PANEL DISCUSSION

Wellness Architecture: Placemaking for Wellness

Panel Moderated by Liz Terry, CEO, CLADglobal, UK

Panelists:

Dr. Anjan Chatterjee, professor, University of Pennsylvania, US
Clodagh, CEO & principal, Clodagh Design, US
Veronica Schreibeis Smith, CEO & founding principal, Vera Iconica Architecture, US
Matteo Thun, principal, Matteo Thun & Partners, Italy
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Africa

It's important for people to be rooted in place. This is a very special house, with powerful connections to nature.

SOLAR SYSTEM

Most people scour real estate websites in search of the perfect property, but Jennifer Bodingfield has designed and built her own piece of paradise. She talks to Well Home editor, Liz Terry.
love of nature

As a leading figure in the green building movement, Jason McLennan was determined to create the most sustainable home possible. He tells Tom Walker about the unexpected wellness benefits of his nature-inspired home.

There's a house in our
backyard that meets the
requirements of the
Living Building Challenge.

The steel sheathing in the
dining room provides a space
for rosewood herringbone
patterns.
Bali
When guests check into the hotel, they're given a medical exam and greeted by a personal wellness coach.

WELLNESS RESORT
The new project from Drill Living, which opened last year, is much larger and more ambitious. Tanghi is a wellness resort named after a city in northern China known for its traditional Chinese gardens.

Eating area was another key part of the design of Tanghi. The complex includes an event space, a chapel, educational facilities, a 78-room hotel, spa, and wellness center with meditation rooms and a clinic that integrates Chinese and Western medicine. It's open to the public, and a program of self-care improvement.

Living the Experience
It's an experience that can be enjoyed all year. Tanghi includes 12 single-family houses and a hotel, whose construction was completed in 2018. The main building has been designed to include four existing houses, since they had been converted into a hotel, but the new work meant that the problem of building a modern feel to the whole project was solved by the architect.

A wellness program that led the design, and is another way around. "Living in Tanghi and taking the different programs, I can feel that the guests are

China
The Hidden House

The developers dreamed of a home to support a healthy lifestyle and TF Architecture have delivered this home in West London with beautifully integrated health and wellness features.
India
PLAYFUL

LIVING

With seven children, architect Alex Michell and his partner knew they wanted their home to be as playful as possible. A slide, swimming pool, cinema room and the children’s pole help to keep the family active, connected and happy, as he explains.
A MODERN-DAY UTOPIA

The community of Serenbe, just outside Atlanta, is home to around 700 people who have chosen to put wellbeing at the centre of their lives. Jane Kitchen visits to find out more.

As the plane descends into Atlanta, the city stretches out beneath me in a sprawl of modern-day sprawl. Highways crisscrossing the land, marking out the grid of urban life. This is the world of fast and frenetic. The world of stress and busyness.

But here, in Serenbe, things are different. This is a place where people focus on slowing down, on connecting with nature and each other. It's a place where wellbeing is at the heart of everything.

Residents share stories with me of how Serenbe has changed their lives for the better and they are healthier and happier.

“Serenbe has been the perfect place for me and my family to live,” says Katherine Johnson, who moved here with her husband and two children. “It’s a place where we can relax and enjoy the natural surroundings. We feel a sense of community and belonging here.”

Wellness communities

Yoga at the community centre and socialising around the heart of the Serenbe community.
Japanese and Scandinavian hospitality combine at Yasunagi near Stockholm

A winner in the 2020 World Luxury Spa Awards, the Yasunagi spa near Stockholm blends the tranquility of Scandinavian minimalism and Japanese tradition to create a truly relaxing experience. The spa, which overlooks the Stockholm Archipelago, is a sanctuary in the city's urban setting, offering a range of activities including yoga, meditation, and a sauna. On arrival, guests are encouraged to take part in the age-old tradition of a clay bath. The hotel, which has 184 rooms, is also dedicated to sustainability, and holds a number of environmental certifications. In 2009, it became the first hotel in Sweden to receive certification from the Marine Stewardship Council and The Restaurant Association Swedish Environmental Council for sustainable and seaweed and shellfish dishes. The hotel's entire energy use is fossil fuel-free and rainwater is collected to make hot water.

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