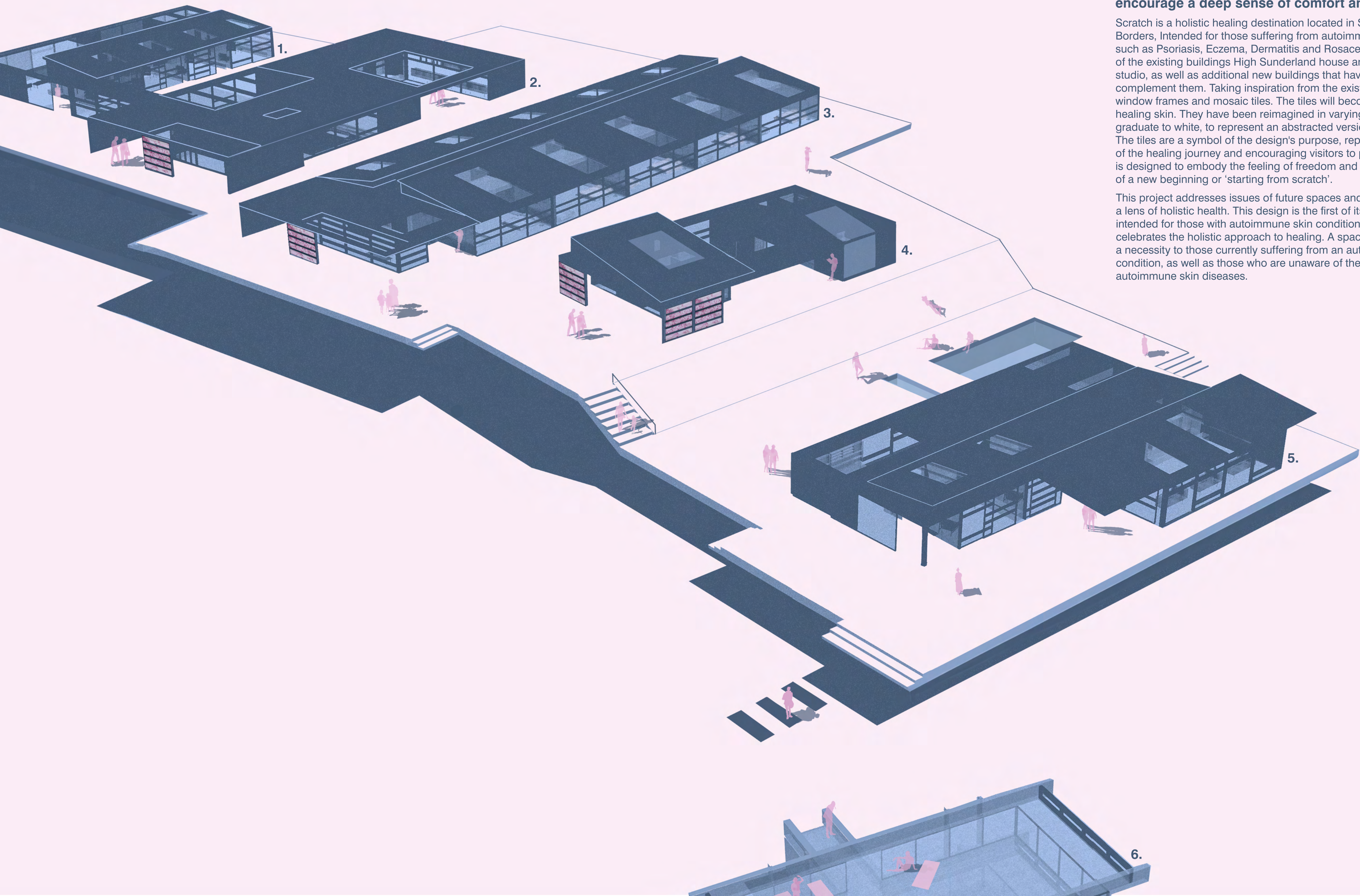


scratch.

A holistic healing space intended for those suffering from autoimmune skin conditions, designed to aid the healing process. Inspired by the architectural features of High Sunderland house, this project aims to encourage a deep sense of comfort and hope.

Scratch is a holistic healing destination located in Selkirk in the Scottish Borders, Intended for those suffering from autoimmune skin conditions such as Psoriasis, Eczema, Dermatitis and Rosacea. The site consists of the existing buildings High Sunderland house and Bernat Klein studio, as well as additional new buildings that have been designed to complement them. Taking inspiration from the existing materiality, window frames and mosaic tiles. The tiles will become a motif for healing skin. They have been reimagined in varying shades of pink that graduate to white, to represent an abstracted version of skin healing. The tiles are a symbol of the design's purpose, representing the stages of the healing journey and encouraging visitors to persevere. The space is designed to embody the feeling of freedom and encourage the idea of a new beginning or 'starting from scratch'.

This project addresses issues of future spaces and possibilities through a lens of holistic health. This design is the first of its kind. A space intended for those with autoimmune skin conditions that embraces and celebrates the holistic approach to healing. A space like this is vital. It is a necessity to those currently suffering from an autoimmune skin condition, as well as those who are unaware of the profound impacts of autoimmune skin diseases.



site analysis.

site location:
selkirk, scottish
borders.

existing sites:

- 1. high sunderland house.
- 2. bernat klein studio.
- 3. tiles.



existing sites.

My intention was to design a place sufferers could visit, where they could meet experts, learn about holistic, individualised treatments, receive counselling and participate in activities to reduce stress, promote relaxation and above all, restore hope. High Sunderland House was designed in 1957 by architect Peter Wormsley. It was designed for internationally renowned textile designers, Bernat and Margaret Klein who lived in it for over 50 years. Womersley also designed the two storey Bernat Klein Studio which sits next to the house and won a RIBA award for its design and its combination of concrete, brick, steel and glass.

The buildings are surrounded by rolling green hills, mature trees and open skies. This tranquil, rural location seemed to me to be perfect for a place of relaxation and restoration. The Kleins designed a striking wall of mosaic tiles at the house entrance in shades of blue and green. I envisioned these, re-imagined in shades of pale pink through to red to represent inflamed skin plaques and the healing process as they graduated from red back to the palest pink and clear, healthy skin. The fact that High Sunderland house and the Bernat Klein studio were respectively the home and workplace of the Kleins for more than 50 years inspires a sense of shelter, comfort and security, all important in a space for healing. The house and studio stand close to one another but there is plenty of land around where new buildings could be added.

sun paths.

Tracking sun paths at different times of the day allowed me to design according to the sun. Being able to see where the sun specifically would shine onto the buildings, allowed the skylights and roofs to be positioned as so. This ensures the most effective use of the light in areas that it seems most beneficial and important to the visitor experience.



research.

autoimmune skin conditions.

An autoimmune condition is when the body's immune system mistakenly attacks its own tissues. In the case of psoriasis the immune system attacks the skin. When this happens it causes an overactive skin cell production. Normally our skin cells are replaced every three to four weeks. In psoriasis this is increased to every three to seven days, causing a rapid buildup of dead skin cells on the surface of the skin. Psoriasis can appear anywhere on the body and can present in multiple ways though is normally characterised by red scaly patches or plaques. These red scaly patches can inflict pain and discomfort due to the inflammation caused to the skin as well as the insatiable itch.

People who have psoriasis may experience different levels of severity. For some, psoriasis may only appear in one small area of their body where it does not interfere with their life but for others it can be debilitating. Psoriasis can be detrimental to both mental and physical health if not treated.

treatments.

There are currently several forms of medication available for those with autoimmune skin conditions which will vary in strength according to the severity of each case. The most common treatment is in the form of a topical steroid. Topical steroid creams are immuno-sepresant drugs.

This means that when applied they will suppress the over activity in the immune system, therefore killing bad bacteria. In the process of destroying the bad bacteria they also destroy the good bacteria, therefore causing further harm. This means that inevitably the skin condition will return after stopping this medication and sometimes worse than before.



my experience.

psoriasis.

This project has given me the opportunity to combine my love for design with something deeply personal to me. My psoriasis. Though I have only suffered with psoriasis for around a year, it has been the most challenging thing I have ever faced and had to accept in my life.

My intention was to create a space that provided my fellow psoriasis and autoimmune condition sufferers with hope, something which I feel conventional medicine and treatment cannot always provide.



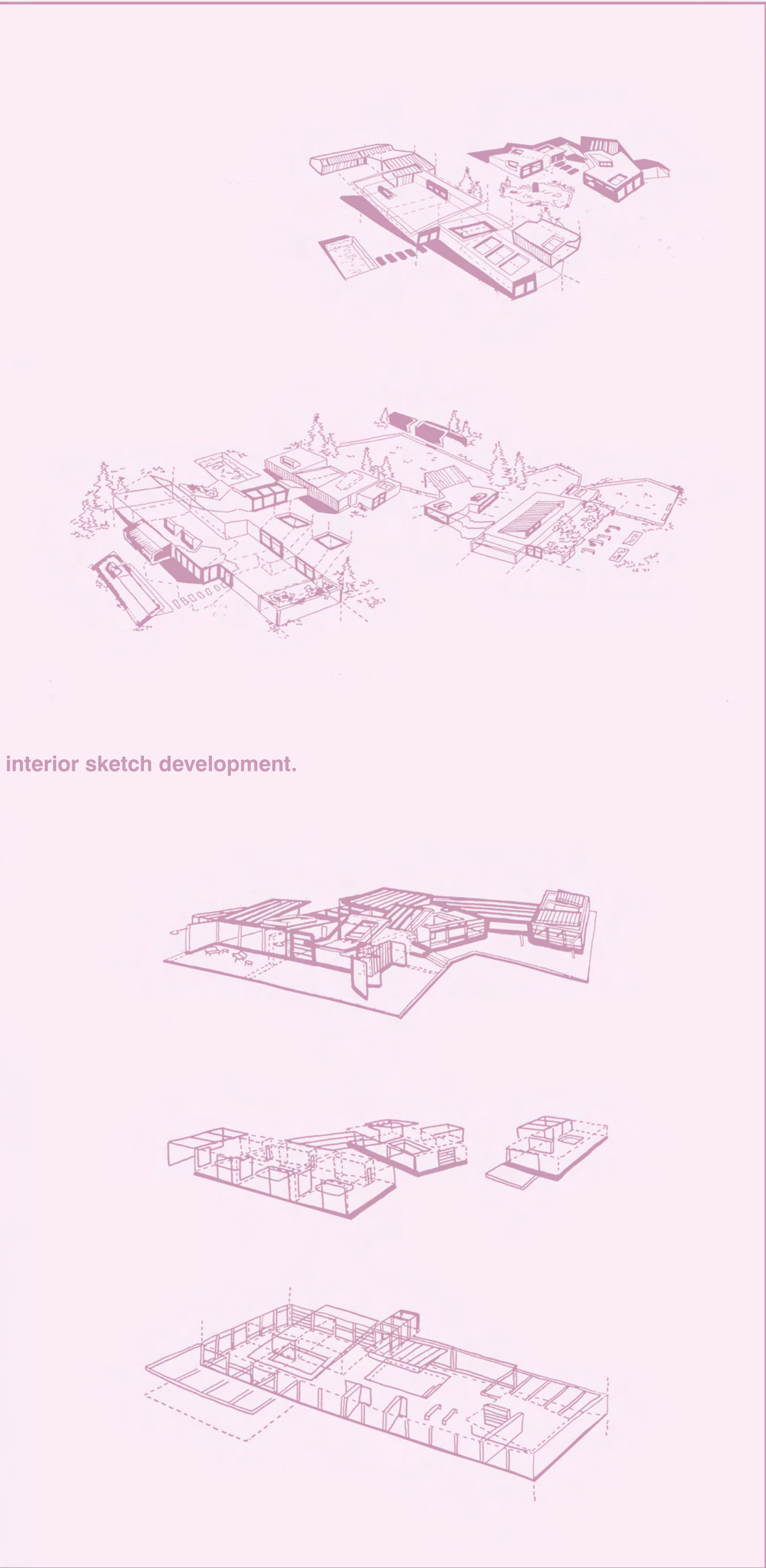
scan to read more
about psoriasis and
my experience.



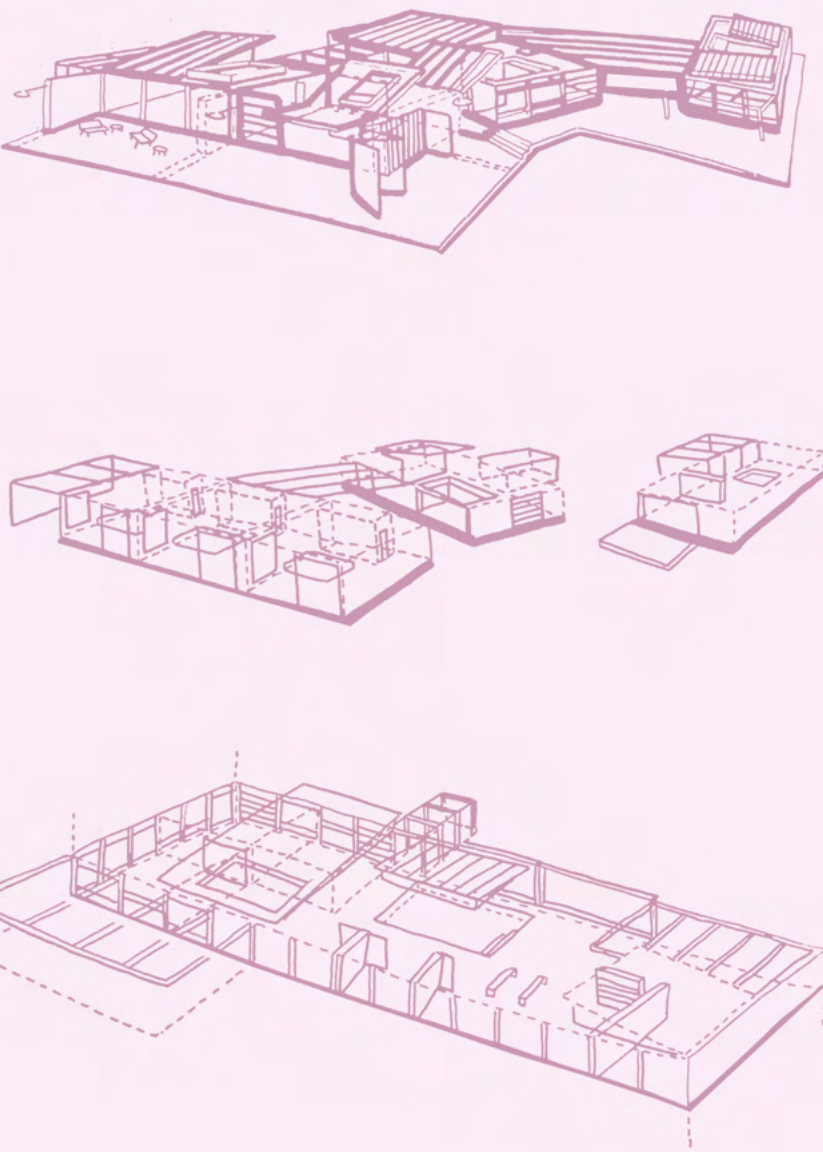
my skin.

development.

architectural sketch development.

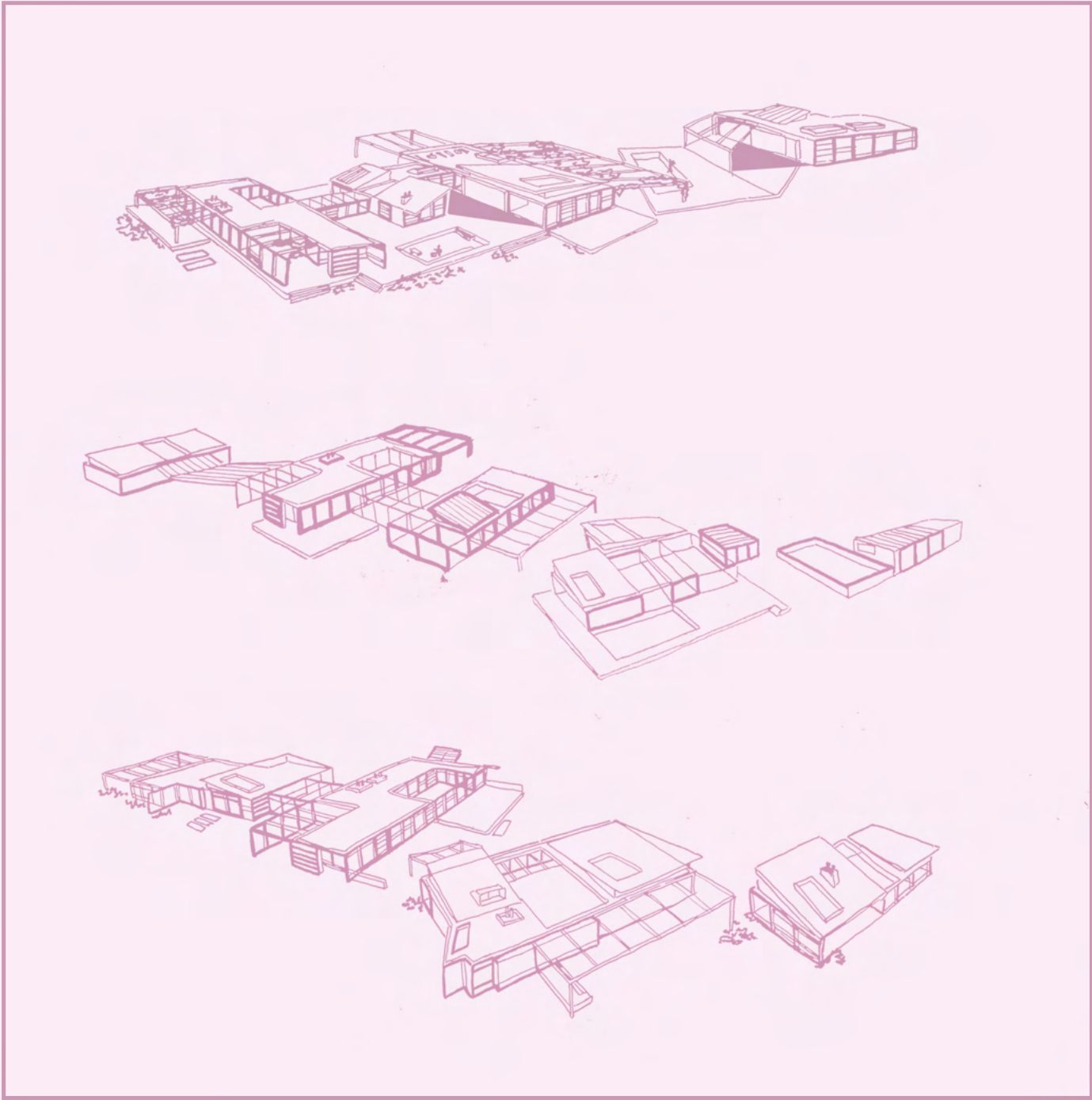


interior sketch development.

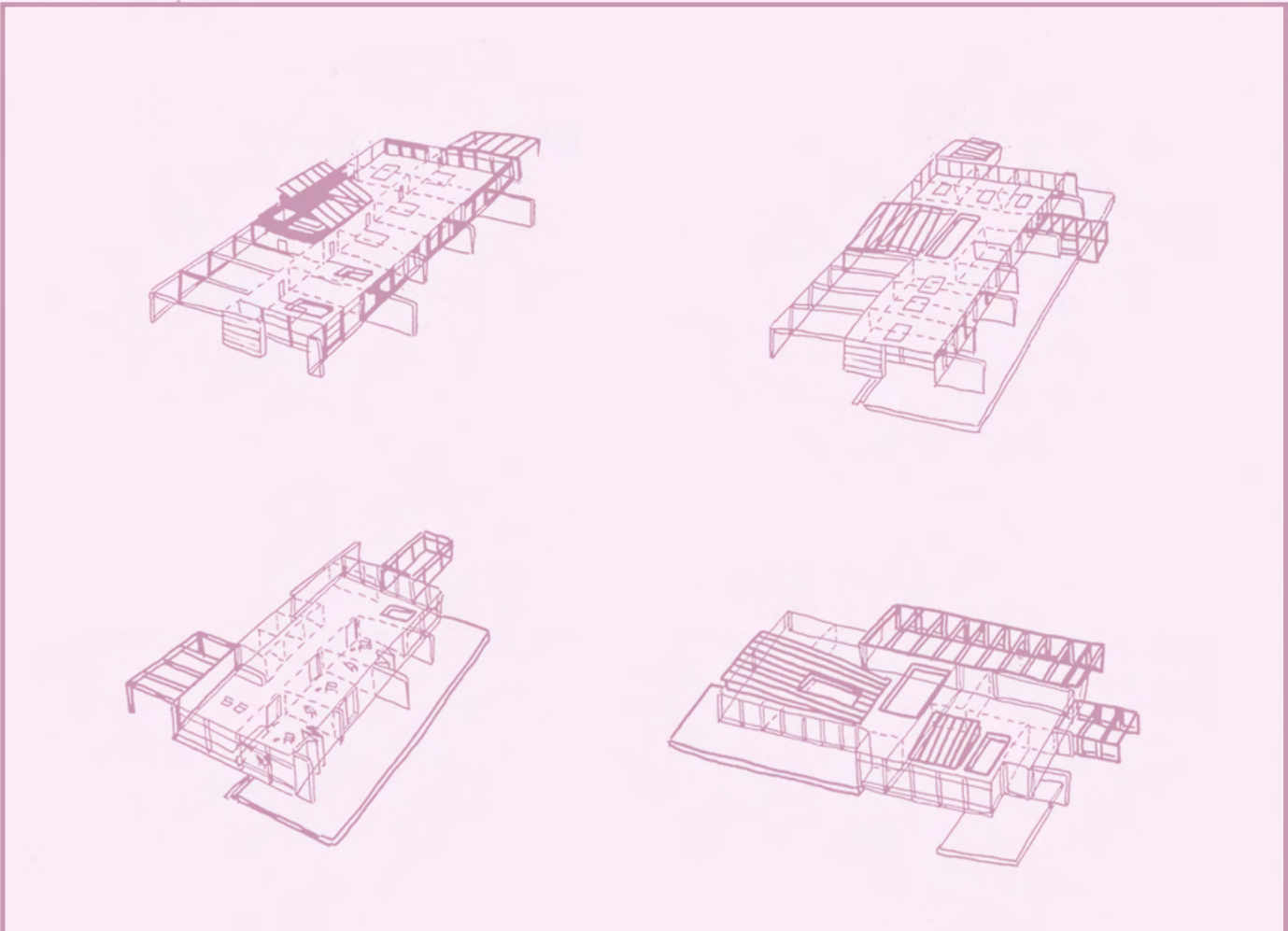


development.

architectural sketch development.



interior sketch development.



sketch development.

My sketchbook is the most significant part in my design process. Sketching allows me to visualise my concepts quickly and keeps me inspired. These are a few of the interior and exterior development sketches highlighting my stages of designing, ranging from conceptual drawings to more accurate and detailed ones.

interviews.

- 1. I discovered Emma's work through my own research during the height of my extensive psoriasis flare. Her knowledge and insight on holistic healing and her empathy for those suffering was incredible to see. She is using her experience to transform the lives of those suffering from chronic autoimmune skin conditions and has turned her own experience in to something that benefits people like myself.

My conversation with Emma was very informative and provided me with more in depth information about holistic healing and the importance of nutritional therapy.
- 2. In my interview with Chiropractor Sean Chan I learned that chiropractic is an entirely holistic practice, not a medical one. He shared that chiropractic adjustments can be incredible for easing the symptoms of autoimmune conditions and that he has seen some amazing results first hand. My conversation with Sean was interesting and inspiring as he truly believes in holistic practices and healing.



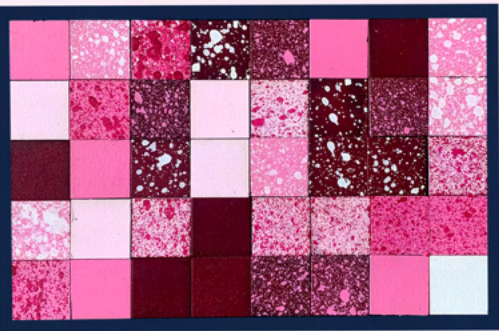
interview 1.
interview with Emma Gould.
holistic naturopathic nutritional therapist.



interview 2.
interview with sean chan.
chiropractor.

engagement task.

the tiles.



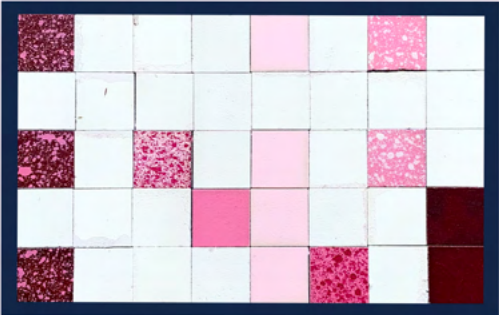
The engagement task was an opportunity for people with autoimmune skin conditions to share their experiences and turn them into something they could visualise. the tiles have been inspired by the tiles of High Sunderland. I have reimagined them in varying shades of pink to represent autoimmune skin disease. Each tile pattern represented a question relating to the experience of living with a skin condition.

All of the questions were on a scale from 1 - 5. This meant that participants could use up to 5 tiles for each question. Depending on your answers this would then create a different set of tiles for each participant.

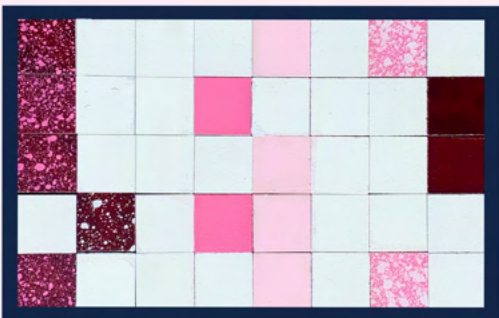
the questions.

- Question 1. how much does your skin condition affect your daily life?
- Question 2. how much does your skin condition impact your mental health?
- Question 3. how aware were you of the holistic approaches to the healing
- Question 4. how much does traditional medicine benefit your autoimmune skin condition?
- Question 5. how severe is your autoimmune skin condition?
- Question 6. how significantly have you altered your lifestyle to try to heal your autoimmune skin condition?
- Question 7. how positive is your relationship with your autoimmune skin condition?
- Question 8. how comfortable are you using the traditional treatment options for your autoimmune skin condition?

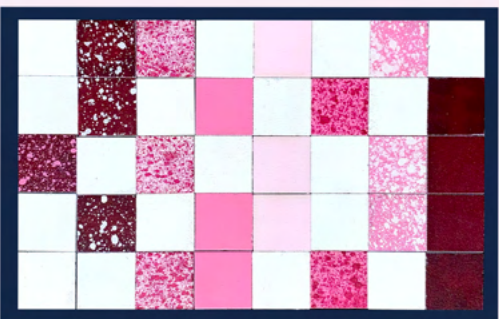
outcome examples.



josie scheali - eczema.

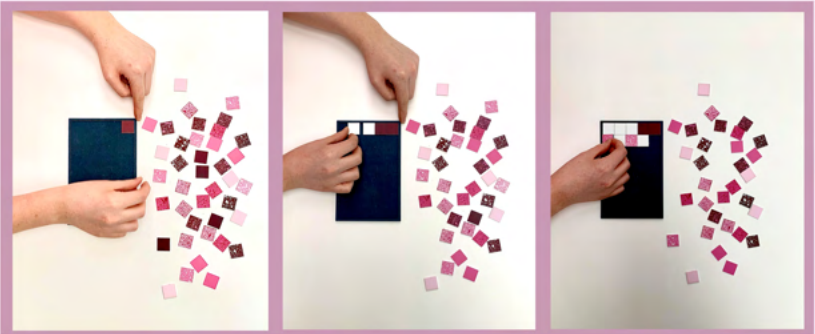


elissa lee - dermatitis.



haley chan - eczema.

conducting the task.



sketch models.



3d development.

Creating sketch models allowed for further development of the project where I could visualise more clearly the different architectural and interior elements. The models range from conceptual to very detailed and precise, all helping to aid the design process.

final design.

visuals.



visual of social space / waiting area.

The communal social spaces are an opportunity for visitors to form connections and learn from others' experience. It is important that visitors do not feel alone or isolated during their stay. The central social lounge is located in the sunken living room of the existing High Sunderland house.



visual of accommodation option 1.



visual of accommodation option 2.

It felt necessary that the accommodation in the space allowed for as much natural light as possible. They feature large floor to ceiling sliding doors as well as a large skylight. Allowing the sunlight to reach you from multiple directions. Each room is spacious, and nonrestrictive. With an indoor outdoor living approach the rooms allow the visitor to feel comforted and able to relax.



visual of social lounge.

floor plans.

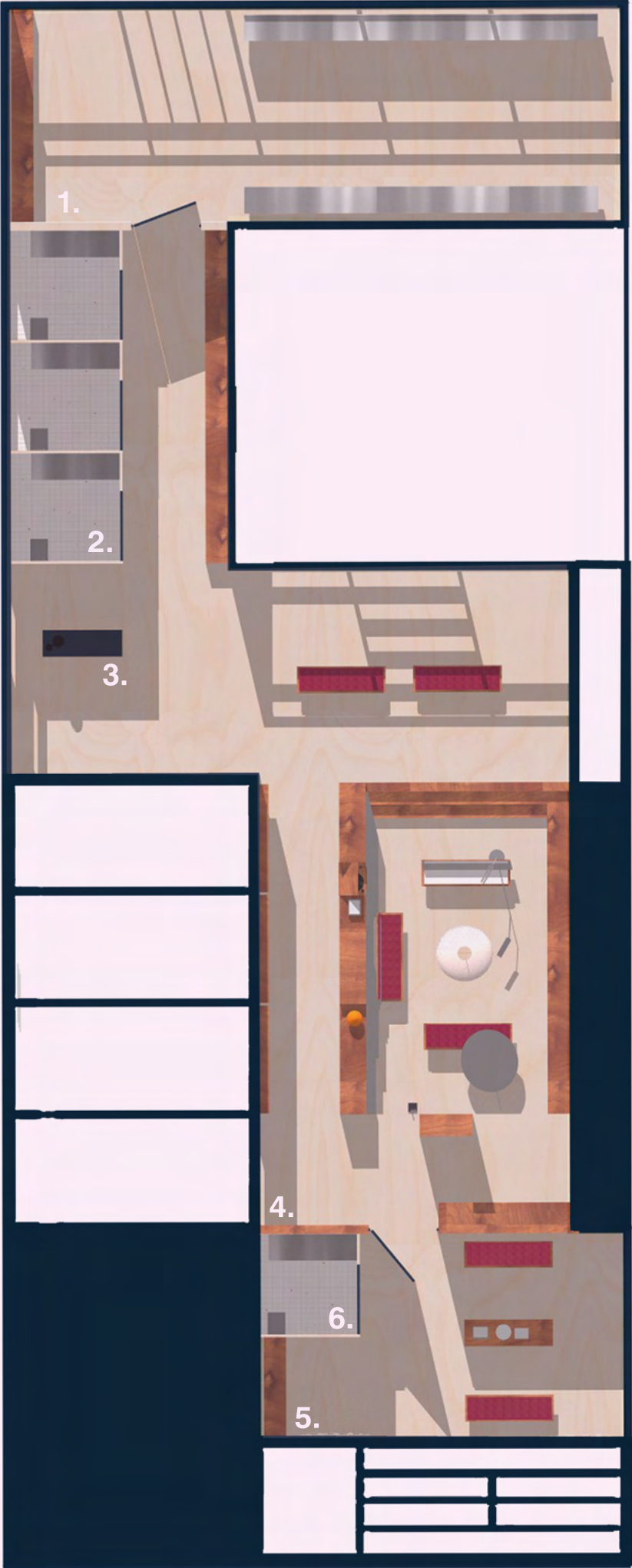


1. therapy.

- 1. toilet.
- 2. social space/waiting area.
- 3. therapy.

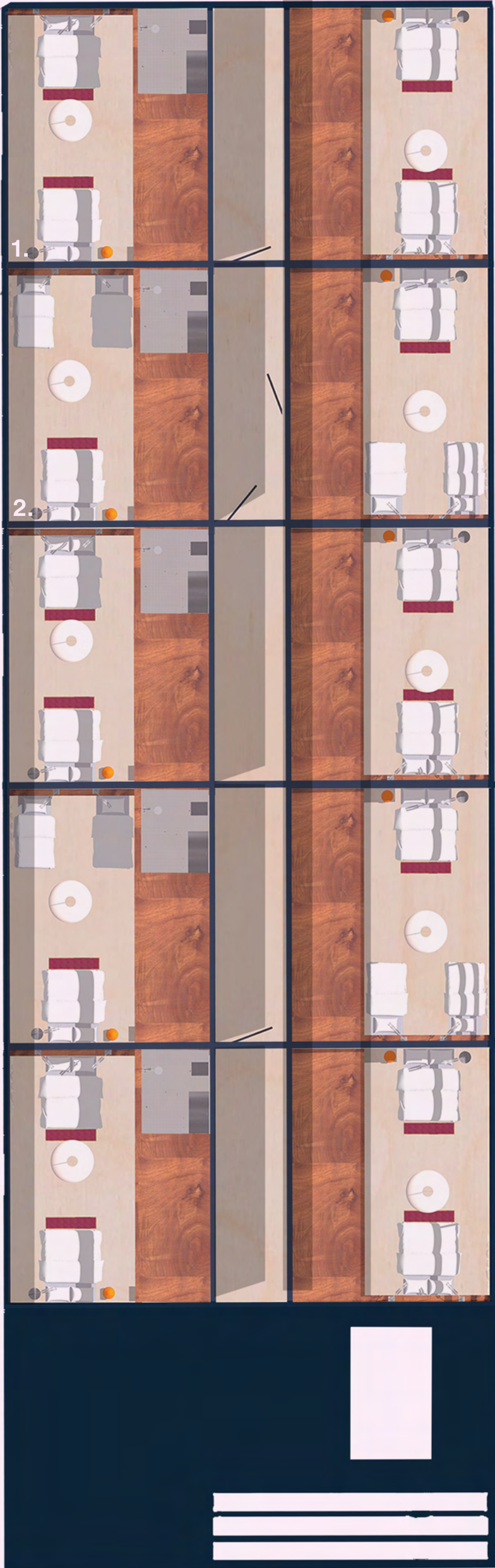
2. social lounge.

- 1. kitchen
- 2. toilet.
- 3. main reception.
- 4. social lounge.
- 5. staff area.
- 6. staff toilet.



high sunderland house.

1. accomodation option 1. 2. accomodation option 2.

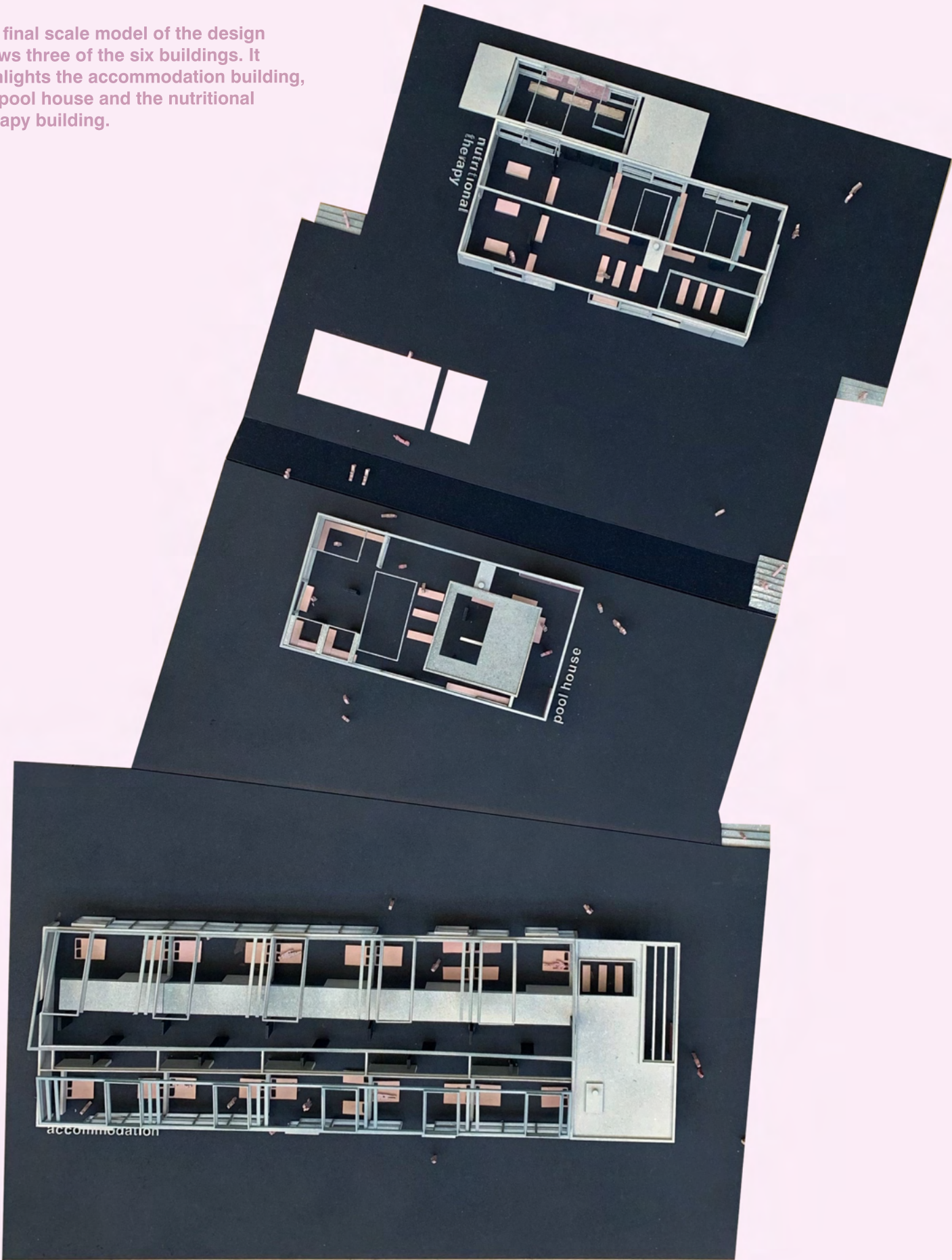


3. accommodation.

final model.

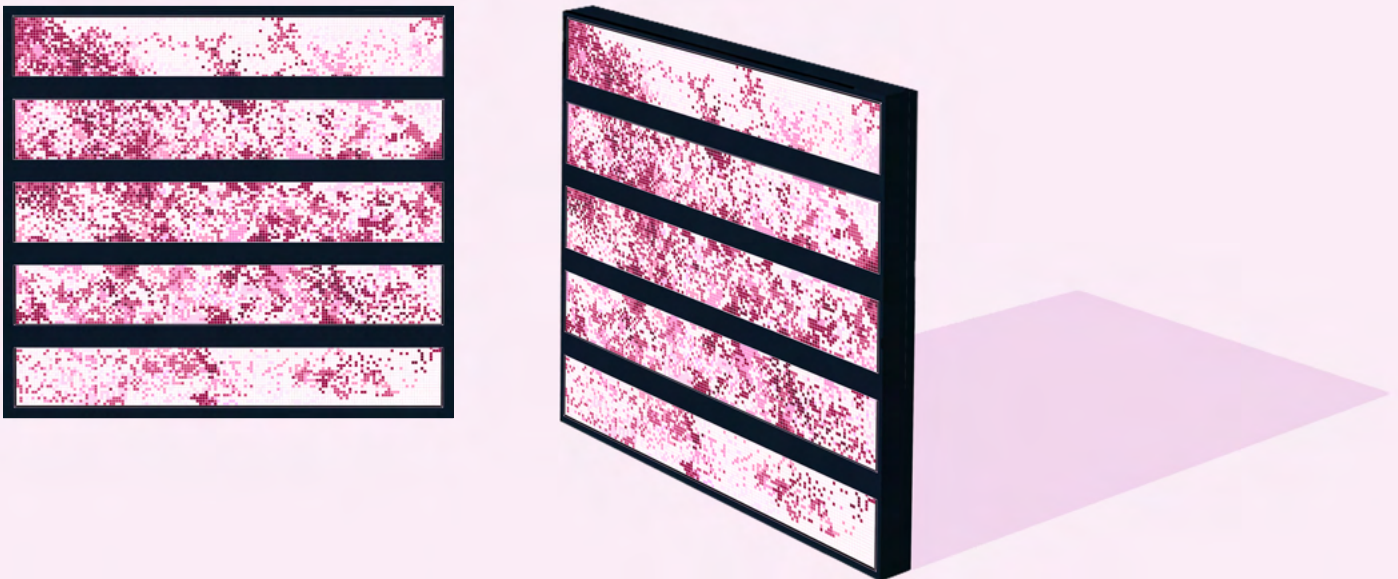
scale 1:100.

The final scale model of the design shows three of the six buildings. It highlights the accommodation building, the pool house and the nutritional therapy building.



visual of the tiles.

I have taken the existing tiles of High Sunderland house and reimagined them as an abstracted representation of skin healing. The tiles have been included throughout the final design to act as a symbol of encouragement, to inspire visitors to persevere with the holistic healing of their skin.



final design.

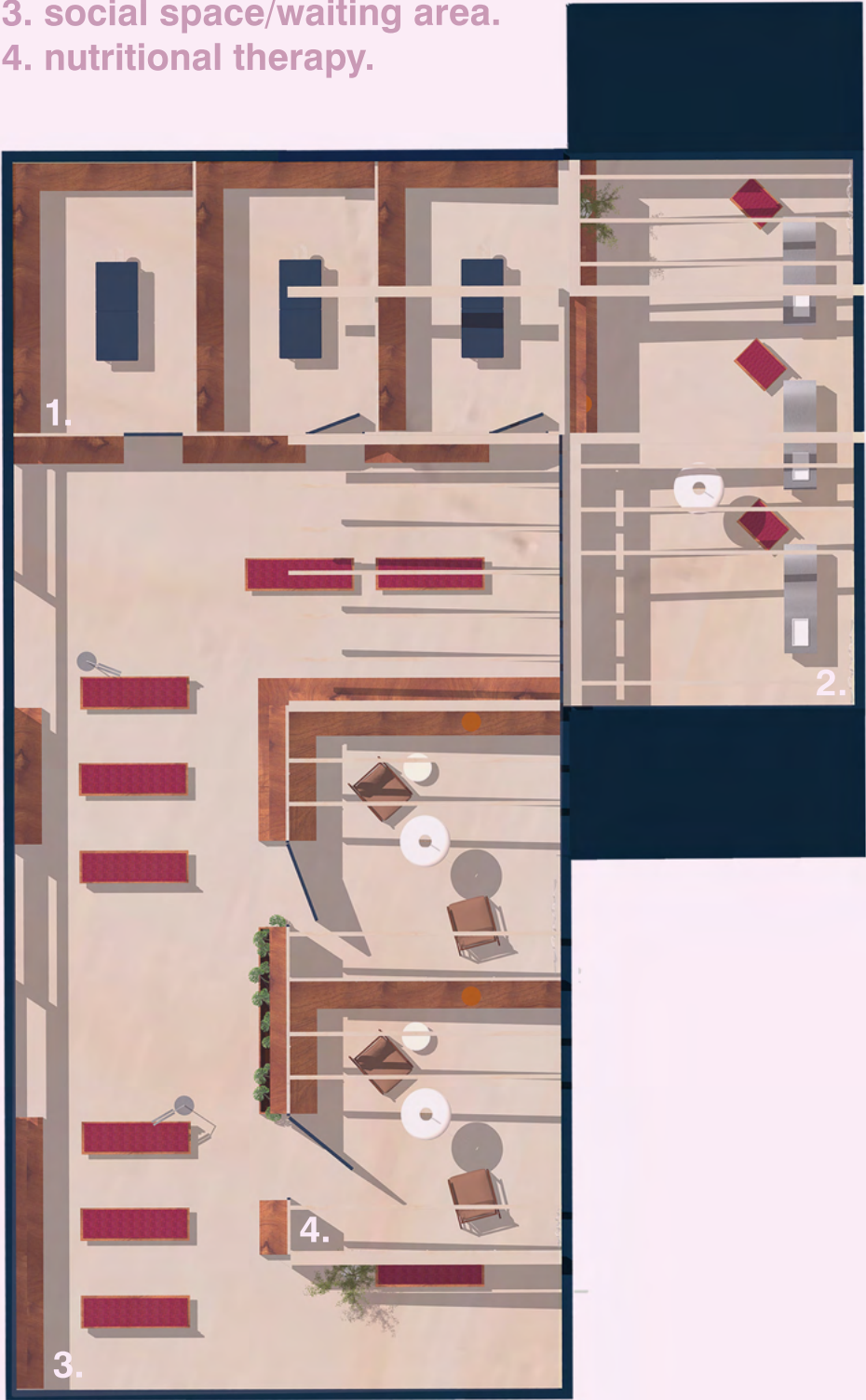
floor plans.



- 1. sauna.
- 2. steam room.
- 3. toilet.
- 4. social space.
- 5. changing room.

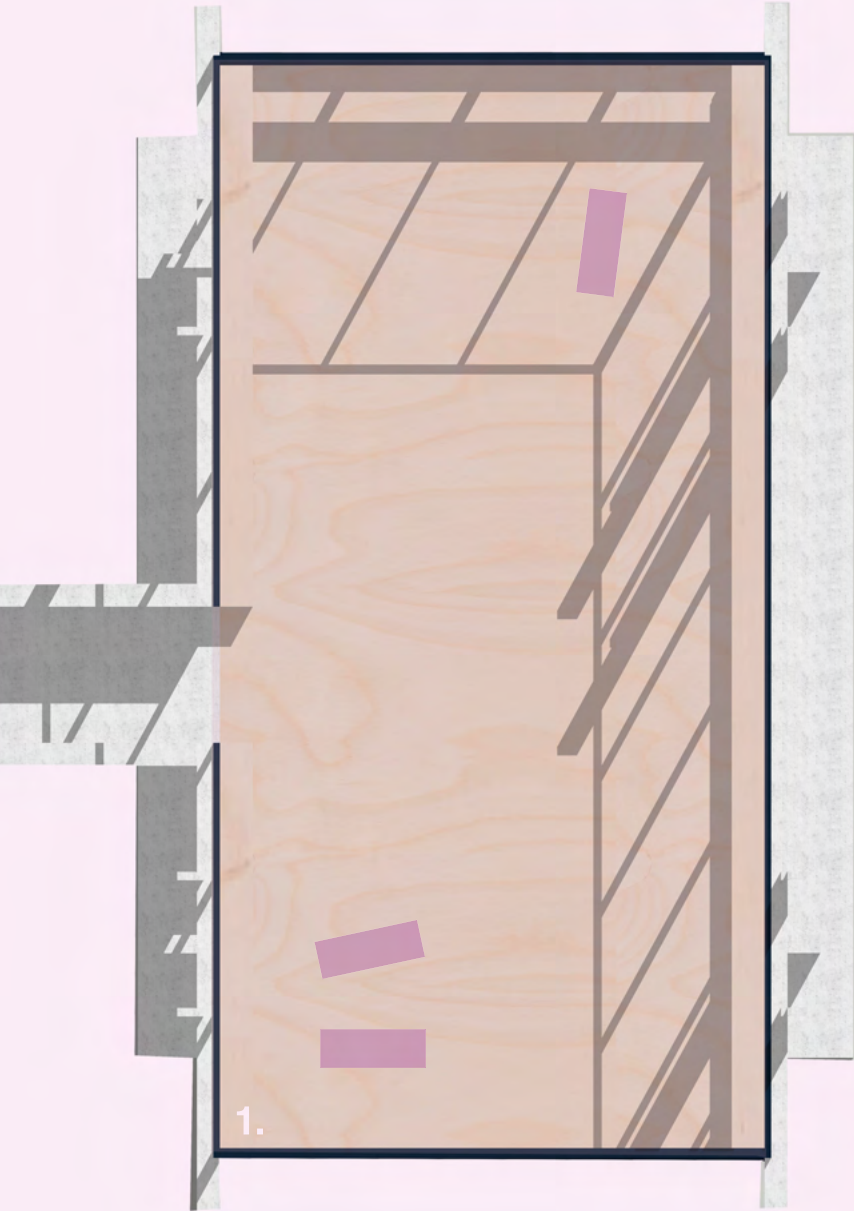
5. nutritional therapy.

- 1. chiropractic.
- 2. testing room.
- 3. social space/waiting area.
- 4. nutritional therapy.



6. multiuse.

- 1. multiuse space.



bernat klein studio.