

It is time to question the approach to a design career and the level of stress designers are put under, this starts by creating spaces where this group of people can retreat to and heal.

Renew

THE BRIEF

Renew is a Future thinking wellness space designed for stressed creative professionals to help them prevent burn out. This space takes care of creative by offering a holistic approach to rejuvenation that creates a sense of calm, community, and serenity. With a range of experiences across two floors, Renew will allow people to step away from the constant that is the outside world and experience an alternative way to de-stress.

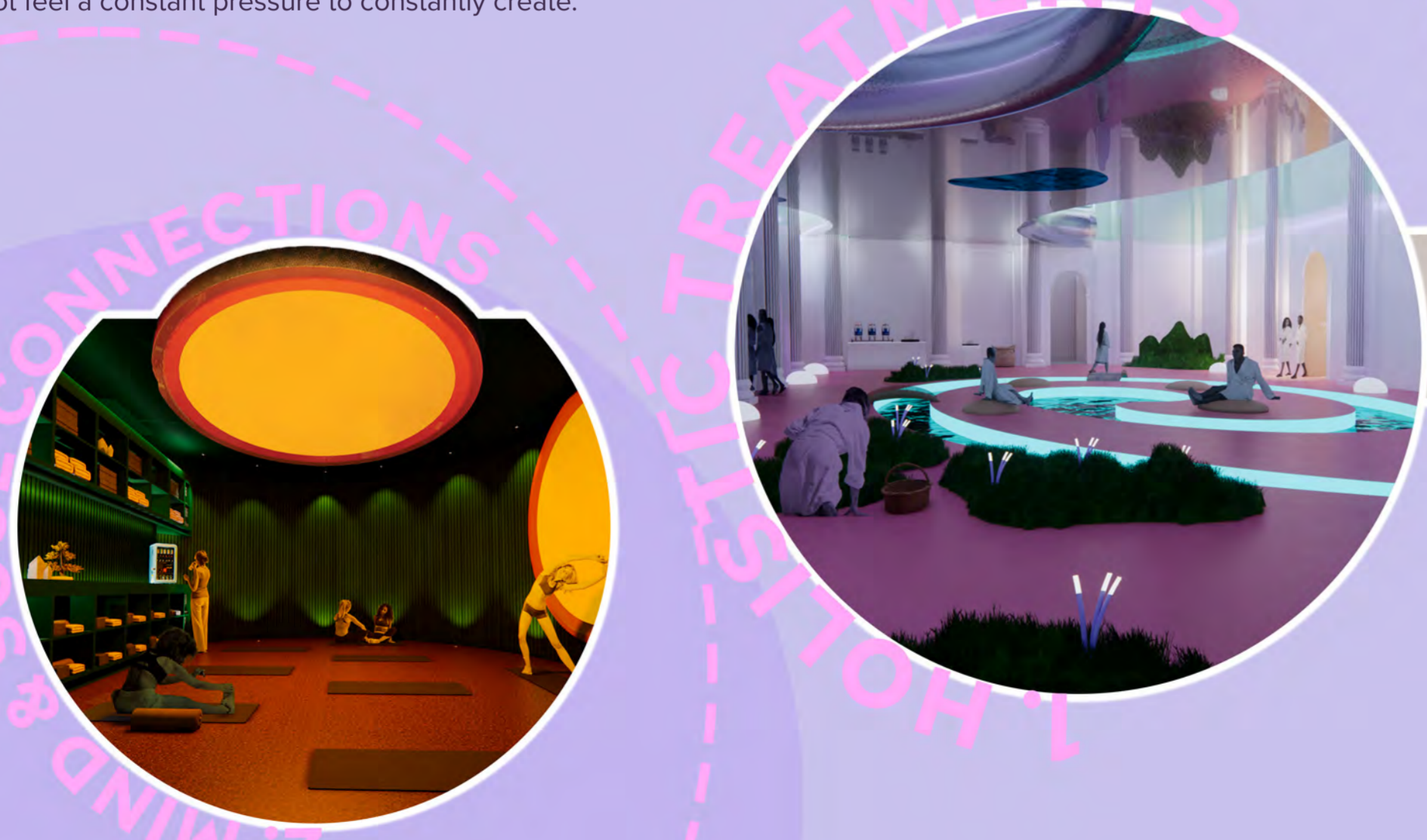
A complete journey to Renew will include a visit to its luxurious ground floor sauna and steam rooms, as well as an opportunity to reflect by the internal river, as well as forage for ingredients for a perfect infused water.

This brief was heavily influenced by my own need for a restful escape and a desire for a space for people in an industry like me. I wanted to create a escape where at its core it carved out a refuge for creative minded people to not feel a constant pressure to constantly create.



2. MIND & SOUL CONNECTIONS

1. HOLISTIC TREATMENTS



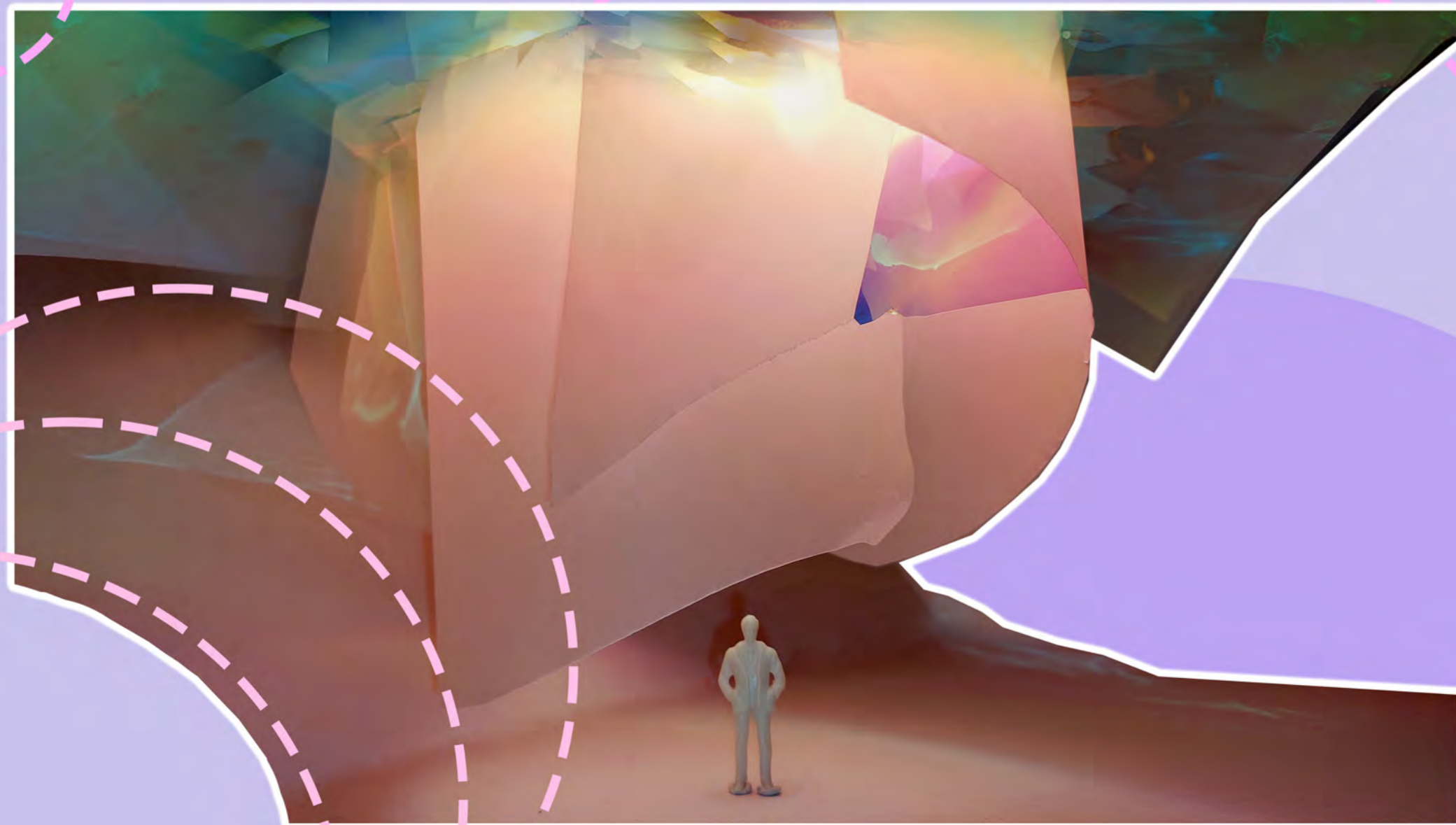
THE INSPIRATION

While high-stress, high-pressure practices may be seen as rewarding by many in the creative industry - some even stating that their best works was produced while working late into the night, finally dropping dead on the studio floor the following morning - it's important to acknowledge the negative impacts such high levels of stress have on the mind, body and soul. How the stress resonates in the body is due to the immune system shutting down temporarily because of high exposure to the stress hormone. Consequently, long-term chronic illness and mental illnesses are common.

In an industry full of creativity, there is an expectation to give oneself over to the job. A career in design, such as interior design or architecture, is one many choose due to passion, but high-stress and high-pressure mentalities are seen as the norm. Many in the field work well past the 9-5 work days, thus it stands to reason that architecture ranks 5th overall and arts & design ranking 7th in suicide rates among working professionals.

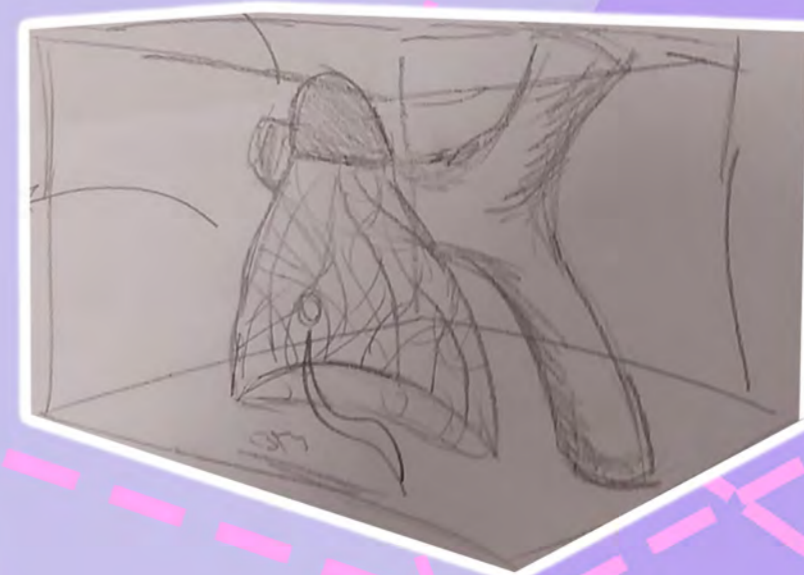
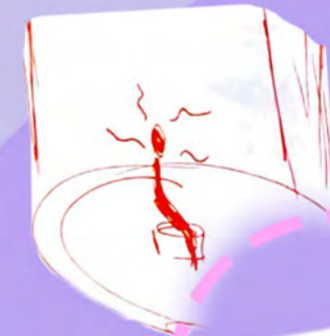


I thought a lot about how I can best gear the space towards creatives and the kind of spaces I would need. Through the research I found that instilling my own artistic spin on art that inspires me that correlates with the holistic healing function of that space is the path to take.



Through concept modelling and sketching I was able to re-imagine the art works of Adrian Segal, Es Devlin, JeeYoung Lee, James Turrell and Olafur Eliasson into new visions combining aesthetics and function allowing for a new way to experience healing.

INTERIORS
INSPIRED BY ART



THE SITE

This experience exists inside the grade II listed Lloyd's bank building built by Pb chatwin in 1903 in the heart of the Leicester city centre. I chose this location because I wanted to create a stark juxtaposition between the fast paced consumer based site that was purpose built to be a bank that constantly strives for creation with the purpose of the Interior.

The building has beautiful mouldings that I wanted to preserve and respect while marrying its aesthetic with a more modern, exaggerated artistic feel.



SECTION A - A @1:100

This structure is a bespoke waterfall.

The preexisting dome will be used as a primary feature, with the curved structure put in place to highlight the dome and the natural light that floods in.

The first floor arch opening will stay open to allow for clients to utilize the bridge.

SECTION B - B @1:100

To ensure employee privacy from clients on the bridge the curve of the rails will be deep enough that no one can bend over and peep.

The employee hub walls will extend up wards and support the area of the bridge that isn't supported by a structural wall.

There will be a partition created within the existing wall, this will be done in a place that is not filled with any historical decorative moulding.

This doorway will stay open allowing for visitors to leave the super wet sound and steam area.

Most arch entrances which were originally opening will be closed off with opaque green glass, the color of the glass will mimic the existing green color in the space.

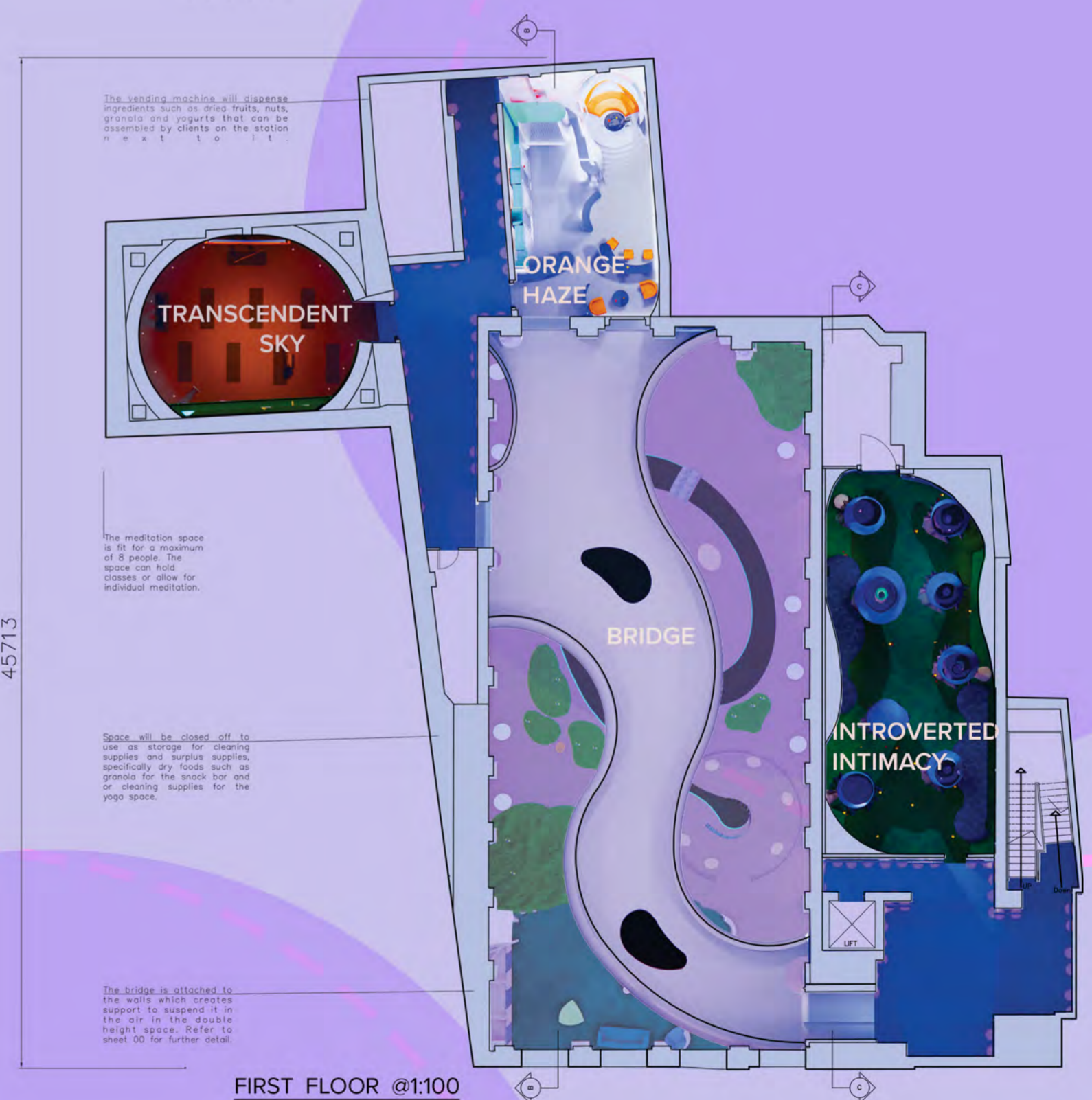
SECTION C - C @1:100

The mushrooms will have embedded lighting to allow for illumination if the client chooses to sit underneath.

Changing room chandelier is made bespoke to mimic the loge



1. RECEPTION
2. SHIFT
3. MUSE
4. TROPOSPHERE
5. EROSION
6. INTROVERTED INTIMACY
7. BRIDGE
8. TRANCENDENT SKY
9. ORANGE HAZE



FIRST FLOOR @1:100

GROUND FLOOR

Muse is a mindfulness space located in the main hall. This space is designed for riverside meditation, or introspection inside a sculptural waterfall. The space provides bushes and other vegetation with fresh berries, mints and leaves, which allow the visitor to forage and create their own infused water at the hydration station. Since Muse is the first step before entering the sauna and steam rooms, one must hydrate sufficiently beforehand. This space not only allows for the stress to be washed away with the sound of water but it would hopefully reinspire you with quiet contemplation.



EROSION

Erosion is a steam room inspired by Olafur Eliasson's "Your natural denudation inverted". The artwork's name is representative of the constant chipping away at oneself and thus the space represents the drawing out and chipping away of the stress, toxins, and negativity that is drawn out by the steam.



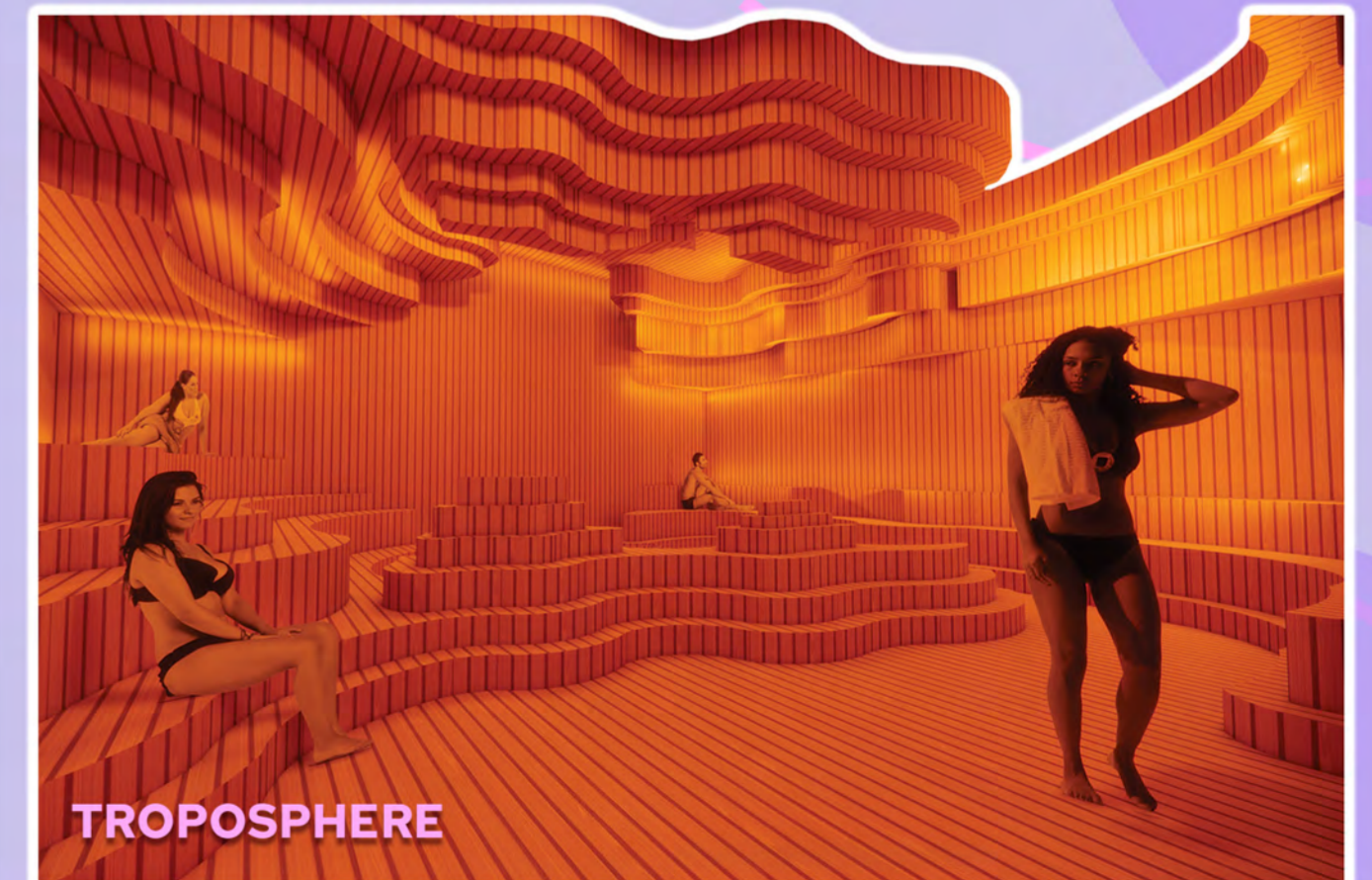
RECEPTION

Once you enter the building you will be met with a relaxed warm reception space with built in screens that allow for bookings. There you can experience a taste of renew while drinking fruit infused water and leaning about what the space has to offer from an employee that would come and greet you into the building.



SHIFT

Shift is non-gendered changing space that allows you to peel away the negative energy of the outside world to hang up in the smart samsung closets that disinfect and steam your clothes while you experience the relaxation you deserve. You will have a personal locker and smart closet to keep your belongings, additionally there are self enclosed shower and vanity spaces that are fully equipped with anything you might need before or after your experience from hair driers to extra soft robes and slippers.



TROPOSPHERE

Troposphere is a sauna inspired by Adrian Segals "Cyclogenesis". The space has taken the visual inspiration of topography readings as well as temperature maps to create a visually stunning heat room that echoes the curve motifs from the art work and transform the client to a heat cave at the center of the earth.

FIRST FLOOR

MATERIALITY



Orange Haze is a snack lounge inspired by Es Devlin's "Orange" artwork. This space is a pre and or post meditation space that allows the visitor to create their own granola bowls, smoothies and acai bowls, superfoods that are good for your body and soul.

ORANGE HAZE



TRANSCENDENT SKY

Transcendent sky is a meditation space inspired by James Turrell's "sky spaces". This is a functional room designed for group meditation, yoga classes, as well as personal practices. The large disks imitates James Turrell's sky light structures and allow for bathing in orange light for color therapy.



INTROVERTED INTIMACY

Introverted intimacy is the main community space inspired by Jee Young Lee's color scheme and flora motifs in "Nightscape". The giant mushroom structures with engulfing fabric entice the visitor to sit underneath and create connections with peers and like minded people. This cozy space allows for the creation of individual bonds between creatives while building a



As the space was made from my own artistic creation alot of the furniture intervention is bespoke, additionally the materiality ranges from flowing water to myscellium wrapped around mushroom seating pods.



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