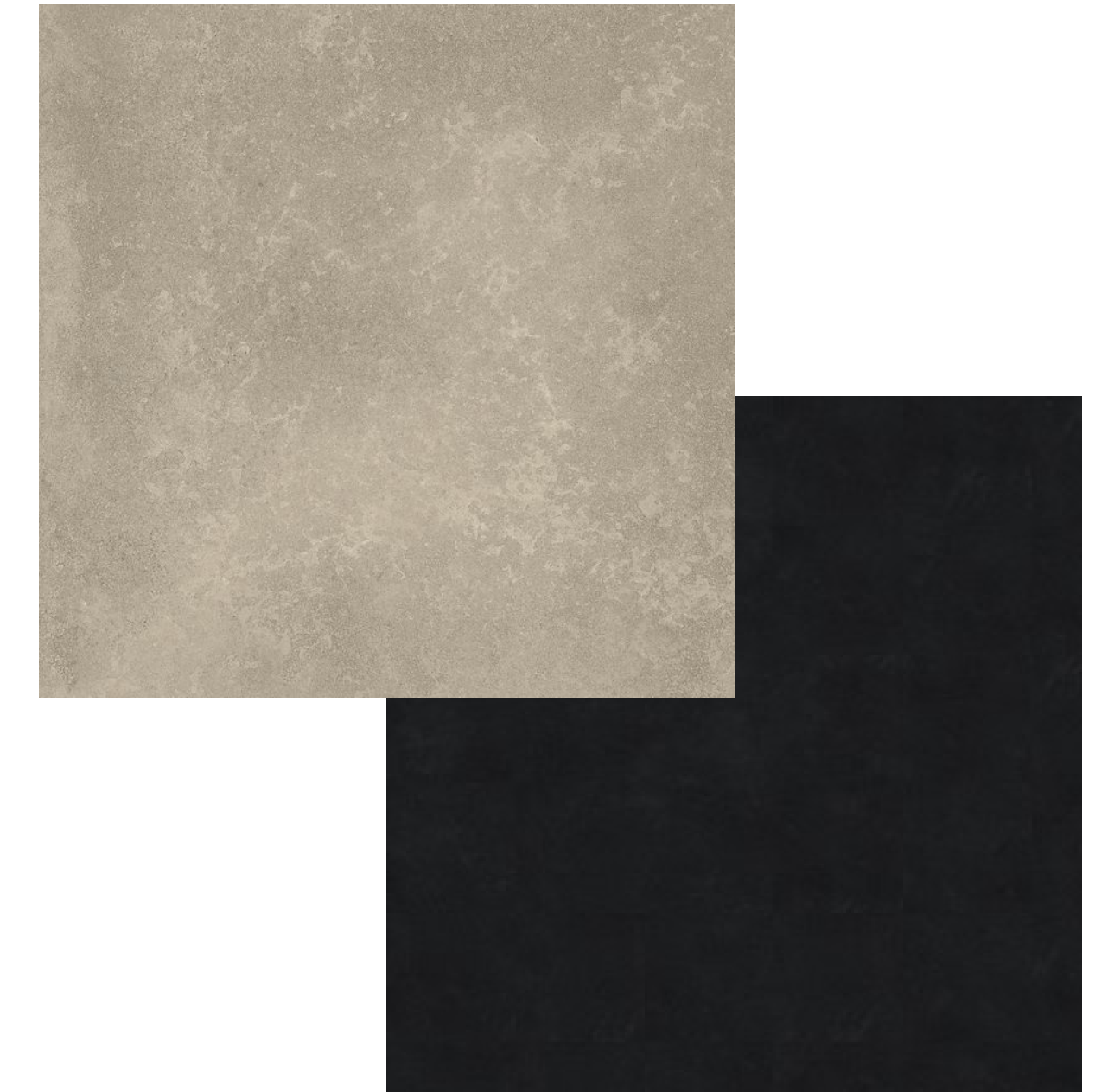
Artificial grass
Supplier: Artificial grass-direct



Wood planks

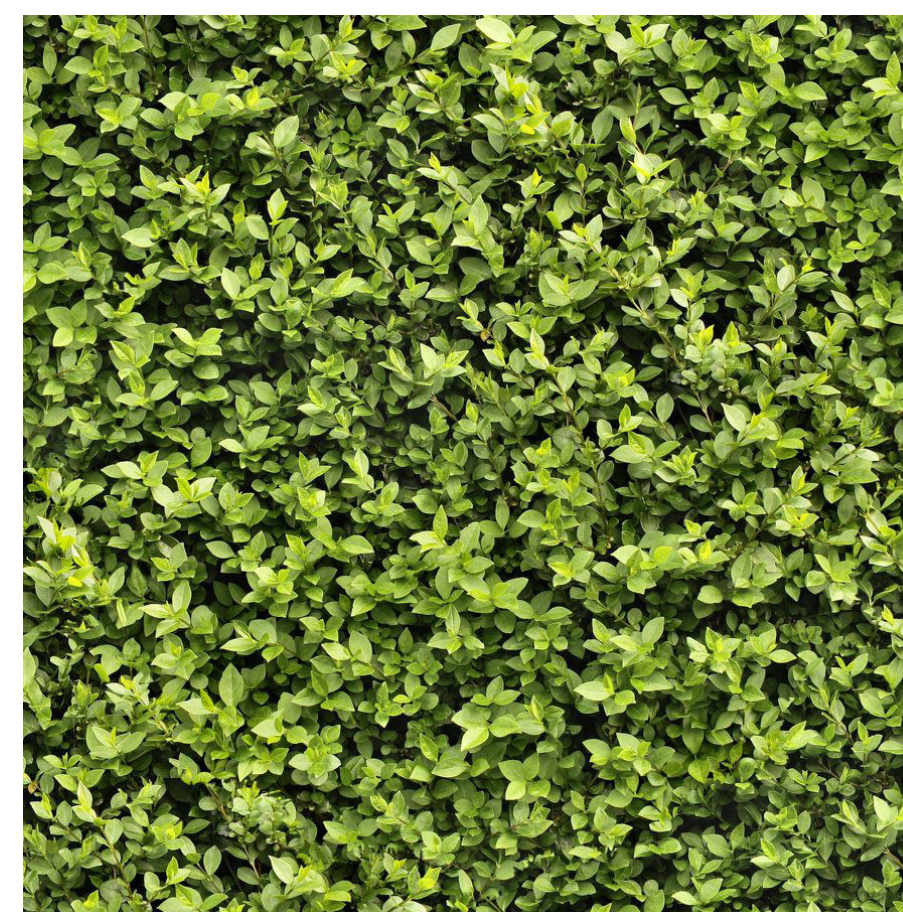


Timber reinforced concrete



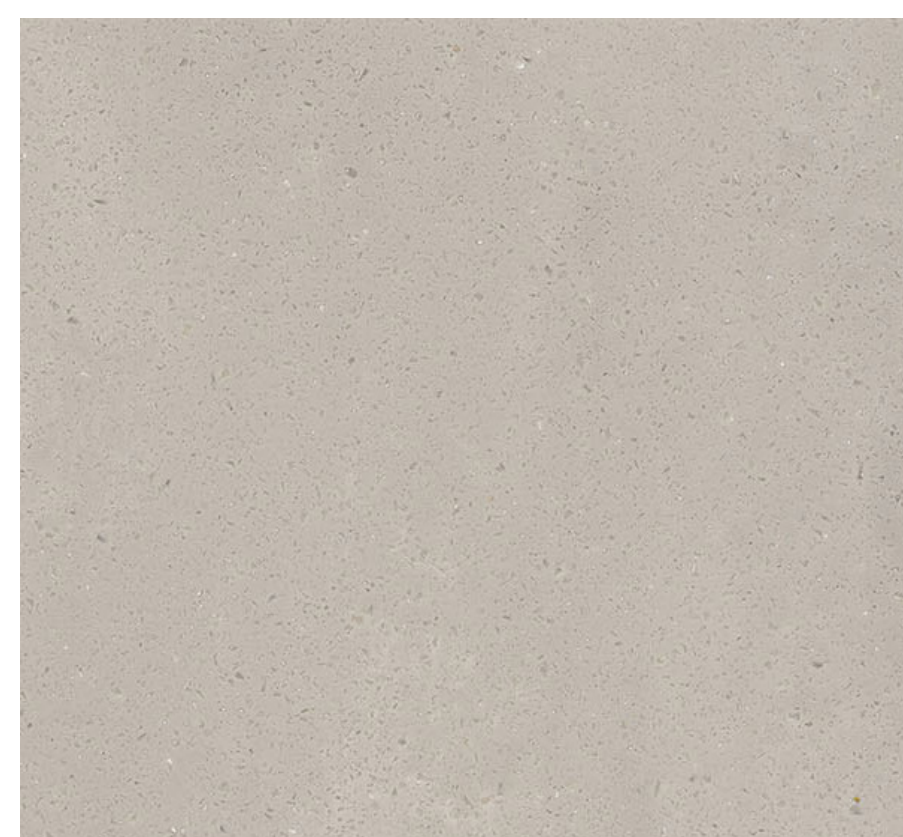
Black metal frame for windows and doors

Green wall and vegetation



Corian

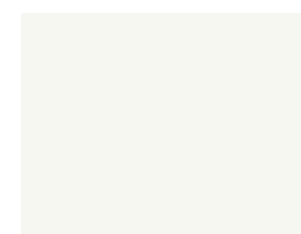
Neutral concrete finish
Material used for blocks emerging from the moat and used for pedestrian crossing



Di-Classe Lighting
Foresti Grande



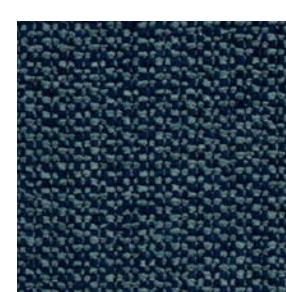
Sound-absorbing panels
Supplier: Acousticmac



Saarinen dining table



Igloo chair
Calligaris



Fabrics



SUSTAINABILITY- STRATEGY

The project is based on an **adaptive re-use** approach, as the site, a former food market, is transformed into a comprehensive space that is comprised of a **wellness centre** and a **psychology practice**. The aim is related to the creation of **healing environment**, that contributes to both one's **physical** and **psychological** welfare. The design fosters use of **natural light**, as the two inserted buildings present a series of **windows** that allow light, from the site's windows, to enter the spaces. regarding artificial illumination, **LED lighting** is to be used

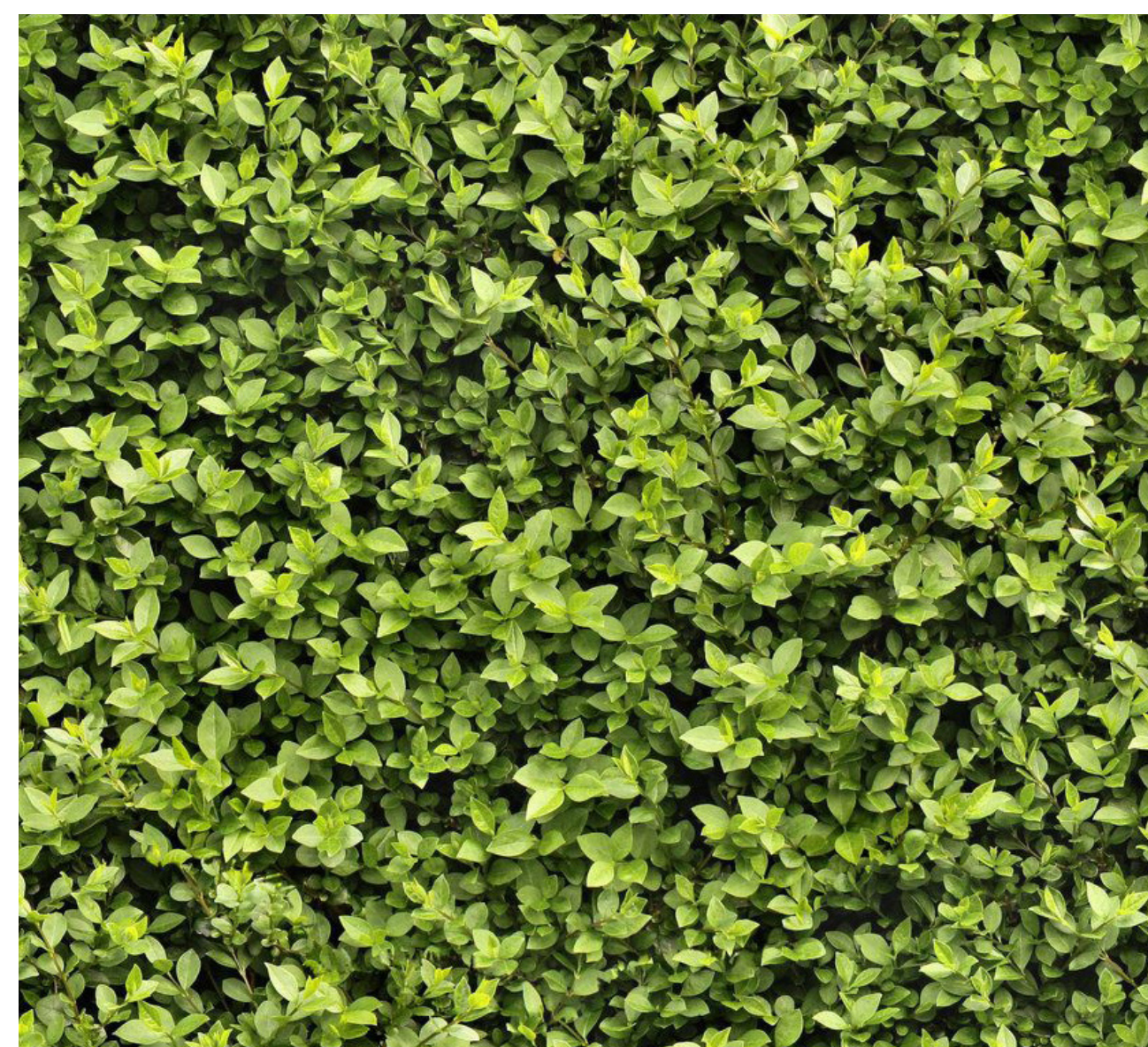
Timber cladding



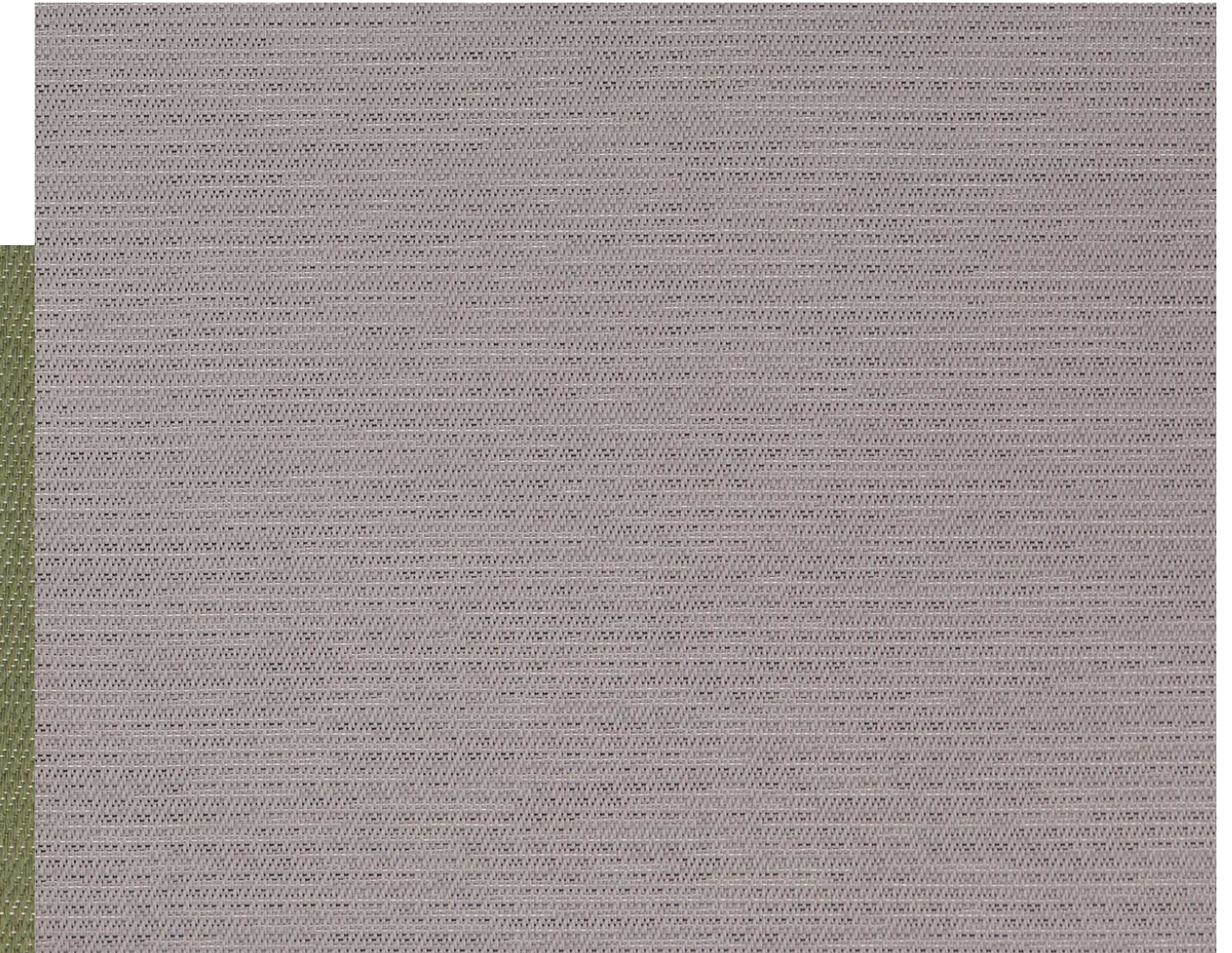
Solar panels



Green wall and vegetation



Bolon flooring



Botanic sage finish



Artisan concrete finish

Timber reinforced concrete



Zero-energy Bio Refrigerator



Fig. 14: Yuriy Dmitriev2010. Bio Robot Refrigerator

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Figure 2: GUERRA, Fernando. 2018. Art Pavilion 15 Saya Park. Archdaily.com[online]. Available at: <https://www.archdaily.com/905540/saya-park-alvaro-siza-plus-carlos-castanheira/5be50fa708a5e5f7ac000ce8-saya-park-alvaro-siza-plus-carlos-castanheira-photo> [accessed 28th November 2018]

Figure 3: OSZVALD, Noell. 2015. Untitled. 123inspiration.com[online]. Available at: <http://www.123inspiration.com/breathtaking-black-and-white-self-portraits-by-noell-osvald/> [accessed 28th November 2018]

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Figure 5: Map of old and new edifices .1981. Source: 'arhitectura' magazine, 1981, 2[3].

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Figure 7: MCLANE, Derek. 2015. Set design for *Company*. Available at: <https://www.broadwaybox.com/daily-scoop/tony-winning-designer-derek-mclane-talks-about-10-sets-that-shaped-his/> [accessed 28th November 2018]

Figure 8: BRONSTEIN, Steve. n.d. Escher set inspired image. Stevebronstein.com[online]. Available at: <https://stevebronstein.com/Portfolio/23/caption> [accessed 28th November 2018]

Figure 9: NATURAL MACHINES, Foodini. n.d. Corn Cob Dish Printing Closeup. Naturalmachines.com[online]. Available at: <https://www.dropbox.com/sh/n8o3etu5dxdtg5m/AACwZ55F3ncQOqz03n6eus-ma?dl=0&preview=NIM+by+Food+Ink+-+Corn+Cob+Dish+Printing+Closeup.jpg> [accessed 28th November 2018]

Figure 10: MOLEY ROBOTICS. 2015-2018. Robotic kitchen. Moley.com[online]. Available at: <http://www.moley.com/> [accessed 28th November 2018].

Figure 11: DMITRIEV, Yuriy. 2010. Bio Robot Refrigerator- Electrolux Design Lab. Geek.com[online]. Available at: <https://www.geek.com/geek-cetera/bio-robot-refrigerator-will-keep-your-food-cool-in-the-year-2050-1353101/> [accessed 28th November 2018]

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