

EXPOSURE

OCD, CONTAMINATION AND WATER

Exposure Spa was almost solely focused on human experience. The visitors experience Exposure Response Prevention as they journey through a treatment for Obsessive Compulsive Disorder, where they are provided with a ladder of gradual exposure as they slowly people become more visible to the outside and to each other. This is created through certain design elements such as larger windows, and protrusion through the building. They are also slowly exposed to 'spatial contamination' and are hidden from the 'backstage area' of the demolition. The existing building has also been carefully maintained with only a few changes on the front elevation.

The demolition of the row of flats within the Isokon Building in London created an interior space for an I-beam framework to be fitted, which then provided a support for the four pods to rest on. The pools start to burst out of the building eventually ending up at an outside pool, where views from people walking through the nature reserve are best. Opacities are also played with in partition walls and the pools themselves, to enhance the idea of exposure to others.



Plunge Pool Room

OBSESSIVE COMPULSIVE DISORDER

Obsessive Compulsive Disorder (OCD) is a mental illness which has a common misconception of 'tidiness', however it is a disorder in which people have obsessions and compulsions, and they strongly believe that if compulsions don't happen to overcome the obsessions, something might hurt them. These are thoughts in which they cannot control.

OCD has several different categories of behaviour types or obsessions such as Checking, Hoarding and Contamination.

Exposure and Response Prevention

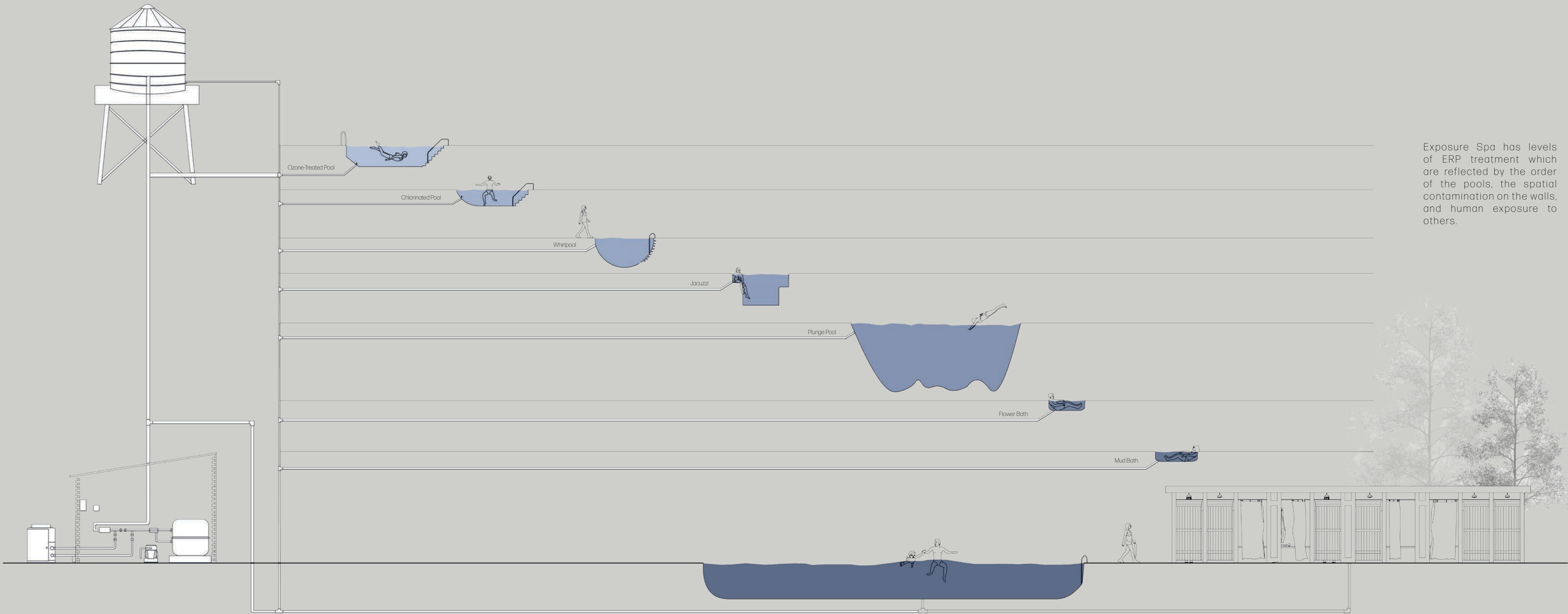
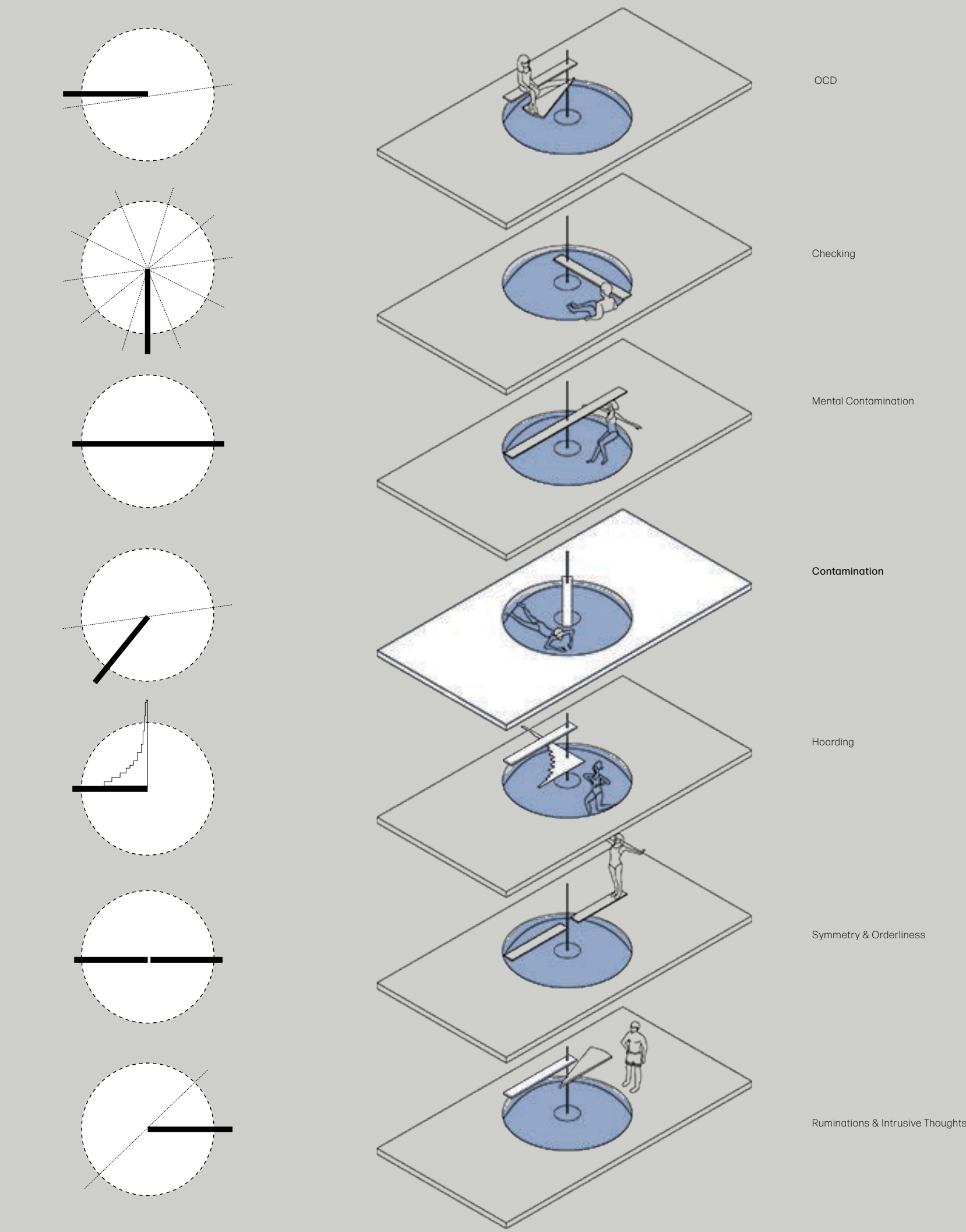
Exposure Response Prevention (ERP) is a therapy that encourages people who suffer from OCD to face their fears and let obsessive thoughts occur without 'putting them right' or 'neutralising' them with compulsions.

FEAR LADDER

Contamination

The fear ladder is a method used for people to establish the order of what they feel most and least comfortable with.

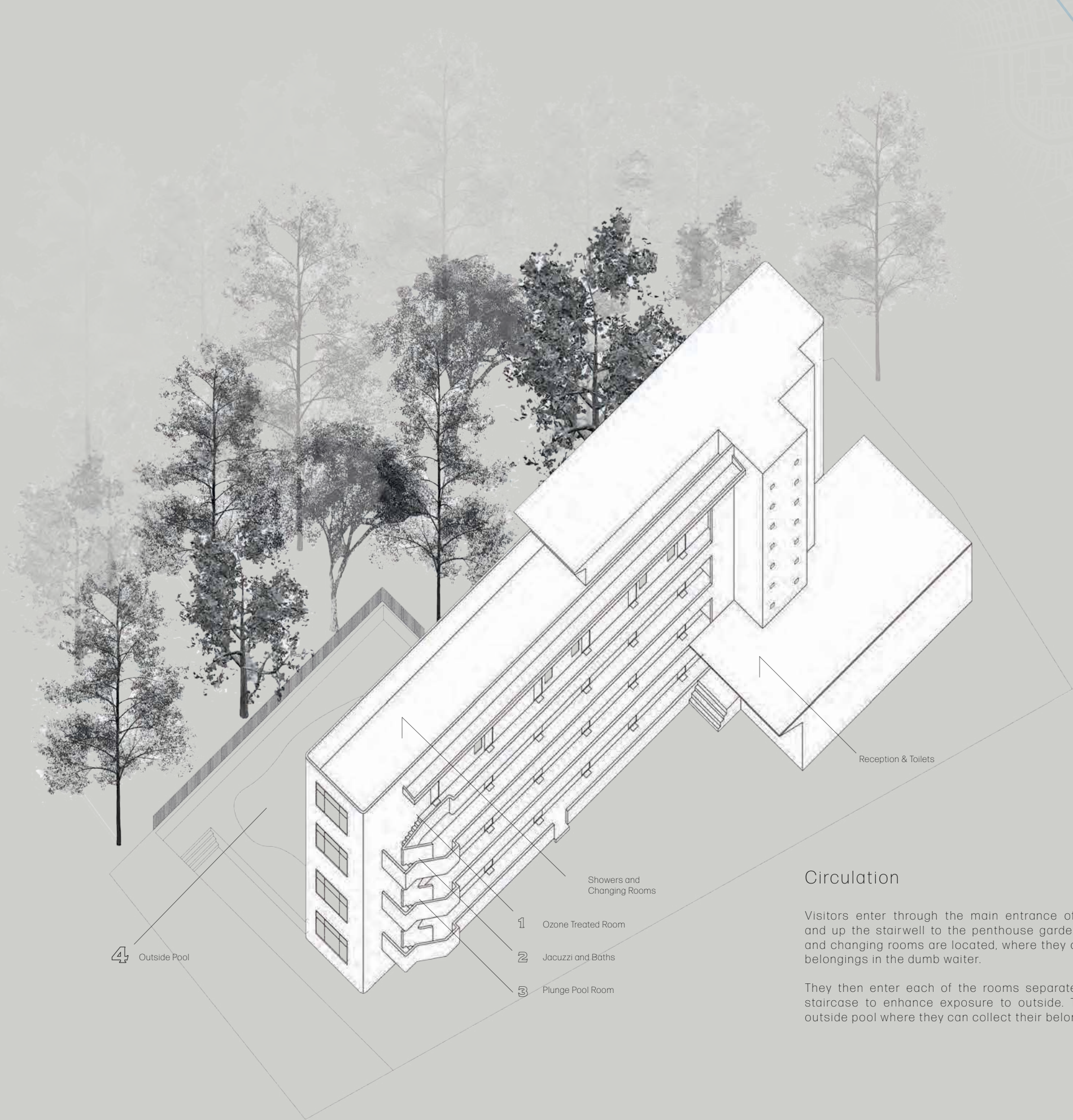
- 1 Not touching any doors or others belongings, and not washing hands until doing so
- 2 Touching a door handle and not washing for 5 minutes
- 3 Washing hands and then not washing hands again until touching community property
- 4 Touching something that fell on the floor and not washing for 10 minutes
- 5 Touching something that fell on the floor and not washing for 20 minutes
- 6 Not washing hands before eating
- 7 Not washing hand for at least 20 minutes after using public bathroom
- 8 Not washing hands for one full day



Exposure Spa has levels of ERP treatment which are reflected by the order of the pools, the spatial contamination on the walls, and human exposure to others.

TERRITORY & SURROUNDINGS

The site in which Exposure Spa is located is the Isokon Building, London. It was a building of a modernist statement in the 1930s, designed by architect Wells Coates.



Circulation

Visitors enter through the main entrance of the Isokon Building, and up the stairwell to the penthouse garden, where the showers and changing rooms are located, where they can also drop off their belongings in the dumb waiter. They then enter each of the rooms separately using the external staircase to enhance exposure to outside. They exit through the outside pool where they can collect their belongings at the bottom.



Human Exposure
Showing glimpses of human exposure, of what passers by would see of the front elevation.



1

3

4

5

2

1
HAMPSTEAD
HEATH
PONDS

Hampstead's multi purpose ponds are used for public bathing. Where men and women have separate ponds they are allowed to swim in. They are also used as one of the main water supplies in London.



2
PARLIAMENT
HILL LIDO

Just around the corner from the Isokon Building parliament hill lido is a historic and current example of Human Exposure in the activity of public bathing or swimming.



3
THE HIDDEN
RIVERS OF
LONDON

One of the many subterranean rivers of the Urban City London, is the River Fleet, which is sourced at Hampstead heath and almost runs underneath the Isokon Building.



4
DRAINAGE

Hampstead's drainage and sewer system run close to the Isokon building, with separate routes for water and sewage.

Water
Sewage



5
ISOKON
BUILDING

An experiment of minimalist urban living, being one of Britain's first modernist flats.



DESIGN & EXPERIENCE



EXPOSURE LADDER

A journey down through the pools and bath is an exposure therapy for Contamination and Human Exposure.

A fear ladder explains how each room was developed from ink studies and how this informed certain features of each space, and the design of the pools according to different levels of exposure.

CONTAMINATION

HUMAN EXPOSURE

1

Ozone Treated Room



A calm shape with a tunnel informing a **skylight**

2

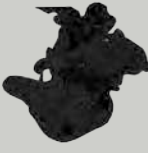
Jacuzzi & Baths



A shape with two floors informing **two different levels**

3

Plunge Pool Room



A shape informing **protrusion** through the building

4

Interior/ Exterior Pool



A strong contaminated shape which finds a small gap to **escape outside**

TYPE



Ozone Treated Pool

Bath



Bath

Jacuzzi



Jacuzzi

Plunge Pool



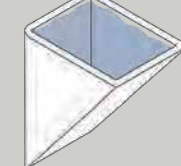
Plunge Pool

Exterior Pool



Exterior Pool

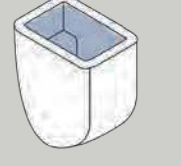
SHAPE



A triangle shape allows strength and stability for the first pool of the treatment experience.



A regular bath shape with an ergonomic shape within the bath, to allow for more relaxation and encourages eye sight in a particular direction.



A curved shape encourages more entry and also reduces the visitor, making them feel more relaxed.



A more organic plunge pool shape to begin the experience of outdoors exposure.



An exterior pool for full exposure.

MATERIAL



A concrete cast, showing the first pool material being opaque, encouraging little or no exposure of the person swimming to the people around.



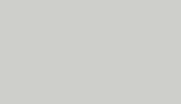
A wax cast representing frosted glass which starts to hint that there is a form inside the pool.



A wax cast representing only slightly translucent frosted glass, allowing only shadows through.



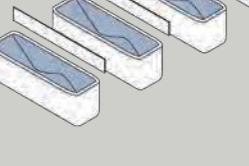
A wax cast representing a slightly more translucent frosted glass, allowing body shapes to be seen.



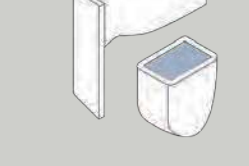
POOL LAYOUT



A layout of the three pools with concrete separation panels blocking the view from each swimmer or bather.



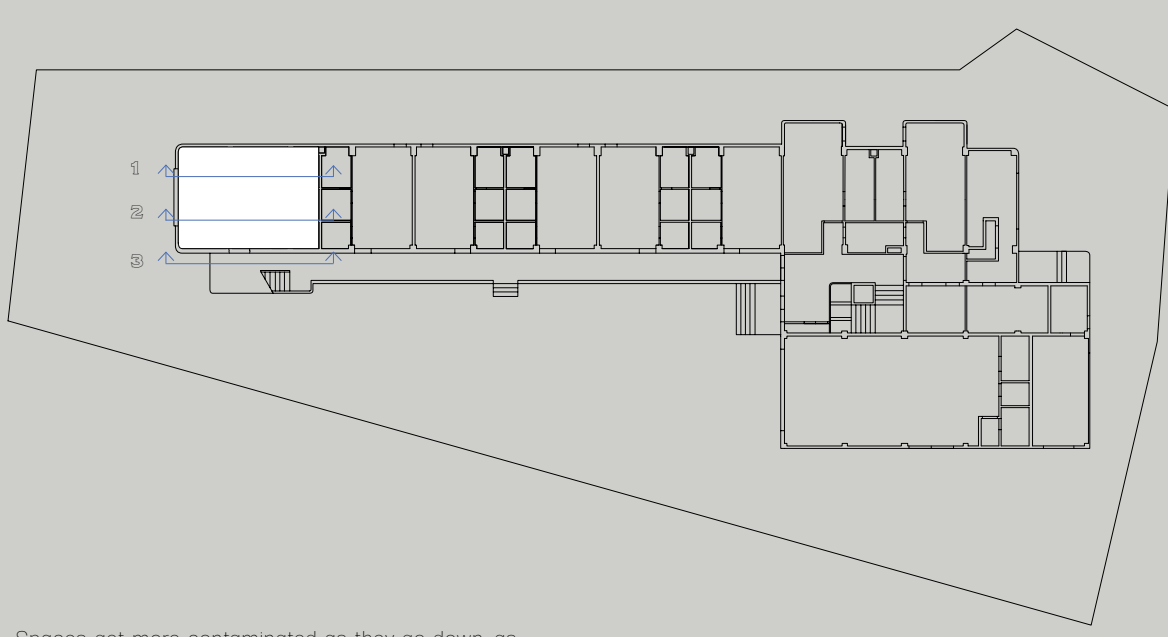
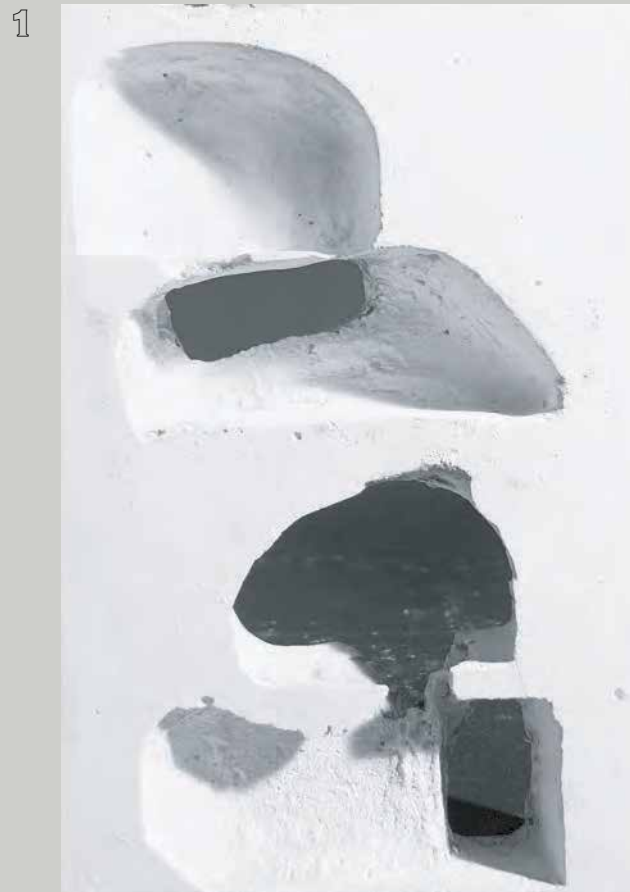
Baths laid out in a parallel format, with frosted glass panels blocking head height view from bathers lying side by side, however still being able to see people entering the bath.



The jacuzzi is separated from the baths with a curved concrete wall, but the jacuzzi is allowing slight exposure to other people as it is meant for two people.



The plunge pool is the beginning of exposure to outside, half of the plunge pool is breaking through the wall so that swimmers can go outside if they wish. There are also large windows to slowly introduce swimmers to the idea of exposure.

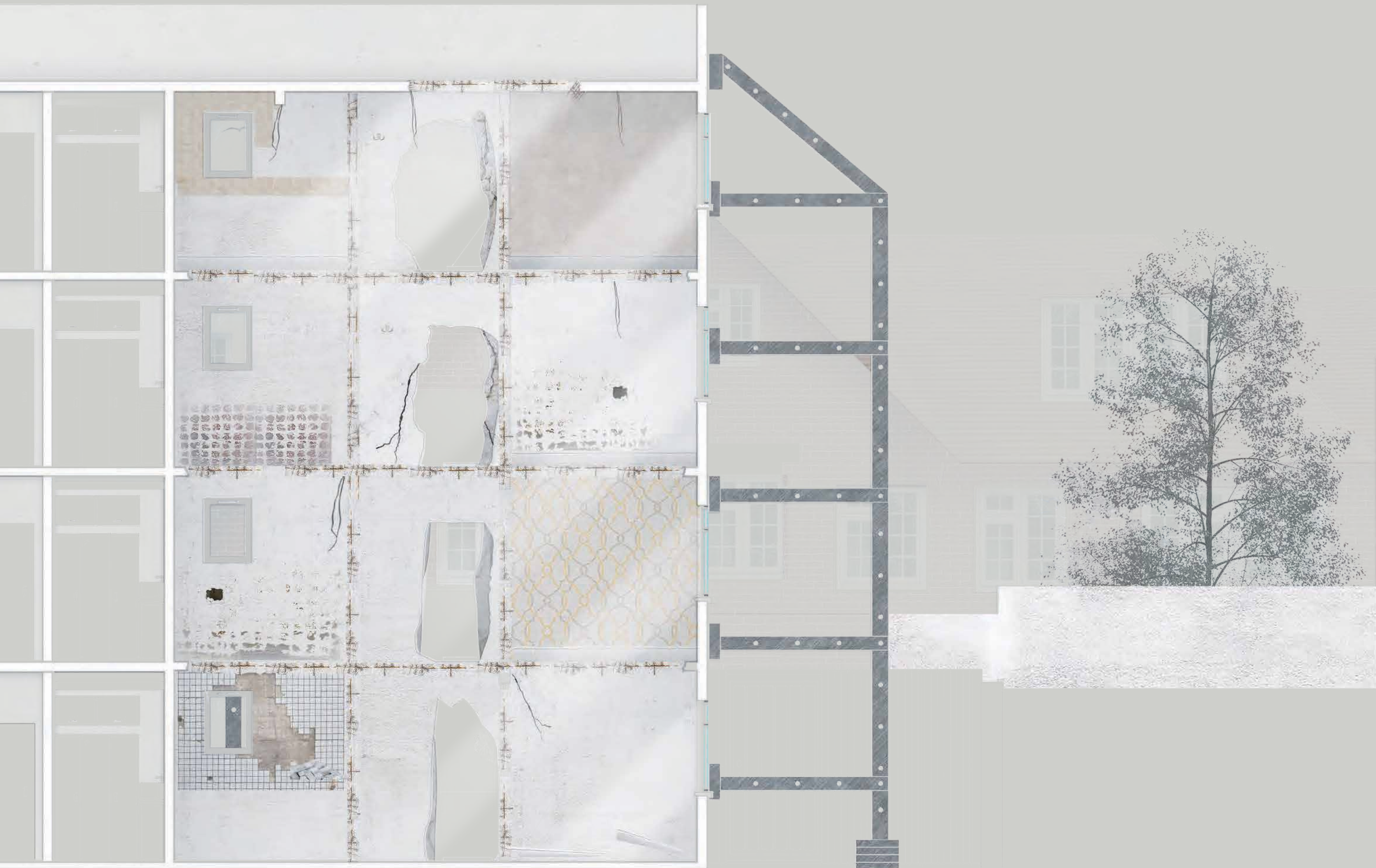


Spaces get more contaminated as they go down, as less of the built up shotcrete is cleaned away, leaving more of a rustic effect on the walls. This defines the 'spatial contamination' in each room.

CONSTRUCTION & PROPOSAL

The demolition of the left row of flats in the Isokon Building formed a "backstage area" behind the pods which are then inserted in resting on steel I-beams.

Inside the rooms, there are certain layouts either blocking views or enhancing visibility, such as partition walls and windows, to increase human exposure within each room.

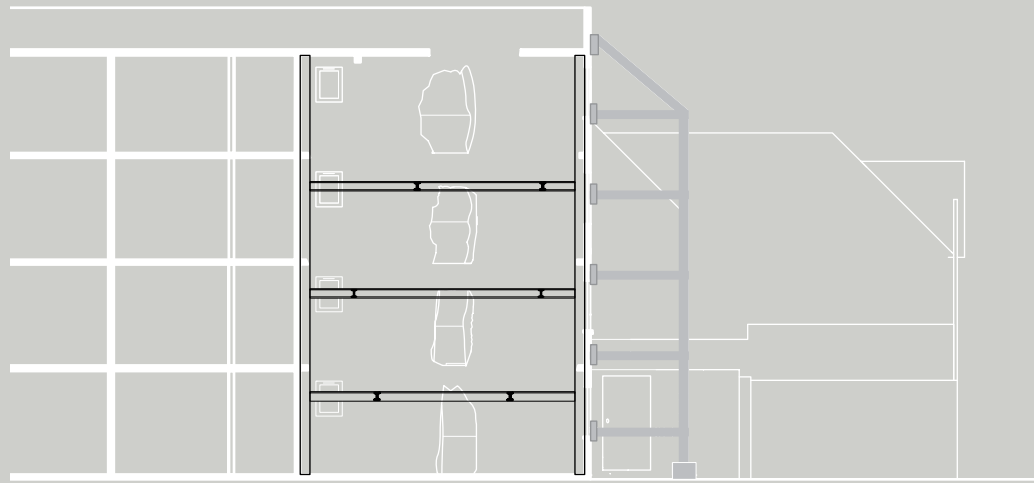


DEMOLITION SERIES



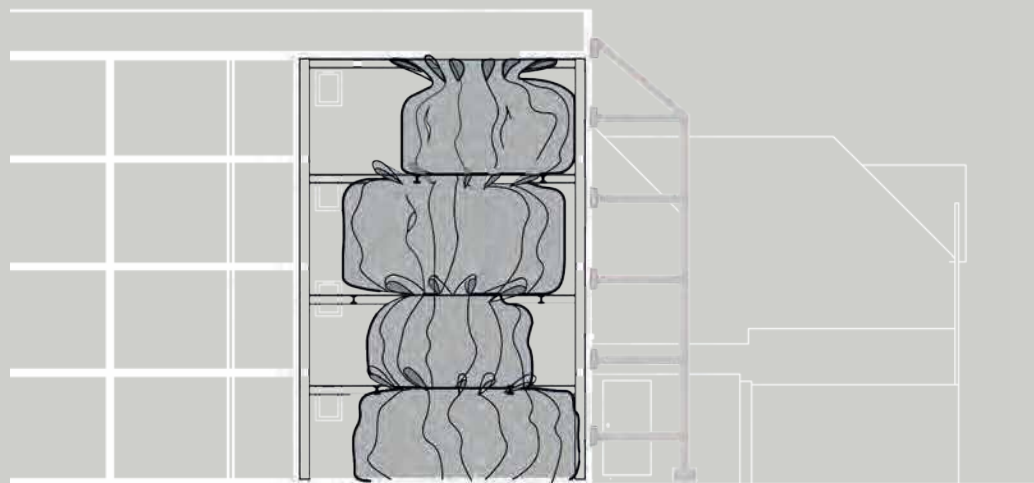
Demolishing a row of flats at the Isokon, leaving traces of demolition behind to form a "backstage area".

Long Section
Scale 1:100



Inserting I-beams inside the demolished zone to structurally hold the pods in place.

Long Section
Scale 1:100



Constructing pods around the I beams with shotcrete, steel mesh and fabric.

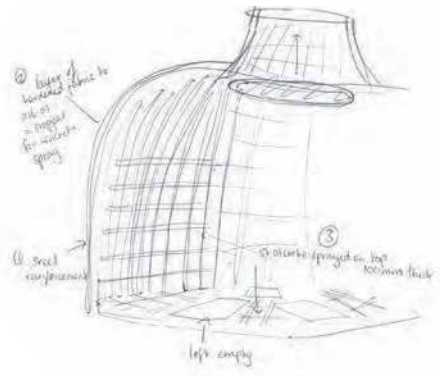
Long Section
Scale 1:100

Construction Sketches

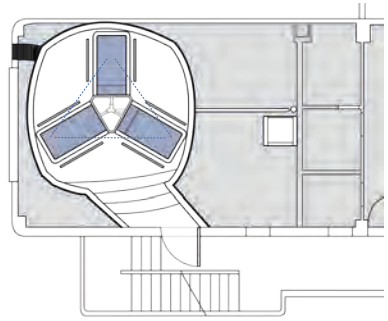
Room Floor Plans Scale 1:200

Views & Layout

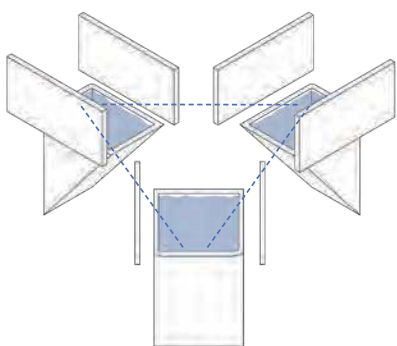
1



Ozone Treated Room

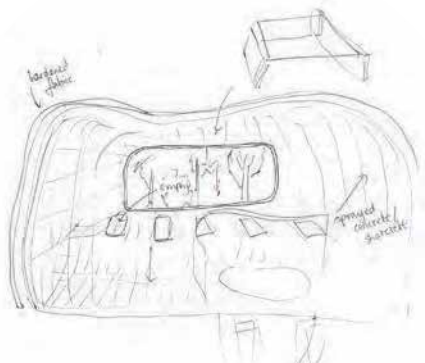


Third Floor

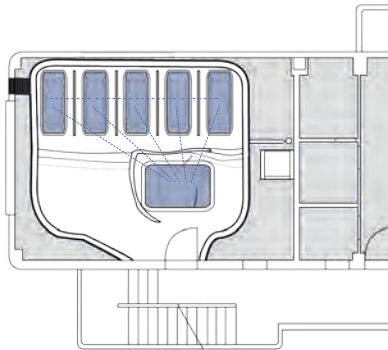


Views are blocked from those bathing by partition walls

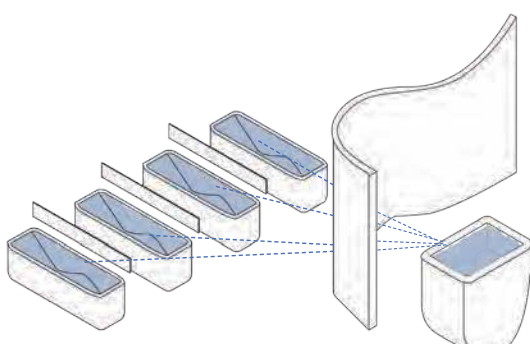
2



Jacuzzi and Baths Room

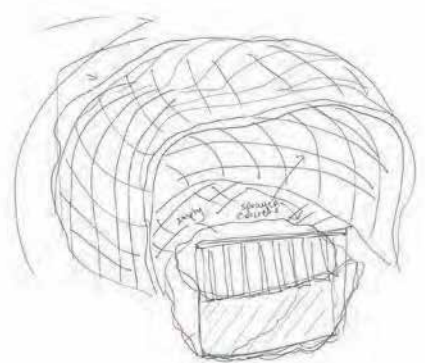


Second Floor

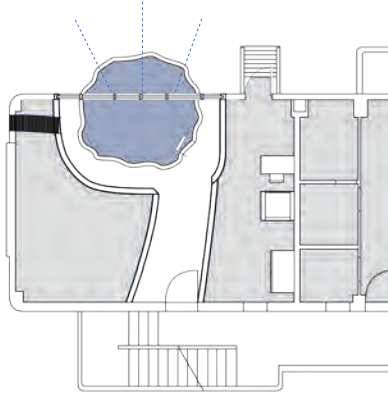


Partition walls between baths are slightly shorter so bodies can be seen when stood up

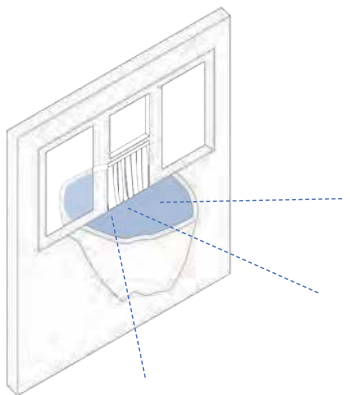
3



Plunge Pool Room

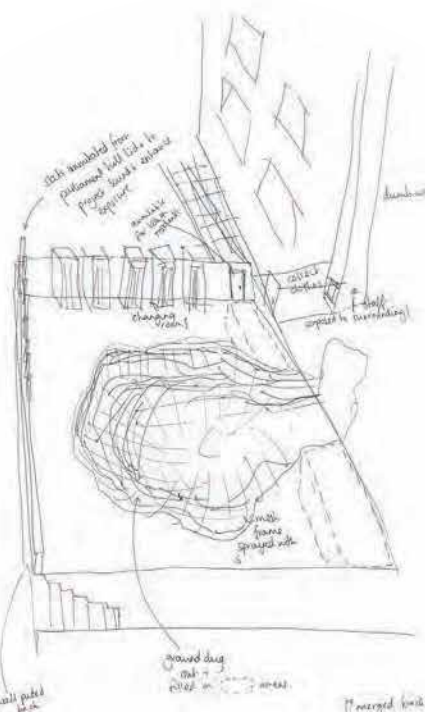


First Floor

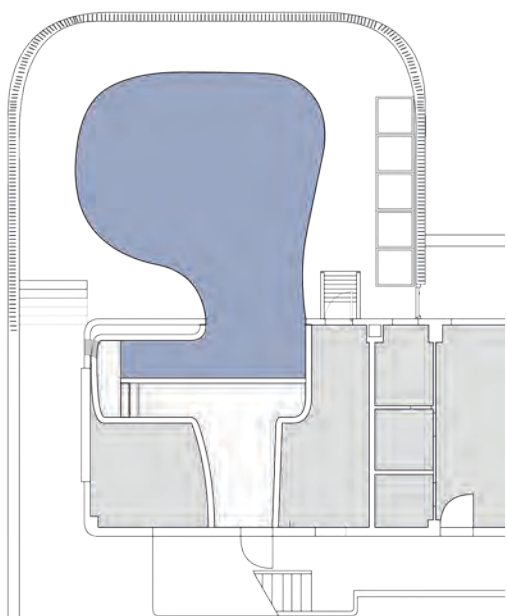


Views to and from the nature reserve are prominent when outside in the plunge pool

4

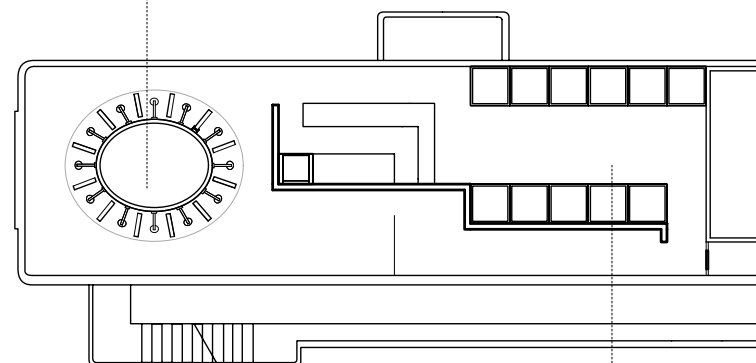


Interior & Exterior Pool



Ground Floor

Skylight enhances human exposure by being able to see glimpses of people in the showers on the roof and them being able to see you.



Roof Plan 1:200

Wall encouraging circulation so that people who have changed and showered do not have to walk past clothed people who are just arriving



Outside Pool
Perspective view of rear of Isokon Building

EXPOSURE SPA

Long Section
Scale 1:20



OZONE
TREATED
POOL



BATH



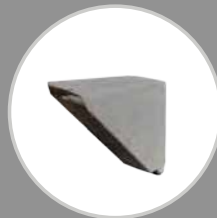
JACUZZI



PLUNGE
POOL



CONCRETE



PLASTER



PLASTER
&
CEMENT



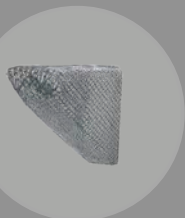
WAX



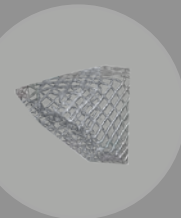
PLASTIC



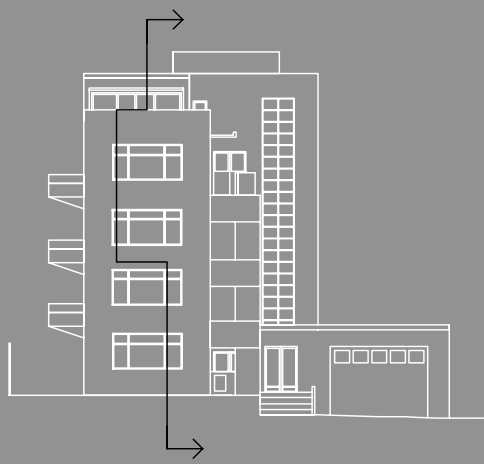
SMALL
WIRE
MESH



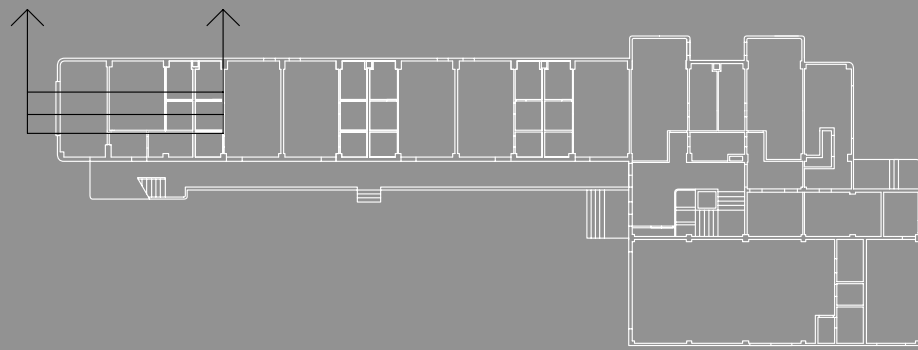
LARGE
WIRE
MESH



A table of pool materials, highlighting the materials used for the pools in the final proposal. All these materials were casted or formed from the exact same shape, which influenced the idea of the pools becoming more transparent, as shown in the Exposure Spa 1:20 section. Starting with the most opaque material, concrete, then wax representing frosted glass, and finally plastic being clear glass.



Elevation Dogleg Cut Line
Scale 1:200



Plan Dogleg Cut Line
Scale 1:200