

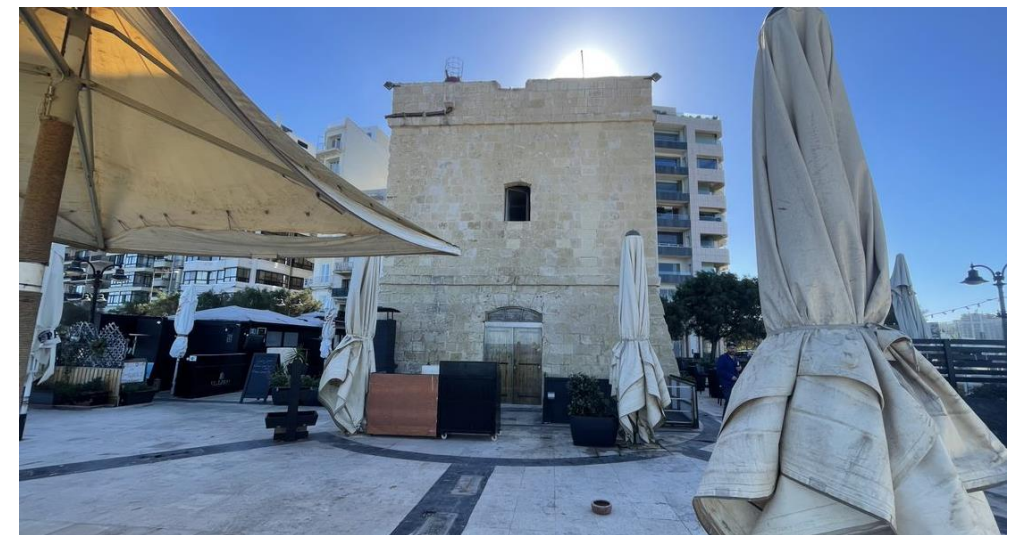
Serenity Watchtower At Sliema Malta

Discover tranquillity and rejuvenation in a mental health wellness retreat, nestled in a serene castle setting.

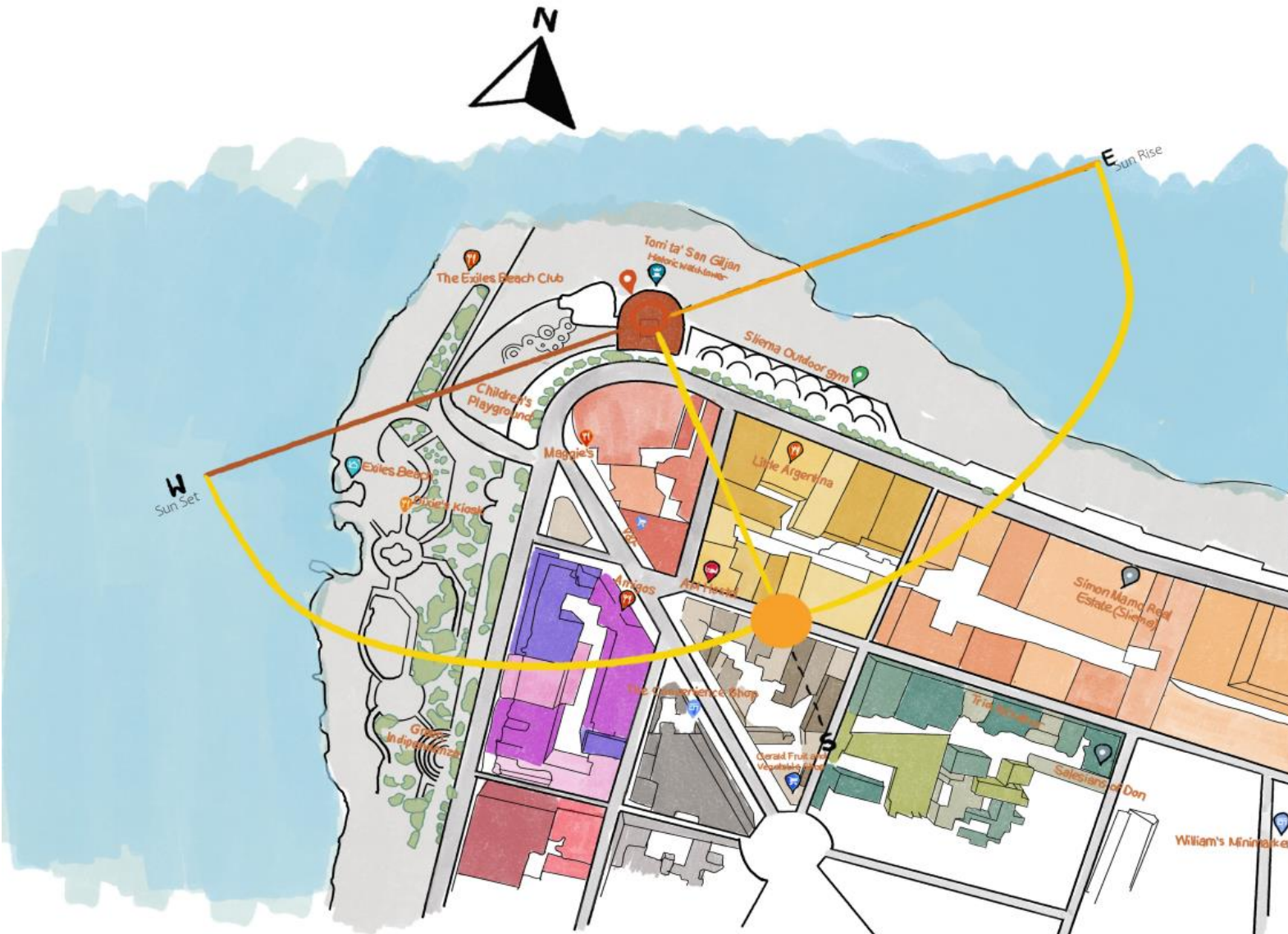


Torri ta' San Ġiljan, also known as Saint Julian's Tower, is a historic coastal watchtower in Saint Julian's, Malta, built in 1658 during the rule of Grand Master Martin de Redin of the Order of Saint John. It is part of a series of coastal watchtowers designed to defend the Maltese Islands from Ottoman and Barbary pirate attacks. The tower follows a standard design of small, square structures with a single room, flat roof, and machicolations for defence, serving as observation posts and signalling points to alert of incoming threats.

I have visited Malta in November and it highly contrasted to the dim and dark weather in England in November. Clear skies and warm sun gave me a sense of calmness and tranquillity which influenced the thought behind a mental health wellness retreat.



The castle is the perfect structure for the type of place I want guests and tourists to feel safe and protected in. A healthy mindset also needs a healthy and safe environment. To enhance this aspect within my design, I took inspiration from the surrounding pastel colour pallet and implemented it within my design.



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MAN-KIND IS NOT WORRIED BY REAL PROBLEMS SO MUCH AS THEIR IMAGINED ANXIETIES ABOUT THE REAL PROBLEM

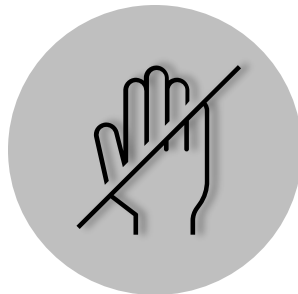
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- PHILOSOPHER EPICTETUS

Anxiety



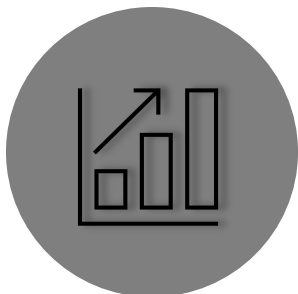
Avoidance



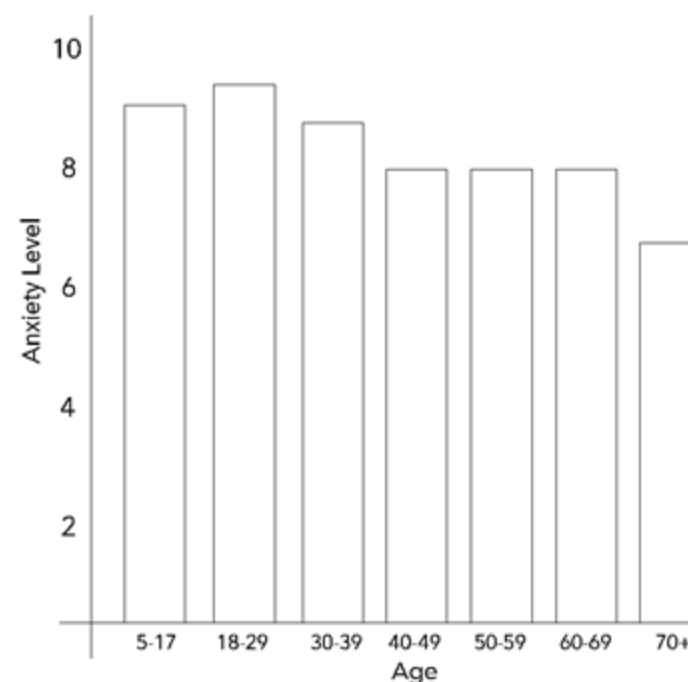
Short term relief



Anxiety Growth



Anxiety profoundly impacts daily life, often manifesting as persistent worry and tension that can overshadow everyday activities. Individuals may struggle with concentration, leading to decreased productivity at work or school, and experience fatigue due to disrupted sleep patterns. Social interactions often become daunting, resulting in avoidance behaviours that can strain relationships and create feelings of isolation. This pervasive sense of fear and apprehension can also lead to lost opportunities, as the individual may shy away from pursuing new experiences, career advancements, or personal goals out of fear of failure or judgment.



The Collage portrays an emotional, dark, and daunting feelings. For this collage I wanted to depict how a person may be feeling when visiting a new place, feelings of dominance are asserted from the structure while it makes you feel small and weak.

Stages of Rehabilitation

MALTA BEACH MENTAL WELLNESS RETREAT

My vision for the interior/exterior stages will be a physical transcend to each emotional level, this will include a group therapy sessions then to individual therapy sessions where the visitor will be able comfortably express their emotions. With a healthy mind also comes a healthy body, I will aim also to implement an area where visitors can exercise and work through their emotions with physical activity. These stages towards the end will result into a top-level viewing point where they will be able to enjoy their hard work with sunbathing.

Acceptance

Accepting your mental health is not where you want it to be and joining the programme



Social Exposure

Participating in a group therapy session with an expert therapists and other guests



Self-development

With a healthy body follows a healthy mind, a gymnasium with a yoga and boxing section can be used by guests to improve their wellness.



Moving Forward

After completing the therapy sessions, the guests are free to explore the castles sunbathing area, and public bar and viewing point



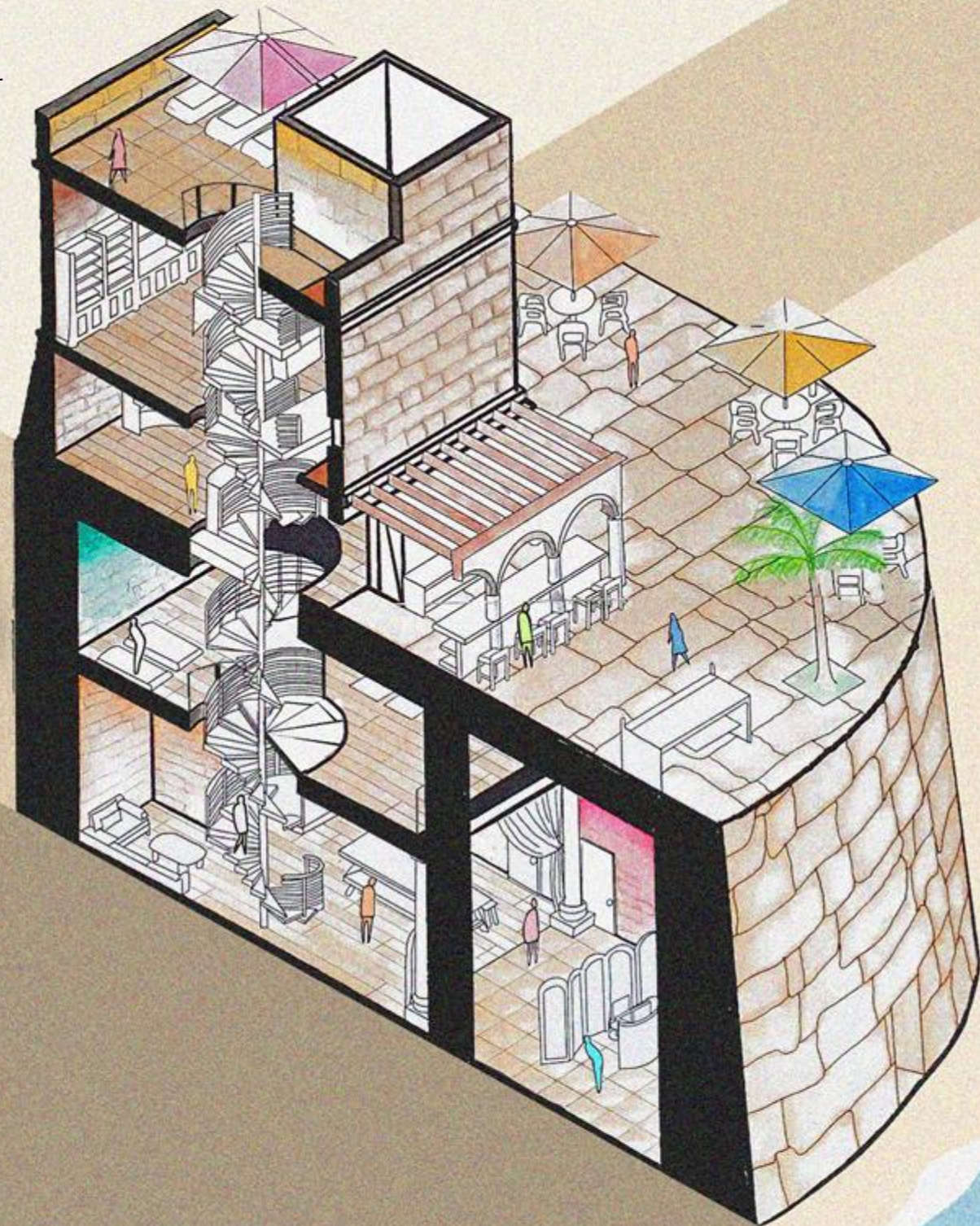
Top Tower Level

Tower Level 2

Tower Level 1

Upper Basement

Lower Basement

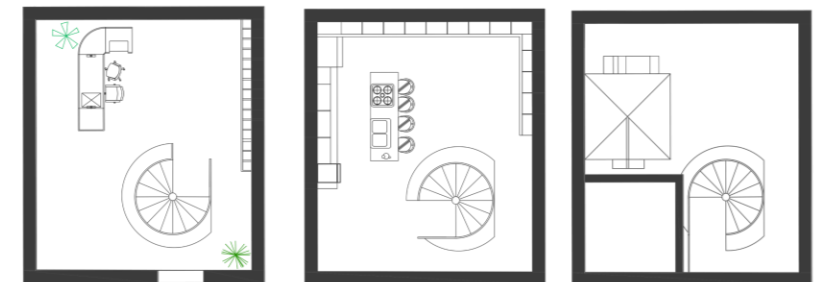


Road Level And Above Perspectives

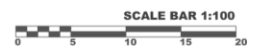


ground floor plan (Road level)

Bar Level And Entertainment Floor



Existing ground, first, second floor plan



Sunbathing Floor



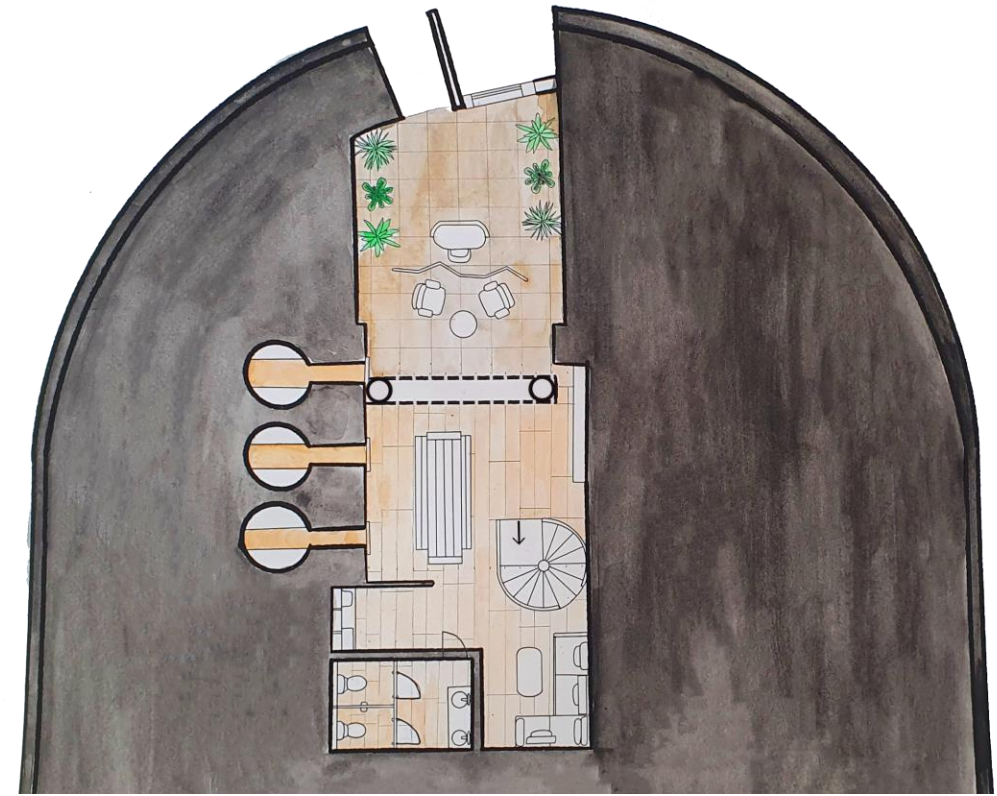
Bar

The perspectives followed a consistent pallet of pastel colours and rocky textures alongside accents of sprouting indoor foliage to encourage life and growth. Each interior space has a collection of walls which follow a specific ombre colour tone which helps guests allocate each room within its calming colours. Prominent columns add a sense of importance to the entrance of the therapy centre to depict walking into a new style of life.

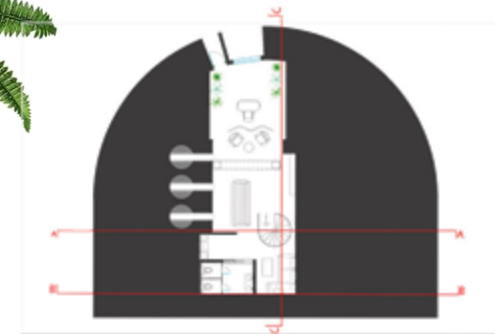
Basement Level Perspectives



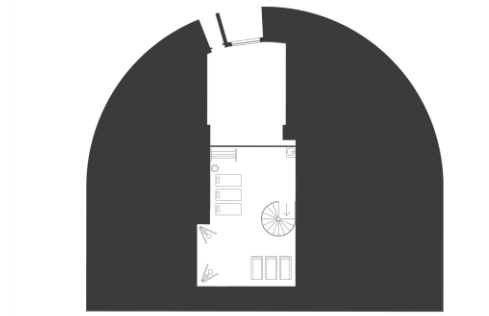
Group Therapy Entry



Basement floor plan



Basement floor plan



2nd floor of the basement



Main Reception



Relaxation Corner And Toilet Entry



Section - CC