

Spiritual Balance

P R O G E C T 5

MENG LIU

Interior Architecture & Design



C O N T E N T S

PHASE 1 : 1-37

PHASE 2 : 38-63

PHASE 3 : 64-86

FINAL DESIGN : 87-144

PHASE 1

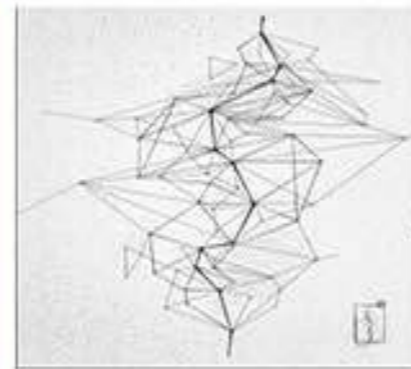
M Y B O O K – TREMOR OF INTENT

Dennis Hillier is an aging British agent stationed in Yugoslavia. His old school friend Roper has defected to the Soviet Union and become one of the greatest scientific minds in the Evil Empire. Hillier must bring Roper back to England or risk losing his lucrative retirement bonus. As funny as it is thoughtful, this morality tale of Secret Service madness features sex, overeating, violence, betrayal and religion. This book is a rare combination of the serious and the absurd, the sublime and the low .

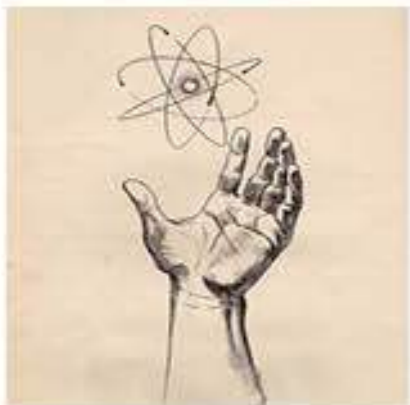
Tremor of Intent



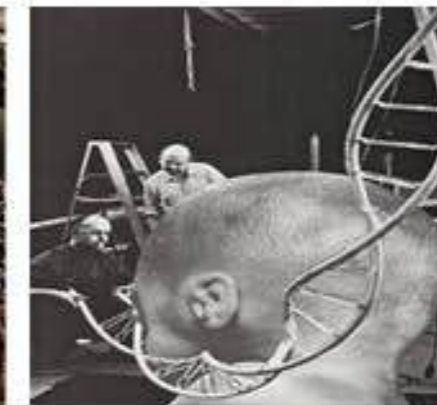
Betray



Alcohol



Chemistry



All three words have discrete endings, whether it's the end of an alcoholic party, the sting and separation of betrayal or the meticulous study of chemistry, the verification and disproof of principles.

Tremor of Intent



Desire

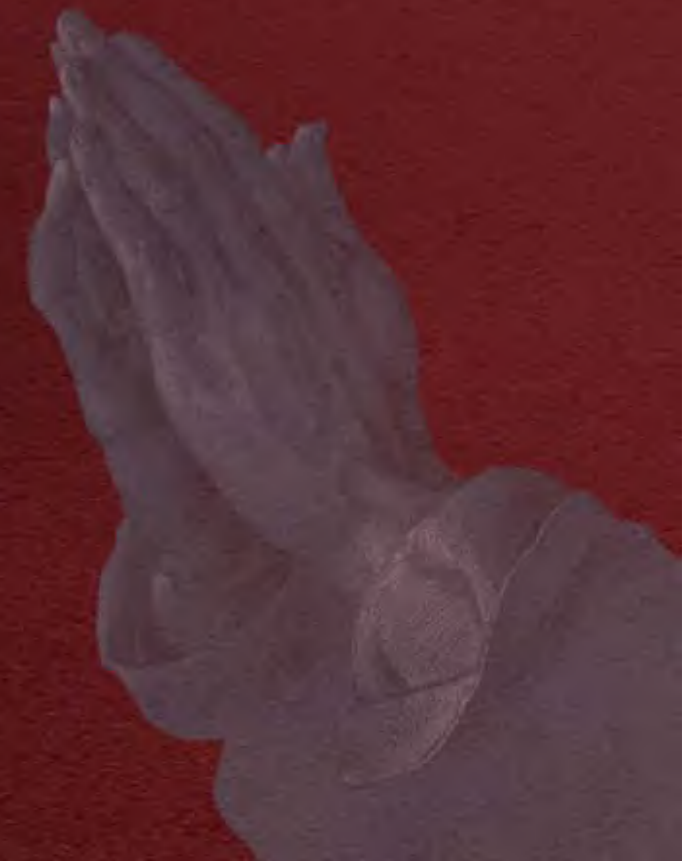


Desire is generated by the nature of living creatures want to achieve a certain purpose requirements, desire is not good or evil, the key lies in how to control. Sometimes people are blinded by their desires.

Seven Deadly Sins



Gluttony — Sex (Lust)



Overeating can lead to illness, and many people will hyperventilate after overeating, which can potentially induce anorexia, going from one

G R O U P W O R K

Group Numbers: Zoe, Lin, Tayana, Ava, Lucy, Anaya, Jake,
Daniel, Meng.

- Group Poster: A group map based on the research questions created for our different books.
- Character Profile



Character Profile

Sarah Harper

34

Sarah Harper has spent most of her life grappling with the complexities of her mental health. Diagnosed with both schizophrenia and borderline personality disorder (BPD) at a young age, she has faced numerous challenges in her journey towards stability and recovery. Born into a supportive, middle-class family, Sarah's mental health struggles emerged during her late teenage years, causing her life to take a different path than she had once envisioned.

Sarah is around 5'6" (167 cm). Her appearance is often disheveled, and she has a somewhat distant and vacant look in her eyes, which can be attributed to the effects of her disorders. She has fair skin, long, unruly dark auburn hair, and her wardrobe consists of comfortable, oversized clothing in muted colours.

Insecurity and Fear of Abandonment

Impulsive Behaviour

Reality Distortion

Struggles with Identity

G R O U P W O R K

- One individual drawing about a single page from my book.
- Group collage and 300 word narrative about our group
ides: fight with mental illness.

Individual Collage



NARRATIVE

Sarah Harper, a 34-year-old woman, a woman who was and is intricately entwined with the underlying confusion of her thoughts and the external world. Struggling with schizophrenia and borderline personality disorder since her youth, Sarah's existence was a ceaseless quest for stability and recovery. Despite her nurturing middle-class upbringing, her late teenage years took her on a challenging journey far removed from the dreams she had once cherished. Sarah's engagement with her surroundings resembled a delicate dance between reality and illusion.

In her earlier years, Sarah's mother had worked at Sunshine Cafe in Margate. As she grew up, observing her mother, she developed a deep conviction that she, too, was employed there, even after the cafe's closure during 2003. Her younger self fused with her adult mind, perpetuating this belief. The world around her assumed a fluid nature, at times investing everyday objects with surreal significance. Her audience, whether real or imagined, constituted a mosaic of voices and presences seamlessly merging with her thoughts and emotions.

As Sarah navigated her daily life, her interactions with her environment and its inhabitants were refracted through the prism of her mental health. Within the confines of her small, dimly lit room at the institute, she discovered solace and a rare calm. The atmosphere there enveloped her, providing sanctuary from the judgments and reality of the outside world which she was not yet prepared to visit. The room's walls adorned with her own artwork, recalling moments with her mother at Sunshine Cafe and the cafe's scenic view, gave her clarity, affording a glimpse into the turmoil and resilience of her soul.

Amid the turbulence of her psyche, Sarah's interactions with her surroundings unfolded as a vivid kaleidoscope of distorted realities. The world became a mutable landscape where the difference between the authentic and the illusion dissolved into a mesmerising ballet. Each day constituted a chapter in her story, where the boundaries of her mind and the external world merged. Conversations with invisible companions transformed into profound moments of connection, with the whispered confidences of her hallucinations mingling with her deepest fears and desires. Yet, in the instances of realisation about the actual reality, she was thrust back into the tormenting cycle against her own mind. Thus the same journey started all over again.

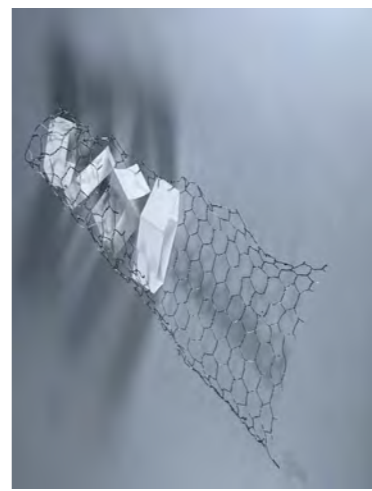
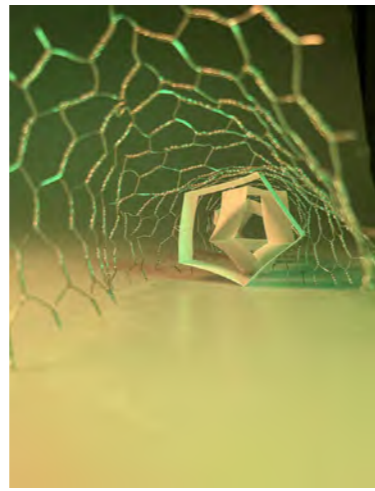
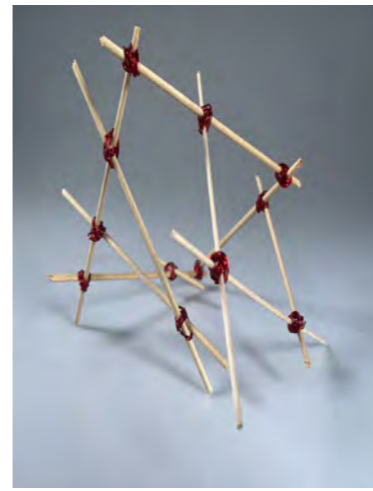
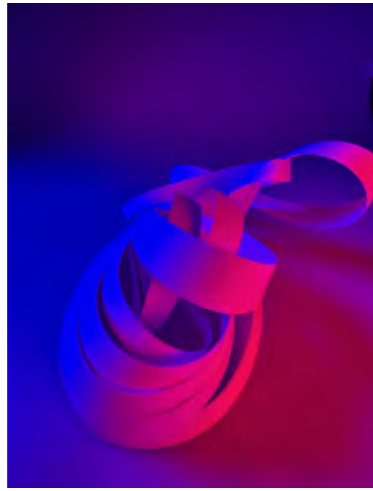
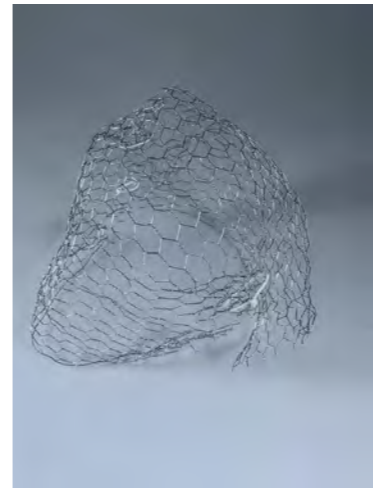


G R O U P W O R K

12 Concept Model and 12 Iterative Model

-Choice of Words:

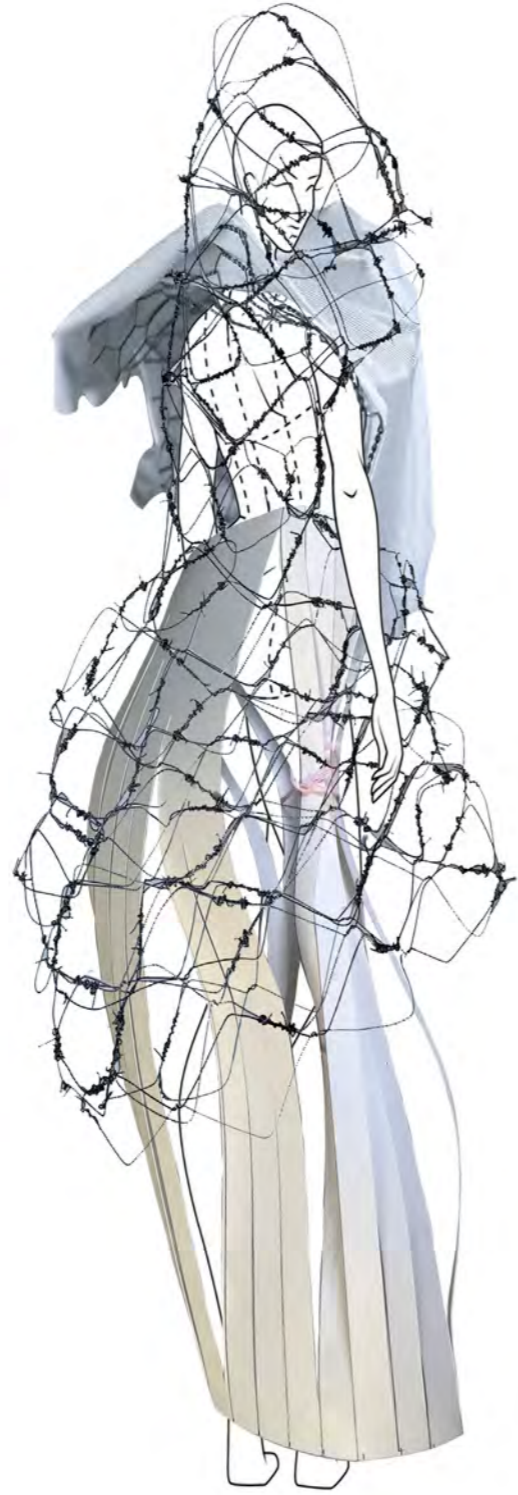
BLENDING, COCOON-LIKE, CONNECTION, DISTORTED, INTRICAT
DANCE, KALIDASCOPE, PRISON.

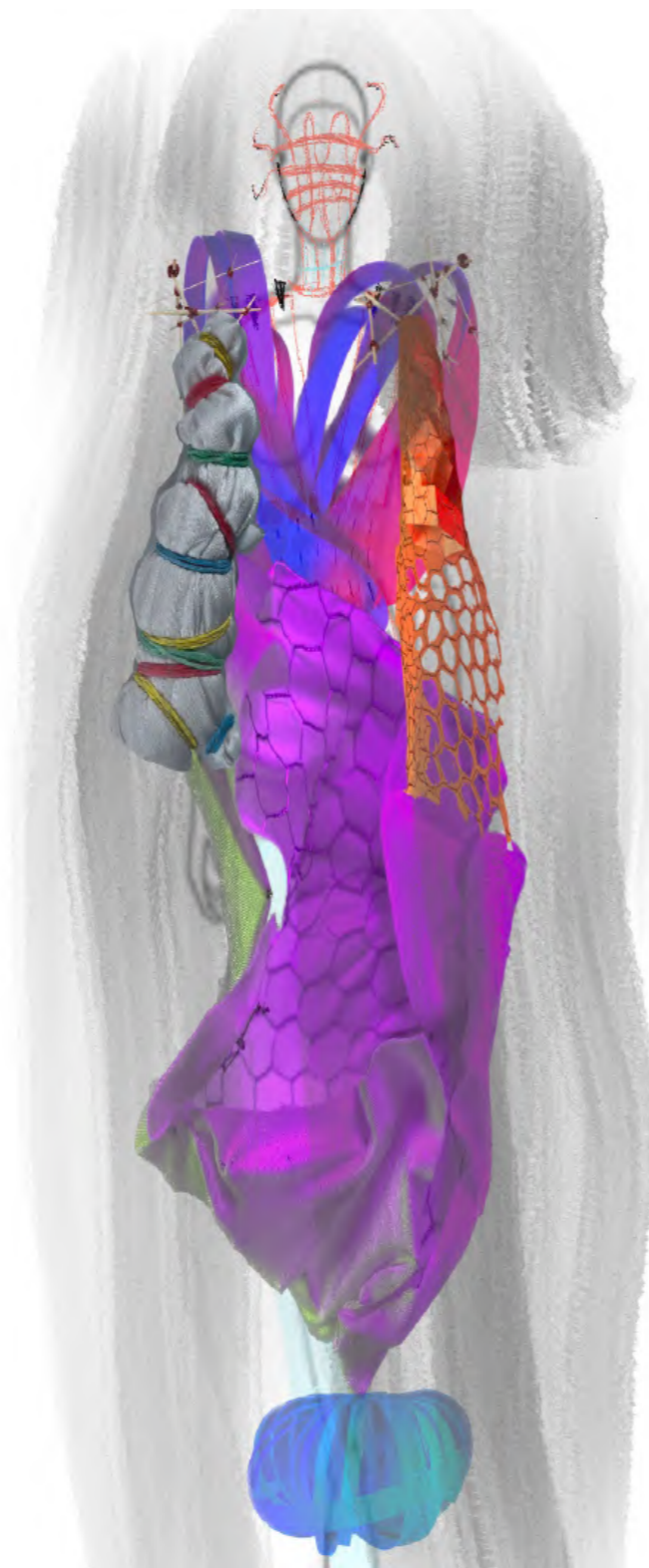
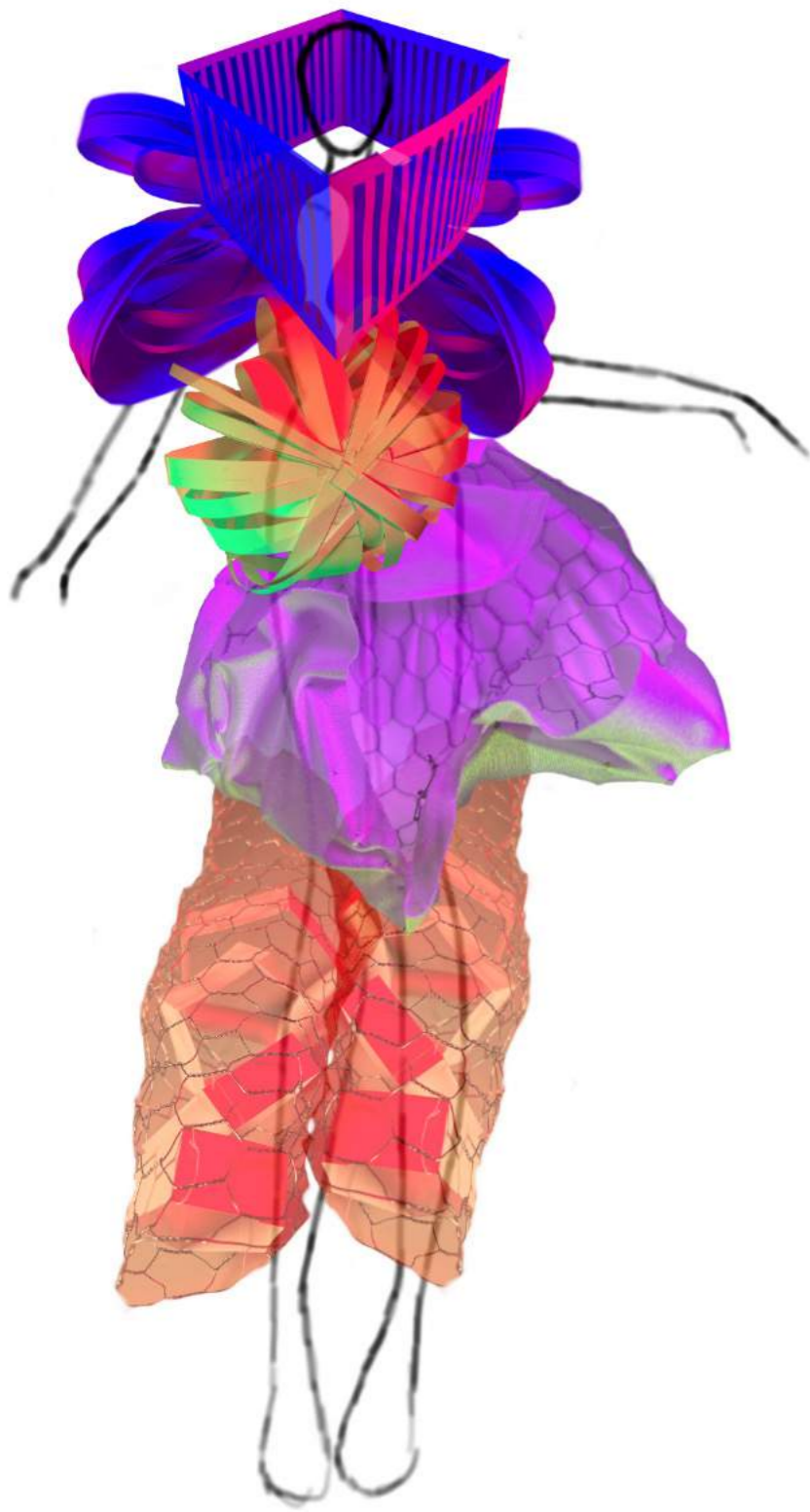


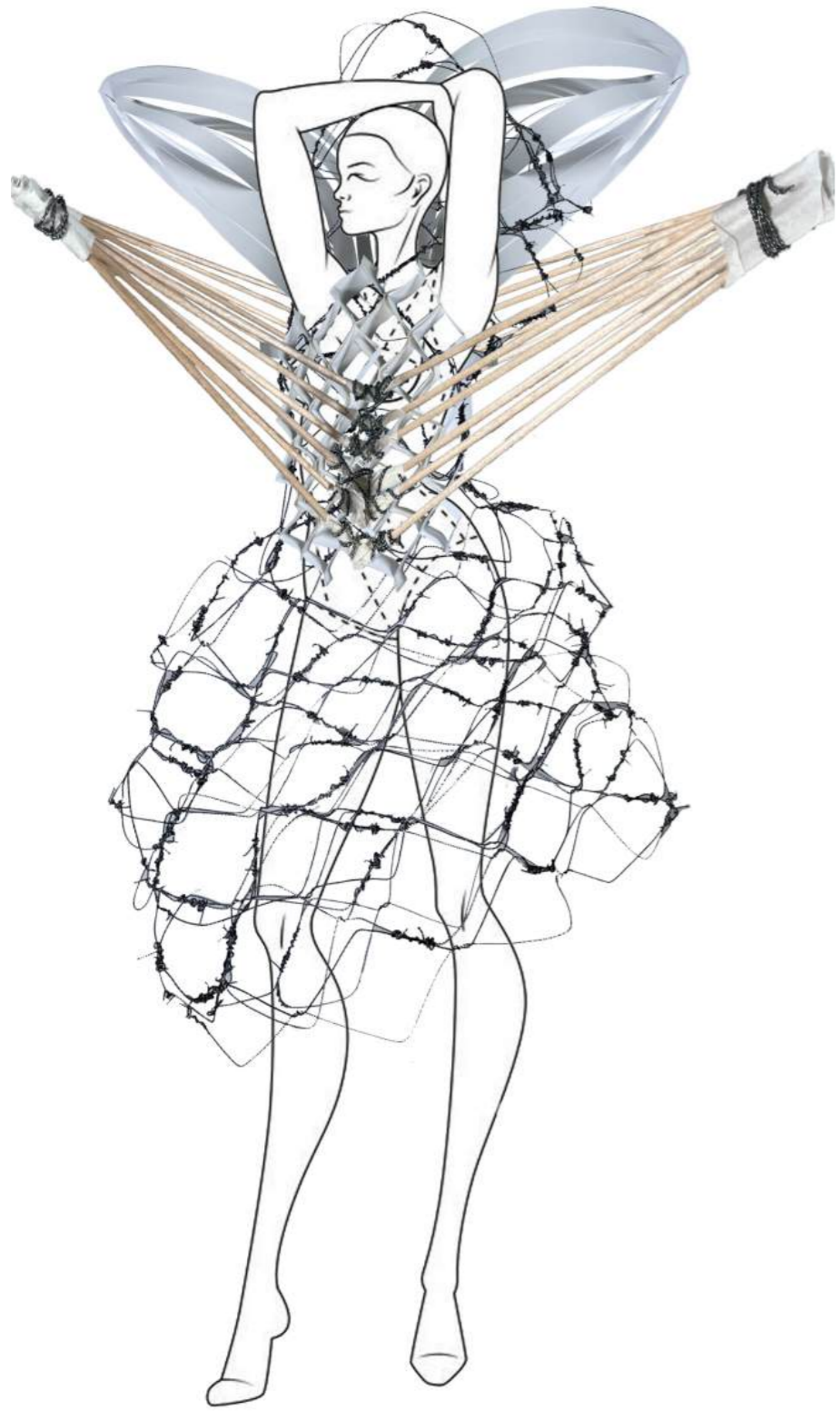
G R O U P W O R K

A series of sketches fit to our idea: Battling Mental Illness, Breaking Free of the Layers, and Reclaiming Your Life.

We tried to blend the concept model with the 'Gown' design, so there are a lot of sketches that are collages from the concept model.



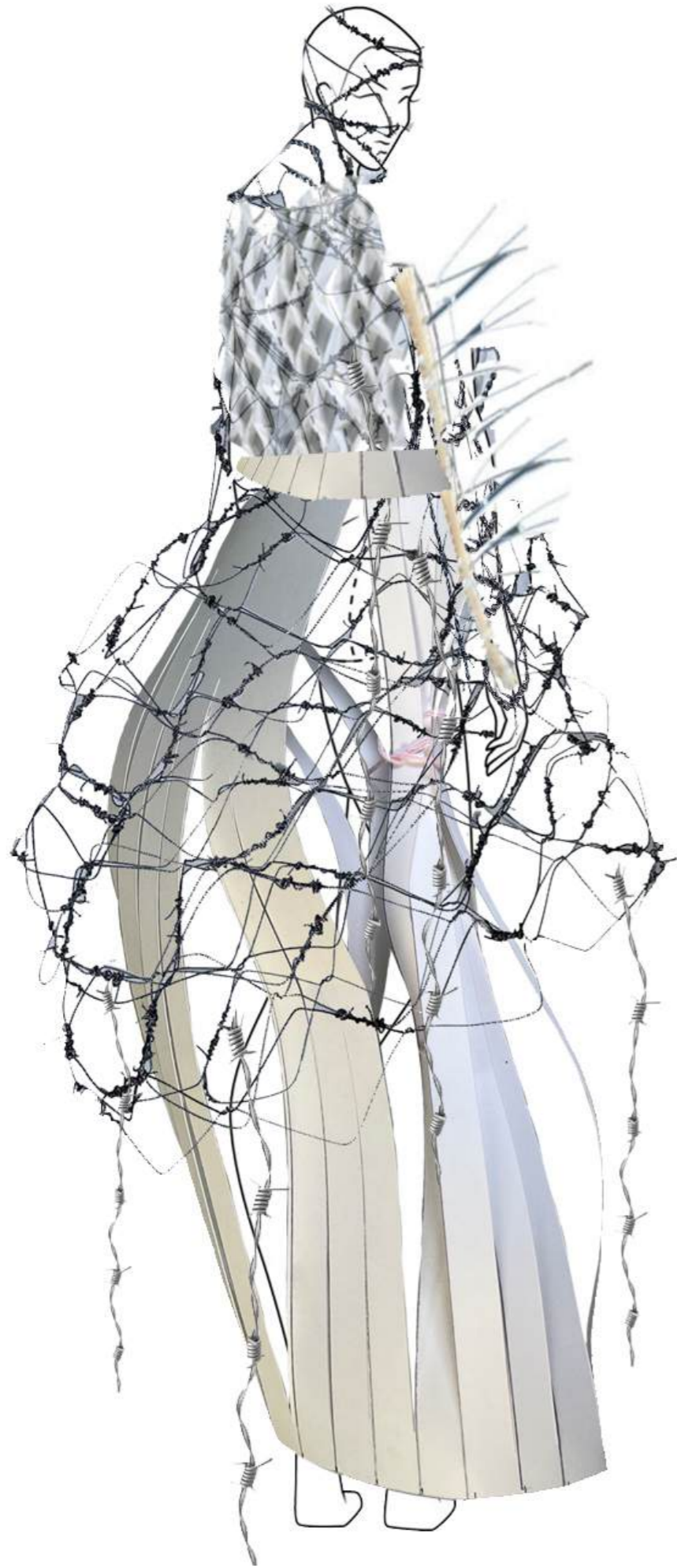




G R O U P W O R K

Final Sketch

In the end, we chose a sketch "full" of spikes, which, like mental illness, can harm themselves and others. Underneath the spikes is a wounded, strong, beautiful soul.



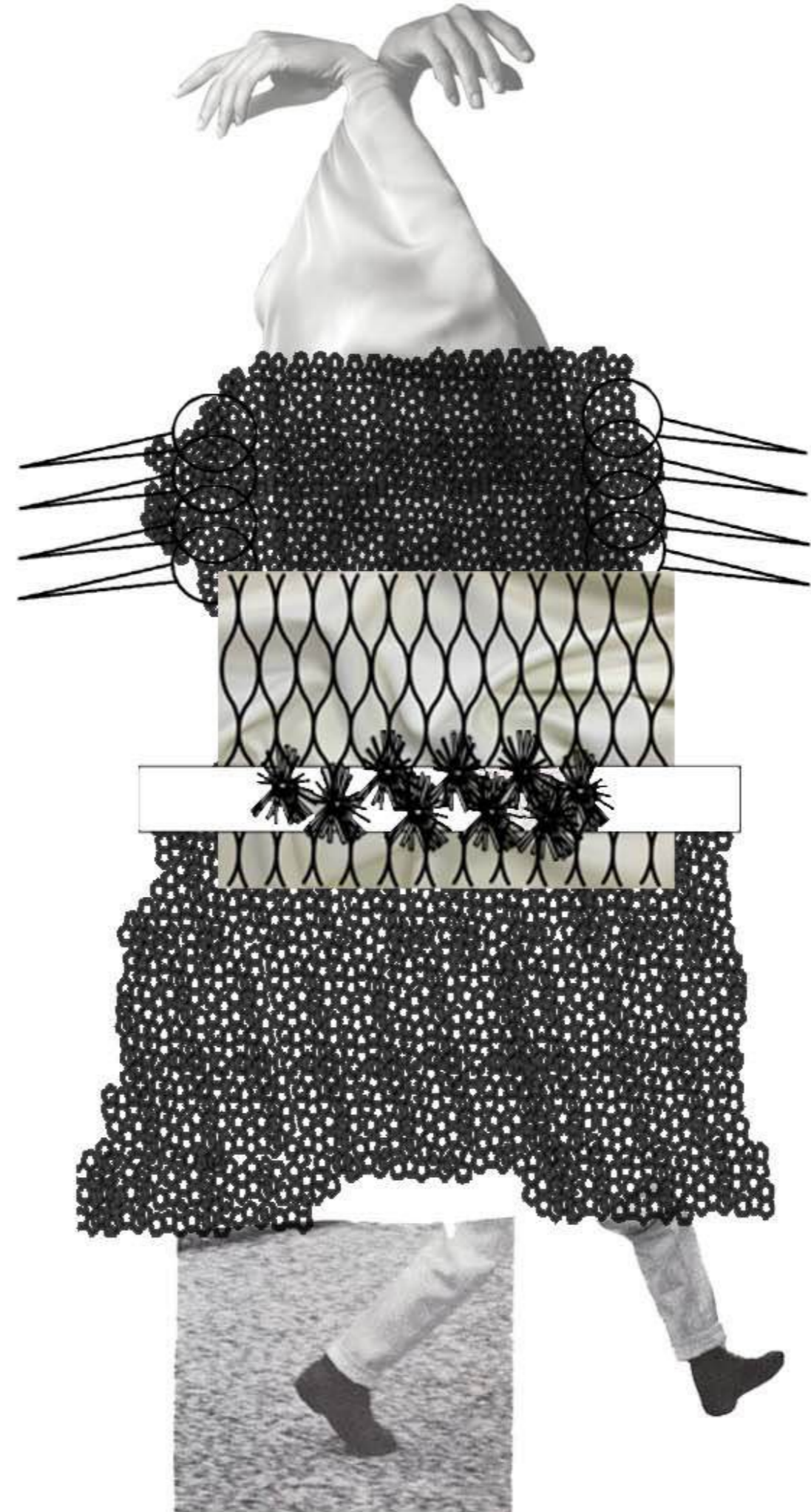
G R O U P W O R K

Final Shoot of The Gown

Finally, we made a gown that fits our idea. Its main material is wire and wire mesh, and we wrapped the wire with white cloth to enhance its malleability. The constant connection of the drooping rings is like shackles, and the tightly bound leather straps and spikes on the arms express the emotional tension and impact of mental illness. The final stretchy white cloth wrapped around the gown is meant to express the difficulty of getting rid of and curing mental illness. In the end, the model breaks free from the white cloth and becomes a butterfly, which expresses the struggle against mental illness and ultimate liberation and freedom.



Collage Of The 'Gown'



F I N A L E X H I B I T I O N



Small text caption below the sketch.



Small text caption below the photograph.



Small text caption below the grid of sketches.



Small text caption below the grid of photographs.

CAMERA
PLAY
00:02:16

SOURCE
IPHONE



15:27
27.05.1997 TUE

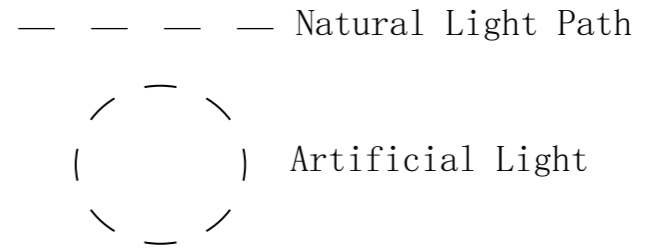
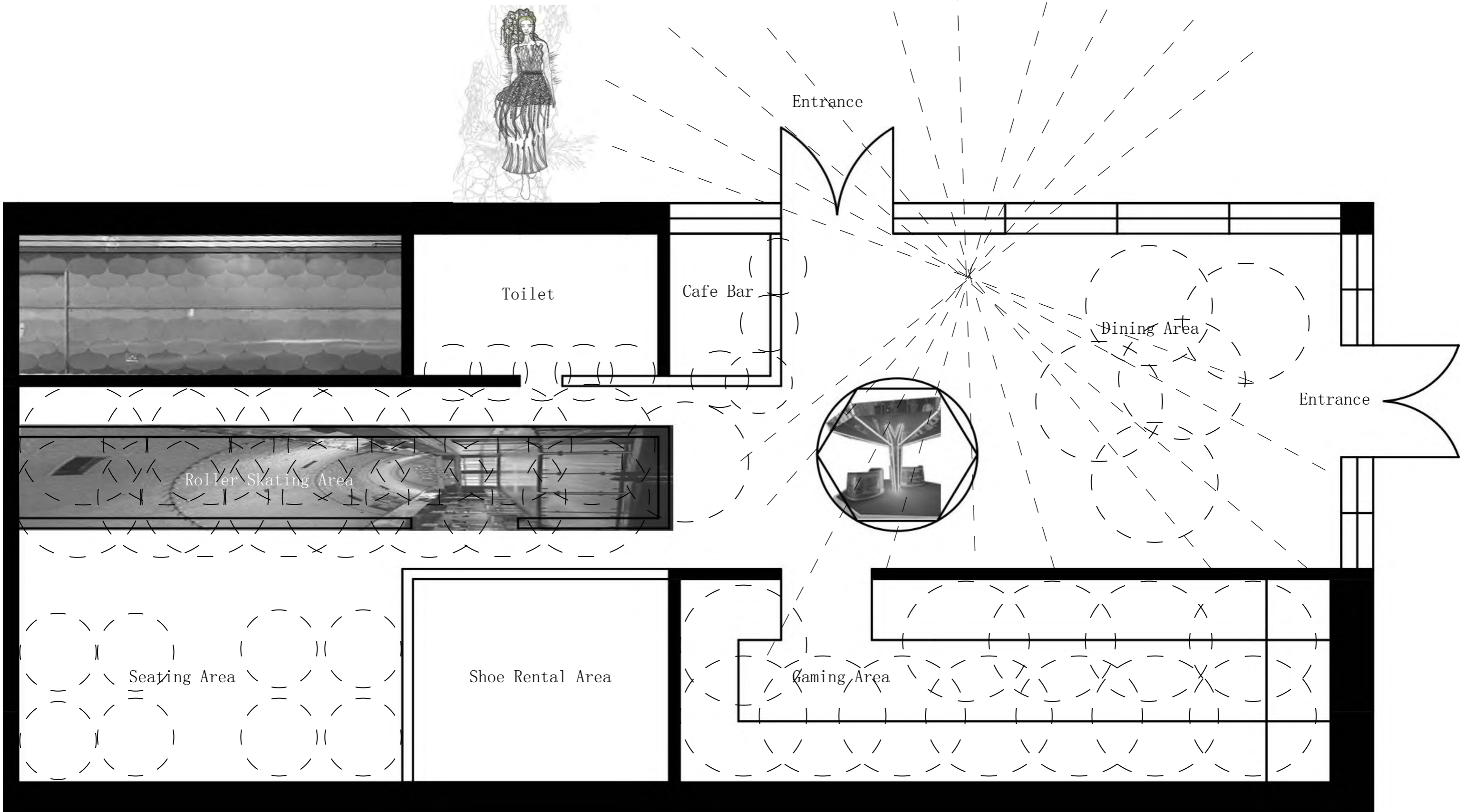
THE REMAINS



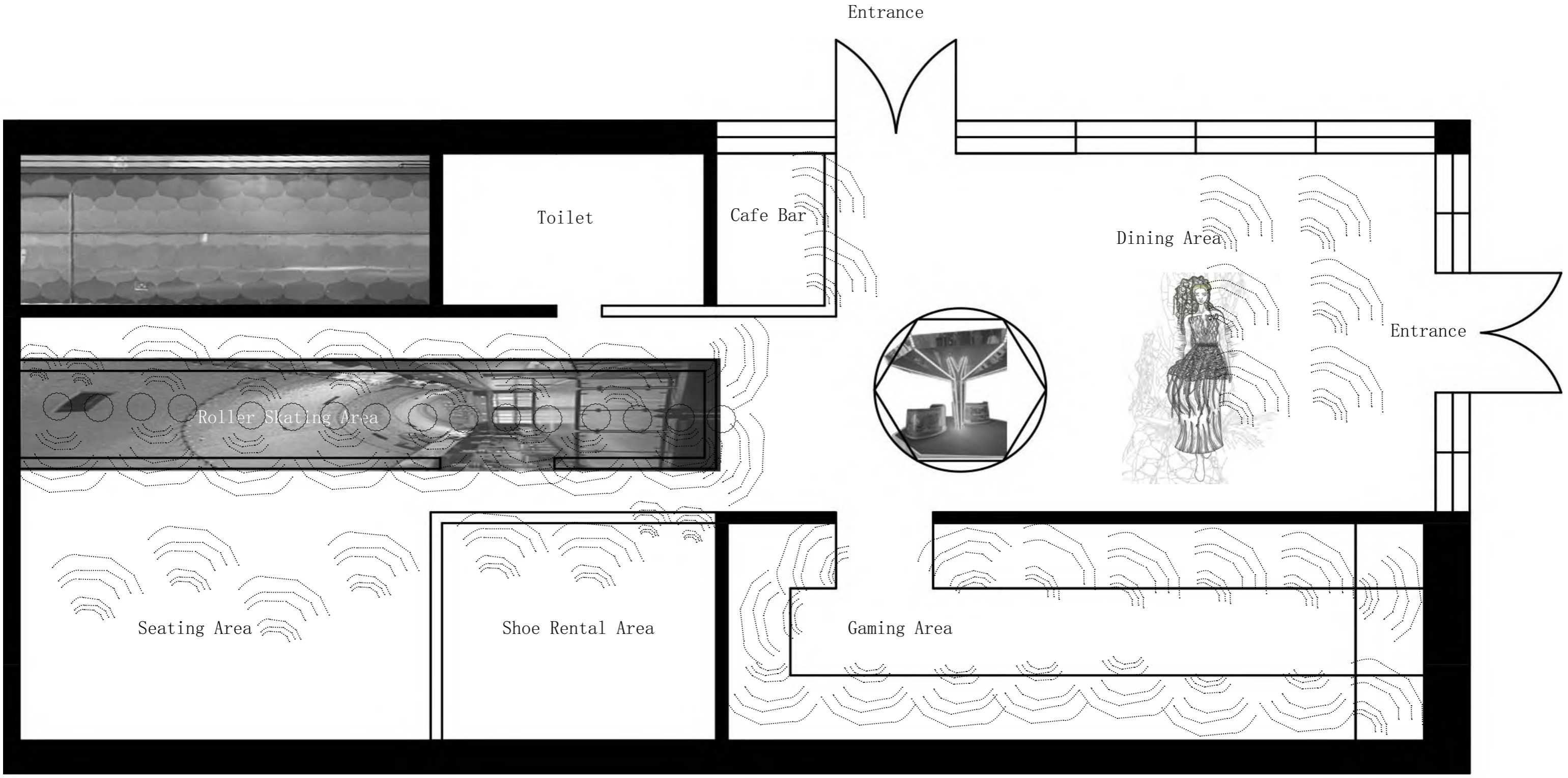
E P H E M E R A L S U B A T A N C

Show the relationship between gown and its surroundings,
such as space, light, movement, etc.

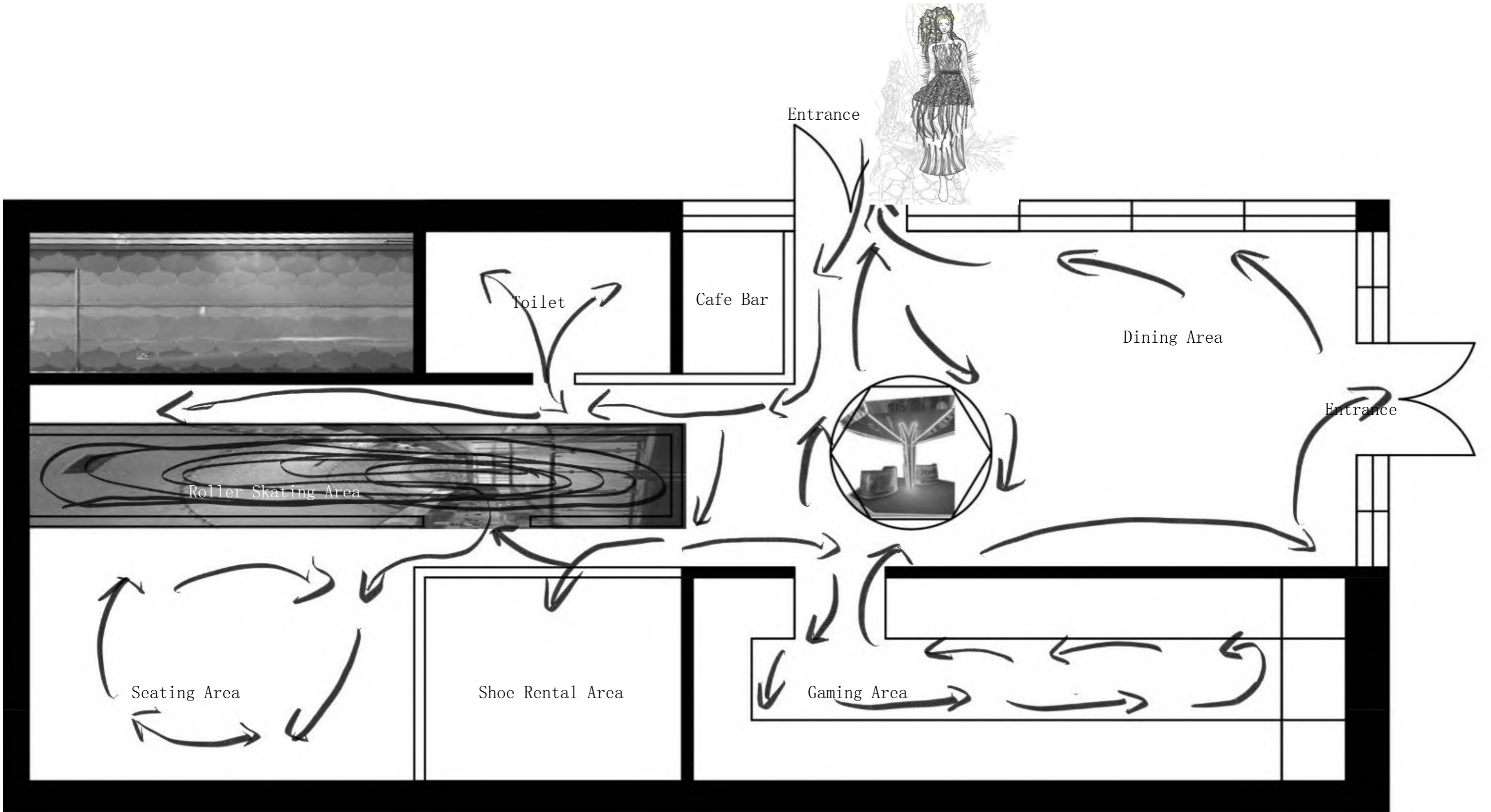
Plan Of Roller Area



NOTATION - Light in Roller Area

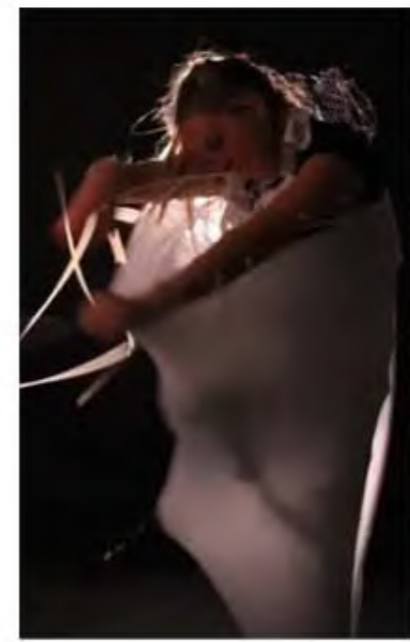
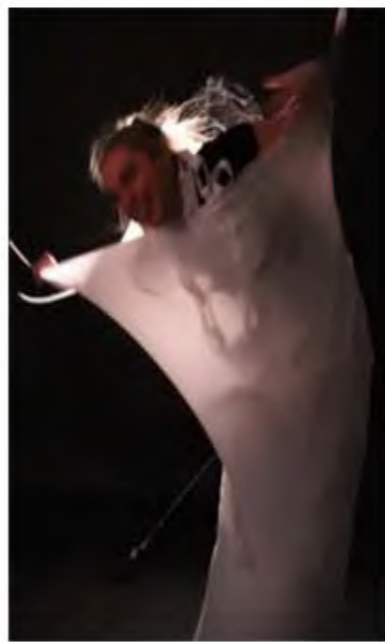
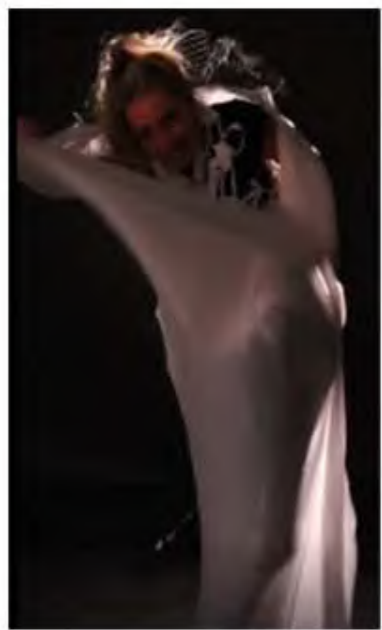
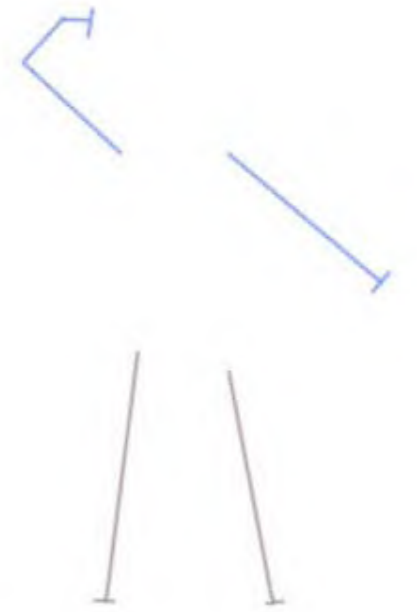
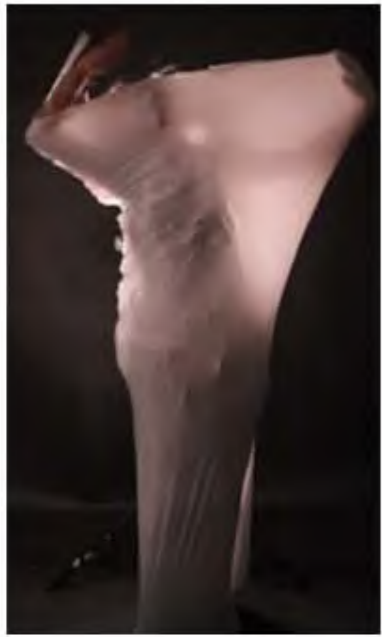


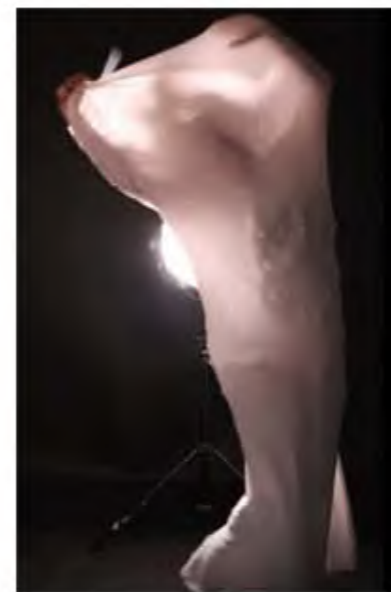
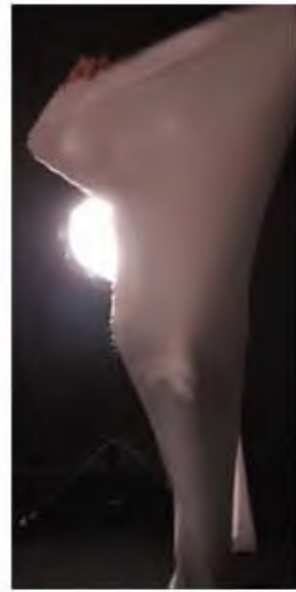
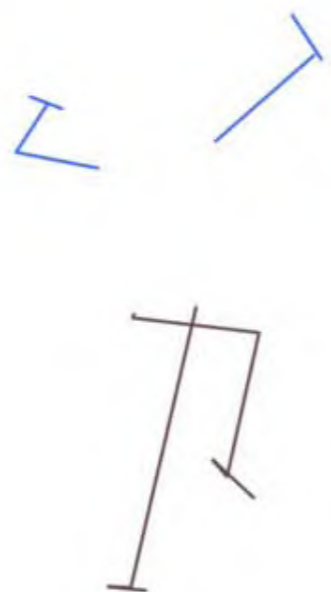
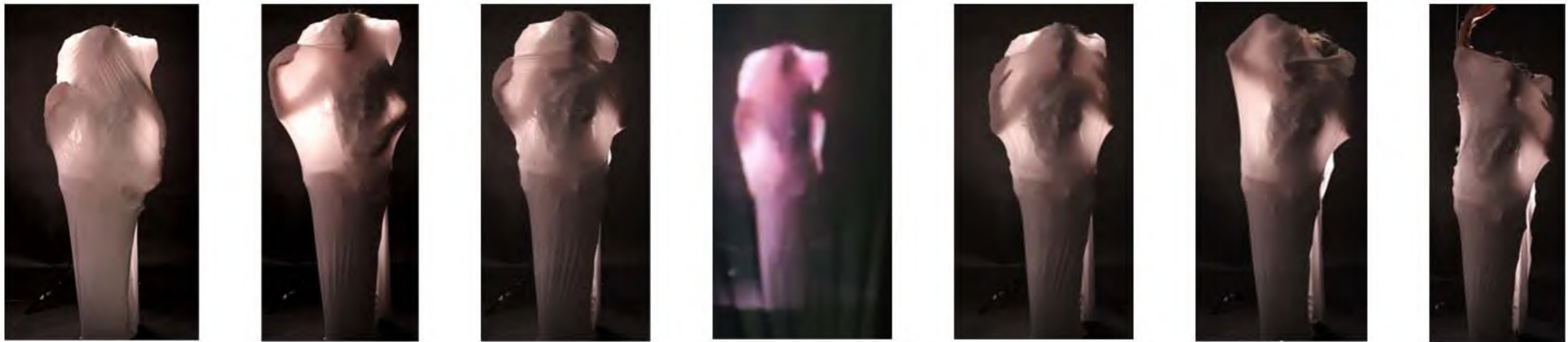
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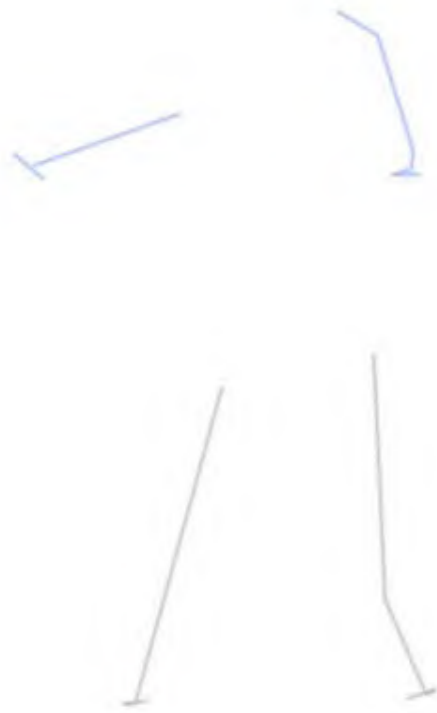
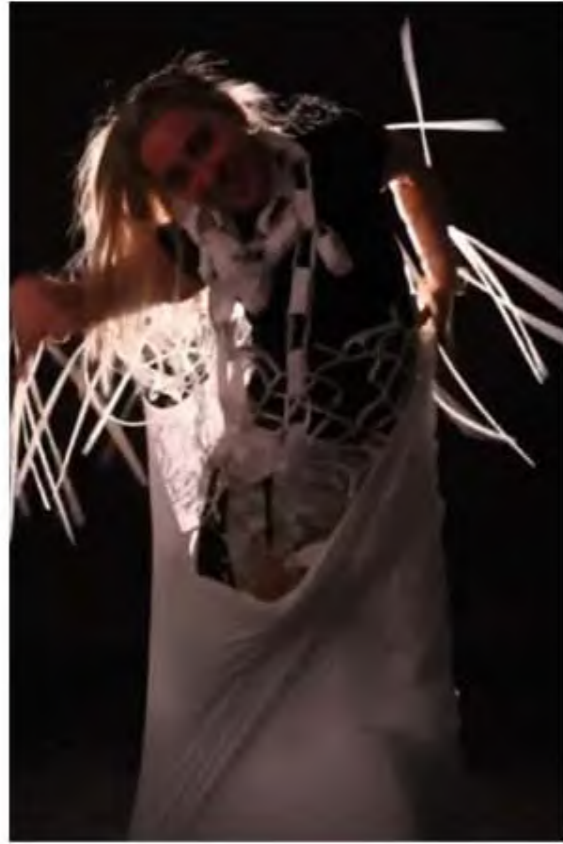


NOTATION - Movement in Roller Area









NOTATION - Actions of the character with "gown"





Collages of movement annotations

M A N I F E S T O

This part of the work focused on developing a manifesto to inform my design project. Expressing my ideas through the use of bubble charts and written material. I am someone who feels nervous easily and often ignores my emotional responses because I am in stressful situations all the time and don't know how to de-escalate, causing me to have some emotional psychological issues, I wanted to think about help as well as the space that a nervous person needs from my perspectiv

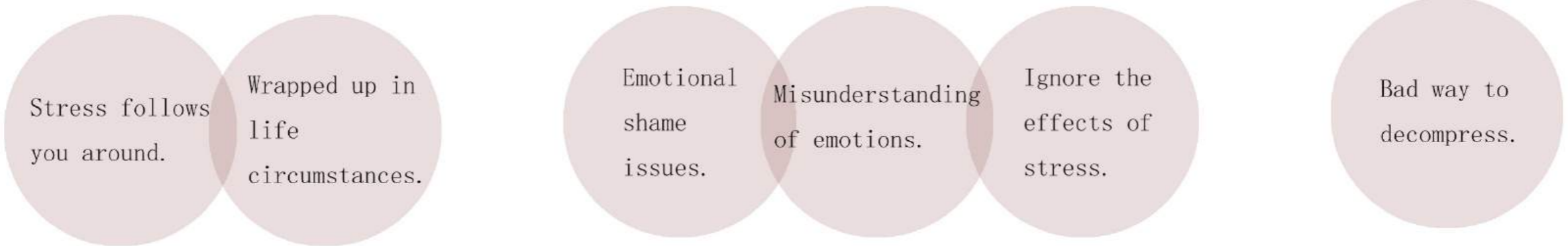
Place Of Spiritual Balance



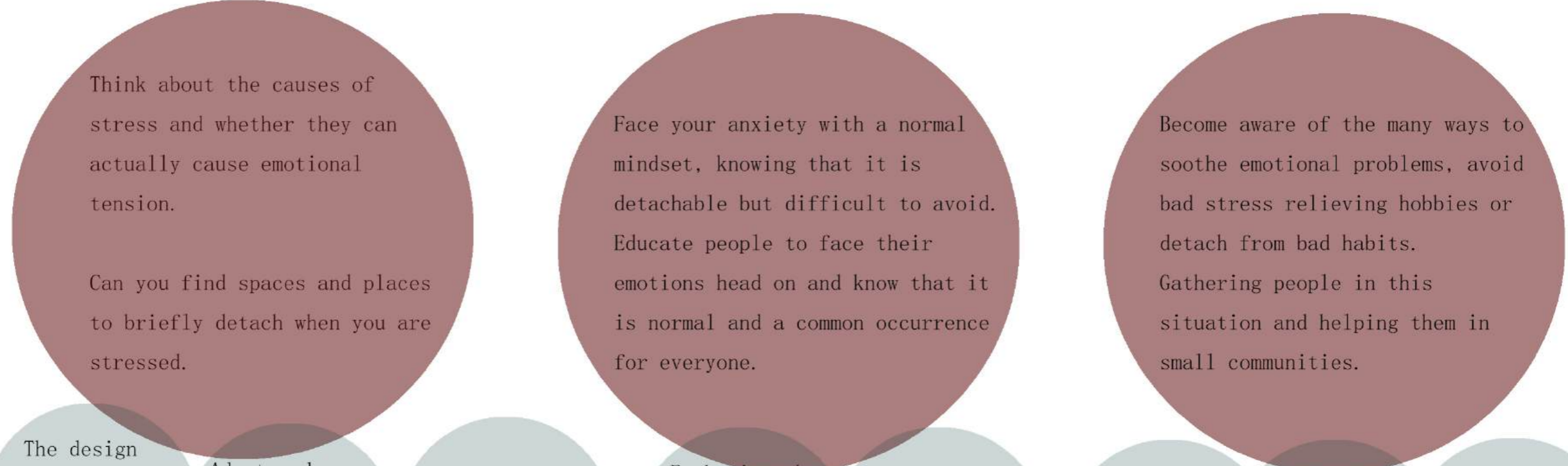
Community
Peaceful
Relaxed
Free
Enjoyable
Warmer
Healing

Manifesto Diagram

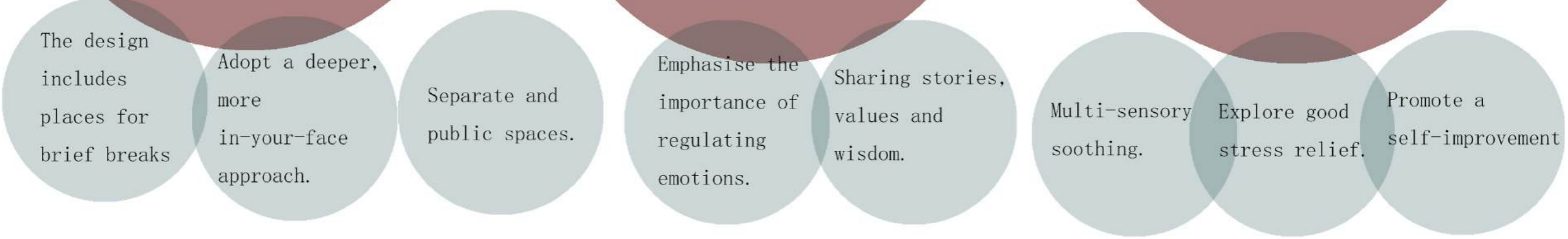
FACTS



IDEAS



DIRECTION





Stress

Why do people ignore stress?

Distinguish

Many people don't know how to tell the difference between stress and anxiety, and they think it's just an emotional or perceived problem at the time.

Inability to choose

People are being pushed forward, and even when they perceive stress, they hardly have time to soothe it.

Shame

Many people will feel embarrassed to admit or feel pressured to confide in others that they are stressed, especially if they are introverted or strong.

Closely associated with each other.

Stress goes with the territory and basically everyone feels stressed at times, in which case people can become accustomed to it.

Always ignoring stress can cause it to build up and lead to stress overload.

What can too much stress lead to?

Mental illness

Depression

Anxiety

personality disorder

Bodily disease

Cardiovascular disease

Obesity and other eating disorders.

Skin and hair problems.

Gastrointestinal problems.

How to relieve stress?

Exercise

Avoid unhealthy habits

Some people may use unhealthy habits to cope with stress. This may include drinking too much caffeine or alcohol, smoking, overeating, or using illicit drugs. These habits can damage your health and increase your stress levels.

Connecting with others

Try Yoga

Seeking counselling

Meditation

Guided Meditation

Mantra Meditation

Positive Mindfulness for Stress Reduction Meditation

Massaging

Swedish Massage

Combining classic massage techniques with invigorating aromatherapy helps to relax tense muscles and relieve mental stress.

Deep Tissue Massage

It realigns deep muscles and connective tissues, leaving you feeling smoother, softer, and more relaxed.

Aromatherapy Massage

It helps reduce anxiety, alleviate pain, improve sleep quality, improve mood, and restore energy levels.

Thai Massage

The therapist will use their hands and feet to apply pressure along the Mori line, intensely stretching your body to a depth of relaxation never seen before.

Shiatsu massage

Chair massage

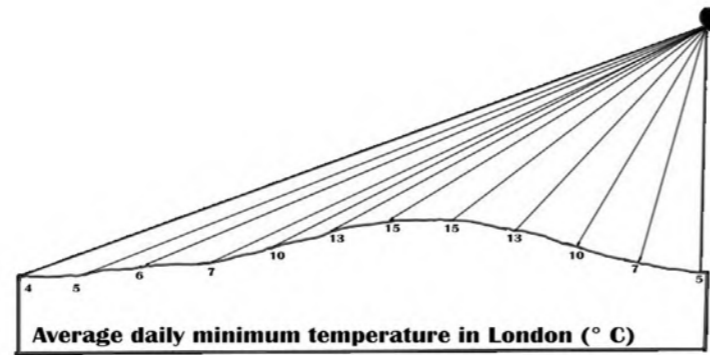
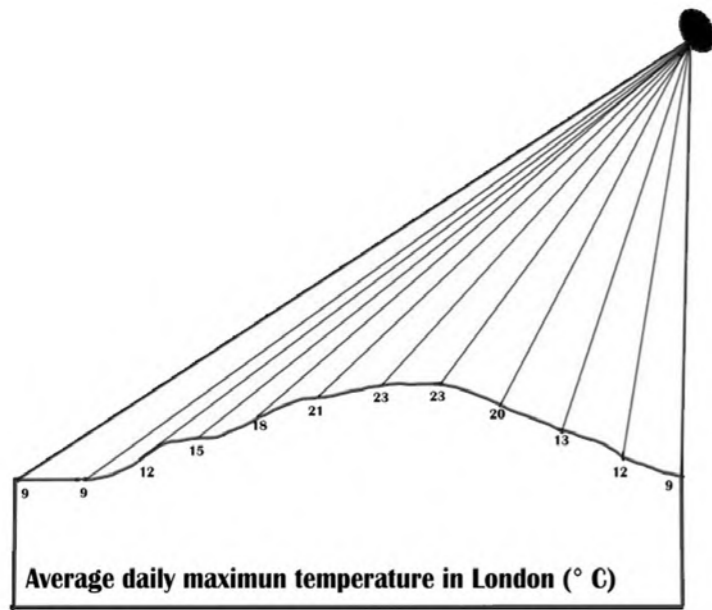
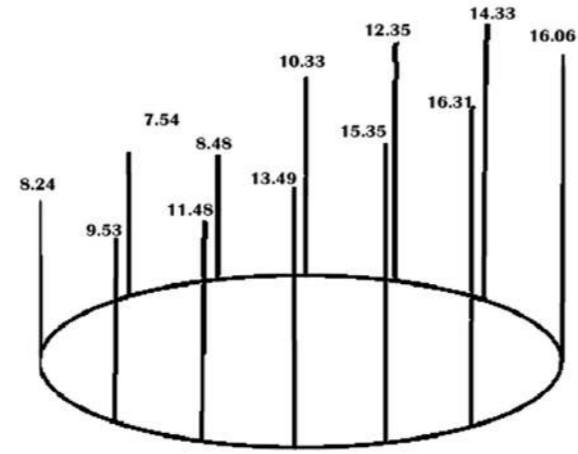
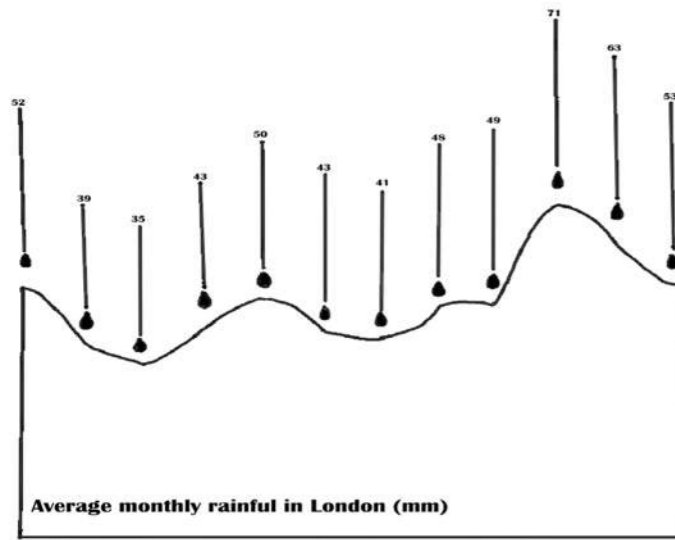
PHASE 2

S I T E A N A L Y S I S

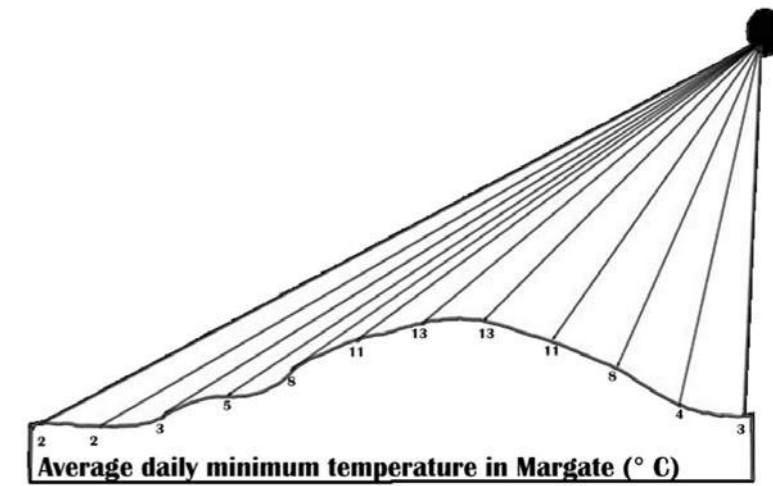
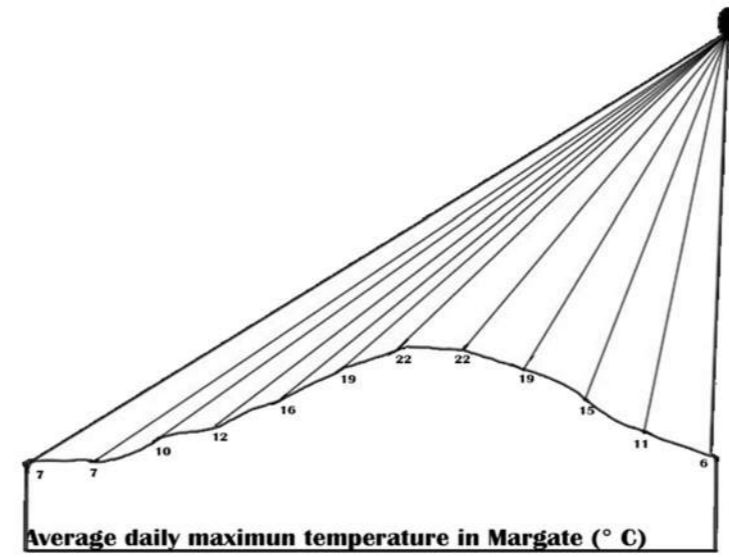
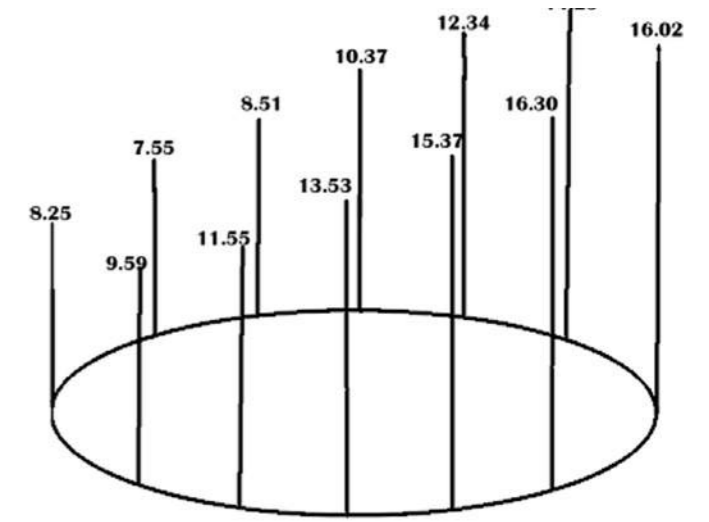
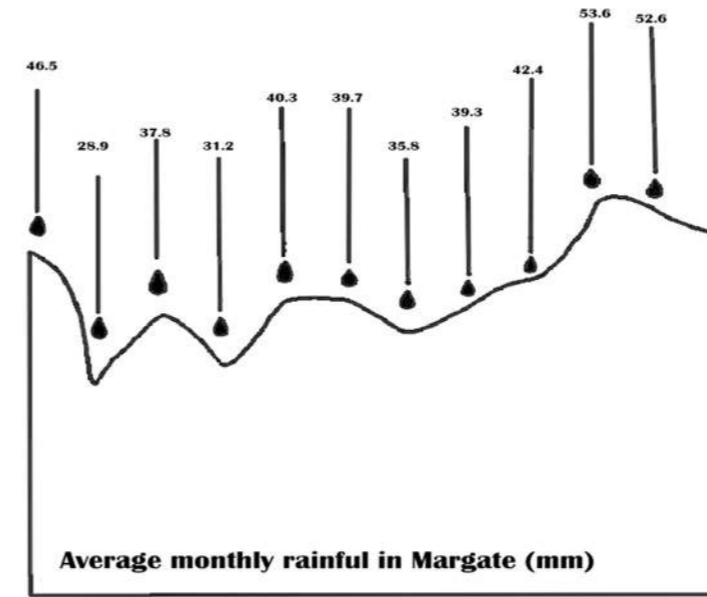
Site analysis is a vital part of the building design and planning process. It involves a detailed investigation and assessment of the various factors at the site of a proposed project, leading to a better understanding of the site to ensure that the design solution is compatible with the site conditions.

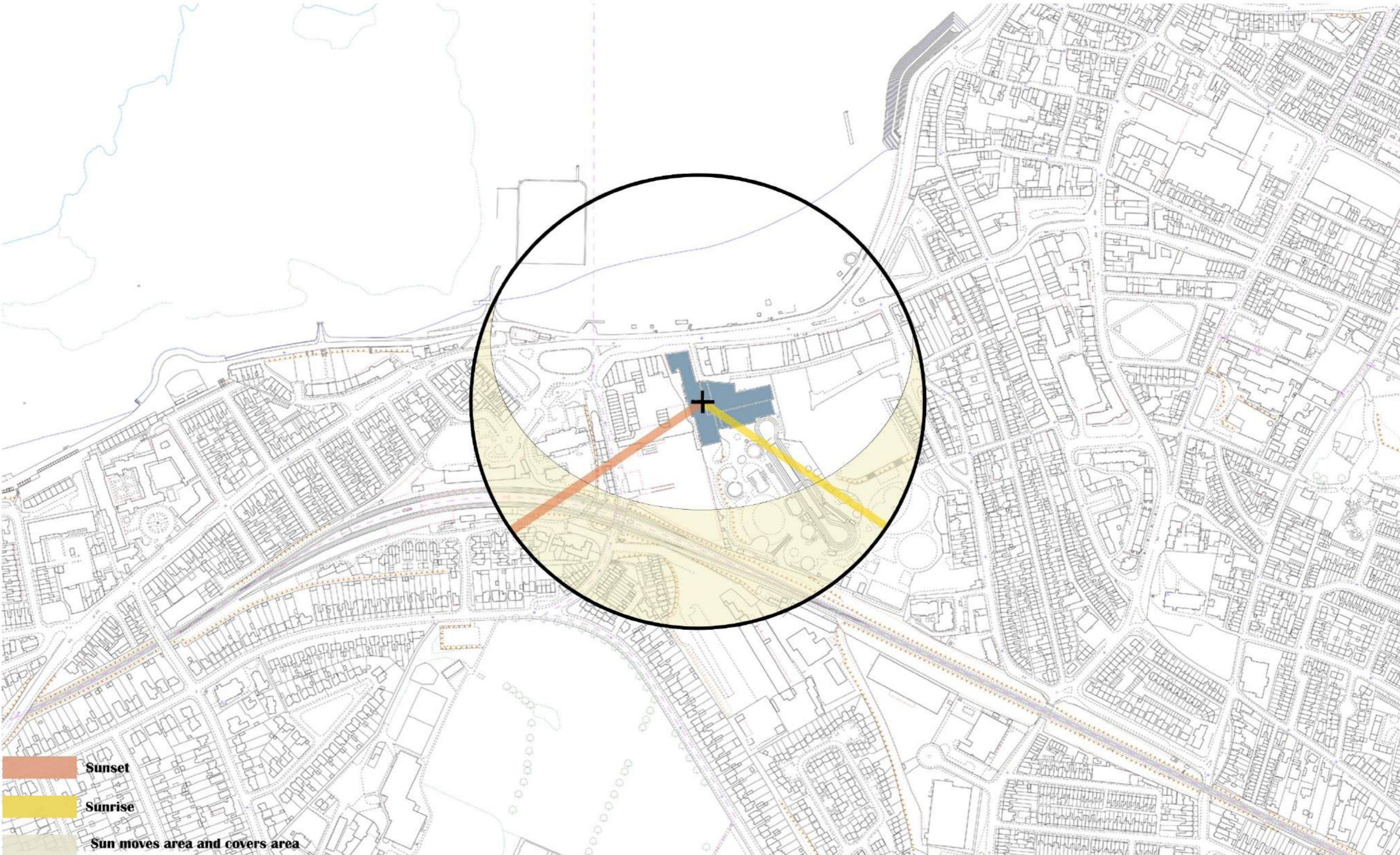
ENVIRONMENT

LONDON



MARGATE





-  **Sunset**
-  **Sunrise**
-  **Sun moves area and covers area**

I N F R A S T R U C T U R A L

How to arrive Dreamland Margate from London - By train



How to arrive Dreamland Margate from London - By car



Margate Train Station

INFRASTRUCTURAL

-Margate's unique massage parlour.



Sea Scrub Sauna CT9 1XP

From Margate Train Station to Sea Scrub Sauna:
By car: 2 mins
By bus: 3 mins
Walk: 3 mins

Their philosophy:
The Sea Scrub Sauna is a fusion of related passions and cultures. Sea Scrub Sauna's vision is to combine the health benefits of cold water immersion with the health benefits of saunas in the most beautiful outdoor locations. He has a social sauna for six people with individual private sauna buckets.



Eucalyptus CT9 1QA

From Margate Train Station to Eucalyptus:
By car: 3 mins
By bus: 14 mins
Walk: 14 mins

Their philosophy:
They provide a space for opening, transformation, and healing. Inspired by the powerful plant eucalyptus, the spirit of Breathing Space was born.

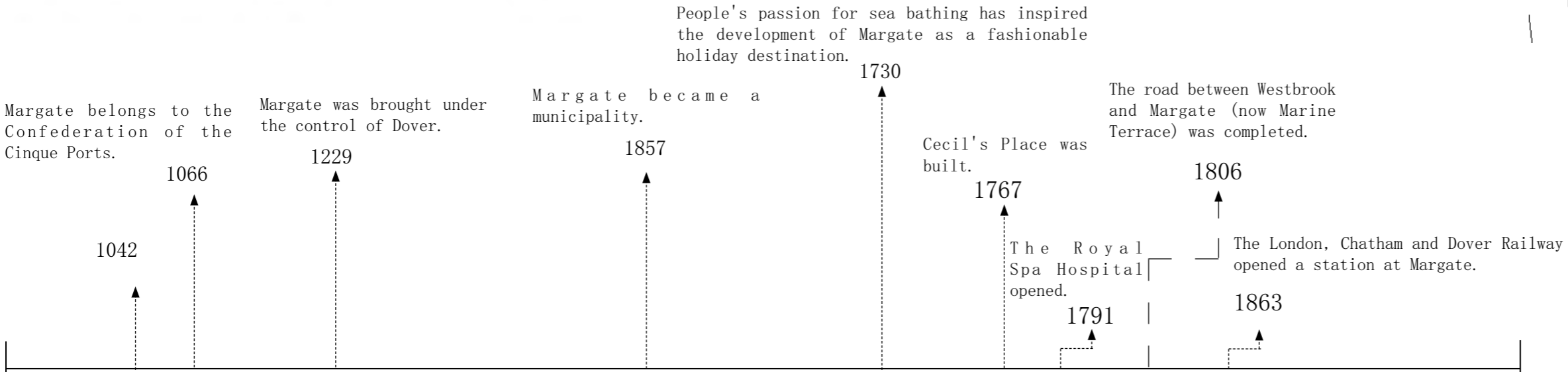
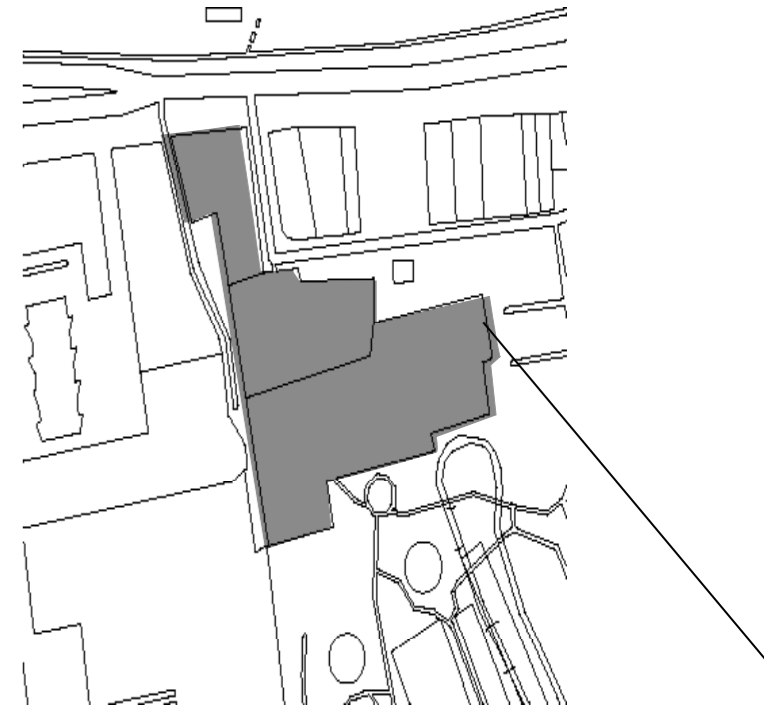
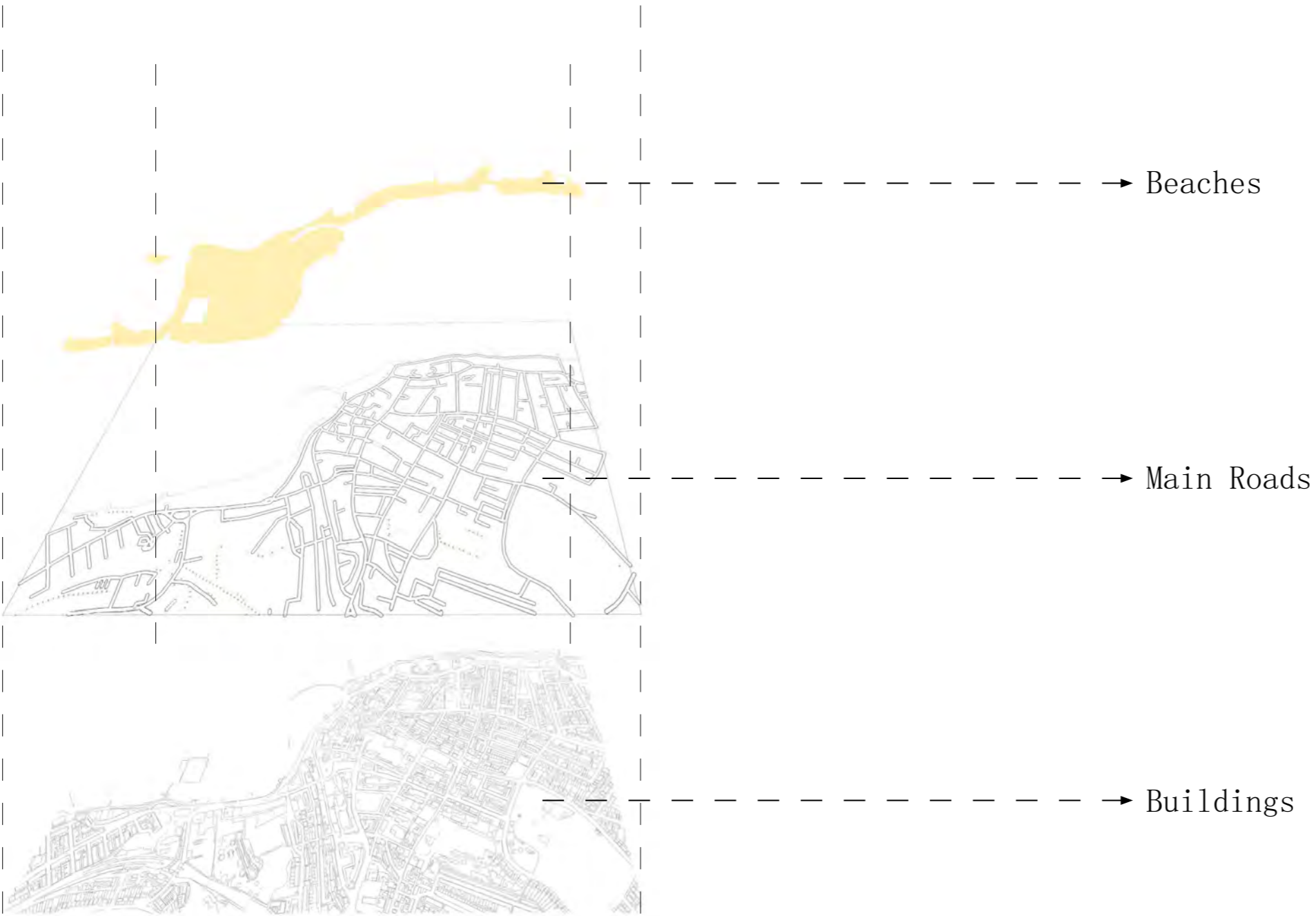


Carrie Simmonds Holistic Therapies CT9 5JS

From Margate Train Station to Carrie Simmonds Holistic Therapies:
By car: 4 mins
By bus: 9 mins
Walk: 25 mins

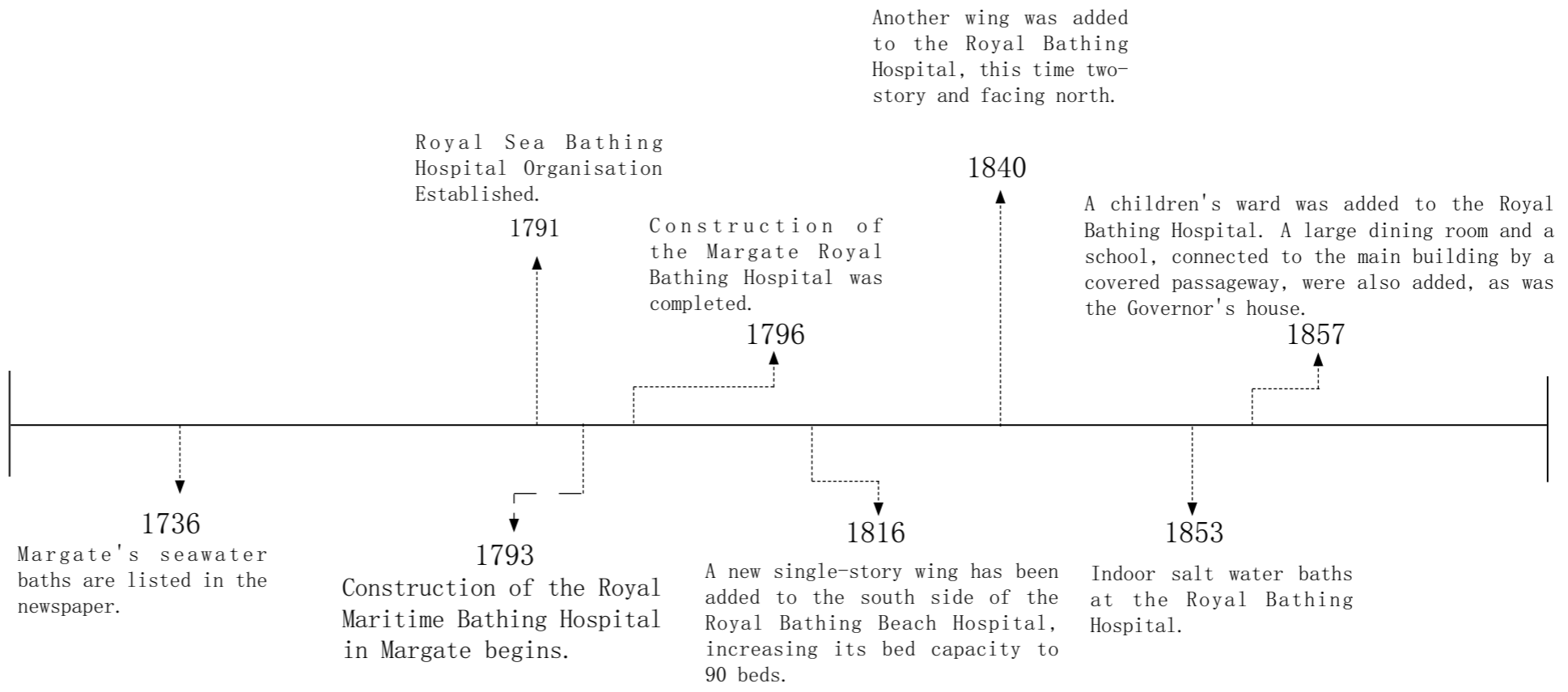
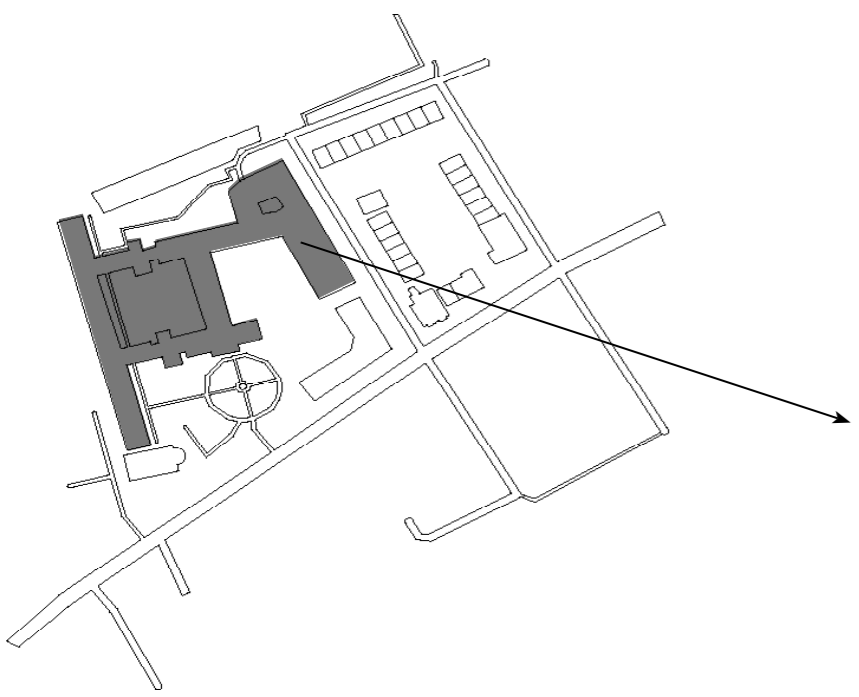
Their philosophy:
They offer a special Lava Shell Massage, which is the world's first self-heating massage tool. A unique innovation in warm water spa therapy that relaxes the mind and body while relieving sore muscles and joints. The Lava Shell Massage is made from 100% genuine recycled tiger clam shells that can be heated internally for up to an hour.

E P H E M E R A L

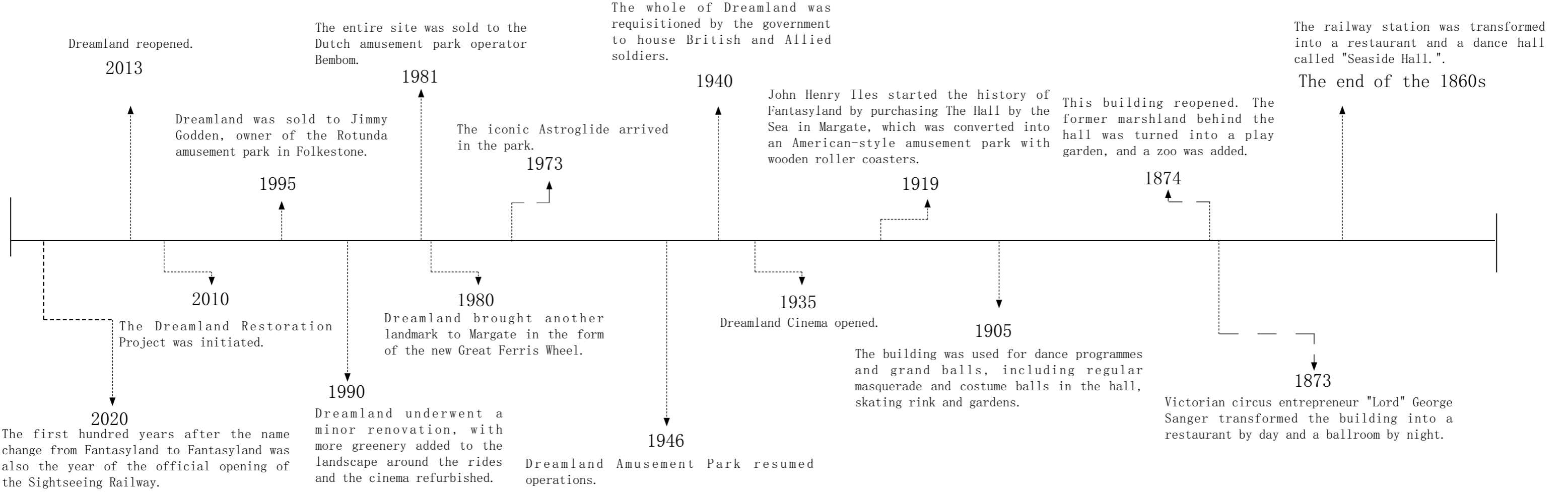


Margate Key Historical Nodes.

Timeline of Royal Sea Bathing Hospital



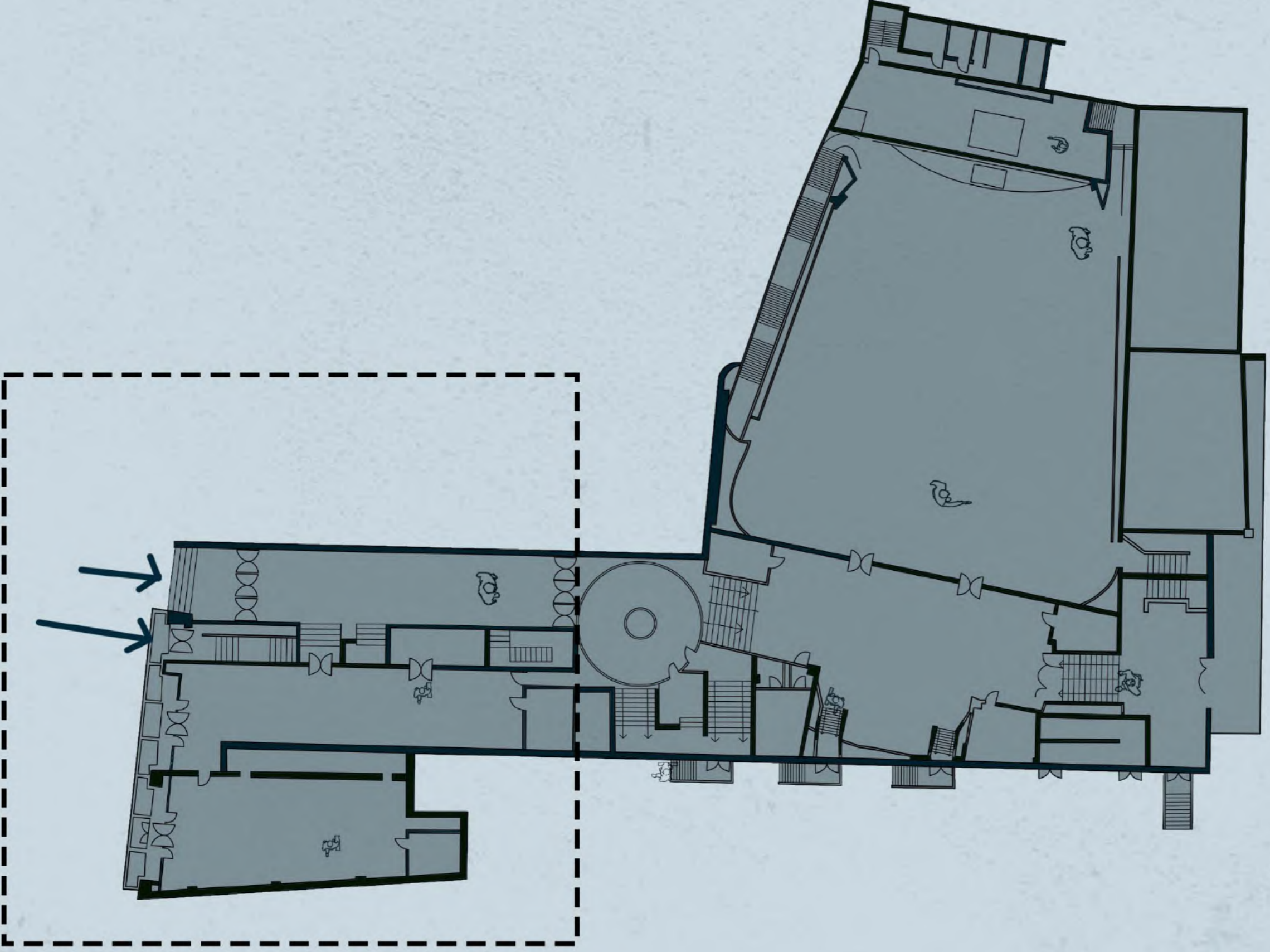
Timeline of Dreamland



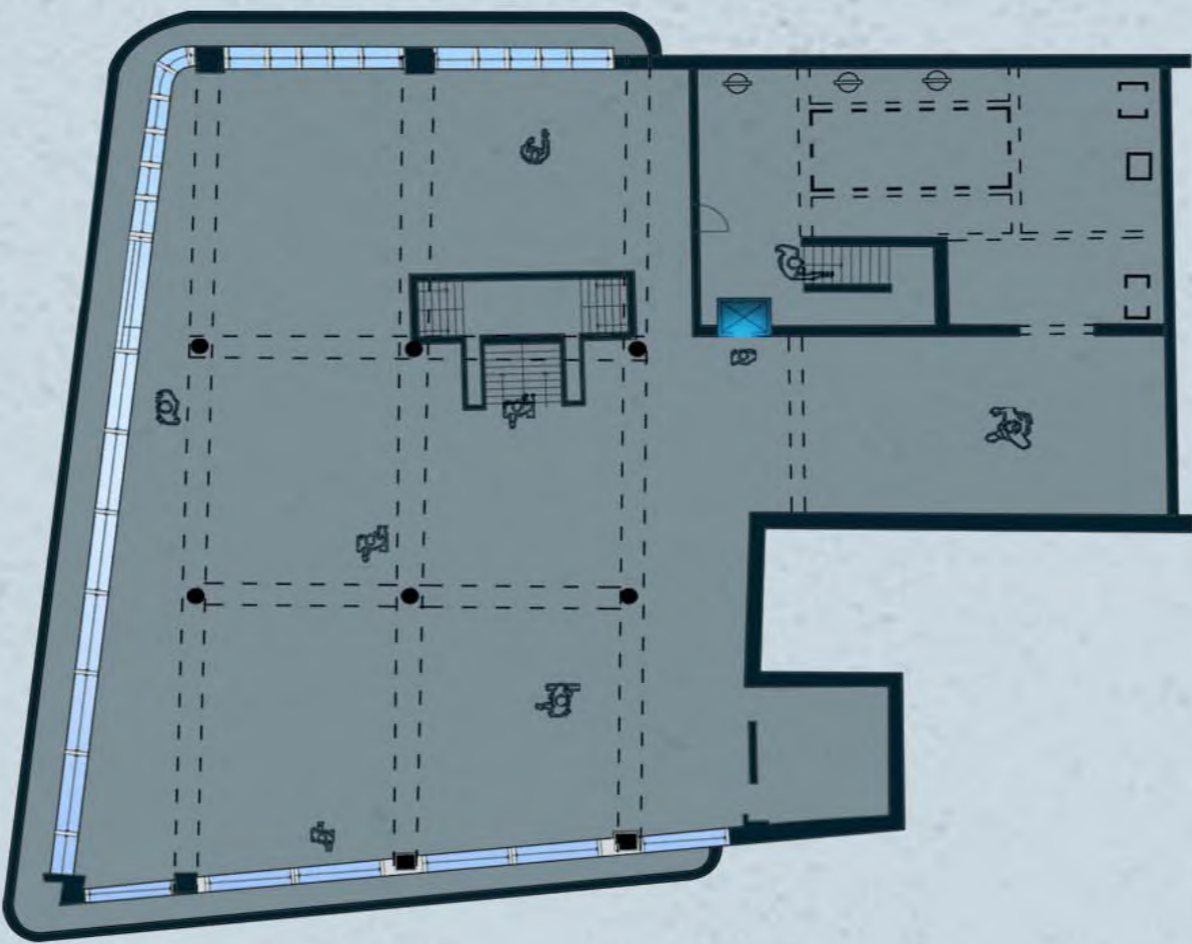
P H Y S I C A L C O N T E X T

Margate Dreamland is a centuries-old building. The original Sunshine Café is situated on the ground floor of this famous building, facing the sea and featuring a large number of steel-framed windows to provide maximum sea views.

Ground Floor Plan



First Floor Plan



Front side Elevation



Right side Elevation

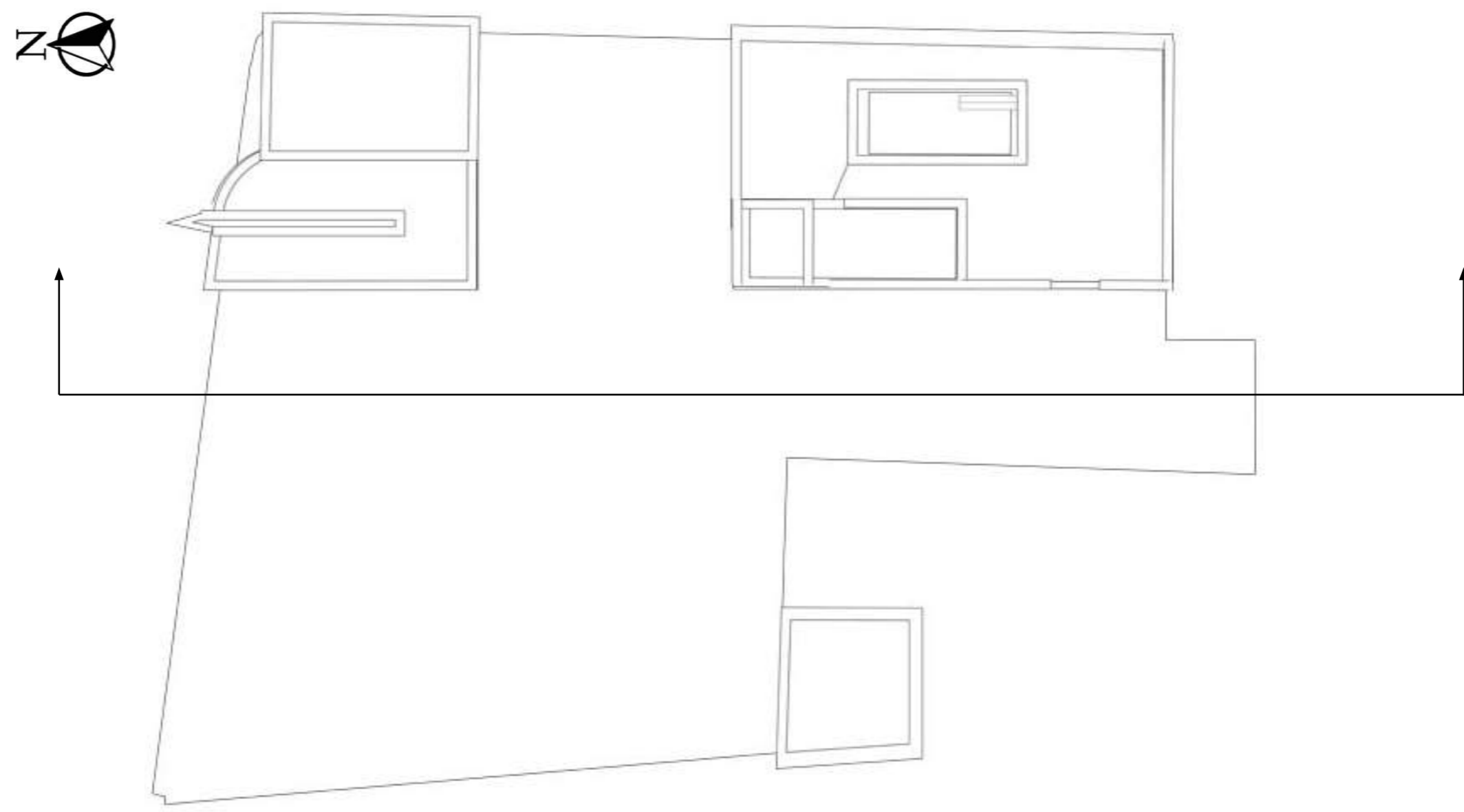


Left side Elevation



PHYSICAL CONTEXT

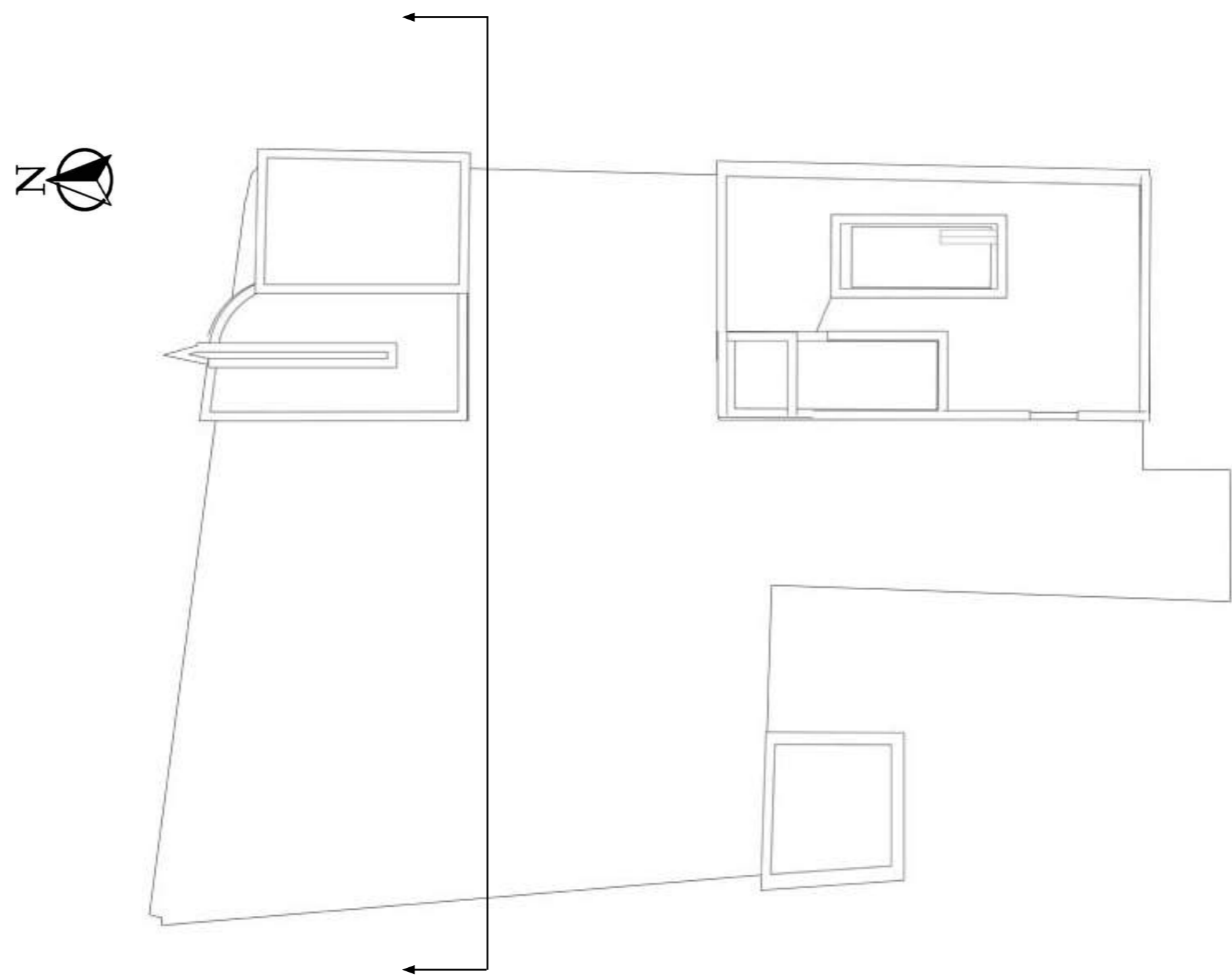
-Section 1





P H Y S I C A L C O N T E X T

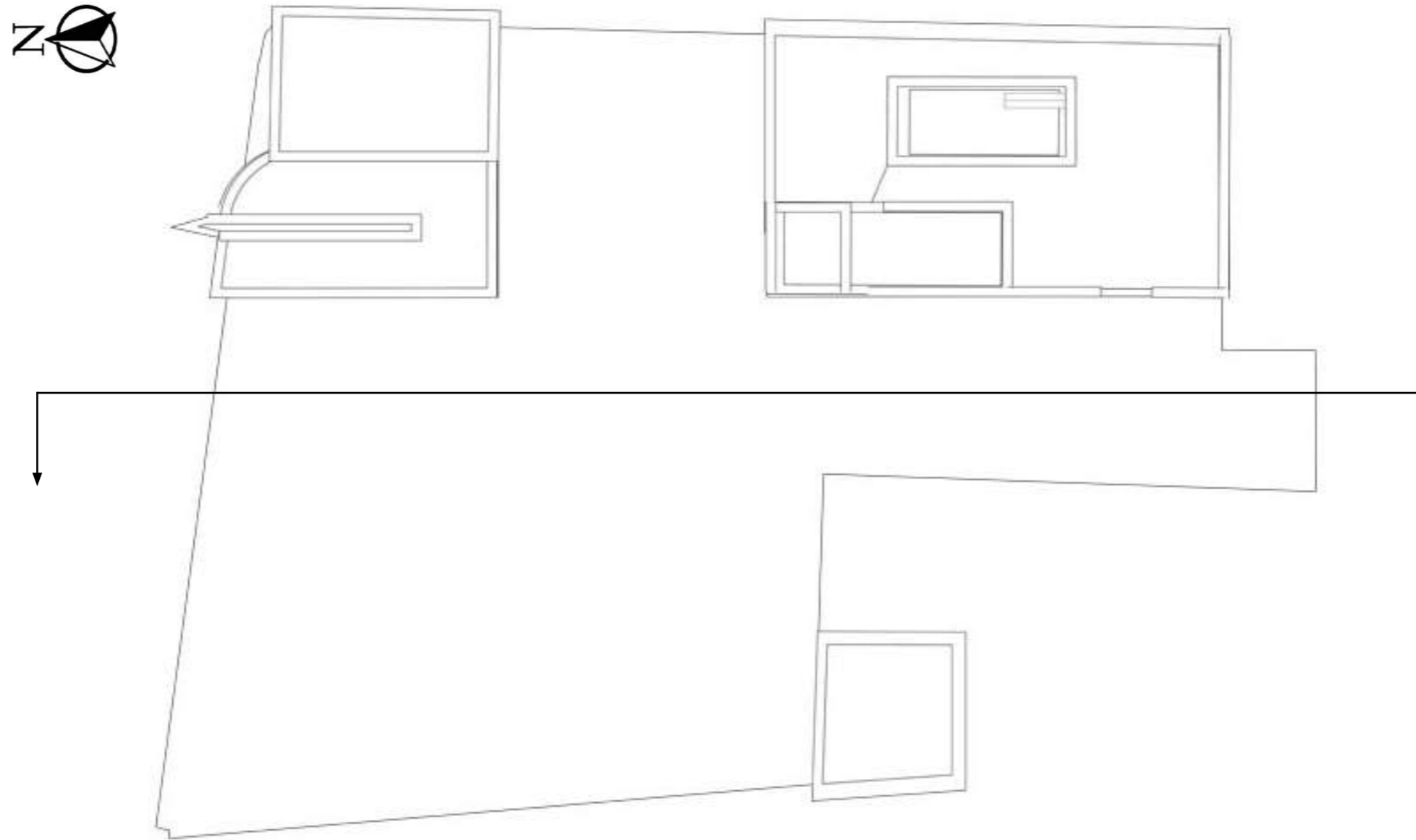
-Section 2





PHYSICAL CONTEXT

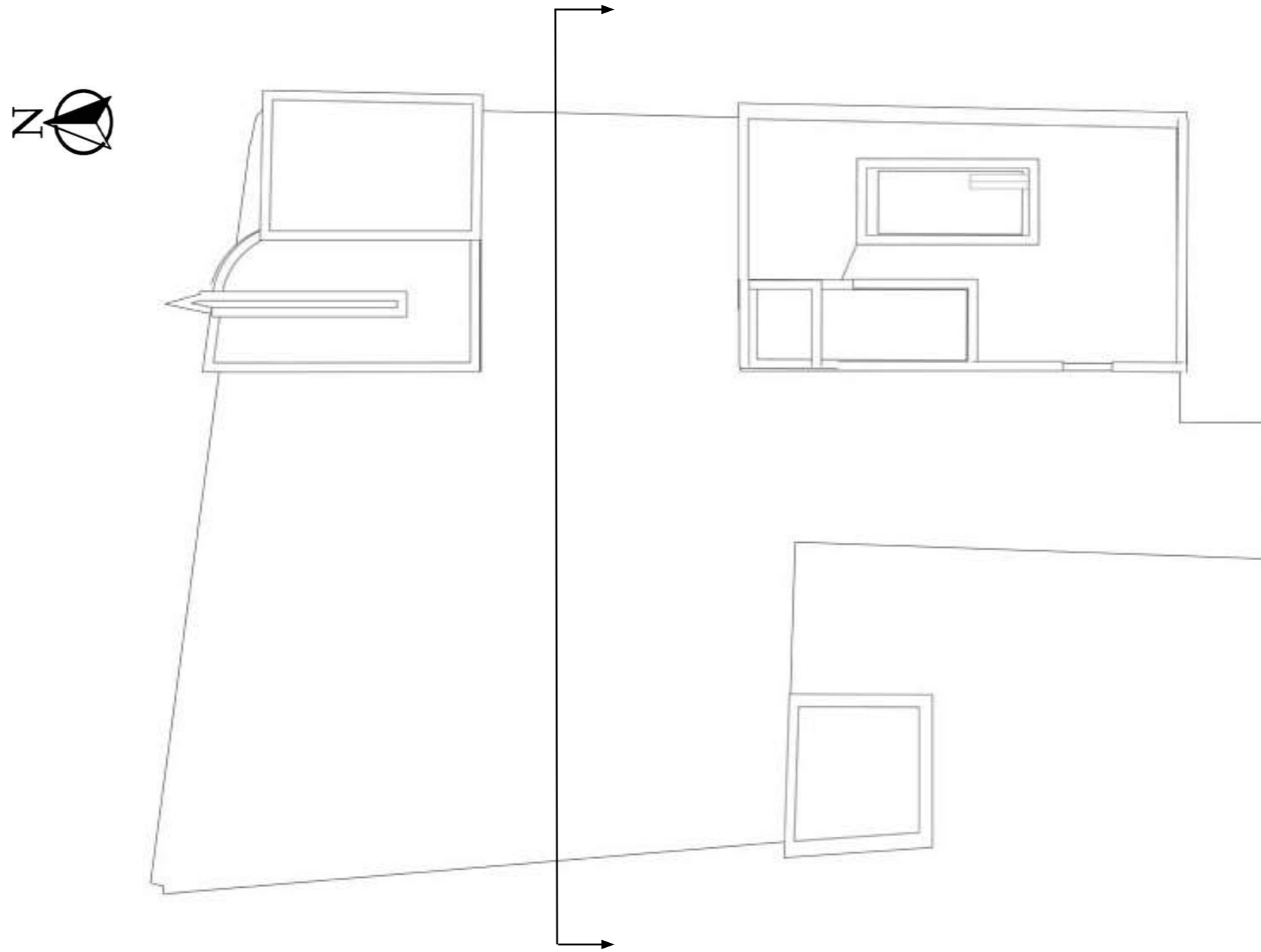
-Section 3





PHYSICAL CONTEXT

-Section 4

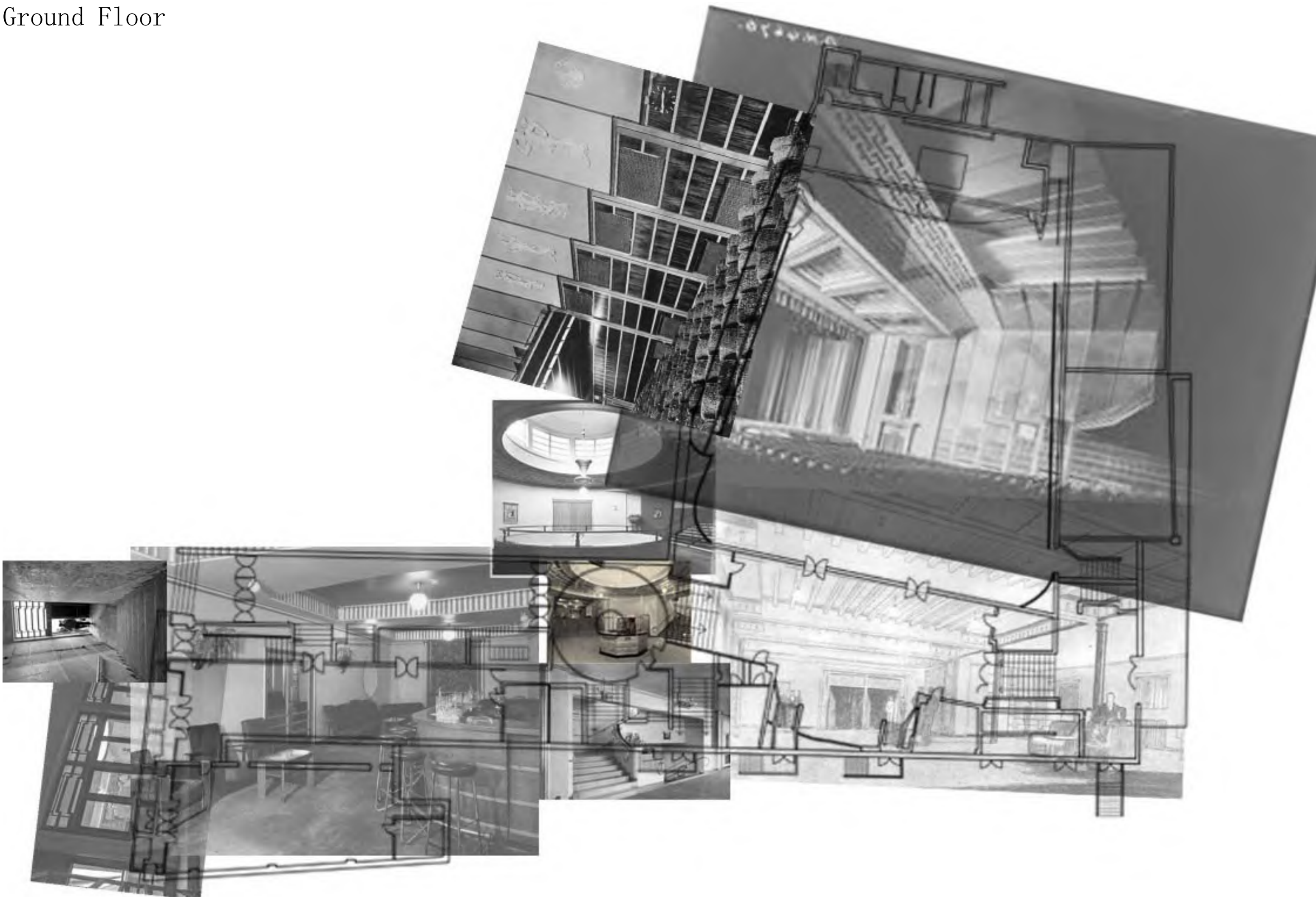




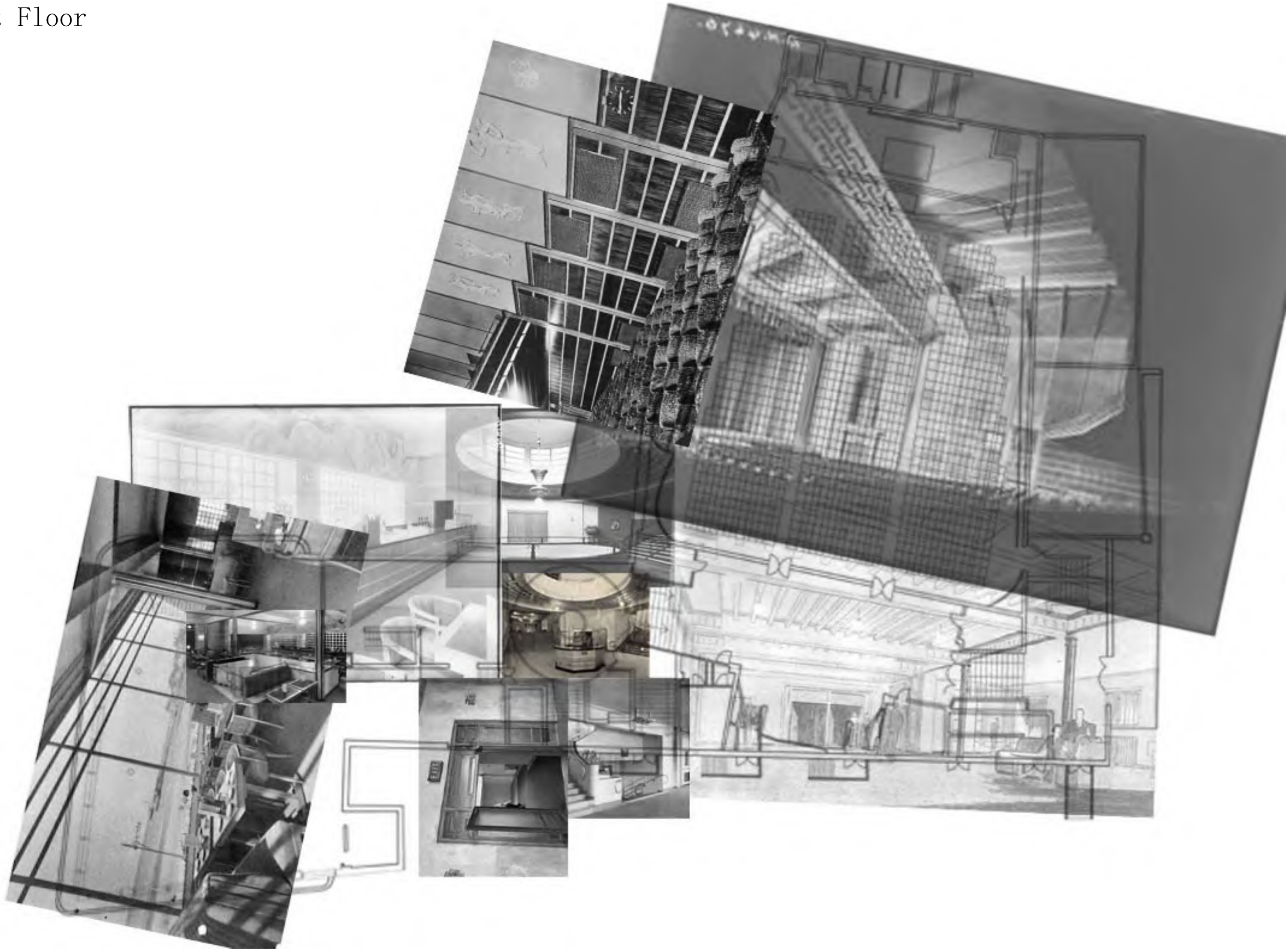
P H O T O G R A P H I C S U R V E Y P O S T E R

The Sunshine Cafe is part of Dreamland, the building was completed in 1935 and is listed at Grade II. The building is of steel framed construction with some very handsome brown and pink brick cladding, with travertine marble steps and paneling to the foyer and an expressionist style highlighted by the concrete frontage. The ground floor was originally a public bar and the ground floor a large restaurant 'sunshine cafe' with a seating capacity of 500. Both use steel-framed windows to maximise sea views.

Ground Floor



First Floor



PHASE 3

Narrative

Everything seems like a fleeting dream in that large city surrounded by skyscrapers and traffic; everyone feels as though they are being propelled forward by a large invisible hand; life moves too quickly; time is compressed into work and family; and it is challenging to find both quiet time for oneself and a moment of respite. Stress progressively wears down the mind because it enters like a tidal wave.

Many people consider feeling stressed to be normal, and there's even a strong view that stress is healthy and should be experienced by everybody because it may be motivating. However, stress can be a trigger for a number of mental diseases when it reaches a particular threshold. As a result, it is critical to reduce stress as much as possible.

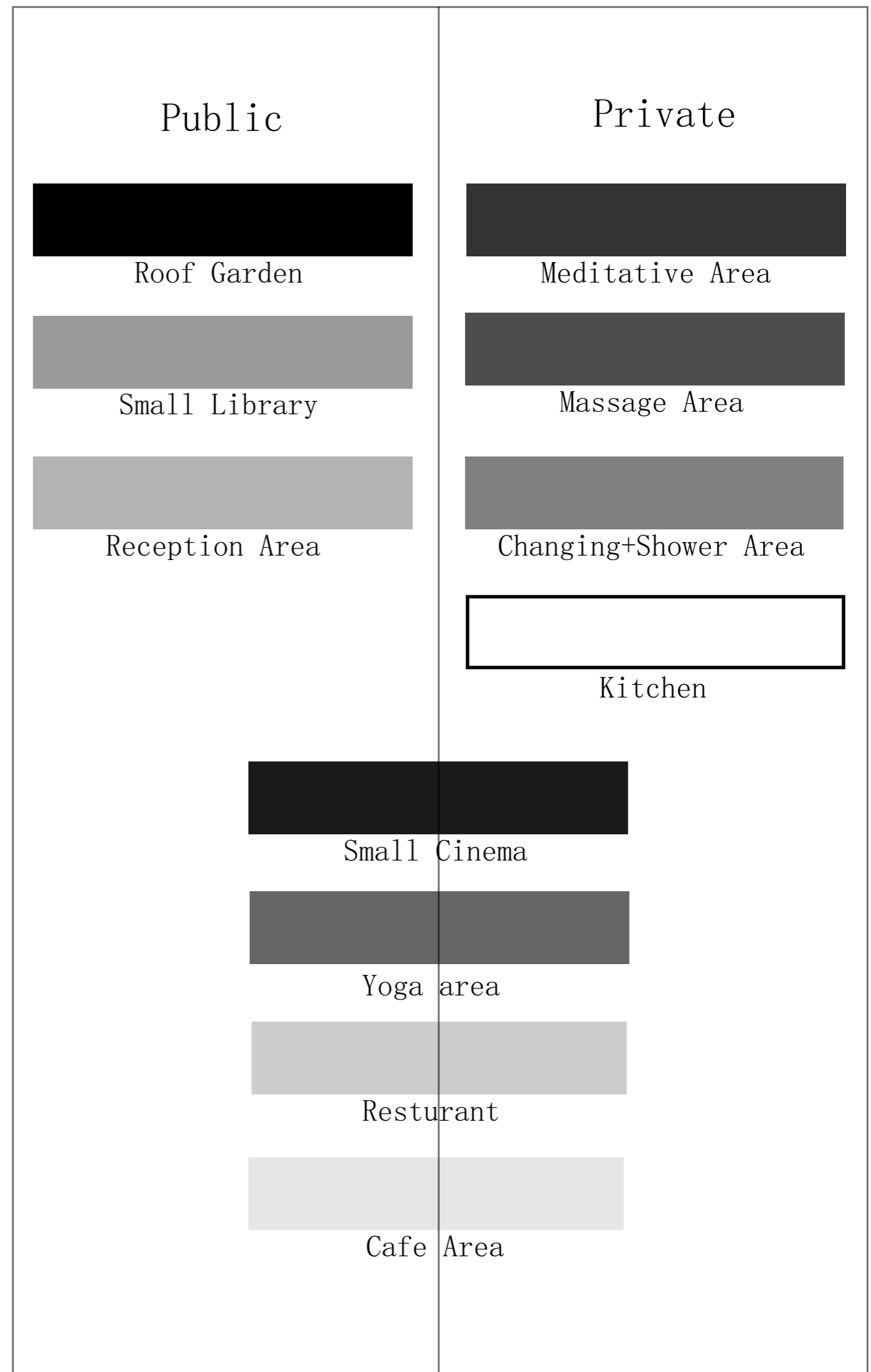
Dreamland by the sea is a tranquil small area in close proximity to the large city where you may decompress and take a vacation from your hectic life.

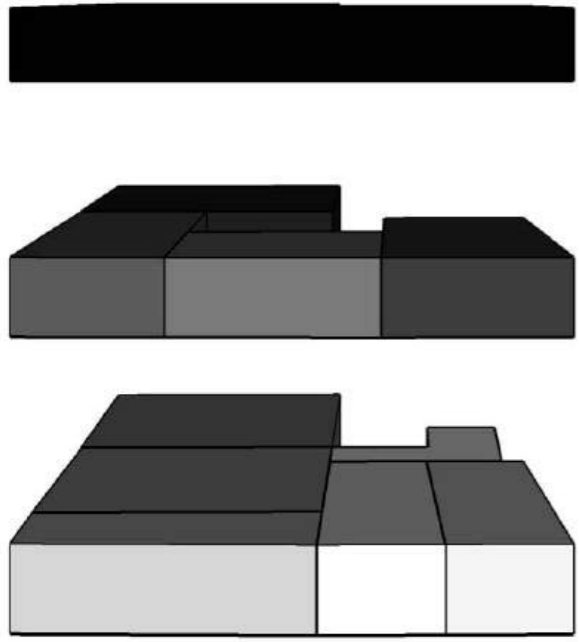
By nature, this building can serve as a haven for the weary spirits of the city. The structure serves as an imperceptible wall to keep the stressors of the outside world out. The building's interior is calming, with soft music and comforting scents that work together to reduce tension on multiple levels. A blue ocean with a breeze and waves lapping at the shoreline is visible through the large, transparent glass. Children are playing and enjoying the sunshine on the beach. You get the impression that you are in the center of the ocean from the waves crashing on the coast and the sea breeze, which has a hint of salt in it. The building is more of a conduit for creating a link between the people within and the natural world than anything else, as the sea is palpable both indoors and out.

P R O G R A M M E

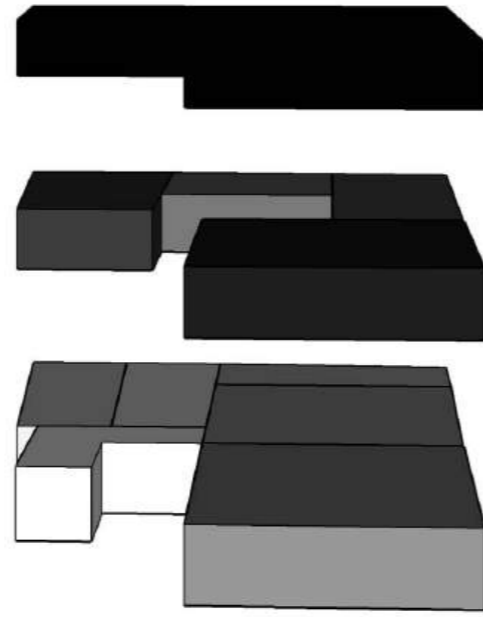
Analyse the function of the building and the activities it has to divide the area to meet the design and conception of the building. Use zoning diagrams etc. to show the connection of spaces. Provide spatial relationships for later design.

Function		Space	
RELAX	Body	Exercise Re-treat: Aquatherapy Massage	Yoga Room Massage Room
	Mind	Reading Meditative S t a r e blankly Exercise	Small Library Meditative Area Yoga Room
Communication	Outward	Talking	Public Area
	Inward	Thinking	Small Library Meditative Area
Commerical	Sale	Eating Drinking Shopping Servicing	Resturant Cafe Small Library

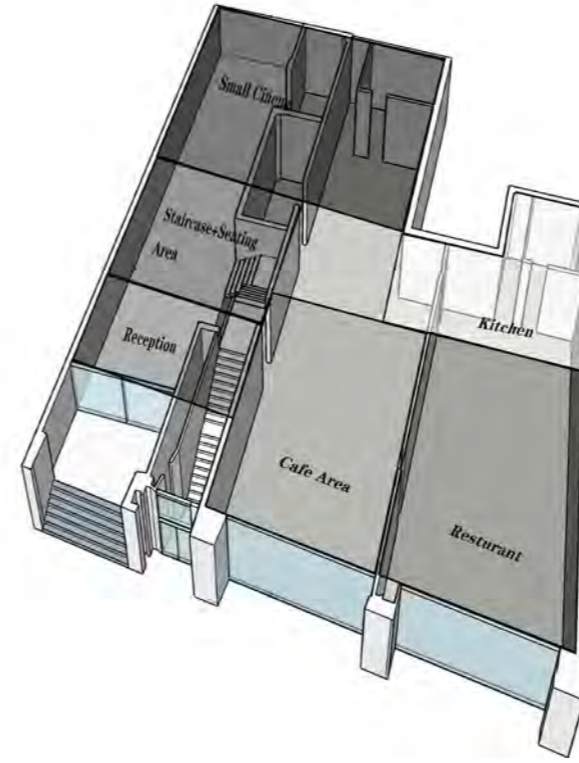




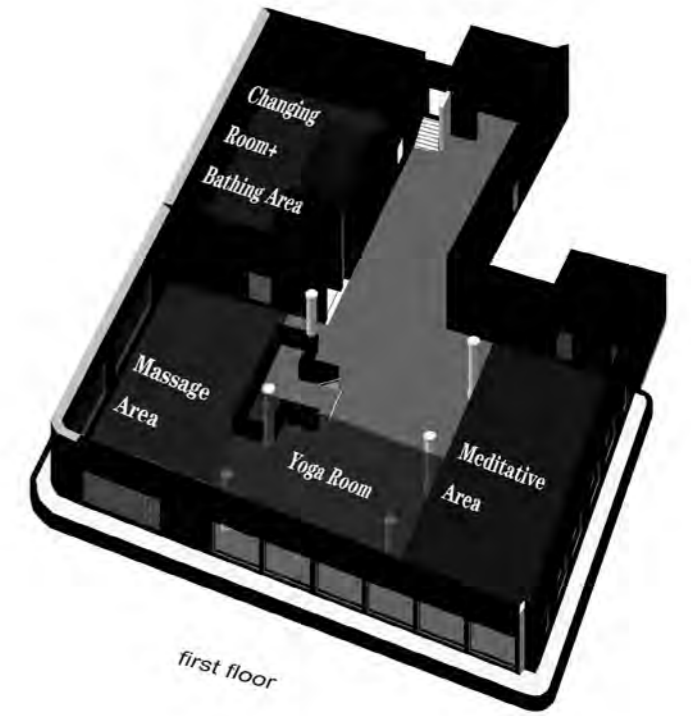
Front



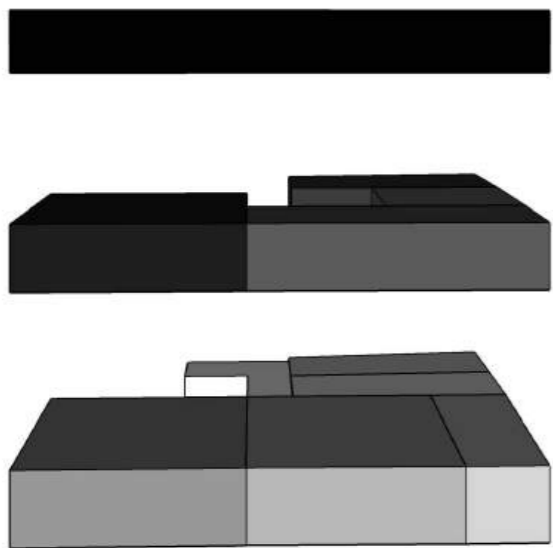
Back



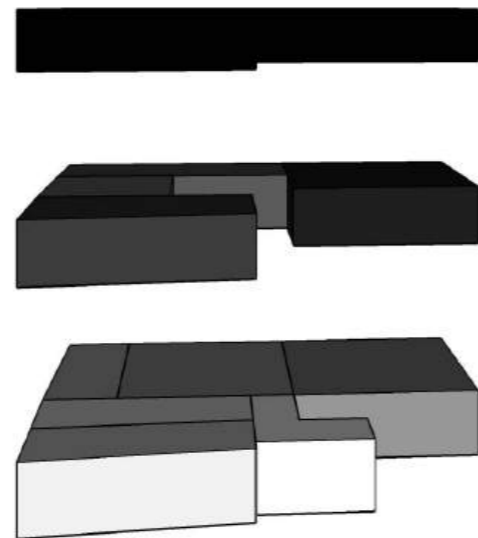
Ground Floor



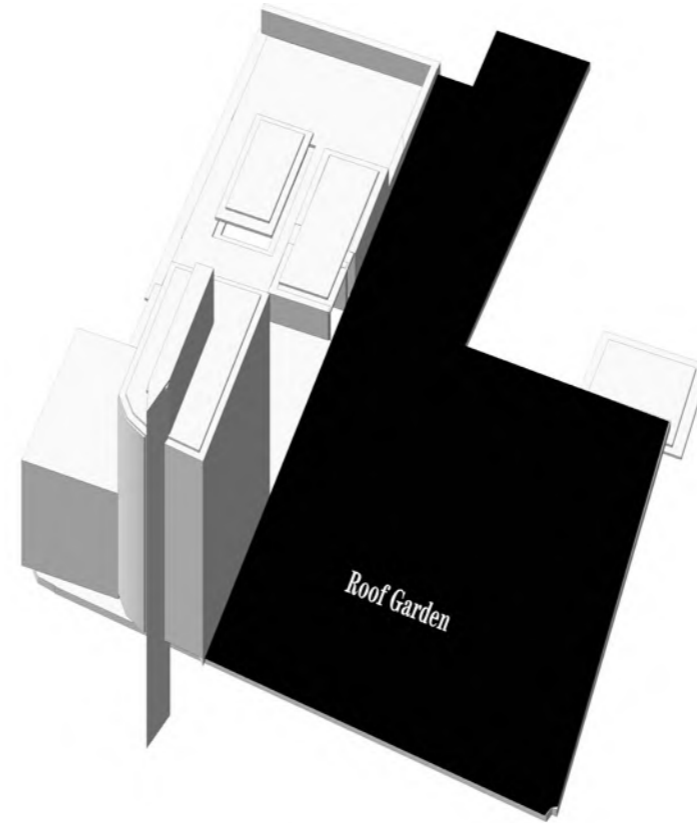
First Floor



Left



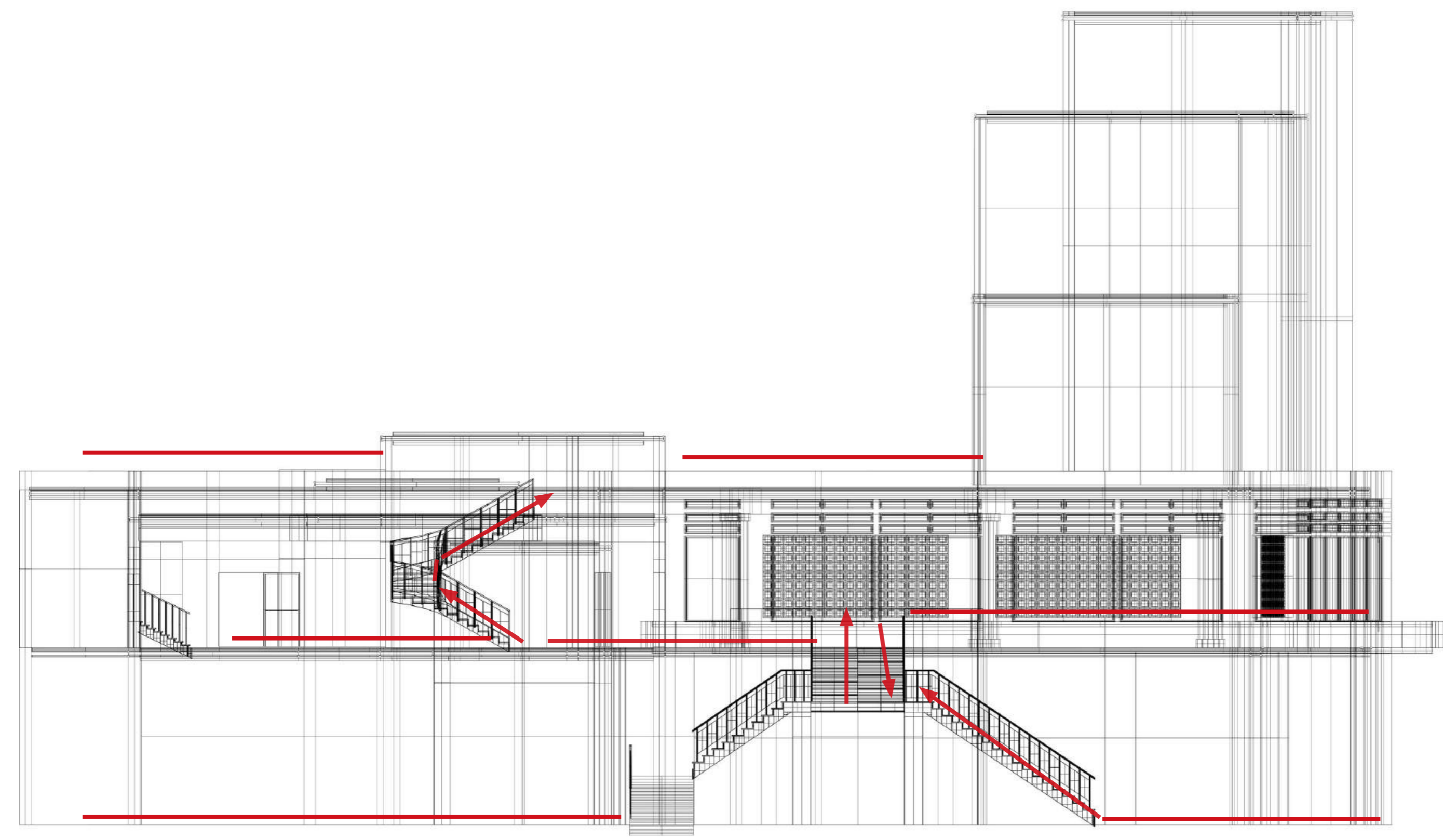
Right



Roof

ORGANISATIONAL DIAGRAM

- Of the original building



U S E R P R O F I L E

I wanted to attract people who lead busy lives in London, work a lot, have children, are between 30 and 50 years old and are stressed out to the place I designed. It is a place where they can briefly isolate themselves from the hustle and bustle of the city and the fast pace of life, to get some fresh air, see the natural beauty, relieve stress and heal in a peaceful environment.



Frank



Dan



Tom

Age: 38
Job: Emergency Medicine Doctor
Family Member: 1 child and his wife
Useful areas: Small Library, Meditative Area, Meditative Area

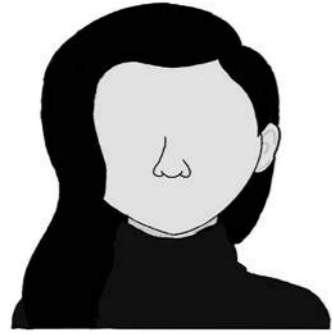
As a result of his work in the Emergency Department, Dan's hours are erratic, and he often encounters situations that require him to work overtime, which leads to a lack of rest time. After years of facing patient deaths, he is under tremendous psychological pressure, always wishing that his medical skills were better and that he could save more people's lives. And the imbalance between work time and time spent with his family has led to many quarrels.

Age: 30
Job: Performer/ singer
Family Member: His Boyfriend
Useful areas: Small Cinema, Yoga area, Massage Area

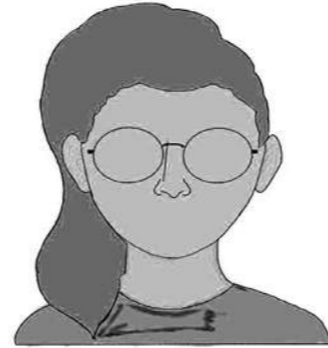
As a not-so-famous actor and singer, Dan finds it hard to get the jobs he wants, and while renting in London with his boyfriend and longing for a good place to live, he is faced with high rents, living expenses, and hard work that add to his stress. He also wants a place that is far away from the hustle and bustle and offers a place of respite in the fresh air.

Age: 45
Job: Architectural designer
Family: 2 child and his wife
Useful areas: Roof Garden, Small Library, Meditative Area

As an experienced and well-known person, he runs a design studio and has a harmonious family. But years of designing at the desk had caused some damage to his spine and eyes. And because of his years of designing, he sometimes runs out of inspiration. And as the owner of a design company, his staff's salary also puts a lot of pressure on him.



Cora



Annie



Tom

Age: 38

Job: Novel writer

Family Member: Divorced with 2 kids.

Useful areas: Cafe Area, Small Library, Roof Garden, Meditative Area

As a fiction writer and a divorced woman with two children, it's hard for her to have time for herself, and many times when she tries to settle down to think about her work, the sound of her children's cries pulls her out of her mental world. She is a lover of the countryside and nature, but for the sake of her children's education, she has taken up residence in busy, noisy London. The difficult balance between personal pursuits and reality makes her feel stressed and irritated.

Age: 28

Job: Doctoral studies

Family Member: Mon and Dad

Useful areas: Yoga area, Small Cinema, Massage Area, Small Library

As a girl from Asia, she chose a major that she was very interested in, but the difference in the education system and the language environment made it more stressful for her to complete her dissertation, especially in philosophy, which uses a lot of specialised vocabulary. Being away from her parents in the UK, she was unable to communicate with them in time, and a lot of pressure only piled up in her mind, and the more it piled up, the more she felt.

Age: 42

Job: Chef

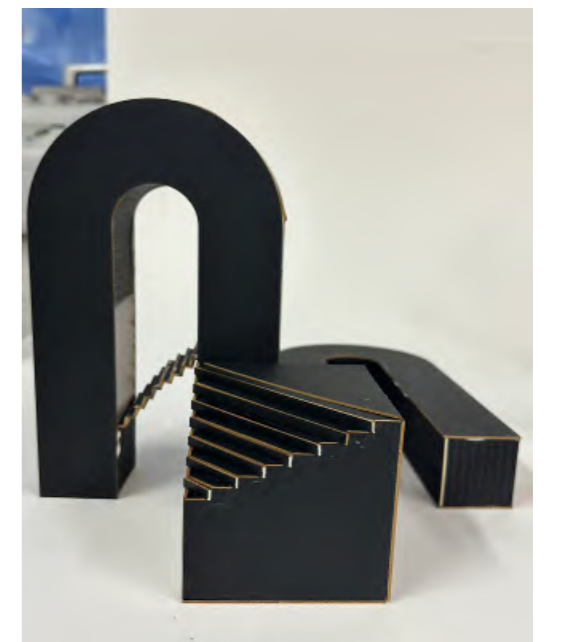
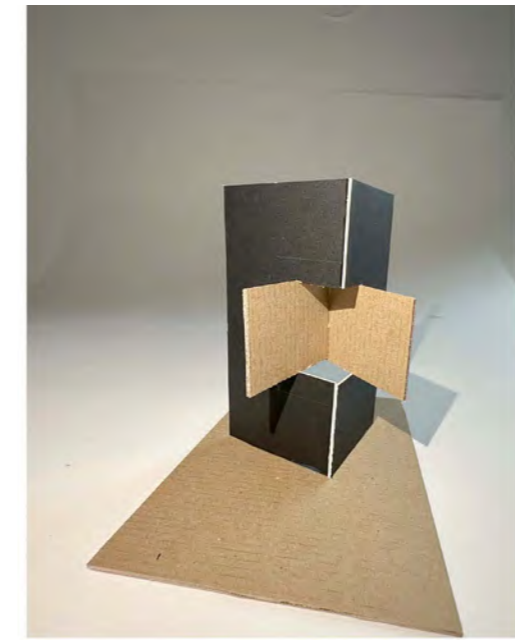
Family: 1 child and her husband

Useful areas: Resturant, Cafe Area, Massage Area

The most stressful thing for a chef is during service when tickets (with orders) pour out of the machine. You may have a train of tickets in your hand all the way down to the floor, but you have to stay calm in the midst of the madness. And a lot of the time there is a shortage of prepared food, a time when the workload can multiply if there is a chef on leave, as many restaurants have just the right number of chefs. A lot of chefs make great food for people and don't get to sit down and enjoy it comfortably themselves often enough.

C O N C E P T M O D E L

Conceptual modelling allows me to think in three dimensions and express my ideas with my hands. To use my imagination. Modelling will give me a lot of quirky inspiration.

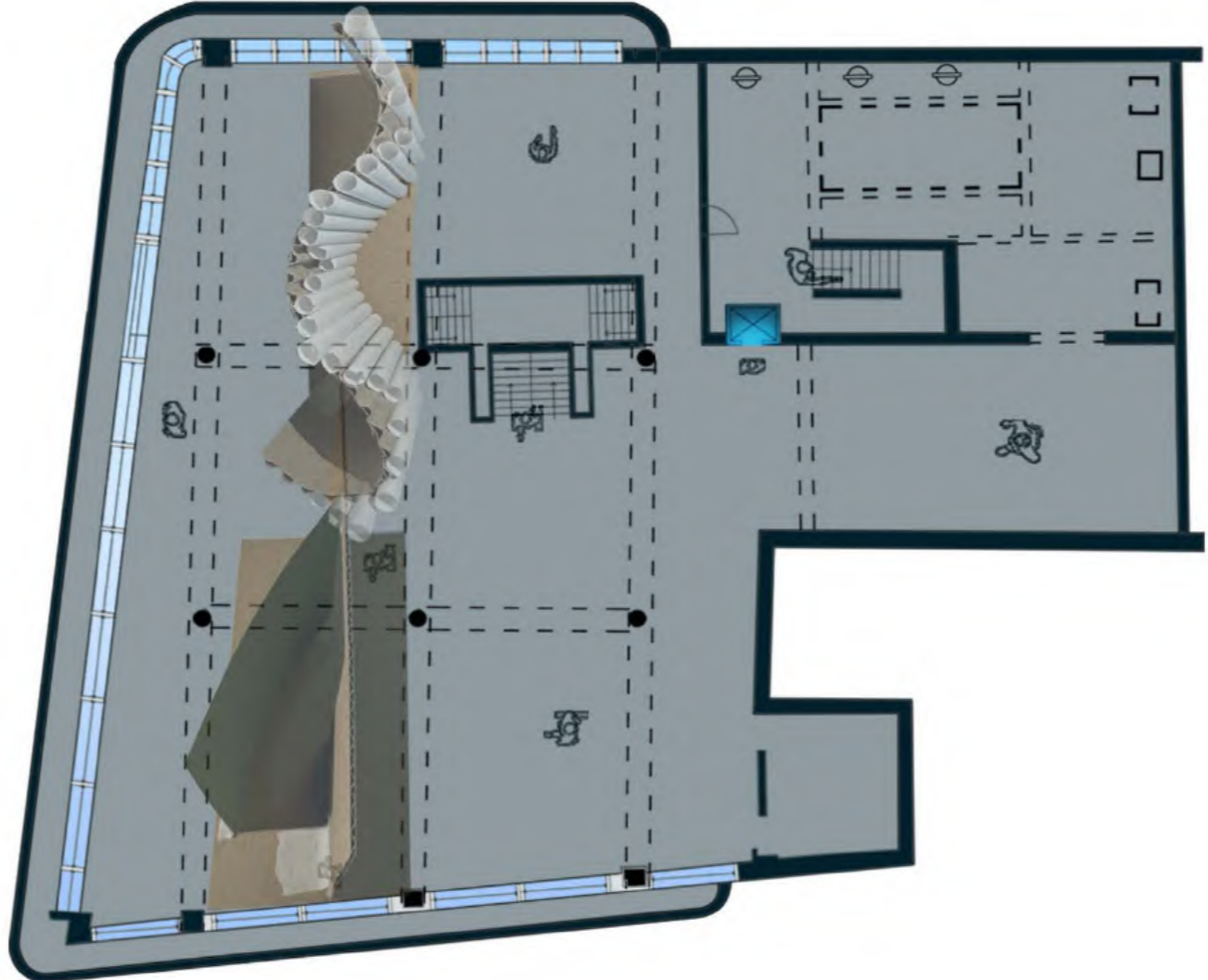


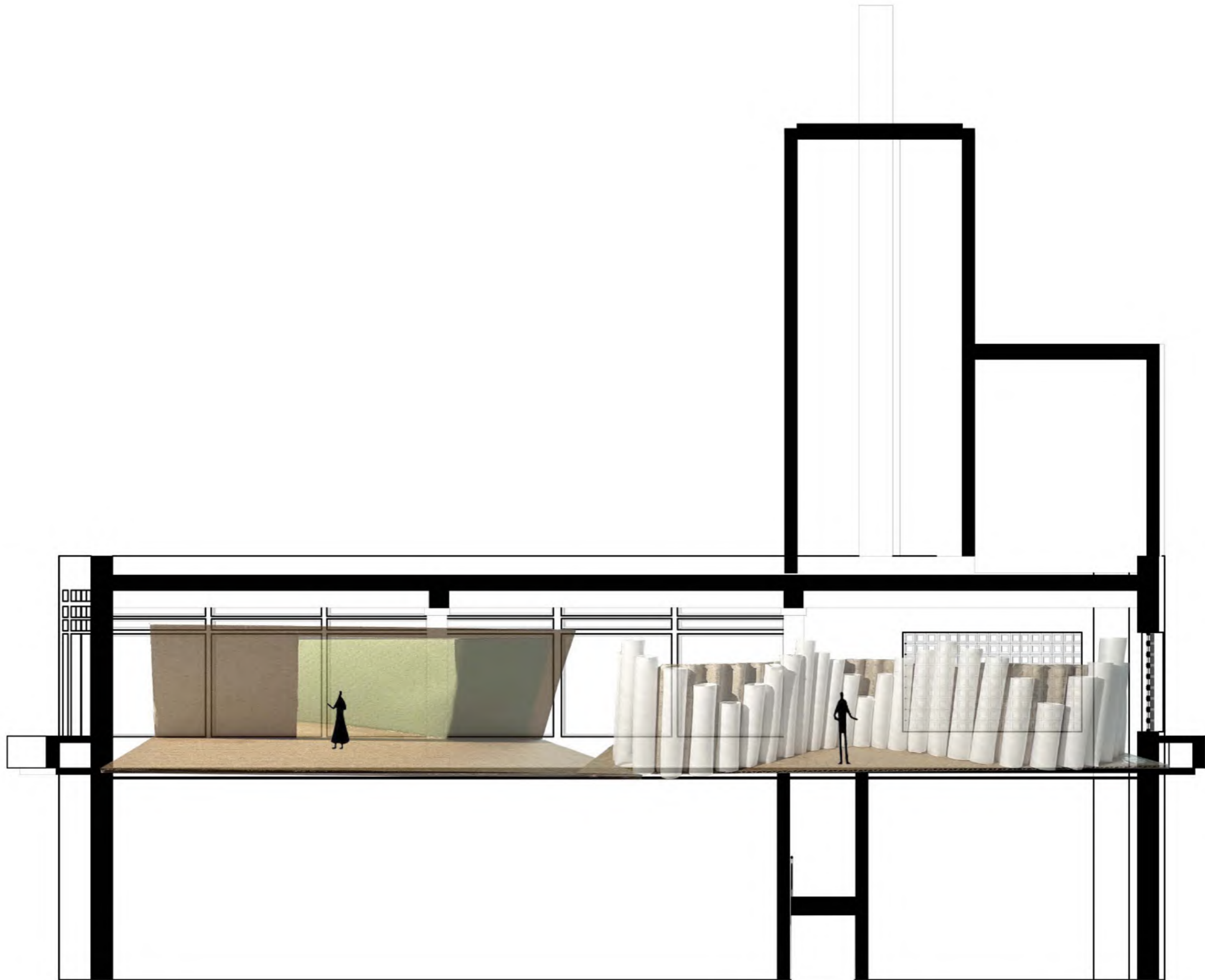
Collage of my model

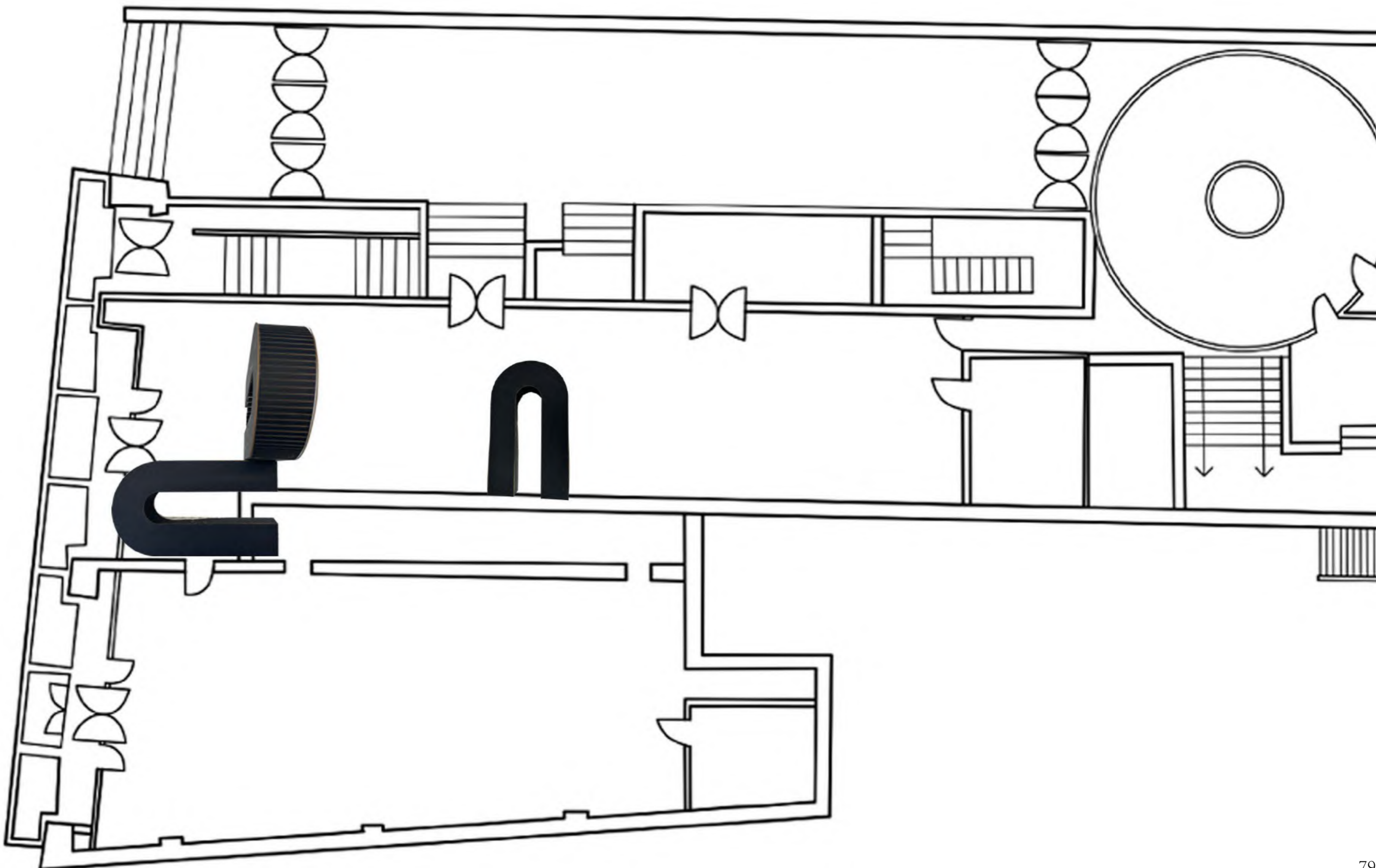


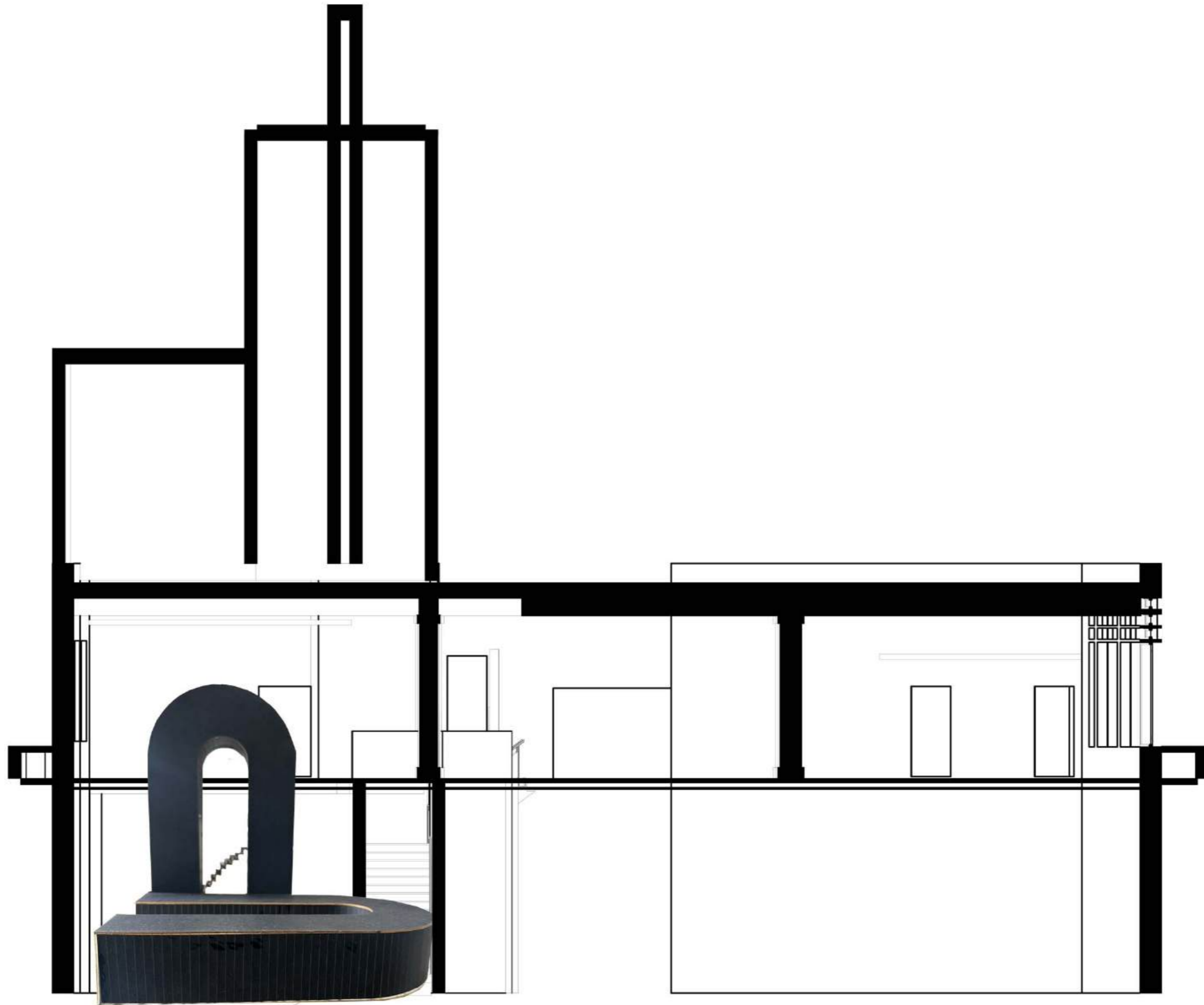
M O D E L L I N G A N D S P A C E

Superimposing the model onto the architectural drawings is the starting point of the design. This process is not simply a matter of adjusting the physical location, but also a deeper consideration of spatial integration and adaptability. In order to fully utilise the potential of the model, we need to consider its use in the architectural space in a number of dimensions. By taking full advantage of the benefits of modelling, we can create more harmonious, efficient and creative architectural spaces that provide a better experience for the user.

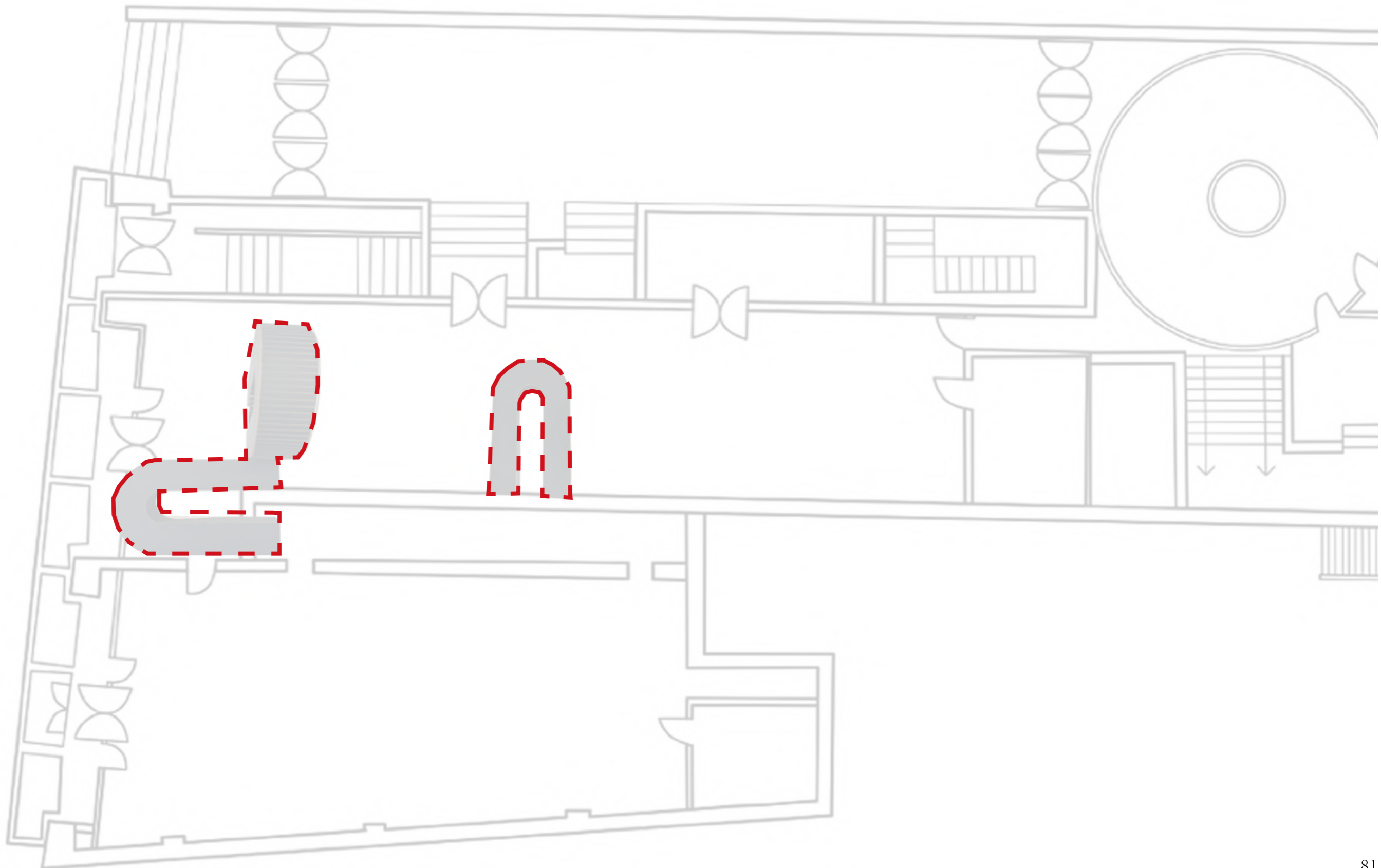


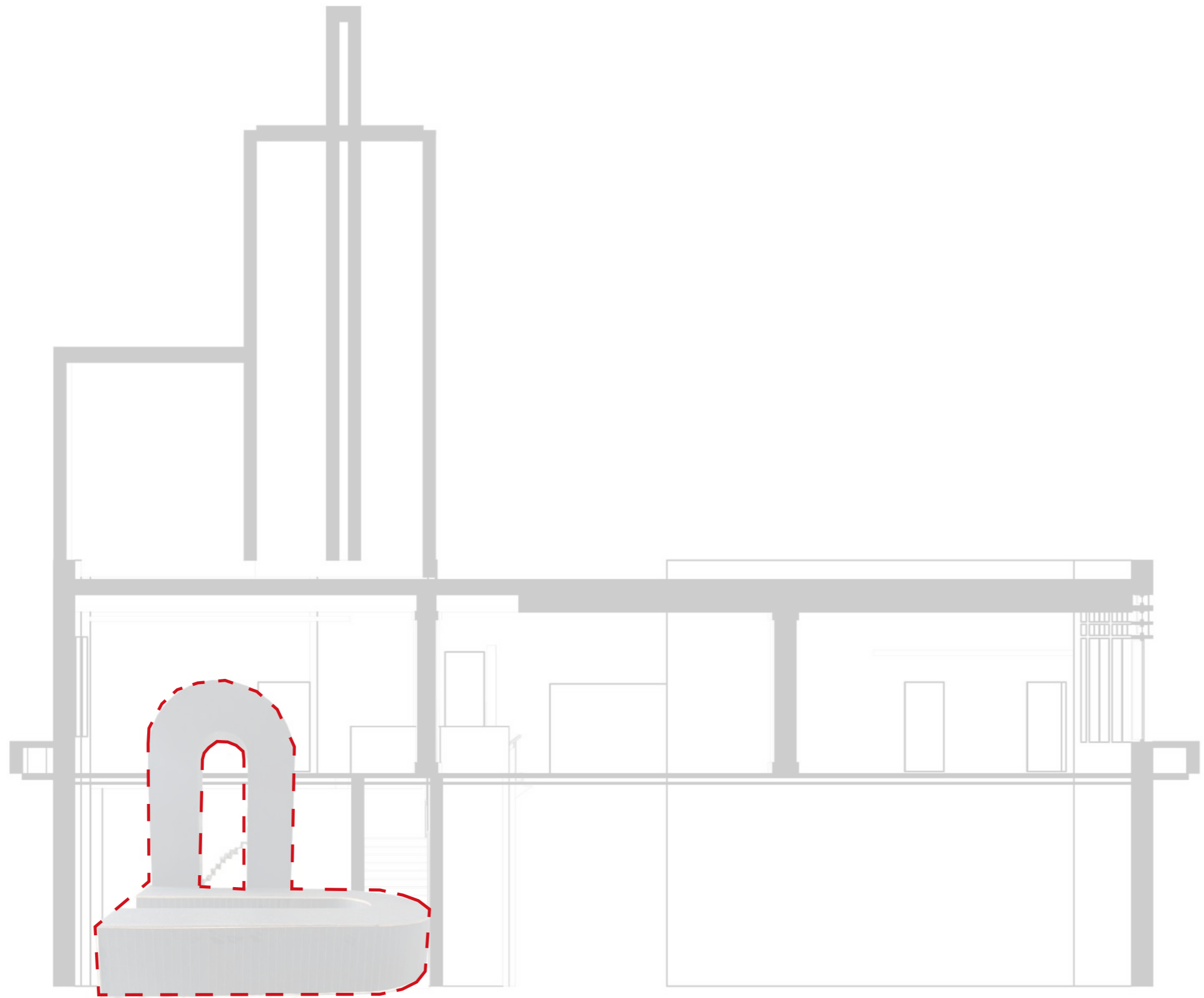






17 [Drawing Title]
Scale: 1:50

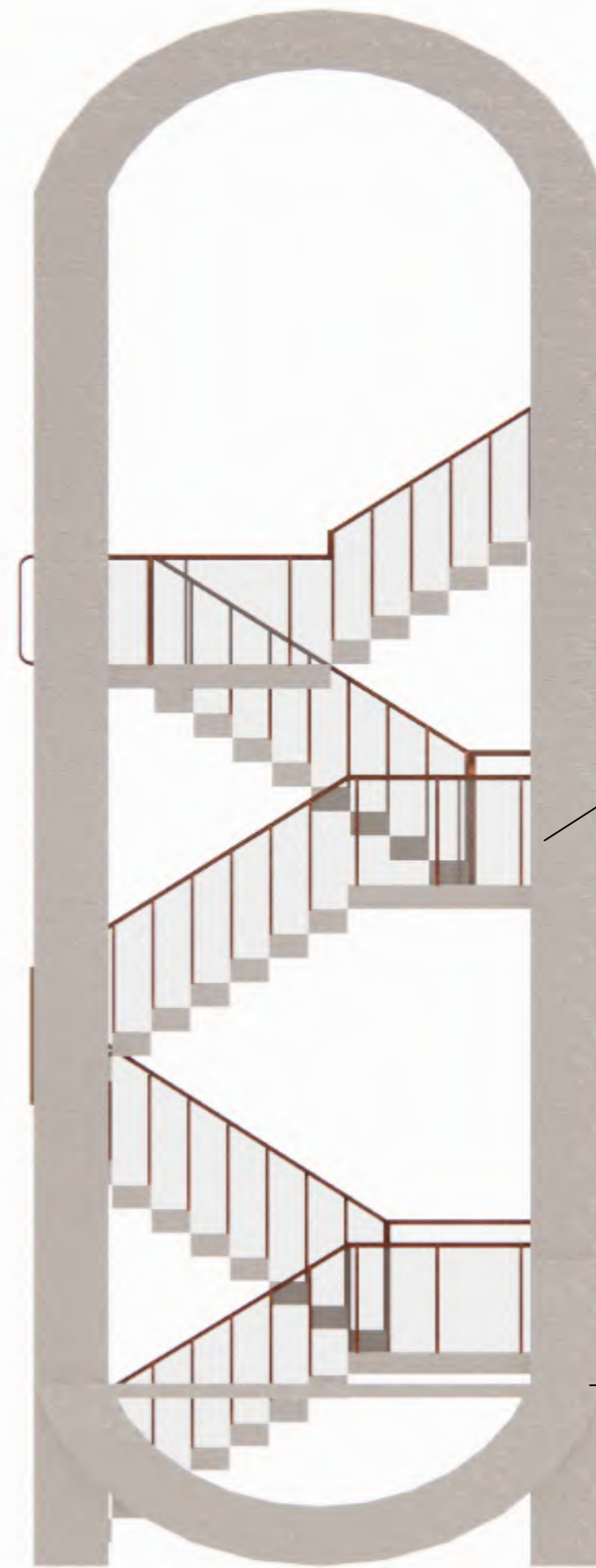




17 [Drawing Title]
Scale: 1:50

From model to design

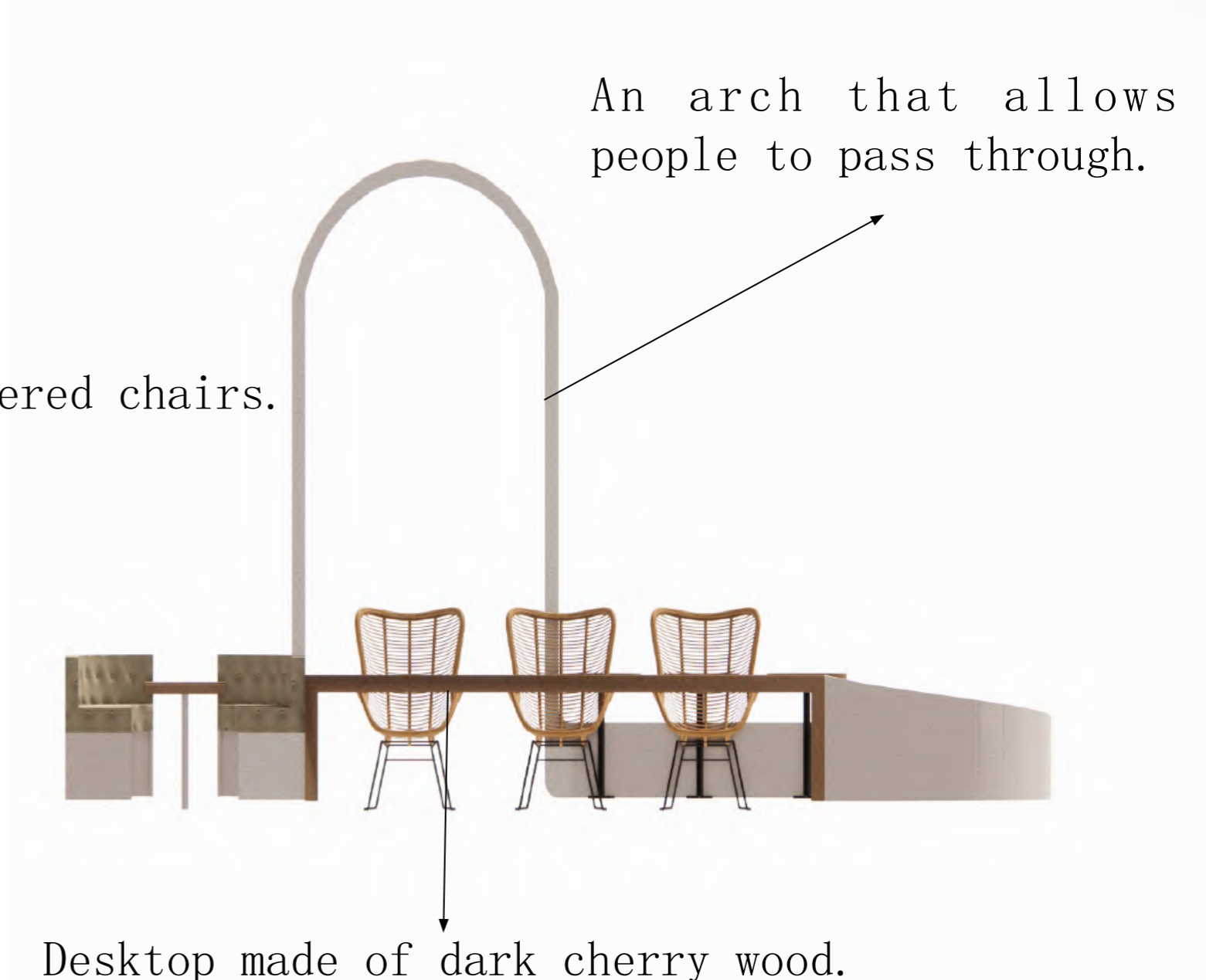
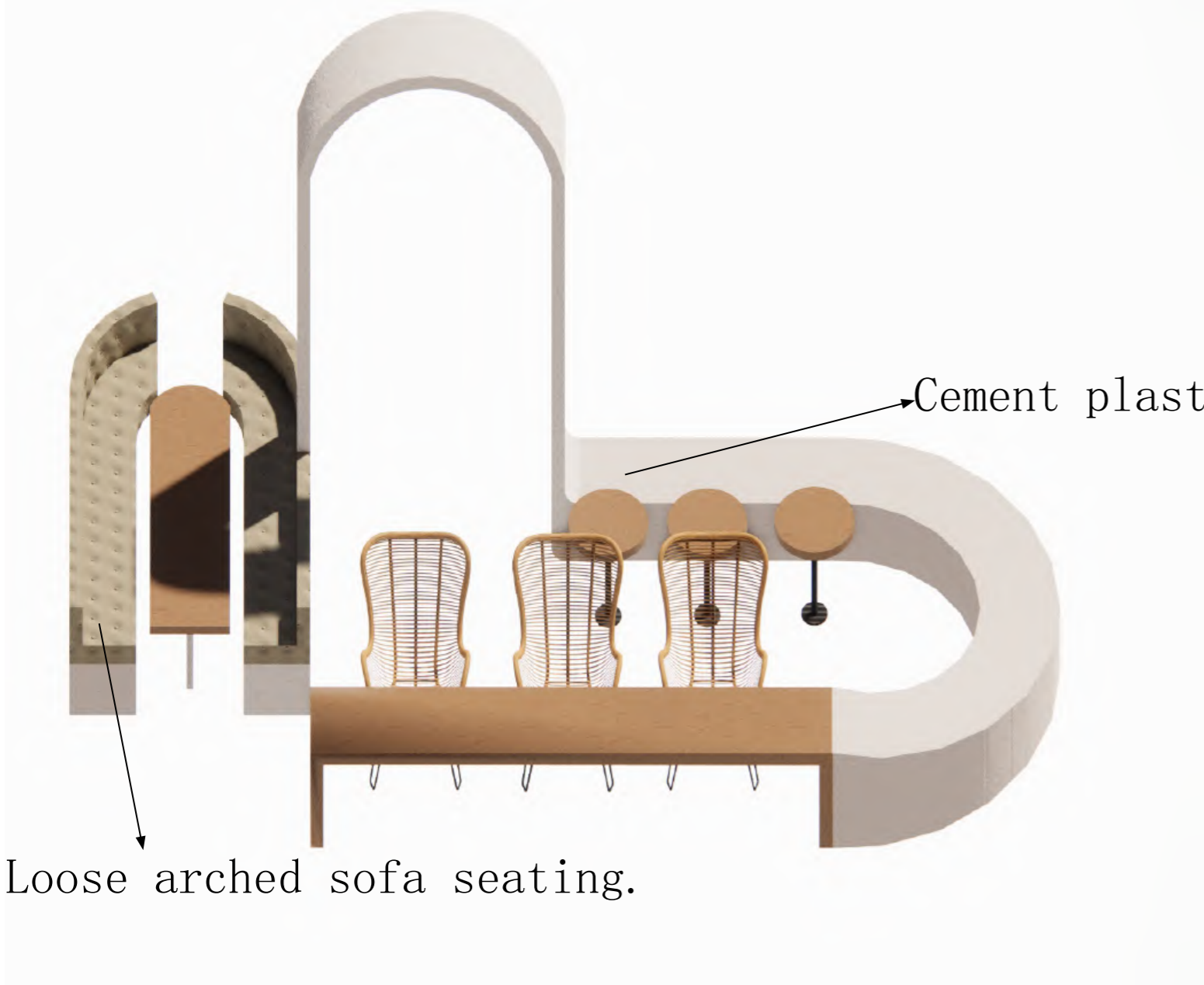
When using models, consider their flexibility and variability so that they can be adapted to multiple spaces and uses. Enable models to be recombined and adjusted according to different needs to meet multiple functional requirements. In this way, models can not only adapt to different spaces but also function in different usage scenarios. I reorganized the arch model to create two new ways of using it. One is a staircase that connects the whole space, and the other is a seat in the coffee area.



Stairs connecting the three floors.

Reception Desk

Used in the reception area.



Used in the coffee area.

Glass:

Sense of openness and transparency: the extensive use of glass can increase the sense of transparency and openness of the space, promote the circulation of natural light, and enhance the mood and work efficiency of people.

Wood:

Natural Feeling and Comfort: Wood gives a warm, natural feeling and can add to the comfort of a space. Studies have shown that wood can lower heart rate and blood pressure, reducing stress and anxiety. Visually pleasing: The natural grain and colour of wood is visually pleasing, helping to improve one's mood and overall sense of well-being.

Wood options: oak, birch plywood, cherry.

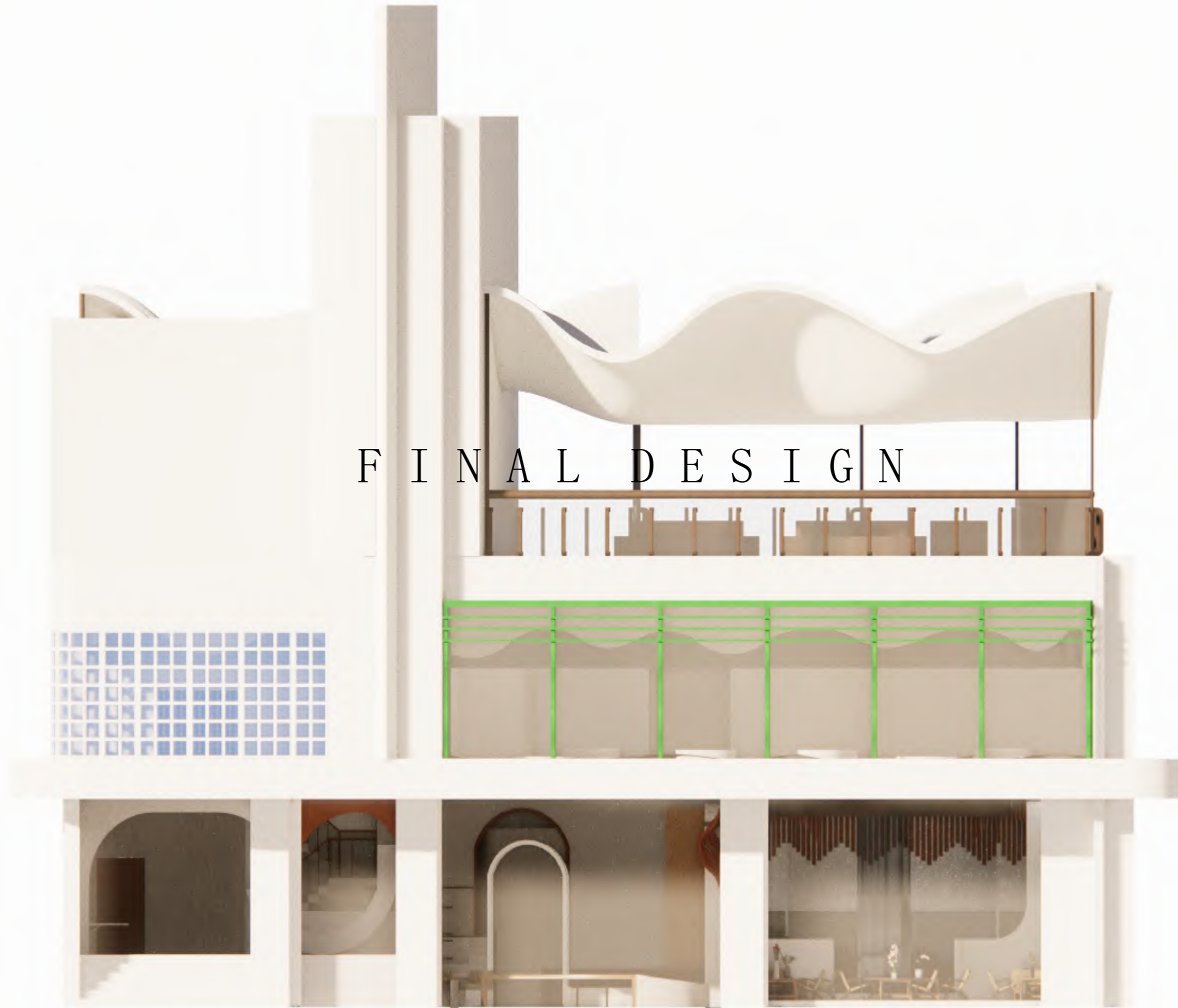


Stone:

Stability and security: stones such as marble and granite give a feeling of solidity and stability, which can bring a sense of security and psychological stability.

Green Plant:

Sense of Nature and Vitality: Introducing a wall of greenery can enhance the sense of nature and vitality in a space, helping to reduce stress and improve mood and productivity. Air Quality Improvement: Green plants help to improve air quality and bring about a healthier indoor environment, which indirectly enhances mood and mental health.



F I N A L D E S I G N

VISUAL:

NATURAL LANDSCAPE: Spending time in natural environments, such as parks, forests, or the beach, can significantly reduce stress. Studies have shown that natural landscapes can lower heart rate and blood pressure.

IDEA:

The original glazing is retained to provide the best possible view for customers.

Listening:

Music therapy: Listening to soft music, nature sounds or favorite music can be effective in relieving stress. Classical music and nature sounds (e.g. running water, birdsong) are particularly helpful for relaxation.

Meditation and white noise: Deep breathing exercises using meditation music or white noise can help calm the mind and reduce anxiety.

IDEA:

Headphones are provided in the meditation and yoga space and can be played if there is a white noise requirement. Maintain an open roof where clients can enjoy the sea view and listen to the sound of the sea.

Taste:

Healthy eating: Eating foods rich in antioxidants such as fruits, vegetables, and nuts can help reduce stress.

Soothing drinks: Drinking warming beverages such as herbal teas (e.g. chamomile tea), hot milk, or hot cocoa can bring comfort and relaxation.

Olfactory:

Aromatherapy: The use of essential oils such as lavender, chamomile and sandalwood can help to relax and de-stress. These scents can be enjoyed through diffusers, scented candles or just by sniffing.

Natural scents: Spending time in areas with flowers or trees and taking in the natural aromas can also have a soothing effect.

IDEA:

Soothing fragrances are placed throughout the building space, especially in the massage space, offering a wide range of soothing fragrances to choose from.

Sense of Touch:

Massage and spa: Massage therapy and soaking in a spa can reduce muscle tension and promote total body relaxation through direct body contact.

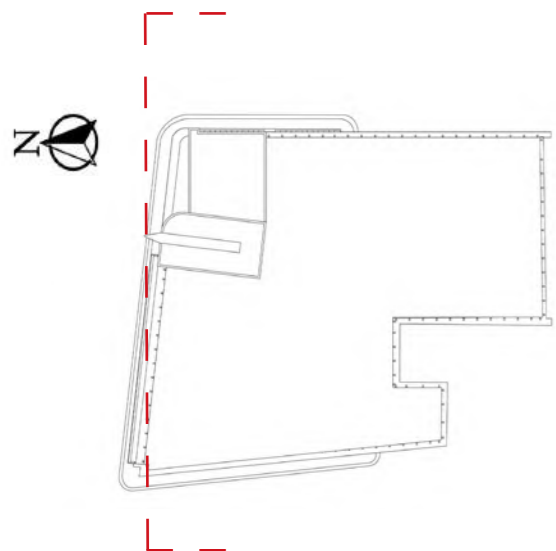
Touching soft objects: Using soft blankets, pillows or wearing comfortable clothing can bring a sense of security and comfort and aid relaxation.

IDEA:

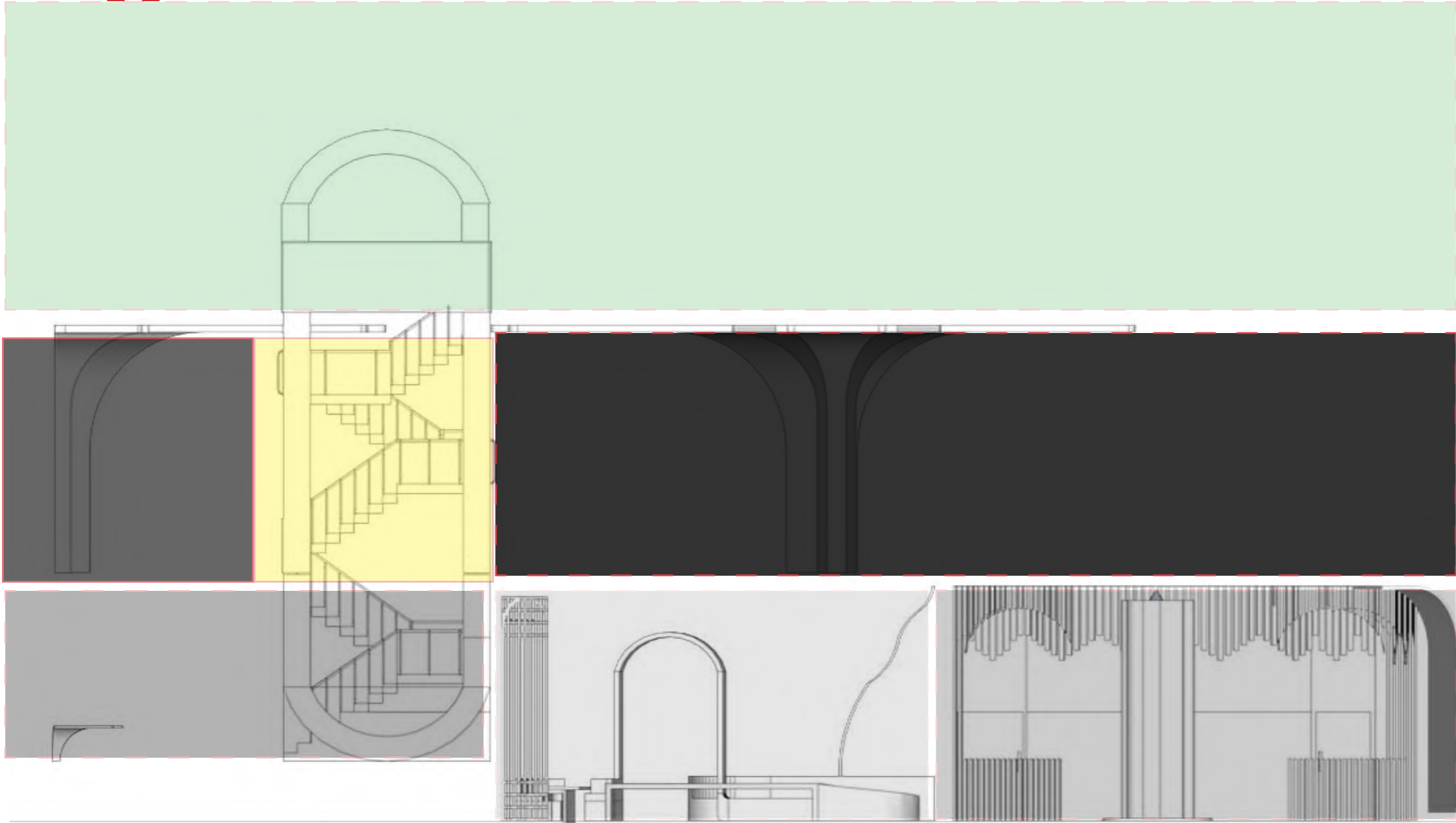
Provide soft cushions in the massage and seating area, keeping the cushions made of soft leather. Try to ensure that the material is not cold to the client's touch.

d e s i g n
Inspiration
—Five Sence

S P A T I A L D I A G R A M



Front View



KEY



Small Cinema



Meditative Area



Massage Area



Yoga Area



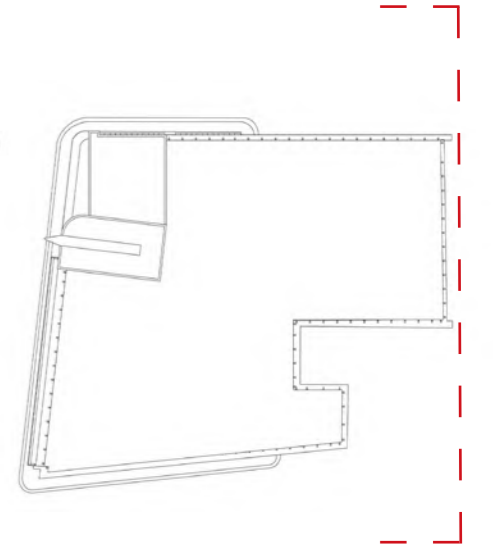
Shower Area



Staircases

S P A T I A L D I A G R A M

Back View



KEY



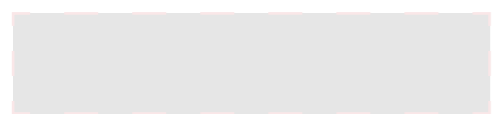
Toilet



Reception Area



Resturant



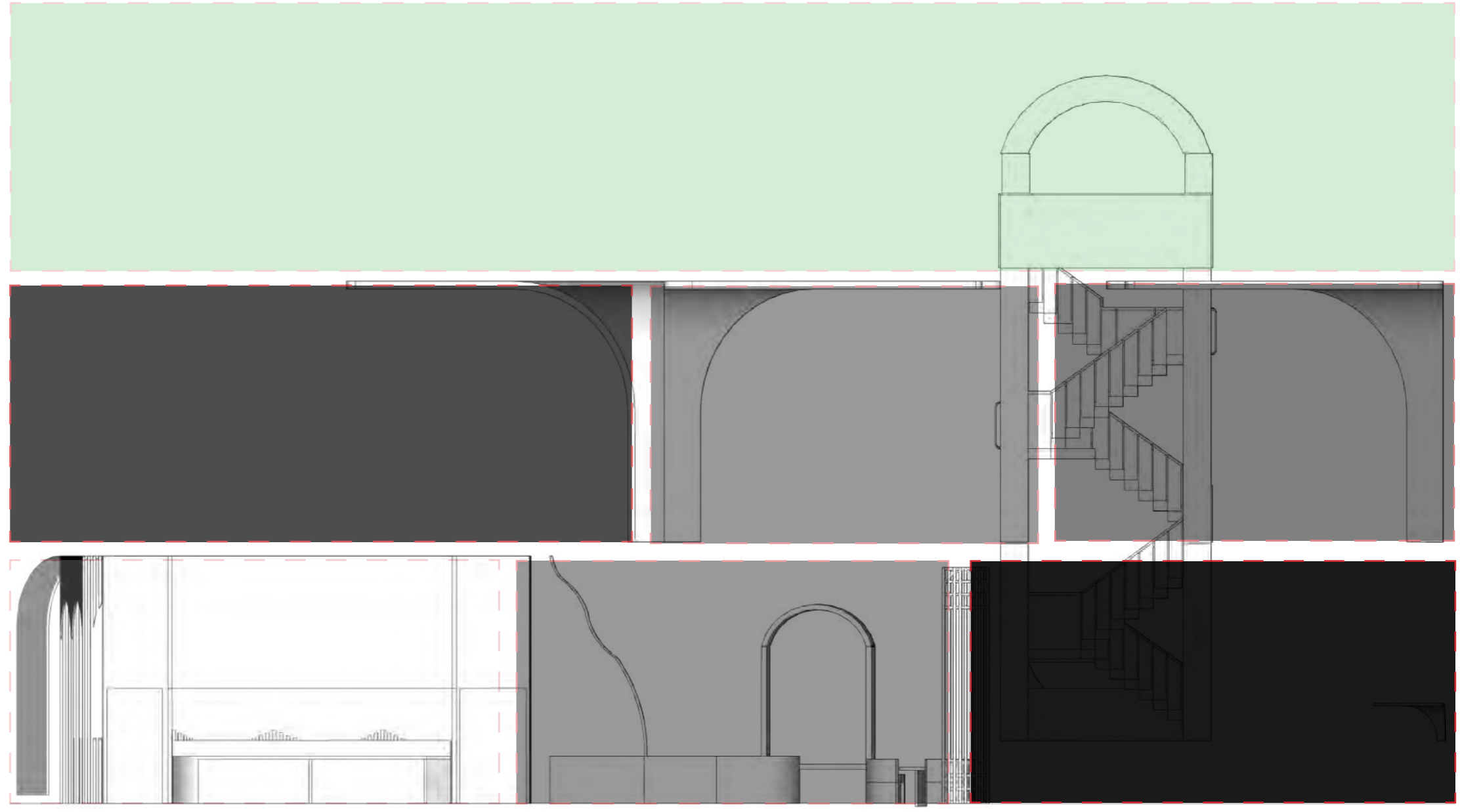
Cafe Area



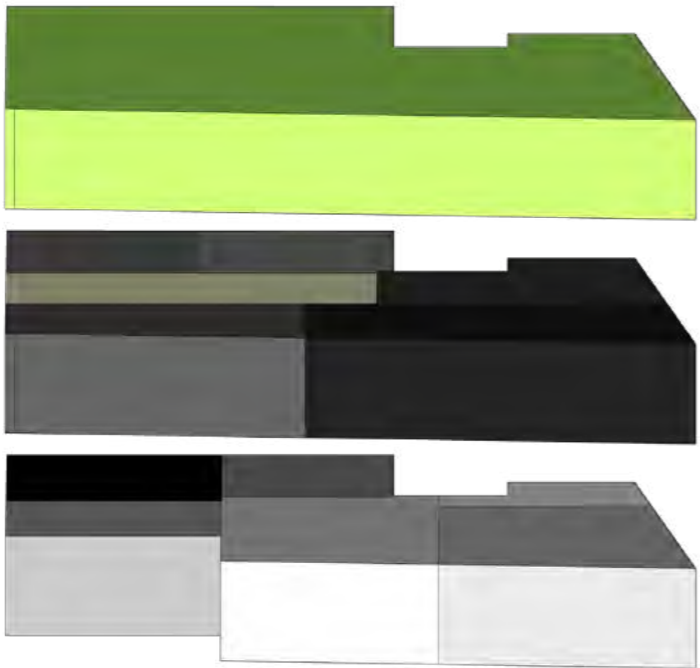
Kitchen



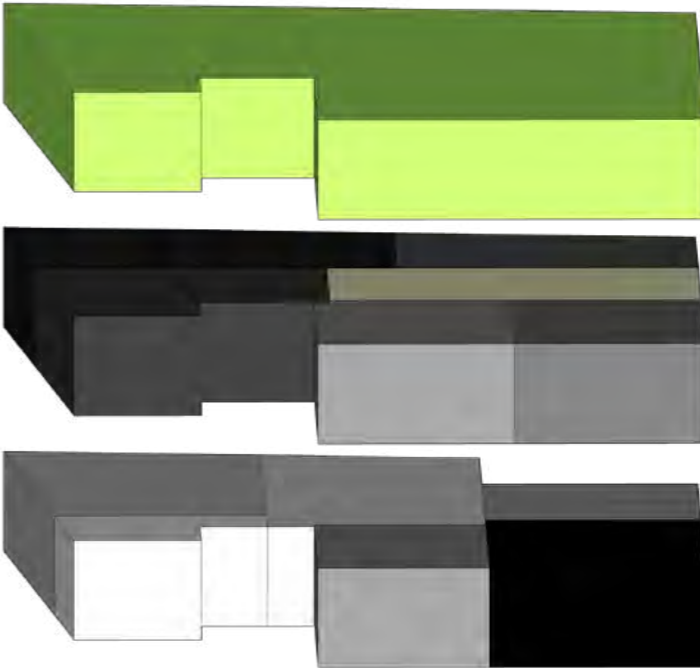
Roof Garden



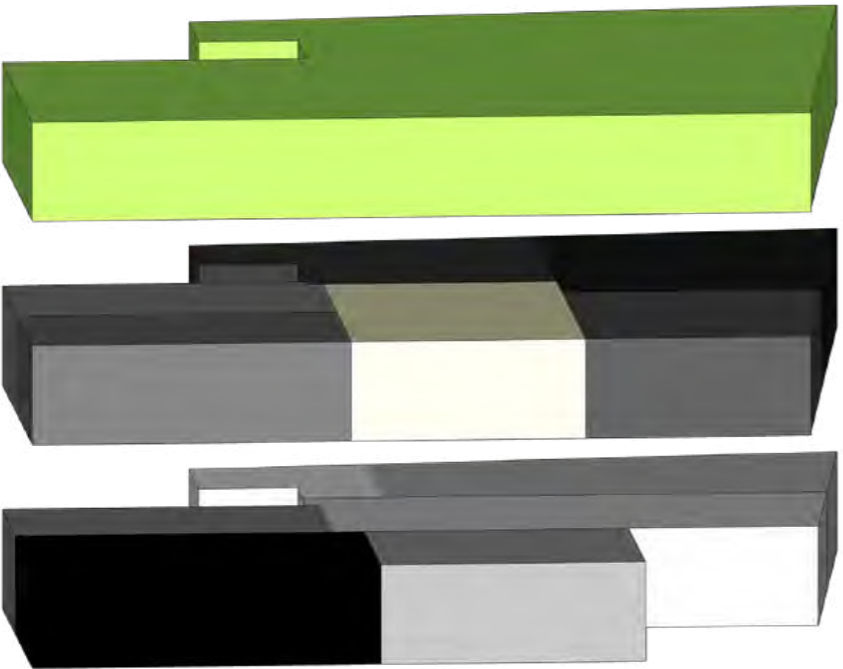
S P A T I A L D I A G R A M



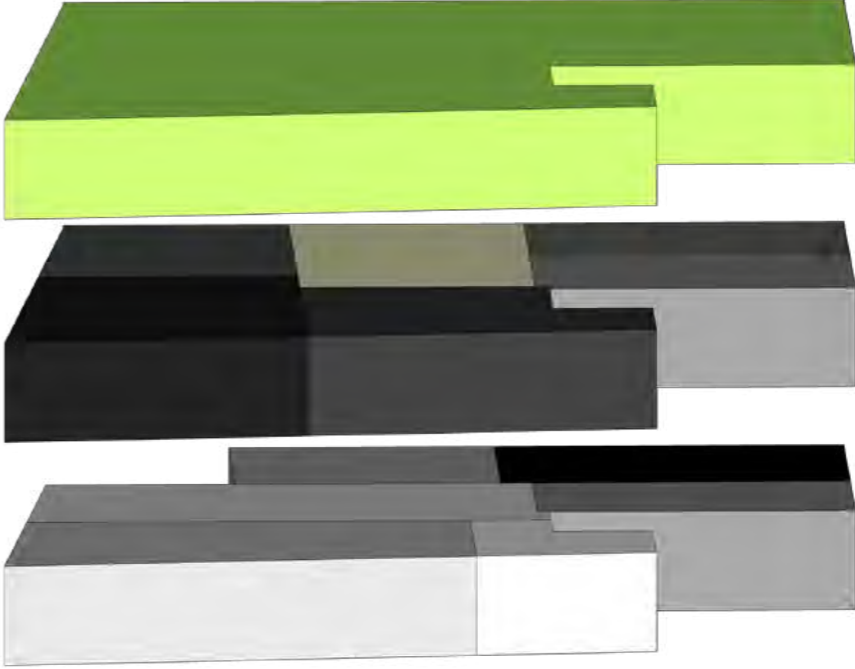
FEONT



BACK

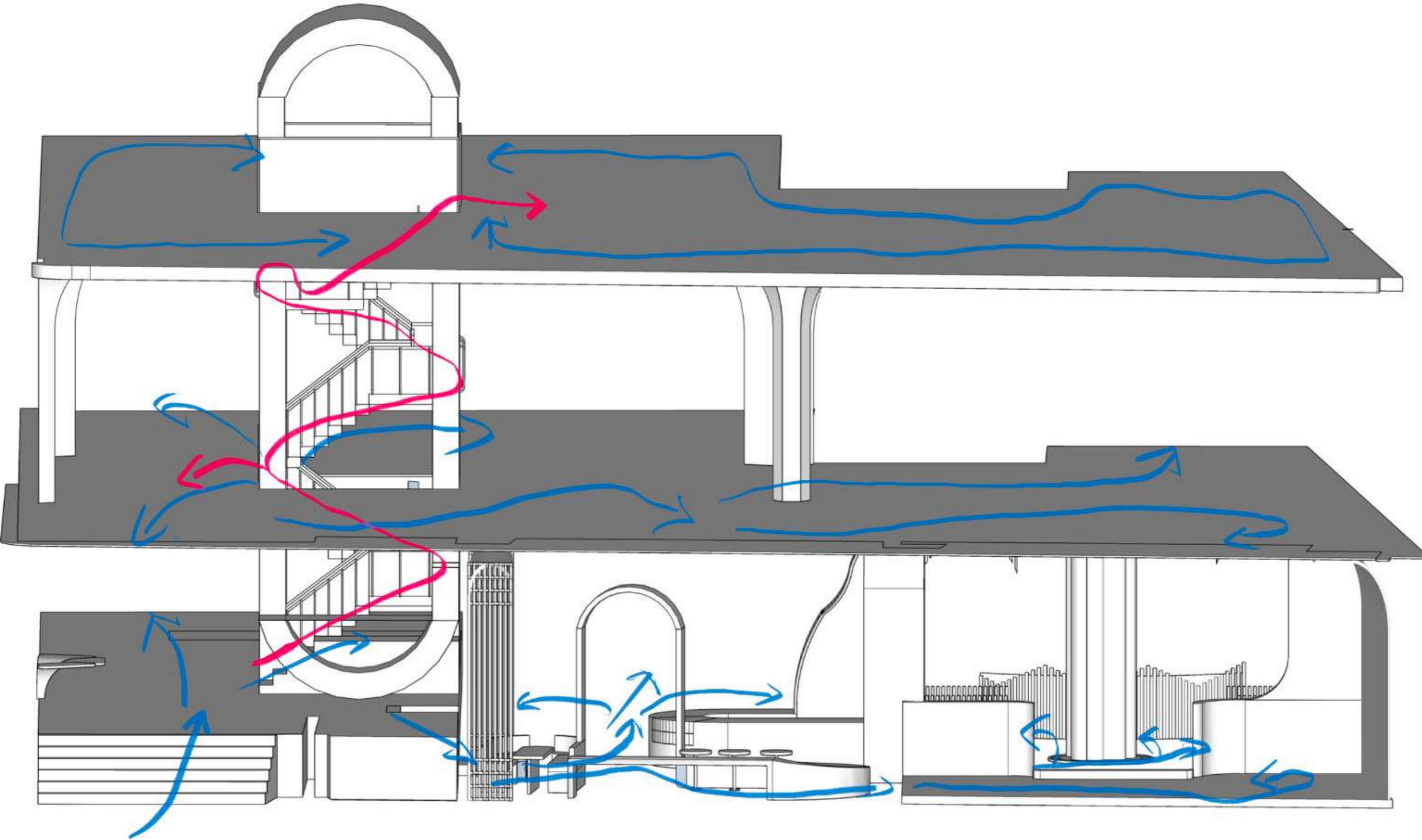


LEFT



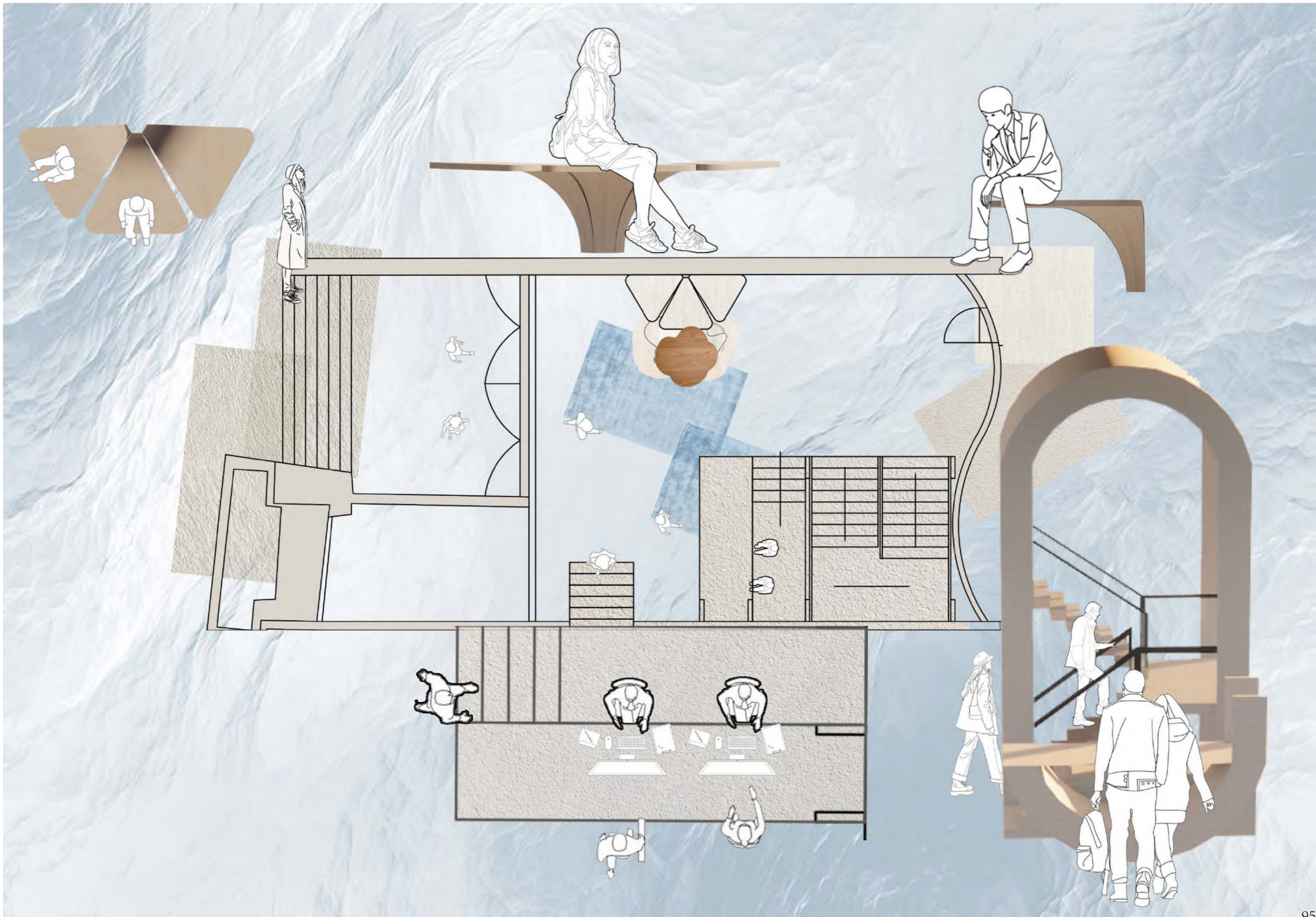
RIGHT

ORGANISATIONAL DIAGRAM

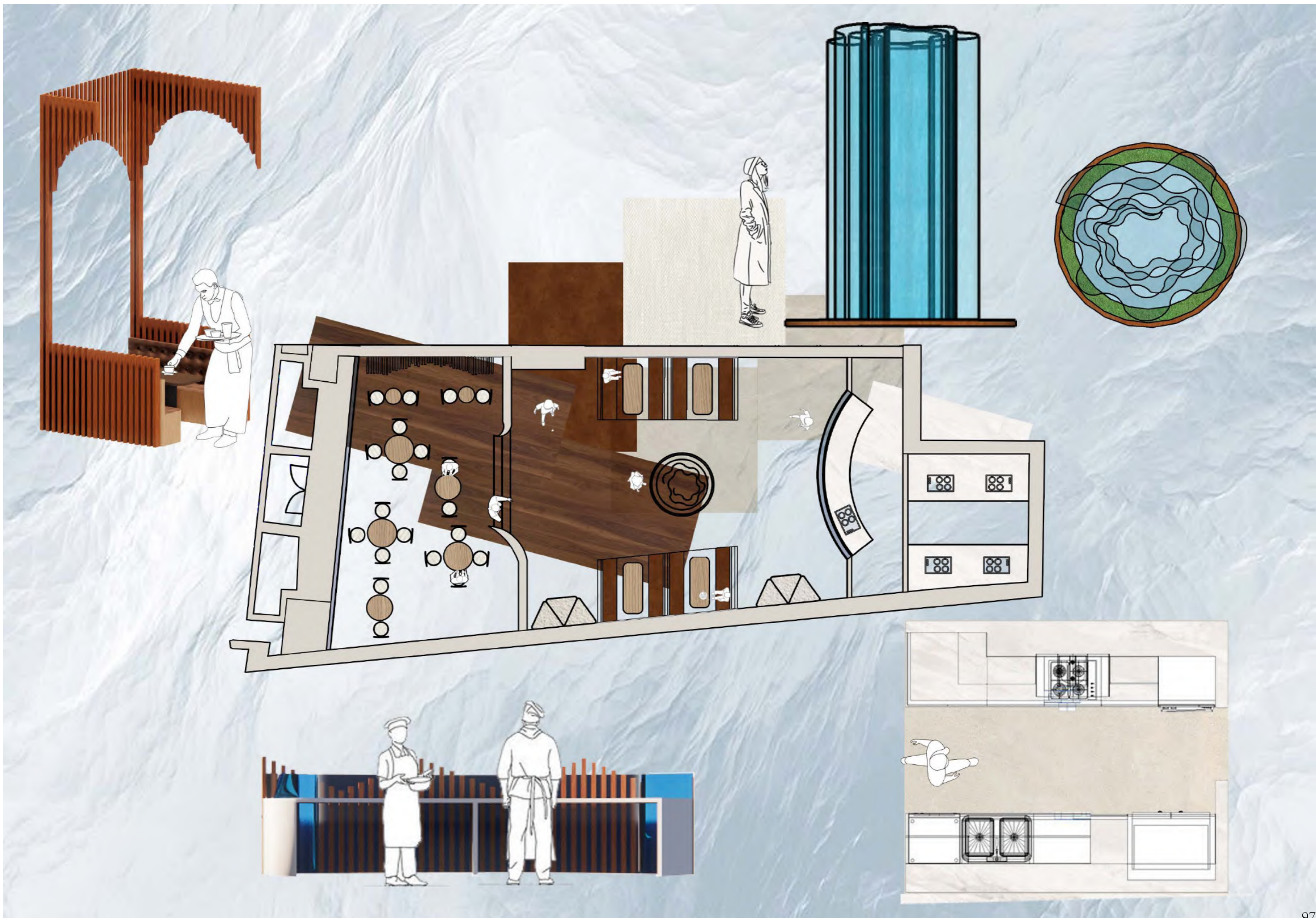


H Y B R I D I S E D D R A W I N G S

- Reception Area
- Cafe Area
- Restaurant



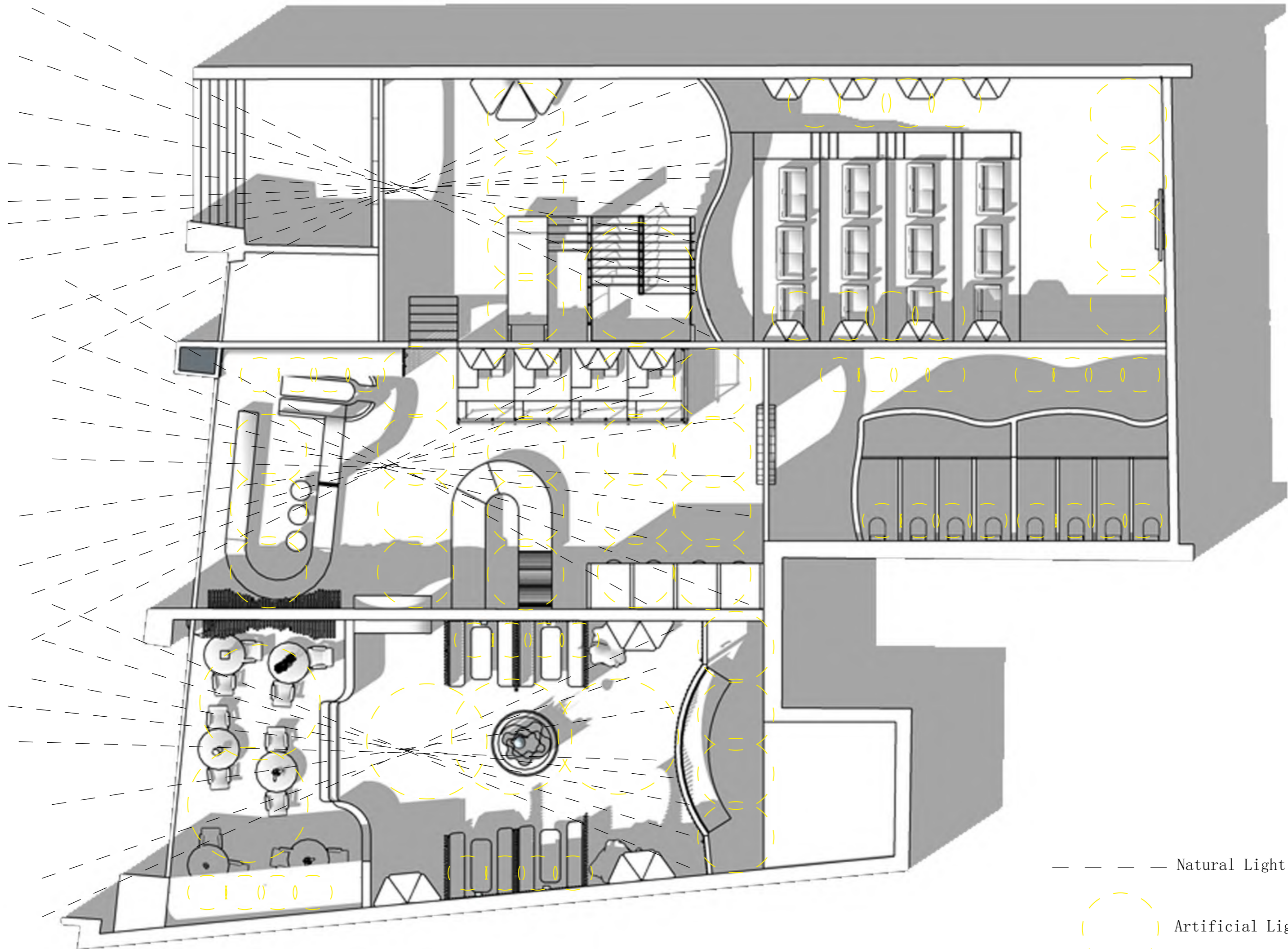




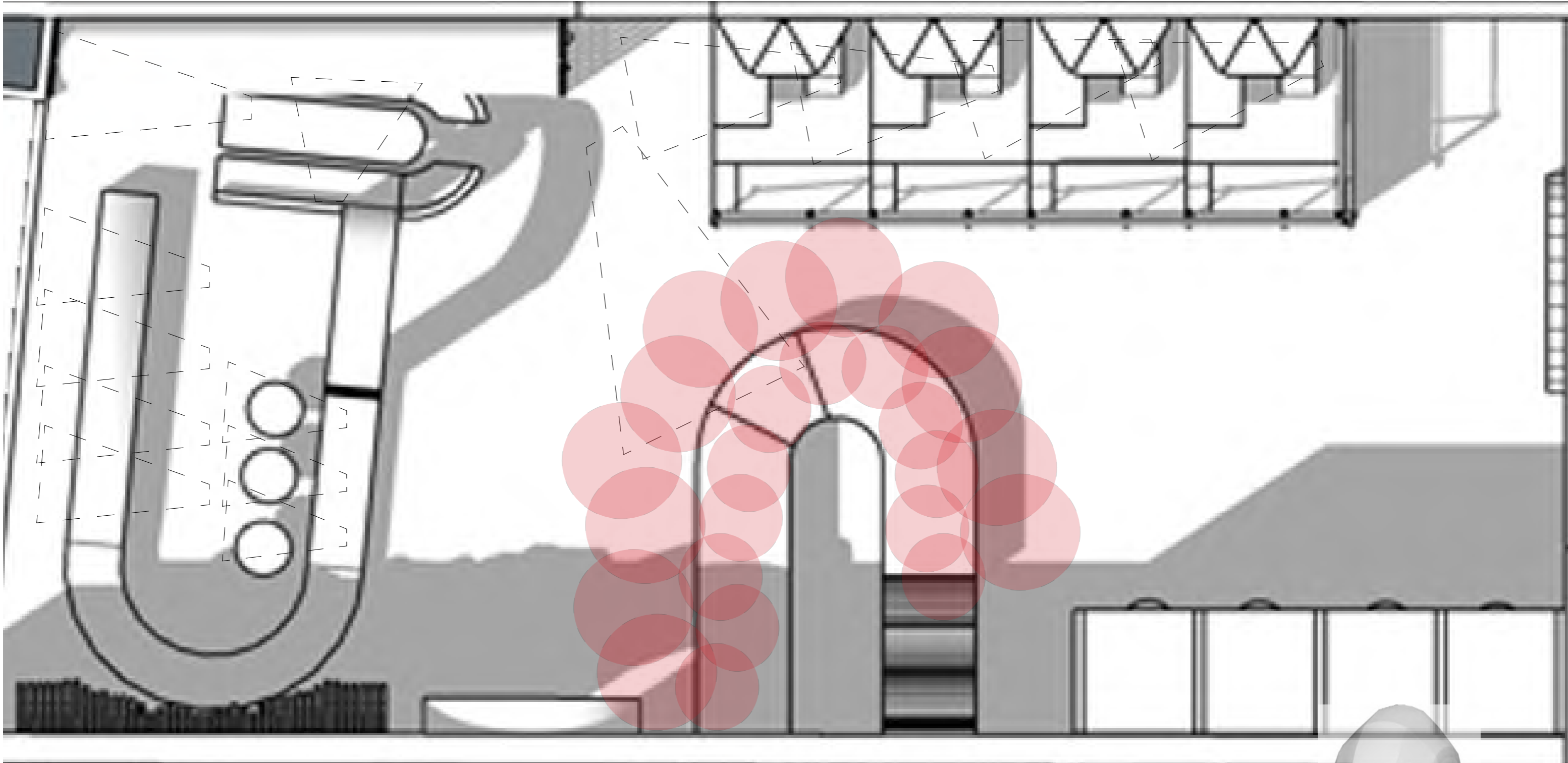
N O T A T I O N S

Spatial Environmental and Notations

The drawing on this page is a spatial/environmental drawing showing the natural environment around the building where people are interacting with their surroundings. with the flow routes and human sensory perception within the space.

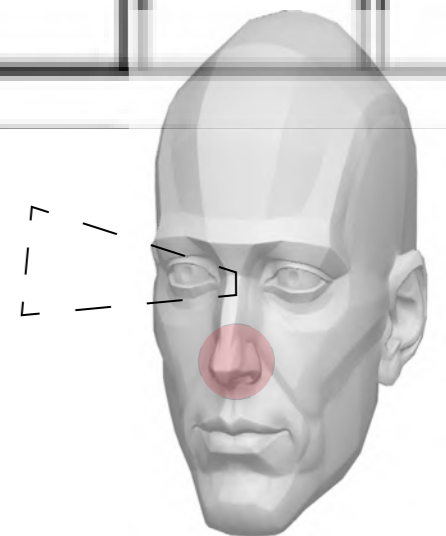


— — — — Natural Light Path
○ Artificial Light



Sightline

Smell





P R O P O S E D P L A N

Scale 1:100

GROUND FLOOR

The ground floor contains the reception, a small cinema, a café, and a restaurant, and behind the reception area is a staircase that runs the length of the building.



P R O P O S E D P L A N

Scale 1:100

FIRST FLOOR

The first floor contains a small shower room for clients to take a bath and change clothes, a massage room for relaxation, a meditation room for relaxation facing the sea, and a yoga room with a sea view.



P R O P O S E D P L A N

Scale 1:100

ROOF FLOOR

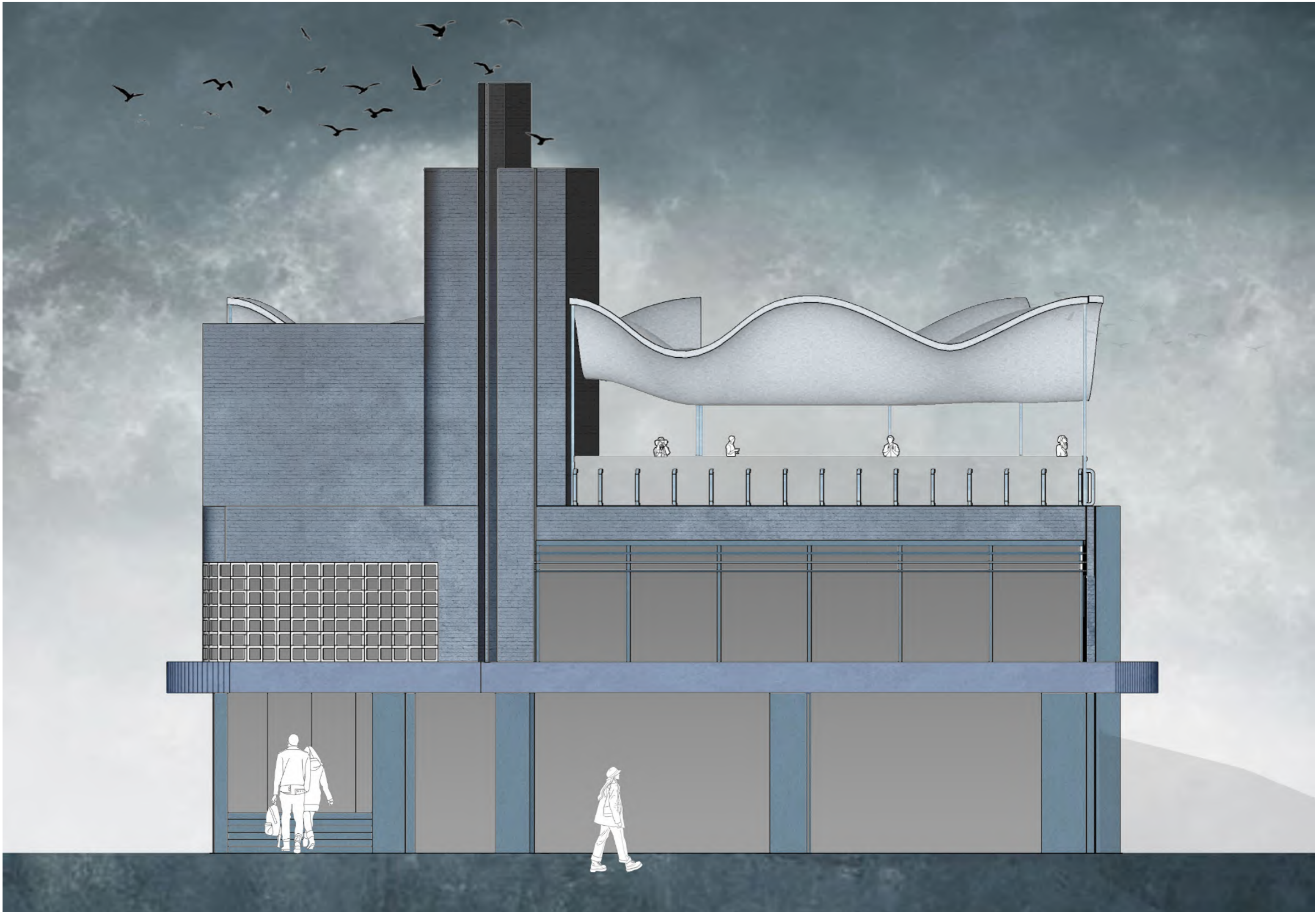
The roof part is an open-roofed garden with a canopy; there are a lot of resting areas; customers can look at the distant view from this side; feel the beauty of the sea and the sky; get a broader view; and the heart of boredom may also be able to be reduced.



P R O P O S E D E L E V A T I O N

Scale 1:50

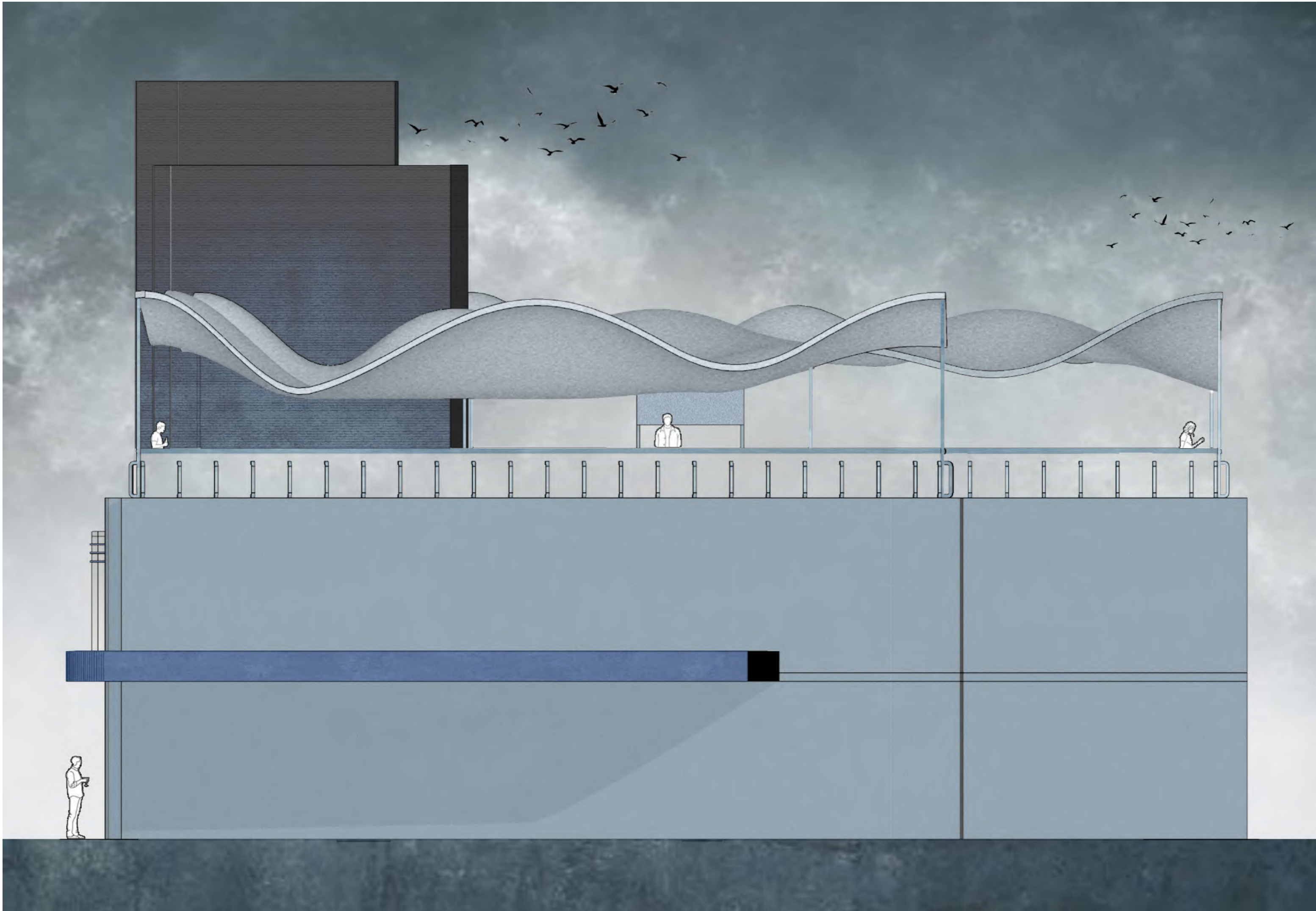
FRONT



P R O P O S E D E L E V A T I O N

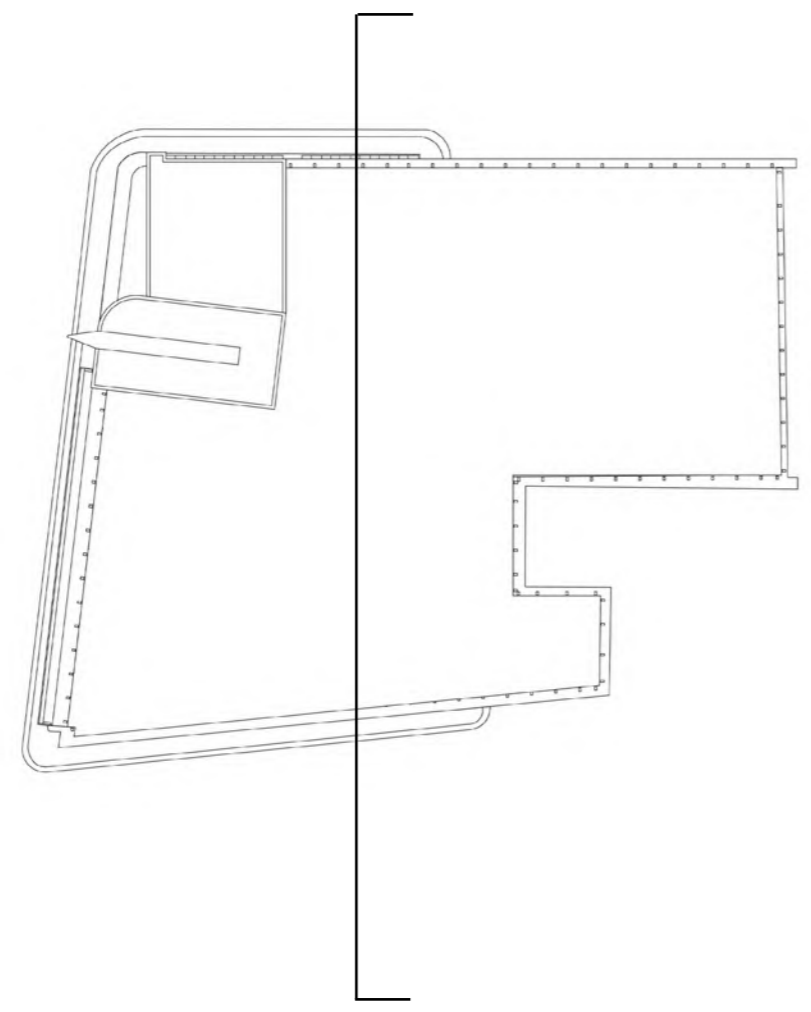
Scale 1:50

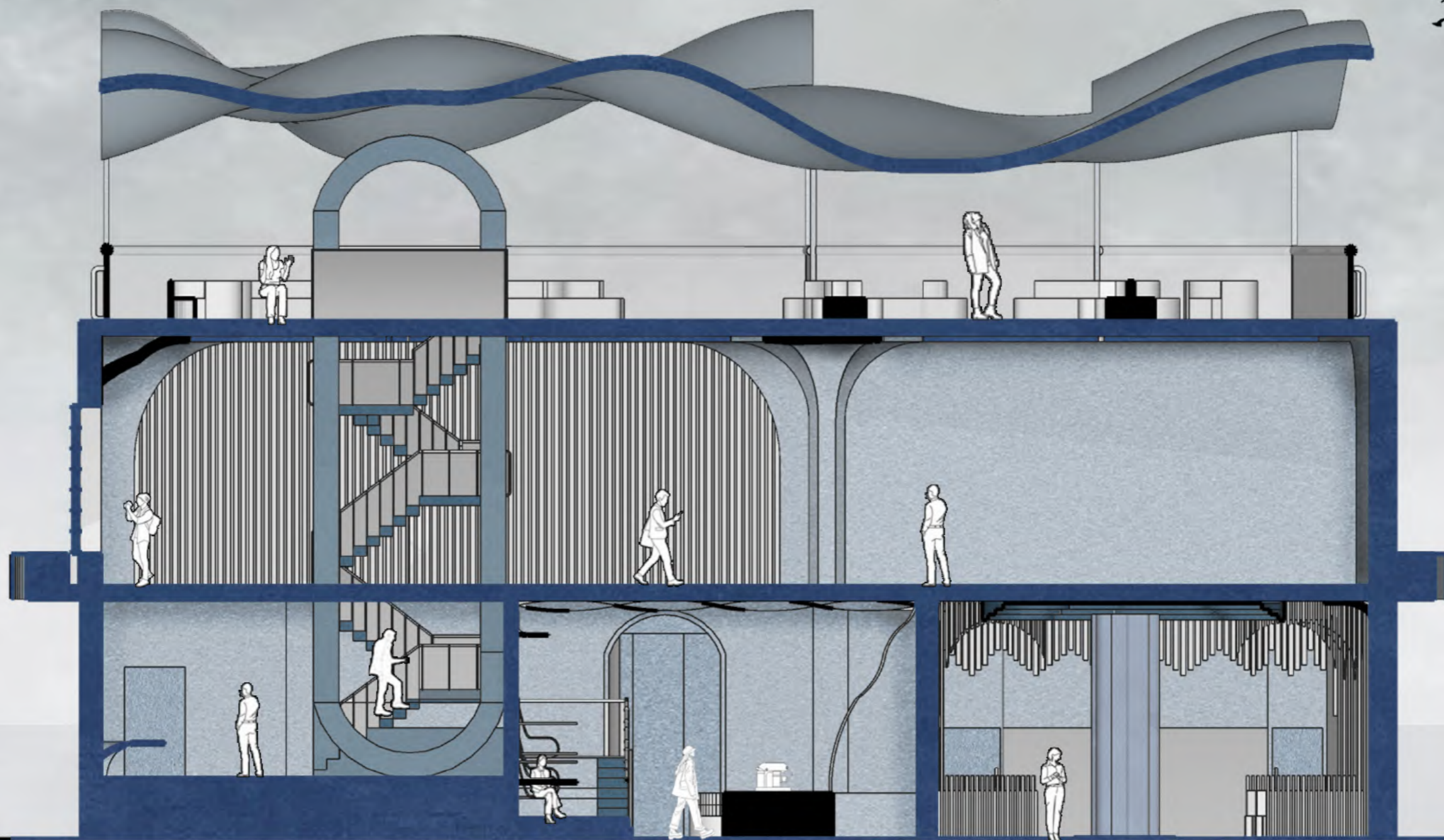
RIGHT



PROPOSED SECTION

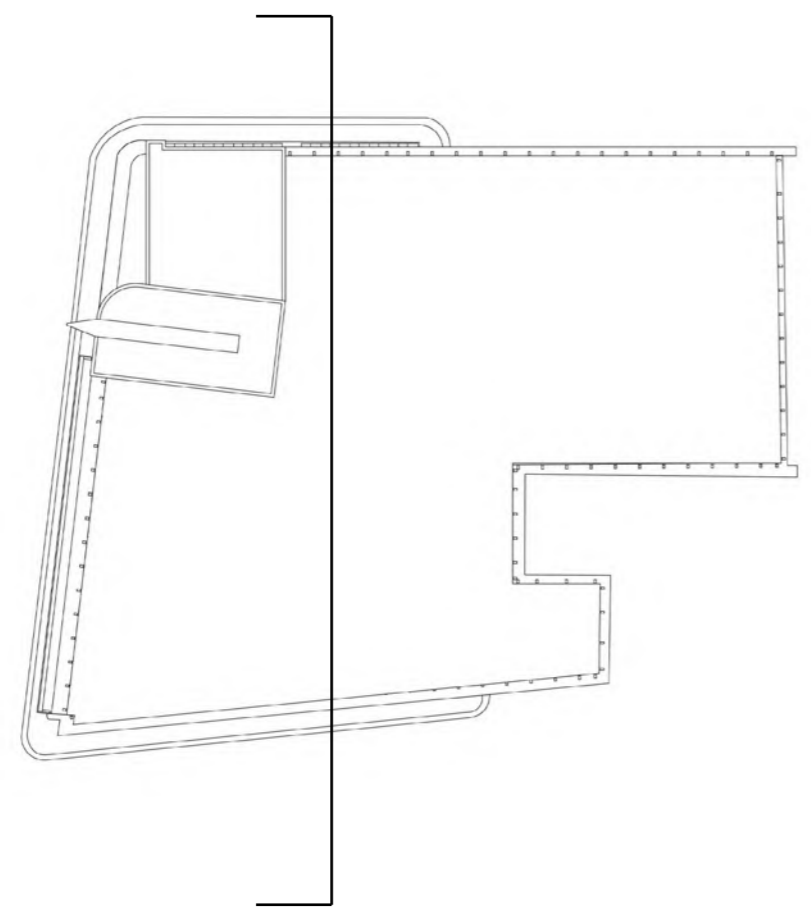
Scale 1:50





PROPOSED SECTION

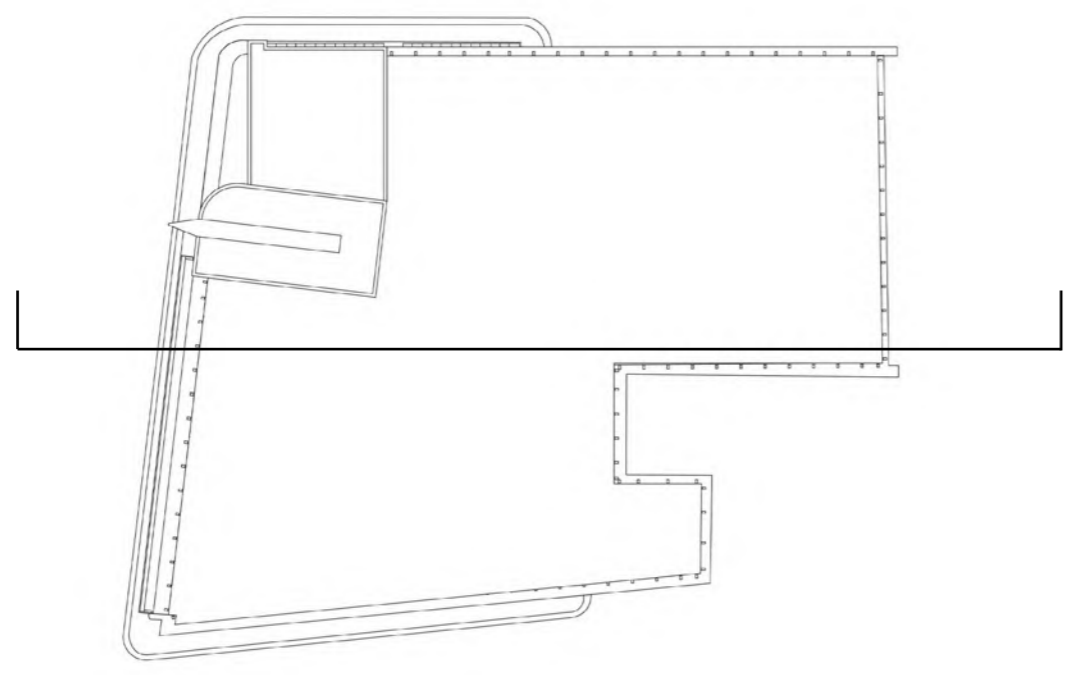
Scale 1:50





PROPOSED SECTION

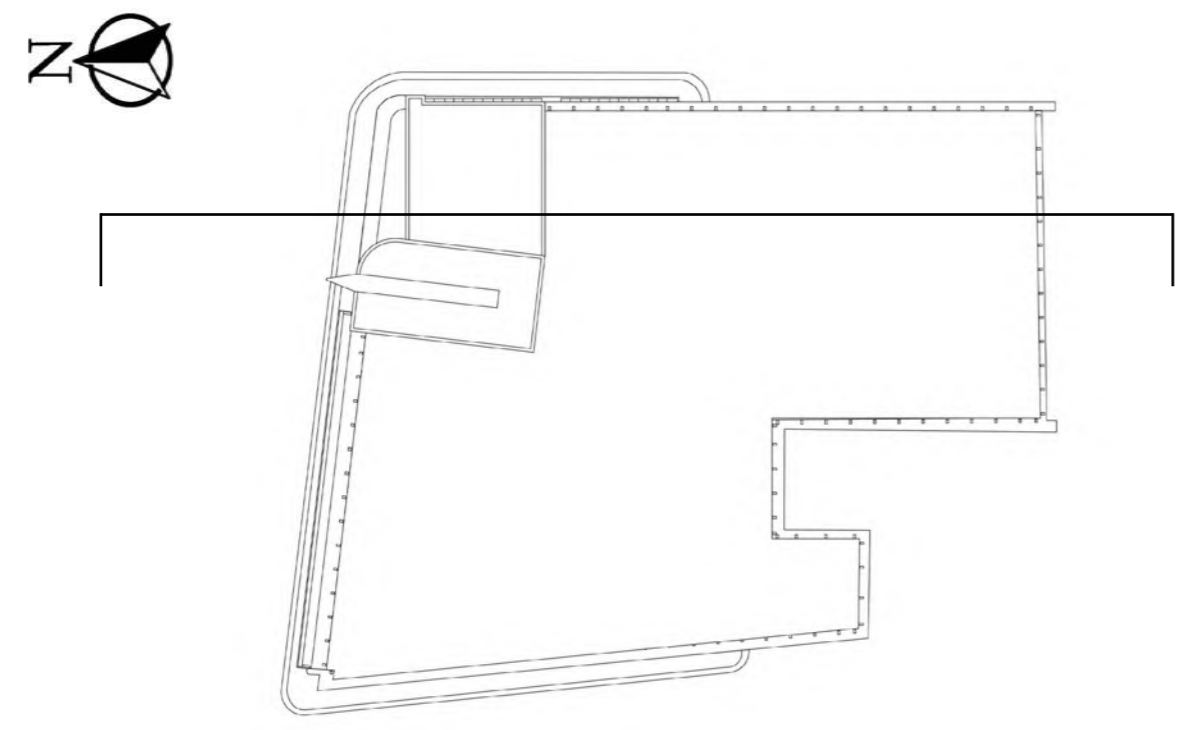
Scale 1:50





PROPOSED SECTION

Scale 1:50





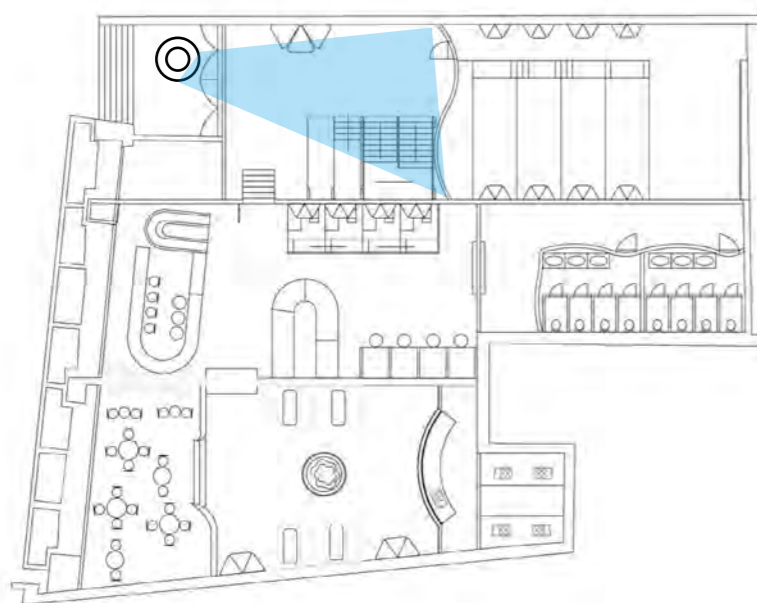
PROPOSED PERSPECTIVES

1st view - The entrance of this building

At the entrance of the building, a flower-shaped lounge seat and a curved reception desk are directly visible, behind which are the stairs connecting the whole building and the small cinema. To the right of this reception space is a small staircase that connects to the cafe.



VIEW OF FIRST PERSPECTIVE
GROUND FLOOR PLAN



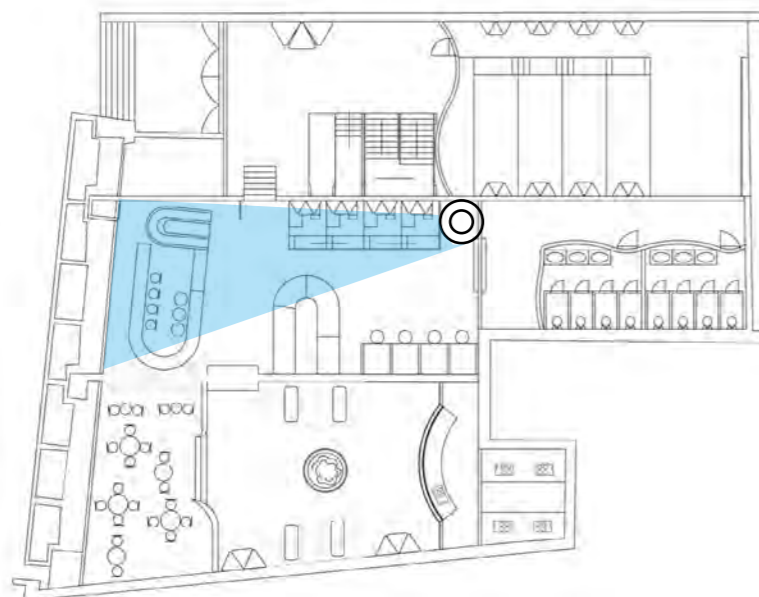


2nd view - Cafe

This is the building's cafe, which is on the ground floor and has large floor-to-ceiling glass windows, making it a great place to enjoy the sea view. Its interior design utilises a lot of arches. It has a stepped seating area with different step heights to give customers the best possible unobstructed view of the sea.



VIEW OF SECOND PERSPECTIVE GROUND FLOOR PLAN





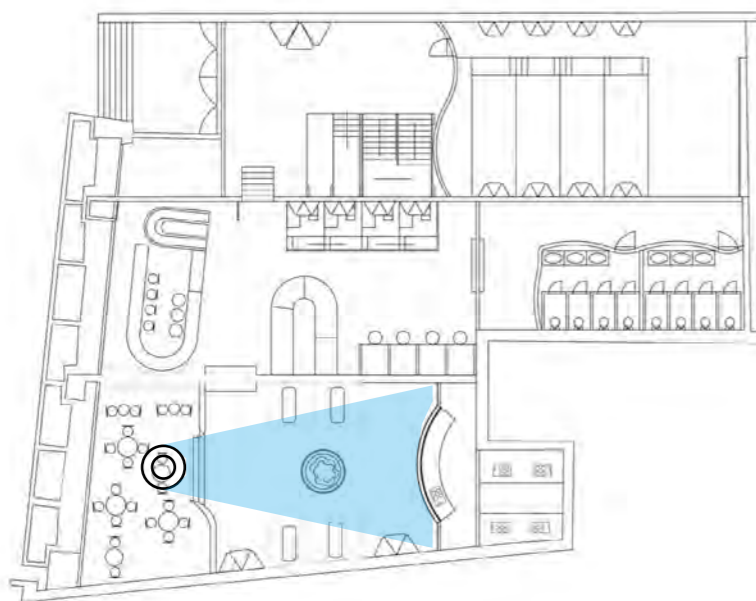
PROPOSED PERSPECTIVES

3rd view - Restaurant

This is the dining area of the building, which makes extensive use of logs as a building material. The kitchen area is surrounded by a curved wall, the lower part of which is made of glass, so that the client can see the chef in action. In the middle of the restaurant is a large art installation, which is a blue cloth with a hairdryer and a projector at the lower end. Under their operation, the blue cloth produces a simulation of the feeling of the sea waves, to make up for the fact that some clients do not have a view of the sea.



VIEW OF THIRD PERSPECTIVE
GROUND FLOOR PLAN





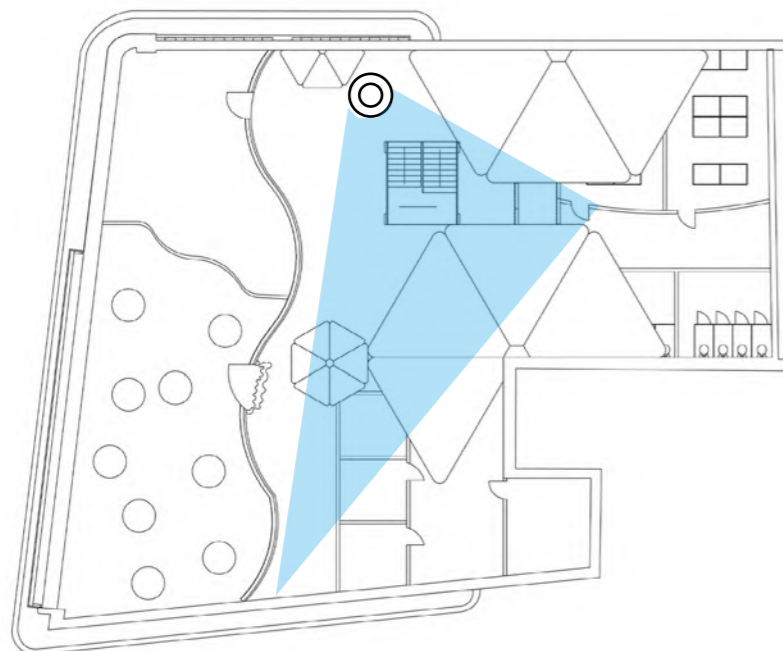
PROPOSED PERSPECTIVES

4th view - Stairs on the first floor

This is the stairwell on the first floor, and to its left is a staggered wall connected to a large flower-shaped structure that provides good privacy for the inner washroom as well as the toilet. On the opposite side of the staircase is the massage room, and on the right side is the yoga area as well as the meditation area.



VIEW OF FOURTH PERSPECTIVE
FIRST FLOOR PLAN



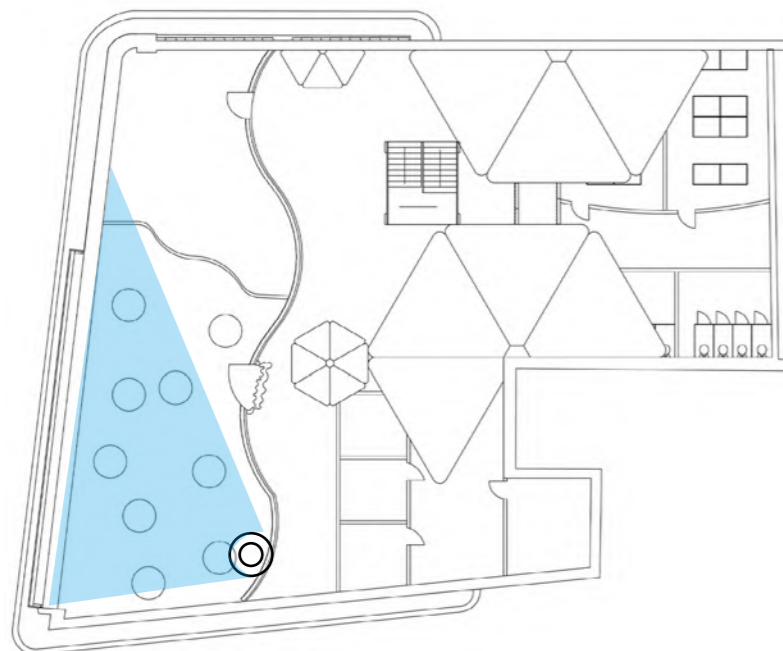


5th view - Meditative Area

This meditation space within the building retains Dreamland's signature large green window structure, giving clients inside the space excellent views of the sea. The walls of the space are characterised by flowing, curved lines. The flooring is transparent water-effect vinyl flooring that simulates the feeling of waves. The round concrete countertop is a separate countertop for meditators.



VIEW OF FIFTH PERSPECTIVE FIRST FLOOR PLAN





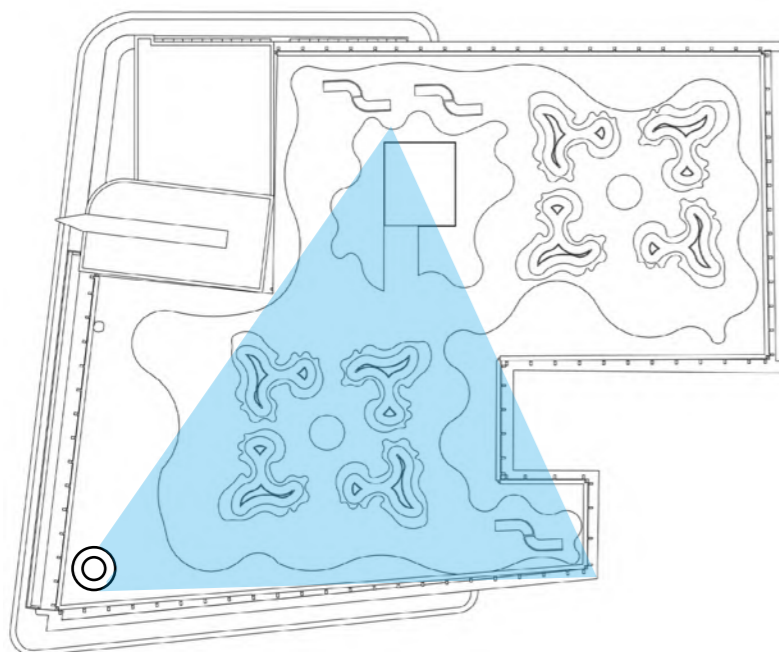
6th view - Roof Garden

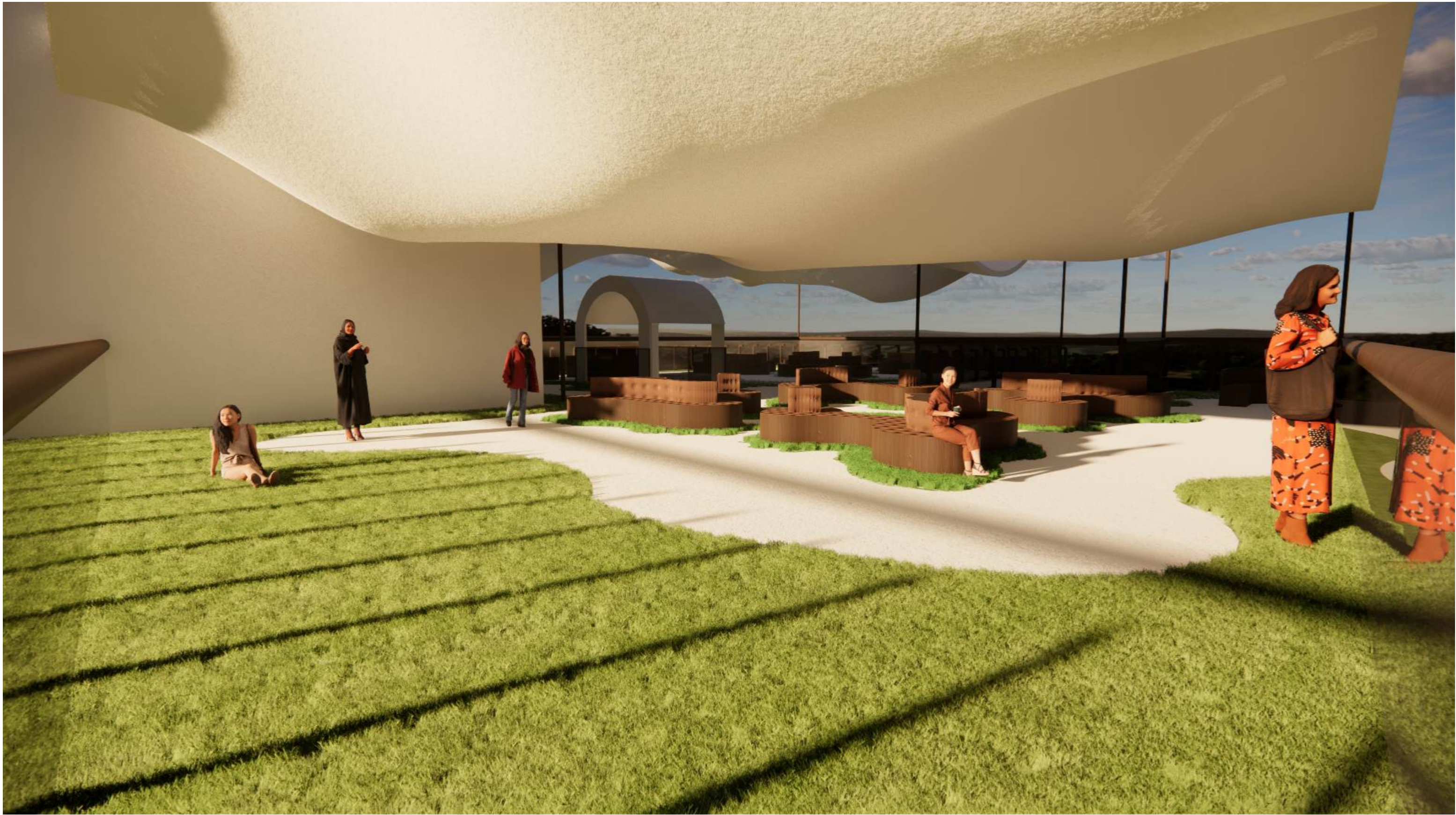
The rooftop roof garden is a great place to see the colour of the sea and the sky. The roof addition provides protection from the wind and rain, and the wooden fence adds a sense of proximity to nature while ensuring safety. In winter, when sea bathing is not suitable, the rooftop garden provides another way to get close to the sea and heal yourself.



VIEW OF SIXTH PERSPECTIVE

ROOF FLOOR PLAN



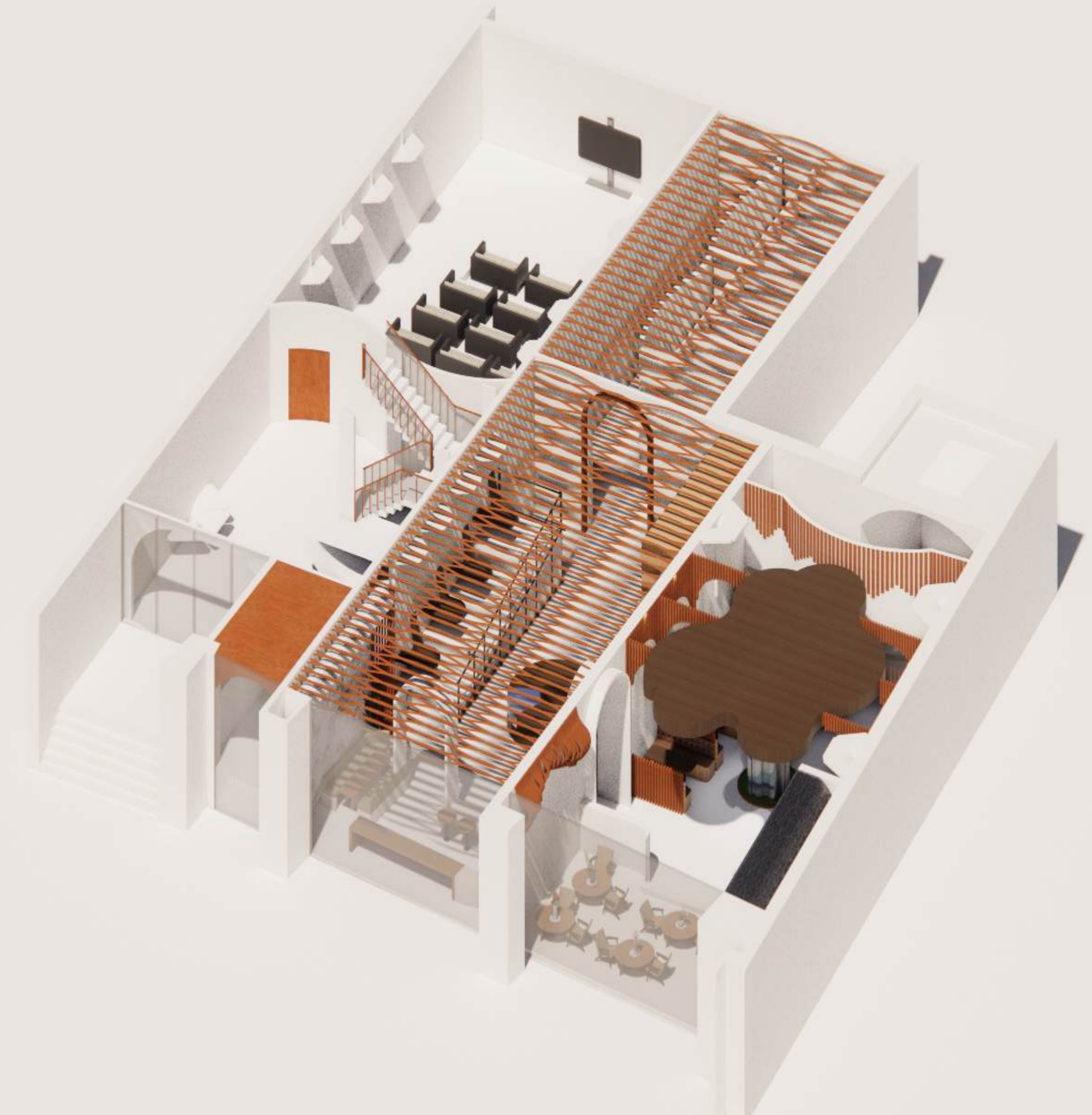


AERIAL VIEW AND AXONOMETRIC DRAWING

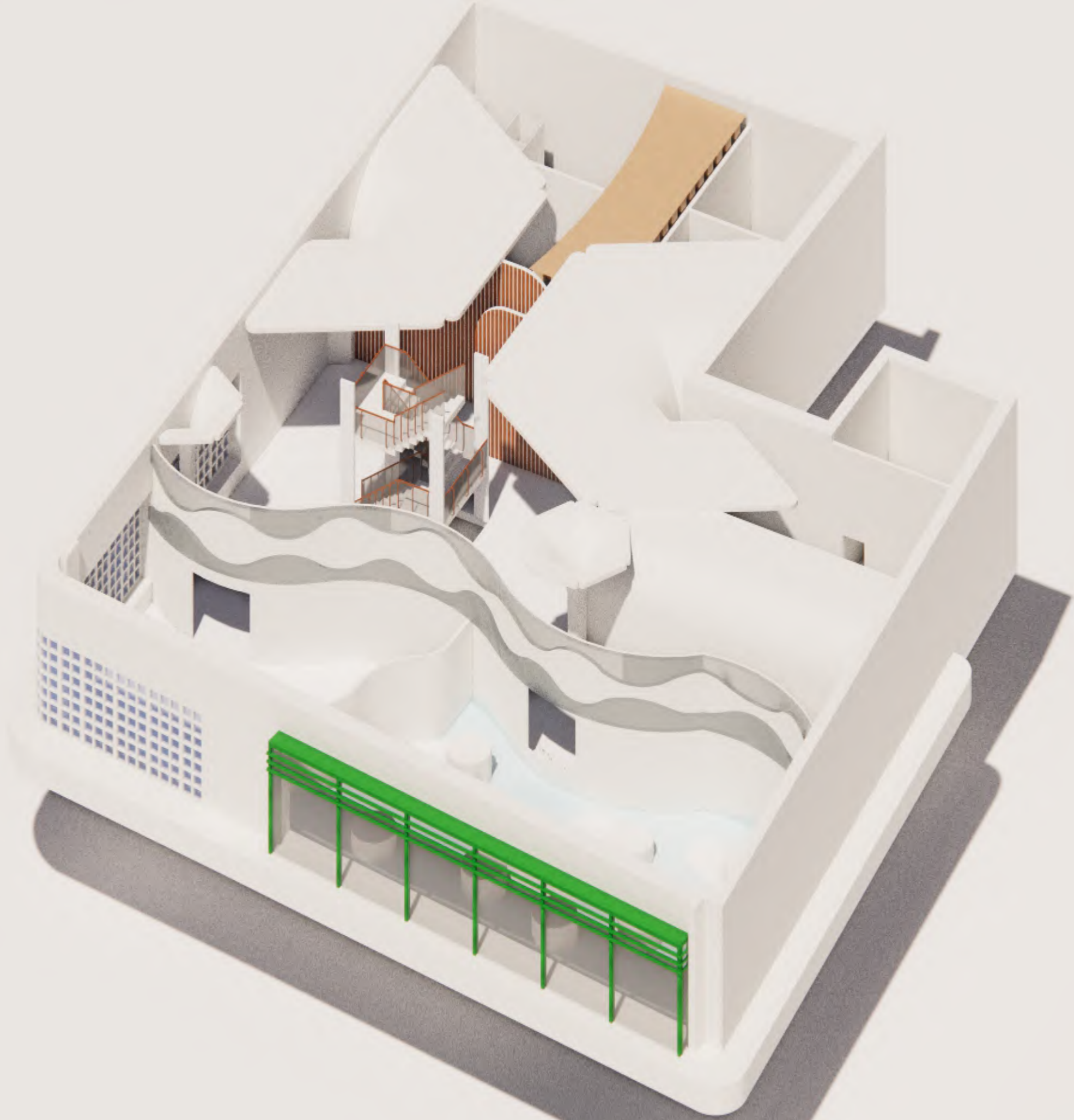
GROUND FLOOE



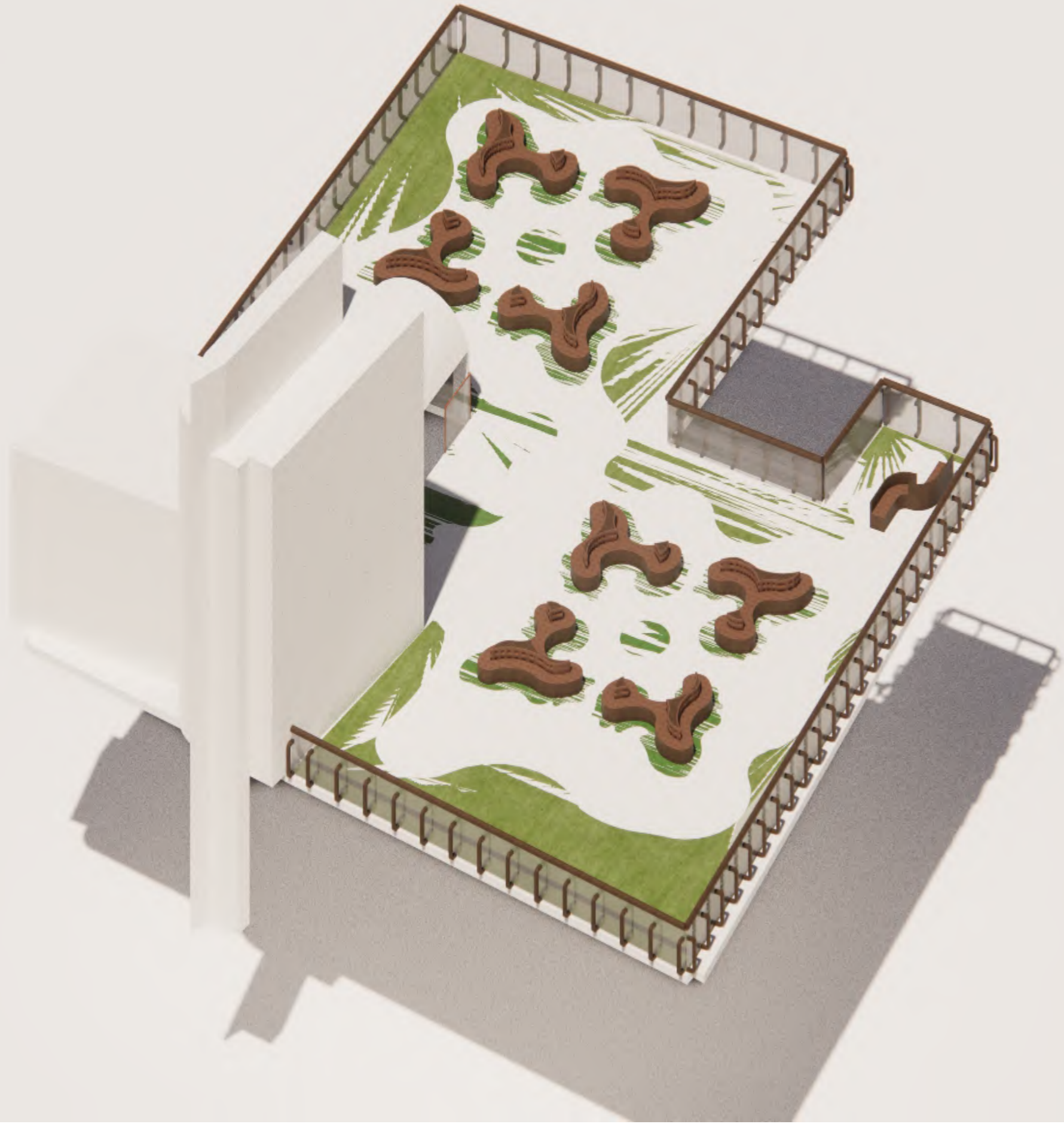
GROUND FLOOR WITH ROOF DESIGN



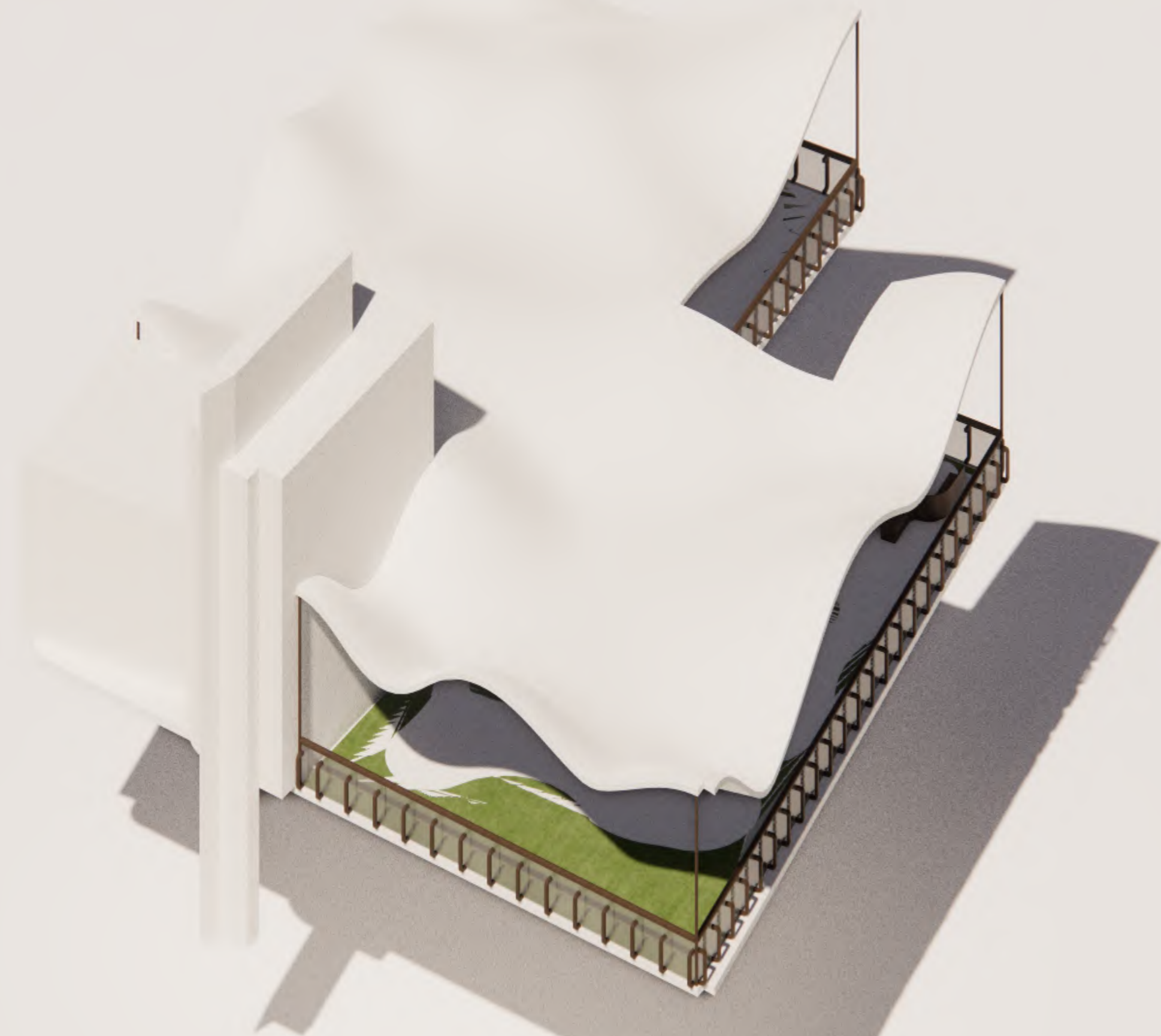
FIRST FLOOR



ROOF GARDEN



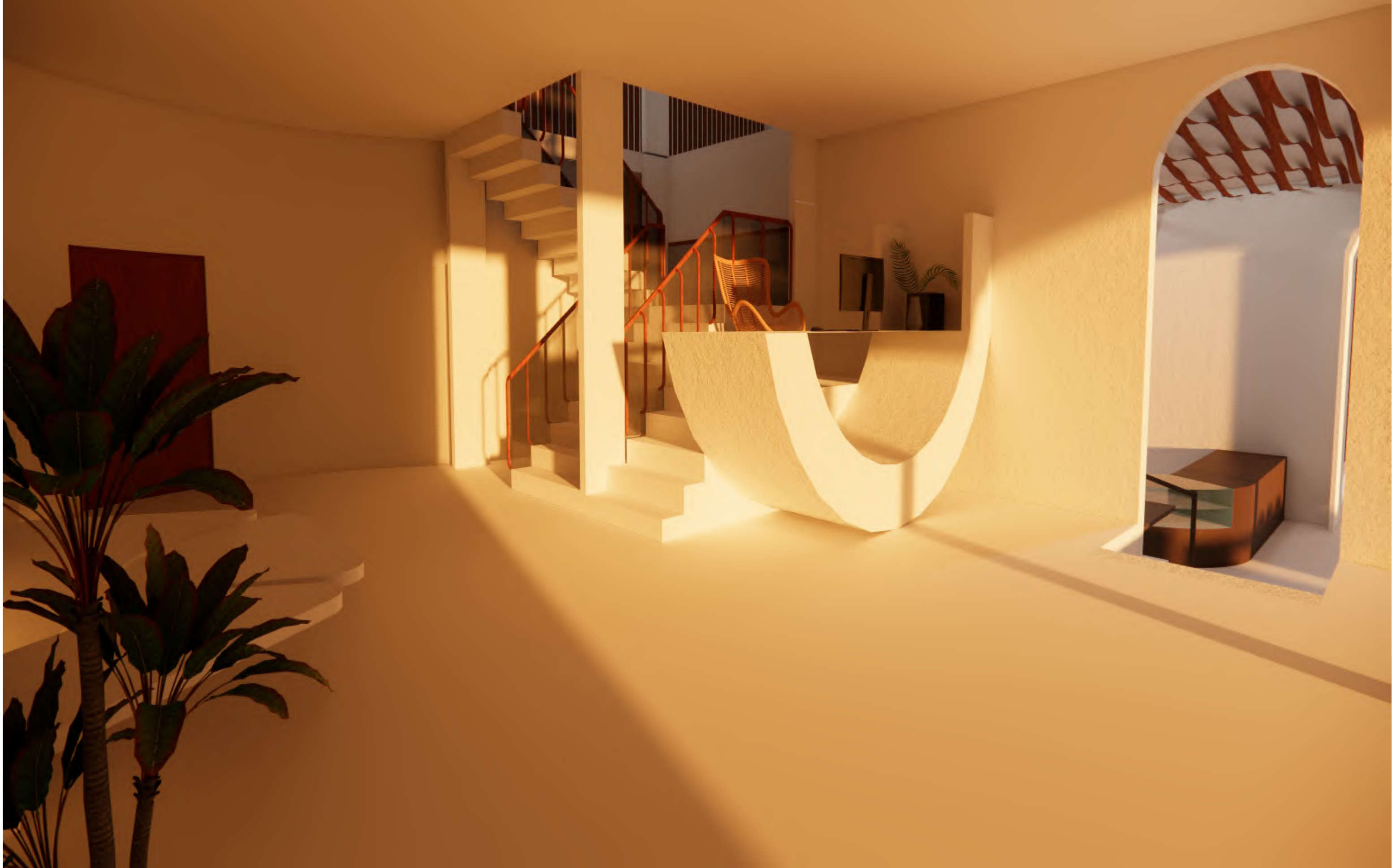
ROOF GARDEN





SPATIAL RENDERING

RECEPTION AREA







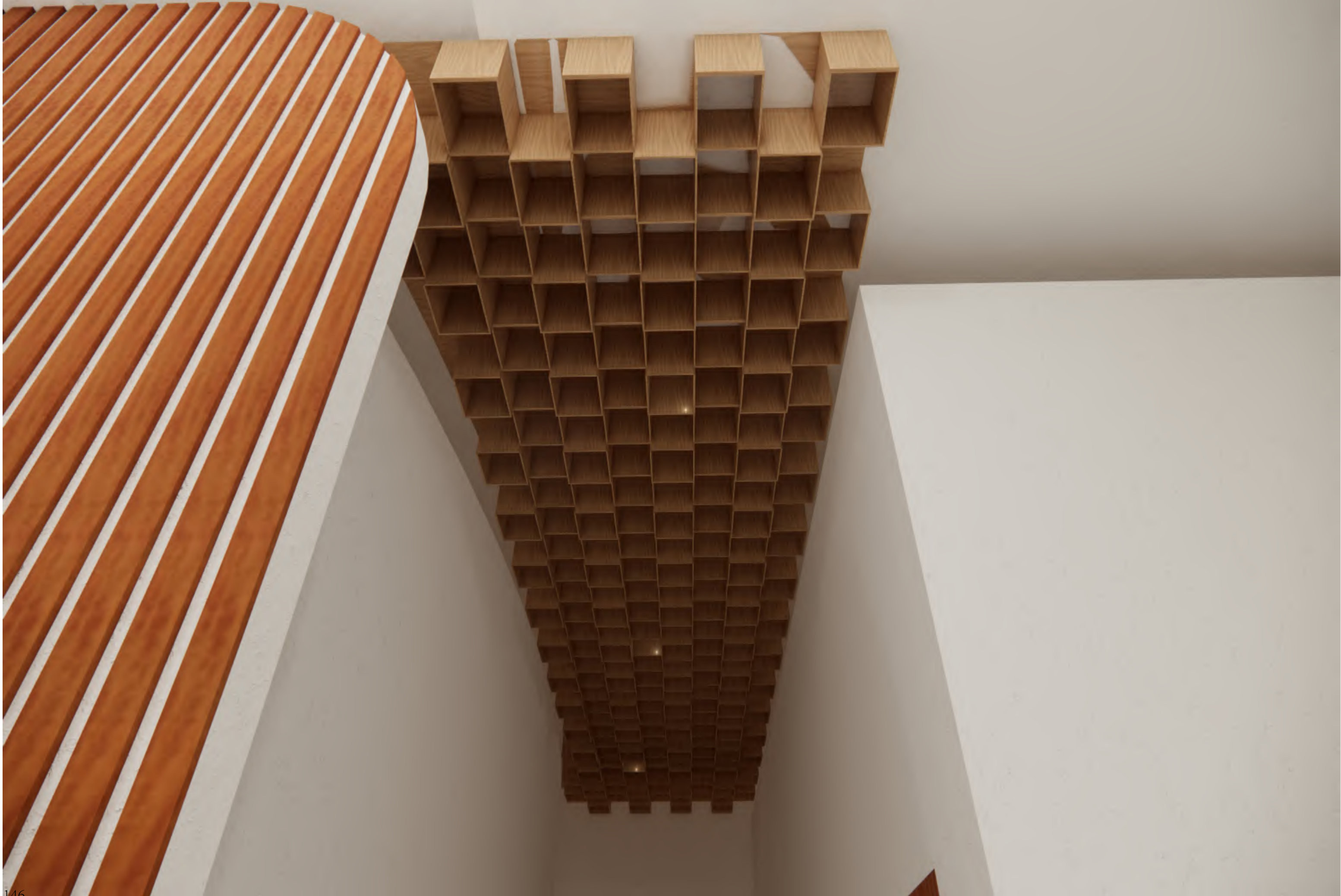


FLOWER STRUCTURE



MEDITATIVE AREA





THE END

The redesigned Dreamland, a place to unwind has become a favourite for many. Dreamland is the ideal place to relax and unwind. Dreamland features a dedicated meditation area that provides a tranquil environment where people can get away from the distractions of everyday life and clear their minds of stress. In this tranquil space, people can find inner peace and tranquillity by calming their minds through meditation and rethinking the difficult issues that plague them.

The massage area is another highlight of Dreamland, offering professional massage services. Experienced masseurs use a variety of techniques to help people relieve their body fatigue and stress. Whether it is a deep tissue massage or a relaxation massage, every detail is carefully designed to ensure that every customer enjoys the most comfortable experience. Aromatherapy, on the other hand, brings olfactory pleasure and relaxation through a variety of natural essential oils and aromatherapy. This therapy not only helps people to relieve tension but also improves the quality of sleep and enhances overall physical and mental health.

Dreamland also features a small cinema showing a variety of classic and new films. This small cinema provides a quiet and comfortable viewing environment where people can relax and escape from reality for a while while enjoying a film.

The rooftop garden is a popular place to relax in Dreamland. With its lush greenery and flowers, visitors can take a stroll, read a book, or just enjoy a moment of peace and quiet. The rooftop garden exudes a unique charm both during the day and at night, overlooking the entire park during the day and gazing up at the stars at night to experience the tranquillity and beauty of nature.

Overall, Dreamland offers an ideal place to get away from the stress of the city through its diverse facilities and services. Here, people can enjoy good food, admire the beautiful scenery, relax, rejuvenate and find joy and tranquillity in life.

