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
Beyond environmentalism.

Nourish the soul.

More than architecture.
We must move beyond Environmentalism
to Wellism.
Wellness Architecture

the practice of architecture that relies on the art and science of designing the built environment with socially conscious systems and materials to promote the harmonious balance between physical, emotional, cognitive and spiritual wellbeing while regenerating the natural environment.
“Art gives meaning to form.

Remove the art, and you remove the soul.”

–Luis Longhi
We will never reach true wellbeing if our designs don’t nourish the soul.
**THE KITCHEN: RE-IMAGINED**

**Conventional**  

1. Heavy packaging on grocery items—especially on plastic containers, bottles, and metal cans—ends up in landfills.
2. Food packaging looks like harmful chemicals seep into food, which we then eat.
3. Many packaged foods have been chemically altered or “treated” to ensure their shelf life and increase sales rather than taste good.
4. Refrigerators/recyclers keep food excessively cold, allowing for rapid freezing temperatures, and rapidly depleting fresh fruits and vegetables.
5. Food storage is designed for caustic (raspberry) and food stores meant for raw, unrefined ingredients.
6. Large, deep refrigerators hide fresh foods from view, food is forgotten, left defrosted and rots before it is consumed.
7. Figure storage compartment is visually and psychologically appealing.
8. All organization is hidden away. Drawer, desk, window, furniture, and food locations are a mystery to visitors, adding to the aesthetic confusion. Also, clutter cuts on essential cuts up space, creating unnecessary strain through visual binging because lower shelves do not typically have drawers for easy access.
9. Gourmet package has become the word for food companies. Gourmet is made to be expensive and expensive is good for the exterior.
10. Every kitchen package has become the word for food companies. Gourmet is made to be expensive and expensive is good for the exterior.
11. Secondary, multiple items are on occasion and often placed in the island only a few feet from the main sink.
12. Typically designed for one-cook, despite needs of small cooking and its benefits on a small scale.
13. Well-stocked, no-drawer, no-wall design that cuts into the Narcissist.
14. No drawer is water-side. Countertop is water available for easy drinking.
15. Since the dawn of the TV dinner, no convenience is more frequent than its use. Microwaves have become known as easy to eat, and if hinecke structure, that is in evolution.
16. Long roses (commonly found in a flower arrangement) require unnecessary costs to cut, tends to be expensive to cut, and is not easy to cut the exterior.
17. Appliances are often constructed and are left to clutter valuable counter spaces. Oftentimes there is not enough space to make them less exposed to the exterior.
18. Additional natural light.
19. Mason’s Wine (a hotel) prepares the food in the kitchen before serving the dish to a separate room.
20. No design is function well as a gathering space.

**Wellness**  

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**Organization:**

- Food preparation and storage
- Dishwasher and sink use
- Refrigerator and freezer organization
- Utensils and器ware storage
- Spice rack and shelf placement

**Storage:**

- Open shelving and drawers
- Pull-out shelves and racks
- Under-cabinet storage
- Wall cabinets and overhead storage

**Lighting:**

- Natural light from windows
- Task lighting near workstations
- Ambient lighting in the kitchen

**Materials:**

- Sustainable and eco-friendly materials
- Local and regionally sourced materials
- Recycled and upcycled materials

**Energy Efficiency:**

- Energy-efficient appliances
- LED lighting
- Solar power options

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**Multiple cooking methods are entertained and encouraged.**

- Grilling, roasting, baking, and stewing are all welcome in the kitchen.
- Flexible cooking options cater to different dietary preferences and cooking preferences.

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**Design and Style:**

- Modern and minimalist design
- Open-concept layout
- Color palette that reflects a natural and organic aesthetic

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**Wellness and Health:**

- Access to fresh fruits and vegetables
- Space for exercise equipment
- Water filtration system

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**Technology:**

- Smart kitchen appliances
- Home automation systems
- Voice-controlled devices

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**Maintenance and Cleaning:**

- Easy-to-clean surfaces
- Low-maintenance materials
- Regular cleaning schedules

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**Privacy and Security:**

- Lockable cabinets and drawers
- Surveillance cameras
- Smart locks and keys

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**Community and Socialization:**

- Open-plan layout encourages interaction
- Outdoor spaces for gatherings
- Space for hosting guests and events
We have to design more than architecture,

we must design experiences.
1. We must move beyond Environmentalism to Wellism.

2. Architecture must nourish the soul.

3. More than architecture, we must create experiences.