

The Healing Waters Retreat

Can the flow of water shape design to influence the users’ health?

A retreat to revitalise the mind, body and soul through organic forms and water that travel through the space. Here, water is not merely a visual or auditory feature—it is a guiding element that moves through the space, shaping experiences and encouraging a journey of restoration. This sanctuary invites users to slow down, reflect and begin a transformative path toward well-being.



The Journey

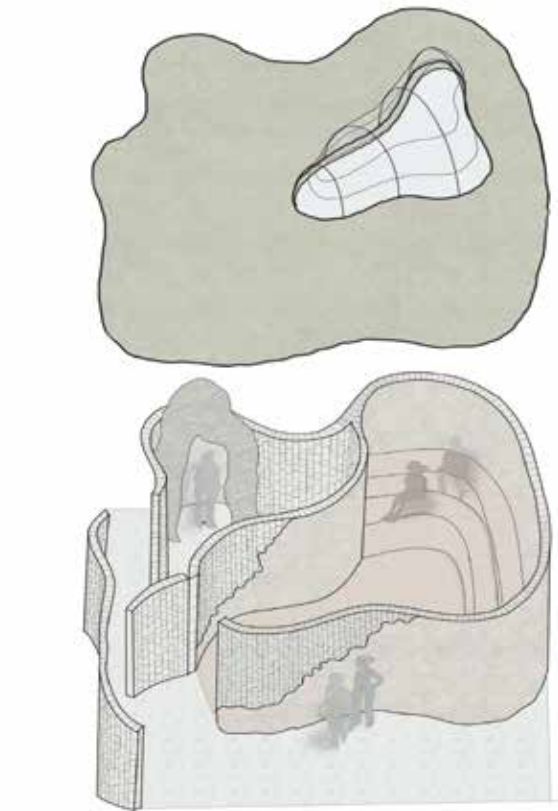
A ritual of immersion, heat, stillness, shock and mist. Each stage represents a transformation to healing.

The Letting Go

Sauna- Release



A space of warmth where tension melts and the body’s weight begins to dissolve- initiation into healing.

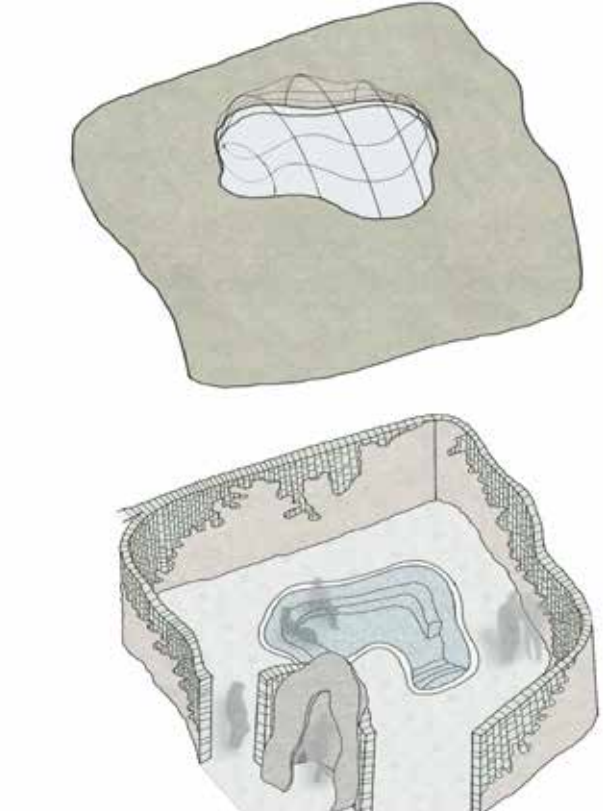


The Embrace

Hot Bath- Soothe



A gentle immersion in comfort and safety- where warmth envelopes and softens the heart and skin.

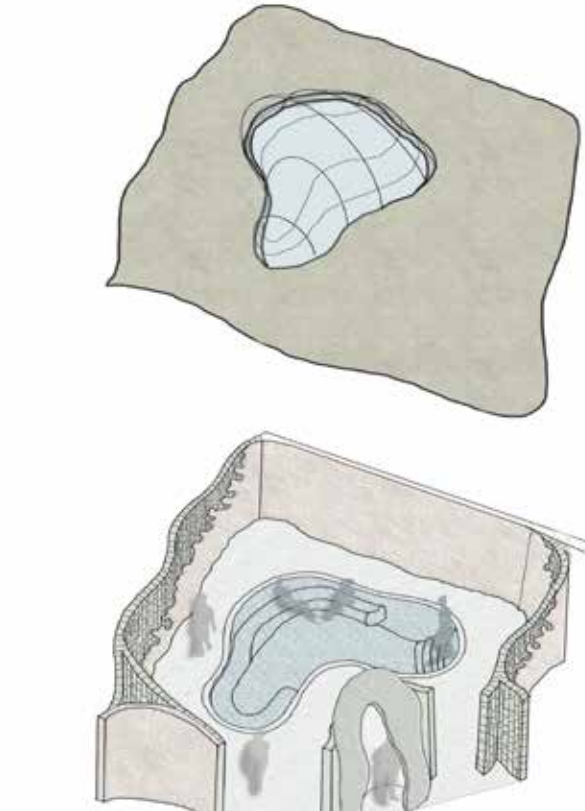


The Awakening

Cold Bath- Awaken



A sharp turn to prescence- where clarity strikes, breath deepens and the body reclaims its edge.

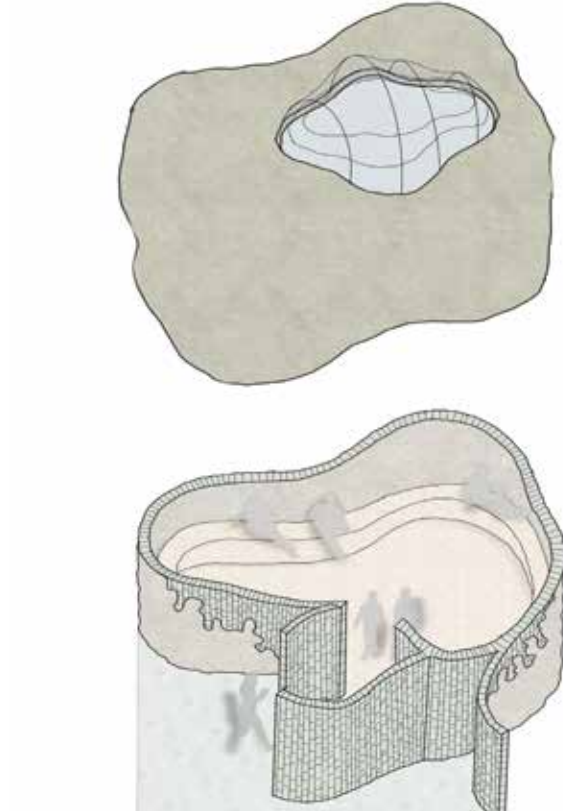


The Veil

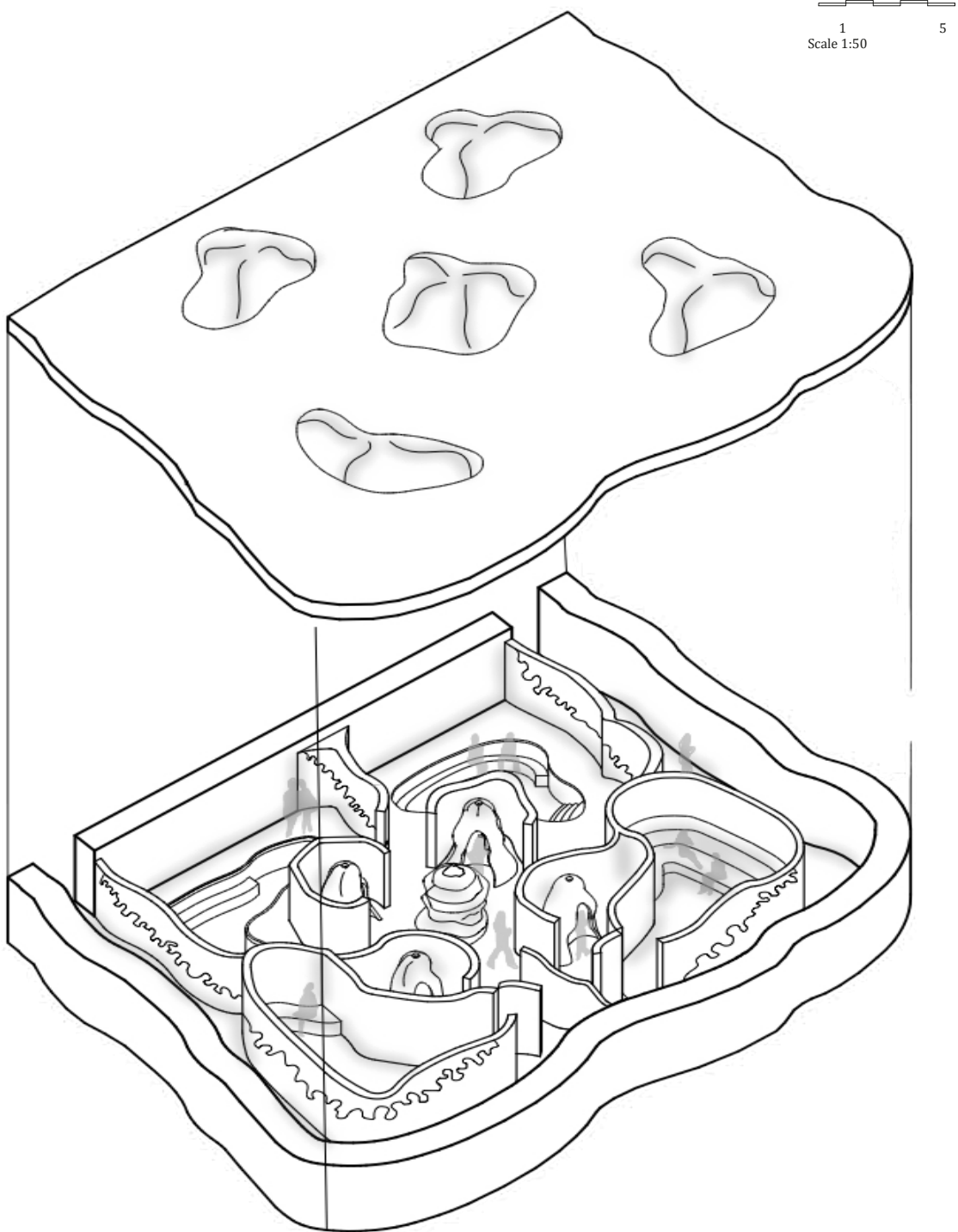
Steam Room- Transform



A place of quiet metamorphosis- where breath, heat and mist blur boundarioes between inner and outer, body mind.



A vessel for healing



Lime Plaster
- Breathable
- Allows moisture to escape



Preserved Moss
- Regulator for humidity
- Softens noise levels



Frosted Glass Bricks
- Balance between privacy and light transmission

Beneath the surface: A submerged dialogue between body, water and space



Traces of water at 1:10

Material Experimentation: Polyethylene, plastic and plaster of paris
Material Representation: Lime Plaster



Polyethylene cut into with stanley knife to create a rocky texture



Melting plastic onto the polyethylene



Looking closer to the shapes and patterns within the plastic mould



Mixing plaster and water together to make plaster of paris mix



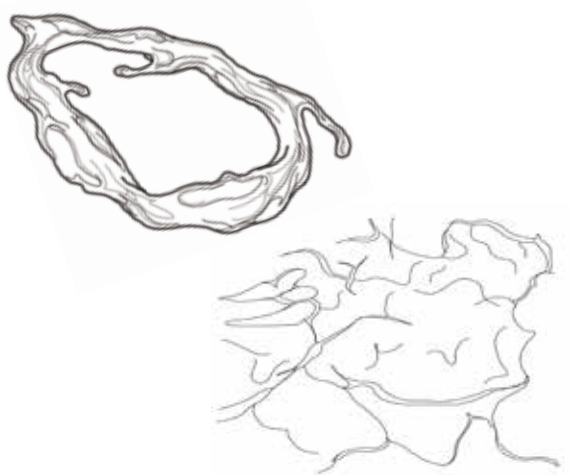
Pouring mixture onto the polyethylene mould in a contained box



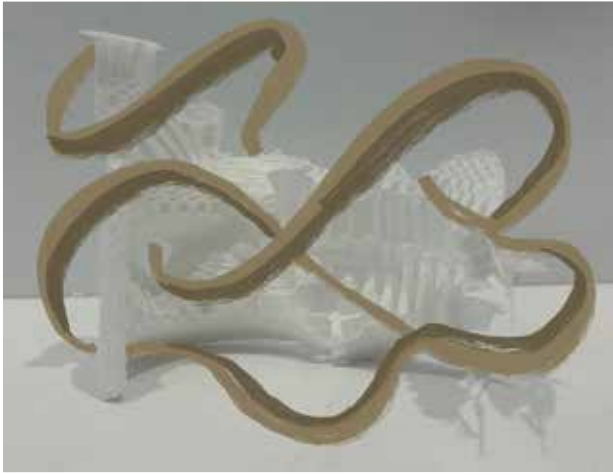
Chiseling the polyethylene mould out of the dried plaster



Finished plaster mould at 1:10



Water patterns found in the plaster



Combining flow and form

Crafting the boundary at 1:10

Material Experimentation: Acrylic and clay
Material Representation: Glass and lime plaster



Cutting and sanding wood to develop a curved mould



Frosted acrylic etched with brickwork



Melting acrylic onto the wooden mould and pressing down with wooden pin



Gathering materials needed to begin moulding clay onto the acrylic



Rolling out clay with wooden pin



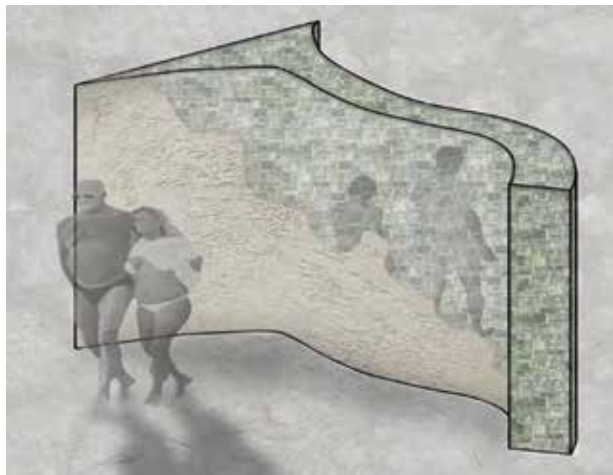
Clay was moulded and manipulated directly onto the acrylic



Moulded acrylic before clay casting



Model representing plaster and glass bounding together



Atmospheric collage of the therapeutic boundary

The boundary revealed at 1:1

Material Experimentation: Acrylic, plaster and steel mesh
Material Representation: Glass, lime plaster and steel mesh



Another polyethylene mould contained in a box



Beginning to mix plaster and water once again



Plaster of paris mixture drying onto the polyethylene mould



Chiseling the polyethylene mould out of the plaster mould



Frosted acrylic etched with brickwork at a larger scale



Cutting into wire mesh with wire cutters



Plaster of paris once carved, capturing the textures within plaster



Combining the acrylic, wire mesh and plaster to represent how the materials are connected



Photographs revealing the boundary



Photographs revealing the boundary



Photographs revealing the boundary