



WELLBEING
Supporting positive mental and physical health.

RESPONSIVE DESIGN
Creating personalised experiences through biofeedback.

SUSTAINABILITY
Encouraging informed and ethical food choices.



NAERING

**DESIGNED FOR THE BODY.
FELT BY THE MIND.**

PROJECT SUMMARY

NAERING is an immersive New Nordic dining experience that explores the relationship between nourishment, wellbeing, and environment. Using biofeedback technology, the experience responds to each guest's physiological state, creating a personalised journey that encourages greater awareness of how food affects both body and mind. Rooted in sustainability and ethical food practices, the project promotes healthier lifestyles whilst fostering meaningful connections between people, place, and food. Through responsive design, sensory engagement, and user-centred experiences, NAERING demonstrates how interior architecture can support wellbeing, encourage positive behavioural change, and create more inclusive and socially relevant dining environments.

A PERSONALISED WELLBEING EXPERIENCE

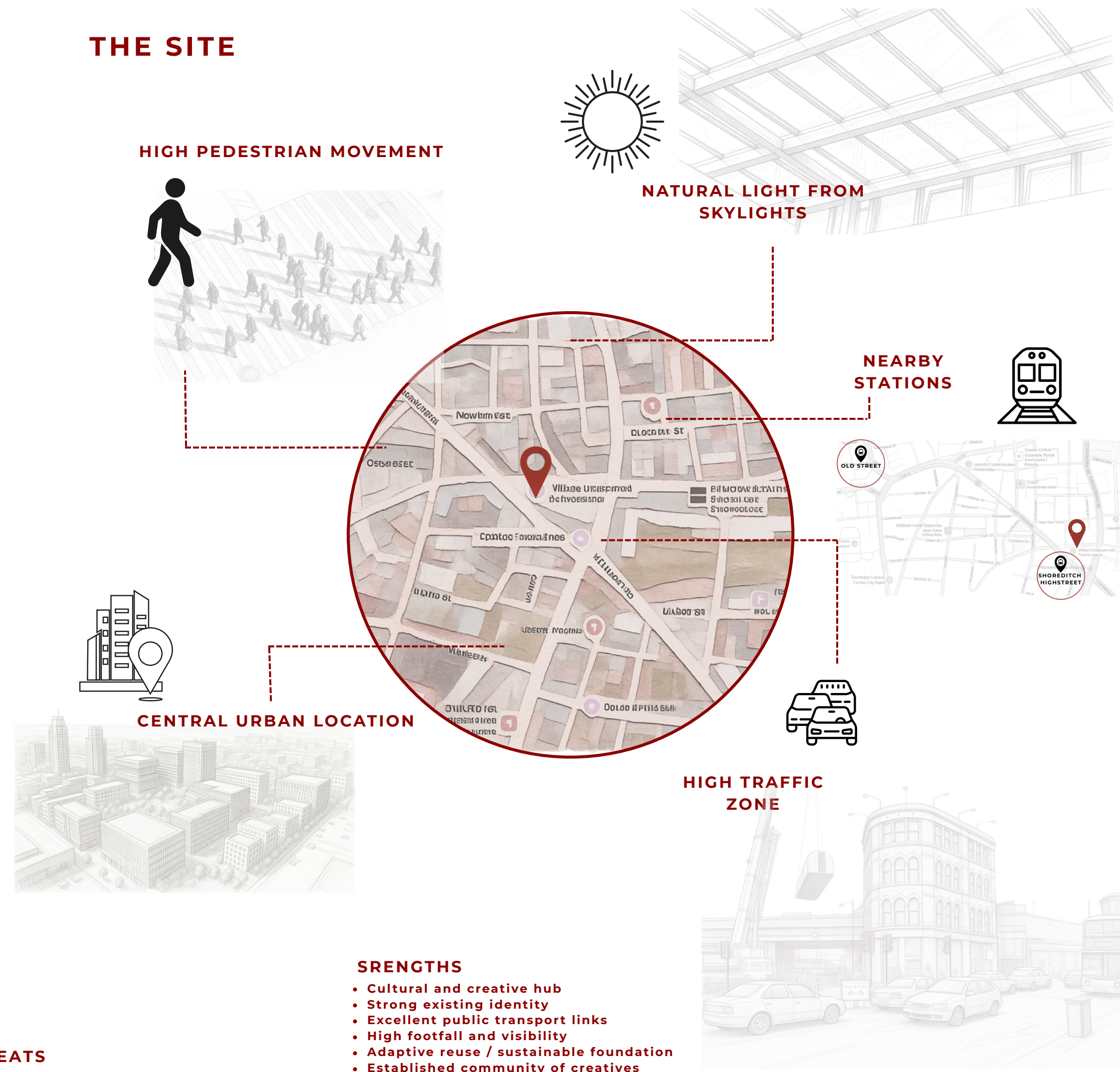


RESPONDING TO INCREASING CONCERNS SURROUNDING STRESS, WELLBEING AND DISCONNECTION FROM FOOD IN CONTEMPORARY SOCIETY

"1 in 4 people in England experience a mental health problem each year."



THE SITE

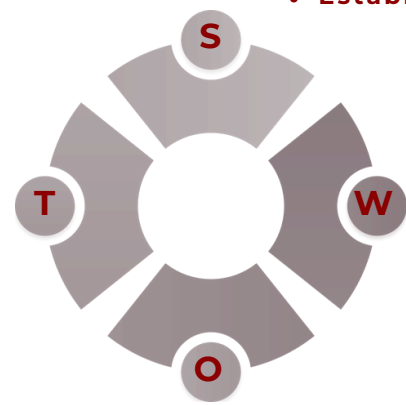


STRENGTHS

- Cultural and creative hub
- Strong existing identity
- Excellent public transport links
- High footfall and visibility
- Adaptive reuse / sustainable foundation
- Established community of creatives

THREATS

- Gentrification and rising costs
- Noise restrictions
- Competition from nearby venues
- Overcrowding and user fatigue
- Environmental issues (pollution)
- Safety and crowd management challenges



OPPORTUNITIES

- Immersive experiential design potential
- Integration of sustainable technologies
- Urban greening / biophilic design
- Activation of underused spaces
- Strengthening community engagement
- Night-time economy enhancement

WEAKNESSES

- High noise levels (traffic)
- Air pollution from surrounding roads
- Limited natural light in some areas
- Limited expansion space
- Congested urban surroundings
- Weather exposure (external areas)

The site's location within a busy and culturally diverse area of Shoreditch informed the project's focus on wellbeing and social connection. Surrounded by constant movement and urban stimulation, NAERING was designed as a restorative environment that encourages guests to slow down, reconnect with nature and develop more meaningful relationships with food, wellbeing and one another.

USER PROFILES

The user profiles I chose were to represent key groups within Shoreditch's diverse community. Each profile reflects different lifestyles, allowing the design to respond to a broad range of users. This approach ensured NAERING remained socially inclusive, human-centred and focused on creating meaningful connections between people, food and wellbeing.



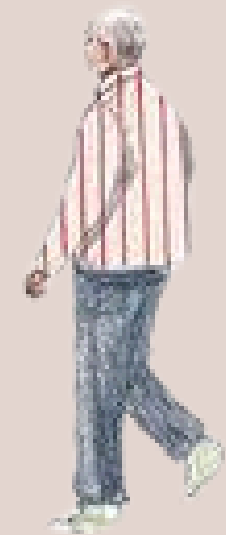
JULIA
34

CREATIVE/TECH PROFESSIONAL
BUSY, HIGH-STRESS LIFESTYLE
INTERESTED IN HEALTH, NUTRITION AND SELF-OPTIMISATION
REGULARLY ENGAGES IN FITNESS, WELLNESS AND CLEAN EATING



AMBER
22

DESIGNER/ARTIST/CONTENT CREATOR
LIVES AND WORKS IN A CREATIVE URBAN AREA, LOVES ATTENDING EXHIBITIONS AND VARIOUS EXPERIENCES, HIGHLY ENGAGED WITH SOCIAL MEDIA



JOE
63

BUSINESS OWNER/SEMI-RETIRED
ENJOYS CULTURAL EXPERIENCES AND DINING OUT, INTERESTED IN LEARNING AND NEW EXPERIENCES, SOCIALLY DRIVEN AND VALUES SHARED MOMENTS

WHY NAERING MATTERS?

THE CHALLENGES

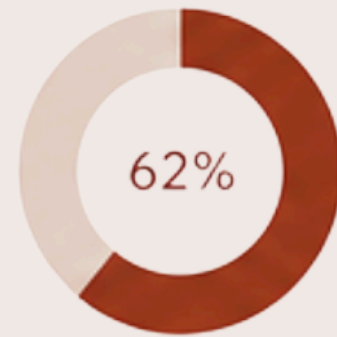
MENTAL HEALTH IN DECLINE

1 in 4 people in England experience a mental health problem each year. Stress, anxiety and burnout are increasingly affecting daily life and overall wellbeing.



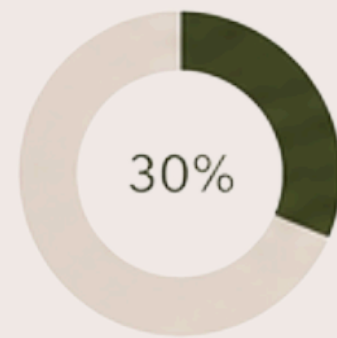
DISCONNECTION FROM FOOD

62% of adults eat convenience foods multiple times a week. Busy lifestyles and poor food awareness lead to unhealthy habits and low energy.



THE ENVIRONMENTAL IMPACT OF FOOD

30% of global greenhouse gas emissions come from the food system.



Many people are unaware of the impact their food choices have on the planet.

MY RESPONSE

WELLBEING THROUGH NATURE

The introduction space incorporates planting, water and natural materials to create a calming environment that reduces stress and encourages mindfulness. Drawing on New Nordic principles, the space reconnects guests with nature and supports positive mental wellbeing.



PERSONALISED EXPERIENCES THROUGH BIOFEEDBACK

Oura Ring technology is used as a tool for reflection and awareness, helping guests understand the connection between food, wellbeing and lifestyle whilst encouraging more informed choices.



NEW NORDIC MATERIALITY & SUSTAINABILITY

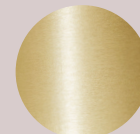
A palette of light timber, natural stone, planting and soft textures reflects New Nordic values of simplicity, honesty and sustainability. These materials create a calming sensory environment whilst encouraging a stronger connection between people, food and nature.



Recycled timber
Responsibly sourced timber reflects New Nordic warmth while offering a low-carbon, natural material.



Light oak
Used for structure and furniture, chosen for durability and renewable sourcing. Embodies New Nordic simplicity through its natural, untreated expression.



Brushed metal
Used selectively for fixtures, chosen for durability and recyclability. Kept subtle and understated to avoid excess, reinforcing nordic restraint and minimalism.



Linen textiles
Introduces warmth and tactility, reflecting the nordic emphasis on comfort and human-centred design.

DEVELOPED MATERIALITY



1 Painted Panel (Blue Finish)
Durable painted surface – long lasting finish
Reduces need for frequent repainting
Low maintenance = less material use over time

2 Planter (Ceramic/Stone)
Natural material – no plastic
Long lifespan – weather resistant
Reduces need for replacement

3 Marble / Stone Surface
Natural material – sourced from earth
Extremely durable – long lifecycle
Reduces waste from replacements

4 Terrazzo
Made using recycled stone fragments
Reduces material waste
Hard-wearing and long lasting

5 Textured Glass / Fluted Finish
Durable material – long lifespan
Allows natural light through – reduces energy use
Low maintenance

6 Upholstery Fabric (Blue)
Long-lasting textile – durable for high use
Can be reupholstered instead of replaced
Reduces furniture waste

7 Handmade Nordic Abstract Ceramic Vase
Handmade – reduces mass production and waste
Natural material (ceramic clay) – non-plastic and long lasting
Durable – won't need replacing often

8 Planter (Ceramic Brondby Scandi Oak Dining Table)
Natural materials – oak veneer + solid wood legs
Longevity – strong construction designed to last
Extendable design – reduces need for extra tables

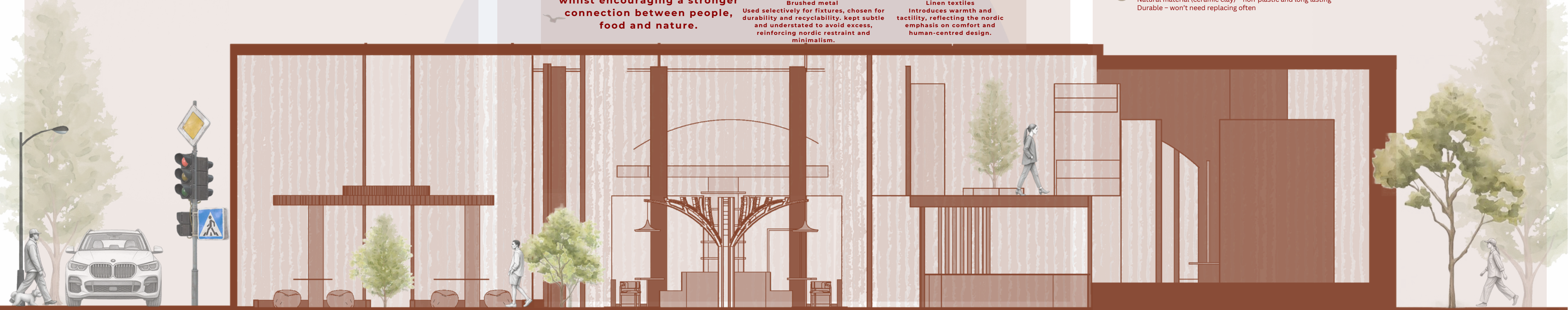
9 Patterned Tile
Hard-wearing surface – long lasting
Easy to clean – low maintenance
Reduces need for replacement

10 Walnut Wood (Chair Base)
Craftsmanship & longevity – handmade and built to last
Natural materials – wood frame and upholstered fabric
Timeless design – reduces replacement over time

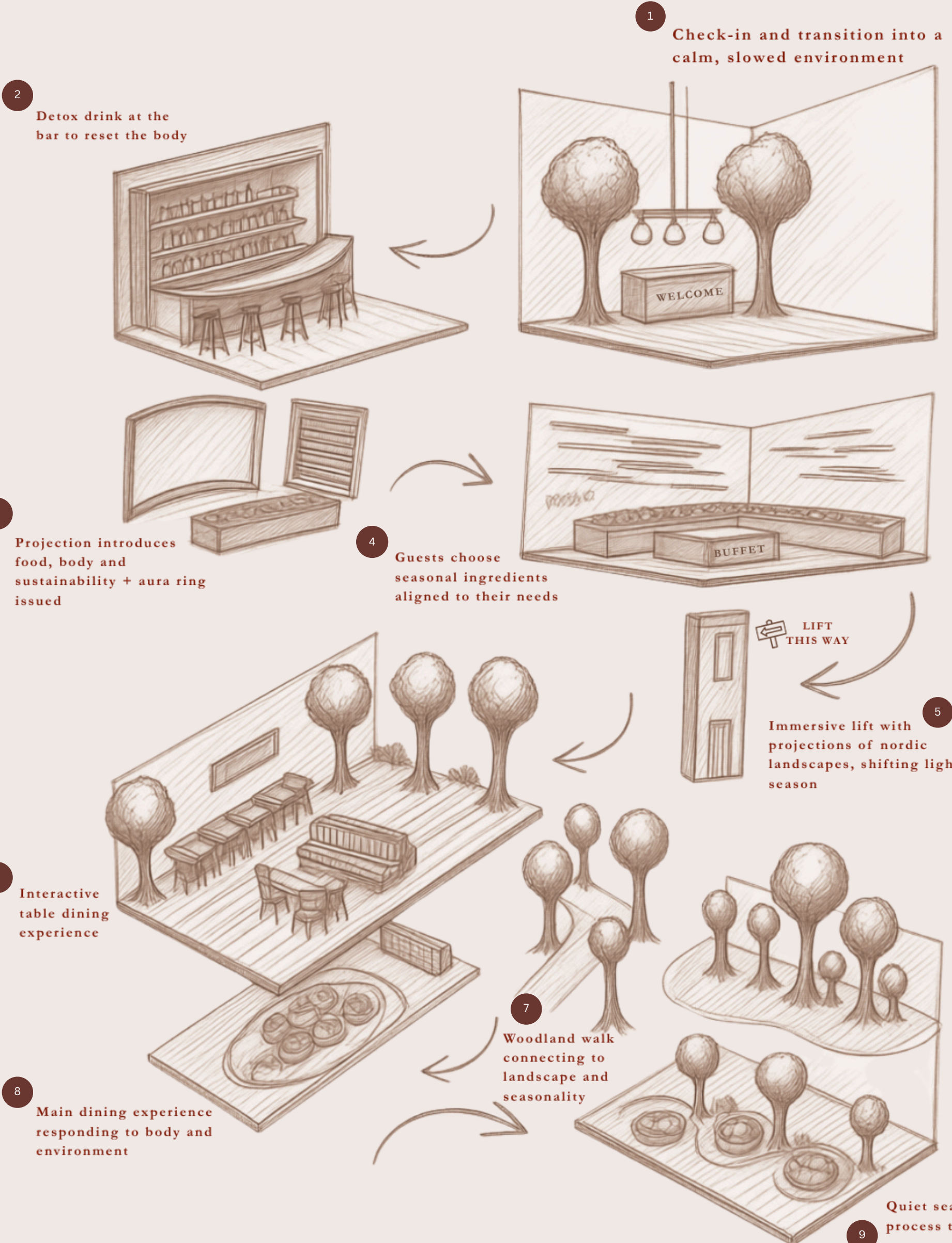
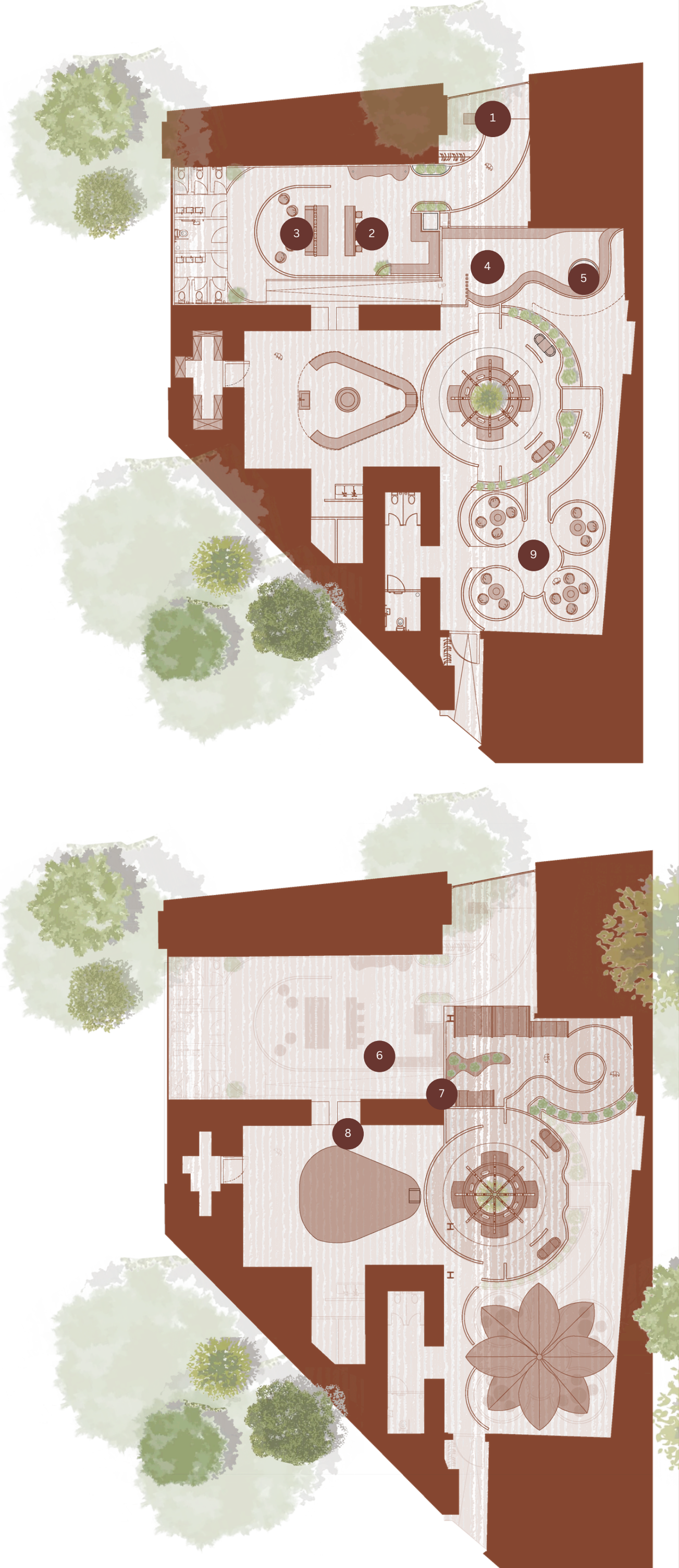
11 Green Marble / Stone
Natural material – no synthetic production
Extremely durable – long lifecycle
Timeless aesthetic reduces replacement

12 Brass Wall Light
Natural material – handwoven rattan (renewable resource)
Handcrafted – lower impact than mass production
Replaceable bulb – allows use of energy-efficient LED

13 Wall Finish / Decorative Panel
Durable surface finish
Long-lasting aesthetic reduces redesign
Low maintenance



THE SPATIAL JOURNEY



From arrival to reflection, the spatial journey is designed to transform awareness into action, encouraging healthier relationships with food, wellbeing and the natural environment.

NAERING demonstrates how interior architecture can actively support wellbeing, encourage healthier behaviours and strengthen social connection through shared dining experiences.

WALKTHROUGH VIDEO OF MY TWINMOTION MODEL



ONE JOURNEY, LASTING IMPACT



PROJECT OUTCOMES

INDIVIDUAL

Increased wellbeing awareness
More informed food choices
Stronger connection to nature

Every space within NAERING has been designed to support a different emotional and behavioural outcome, transforming dining into a journey of awareness, connection and wellbeing.

SOCIAL

Meaningful shared experiences
Community and conversation
Greater empathy through dining
Encourages connection in an increasingly disconnected world

ENVIRONMENTAL

Seasonal ingredients
Sustainable food choices
Reduced environmental impact

More than a restaurant, NAERING uses dining as a tool to improve wellbeing, strengthen social connection and encourage positive behavioural change.