

Vitamin Sea

'Imagining Interiors'

Vitamin Sea reimagines the future of coastal infrastructure, in which adaptation to climate change will be vital. My interior outcome is occupied by the idea of a conceptual framework informed by Eelgrass, an underwater flowering plant found around the site, which became my vehicle for speculative interior thinking. By unpicking its applications across the globe, I informed the development of the narrative closed-loop system: Grow, Harvest, and Eat. This narrative imagined future inhabitation through the creation of imagery highlighting human activity along with optimized marine systems, contemplating a future where a coastal community is sustained by Eelgrass. The creation of this framework critically grounds users within the effects of the rising sea levels, whilst imagining traditional Eelgrass applications as drivers of future marine innovation.

Zostera Marina Restaurant 'Eat'



Image Creation

My process of image creation was to contemplate the tensions of optimisation vs tradition. Marine systems came to be highlighted in yellow, to show where innovation took place.



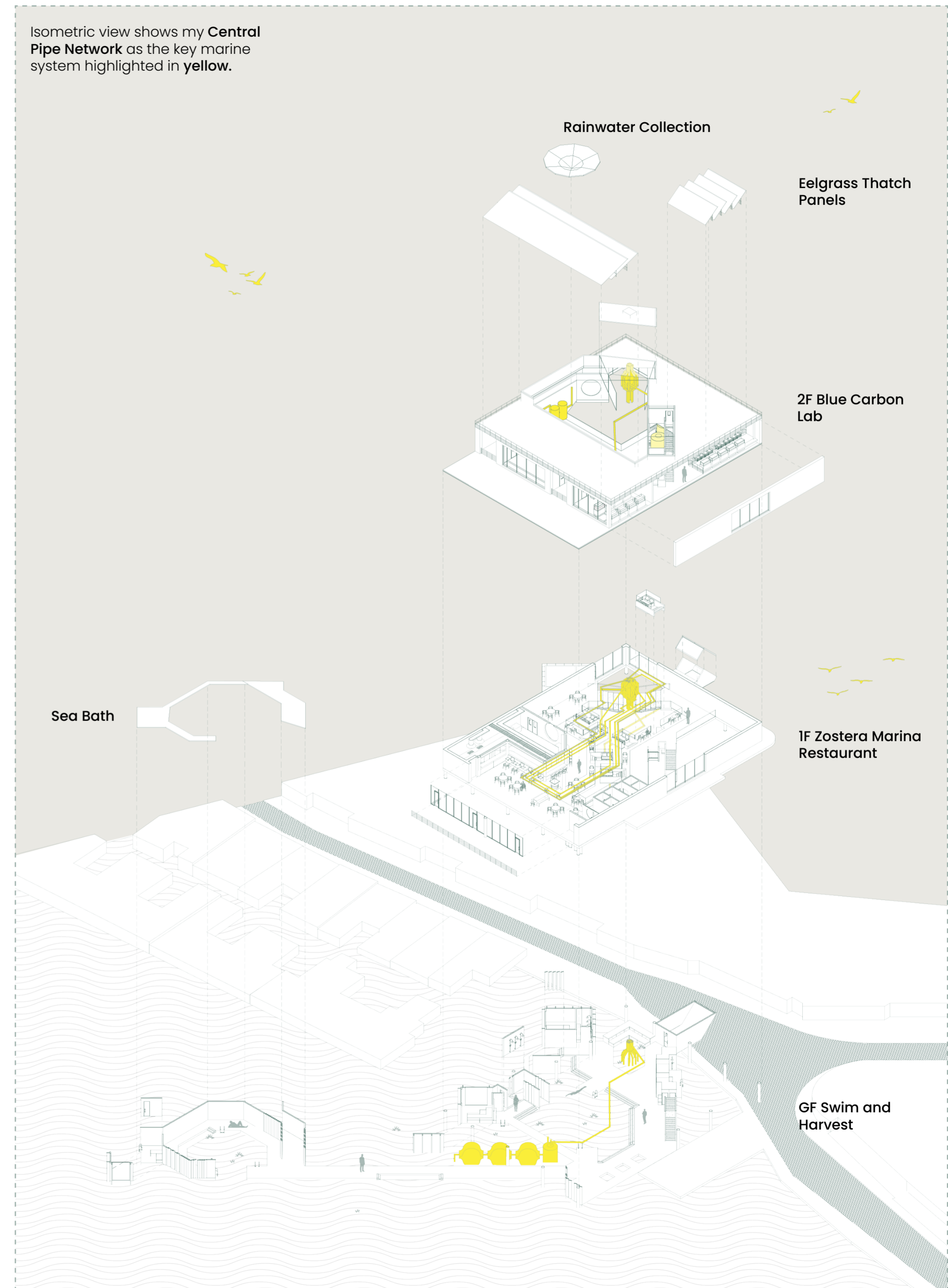
'Optimised Marine Systems'



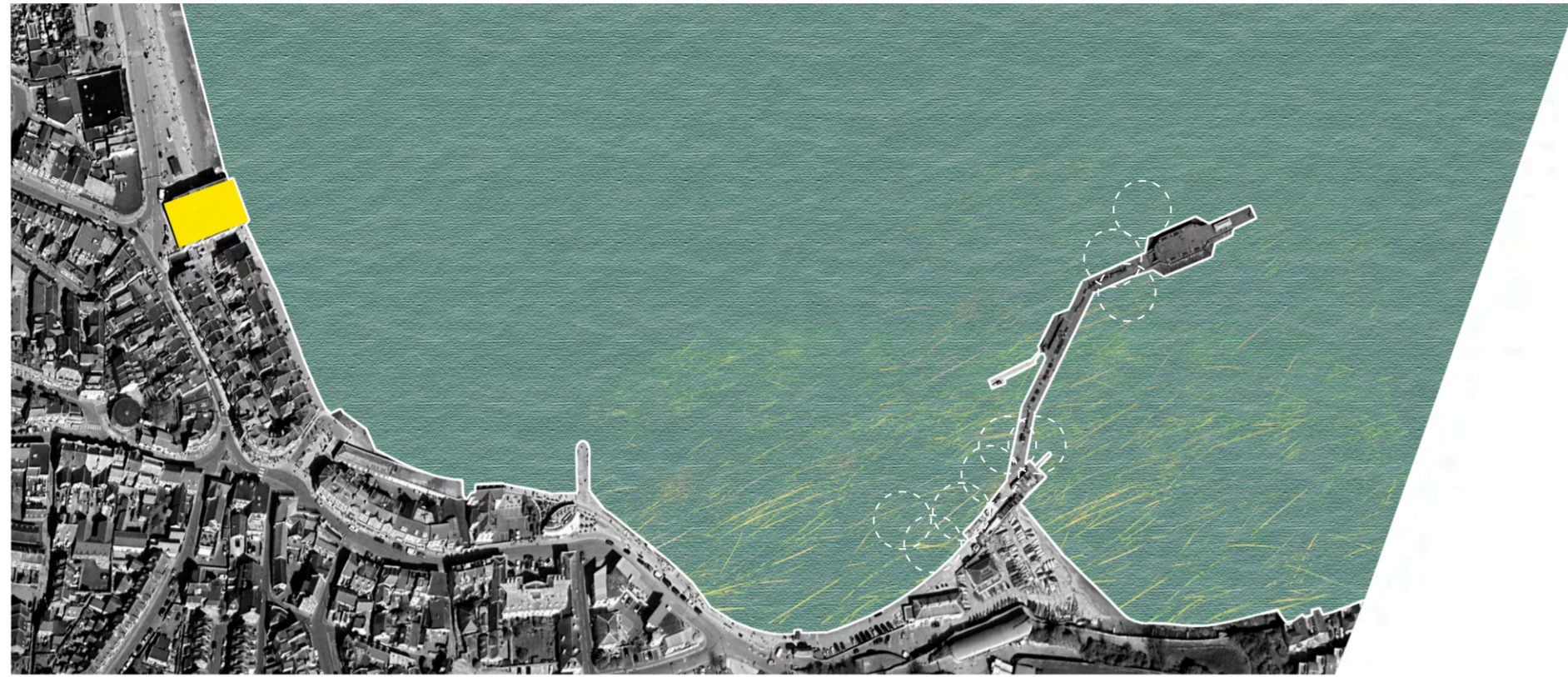
'Human Activity'

Exploded Isometric View (Not to Scale)

Isometric view shows my **Central Pipe Network** as the key marine system highlighted in **yellow**.



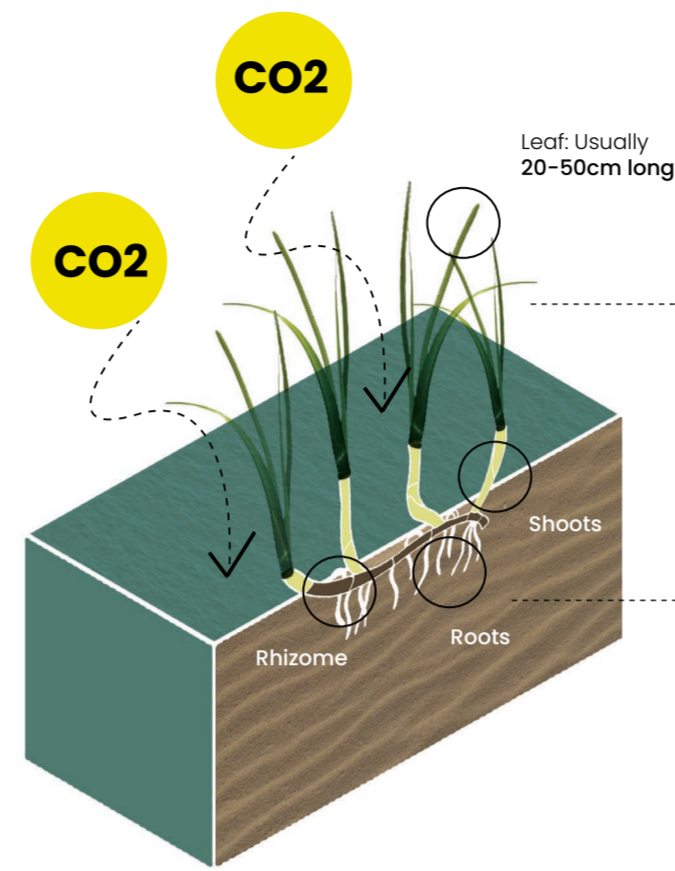
'The Vehicle' Eelgrass in Swanage



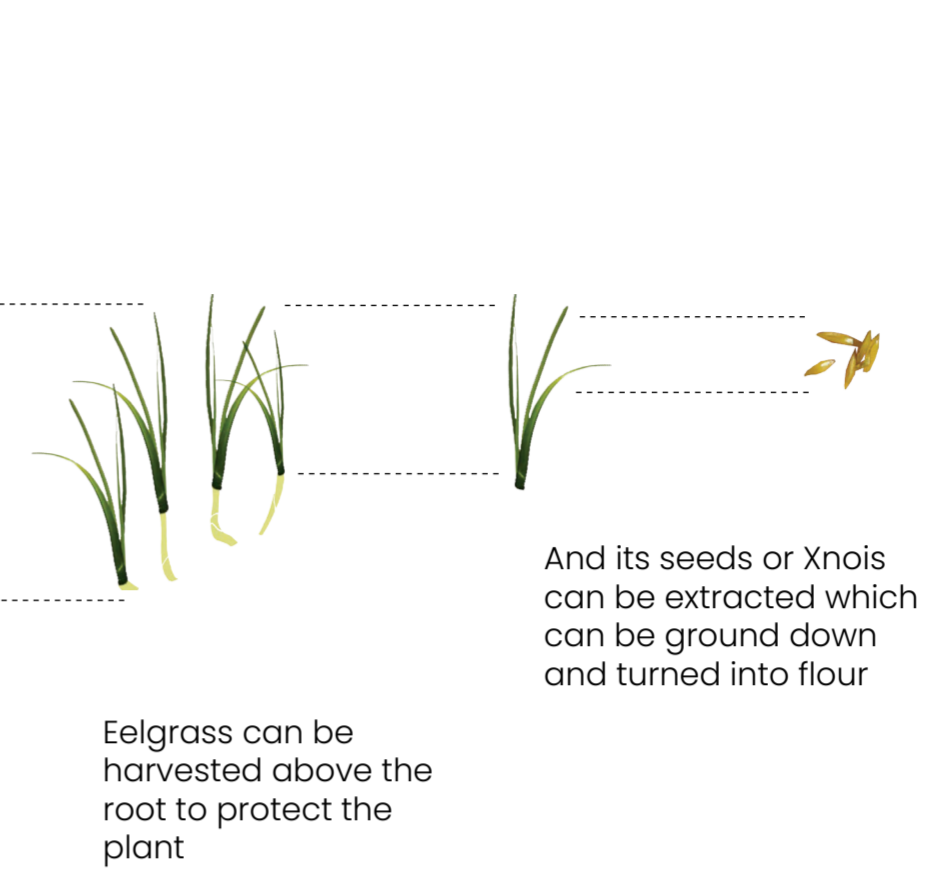
- Site
- Reported Eelgrass sighting or meadow 2026



The Magic of Eelgrass



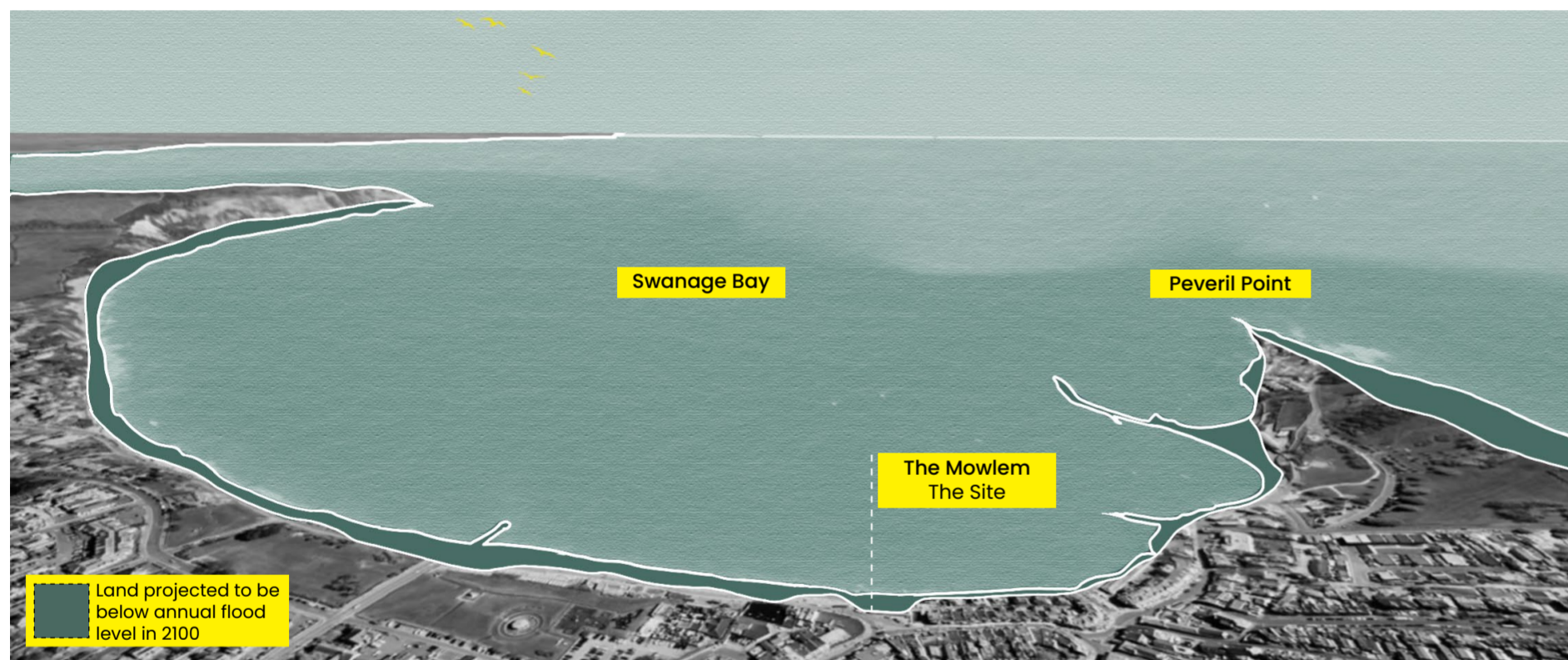
Harvesting the Xnois



Eelgrass I Harvested



'Critical Grounding' Swanage under threat by Rising Sea Levels 2100

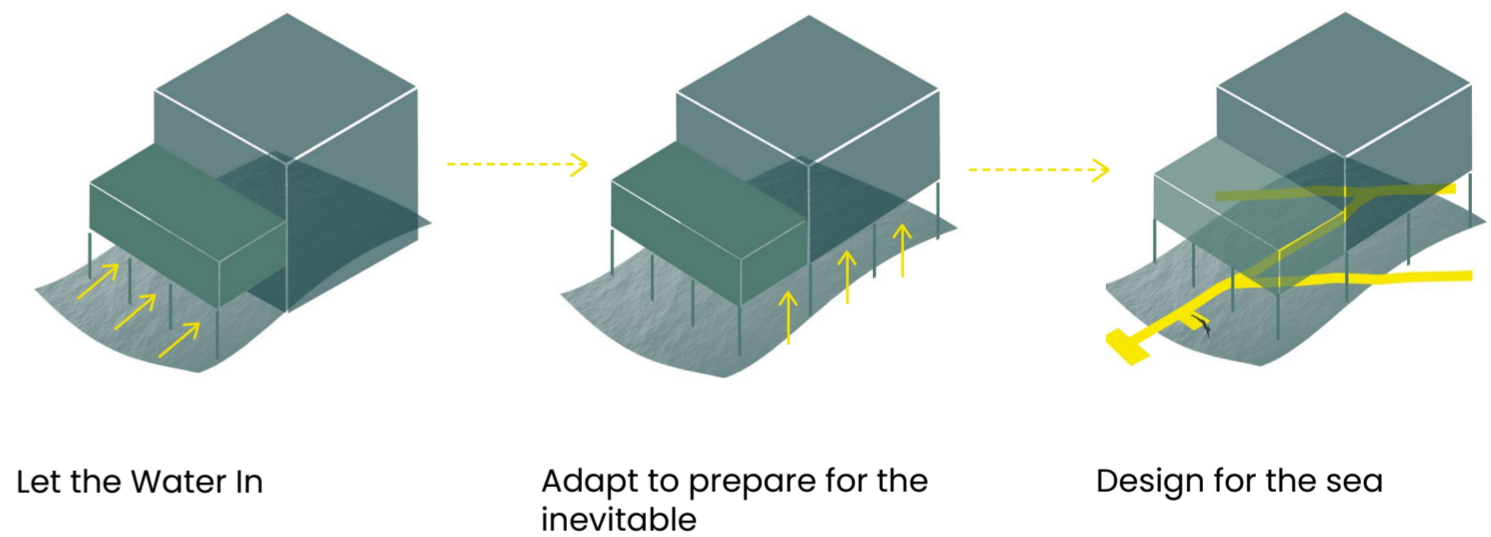


The Mowlem Theatre 2026



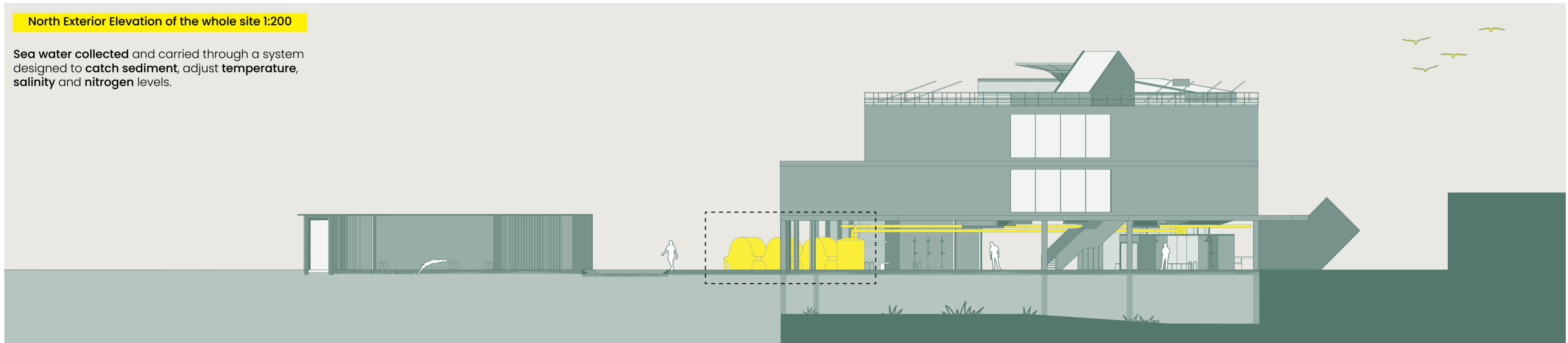
'Reimagining' Coastal Infrastructure

Strategy



North Exterior Elevation of the whole site 1:200

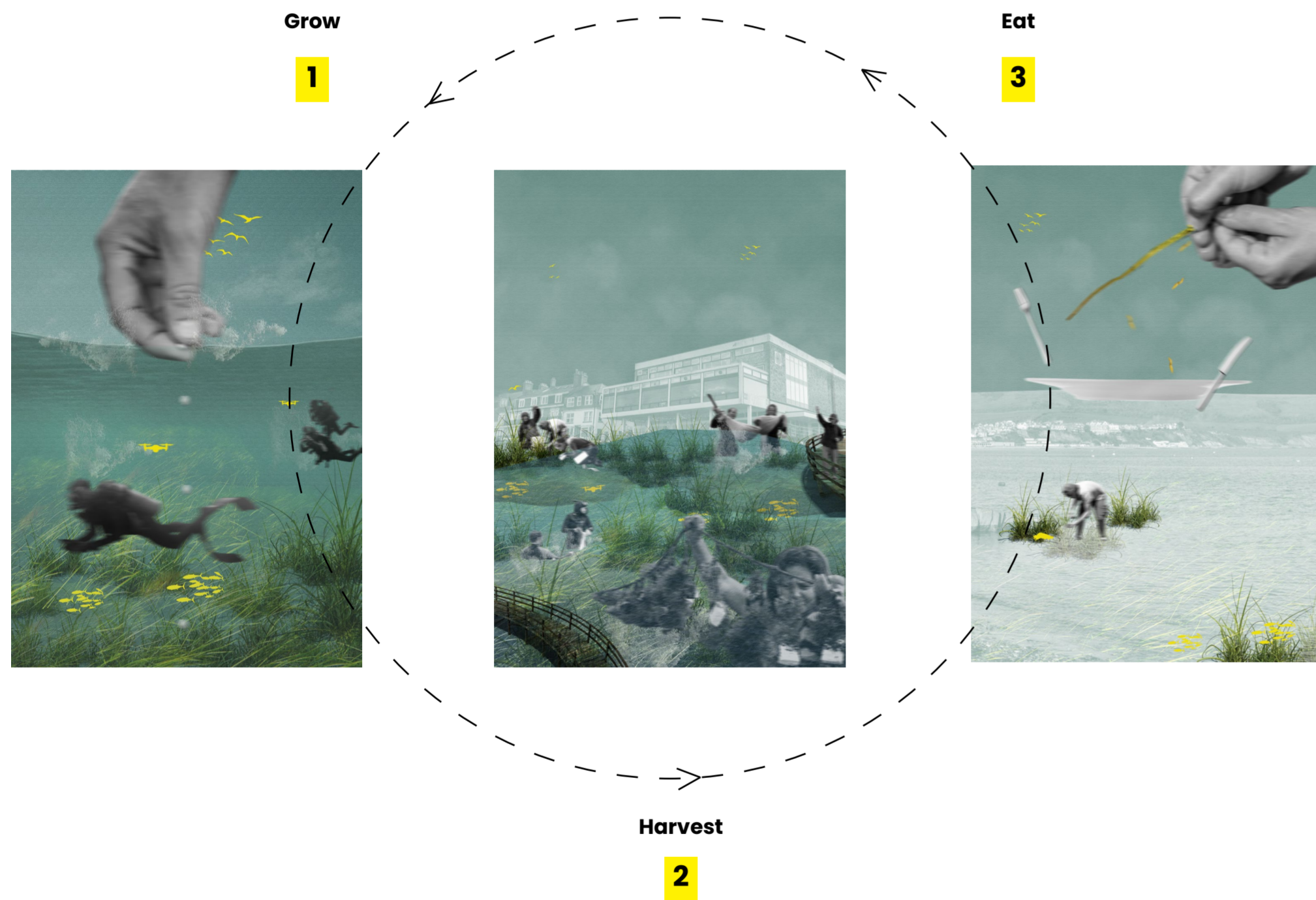
Sea water collected and carried through a system designed to catch sediment, adjust temperature, salinity and nitrogen levels.



The 'Conceptual Framework'

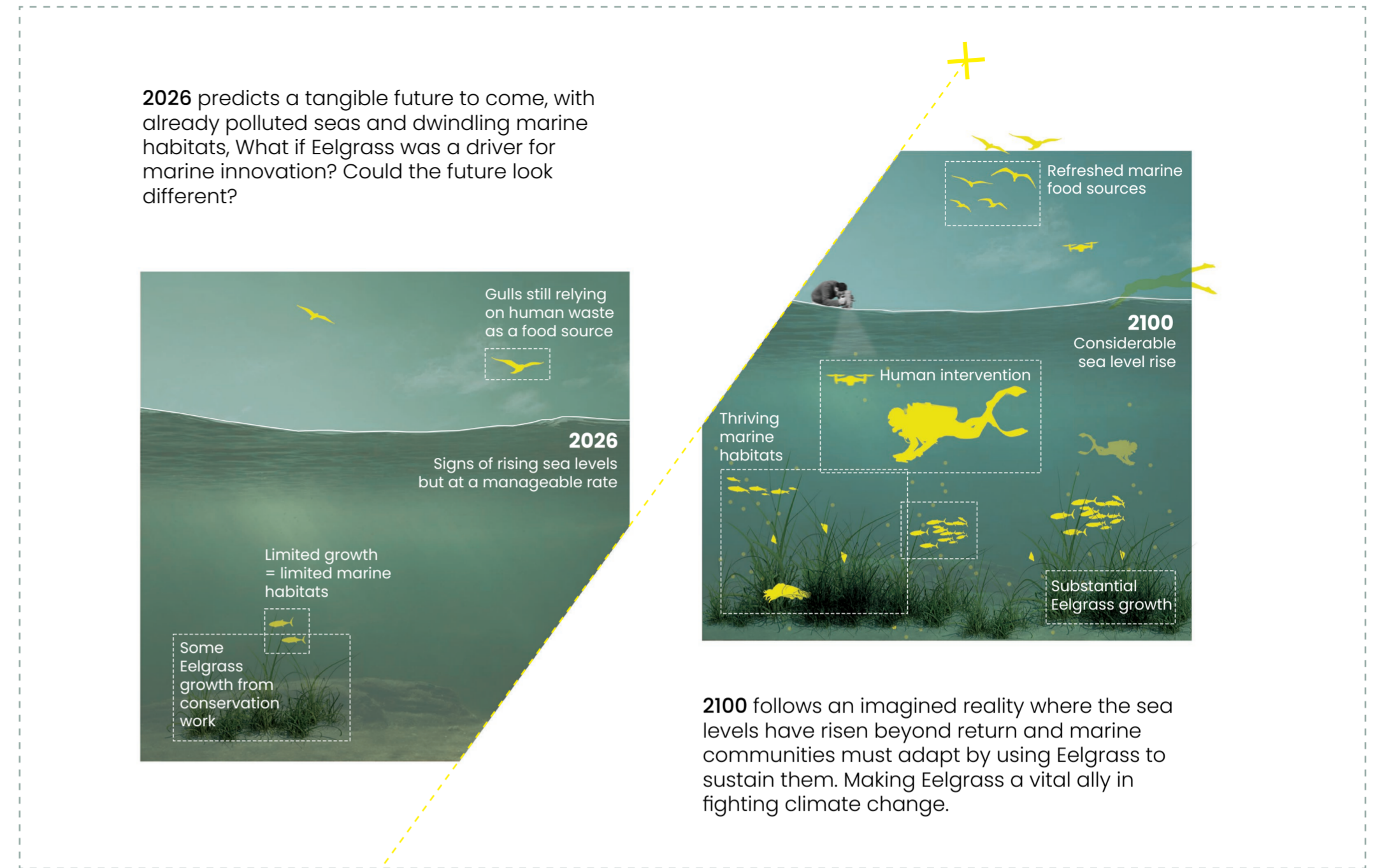
Eelgrass creates a narrative informing how the interior will be occupied through a closed loop system of human activity. This loop informs the behaviour of coastal communities by engaging them within the critical issue of the climate crisis and offering them a new way of inhabiting coastal infrastructure. This reimagined way of life allows for sustainable and secure future way of living amid crisis.

Narrative Closed Loop System: Grow, Harvest, Eat

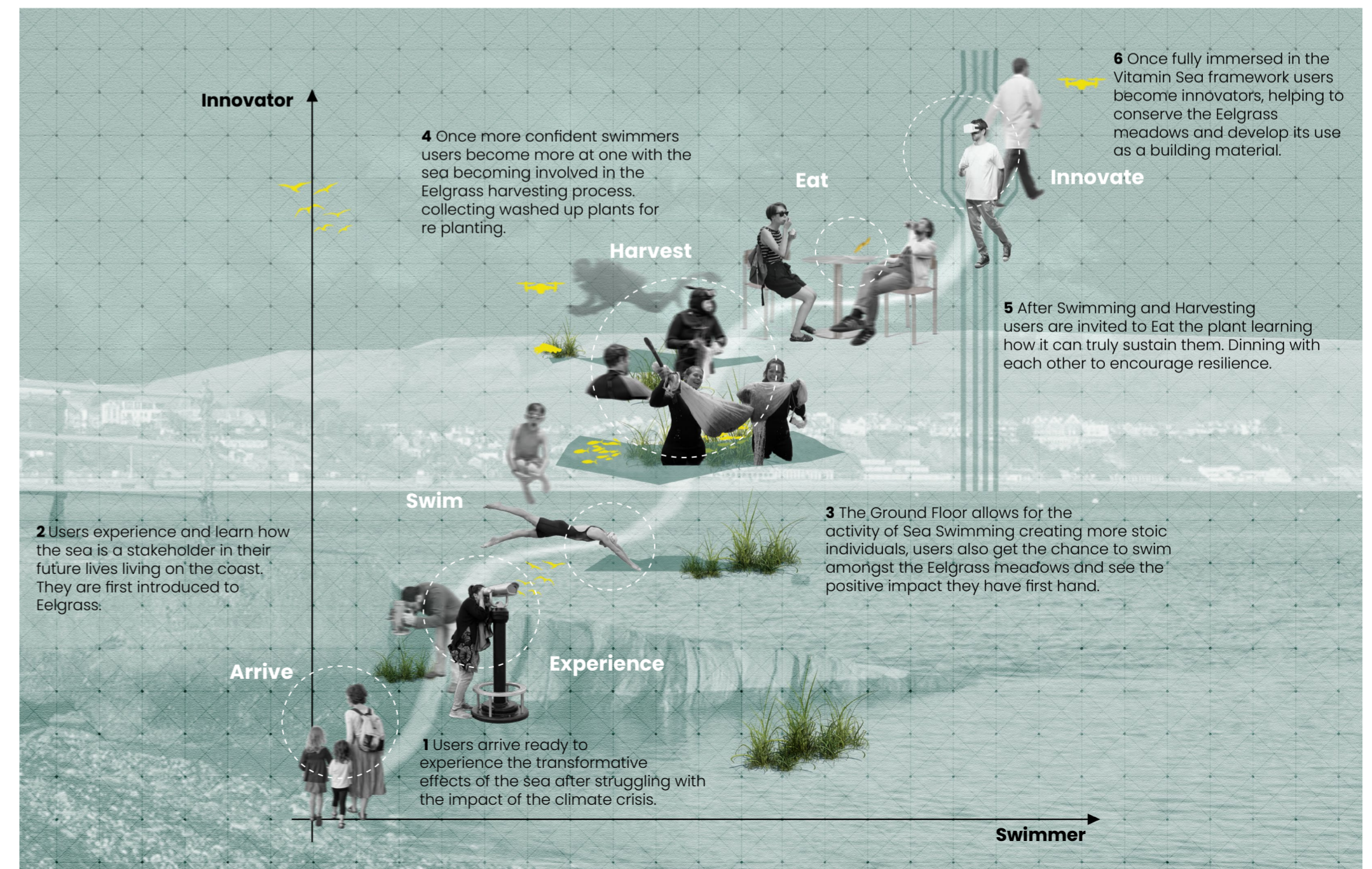


- 1** Grow: Conservation of Eelgrass, cultivated nurseries in controlled environments
- 2** Harvest: Eelgrass harvested for its applications. With roots = conservation pathway, can be re-planted. Without roots = community pathway.
- 3** Eat: Used to sustain the community as a super food

'Imagining' how the framework will effect future inhabitation around the site



'Critically Engaging' users within a conceptual Framework



Sea Bath



Section C-C (Not to Scale)

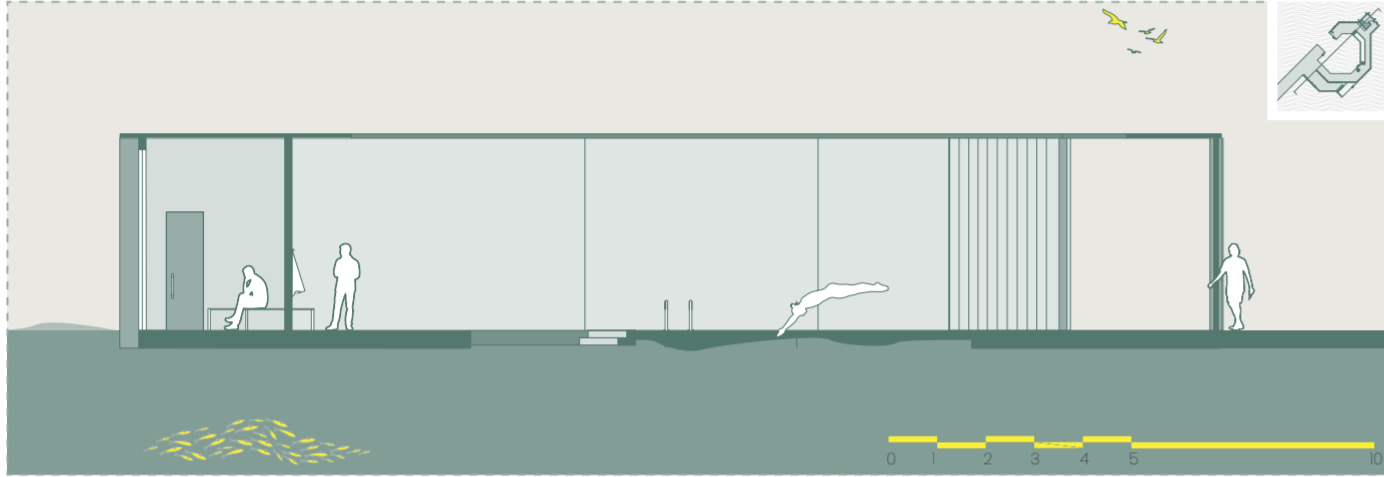
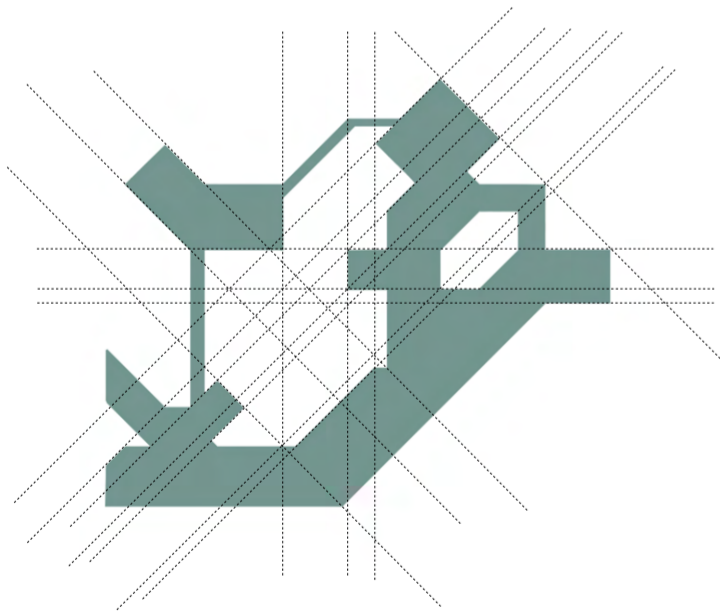


Image Creation Plan Composition

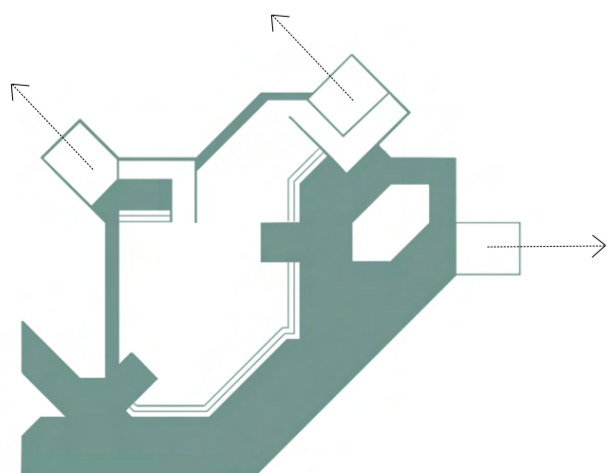
When creating my plans they became more like a graph or a grid. Something for my conceptual framework to be committed to and imagined within.

Using a Grid Composition



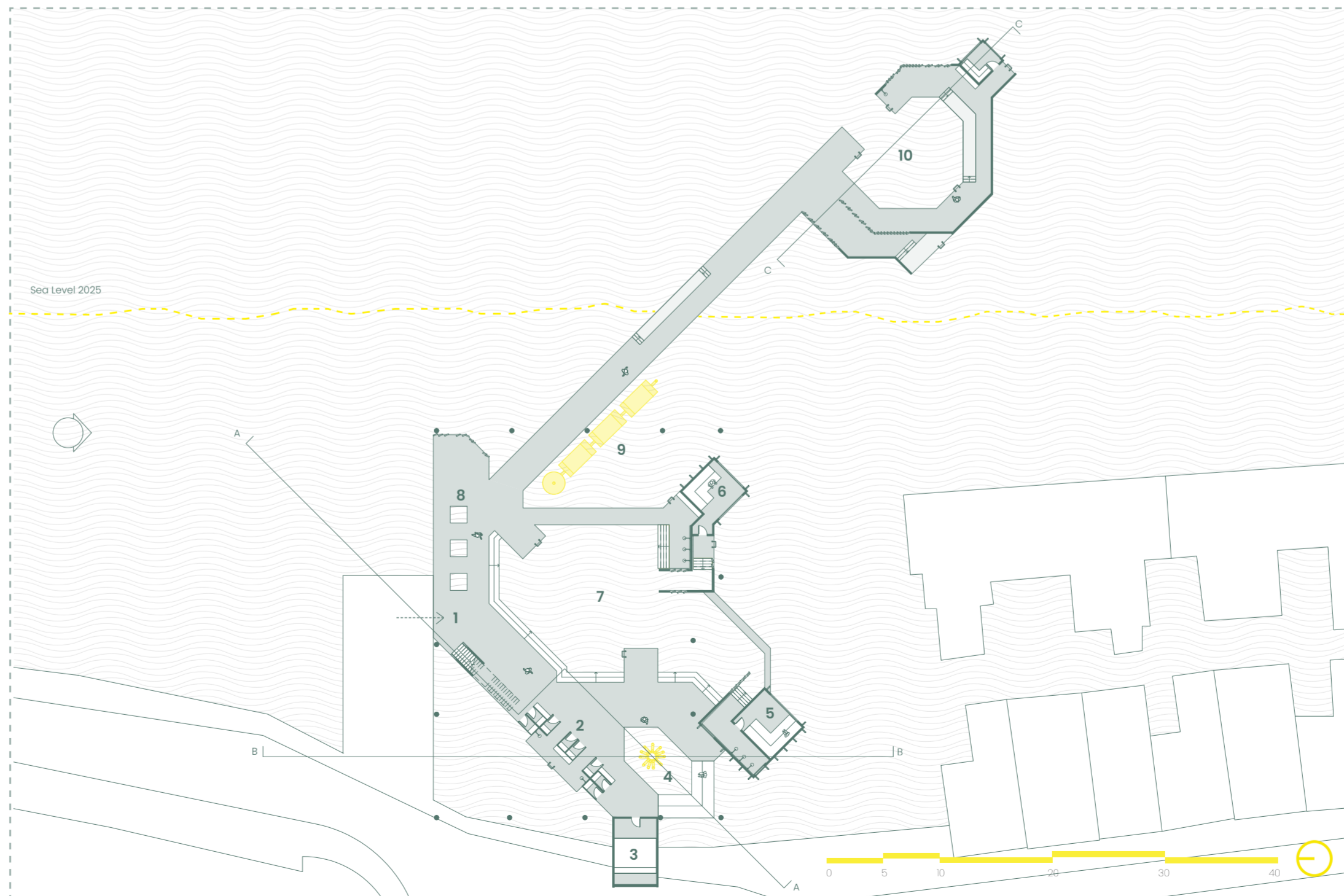
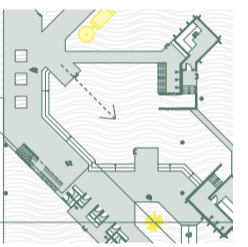
The Grid became a way to almost display my floor plans as informative, like the way we display statistics on a graph. I lined up platforms and points of interest on the plan to make it more visually digested while still being able to explore a dynamic composition without relying on organic shapes.

Applying Function: Saunas and Views



The shapes which jutted out of the composition informed the orientation of the saunas, along with the views. While being architecturally informed by the first floor overhang. The saunas are critical in user engagement as they allow for a 'grounding' into the framework to take place.

GF Swim and Harvest



GF Swim and Harvest
(Not to Scale)

The ground floor follows a linear composition, like those of grid lines. This provides concise routes for users to take while allowing for optimal visibility of the water for users safety.

Key

- 1. Entrance
- 2. Changing Rooms
- 3. Sauna
- 4. Central Pipe Network
- 5. Sauna
- 6. Sauna
- 7. Sea Water Pool
- 8. Eelgrass depositories
- 9. Sea Water Optimisation
- 10. Sea Bath

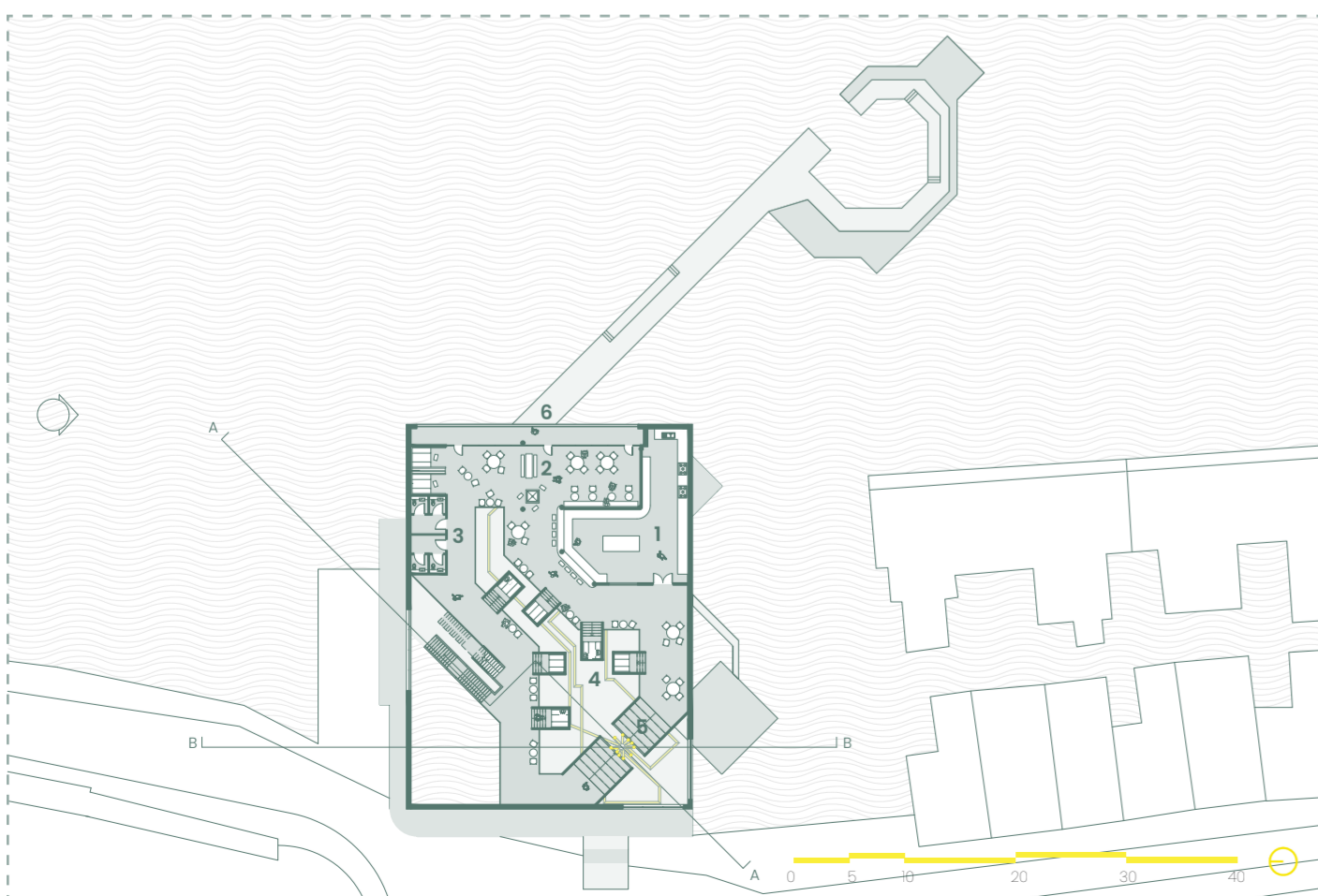
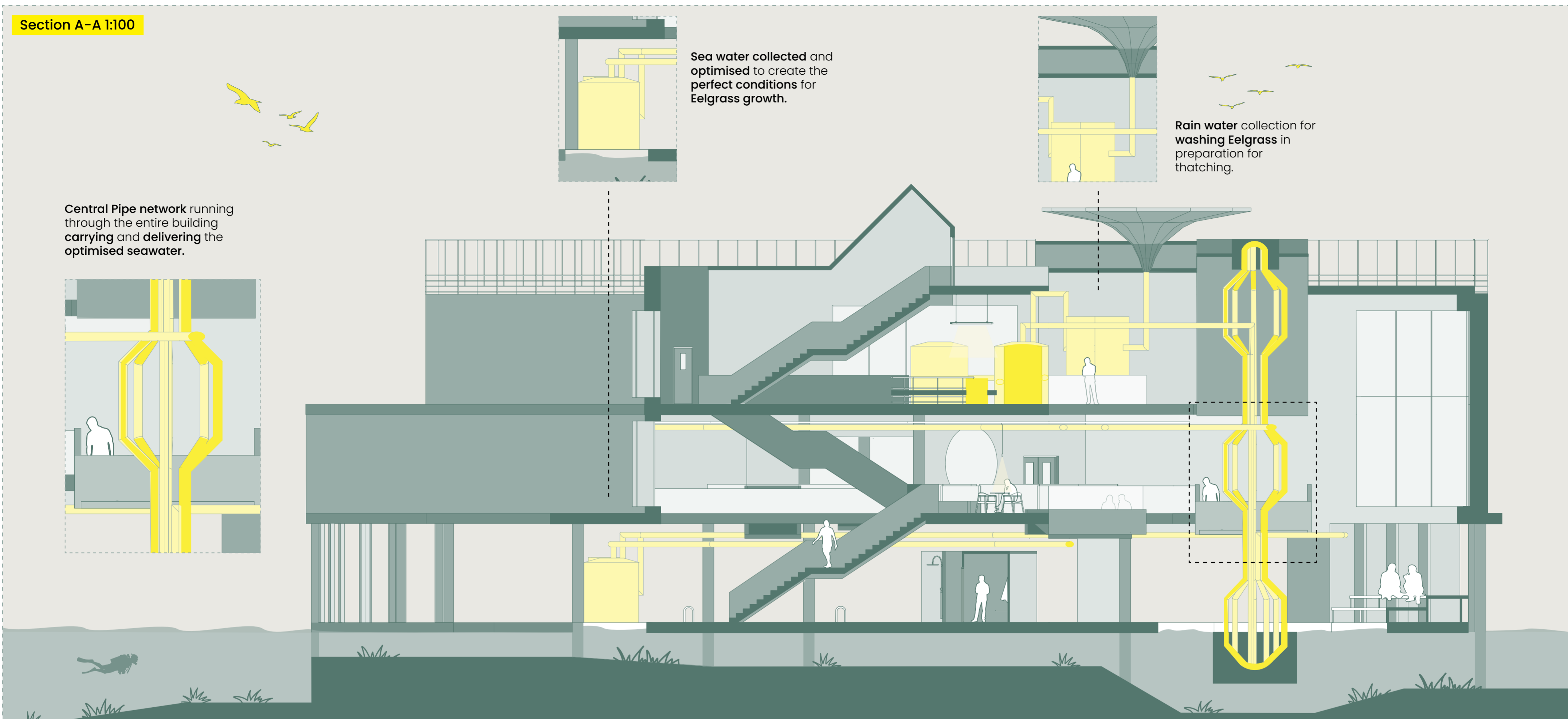


Section A-A 1:100

Central Pipe network running through the entire building carrying and delivering the optimised seawater.

Sea water collected and optimised to create the perfect conditions for Eelgrass growth.

Rain water collection for washing Eelgrass in preparation for thatching.

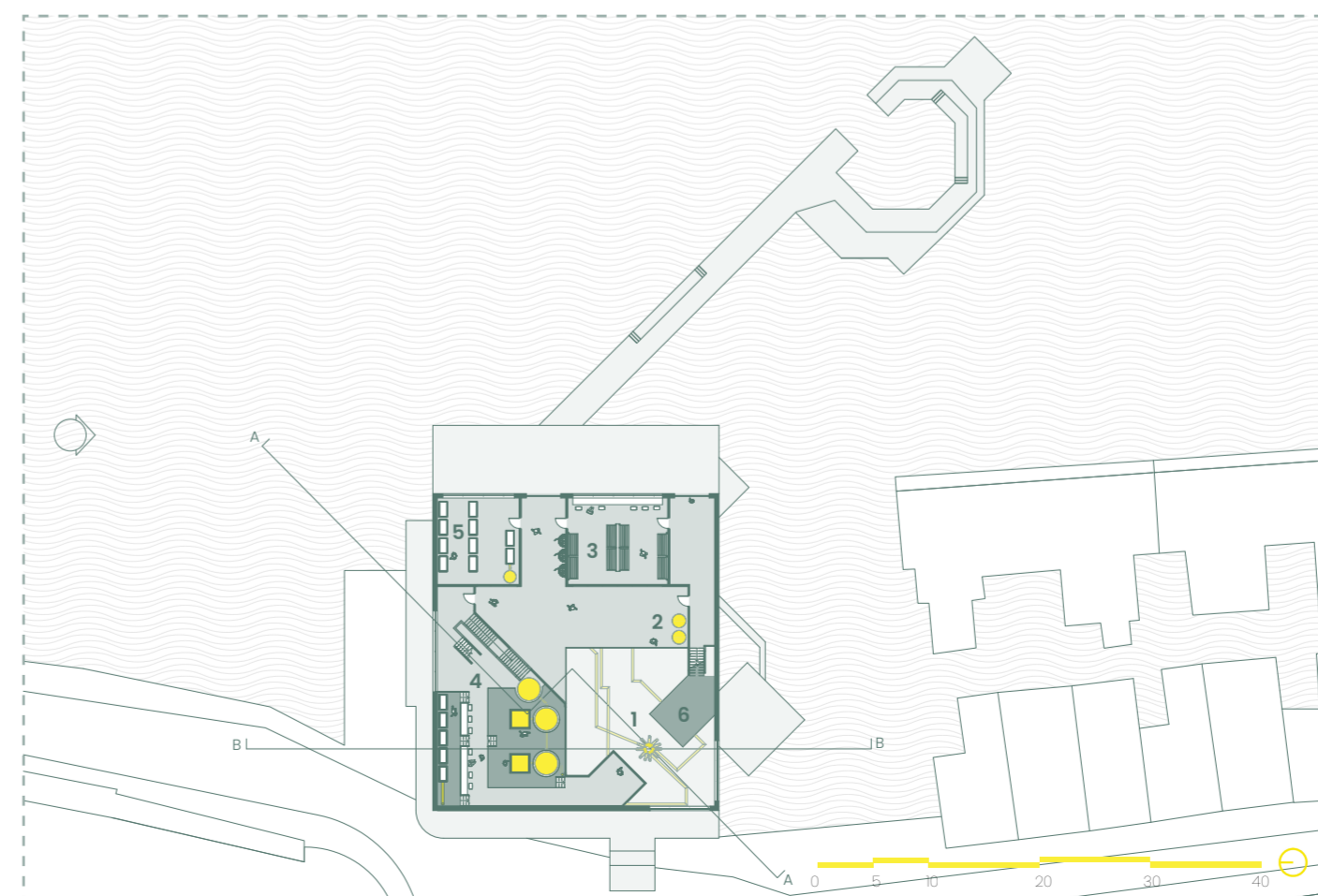


**1F
Zostera Marina**
(Not to Scale)

The first floor leans into the composition of the ground floor revealing the activity below.

Key

1. Open Kitchen
2. Main Restaurant
3. Toilets
4. Suspended Booth Seating
5. Viewing of Central Pipes
6. Recessed Balcony



**2F
Blue Carbon Lab**
(Not to Scale)

The second floor follows the viewing platforms of the first floor creating a convergence on the central pipe network, allowing it to become the central spine of the interior.

Key

1. Central Pipe Network
2. Rain Water Collection Tanks
3. Eelgrass Drying Room
4. Eelgrass Conservation Lab
5. Eelgrass Nurseries
6. 2F Mezzanine