

# Perception

# Subconscious

04

## SYNTHESIS PROJECT

Compulsory Course\_Intersections\_SEM 3

# Materials

# Colors

# Mental

# Behavior

# Proportions

# Acoustics

# Physical

# Configuration



*As an extension of the master planning project in Connecting Interiors, this project aims to create a health and wellbeing center for both students and publics. The reason I chose these floors is that they include special functional areas, such as herbal medicine, acupuncture and massage etc. They are the most important and characteristic part of the oriental health care program.*



# BRIEF

## PROJECT

Edinburgh Oriental Health & Wellbeing Center

## BACKGROUND

College students are in the stage of rapid physical development and maturity, and at the same time they are undertaking heavy mental work. Maintaining good health is not only conducive to complete their studies, but also directly affects the future competitiveness of the country. Health, nutrition and education are three components of a person's growth and development. College students are the main force of the future society and it is imperative to improve their physical quality.

A survey conducted by China Youth Daily on 1,979 post-90s people showed that nearly 80% of the post-90s respondents began to pay attention to health information, and regarded health consumption as a necessity for daily expenses. The sales data of some e-commerce platforms intuitively shows that young people's demand for health and wellness products is growing rapidly, and has replaced the middle-aged and the elderly as the main force in the health care market. This stems from the growing wellness awareness of young people, and the consumption of health and wellness is showing a younger trend.

However, the situation in the UK is that general practice is in crisis because of difficulties in recruiting and retaining GPs alongside a growing and increasingly complex workload. This is impacting on patients, who are finding it harder to get appointments when they need them.

## AIM

To improve the physical quality of students, release pressure, enhance immunity, and then promote the healthy development of students' physical and mental health. I hope that all residents living in Edinburgh can try and accept some new treatments, including experience herb medicine and practice Tai Chi under the health care provider's suggestion. It not only relieves physical discomfort, but also treat general disease, reducing the pressure on the National Health Service (NHS).

## THEME STATEMENT

The theme of this proposal is to let the interior space affect the psychological state of users through design, and achieve the effect of physical and mental treatment at the same time. The main objective of the project is to improve the physical quality of students, release pressure and enhance immunity. It not only a wellbeing center, but also a place for publicity and education. In addition, I also hope that the new center will become an essential part of the city, providing an environment that the public can attend and encouraging residents to enjoy a healthy lifestyle and get on top of issues before they develop into chronic health problems.

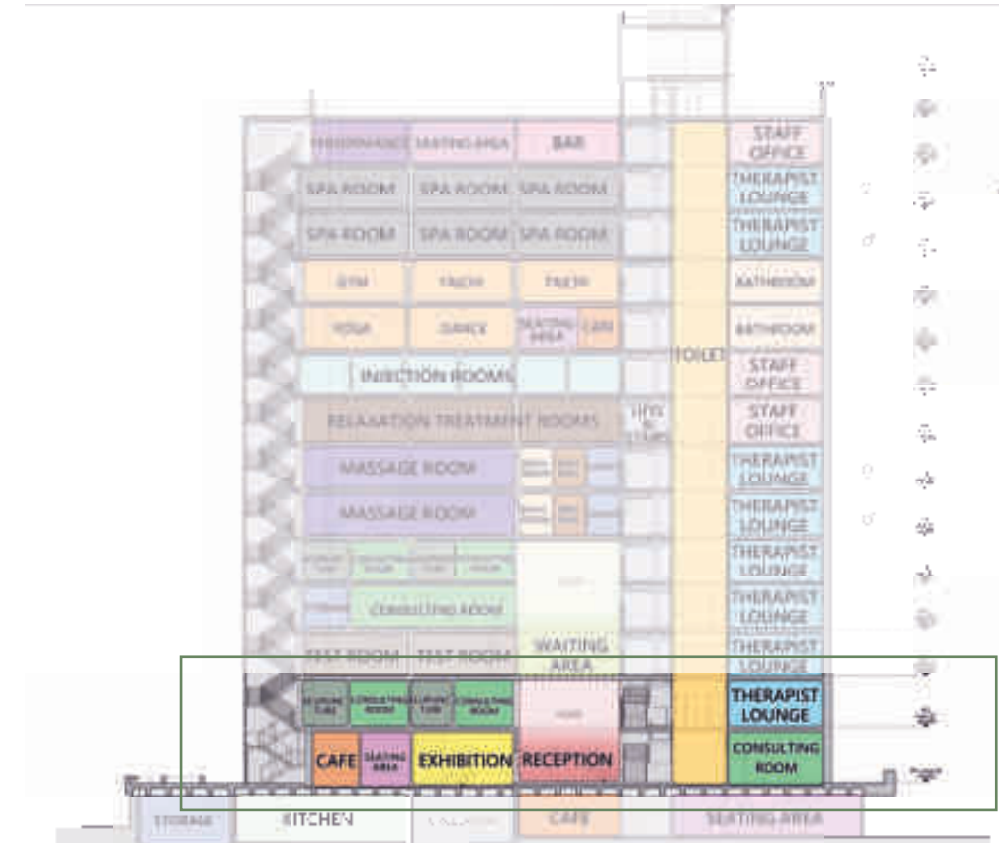
## PROPOSED USED

Site: 40 George Square, ground floor and first floor  
 In these two floors, they include special functional areas like herbal medicine and acupuncture therapy. The reason I chose the site is that these oriental medicine aims to regulate the human body to help eliminate the origin of diseases. Therefore, oriental medicine is still valuable and needs to be preserved and promoted properly. I hope that users can try and accept these new treatments, creating a sense of identity with the space through interior design. Finally, it can improve their own awareness of health and wellbeing.

- |  |  |
|--|--|
| <span style="color: red;">■</span> Emergency           | <span style="color: purple;">■</span> Seating Area   |
| <span style="color: green;">■</span> Consulting room   | <span style="color: orange;">■</span> Cafe           |
| <span style="color: yellow;">■</span> Toilet           | <span style="color: pink;">■</span> Reception        |
| <span style="color: lightblue;">■</span> Exhibition    | <span style="color: lightpink;">■</span> Off ice     |
| <span style="color: teal;">■</span> Decoction          | <span style="color: lightteal;">■</span> Pharmacy    |
| <span style="color: blue;">■</span> Storage            | <span style="color: grey;">■</span> Acupuncture      |
| <span style="color: cyan;">■</span> Therapist Lounge   | <span style="color: lightgrey;">■</span> Circulation |
| <span style="color: lightgreen;">■</span> Waiting Area |  |

## JUSTIFICATION

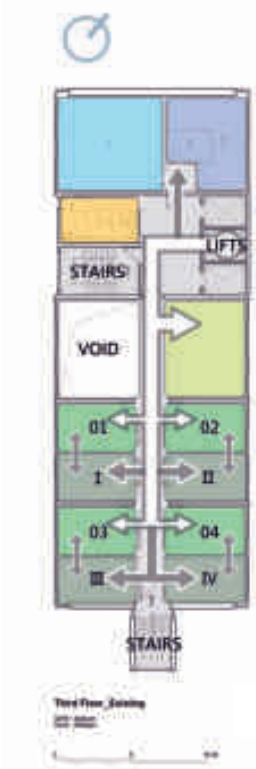
As an extension of the master planning project in Connecting Interiors, this project aims to create a health and wellbeing center for both students and publics. Different from general psychological clinics, my program focuses more on physical health care. As we know, the healthcare industry is increasingly focusing on developing spaces to facilitate healing through well-being and positivity. The focus should be on the comforting, calming quality of spaces which enhances patient comfort and creating a healthcare environment that is not daunting or stressful for public. While satisfying the feelings of patients, attention should be paid to the working environment of medical workers.



SectionDD\_Proposal



Ground Floor\_Proposal



First Floor\_Proposal

Topic4:  
**How herbal medicine treatment works**

How:  
What equipment and how much space is needed and the circulation between each space. And other accessibility features.

Case study:  
Beijing Tong Ren Tang

Site:  
124 Shaftesbury Avenue, London, W1V7DJ, U.K

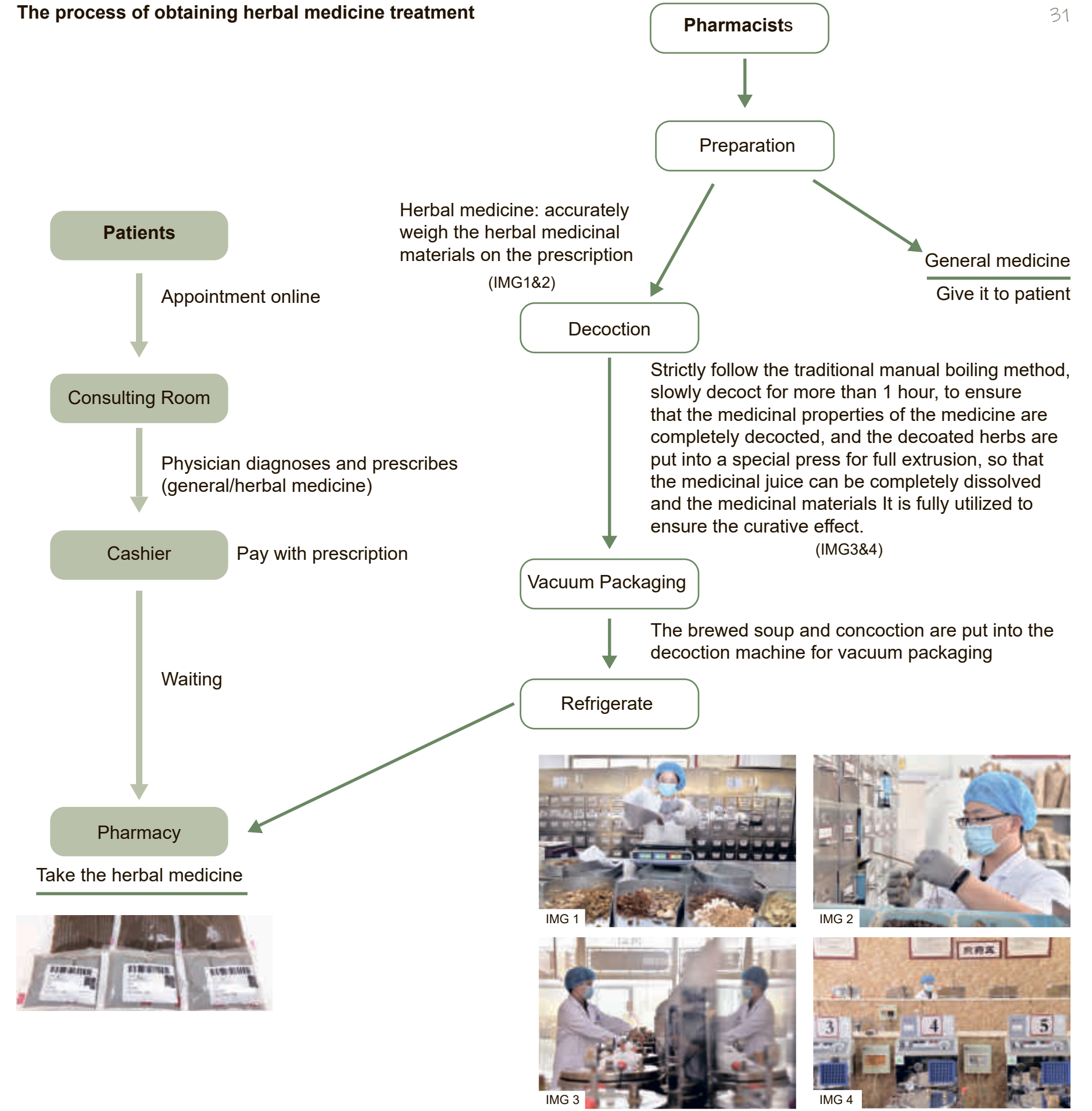
Story:  
In 1995, Beijing Tong Ren Tang came to the United Kingdom and opened its first European branch on Shaftesbury Avenue in Chinatown, London, bringing the most trustworthy Chinese medicine and treatment methods to the majority of British Chinese. This is over 20 years.

Four common herbal medicine prescriptions:

Type	Effect	Prescription	Applicable season	Applicable people
Dendrobium nourishes the stomach	nourishing yin and clearing heat, strengthening the spleen and nourishing the stomach	Chinese yam, Dendrobium, American ginseng	autumn and winter	people with stomach issues
Ophiopogon japonicus soup	nourishing yin and moistening the lungs	North American ginseng, Ophiopogon japonicus, and candied dates	All year	people with lung issues, stay up late get angry crowd
Ching bo leung	clearing away heat and moistening the lungs, nourishing yin and nourishing the face	North American ginseng, Gorgon, snow fungus 6 grams of Coix seed, Polygonatum	All year	Influenza people
Yi Qi Sheng Jin	nourishing yin and clearing heat, nourishing qi and promoting body fluid	Dendrobium, Ophiopogon japonicus ,North Radix ginseng, Small leaf Qingtiankui	summer and autumn	people with fever, thirst, lung heat and cough

Source:  
<https://chinatown.co.uk/zh/shop-zh/beijing-tong-ren-tang-zh/>  
<http://www.hstzy.com/tsjyf.htm>

**The process of obtaining herbal medicine treatment**



Topic5:  
**How acupuncture therapy works**

How:  
What equipment and how much space is needed and the circulation between each space. And other accessibility features.

Introduction:  
Acupuncture is a combination of needling and moxibustion, which generally refers to a non-drug treatment method that uses tools or heat sources to stimulate the body surface. It is an important part of traditional Chinese medicine.

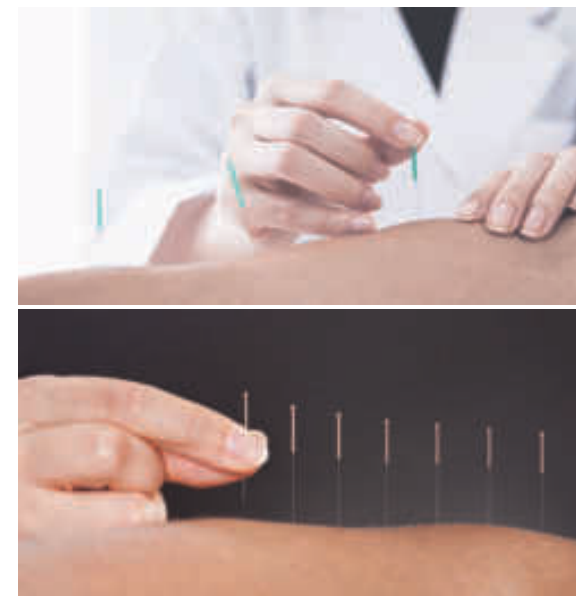
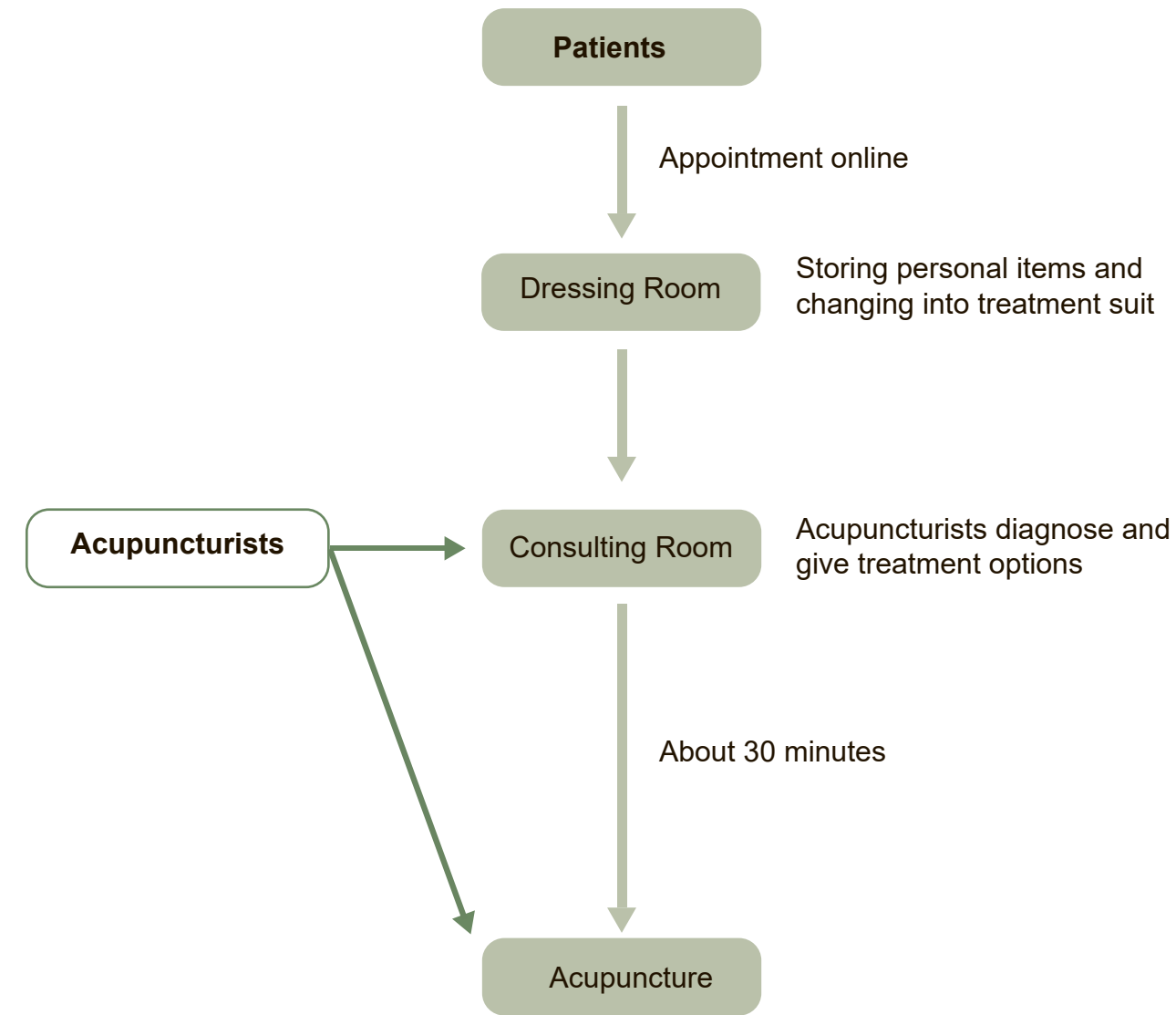
General operation process:  
Referring to the standard procedures of acupuncture textbooks, physicians usually apply acupuncture at several acupoints, and then let the patient lie down for about 20-30 minutes, about 1-2 times a week. For some patients with simple conditions, doctors may use simple procedures, such as starting with just 1-2 needles, or applying auricular points. Simple acupuncture can give some patients a taste of the feeling of acupuncture.

Beneficial effect:  
Pain relief includes nerves - to promote natural relief. include:  
\* Reduce burden  
\* Increase energy  
\* Improve mood  
\* Improve physical function  
\* Improve circulation

Feelings:  
Most acupuncture clients feel comfortable and have a tingling sensation during this period. Be heavy, hot and cold. By targeting specific areas of treatment, the body can be stimulated to release endorphins.

Side effect:  
Occasionally, emotions may develop for several days that may trigger sleep, gastrointestinal, urination, or emotional conditions. The treatment risk will be interpreted by the acupuncturist.

**The process of acupuncture therapy**



Source:  
Care Valley Wellness Centre

Topic6:  
**Tea therapy**

Introduction:  
Tea is Chinese culture. Tea therapy can achieve yin and yang balance and remain wellness. Some ingredients can relieve stress and body discomfort. The ingredients of Tea therapy include flowers, dried fruits and leaves. Just small amount of ingredients is used therefore the effects is gentle. It can be used for everyday and keep our body in good shape in terms of nourishing of life.

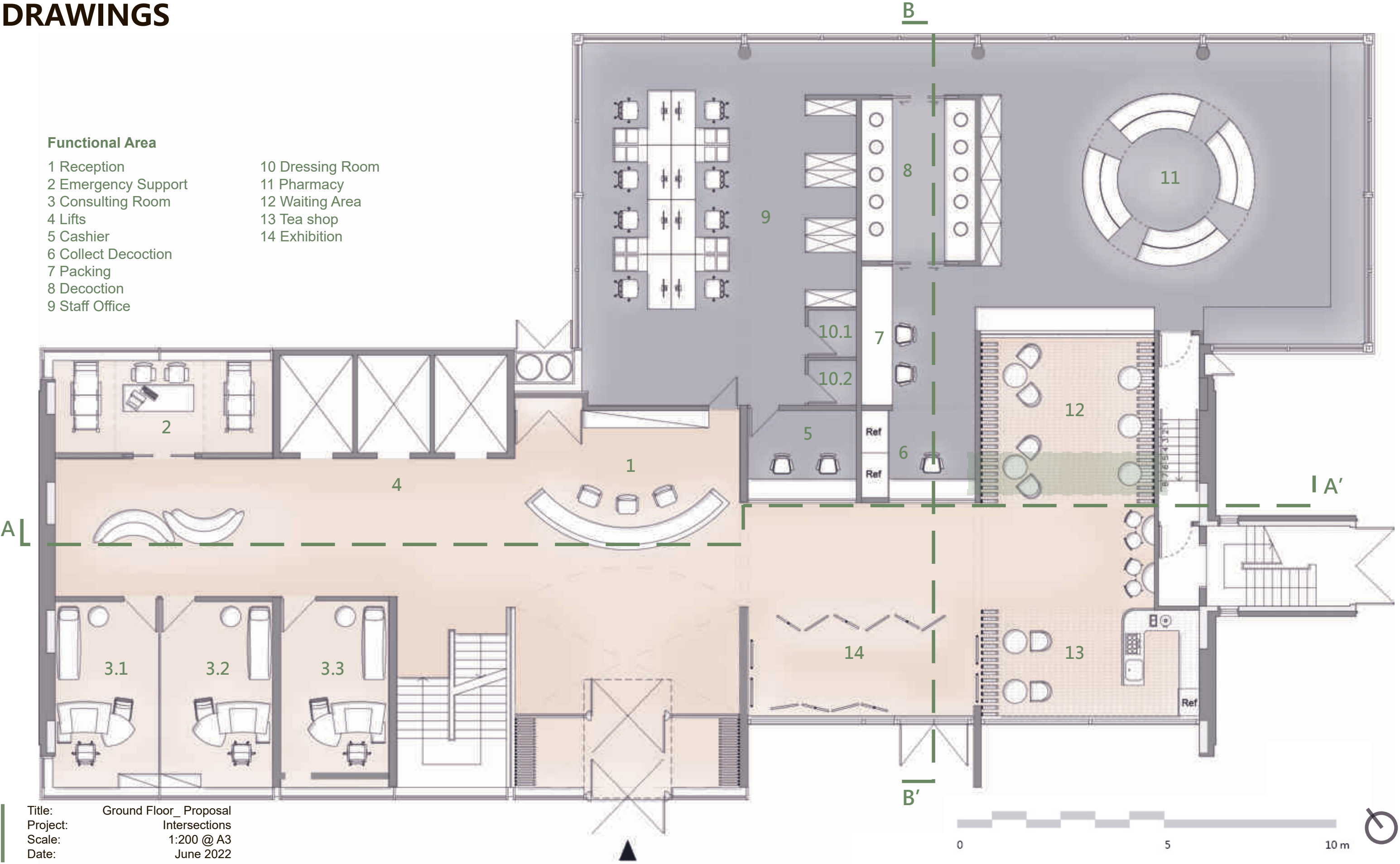
What I want is to turn selling coffee into selling health tea, which is more in line with the theme of the place.  
All ingredients can be boiled or brewed for 10 minutes:

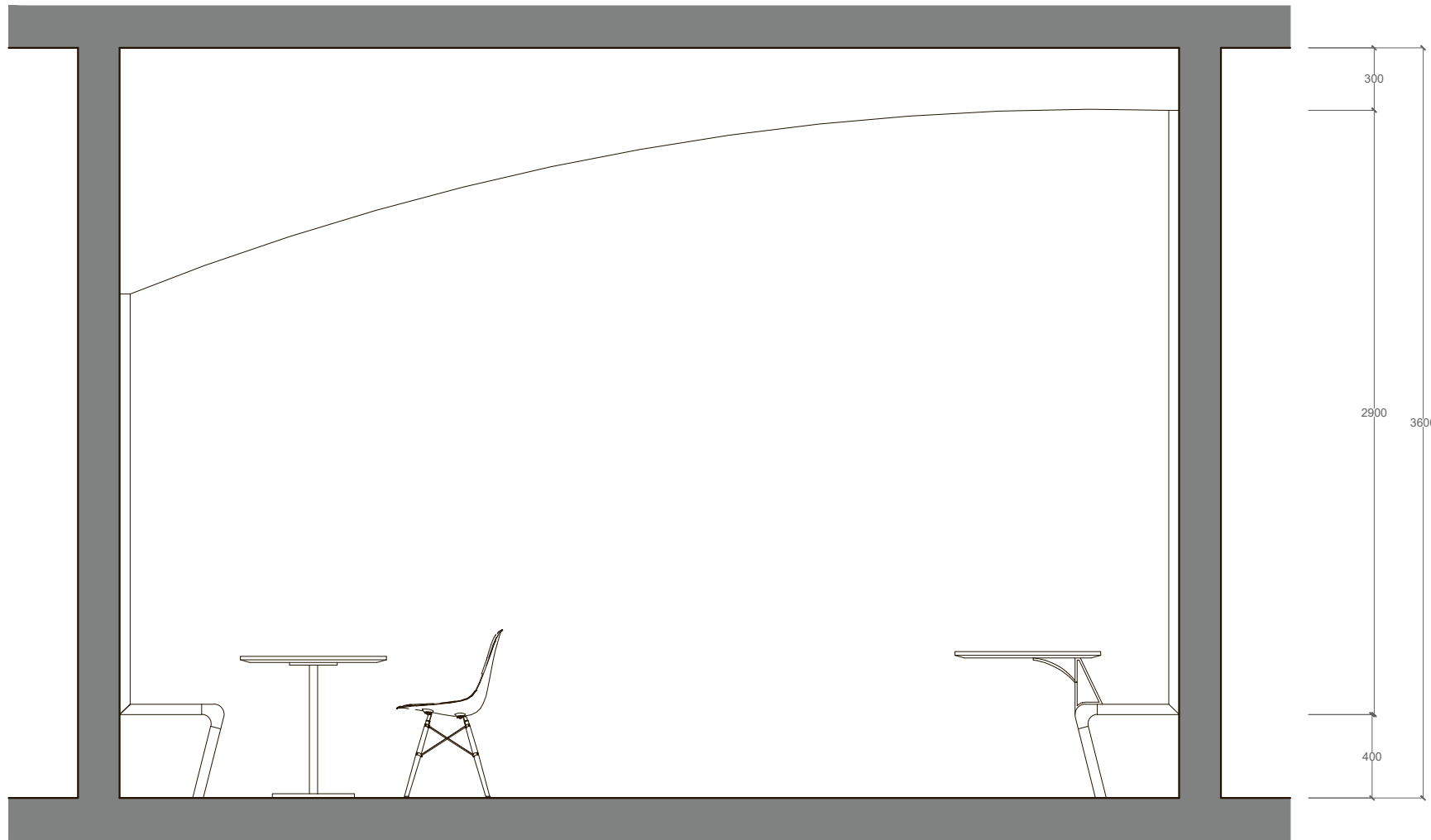


Source:  
Wong Po Sim, RCMP, Lingnan University Chinese Medicine Clinic  
<https://sway.office.com/q0LwBPoEK0upUSbU?ref=Link>  
[http://www.360doc.com/content/20/0512/22/39904718\\_911867409.shtml](http://www.360doc.com/content/20/0512/22/39904718_911867409.shtml)

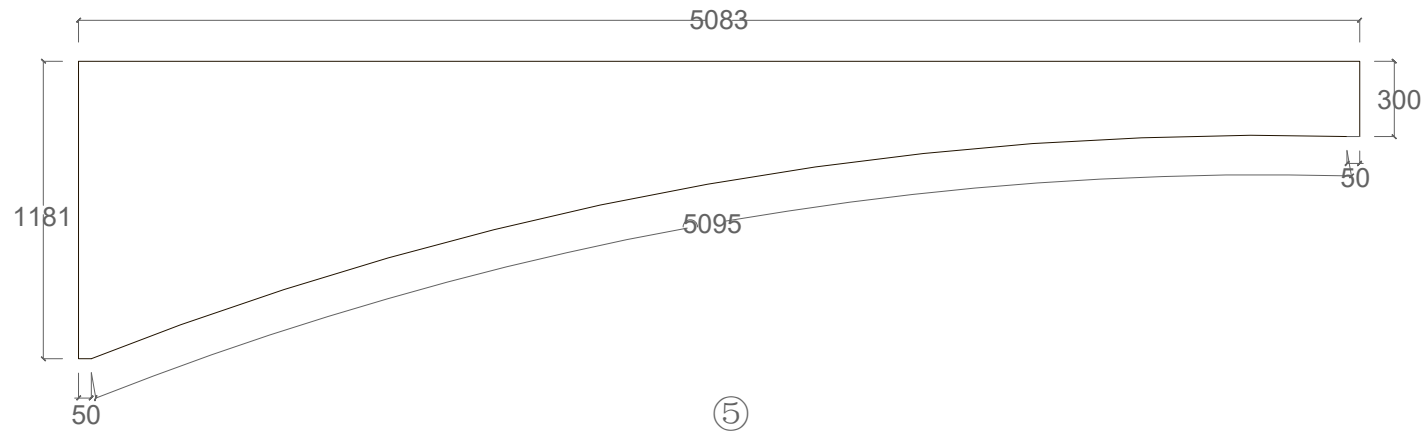
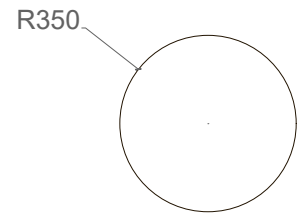
Image	Ingredients	Taste	Indications
	Golden Monk Fruit	sweet, cool nature, belong Lung meridian	lose voice, mild sore throat, reduce cough, refreshing, relieve thirsty
	Lemon slices	sour, warm nature, belong Lung and Stomach meridian	minimize heat, nausea, poor appetite, sober up, detox, refreshing, relieve thirsty
	Sunyi flower	hot, warm nature, belong Lung and Stomach meridian	nose congestion, nasal allergy, headache
	Mint	hot, cool nature, belong Lung and Liver meridian	nasal blocked, eliminate bad breath, minimize heat, refreshing, relieve abdominal bloating, headache, soothing itchy
	Bitter melon slices	bitter, cool nature, belong Liver meridian	reduce heat, high blood pressure and diabetes
	Dried Mulberry with Dates	Dried Mulberry – sweet, mild cold nature, belong Heart, Liver and Kidney meridian Dates – sweet, gentle nature, belong Spleen meridian	improve blood circulation and ruddy complexion, cold extremities

# DRAWINGS

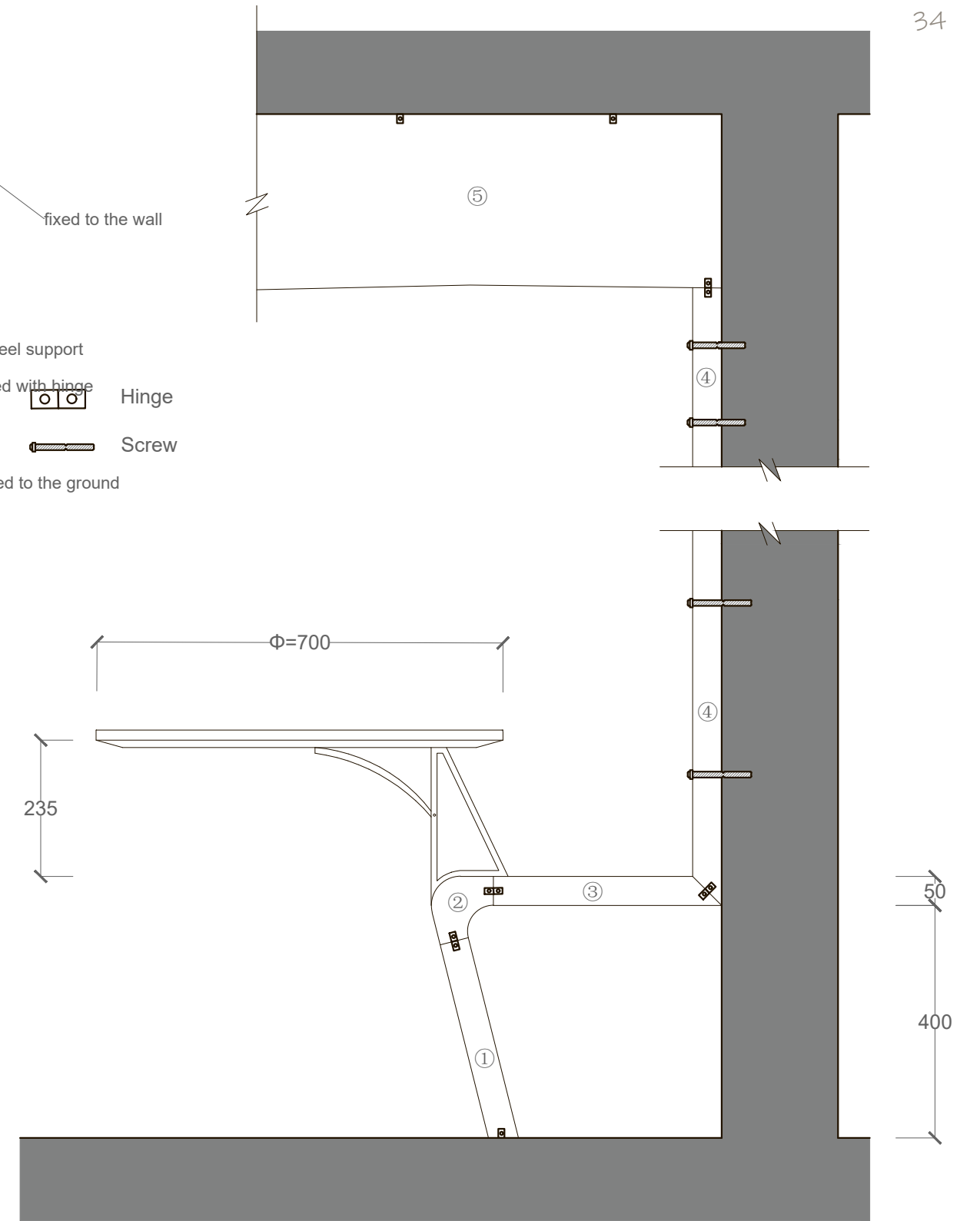
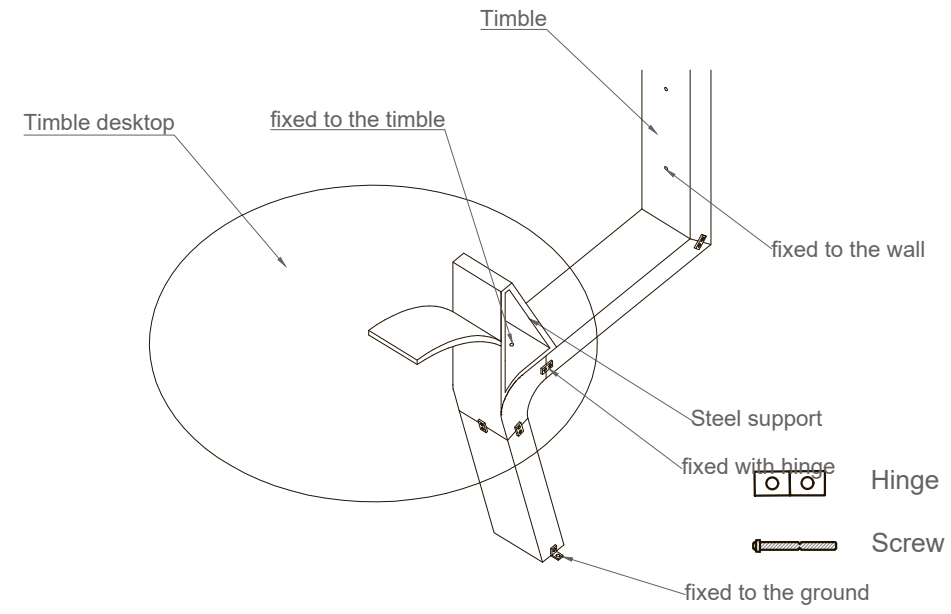




Title: Waiting Area Section  
 Project: Intersections  
 Scale: 1:30  
 Date: June 2022



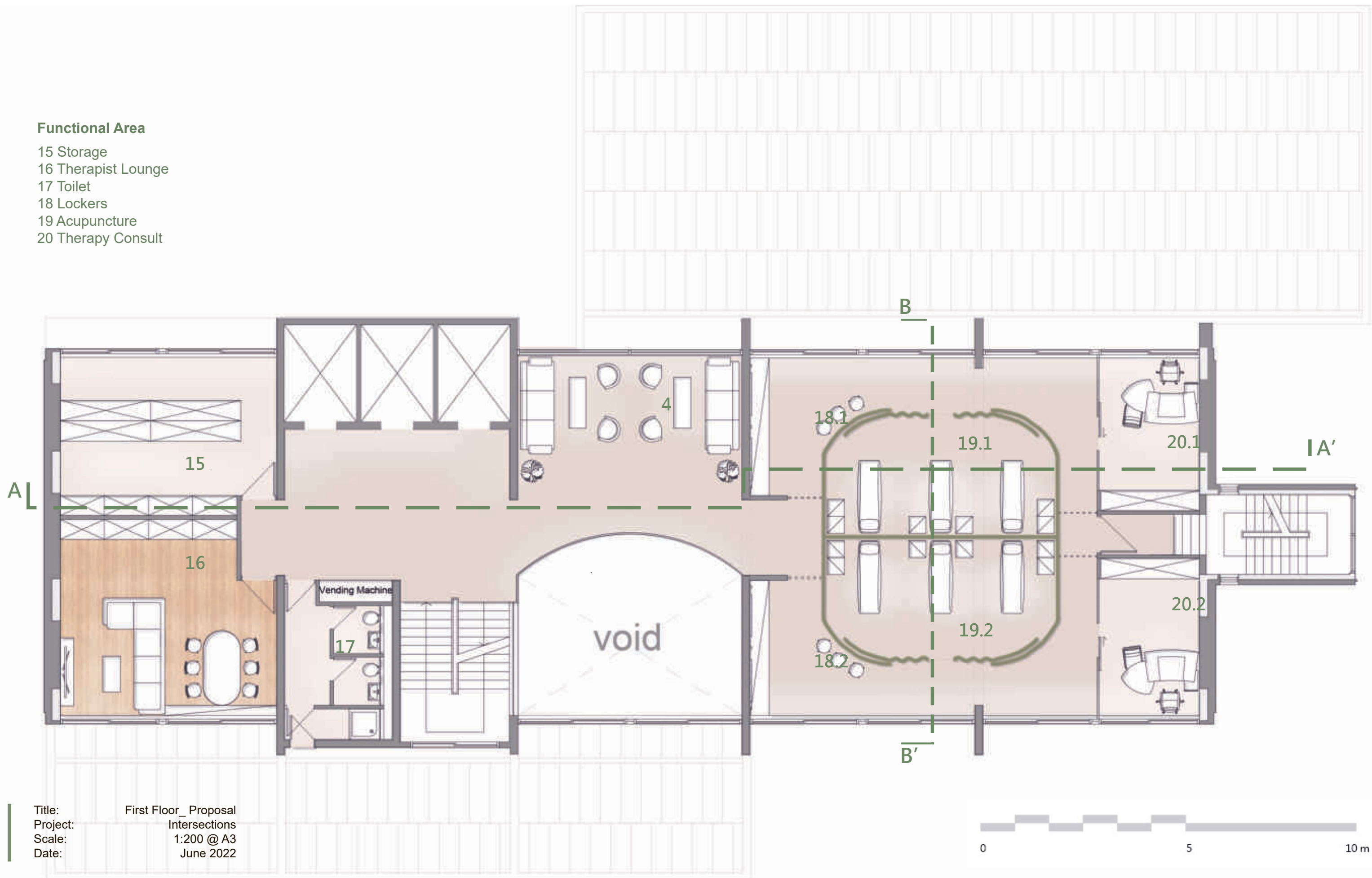
Title: Panels  
 Project: Intersections  
 Scale: 1:30  
 Date: July 2022



Title: Add-ons table  
 Project: Intersections  
 Scale: 1:10  
 Date: July 2022

**Functional Area**

- 15 Storage
- 16 Therapist Lounge
- 17 Toilet
- 18 Lockers
- 19 Acupuncture
- 20 Therapy Consult

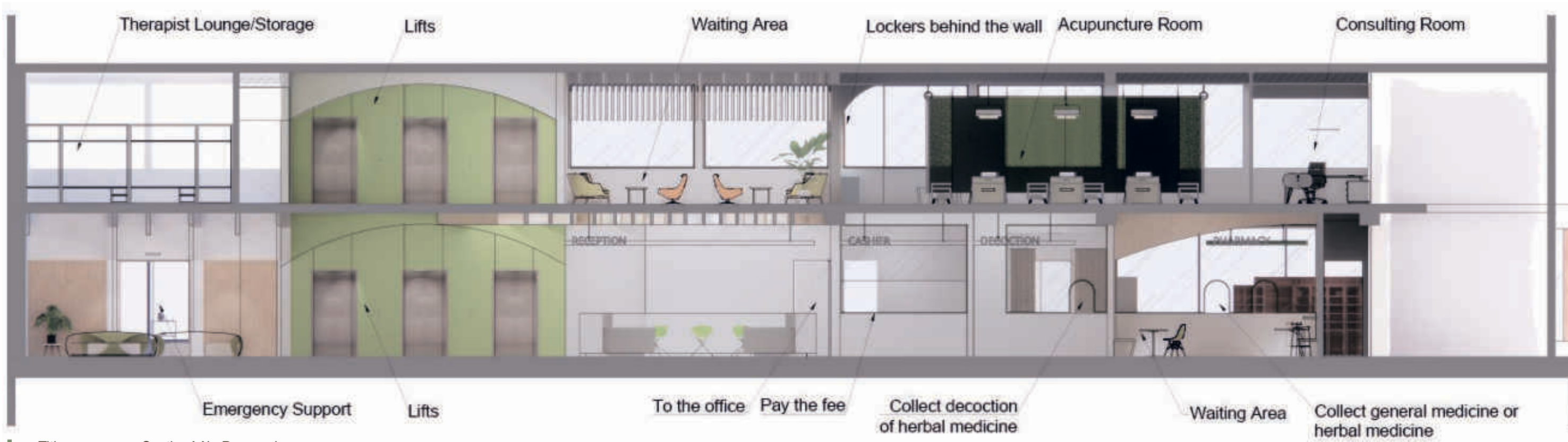


**Design Response Manifesto**

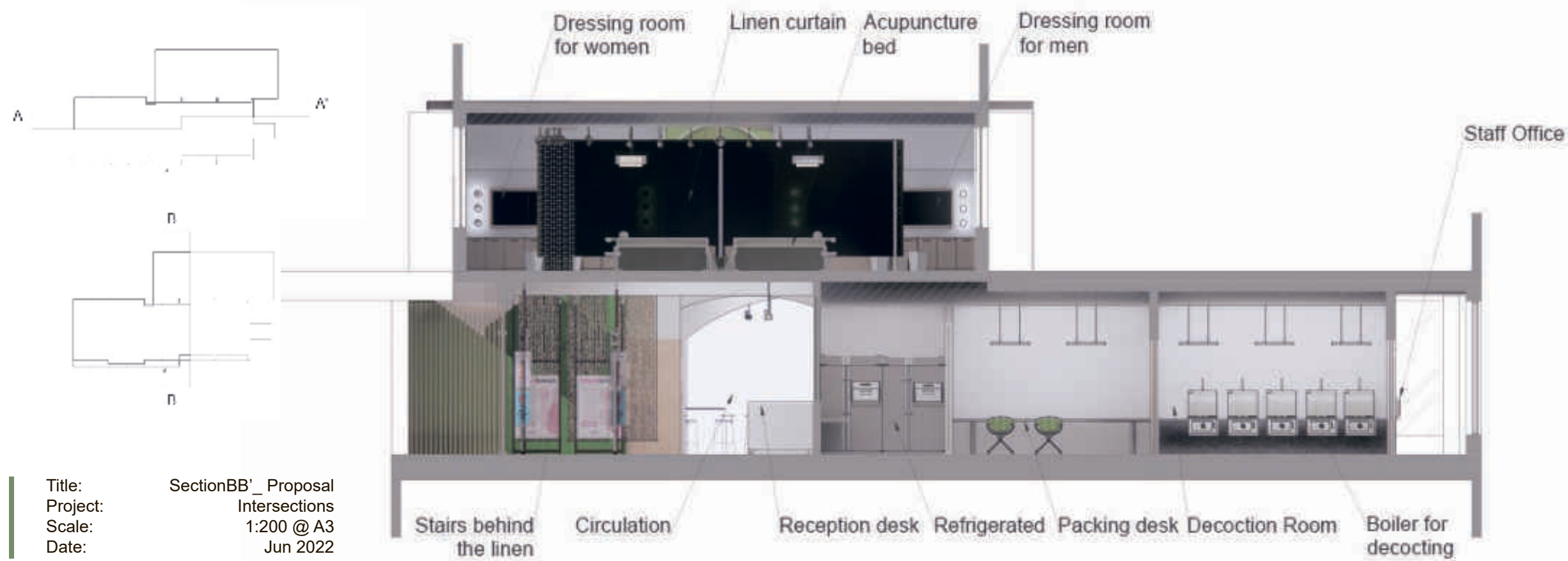
By incorporating organic shapes into the space, it creates a calming and flowing atmosphere and can help soften sharp lines which reduces stress and fear of the environment. More natural shapes, instead of clean-cut lines, will give a feeling of more creativity and freedom as well. In addition, through the materials chosen for the space, the curved ceiling and the choice of thematic colors, the sense of comfort, security and wellbeing of the users is enhanced. Therefore, I believe that the importance of interior design lies in its ability to subconsciously influence the psychology, feelings and behavior of the users, achieving a therapeutic experience that is not intimidating or stressful for them.

Title: First Floor\_ Proposal  
 Project: Intersections  
 Scale: 1:200 @ A3  
 Date: June 2022





Title: SectionAA'\_ Proposal  
 Project: Intersections  
 Scale: 1:200 @ A3  
 Date: Jun 2022



Title: SectionBB'\_ Proposal  
 Project: Intersections  
 Scale: 1:200 @ A3  
 Date: Jun 2022





# MATERIALITY

## Flooring

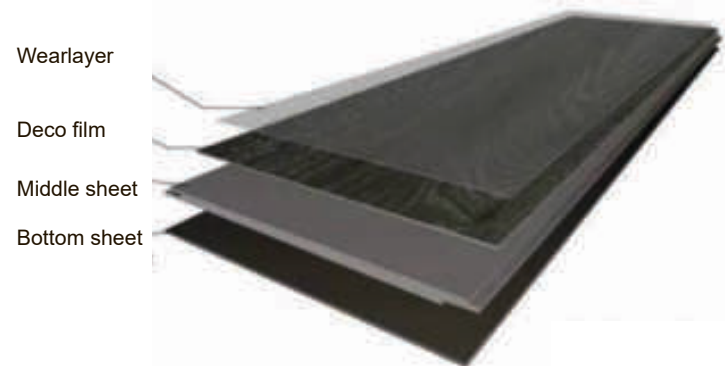


### PVC(poli-vinyl chloride) Flooring

**Protection:** The pvc floor adopts a special production process, so that the surface of the product has no pores, so that dirt cannot penetrate into the interior. Antibacterial properties provide a germicidal and bacteriostatic treatment, preventing the spread of microorganisms inside and outside the floor. It adopts a multi-layer structure and adopts a reasonable friction coefficient to subtly disperse the walking pressure and shock absorption performance.

**Visual:** The pvc elastic floor is rich in color, and the design of particles, spots or patterns makes the color matching clear. The rounded edge design can be used not only on the corners of the ground, but also on the round ground. At the same time, it has coiled material and elastic blocks for easy laying. Its relatively thin thickness and excellent sound insulation and heat insulation properties can be directly used on old-fashioned ground surfaces such as stone, ceramics, and wood.

Source: Wikipedia



## Ceiling



### Natural Oak Finish

Enjoy the natural beauty of timber combined with the ease and durability of aluminium

**Beautiful:**

Just like timber, DecoWood creates an environment of warmth and style

**Durable:**

DecoWood is 50% more durable than standard powder coating and will never peel or rub off. Unlike timber, aluminium is resistant to termite attack, and it will never warp or rot

**Sustainable:**

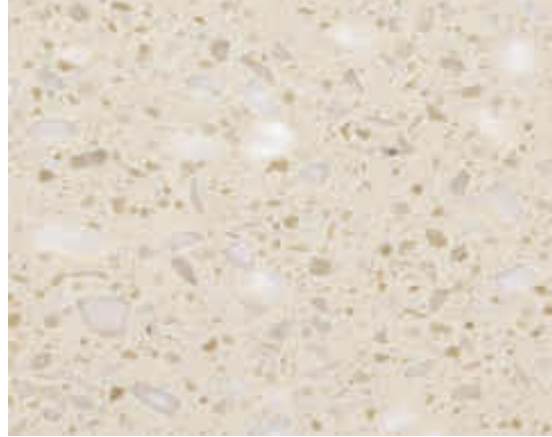
No logging, no harmful greenhouse gases from paints and stains and can be recycled at the end of its life

**Effortless:**

No sanding, painting, staining or oiling required. Lightweight aluminium is quick and easy to instal.

Source: Deco Wood Australia

## Wall



### Artificial Stone

Artificial stone is a new type of environmentally friendly composite material. Compared with traditional building materials such as stainless steel and ceramics, artificial stone not only has various functions, rich colors, but also has a wider range of applications. Artificial stone is non-toxic, radioactive, flame retardant, non-stick oil, non-permeable, anti-bacterial, anti-mildew, wear-resistant, impact-resistant, easy to maintain, seamless splicing, and versatile.



### Eco-friendly Paint

VOC-Free Zero VOC Odourless & Non Toxic Eco Friendly Paint  
 All Are Super Breathable Paint & Microporous - Quick Drying - Custom Made  
 Non Toxic Paint - VOC Free Paint - No Heavy Metals – All Are Toys EN71/395 Compliant - Super Quality - No Plastics

## Green Plants



Photos by Jordi Huisman

## Curtain

### Arthur Recycled Olive Slot Top Single Voile Panel

Linen curtains can not only block the sight, but also circulate the air. In addition, the linen material has a good effect of inhibiting bacteria and fungi, which can effectively prevent some diseases.



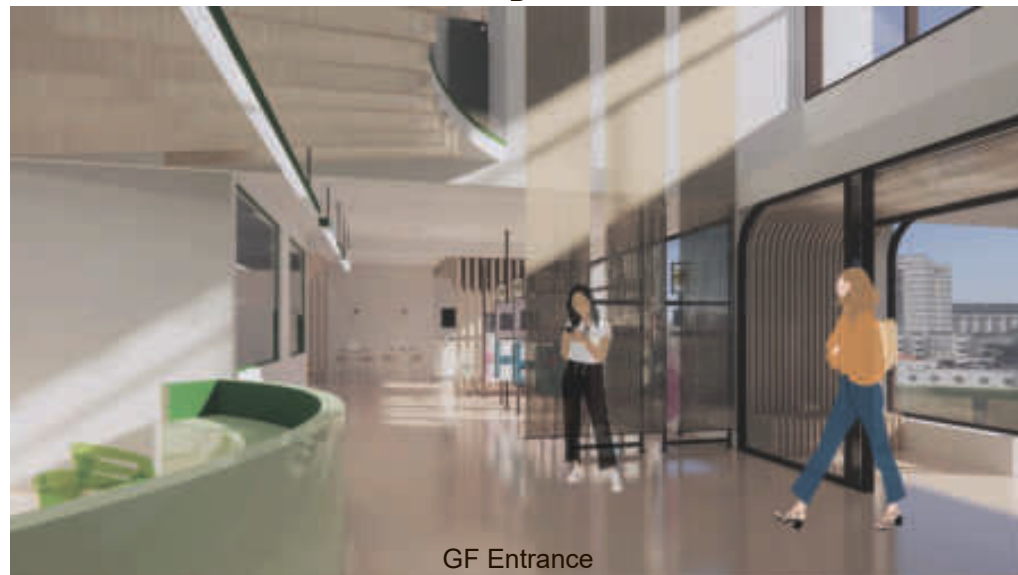
Source: Dunelm



GF Circulation  
A



GF Reception  
B



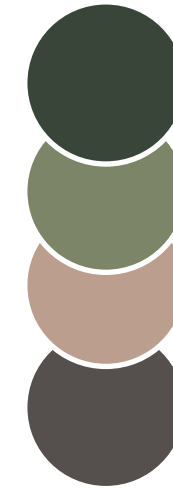
GF Entrance  
C



## Space Design

The double-high entrance hall gives a sense of openness to those who first enter, and the main visual wall behind reception is emblazoned with the logo of the venue; turn left into the corridor of the consulting room, with its hierarchical arrangement of vaulted ceilings, wooden partition walls and soft sofas, giving a feeling of safety and comfort.

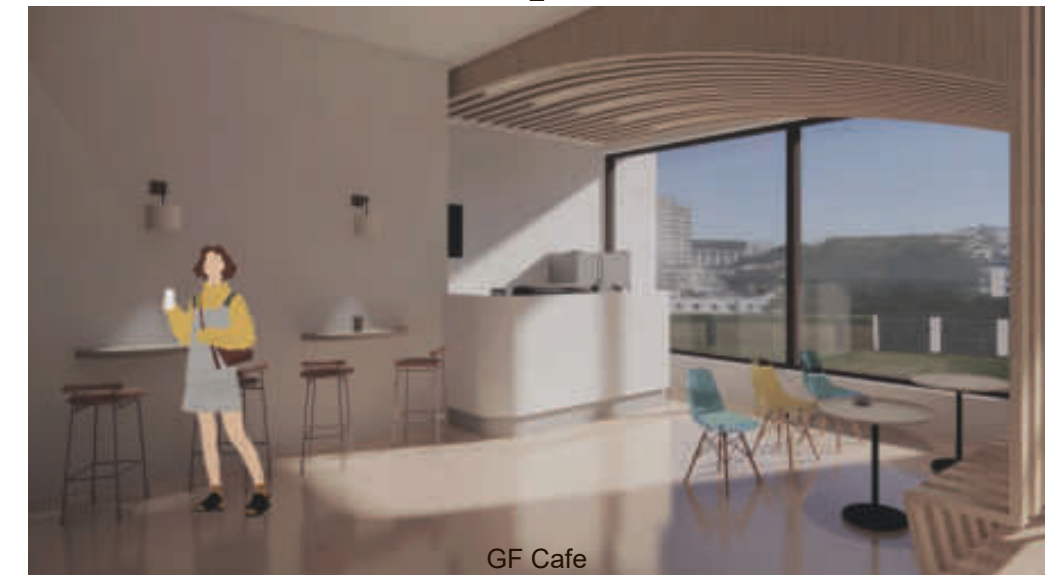
After turning right, there is an exhibition area by the window, promoting oriental health culture and raising health awareness. On the other side is the cashier and the decoction room. At the end is the café area which is different from the usual cafés. It sells tea rather than coffee. The café and the waiting area in front of the pharmacy have the same shaped wooden ceiling, suggesting the same nature of the space: people can drink tea, eat snacks, wait for their medicine, chat and relax, etc.



GF Pharmacy  
D



GF Exhibition  
E



GF Cafe  
F



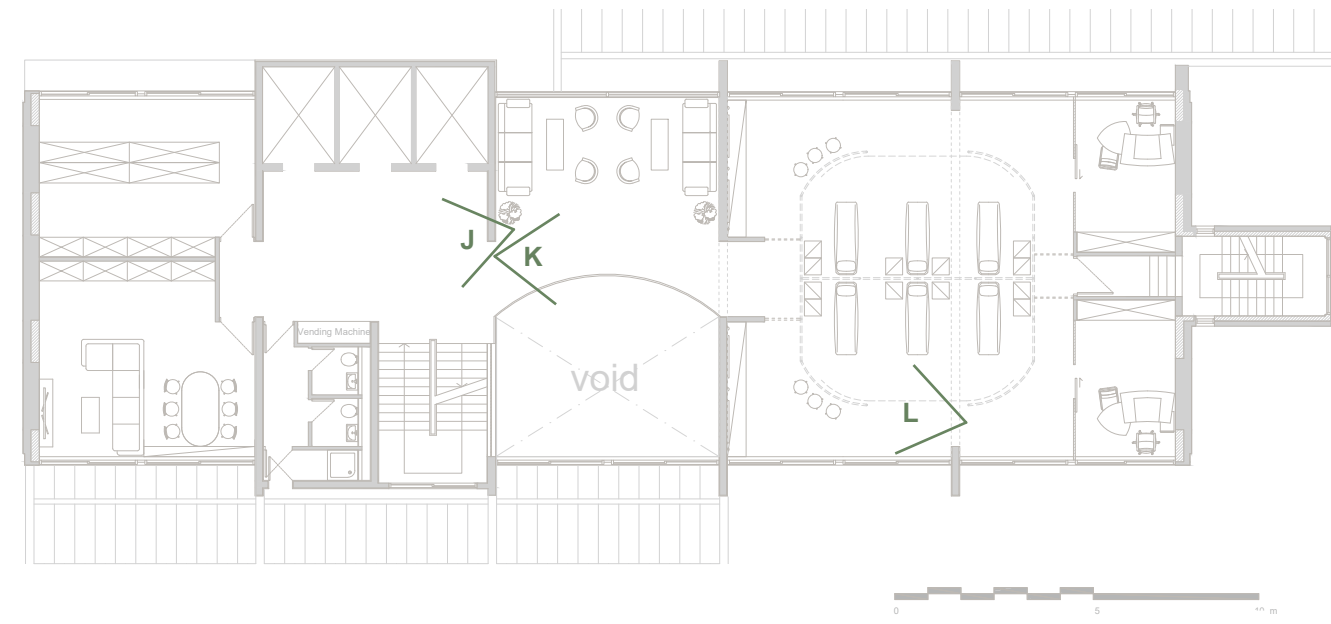
GF Emergency support  
G



GF Pharmacy  
H



GF Decoction  
I



**Space Design**

In the pharmacy, the practitioner takes a certain amount of herbs from the wooden medicine cabinet according to the prescription and packs them all together. The herbs are then given to the decoction room, where they are processed in a special machine, boiled down to a potion and then vacuum packed on a packing table and finally put in the refrigerator to be chilled for the patient to collect the medicine. Another function of the pharmacy is to distribute common types of medicines (non-herbal) to patients.

The waiting area on the first floor is full of greenery, which gives patients a sense of freshness, nature and health.

The acupuncture area is gender-specific, with men on the left and women on the right. They can first talk to the therapist about their condition, decide on a treatment plan and then store their personal belongings in a locker, then change into their acupuncture clothes and lie down on the treatment bed for the therapist to do the acupuncture. The dark green linen curtains chosen to separate the male and female areas ensure the patient's privacy and good air circulation as well.



1F Circulation  
J



1F Waiting area  
K



1F Acupuncture  
L