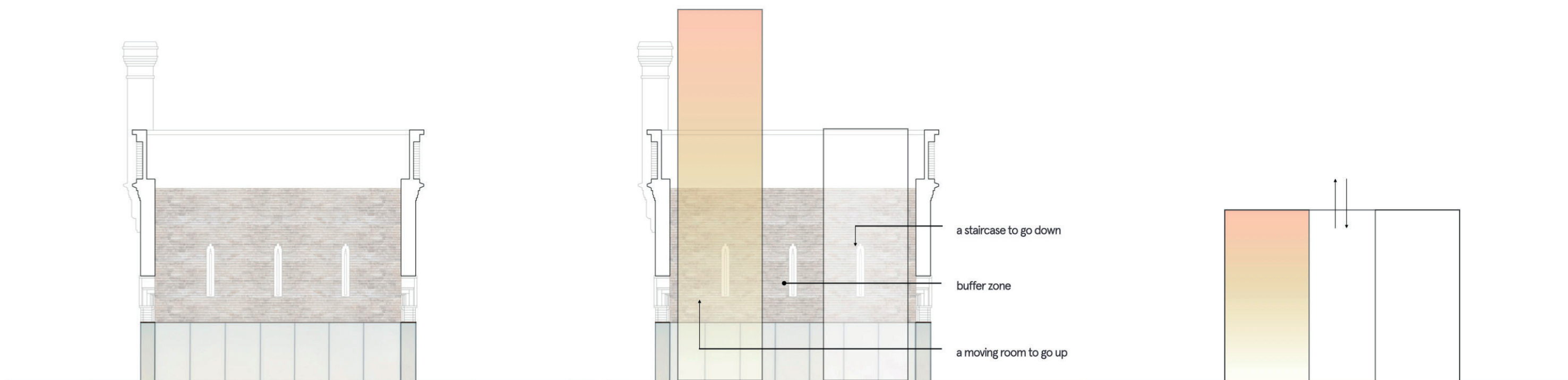
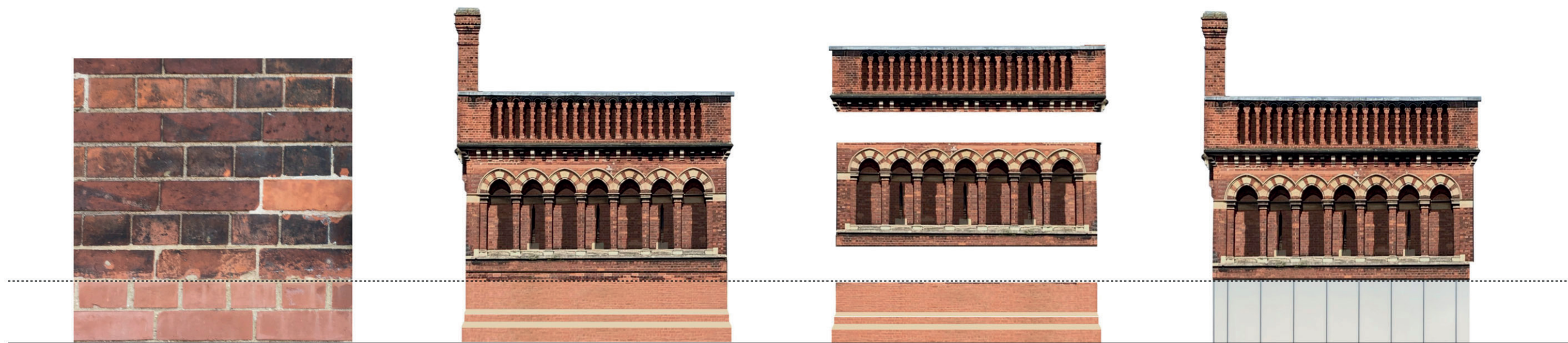


HEAD SPACE



‘Heads p a c e’ is a project designed to provide a space for our minds to rest as it encourages people to focus on their well being. It investigates the growing need for universal access to mental health services, through an immersive experience which considers that everyone regardless of their past experiences, backgrounds or disabilities can face mental unrest. The proposal will take one visitor at a time on a journey to the interior of the self in an isolated, stimulating, safe space to practice mindfulness as an antidote to the anxious times experienced by many in our contemporary world.

This project is a response to the numerous lockdowns globally experienced since the Coronavirus Pandemic broke. At a time when mental wellness services were the most needed due to growing isolation, they became very hard to access. This led to a surge in downloads of mental wellness applications as people were looking for easy solutions to feel better on their own. Inspired by the headspace smartphone application, this project takes a step forward to offer more than an interface to people in need of reconnecting with themselves : it provides an entire space for them to ‘press pause’.

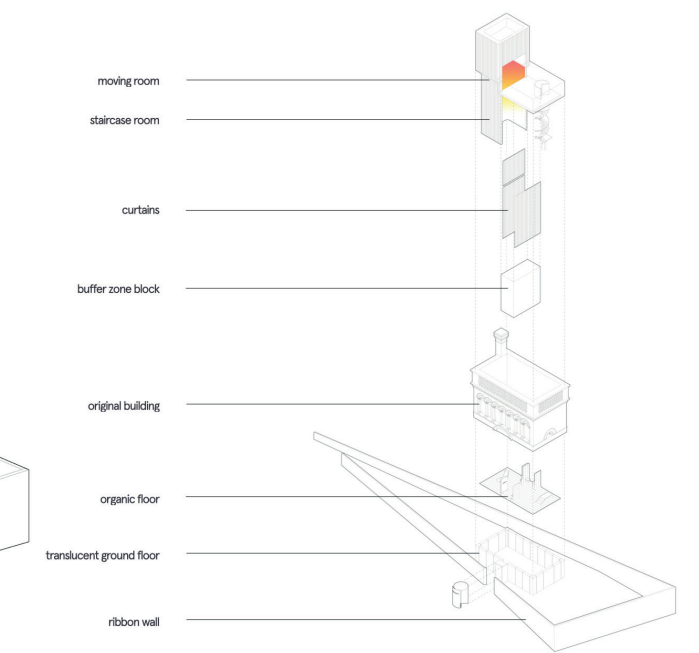
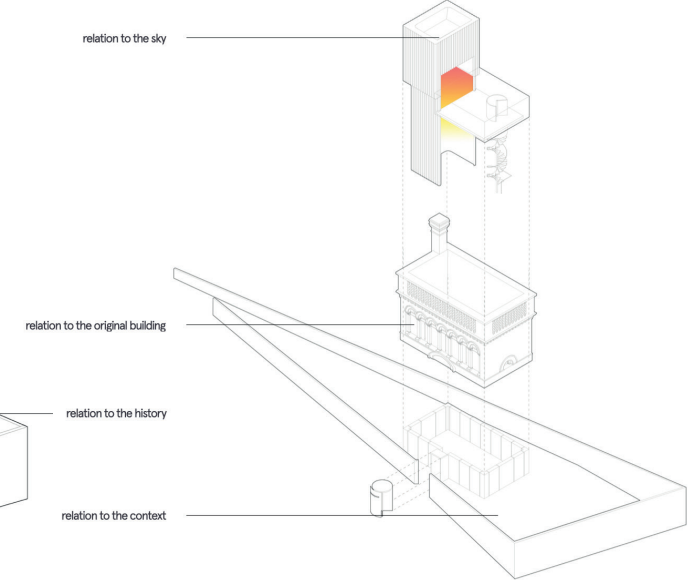
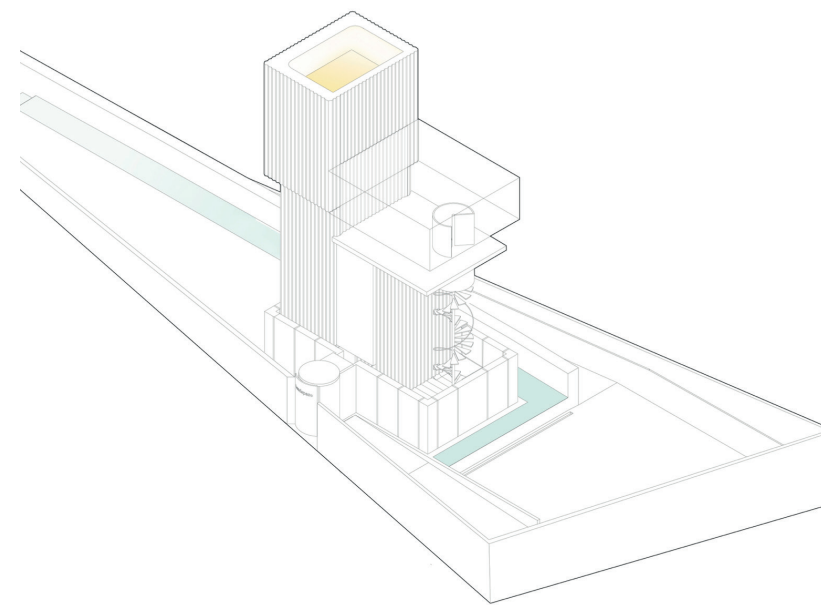
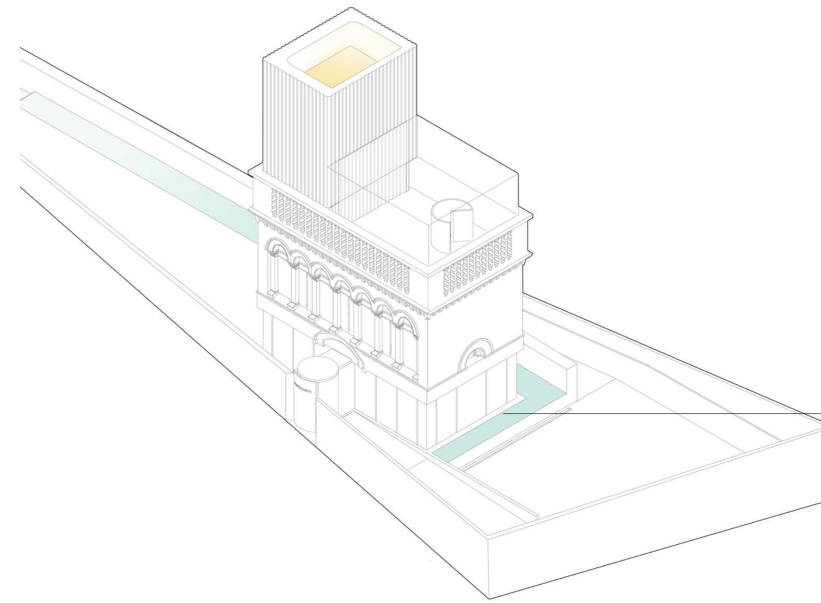
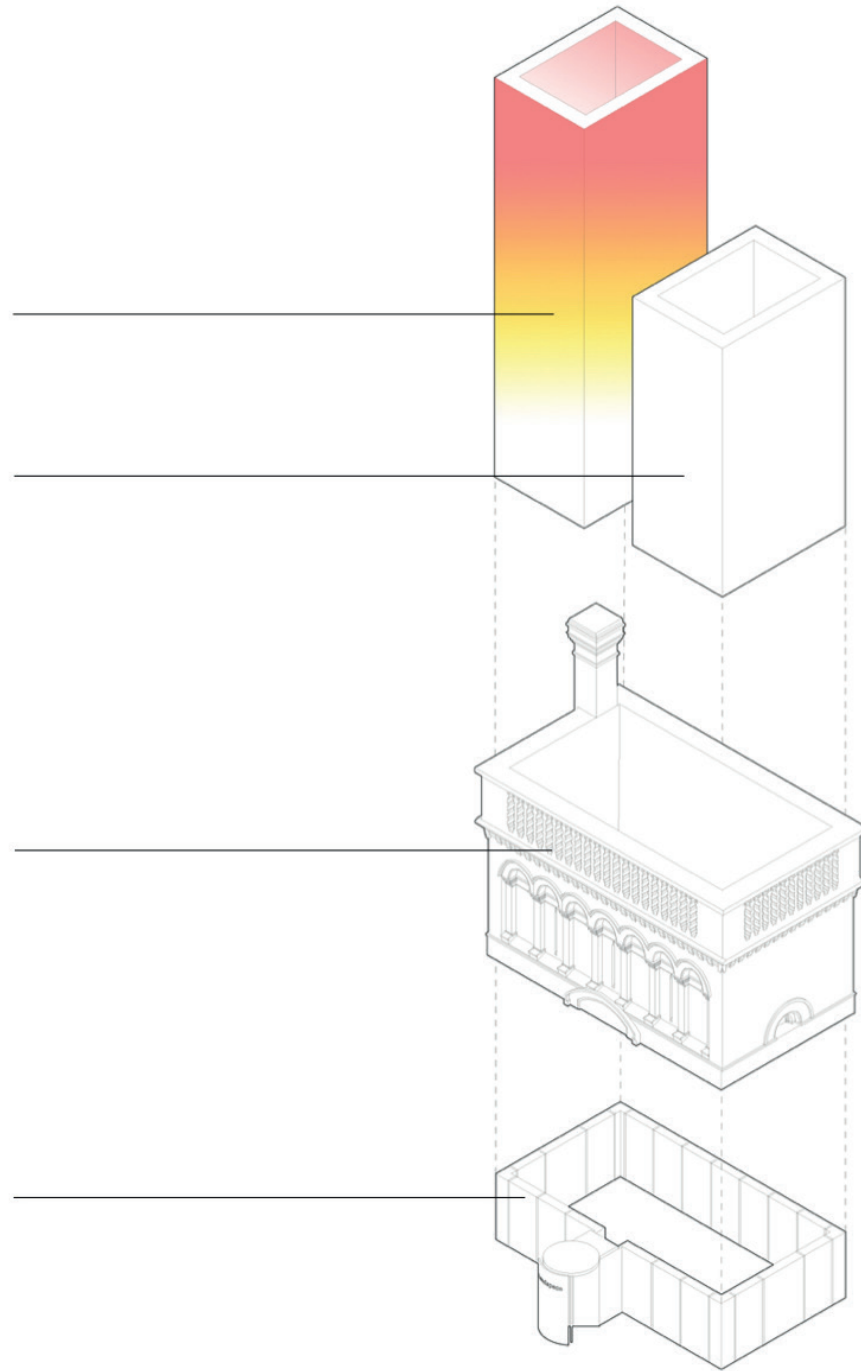


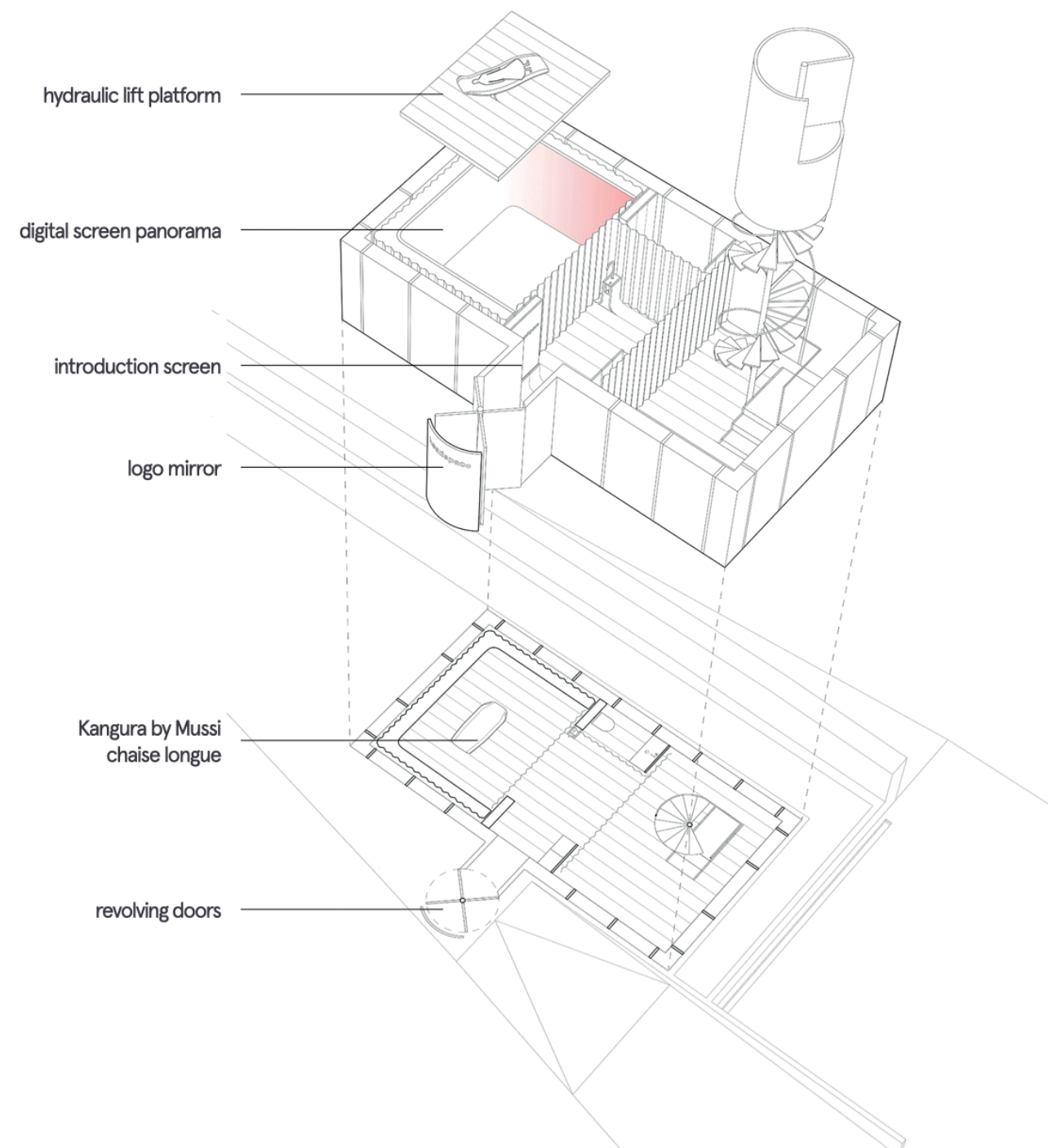
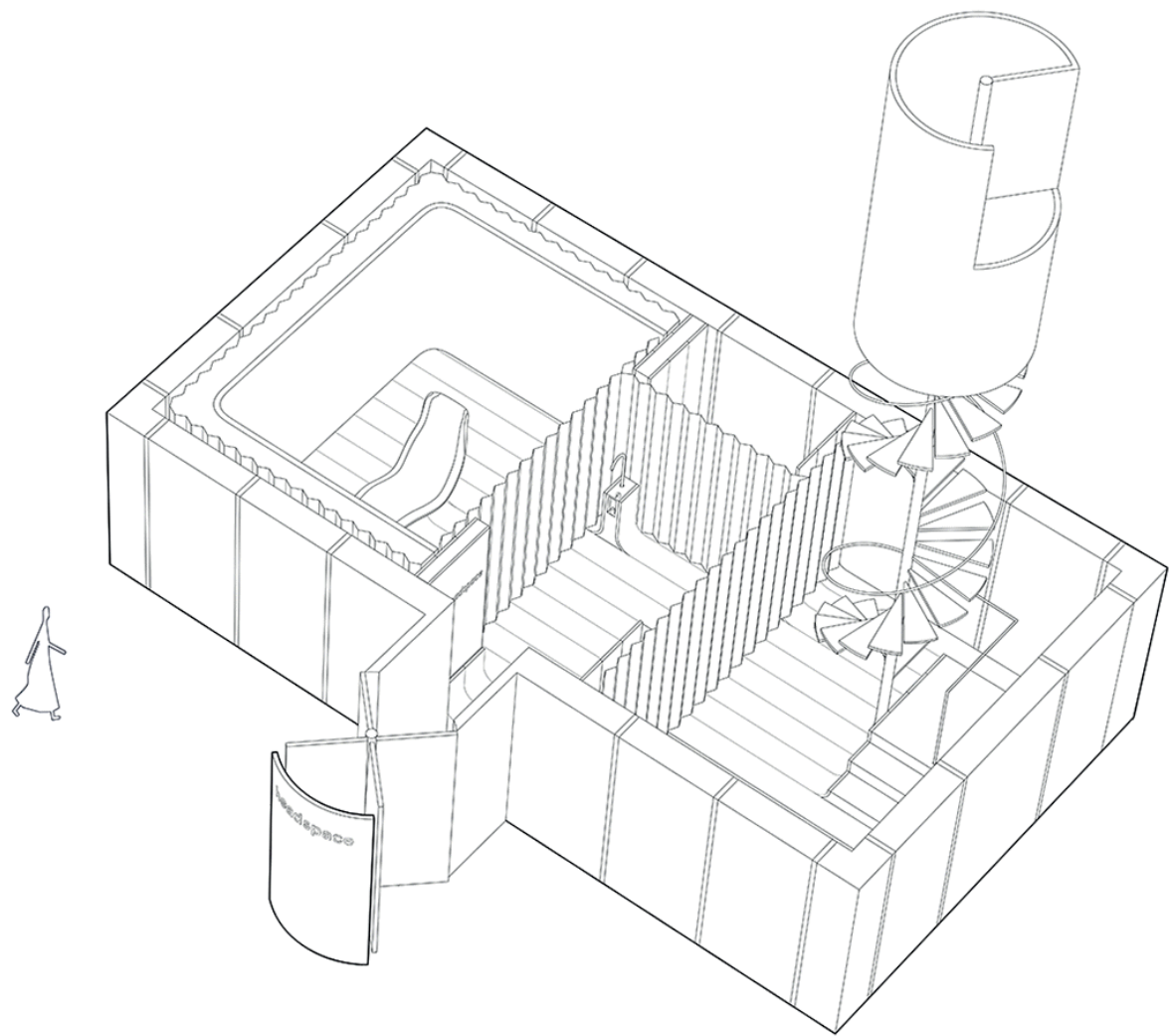
insertion of the moving room

insertion of the staircase room

the old building works as a sleeve

a translucent base





anodised aluminum staircase

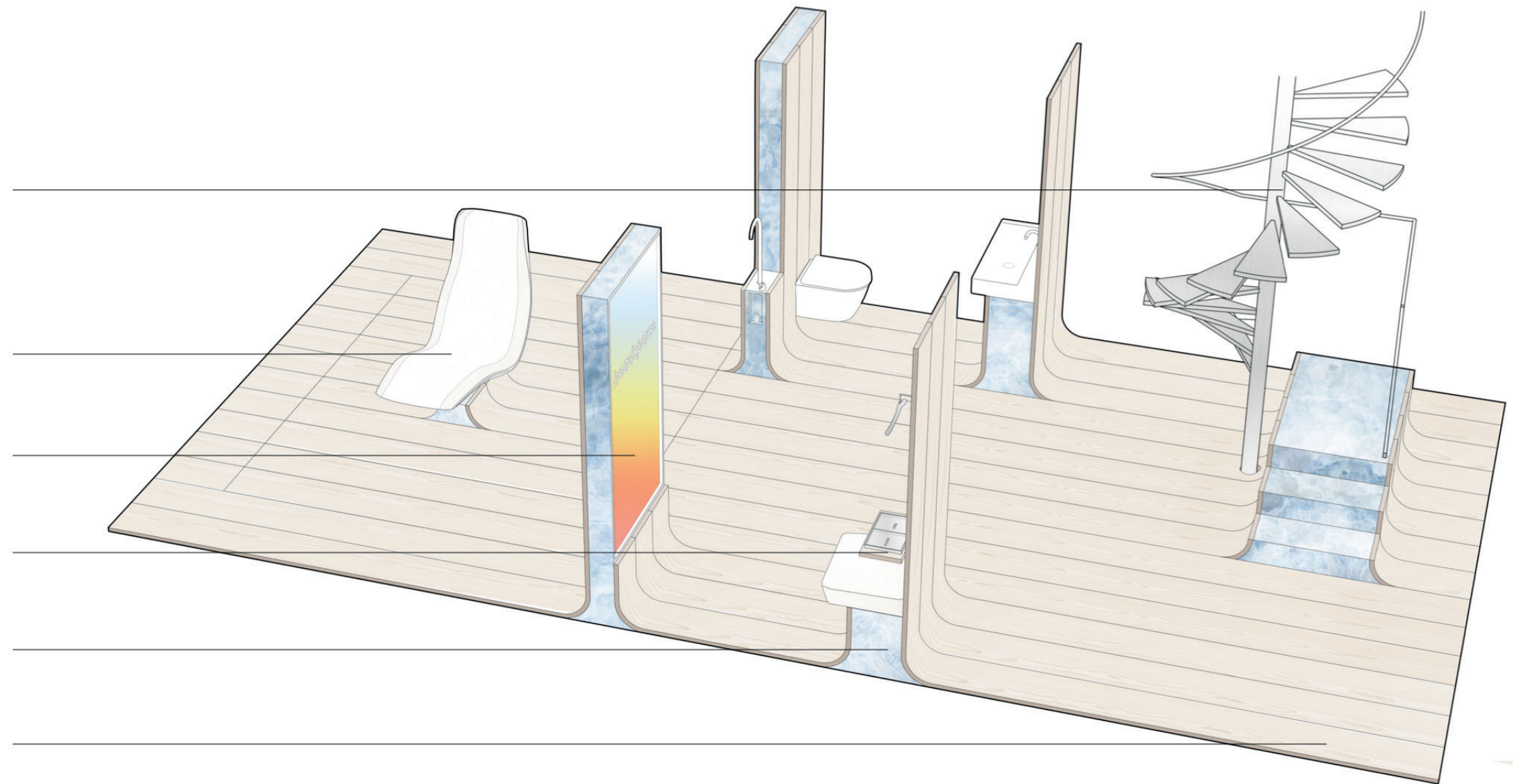
the Kangura chaise longue by Mussi

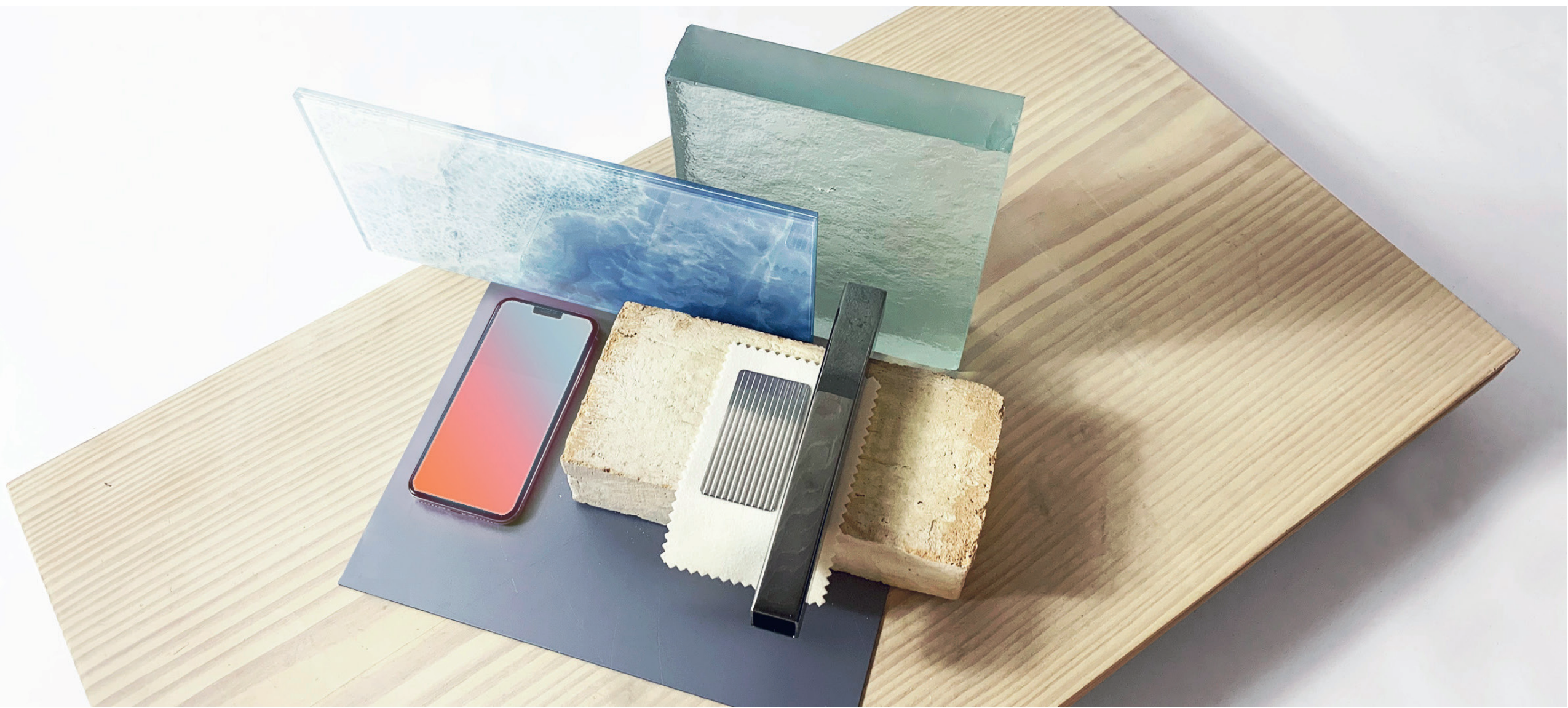
welcoming screen

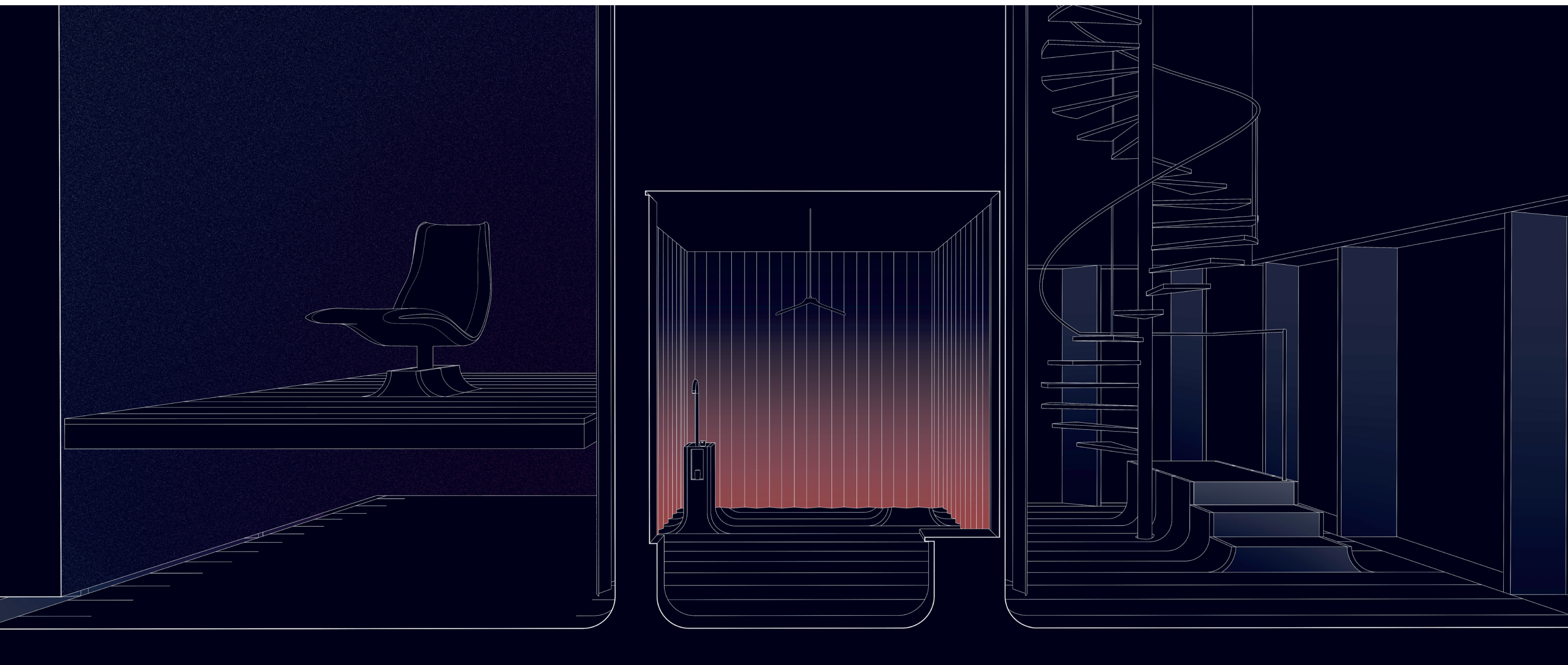
stainless steel digital/physical tray

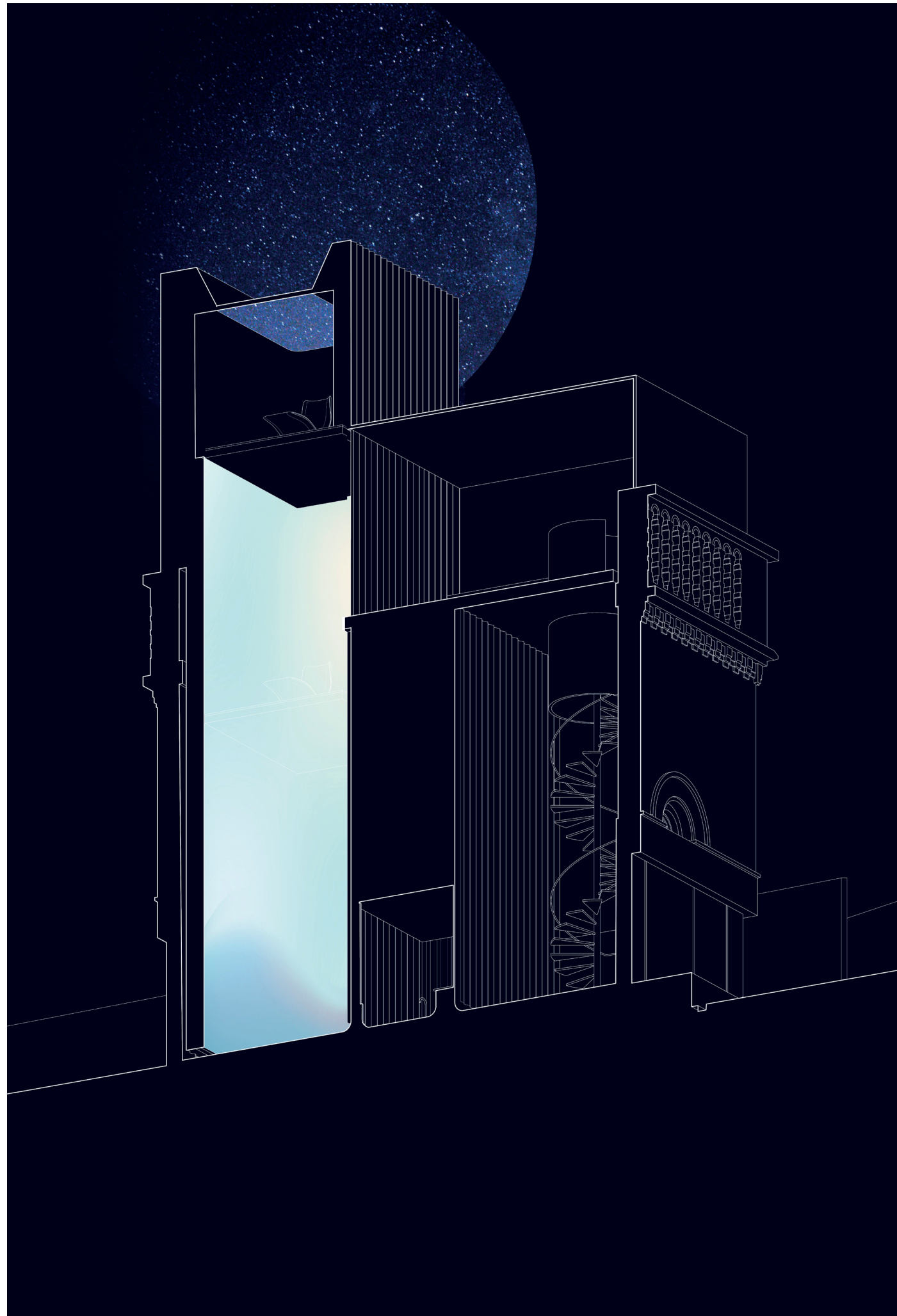
onyx blocks

Dinesen Douglas white soap finish timber planks

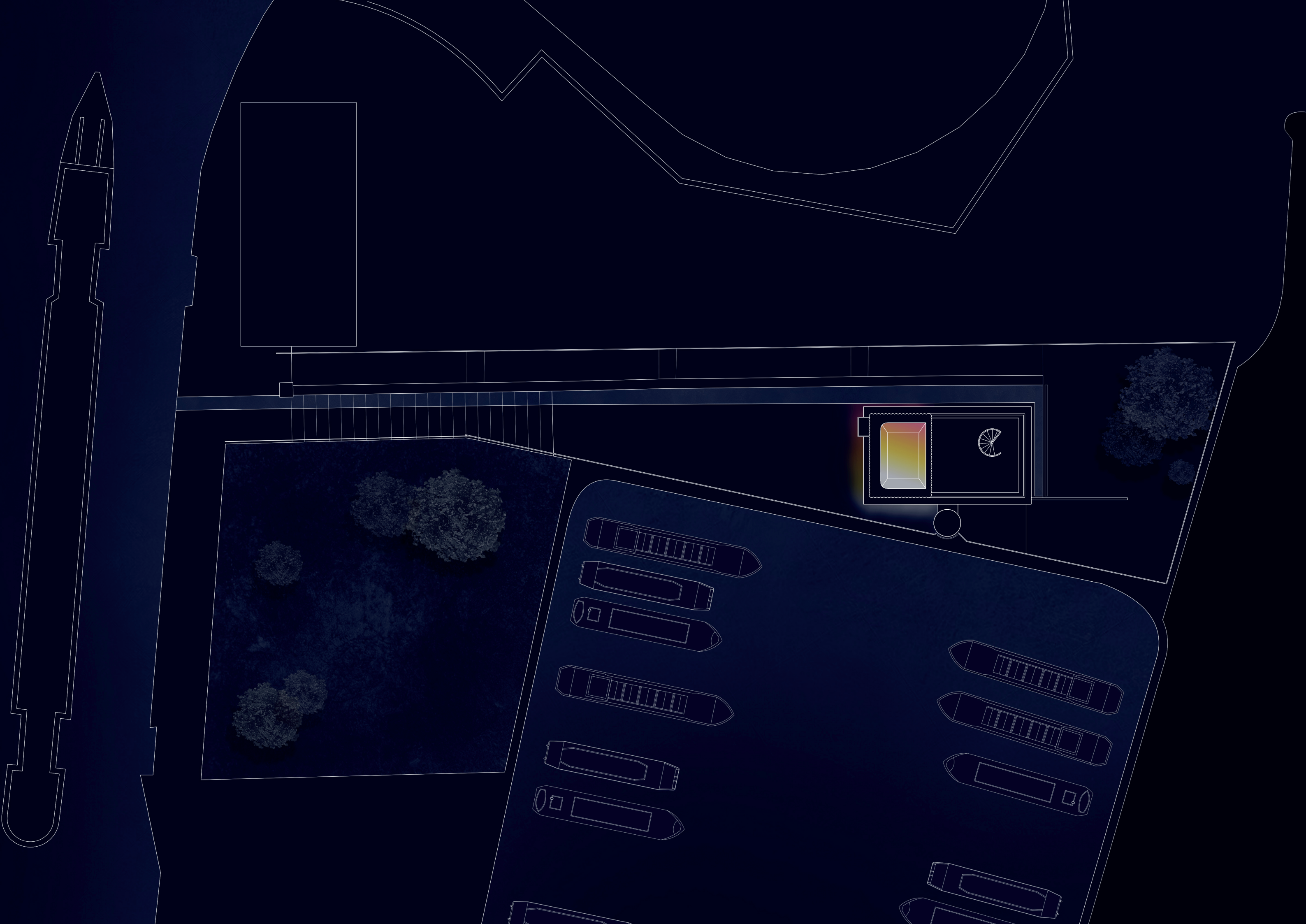


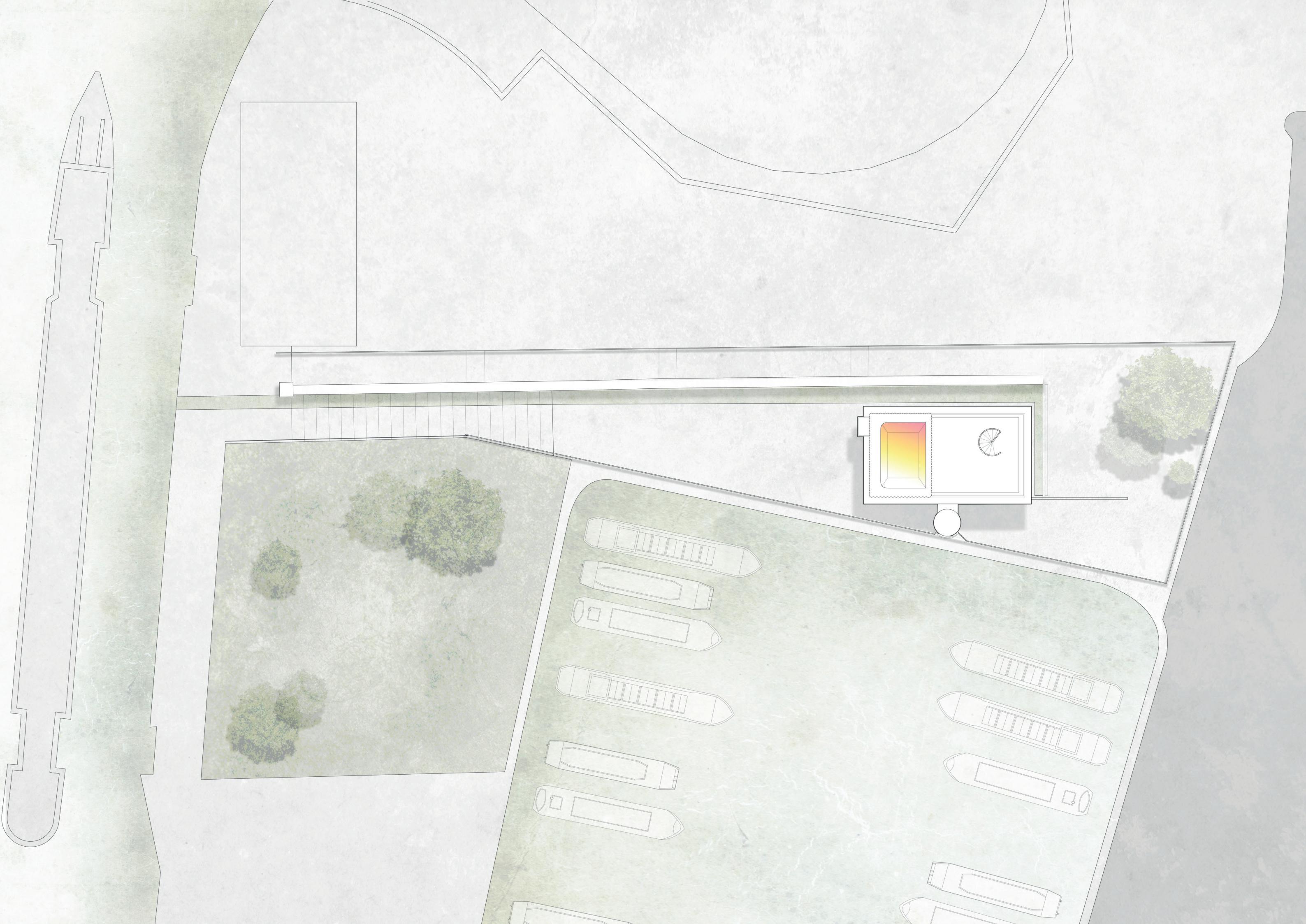






The users are central to the project as they are the vector which brings the space to life. 'Head s p a c e' was in fact imagined to be a mental wellness service that would provide comfort, safety and attention to the users who would take part in the experience. Every material used was thought of as an element that would sooth the user's anxieties through design. Biophilia which emphasizes on the necessity ofoo contact between humans and nature, has importantly nourished the design of the project. The scheme is developed around two central materials : wood which is a natural, soft material to help people feel grounded and onyx which is believed to have health benefits such as strengthening the body and soothing stress. The most immersive part of the experience is the moving room which ascends to the sky, enveloping users in soothing lights following the principles of color-therapy.





An understanding, compassionate space for one to embark on a journey to the interior of the self is necessary especially after a period during which mental health was overlooked. This project directly affects individuals and is meant to touch on an important mental wellness service shortage. Inspired by a smartphone application which promotes mediation and self healing through the dependence on screens, this space re-imagines technology as an actor for change in people's relationship with themselves and with both the digital and the physical world. Simply by existing, this space values people's anxieties and gives them a space to heal.



