Out from Under: Wellness Design and Alternative Therapies for Anxiety and Depression

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WELLNESS
The spaces we inhabit should support mental and physical wellbeing. With human-centered design and knowledge of how users interact with space, interiors can contribute to good health and positive user experiences.

NATURE
Interaction with nature is known to benefit mental and physical health. Design influenced by nature not only supports our wellbeing, but also provides us with a meaningful connection to the natural landscape and promotes sustainable behavior.

CREATIVITY
Design should not only be a product of creativity, but it should also have the ability to inspire those who interact with it. When we stay in touch with our imagination, our work reflects growth and discovery.

BALANCE
Interiors should reflect a sense of balance with the unification of beauty and function. Balanced design considers both the visual outcome and the user experience.

PLACE
Our work should strive to serve the community and respect the environment. With an understanding of context, including the landscape, history and local culture, design can benefit the environment we inhabit.
METHODOLOGY
Research for this study includes therapies for anxiety and depression less commonly practiced in the U.S. and interviews with professionals who administer these services. Research also includes precedent studies of facilities that provide non-traditional therapy, like Espai CEL in Spain and Peter Zumthor’s Thermal Vals in Switzerland that offer thermal baths. Interviews with interior designers who specialize in facilities for mental health will help to inform the design-specific strategies applied in therapeutic spaces. Literature that supports the research includes articles from journals, such as Environment and Behavior, Journal of Interior Design, and Building and Environment, that analyze interior elements like lighting, form, and color specifically within the context of mental health and mood.

RESULTS
Wellness design promotes mental health, physical health, sustainability, and environmental responsibility. Therapeutic spaces can approach these ideals using active design that encourages movement, connection to a larger sense of community, individual comfort, bringing the outdoor environment indoors, and personalizable spaces that cultivate empowerment and instrumentality in users undergoing a time that can be vulnerable and stressful (Renzi, 2018). The project implements these principles while offering alternative therapies like flotation therapy, balneotherapy, physical meditation, and interaction with nature.

CONCLUSIONS
This research will support the exploration of a facility that combines design for mental health with alternative therapies. The project is not associated physically or conceptually with traditional treatment facilities, as they are not fit for every individual with anxiety or depression. With the adaptive reuse of a late-19th century Gothic Revival building, the project sits within a natural landscape near a river, close in proximity to the local city center. Non-traditional programming and wellness design strategies allow the space to serve as a restorative sanctuary, set apart from the stresses of day-to-day life.

MOTIVATION
Mental health refers to a person’s condition in terms of psychological and emotional wellbeing, and it is a topic that has seen increasing worldwide attention each year. In the United States, one in five people experience mental illness, and one in twenty have a mental illness that is considered to be serious, negatively impacting their quality of life. People with serious mental illnesses are nearly twice as likely to develop cardiovascular and metabolic diseases than the general population, informing the relationship between mental and physical health (Mental health, n.d.). Additionally, the COVID-19 pandemic and its repercussions has caused an increase of anxiety and depression symptoms for many. Commonly available mental health services in the U.S. include counseling, psychiatric rehabilitation, psychotherapy, support groups, skill building and peer support. However in 2019, only 44.8% of U.S. adults with mental illness received treatment (Mental health, n.d.). This may be a result of factors such as accessibility, education, cost, stigma, or reluctance to pursue traditional treatment.

ISSUE
In recent years, mental health and wellness has been a topic of rising importance in the field of interior design. However, there is limited design-specific literature and research that thoroughly demonstrates the effects of the built environment on anxiety and depression. There are also a limited number of existing projects that combine strategies of wellness design with non-traditional treatment, with the goal of helping people who are not comfortable seeking traditional psychological or psychiatric care. Design can address these issues and add perspective on the relationship between interior and mental health, by exploring an inclusive and therapeutic environment for individuals who would benefit from alternative treatment.

ABSTRACT
Local Context and Relevance
The Richmond Behavioral Health Authority (RBHA) serves as the statutorily established public entity responsible for providing mental health, intellectual disabilities, substance abuse and prevention services to citizens of the City of Richmond. RBHA’s services include case management, psychiatric rehabilitation, outpatient psychotherapy, psychological testing, recovery support groups, mental health skill building, hospital liaison services and peer support (Adult Services, n.d.). There are also a number of additional facilities within Richmond that provide similar mental health services. However, much like many other cities in the United States, the City of Richmond does not seem to offer great variety in terms of treatment options, especially non-traditional therapies that are less commonly practiced in the United States. Alternative therapies are important to consider as treatment methods to serve those with anxiety or depression who would benefit from, or are unwilling to pursue treatment strategies that involve traditional pharmacotherapy and psychotherapy.

Understanding Anxiety and Depression
General Anxiety Disorder, or GAD, is characterized by persistent and excessive worry about a number of different things which might include health, family, work or other issues. Other symptoms of GAD include excessive worry about a number of different things which might include health, family, work or other issues. Other symptoms of GAD include feelings of nervousness or irritability, increased heart rate, rapid breathing, feelings of sadness or loss of interest and pleasure in most usual activities. Other symptoms of Major Depressive Disorder include change in appetite, insomnia or hypersomnia, psychomotor agitation, constant fatigue, feelings of worthlessness or excessive and inappropriate guilt, recurrent thoughts of death and suicidal ideation, and cognitive difficulties such as diminished ability to think, concentrate, and make decisions. This disorder affects 1.5 million adults in the United States, and women are twice as likely to be affected (Generalized anxiety disorder, 2021).

Social Anxiety Disorder, or social phobia, is characterized by intense anxiety or fear of being judged, negatively evaluated, or rejected in a social or performance situation. People with this disorder may worry about acting or appearing visibly anxious, which might include blushing or stumbling over words, or being viewed as ‘stupid, awkward, or boring.’ Because of these worries, they often avoid social situations or situations involving a performance, and when faced with these situations, they experience debilitating anxiety and disinterest. Similar to GAD, social anxiety disorder can also cause physical symptoms like rapid heart rate, nausea, sweating, and attacks when confronting feared situations. This disorder can heavily impact quality of life, as symptoms may be so extreme that they disrupt daily life and routines, occupational performance, academic performance, and social life. Subsequently, individuals with social anxiety disorder have a significantly more difficult time completing school, securing jobs, and creating and maintaining friendships and romantic relationships. Social anxiety disorder affects approximately 15 million adults in the United States, and is the second most commonly diagnosed anxiety disorder following specific phobias (Social Anxiety Disorder, 2021).

The most commonly diagnosed type of depressive disorder is Major Depressive Disorder, and it is characterized by an overwhelming feeling of sadness or loss of interest in most usual activities. Other symptoms of Major Depressive Disorder include change in appetite, insomnia or hypersomnia, psychomotor agitation, constant fatigue, feelings of worthlessness or excessive and inappropriate guilt, recurrent thoughts of death and suicidal ideation, and cognitive difficulties such as diminished ability to think, concentrate, and make decisions. This disorder affects 17.3 million adults in the U.S., and is the leading cause of disability in the U.S. among people ages 15 to 44 (Depression, 2021).

Traditional Treatment
There are a number of treatment options commonly available in the United States for those who struggle with anxiety or depression, to include supportive and interpersonal therapy, cognitive behavioral treatment (CBT), and medication. However, in the case of GAD, 30-60% of patients do not achieve remission through these standard treatment strategies of pharmacotherapy and psychotherapy. In one randomized study of 164 patients with GAD treated with pharmacotherapy, remission was as low as 15%. Additionally, individuals with GAD or social anxiety disorder may not ever seek this type of care that is administered in psychiatric settings due to discomfort, social anxiety or perceived stigma (Hope, 2003).

Alternative Treatment
Because of the unfortunate stigma and negative associations that surround the pursuit of traditional treatment, alternative therapies are important to consider for people dealing with anxiety or depression. Many insurance companies are beginning to accept claims for non-traditional therapies like acupuncture. However, while many spas offer these types of treatments, traditional hospitals typically avoid investing in these types of facilities (Raimondi, 2004). There are a number of alternative treatment methods that can be a primary part of a treatment plan for those with anxiety or depression. Some less common treatments that have proven to relieve symptoms of anxiety and depression include mindful meditation, physical meditation like yoga or breathing exercises, art therapy, balneotherapy, flotation therapy, and interaction with nature. Balneotherapy has been traditionally used as a treatment for physical conditions, but it has also been found to reduce symptoms of anxiety and depression, and the subsequent cardiovascular or gastrointestinal conditions that may result from having related disorders. Balneotherapy involves immersion in a bath of hot or cold water, massage through moving water, relaxation, or stimulation, with a combination of mineral waters which may consist of silica, sulfur, selenium or radium (Balneotherapy, 2021).

In a 2021 study, researchers aimed to determine the psychological benefits of balneotherapy for patients with anxiety and depression. An intervention program at a spa in Aragon, Spain consisted of a series of balneological treatments: thermal bath, thermal shower, mud, and a one-and-a-half hour massage. Researchers found that in the group that received these treatments, along with a group that received additional psychoeducational counseling, depressive symptoms and anxiety decreased significantly. They also determined that optimal results were achieved by participating in a minimum of ten sessions occurring over at least ten days, and a standard effective treatment program could include ten to twenty-one sessions over two to three week spans (Karaguli, 2021).

Similarly, float therapy, or flotation-restricted environmental stimulation therapy (REST), is a method of therapy where a user is immersed in a sound- and lightproof sensory deprivation tank, is a large, round bath-like structure that provides users with just enough space to fully extend their limbs while occupying the space if desired. The float chamber also features a user-operated lid to provide users with the choice to leave the chamber open during a flotation session or to close the lid for full immersion. A user-operated LED light also allows users to turn the light on or off at any point throughout the duration of the flotation session. The float chamber is filled with water with an extremely high Epsom salt concentration that is heated to skin temperature. The high concentration of salt in the water allows the body to effortlessly float, which results in the shutdown of external environmental stimuli produced through the use of a flotation-restricted environment.
by light, sound and touch. This sensory deprivation allows users to achieve deep relaxation and the subsequent positive effects on emotional health, including reduction of stress and reduction of blood pressure (Monieron, 2020).

In a 2005 study, researchers found that Flotation REST has positive outcomes relating to physiology, well-being and performance, and that it appeared to be more effective than other stress-reduction techniques that do not include the sensory deprivation associated with REST. Flotation REST was also found to decrease levels in cortisol, which has been linked to higher levels of exhaustion. Additionally, the effects of REST on well-being are enhanced through repeated exposure, and more sessions taken over a longer period of time are likely to give better results (Dierendonck, 2005).

In a 2019 study, researchers found that Flotation REST provided a significantly greater perceived sleep quality for participants suffering from stress-related issues causing sleep disturbance. Participants reported feelings of deeper sleep, fewer awakenings during the night after Flotation REST treatment. This study also found that Flotation REST was also be more effective than other stress-reduction techniques that do not include the sensory deprivation associated with REST. Flotation REST session napped during the Flotation REST session. Researchers found that the nature condition produced significant improvement in directed attention performance compared to the control and perturbation conditions after a 10 minute walk (Cosson, 2021).

DESIGN ISSUE
In recent years mental health and wellness has been a topic of rising importance within the field of interior design. However, there is limited design-specific literature and research that thoroughly demonstrates the importance within the field of interior design. There is limited research exploring an inclusive and therapeutic environment for individuals who would benefit from alternative treatment and follow ups, coupled with daily individual and independent practice of a simplified protocol of breathing techniques of thirty minutes. The study concludes that participation in this type of therapy can lead to significant reduction in levels of anxiety and depression (Doria, 2015).

Finally, interaction with nature is widely known to positively impact mental health. A 2021 study proposed that the top-down processing that occurs during everyday activities can cause attentional fatigue, and that the bottom-up processing that occurs when people experience nature could be restorative. Participants were exposed to three conditions: control: walking on a treadmill; nature condition: walking on a treadmill with simulated nature scene; and perturbation condition: walking on a treadmill with a simulated nature scene while performing top-down processing. Researchers found that the nature condition produced significant improvement in directed attention performance compared to the control and perturbation conditions after a 10 minute walk (Cosson, 2021).

DESIGN FOR MENTAL HEALTH
Wellness design utilizes interior elements that promote mental health, physical health, sustainability, and environmental responsibility. Therapeutic spaces can approach these ideals using active design that encourages movement, connection to a larger sense of community, individual comfort, bringing the outdoor environment indoors, and personalizable spaces that cultivate empowerment and instrumentality in users undergoing a time that can leave them feeling vulnerable and stressed (Rios, 2018).

A personalized space might emphasize flexibility and functionality with custom furniture, for example, that can serve multiple purposes so that users are able to adjust elements within the space to fit their personal comfort and needs (Havenhand, 2019). Especially when considering the context of the global COVID-19 pandemic, it is also important to provide users with areas for both isolation and interaction, depending on individual comfort levels and the needs of the users. Social interaction can be a challenge, especially for people who have Social Anxiety Disorder, and it is important to accommodate all user in types in a therapeutic environment. Similarly, interaction with nature has the capacity to improve mental wellbeing during these times. Access to fresh air, access to outdoor weather or the natural climate, sunlight, and biophilic interior elements can all provide users with a connection to nature in some capacity (Ghishen, 2021). In the case that natural light is limited or unavailable, artificial lighting, when properly designed to follow our circadian rhythm, can compensate for a lack of natural light in the interior. In an environment with low blue light and a color temperature of around 3800 Kelvin, users may feel more vital, energetic and alert with an improved state of well-being (Rios, 2019).

PRECEDENTS
Although there are limited projects that combine the use of alternative therapies with design for anxiety and depression, there are existing spaces that can help to inform either programming or design strategies specific to improving mental health. The Thermal Vals in Switzerland are part of a hotel and spa built over the only thermal springs in Switzerland’s Graubünden Canton. Designed by Swiss architect Peter Zumthor and completed in 1996, the facility is known for offering a sensory experience that contrasts moments of hot and cold, light and shadow, and highlights the distinct materiality used in the project. The building sits alone in a natural landscape, as it is partially built into a hillside and covered by a grass roof. It was constructed with thick walls of local stone, with recessed windows that reveal the building’s structure (Shaw, 2016). The architect was guided by “the fascination for the mystic qualities of a world of stone within the mountain, for darkness and light, for light reflections on the water or in the steam saturated air, pleasure in the unique qualities of the bubbling water in a world of stone, a feeling of warmth and coolness, of interior and exterior, [and] the fascination with the mystic qualities of water and steam.” With these notions, the space provides room for the body to thoroughly rest (The Therme Vals / Peter Zumthor, 2009).

Espa Ciel is a thermal bath facility built in 2019 and designed by Spanish architect Arquitectos projecta arquitectos. It is located within the pre-existing building of the Hotel Balneari Termes Vila Vella of Caldes de Montbui, Barcelona, Spain. The 250-year-old building was also historically used for thermal baths, as it provided thermal water and cooled thermal water reserve tanks to be used for their restorative properties and the well-being of its users. The architects focused on creating a captivating space where users would have a positive, enjoyable sensory experience. Each bath, featuring...
unique and individual characteristics, is different from the next, but all serve the same purpose of providing relaxation and the medicinal properties of the thousand-year-old thermal mineral water (Espai cel, 2020). The project relies on a natural color palette and limited materiality to help showcase some of the building’s historical properties. The architects left the majority of the original stone walls uncovered, and introduced recognizable contemporary elements to the space that do not interfere with the integrity of the original building (Arquetipus, 2019). The treatment of the interior helps to provide a relaxing and therapeutic environment to benefit user experience while preserving the footprint of the historical periods that the space has experienced over time.

Hospital Nova is a 1.2 million-square-foot medical facility located in southern Finland. It was designed by JKMM Architects, in collaboration with medical professionals as well as EGM Architecten, a healthcare-specialist firm, and construction was completed in January of 2021. Hospital Nova is innovative for the way it employs a combination of nature and art to create an ‘un-hospitallike’ atmosphere for its patients. To the same effect, many of the areas within the hospital are shared spaces, eliminating the type of environments that many users often encounter while in a traditional medical setting. With its inclusion of natural elements, art inspired by nature, shared spaces and attention to privacy, Hospital Nova provides a healing environment that puts patients first, promoting wellness through nature and minimizing the stress of day-to-day life.

Drawing water from the James River, Kanawha Canal, and Pump House Canal, and pumping it up to the reservoir. With its open-air second level balcony overlooking the Kanawha Canal, the Pump House also hosted social events pitched to the economic and social leaders of the community (Stoddard, 2019). The Pump House received an addition to its west side in 1905 to expand and accommodate new pumps that aimed to provide the capacity needed for emergency use. In 1904, the Pump House was vacated when a new hydroelectric plant was built on the east end of the property. The City of Richmond slated the Pump House for demolition in the 1950s, but instead, the Presbyterian Church bought it for a dollar in 1956. In 2001, it was listed on the National Register of Historic Places (NHRP) (History of the Pump House, n.d.).

PROPOSAL AND CONCLUSIONS
This research supports the exploration of a facility that combines design for mental health with alternative therapies. The project is not associated physically or conceptually with traditional treatment facilities, as those environments are not suitable or preferable for all who struggle with anxiety or depression. The facility will house program areas to include a waiting area, reception and check-in, consultation rooms to determine a treatment program, balneotherapy and flotation therapy areas, locker rooms and changing areas, showers, group and individual physical meditation spaces, a retail space and a small cafe. Staff areas include a break room, a copy room, a meeting or conference room, and individual areas for privacy. With non-traditional therapies, design strategies for mental health, and a site with a natural landscape, space serves as a sanctuary, set apart from the stresses of day-to-day life.
PROGRAM + SPACE REQUIREMENTS
PROGRAM SUMMARY

INDIVIDUAL HYDROTHERAPY
The individual hydrotherapy rooms are meant to provide a sensory-deprivation experience, with limited external stimuli including light and sound. Each room is outfitted with a flotation chamber, which is filled with water with a high concentration of salt that allows users to float effortlessly during treatment. During treatment, users are able to control light and sound, and choose whether to close the lid of the chamber or to keep it open.

INDIVIDUAL MEDITATION
The individual meditation rooms can be occupied individually or with a practitioner. Each of the four individual meditation rooms has two sliding glass walls that can be opened up for a closer connection to the natural environment. The ceiling feature in these rooms acts as a screen that highlights the transition between the entrance and the therapy space.

GROUP HYDROTHERAPY
Group hydrotherapy spaces, located at either end of individual hydrotherapy rooms, can be occupied by multiple users at a time. Windows in this space are treated with a translucent film to ensure that while light is filtered into the space, users also have adequate privacy from the exterior when occupying the space.

GROUP MEDITATION
The group meditation room also has two sliding glass walls, as well as a translucent partition to separate the entrance from the therapy space, bench seating for multiple users, wall-mounted storage, and light fixtures that reflect the open-air quality of the second level.

COUNSELING
Counseling rooms are used for individual meetings between patients and staff members. With informal furnishings and ample workspace and storage, the space promotes both comfort and productivity.

CHANGING AREA + LOCKER ROOM
Each of the two changing areas for the hydrotherapy spaces includes four individual changing rooms, one of which is accessible, adjacent lounge seating and personal locker storage, and two restrooms.

PRIVATE CONVERSATION
Adjacent to the meeting area and across from the café, the private conversation space is outfitted with two soundproof booths. This booth, with seating for one to four users, provides both staff and patients with a space to hold a private conversation or small meeting when needed.

CAFÉ
The café serves simple plates to staff and patients before or after administering or receiving treatment. With the continuation of the ceiling feature used in the lobby, this space presents intuitive wayfinding in a central location of the project. With a variety of seating options and types, the café accommodates a range of personal preferences.

RETAIL
The simple retail space within the lobby and near the main entrance offers a display of wellness products that patients may have encountered or utilized during treatment. With integrated, keyed storage below the primary display, this area provides ample space to house surplus product.

LOBBY
The lobby, including the reception, waiting area and retail space, presents a ceiling feature that illustrates the concept with curvilinear forms varying in placement and height. This feature is continued in multiple areas of the facility.

RECEPTION
The reception area is centrally located within the lobby, so that users are able to easily determine where to check-in for treatment or ask for assistance.

WAITING AREA
The waiting area includes a variety of seating options, including a modular lounge system that borders the perimeter of the space, and a central 360° bench, to provide users with comfort and choice in seat location while awaiting treatment.

STAFF LOUNGE
The staff lounge, outfitted with a variety of furniture types and arrangements, is a place where staff members can comfortably rest, eat or gather outside of working hours.

MEETING AREA
The meeting area is suitable for formal gatherings of staff members. With ergonomic conference seating, storage, and a digital display system for presentations, the meeting area is equipped to serve a range of meeting functions.
TOTAL PROGRAM NET
13,940 SF

TOTAL GROSS AREA
7,410 SF

GRAPHIC PROGRAM

M Meditation
H Hydrotherapy
CO Counseling
CA Changing Area
LR Locker Room
PC Private Conversation
C Café
RE Retail
W Waiting Area
L Lobby
RT Reception
S Staff Lounge
MA Meeting Area
ME Mechanical/Electrical
R Restroom

SCALE
0' 5' 10' 20' 40'

AMENITIES

PUBLIC

STAFF/ADMIN

UTILITIES

AMENITIES

PUBLIC

STAFF/ADMIN

UTILITIES

SCALE
0' 5' 10' 20' 40'
## Adjacency + Criteria Matrix

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<th>Access</th>
<th>View</th>
<th>Lighting</th>
<th>Special Equipment</th>
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OVERVIEW

The Therme Vals are part of a hotel and spa built over the only thermal springs in Switzerland’s Graubünden Canton region. Designed by Swiss architect Peter Zumthor and completed in 1996, the bath facility is known for offering a sensory experience of hot and cold, light and shadow, and marvellous materiality. The building is secluded, and lives within a natural landscape, as it is partially built into a hillside with the roof covered in grass. It was constructed using thick walls of local quartzite stone and recessed windows that reveal the building’s structure.

Zumthor was guided by “the fascination for the mystic qualities of a world of stone within the mountain, for darkness and light, for light reflections on the water or in the steam saturated air; pleasure in the unique acoustics of the bubbling water in a world of stone, a feeling of warm stones and naked skin, [and] the ritual of bathing.” (The Therme Vals / Peter Zumthor, 2009). With these notions, the space provides room for the body to experience thorough rest and relaxation while receiving the healing and restorative properties of the thermal mineral water.

FIG 1. This photograph of Therme Vals’ exterior highlights the relationship between landscape and the built environment. Here, one of the thermal baths extends from the interior space to the exterior, creating a sense of harmony and unification between the two.

FIG 2. This interior photograph helps to demonstrate the lighting techniques used in the space. In some areas of the facility, as shown in this image, daylight is limited, while electric light adds dimension and warmth to the space. The dim lighting and subtle warmth contribute to a therapeutic environment where users are able to experience a greater sense of relaxation.

FIG 3. This photograph depicts the quality of light within the baths of the facility. In this instance, there is a greater amount of natural light than in the shared hallway space shown in FIG 2, however natural daylight is filtered through linear openings in limited quantities.

SOURCES


[The Therme Vals / Peter Zumthor, 2009: 12].
OVERVIEW

Espai CEL is a thermal bath facility located within the pre-existing building of the Hotel Balneari Termes Victoria of Caldes de Montbui. The 250-year-old building was also historically used for thermal baths, as it provided thermal water and cooled thermal water reserve tanks to be used for their restorative properties and the well-being of its users. The architects, Arquetipus projectes arquitectònics, focused on creating a captivating space where users would have a positive, enjoyable sensory experience. Each bath, featuring unique and individual characteristics, is different from the next, but all serve the same purpose of providing relaxation and the medicinal properties of the thousand-year-old thermal mineral water. The project uses a neutral color palette and limited materials to help showcase some of the building’s historical features. The architects left the majority of the original stone walls uncovered, and introduce recognizable contemporary elements that do not interfere with the original building. The treatment of the interior helps to provide a relaxing and therapeutic environment while preserving the footprint of the historical periods that the space has experienced.
3. HOSPITAL NOVA

OVERVIEW

Hospital Nova is a 1.2-million-square-foot medical facility located in southern Finland. It was designed by JKMM Architects, in collaboration with medical professionals as well as EGM Architecten, a healthcare-specialist firm, and construction was completed in January of 2021. Hospital Nova is innovative for the way it employs a combination of nature and art to create an “un-hospital like” atmosphere for its patients. To the same effect, many of the areas within the hospital are shared spaces, eliminating the type of hierarchy that is typical of standard medical facilities. For example, hot desks and consultation rooms are shared between doctors for the same patient, and the cafeteria is shared by patients, visitors and hospital staff. Many of the natural elements in the hospital are inspired by Finland’s expansive flora and fauna, and an aquatic theme is carried throughout the atrium, cafeteria, auditorium, seating and children’s areas. Notes of Light, a light-reflective installation by Tiina Pyykkönen, provides visual interest at the ceiling plane with a pattern that looks to three nearby lakes.

SOURCES


FIG 1. This interior photograph of one of the open atrium spaces demonstrates some of the nature-inspired elements used in the hospital. Small decorative pendant lights dropped from the third level ceiling at a variety of heights represent local flora, and additional decorative pendants that sit closer to the ceiling represent water with curved forms.

FIG 2. This photograph, taken on the second level of the building, provides a closer look at the water-inspired decorative lighting, as well as the translucent screening that provides privacy to a portion of the open hallway.

FIG 3. Patient areas are individually distinguished by different pieces of art inspired by nature.
The Byrd Park Pump House, although seemingly isolated, is centrally located at the intersection of several nationally registered historic districts within the City of Richmond. The following districts and sites have been listed by the National Register of Historic Places (NRHP): New Pump House Historic Site (listed 2002), James River and Kanawha Canal Historic District (listed 1971), Carillon Neighborhood Historic District (listed 2016), Virginia War Memorial Carillon/“The Carillon” Historic Site (listed 1994), Byrd Park Historic District (listed 2016), and Maymont Historic District & Site (listed 1971). Close in proximity to each of these historic places, the building site lies on the north bank of the James River in Byrd Park, also known as William Byrd Park. The site was once considered part of the outskirts of the city, but became more integrated as the Byrd Park and Carillon neighborhoods began developing.

Byrd Park, originally named New Reservoir Park, was established in 1875 when the City of Richmond began the creation of a new municipal waterworks system. The reservoir was constructed between 1875 and 1888 at a site that was chosen upriver west of the city in 1874. In 1907, New Reservoir Park was renamed to (William) Byrd Park, and by 1914 plans had begun to construct two additional reservoirs: Shields’s Lake and Swann Lake (Byrd Park, 2021). In 2016, the park was listed on the National Register of Historic Places.

Currently, Byrd Park and its surrounding areas are mostly residential, with centrally located public spaces including the lakes and the green park areas that have walking paths and public parking spaces. Bordering the park itself is a residential neighborhood that features densely packed houses and other dwelling units, right streets that, in some areas, form a series of loops, and public sidewalks. The park is also well known for several nearby landmarks, including the Virginia War Memorial Carillon, Dogwood Dell Amphitheater, Maymont Park, the city reservoir, and the James River.
The Byrd Park Pump House was constructed in 1883 under the supervision of civil engineer, Wilfred E. Cutshaw. The Pump House was designed in the Gothic Revival style, featuring solid granite construction, steep gabled slate roofs, and thin, tall windows with pointed arches (Pump House Park, 2013). The Pump House originally served to provide water to the City of Richmond, drawing water from the James River, Kanawha Canal, and Pump House Canal, and pumping it up to the reservoir. With its open-air second level ballroom overlooking the Kanawha Canal, the Pump House also housed social events pitched to the economic and social leaders of the community (Stoddard, 2019). The Pump House received an addition to its west side in 1905 to expand and accommodate new pumps that aimed to provide the capacity needed for emergency use. In 1924, the Pump House was vacated when a new hydroelectric plant was built on the east end of the property. The City of Richmond slated the Pump House for demolition in the 1950s, but instead, the Presbyterian Church bought it for a dollar in 1956. In 2002, it was listed on the National Register of Historic Places (NHRP) (History of the Pump House, n.d.).
EXISTING BUILDING: EXTERIOR

Kanawha Canal + South Facade
Pump House Canal + North Facade
South Facade
South Facade
South Facade
North Facade
View from across Kanawha Canal
South Entrance + Canal Bridge
West Facade
View of Canal from West Entrance
Exterior Stairs + West Entrance
View of South Entrance from Bridge
CONCEPT STATEMENT

The concept for this project is the idea of taking a deep breath, part of an essential function of the human body. Physically, breath can be represented by a cyclical expansion and compression, or intake and release. Visually, these notions can inform the design of a space with moments of compression or expansion, circulation patterns, positive and negative space, FF&E and material selection, and form language throughout.

This project is an exploration of a facility that combines design for mental health with the implementation of alternative therapies. It is not associated physically or conceptually with traditional treatment facilities, as these institutional spaces are not fit for every individual with anxiety or depression. Non-traditional programming, close proximity to nature, and wellness design strategies allow the space to serve as a restorative sanctuary, set apart from the stresses of day-to-day life.
WATERCOLORS
pattern of expansion and compression

derived from site plan and plan diagrams

DIGITAL CONCEPT DIAGRAM
layering form language

exploring expressions of expansion and compression
CONCEPT MODELS
exploration of cyclical expansion and compression + positive and negative space

WALL OF CONCEPT
conspective development pin-up presentation
SCHEMATIC DEVELOPMENT
LOCATION: Staff Lounge
PRODUCT: Steelcase
MFR: Coalesse
RATIONALE: This round coffee table is paired with a sofa to create a comfortable seating area for staff members. It’s designed to be used as a seat or a surface, enhancing the functionality and comfort of the space.

LOCATION: Changing Area
PRODUCT: Blu Dot
MFR: Scandinavian Spaces
RATIONALE: This round table, available in multiple sizes, provides a dining surface for both individual and small group sizes, and is perfect for employees to enjoy meals or snacks in a relaxed environment.

LOCATION: Reception
PRODUCT: Work Belle
MFR: Allermuir
RATIONALE: This upholstered task chair sits behind the reception desk, accommodating the high productivity and comfort requirements of front desk workers.

LOCATION: Individual Hydrotherapy
PRODUCT: Royal Spa
MFR: Davis
RATIONALE: This large occasional table provides extra seating and additional writing space, enhancing the functionality and comfort of the hydrotherapy area.

LOCATION: Individual Meditation
PRODUCT: NanaWall
MFR: OFS
RATIONALE: This conference chair allows a variety of seating and use, accommodating the diverse comfort needs of meditation sessions.

LOCATION: Changing Area
PRODUCT: Float Pod
MFR: Maya Lin Stone
RATIONALE: This small sofa is used in place of traditional chairs, offering a unique and comfortable seating option.

LOCATION: Group Hydrotherapy
PRODUCT: Work Belle
MFR: Allermuir
RATIONALE: This seating area consists of two benches placed across from each other in the elevator corridor of the second level, providing flexible seating options for multiple users.

LOCATION: Changing Area
PRODUCT: Maya Lin Stone
MFR: Maya Lin Stone
RATIONALE: This bench, placed across from the elevator corridor, serves as a shared changing area for both individual users and small groups, ensuring a comfortable space for privacy and rest.

LOCATION: Counseling
PRODUCT: Maya Lin Stone
MFR: Maya Lin Stone
RATIONALE: This seating area consists of two benches placed across from each other, offering additional personal seating options in the waiting area.

LOCATION: Individual Hydrotherapy
PRODUCT: Float Pod
MFR: Maya Lin Stone
RATIONALE: This seating area consists of two benches placed across from each other, providing extra seating options in the counseling rooms.

LOCATION: Group Meditation
PRODUCT: Work Belle
MFR: Allermuir
RATIONALE: This seating area consists of two benches placed across from each other, offering comfortable seating options in the meditation rooms.

LOCATION: Individual Meditation
PRODUCT: Work Belle
MFR: Allermuir
RATIONALE: This seating area consists of two benches placed across from each other, providing comfortable seating options in the meditation rooms.

LOCATION: Changing Area
PRODUCT: Float Pod
MFR: Maya Lin Stone
RATIONALE: This seating area consists of two benches placed across from each other, offering additional personal seating options in the changing area.

LOCATION: Group Hydrotherapy
PRODUCT: Float Pod
MFR: Maya Lin Stone
RATIONALE: This seating area consists of two benches placed across from each other, providing comfortable seating options in the hydrotherapy area.

LOCATION: Changing Area
PRODUCT: Float Pod
MFR: Maya Lin Stone
RATIONALE: This seating area consists of two benches placed across from each other, offering personal seating options in the changing area.

LOCATION: Individual Hydrotherapy
PRODUCT: Float Pod
MFR: Maya Lin Stone
RATIONALE: This seating area consists of two benches placed across from each other, providing comfortable seating options in the hydrotherapy area.
The lobby, including a reception area, waiting area and retail space, presents a grand ceiling feature that illustrates the concept with curvilinear forms varying in placement and height. This ceiling element is carried through multiple spaces in the facility:

- Blu Dot, Circula waiting area coffee table
- Davis, O6 circular bench seating
- Scandinavian Spaces, Pixel moss wall
- Herman Miller, Module waiting area modular lounge
- Geiger, Bumper reception task chair
- Kriskadecor, Kriska anodized aluminum drapery
- Coverings, Etc., Eco-Cem polished concrete flooring
- Vibia, Palma wall sconce light fixture
The café serves simple plates to staff and patients before or after administering or receiving treatment. With the continuation of the ceiling feature used in the lobby, this space presents intuitive wayfinding in a central location of the project. With a variety of seating options and types, the café accommodates a range of personal preferences.

Scandinavian Spaces, Jack dining table
Scandinavian Spaces, Pixel moss wall
Vibia, Halo Jewel pendant light fixture
KriskaDecor, Kriska anodized aluminum drapery
Allemuir, Mollie dining chair
Pioneer Millworks, Pure Oak millwork
3form, Varia Capiz translucent privacy screen
Scandinavian Spaces, Pixel dining table
KriskaDecor, Kriska anodized aluminum drapery
Allemuir, Mollie dining chair
Pioneer Millworks, Pure Oak millwork
3form, Varia Capiz translucent privacy screen
Each of the two changing areas for the hydrotherapy spaces includes four individual changing rooms, one of which is accessible, adjacent lounge seating and personal locker storage, and two accessible restrooms.
4. GROUP HYDROTHERAPY

Group hydrotherapy spaces, located at either end of individual hydrotherapy rooms, can be occupied by multiple users at a time. Windows in this space are treated with a translucent film to ensure that users have adequate privacy when occupying the space.

5. COUNSELING

Counseling rooms are used for individual meetings between patients and staff members. With informal furnishings and ample workspace and storage, the space promotes both comfort and productivity.
6. INDIVIDUAL MEDITATION

Each of the four individual meditation rooms has sliding glass walls that can be opened up for a closer connection to the natural environment. The ceiling feature in these rooms acts as a screen that highlights the transition between the entrance and the therapy space.

- Knoll, Maya Lin Stones elevated seat/surface
- Tech Lighting, Vaggio flush-mount light fixture
- Studio TK, Dip bench seating
- Benjakorn, Rolling Hills wall paint
- Pioneer Millworks, White Oak wood paneling
- Krimadecor, Kriska anodized aluminum drapery
- Haworth, Cloud wall-mounted storage
- Coverings, Etc., Eco-Cem polished concrete flooring
- Level 2
Group Meditation

The group meditation room also has two sliding glass walls, as well as a translucent partition to separate the entrance from the therapy space, bench seating for multiple users, wall-mounted storage, and light fixtures that reflect the open-air quality of the second level.

- Haworth, Cloud wall-mounted storage
- Coalesse, Together bench seating
- Rich Brilliant Willing, Delta pendant light fixture
- Benjamin Moore Rolling Hills wall paint
- Pioneer Millworks, White Oak wood paneling
- Tech Lighting, Akova flush-mount light fixture
- 3form, Vana Haiku translucent partition
- Coverings, Etc., Eco-Cem polished concrete flooring
The staff lounge, outfitted with a variety of furniture types and arrangements, is a place where staff members can comfortably rest, eat or gather outside of working hours.

**LEVEL 2**

- **Steelcase, Soleil coffee table**
- **Steelcase/West Elm, Mesa sectional sofa**
- **Coverings, Etc., Eco-Cem polished concrete flooring**
- **Flor, Down to Earth area rug**
- **Benjamin Moore, Iron Mountain wall paint**
- **Vibia, Algorithm pendant light fixture**
- **Naughtone, Fiji lounge chair**
- **Benjamin Moore, Cascade Mountains ceiling paint**
<table>
<thead>
<tr>
<th>MANUFACTURER</th>
<th>PRODUCT</th>
<th>DESCRIPTION</th>
<th>LINK</th>
<th>LOCATION</th>
<th>SUSTAINABILITY</th>
<th>RATIONALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Davis</td>
<td>Q6, Q6-1 30</td>
<td>60° outside curve backed bench; fully upholstered</td>
<td><a href="https://www.davisfurniture.com/products/q6">https://www.davisfurniture.com/products/q6</a></td>
<td>Level 1, waiting area</td>
<td>BIFMA Level 1</td>
<td>These waiting area bench seats form a full circle around the prominent ceiling feature in the lobby, offering 360° seating and close proximity to the architectural elements within the space.</td>
</tr>
<tr>
<td>Herman Miller</td>
<td>Module lounge</td>
<td>modular lounge system with cushions; fully upholstered</td>
<td><a href="https://www.hermanmiller.com/products/seating/lounge-seating/module-lounge-seating/">https://www.hermanmiller.com/products/seating/lounge-seating/module-lounge-seating/</a></td>
<td>Level 1, waiting area</td>
<td>N/A</td>
<td>This modular lounge system allows for a customizable arrangement of seating; individual seats border the perimeter of the waiting area, providing users with comfort and variety in choice of seat location.</td>
</tr>
<tr>
<td>Geiger</td>
<td>Bumper Chair</td>
<td>conference chair with 5-star base; fully upholstered</td>
<td><a href="https://www.hermanmiller.com/products/seating/office-chairs/bumper-chair/">https://www.hermanmiller.com/products/seating/office-chairs/bumper-chair/</a></td>
<td>Level 1, reception</td>
<td>Indoor Advantage Gold - Furniture</td>
<td>This executive task chair sits behind the reception desk to enhance the wellbeing of the staff while they are working, as its design offers comfort while supporting productivity.</td>
</tr>
<tr>
<td>Scandinavian Spaces</td>
<td>Ribbon</td>
<td>ottoman with cushioning and braided appearance, fully upholstered with black lacquered wooden feet</td>
<td><a href="https://www.scandinavianspaces.com/products/ribbon">https://www.scandinavianspaces.com/products/ribbon</a></td>
<td>Level 1, retail</td>
<td>N/A</td>
<td>The ottoman is placed centrally within the retail space, offering a moment of rest to users and guests while browsing displayed product.</td>
</tr>
</tbody>
</table>
C-5 MEETING CHAIR

MANUFACTURER: Knoll
PRODUCT: Saarinen Executive Chair
DESCRIPTION: executive conference chair with 5-star base, fully upholstered
LINK: https://www.knoll.com/product/saarinen-executive-armchair
LOCATION: Level 1, meeting area
SUSTAINABILITY: Certified Clean Air GOLD
RATIONALE: This executive conference chair occupies the meeting area. Its mobility allows for variety in seating arrangement to accommodate a range of tasks, and its curvilinear form provides both comfort to the user and a visual connection to other elements within the project.

C-6 DINING CHAIR

MANUFACTURER: Allermuir
PRODUCT: Mollie
DESCRIPTION: four-leg dining chair with wood frame, wood legs, and upholstered seat and back
LOCATION: Level 1, café; Level 2, staff lounge
SUSTAINABILITY: ANSI/BIFMA X5.1:2002, SCS-ECO 2.2007 Indoor Air Quality
RATIONALE: The simple design of this chair displays both classic and contemporary elements, with rounded forms that relate to the project’s concept and a solid structure that nods to that of the building.

C-7 DINING STOOL

MANUFACTURER: Allermuir
PRODUCT: Mollie
DESCRIPTION: four-leg dining stool with wood shell, metal legs, and upholstered seat and back
LINK: https://www.allermuir.com/us/products/stools/mollie-us
LOCATION: Level 1, café; Level 2, staff lounge
SUSTAINABILITY: ANSI/BIFMA X5.1:2002, SCS-ECO 2.2007 Indoor Air Quality
RATIONALE: This bar-height stool, provided in addition to the dining chair from the same product family, gives users the option to choose from multiple seating heights depending on preference.

C-8 CHANGING CHAIR

MANUFACTURER: Coalesse
PRODUCT: Joel
DESCRIPTION: lounge chair with swivel base, fully upholstered
LINK: https://www.coalesse.com/products/seating/lounge-seating/joel-lounge-chair/
LOCATION: Level 1, changing area
SUSTAINABILITY: SCS Indoor Advantage™ Gold Certified
RATIONALE: Each changing room is furnished with this lounge chair to give users a place upon which to rest garments or sit while changing in and out of clothing and footwear.
<table>
<thead>
<tr>
<th>MANUFACTURER</th>
<th>PRODUCT</th>
<th>DESCRIPTION</th>
<th>LINK</th>
<th>LOCATION</th>
<th>SUSTAINABILITY RATIONALE</th>
<th>RATIONALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steelcase/West Elm</td>
<td>Work Belle</td>
<td>cushioned 3-seat sofa; armless; fully upholstered</td>
<td><a href="https://www.steelcase.com/brands/partners/west-elm/">https://www.steelcase.com/brands/partners/west-elm/</a></td>
<td>Level 1, changing area</td>
<td>SCS Indoor Advantage Gold - Furniture</td>
<td>This sofa, located close to the individual changing rooms, serves as a shared space for users to rest while awaiting treatment or after finishing treatment. The repetition of the curvilinear forms nods to the dynamic quality of water, which is largely utilized and emphasized in this area of the project.</td>
</tr>
<tr>
<td>Knoll</td>
<td>Maya Lin Adult Stone</td>
<td>molded 100% recycled polyethylene stone; can be used as seat or side table; approved for outdoor use</td>
<td><a href="https://www.knoll.com/product/maya-lin-adult-stone">https://www.knoll.com/product/maya-lin-adult-stone</a></td>
<td>Level 1, ind. hydrotherapy; Level 2, ind. meditation</td>
<td>Certified Clean Air GOLD</td>
<td>In the individual hydrotherapy rooms, this product can be used both as a seat and a surface on which to store personal items. In the individual meditation rooms, this product can be used to supplement exercises or practices that require an elevated seat or surface.</td>
</tr>
<tr>
<td>Coalesse</td>
<td>Massaud</td>
<td>upholstered task chair</td>
<td><a href="https://www.coalesse.com/products/seating/conference-chairs/massaud-conference/">https://www.coalesse.com/products/seating/conference-chairs/massaud-conference/</a></td>
<td>Level 2, counseling</td>
<td>SCS Indoor Advantage Gold - Furniture</td>
<td>This counseling room task chair is used by staff during and outside of treatment. User-controlled ergonomic functions allow each staff member to adjust the chair according to their preferences when occupying the counseling space.</td>
</tr>
<tr>
<td>Naughtone</td>
<td>Fiji</td>
<td>guest sofa</td>
<td><a href="https://www.naughtone.com/us/products/fiji/">https://www.naughtone.com/us/products/fiji/</a></td>
<td>SCS Indoor Advantage Gold - Furniture</td>
<td>SCS Indoor Advantage Gold - Furniture</td>
<td>This sofa is used in place of traditional guest seating in the counseling rooms in order to help users feel comfortable and to contribute to the non-institutional quality of the facility.</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>MANUFACTURER</th>
<th>PRODUCT</th>
<th>DESCRIPTION</th>
<th>LINK</th>
<th>LOCATION</th>
<th>SUSTAINABILITY</th>
<th>RATIONALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Studio TK</td>
<td>Dip</td>
<td>sculptural bench with contoured seat; stainless steel</td>
<td><a href="https://www.studiotk.com/products/dip-double-dip">https://www.studiotk.com/products/dip-double-dip</a></td>
<td>Level 2, individual meditation</td>
<td>LEED Credit MR 5 Regional Materials</td>
<td>This bench is placed across from the entrances to each individual meditation space. It provides users with a place to sit while preparing for therapy and a surface upon which to rest personal items before they are stored in the adjacent wall-mounted storage unit.</td>
</tr>
<tr>
<td>Coalesse</td>
<td>Together</td>
<td>straight bench with back; fully upholstered</td>
<td><a href="https://www.steelcase.com/products/education-lounge-seating/together-bench/">https://www.steelcase.com/products/education-lounge-seating/together-bench/</a></td>
<td>Level 2, group meditation</td>
<td>SCS Indoor Advantage™ Gold Certified</td>
<td>This bench is placed on either side of the entrance to the group meditation space. It provides seating for multiple users to occupy at a time while preparing for therapy.</td>
</tr>
<tr>
<td>Steelcase/West Elm</td>
<td>Mesa</td>
<td>sectional sofa</td>
<td><a href="https://www.steelcase.com/products/sofas/west-elm-work-mesa-sectional/">https://www.steelcase.com/products/sofas/west-elm-work-mesa-sectional/</a></td>
<td>Level 2, staff lounge</td>
<td>SCS Indoor Advantage™ Gold Certified</td>
<td>This sectional sofa is placed in the staff lounge to give staff a place to comfortably rest, eat or gather outside of working hours.</td>
</tr>
<tr>
<td>Naughtone</td>
<td>Fiji</td>
<td>lounge chair</td>
<td><a href="https://www.naughtone.com/us/products/fiji/">https://www.naughtone.com/us/products/fiji/</a></td>
<td>Level 2, staff lounge</td>
<td>SCS Indoor Advantage™ Gold Certified</td>
<td>This lounge chair is placed in the staff lounge to give staff an additional lounge seating option.</td>
</tr>
<tr>
<td>MANUFACTURER</td>
<td>PRODUCT</td>
<td>DESCRIPTION</td>
<td>LINK</td>
<td>LOCATION</td>
<td>RATIONALE</td>
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</tr>
<tr>
<td>C-1</td>
<td>OFS</td>
<td>INDIVIDUAL BOOTH</td>
<td><a href="https://ofs.com/products/seating/lounge/leantolounge">https://ofs.com/products/seating/lounge/leantolounge</a></td>
<td>Level 2, elevator lobby</td>
<td>This semi-private seat is placed in the elevator corridor of the second level to provide users with a place to find a moment of privacy or perhaps a place to rest while waiting for another guest.</td>
<td></td>
</tr>
<tr>
<td>T-1</td>
<td>Steelcase/Blu Dot</td>
<td>Coffee Table</td>
<td><a href="https://www.steelcase.com/products/occasional-tables/circula-tables/">https://www.steelcase.com/products/occasional-tables/circula-tables/</a></td>
<td>Level 1, waiting area</td>
<td>This large occasional table provides users with a place to rest their personal belongings while occupying the waiting area, enhancing the non-institutional quality of the environment as users are welcomed into the facility.</td>
<td></td>
</tr>
<tr>
<td>T-2</td>
<td>Allermuir</td>
<td>Side Table</td>
<td><a href="https://www.allermuir.com/us/products/tables-storage/sunda-1">https://www.allermuir.com/us/products/tables-storage/sunda-1</a></td>
<td>Level 1, waiting area</td>
<td>This small occasional table provides users with an additional surface to utilize while occupying the waiting area containing up to 50% of recycled material.</td>
<td></td>
</tr>
<tr>
<td>T-3</td>
<td>Knoll</td>
<td>Conference Table</td>
<td><a href="https://www.knoll.com/product/saarinen-dining-table-oval">https://www.knoll.com/product/saarinen-dining-table-oval</a></td>
<td>Level 1, meeting area</td>
<td>This conference table, placed centrally within the meeting area, serves as a host for formal gatherings for up to six staff members.</td>
<td></td>
</tr>
<tr>
<td>MANUFACTURER</td>
<td>PRODUCT</td>
<td>DESCRIPTION</td>
<td>LINK</td>
<td>LOCATION</td>
<td>RATIONALE</td>
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</tr>
<tr>
<td><strong>T-4</strong></td>
<td><strong>DINING TABLE</strong></td>
<td><strong>DINING TABLE</strong></td>
<td>Scandinavian Spaces Jack round dining table</td>
<td><a href="https://www.scandinavianspaces.com/products/jack-jackless">https://www.scandinavianspaces.com/products/jack-jackless</a></td>
<td>Level 1, café</td>
<td>This round table, available in multiple sizes, provides a dining surface for both individual users and small groups of users occupying the café.</td>
</tr>
<tr>
<td><strong>T-5</strong></td>
<td><strong>COFFEE TABLE</strong></td>
<td><strong>COFFEE TABLE</strong></td>
<td>Knoll Platner round coffee table with glass top</td>
<td><a href="https://www.knoll.com/product/platner-coffee-table">https://www.knoll.com/product/platner-coffee-table</a></td>
<td>Level 2, staff lounge</td>
<td>SCS Indoor Advantage™ Gold Certified This coffee table is paired with a sectional lounge sofa in the staff lounge to provide staff members with a surface to hold personal items while resting.</td>
</tr>
<tr>
<td><strong>T-6</strong></td>
<td><strong>SIDE TABLE</strong></td>
<td><strong>SIDE TABLE</strong></td>
<td>Knoll Platner round side table with glass top</td>
<td><a href="https://www.knoll.com/product/platner-side-table">https://www.knoll.com/product/platner-side-table</a></td>
<td>Level 1, changing area; Level 2, counseling</td>
<td>SCS Indoor Advantage™ Gold Certified Each individual changing room is outfitted with this side table to give users a place to rest personal items while preparing for treatment. This side table is also placed adjacent to the guest seating in each counseling room so that patients have a place to store personal belongings while in session.</td>
</tr>
<tr>
<td><strong>T-7</strong></td>
<td><strong>OCCASIONAL TABLE</strong></td>
<td><strong>OCCASIONAL TABLE</strong></td>
<td>Steelcase Soleil round occasional table with glass top</td>
<td><a href="https://www.steelcase.com/products/occasional-tables/soleil-occasional-table/">https://www.steelcase.com/products/occasional-tables/soleil-occasional-table/</a></td>
<td>Level 2, staff lounge</td>
<td>The round coffee table is paired with individual soft seating in the staff lounge to provide staff members with an additional seating arrangement option.</td>
</tr>
<tr>
<td>A-1</td>
<td>FLOTATION CHAMBER</td>
<td>Manufacturer</td>
<td>Royal Spa</td>
<td>Product</td>
<td>Float Pod</td>
<td>Description</td>
</tr>
<tr>
<td>------</td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>A-2</th>
<th>SOUNDPROOF POD</th>
<th>Manufacturer</th>
<th>Framery Acoustics</th>
<th>Product</th>
<th>Framery Q</th>
<th>Description</th>
<th>Soundproof space with seating + table for 1-4 users, painted sheet metal exterior with sound control laminated glass</th>
<th>Link</th>
<th>Location</th>
<th>Rationale</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>UL GREENGUARD certified</td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>A-3</th>
<th>SLIDING PARTITION</th>
<th>Manufacturer</th>
<th>NanoWall</th>
<th>Product</th>
<th>Cero II</th>
<th>Description</th>
<th>Sliding glass partition</th>
<th>Link</th>
<th>Location</th>
<th>Rationale</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>The sliding glass wall system is placed on the north- and south-facing walls of each of the meditation rooms. Weather-permitting, these walls can be opened during meditation sessions to enhance the natural air and light in the space.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>A-4</th>
<th>PLANTER</th>
<th>Manufacturer</th>
<th>Peter Pepper</th>
<th>Product</th>
<th>Curvilinear</th>
<th>Description</th>
<th>Fiberglass planter</th>
<th>Link</th>
<th>Location</th>
<th>Rationale</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Fiberglass planter</td>
<td></td>
<td>The planter is placed within the waiting area of the lobby to bring additional greenery into the space and contribute to the environment.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**LIGHTING STRATEGY**

**GENERAL**
To enhance the concept, the amount of natural light and the quality of artificial light in the space will correspond to each moment of expansion or compression depending upon the program areas. As a non-traditional facility for mental health, the project’s lighting should contribute to an environment that feels natural, therapeutic and non-institutional. Lighting will help users locate entrances, pathways, and key program areas. It is especially important to provide illumination along the hallway that leads to the entrance of the hydrotherapy spaces, as natural light is limited on the lower first level. Because the individual hydrotherapy rooms receive no natural light, each door will have illuminated signage and a corresponding room number.

The areas that require lighting for productivity are the reception area, meeting area, cafe kitchen, and counseling rooms. Task lighting will also be needed in the retail space, cafe dining area, private conversation booths, changing areas, counseling, and the staff lounge. The individual hydrotherapy rooms present a unique challenge, as the flotation chambers are meant to provide a sensory deprivation experience with no external stimuli, including light. However, each room includes a shower (for patients to use before and/or after treatment) and personal storage that will need to be lit.

**NATURAL**
In general, the public spaces occupy areas in the building that receive a good amount of natural light, while many of the more private spaces occupy areas that receive less natural light. The hydrotherapy spaces are on the lower first level, which historically is where water interacted with the building, and the meditation spaces occupy the open-air portion of the second level. The areas that receive the most natural light are the individual meditation rooms and the group meditation room on the second level. Currently, much of the second level is directly exposed to the elements, and the meditation spaces can be opened up as well as the use of movable partitions. The lower first level receives the least amount of light, as the north facade does not have any windows. The hydrotherapy rooms fit well in this space because they do not require a high level of light, and the changing areas do receive some natural light that filters through the windows on the south facade.

The existing windows will mostly be left untreated, as their slim profile, in conjunction with the thick masonry structure of the building, partially limits the amount of light that enters the building and the availability of views from the interior out to the natural landscape. The group hydrotherapy areas on either side of the lower first level have four windows, which will be treated with a translucent film that permits natural light while blocking the view of the space from the exterior. All restrooms that have windows will receive the same treatment.

The existing windows will mostly be left untreated, as their slim profile, in conjunction with the thick masonry structure of the building, partially limits the amount of light that enters the building and the availability of views from the interior out to the natural landscape. The group hydrotherapy areas on either side of the lower first level have four windows, which will be treated with a translucent film that permits natural light while blocking the view of the space from the exterior. All restrooms that have windows will receive the same treatment.

**ARTIFICIAL**
Artificial light will be used to enhance the therapeutic quality of the environment, provide visual interest, and invoke feelings of relaxation.

The double height spaces within the building pose a challenge for lighting solutions, as standard ambient light from the ceiling plane will not provide sufficient illumination when the availability of natural light is limited. Certain areas, like the meeting room and cafe, will utilize a lowered ceiling that can host additional lighting. Other areas, like the reception area, waiting area, and retail space, include reflective materials to help amplify the amount of light distributed within the space.

**LOCATION**

<table>
<thead>
<tr>
<th>MANUFACTURER</th>
<th>PRODUCT</th>
<th>DESCRIPTION</th>
<th>LINK</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vibia</td>
<td>Palma</td>
<td>wall sconce fixture with blown glass spheres, LED</td>
<td><a href="https://www.vibia.com/us/usa/wall-fixtures-palma-wall">https://www.vibia.com/us/usa/wall-fixtures-palma-wall</a></td>
<td>Level 1: lobby</td>
</tr>
<tr>
<td>Tech Lighting</td>
<td>Surge</td>
<td>pendant with wave forms created by undulating bands of LED strips</td>
<td><a href="https://www.techlighting.com/Products/Fixtures/Linear-Suspension/Surge-linear-Suspension">https://www.techlighting.com/Products/Fixtures/Linear-Suspension/Surge-linear-Suspension</a></td>
<td>Level 1: meeting area</td>
</tr>
<tr>
<td>Tech Lighting</td>
<td>Lody</td>
<td>features 18 ribbed diffusers mounted to the ends of flared arms to create two rings of up and down LED illumination</td>
<td><a href="https://www.techlighting.com/Products/Fixtures/Lody-Chandelier/Lody-18-Light-Chandelier">https://www.techlighting.com/Products/Fixtures/Lody-Chandelier/Lody-18-Light-Chandelier</a></td>
<td>Level 1: restrooms, level 2: restrooms</td>
</tr>
<tr>
<td>MANUFACTURER</td>
<td>PRODUCT</td>
<td>DESCRIPTION</td>
<td>LINK</td>
<td>LOCATION</td>
</tr>
<tr>
<td>--------------</td>
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<td>----------</td>
</tr>
<tr>
<td>Vibia</td>
<td>Halo Jewel</td>
<td>presents light as a precious element that is expressed in lightweight structures suspended in space</td>
<td><a href="https://www.vibia.com/us/usa/pendants-halo-jewel-pendant">https://www.vibia.com/us/usa/pendants-halo-jewel-pendant</a></td>
<td>Level 1: café</td>
</tr>
<tr>
<td>Vibia</td>
<td>Palma</td>
<td>pendant fixture with blown glass spheres, LED</td>
<td><a href="https://www.vibia.com/us/usa/pendants-palma-pendant">https://www.vibia.com/us/usa/pendants-palma-pendant</a></td>
<td>Level 1: changing rooms</td>
</tr>
<tr>
<td>Vibia</td>
<td>Quadra Ice</td>
<td>white optical glass diffuser held in place by four corner clips for a “floating in space” effect</td>
<td><a href="https://www.vibia.com/us/usa/collections-quadra-ice">https://www.vibia.com/us/usa/collections-quadra-ice</a></td>
<td>Level 1: changing area</td>
</tr>
<tr>
<td>Vibia</td>
<td>Quadra Ice</td>
<td>white optical glass diffuser held in place by four corner clips for a “floating in space” effect</td>
<td><a href="https://www.vibia.com/us/usa/collections-quadra-ice">https://www.vibia.com/us/usa/collections-quadra-ice</a></td>
<td>Level 1: hydrotherapy hall</td>
</tr>
<tr>
<td>Tech Lighting</td>
<td>Akova</td>
<td>ceiling fixture with metal housing, smooth acrylic diffuser, and metal band</td>
<td><a href="https://www.techlighting.com/Products/Fixtures/Flush-Mounts/Akova-Flush-Mount">https://www.techlighting.com/Products/Fixtures/Flush-Mounts/Akova-Flush-Mount</a></td>
<td>Level 2: individual meditation, group meditation</td>
</tr>
<tr>
<td>Tech Lighting</td>
<td>Viaggio</td>
<td>ceiling fixture with fully-dimmable energy efficient LEDs</td>
<td><a href="https://www.techlighting.com/Products/Fixtures/Flush-Mounts/Viaggio-Flush-Mount">https://www.techlighting.com/Products/Fixtures/Flush-Mounts/Viaggio-Flush-Mount</a></td>
<td>Level 2: individual meditation</td>
</tr>
<tr>
<td>Rich Brilliant Willing</td>
<td>Delta</td>
<td>fixture with hybrid lampshade that combines the traditional box pleat with tapered openings</td>
<td><a href="https://richbrilliantwilling.com/collections/delta">https://richbrilliantwilling.com/collections/delta</a></td>
<td>Level 2: group meditation</td>
</tr>
<tr>
<td>Tech Lighting</td>
<td>Belterra</td>
<td>light fixture inspired by the lotus flower</td>
<td><a href="https://www.techlighting.com/Products/Fixtures/Chandeliers/Belterra-48-Chandelier">https://www.techlighting.com/Products/Fixtures/Chandeliers/Belterra-48-Chandelier</a></td>
<td>Level 2: elevator corridor</td>
</tr>
</tbody>
</table>

**L-5 LINEAR PENDANT**

**L-6 PENDANT**

**L-7 WALL SCONCE**

**L-8 FLUSH MOUNT CEILING**

**L-9 FLUSH MOUNT CEILING**

**L-10 FLUSH MOUNT CEILING**

**L-11 LANTERN PENDANTS**

**L-12 CHANDELIER**
<table>
<thead>
<tr>
<th>MANUFACTURER</th>
<th>PRODUCT/FINISH</th>
<th>DESCRIPTION</th>
<th>APPLICATION</th>
<th>LINK</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benjamin Moore</td>
<td>Aura Interior, Iron Mountain</td>
<td>satin finish</td>
<td>wall + ceiling</td>
<td><a href="https://www.benjaminmoore.com/en-us/paint-colors/color/2134-30/ironmountain">https://www.benjaminmoore.com/en-us/paint-colors/color/2134-30/ironmountain</a></td>
<td>Level 1; Level 2</td>
</tr>
<tr>
<td>Coverings Etc.</td>
<td>Eco-Cem, Natural Grey</td>
<td>80% recycled portland cement, fly ash and 20% recycled wood pulp</td>
<td>flooring</td>
<td><a href="https://www.coveringsetc.com/EcoCem">https://www.coveringsetc.com/EcoCem</a></td>
<td>level 1, level 2</td>
</tr>
<tr>
<td>Scandinavian Spaces</td>
<td>Pixel, Moss + Apple</td>
<td>2” x 2.4” moss squares, fire-resistant, hypoallergenic, and maintenance-free</td>
<td>acoustic wallcovering</td>
<td><a href="https://www.scandinavianspaces.com/products/pixel">https://www.scandinavianspaces.com/products/pixel</a></td>
<td>level 1: lobby, café</td>
</tr>
<tr>
<td>3form</td>
<td>Varna, Capuz, Full Straight</td>
<td>veneer panels with decorative interlayer</td>
<td>partition</td>
<td><a href="https://www.3-form.com/interlayers/capuz/fullstraight">https://www.3-form.com/interlayers/capuz/fullstraight</a></td>
<td>level 1: café, changing area</td>
</tr>
<tr>
<td>MANUFACTURER</td>
<td>PRODUCT/FINISH</td>
<td>DESCRIPTION</td>
<td>APPLICATION</td>
<td>LINK</td>
<td>LOCATION</td>
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</tr>
<tr>
<td>Benjamin Moore</td>
<td>Aura Interior, Cascade Mountains</td>
<td>satin finish</td>
<td>wall + ceiling paint</td>
<td><a href="https://www.benjaminmoore.com/en-us/paint-colors/color/862/cascade-mountains">https://www.benjaminmoore.com/en-us/paint-colors/color/862/cascade-mountains</a></td>
<td>level 1; level 2</td>
</tr>
<tr>
<td>Benjamin Moore</td>
<td>Aura Interior, Rolling Hills</td>
<td>satin finish</td>
<td>wall paint</td>
<td><a href="https://www.benjaminmoore.com/en-us/paint-colors/color/1497/rolling-hills">https://www.benjaminmoore.com/en-us/paint-colors/color/1497/rolling-hills</a></td>
<td>level 1; level 2</td>
</tr>
<tr>
<td>Benjamin Moore</td>
<td>1st Basaltic</td>
<td>Portmore Ceramic, Aqua</td>
<td>glazed ceramic tile</td>
<td>wall tile</td>
<td>level 1: group hydrotherapy</td>
</tr>
<tr>
<td>Benjamin Moore</td>
<td>3form</td>
<td>Varia, Haiku</td>
<td>resin panels with decorative interlayer</td>
<td>partition</td>
<td>level 2: group meditation</td>
</tr>
<tr>
<td>Tile Bar</td>
<td>Portmore Ceramic, White Oak</td>
<td>applied texture milled into surface of wood, repeats in 1/4&quot; grooves</td>
<td>wall + ceiling</td>
<td><a href="https://www.tilebar.com/portmore-white-oak-4x4-glazed-ceramic-tile.html">https://www.tilebar.com/portmore-white-oak-4x4-glazed-ceramic-tile.html</a></td>
<td>level 1: group hydrotherapy</td>
</tr>
<tr>
<td>DesignTex</td>
<td>Alphabet, Pavement</td>
<td>100% vinyl, 1,000,000 double rubs</td>
<td>upholstery</td>
<td><a href="https://www.designtex.com/alphabet.html">https://www.designtex.com/alphabet.html</a></td>
<td>level 1; level 2</td>
</tr>
<tr>
<td>Flor</td>
<td>Down to Earth, Stone</td>
<td>19.7&quot; × 19.7&quot; tile squares</td>
<td>commercial area rug</td>
<td><a href="https://www.flor.com/area-rugs-carpet-tiles/solids/down-to-earth-21-1402.html">https://www.flor.com/area-rugs-carpet-tiles/solids/down-to-earth-21-1402.html</a></td>
<td>level 1: meeting area; level 2: counseling, staff lounge</td>
</tr>
<tr>
<td>Polycor</td>
<td>Granite, Bethel White</td>
<td>natural stone quarried in Bethel, VT</td>
<td>countertops</td>
<td><a href="https://www.polycor.com/stone/granite/bethel-white/">https://www.polycor.com/stone/granite/bethel-white/</a></td>
<td>level 1: reception, café, restrooms; level 2: counseling, staff lounge, restrooms</td>
</tr>
</tbody>
</table>
As per section 2902, table 2902.1 of 2018 International Building Code, the minimum number of required plumbing fixtures for assembly facility:

<table>
<thead>
<tr>
<th>NO</th>
<th>CLASSIFICATION</th>
<th>WATER CLOSETS</th>
<th>LAVATORIES</th>
<th>DRINKING FOUNTAINS</th>
<th>OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>ASSEMBLY</td>
<td>Male: 1 per 75 for the first 1,500 and 1 per 120 for the remainder Female: 1 per 40 for the first 1,520 and 1 per 60 for the remainder</td>
<td>Male: 1 per 200 Female: 1 per 150</td>
<td>1 per 1,000</td>
<td>1 service sink</td>
</tr>
</tbody>
</table>

Based on the code above, the facility provides:
- 7 water closets
- 7 lavatories
- 1 drinking fountain
- 1 service sink
PROJECT STATEMENT

This project is an exploration of a facility that combines wellness design strategies with alternative therapies, to include hydrotherapy and meditation, with the goal of seeking traditional care. Supporting adults who have anxiety and/or depression and are not comfortable with alternative therapies, to include hydrotherapy and meditation, with the goal of this project is the idea of taking a deep breath, which is visually exploring expressions of expansion and compression derived from site plan and parti diagrams. The concept for this project is the idea of taking a deep breath, which is visually explored through layering form language.

CONCEPT STATEMENT

The concept for this project is the idea of taking a deep breath, which is visually explored through layering form language.
1. WAITING + RECEPTION
The lobby, including a reception area, waiting area and small retail space, evokes classical architecture while incorporating contemporary forms with curvilinear forms nesting in a simple and elegant manner. The ceiling element is carried through multiple spaces in the facility.

2. CAFÉ É
With a variety of seating options and the continued ceiling feature, the café serves simple plates to staff and patients before or after treatment sessions.

3. CHANGING AREA
Each of the two changing areas for the hydrotherapy spaces includes four individual changing rooms, one of which is accessible, adjacent lounge seating and personal locker storage, and two restrooms.

4. GROUP HYDROTHERAPY
Group hydrotherapy spaces located at either end of individual hydrotherapy rooms can be occupied by multiple users at a time. Windows in this space are treated with a translucent film to ensure that users have adequate privacy when occupying the space.

5. INDIVIDUAL MEDITATION
Each of the four individual meditation rooms has two sliding glass walls that can be opened to provide a closer connection to the natural environment. The ceiling feature in these rooms acts as a screen that highlights the transition between the entrance and the therapy space.

6. GROUP MEDITATION
The group meditation room also has two sliding glass walls, as well as a fixed sliding partition to separate the entrance from the therapy space. Bench seating for multiple users, wall-mounted storage, and light fixtures that reflect the open-air quality of the second level.

7. STAFF LOUNGE
The staff lounge, outfitted with a variety of furniture types and arrangements, is a place where staff members can comfortably rest, eat, or gather outside of working hours.

8. COUNSELING
Counseling rooms are used for individual meetings between patients and staff members. With informal furnishings and ample workspace and storage, the space promotes both comfort and productivity.
The defense for this thesis, held on May 6th of 2022, presented the opportunity to share the work I have developed over the past year with several of my professors – Roberto Ventura, Kristin Carleton, Dr. Sara Reed, Emily Smith, Lexy Holcombe, and Camden Whitehead. It was especially meaningful to share this work with them, because without the guidance, knowledge, insight and feedback that they have consistently provided me with over the past two years, this project would be incomplete.

The verbal presentation included the relevance of the topic of mental health, site information and building history, programming, conceptual development, schematic development, and finally, a walk-through of the floor plan and its corresponding perspective views. After completing the verbal presentation, the faculty and I began to discuss the implementation of the concept. It was helpful to consider a further exploration of how a user experiences the space as they walk through it. Which areas should invoke the sensation of breathing in versus breathing out? The concept was primarily implemented through the ceiling plane, with varying ceiling heights, forms and materials, but the concept could have had a stronger impact if it gave more evident direction in the design of other project elements. I was also prompted to reconsider the selection of the materiality for the metal ceiling drapery; perhaps the existing building calls for a material like stainless steel, as opposed to the anodized aluminum that was initially chosen for its lightweight and reflective qualities.

A suggestion was made to create a custom section drawing that cuts through the main circulation path of a typical user, so that we are able to follow the user’s movement through the space and better understand the overall experience from start to finish. Not only would the inclusion of this drawing help to further visualize the concept, but it would also add to our understanding of the changes in elevation that are present in the building’s first level. Because of these changes in elevation, it would also have been helpful to graphically emphasize the ramp that leads down into the hydrotherapy spaces so that the plan clearly reads as accessible.

The faculty also suggested that I incorporate a view or drawing that specifically highlights the individual hydrotherapy rooms. These spaces do occupy a significant amount of square footage in the facility, and a visual representation would help to describe this primary program area in terms of the layout, function, and the treatment process. As a treatment facility for anxiety and depression, the inclusion of the retail space was brought into question, as retail in the context of wellness is typically associated with spa facilities. Although it was not as thoroughly developed as other primary program areas within the project, I chose to include the retail space to include wellness products or other products that users might encounter during treatment. It may have been beneficial to investigate alternative program areas that are more specific to mental health in order to better reinforce the project’s overall mission.

I was pleased to hear that the faculty appreciated my consideration for societal needs concerning mental health, and that this type of project would serve to benefit the community in a new way. The non-traditional programming, along with the non-institutional quality of the proposed facility, would help to diversify treatment options for those seeking mental health support. My studies in interior design, especially those related to this project, have developed my understanding of user needs in the built environment, the impact that thoughtful design can have, and the many considerations that are required to produce good design. The final design of this project reflects thoughtfulness, creativity and growth, and I am proud to have developed a space that challenges institutional standards while supporting healing and recovery.

ACKNOWLEDGEMENTS

This journey would not be complete without —

My family, who offers all the support I could ever need

My friends, who continually provide me with encouragement

Alex, my partner and source of consolation

My studiomates, Emily Kalafian, Hallie Gibbepas, Kristy Leitzel, Stephanie Wilburn, Lisa Moon, Nihal Chawla, and Patricia Lamb, who never fail to inspire me

My professors, whose guidance, insight knowledge and feedback have helped me to realize my potential

Thank you.