



# AURA VIDA

Meditation Hotel

## THE BRIEF:

Aura Vida is an innovative project that aims to solve people's subconscious problems through interior design, with its meditation hotel concept. While it aims to provide solutions to the stressful lives of individuals between the ages of 20-40, it appeals to a wide audience.

In a world of rapid social and economic change, Aura Vida offers new perspectives on how to make the future spaces more functional and emotionally satisfying by combining meditation and interior design. Emphasizing the healing power of interior spaces, this project allows guests to mentally rejuvenate by reducing their stress.

By transforming conventional hotel spaces into meditation-focused retreats, Aura Vida demonstrates how spaces can be used for different purposes and offers an innovative approach to future wellness and hospitality spaces.



Social Shift



Cost of living crisis



Stress



Mental health



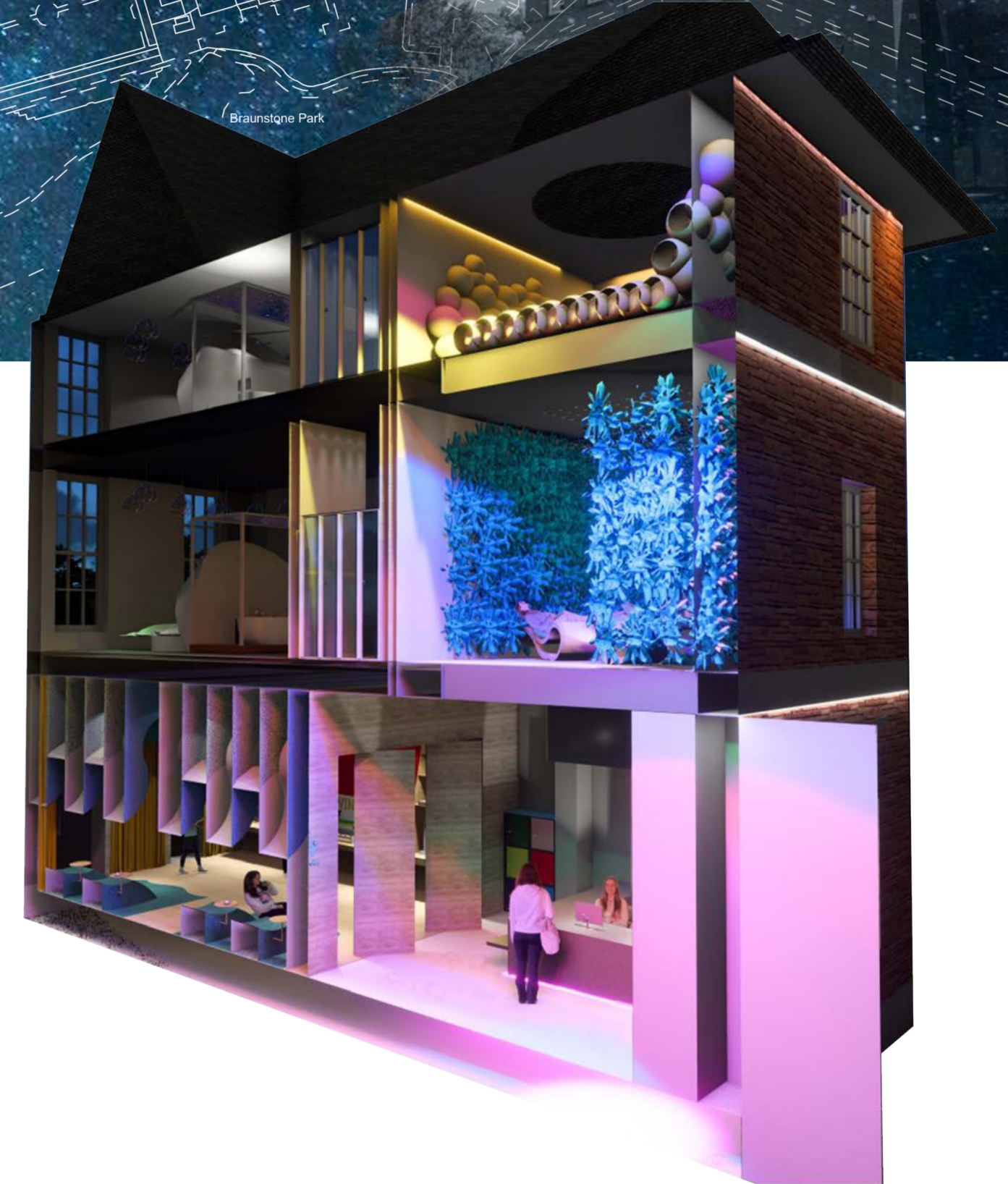
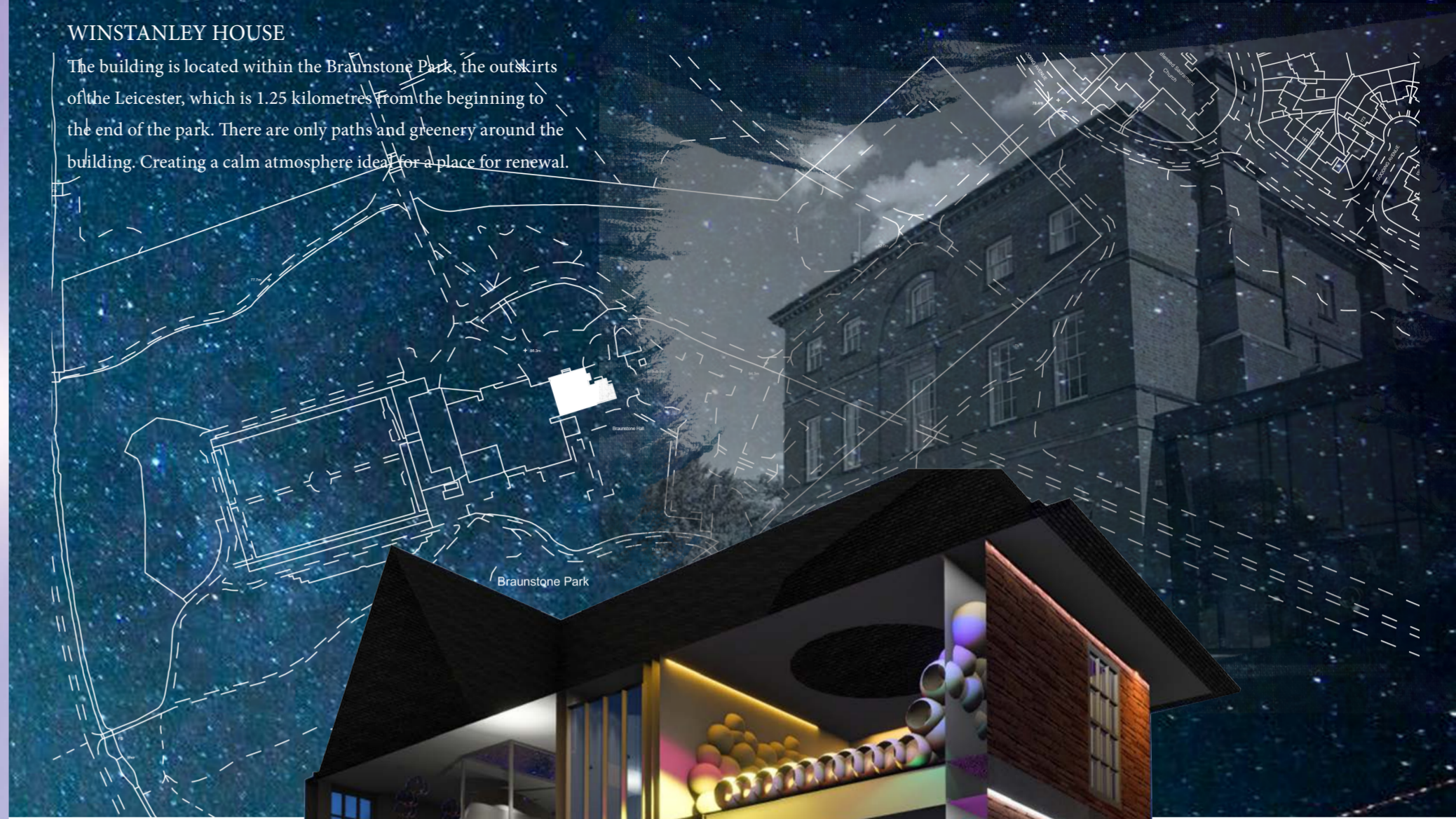
Colour Meditation Room












**WINSTANLEY HOUSE**

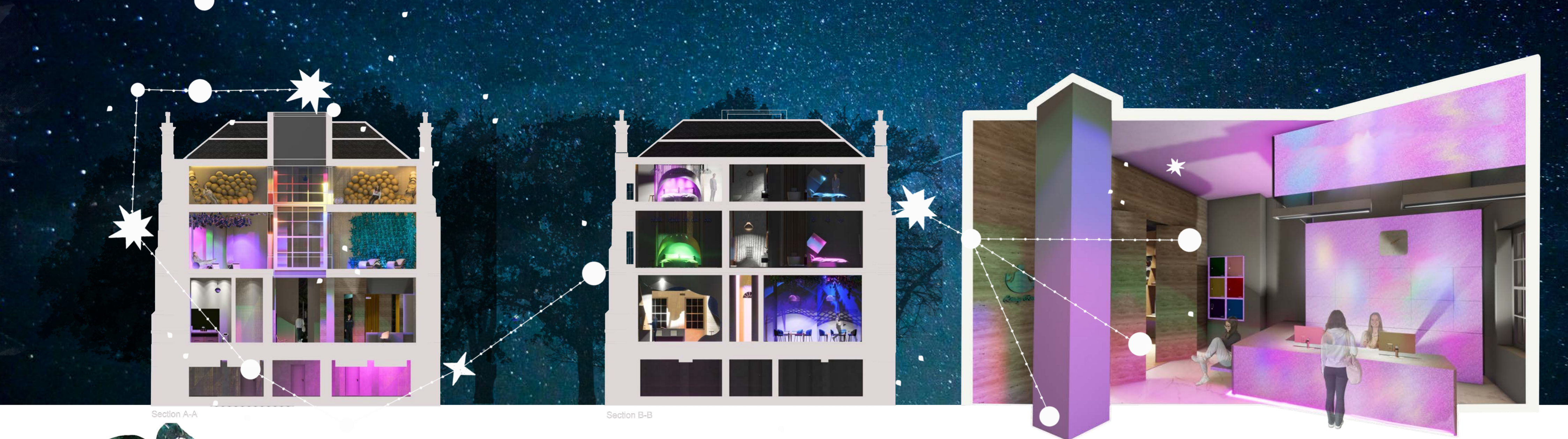
The building is located within the Braunstone Park, the outskirts of the Leicester, which is 1.25 kilometres from the beginning to the end of the park. There are only paths and greenery around the building. Creating a calm atmosphere ideal for a place for renewal.



**AURA COLOURS PSYCHOLOGY & PERSONALITY**

						
<b>RED :</b> Passion, physicality, strength, determination, groundedness	<b>ORANGE:</b> Excitement, vitality, leadership, confidence, thrill-seeking	<b>YELLOW:</b> Optimism, laughter, freedom, inspiration, creativity	<b>GREEN:</b> Healing, generosity, service, responsibility, love of nature	<b>BLUE:</b> Communication, self-expression, depth, intuition, clarity	<b>INDIGO:</b> Wisdom, insight, sensitivity, spirituality, deep inner "knowing"	<b>PURPLE:</b> Higher consciousness, visionary qualities, spiritual





Section A-A

Section B-B



Sound Meditation Room

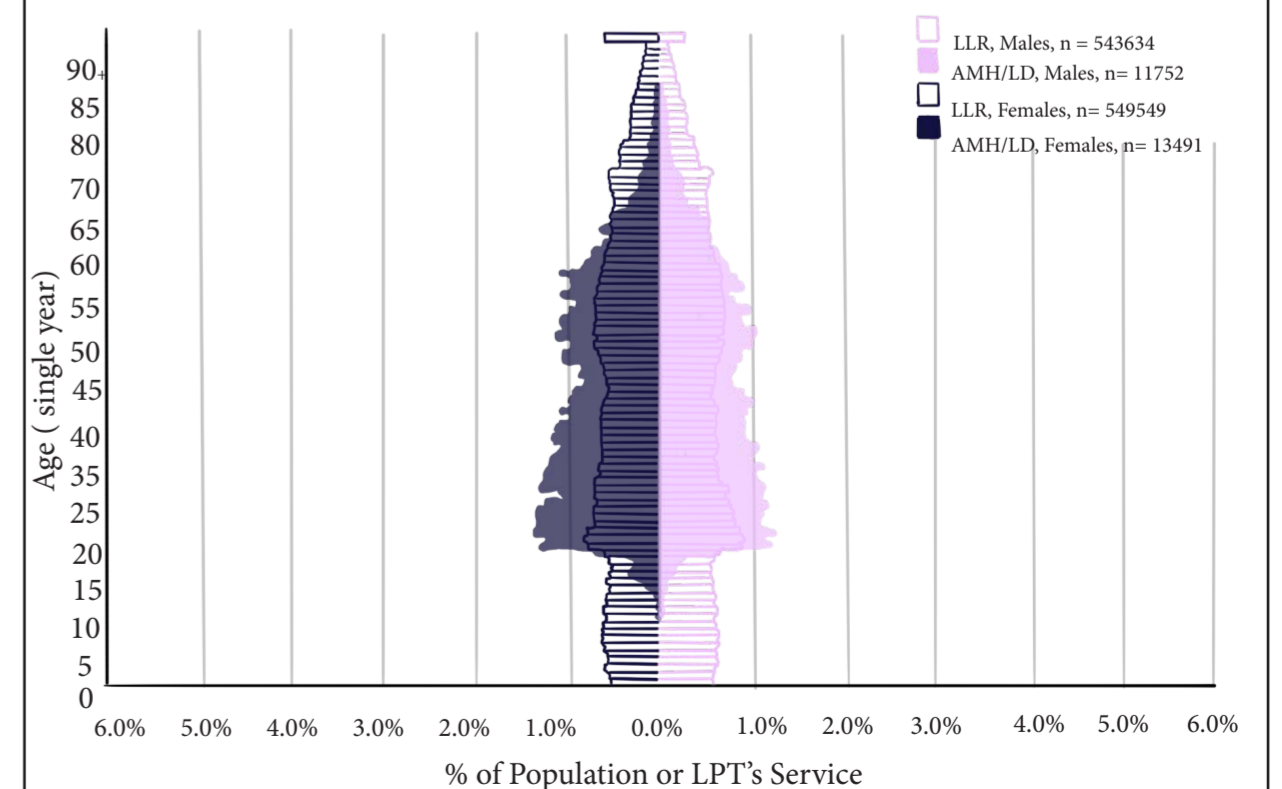
Customers will be able to listen to the calming sounds of the crystals while they are laying down in comfortably designed meditation recliners.

## TARGET AUDIENCE

The intended client is going through stressful times and is looking for a way to cope and needs relief.

Statistics collected from leicspart.nhs.uk showed the gender and age range of people getting mental health services from the NHS.

Statistic shows that there is a higher rate of people of working age and those who have just started working.







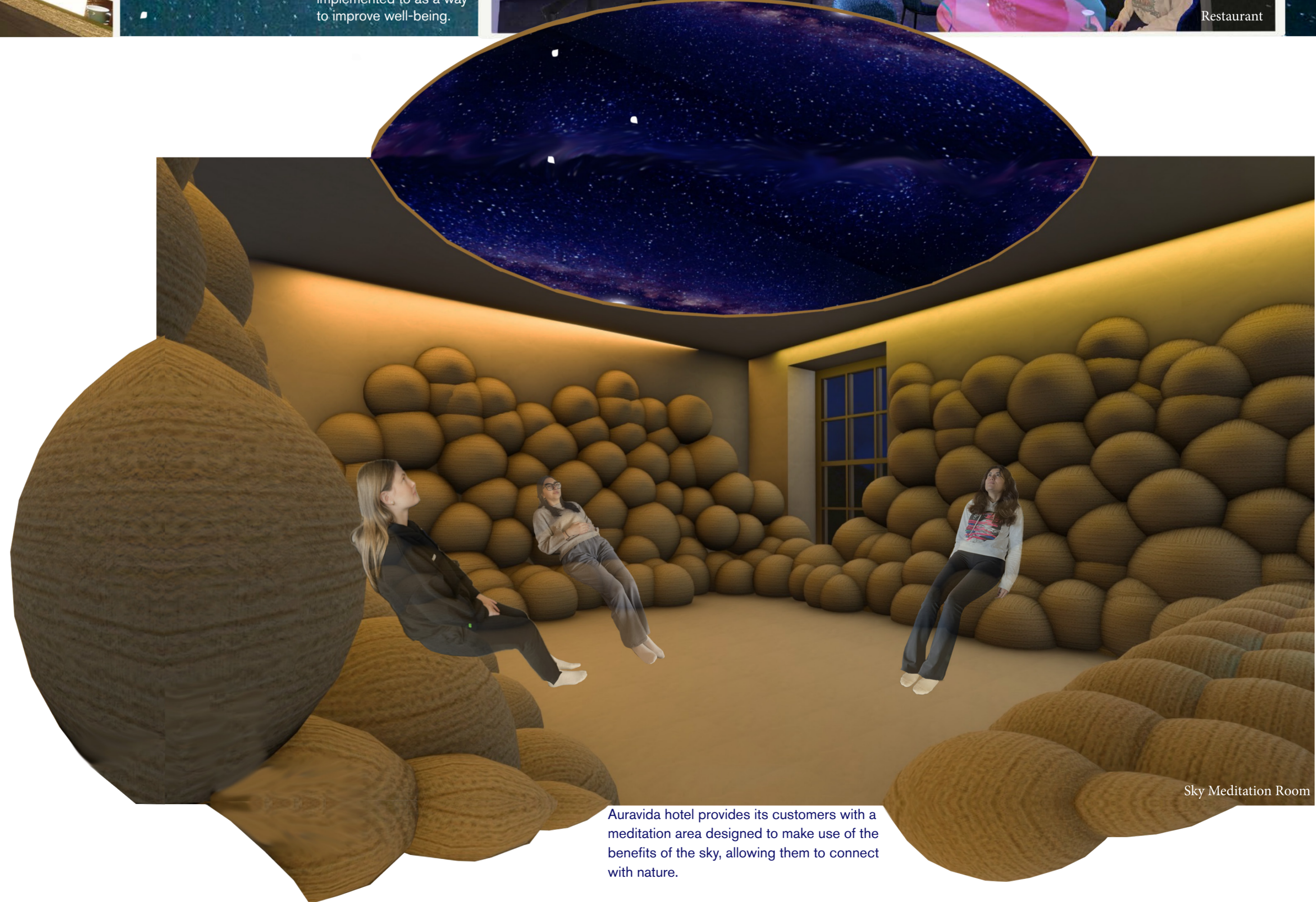
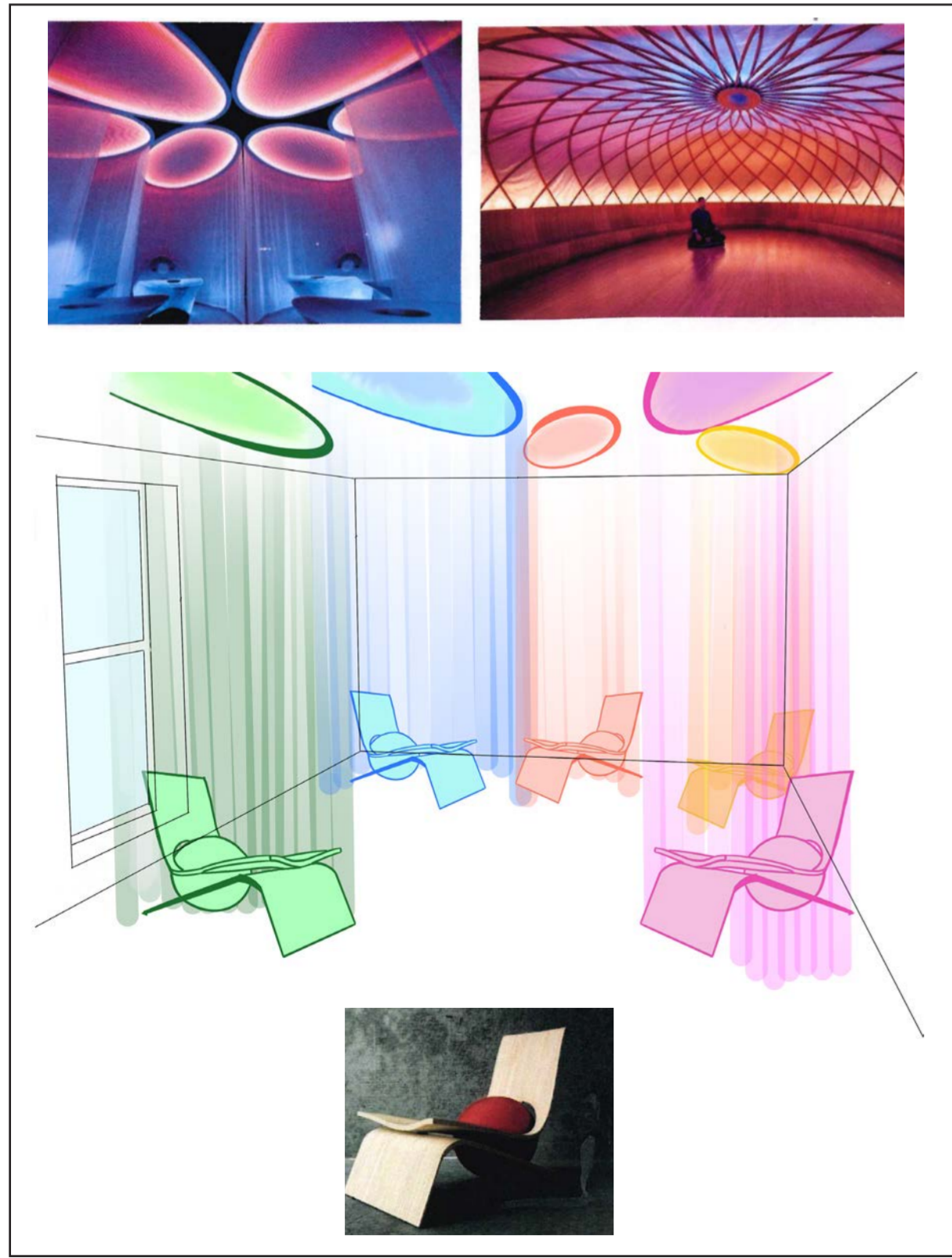
Lounge Room

Twining's, the popular British tea company, sponsors the lounge area, which was constructed with a summer theme allowing customers to spend time here when there are gaps in their schedule.



Restaurant

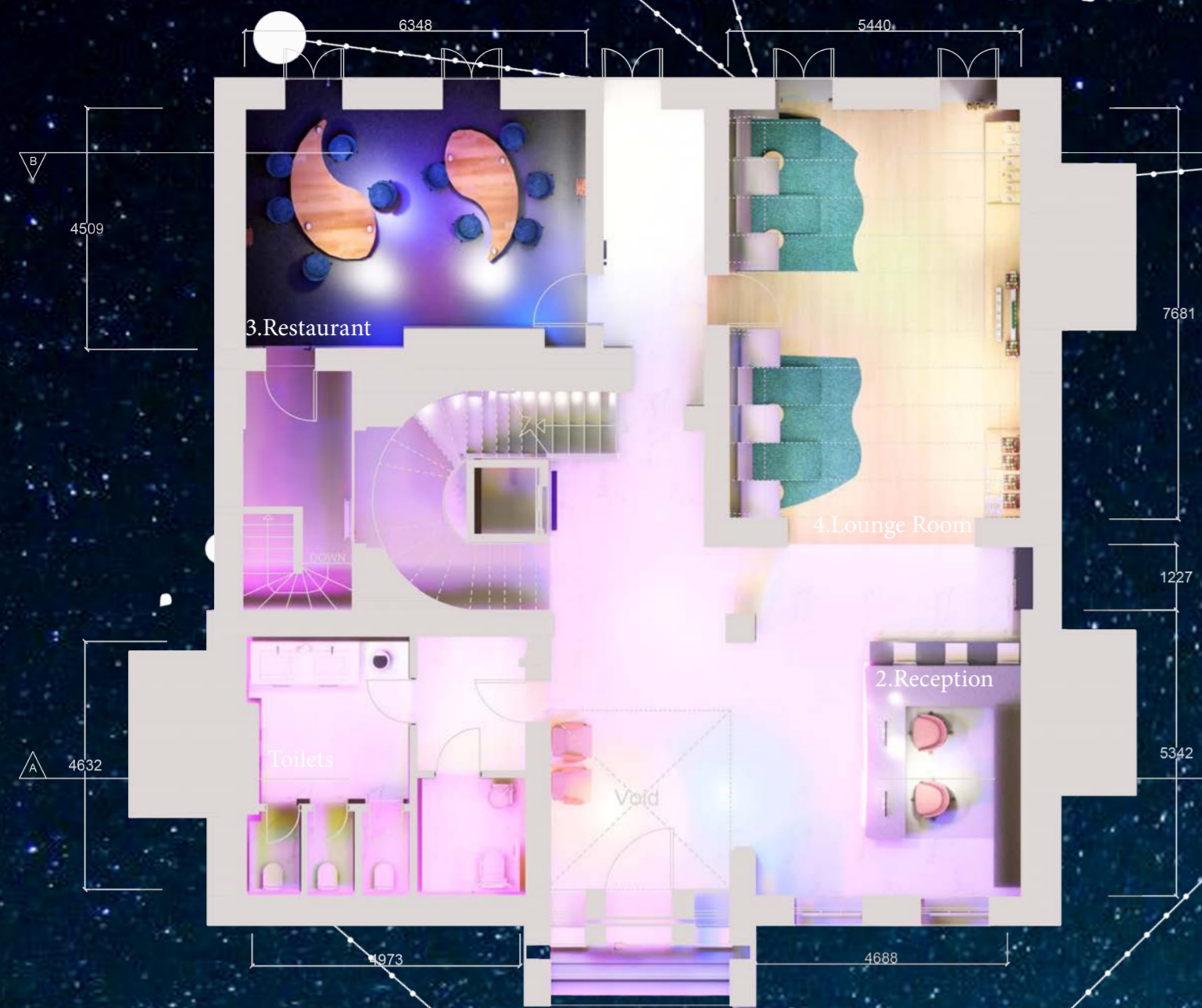
In this restaurant, biophilic design has been implemented as a way to improve well-being.



Sky Meditation Room

Auravida hotel provides its customers with a meditation area designed to make use of the benefits of the sky, allowing them to connect with nature.





Ground Floor Plan

North

Entrance



Second Floor Plan

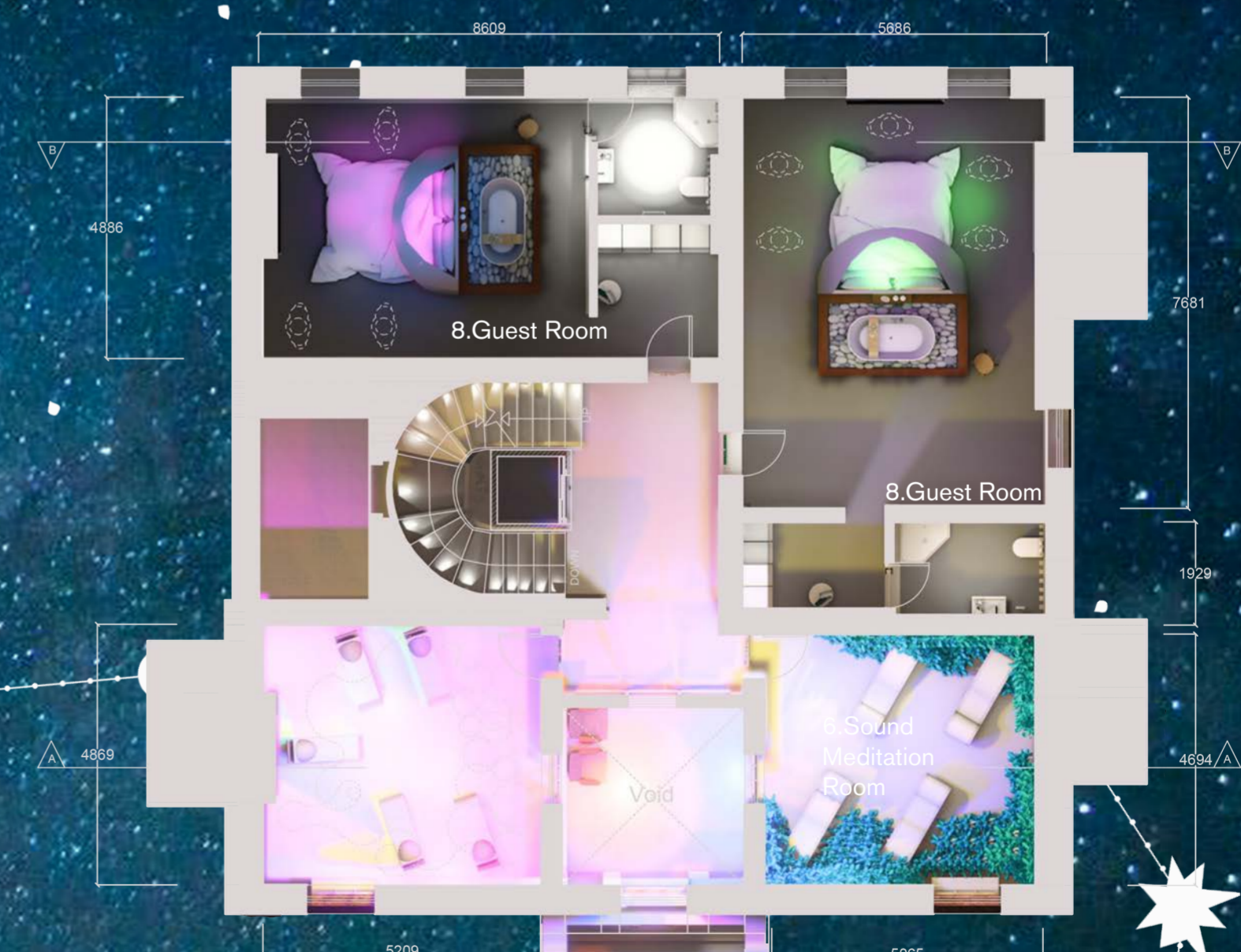
North



Basement Plan

North

Basement has been masterplanned to support the function of the Aura Vida Hotel.



First Floor Plan

North