

**STATISTICS** 

822K

WORKERS ARE AFFECTED BY WORK RELATED ANXIETY EACH

HEALTH GAD

PTSD

8,00000
PEOPLE ARE EXPERIENCING ANXIETY AT ANY ONE TIME

PHOBIAS

1 in every 4 people with

anxiety receive

SOCIAL

PERINATAL

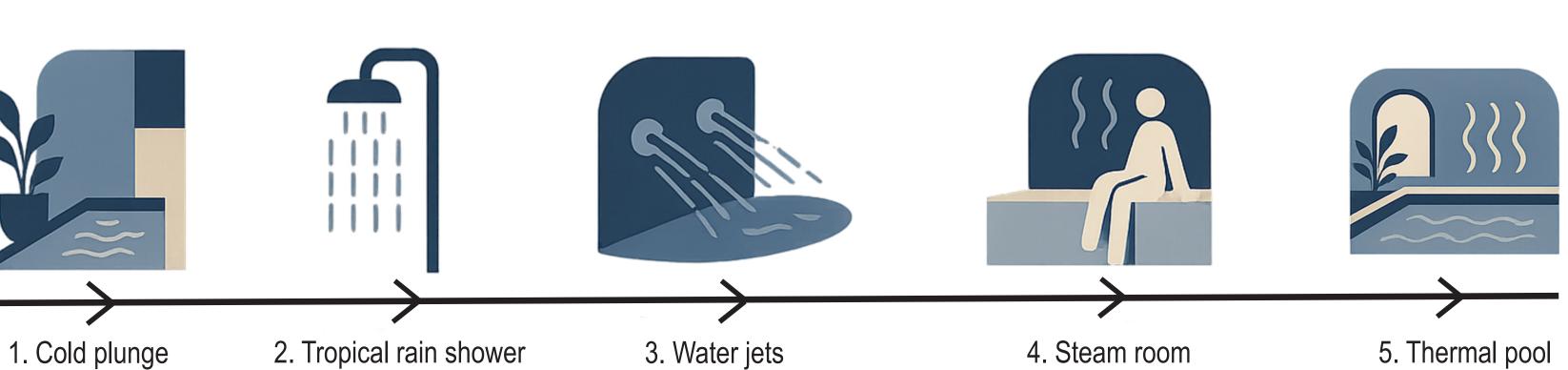
BDD

3/4 OF PEOPLE with anxiety don't receive treatment

65% 53%
Have symptoms of anxiety

21%

HIGHER IN URBAN AREAS COMPARED TO RURAL



Water jets act as a massage for

the whole body reducing tension.

Helping urge relaxation



2 minutes in 10-15 °C

water to improve circulation and

reduce inflamation aswell as

enhance mood.

6. Meditation

Guided meditation sessions to center the mind and reduce tension and stress. Learning meathods to control anxiety.



Warm water shower to reduce

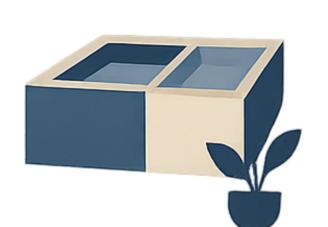
tension in the neck and shoulders.

increases production of happy

hormones.

7. Elemental therapies

A bookable service using different elements, Sauna, hot rock massage, water facial and mudmask to help relax the individual and help improve circulation



Steam room to offer a relaxation

space to reflect. Helps reduce

stress and promote wellbeing

8. Kneipp therapy

Foot baths and showers to stimulate circulation, relax the muscles and promote general wellbeing.



30-36 °C warm pool with jets

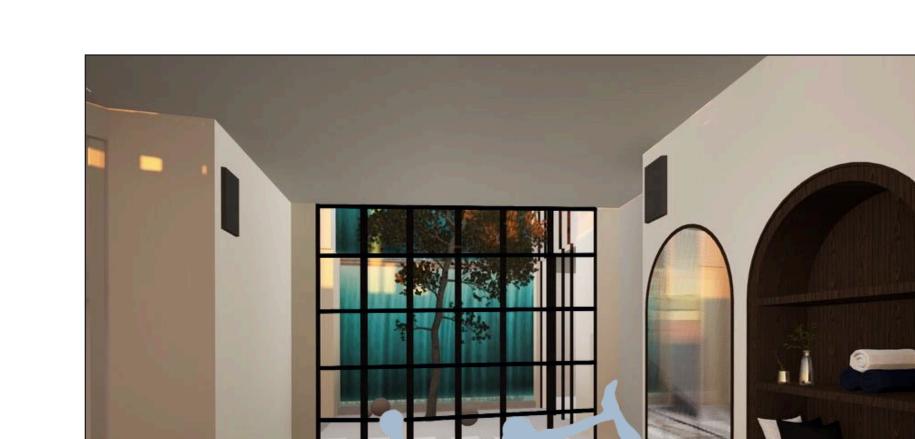
and other sensory stations to

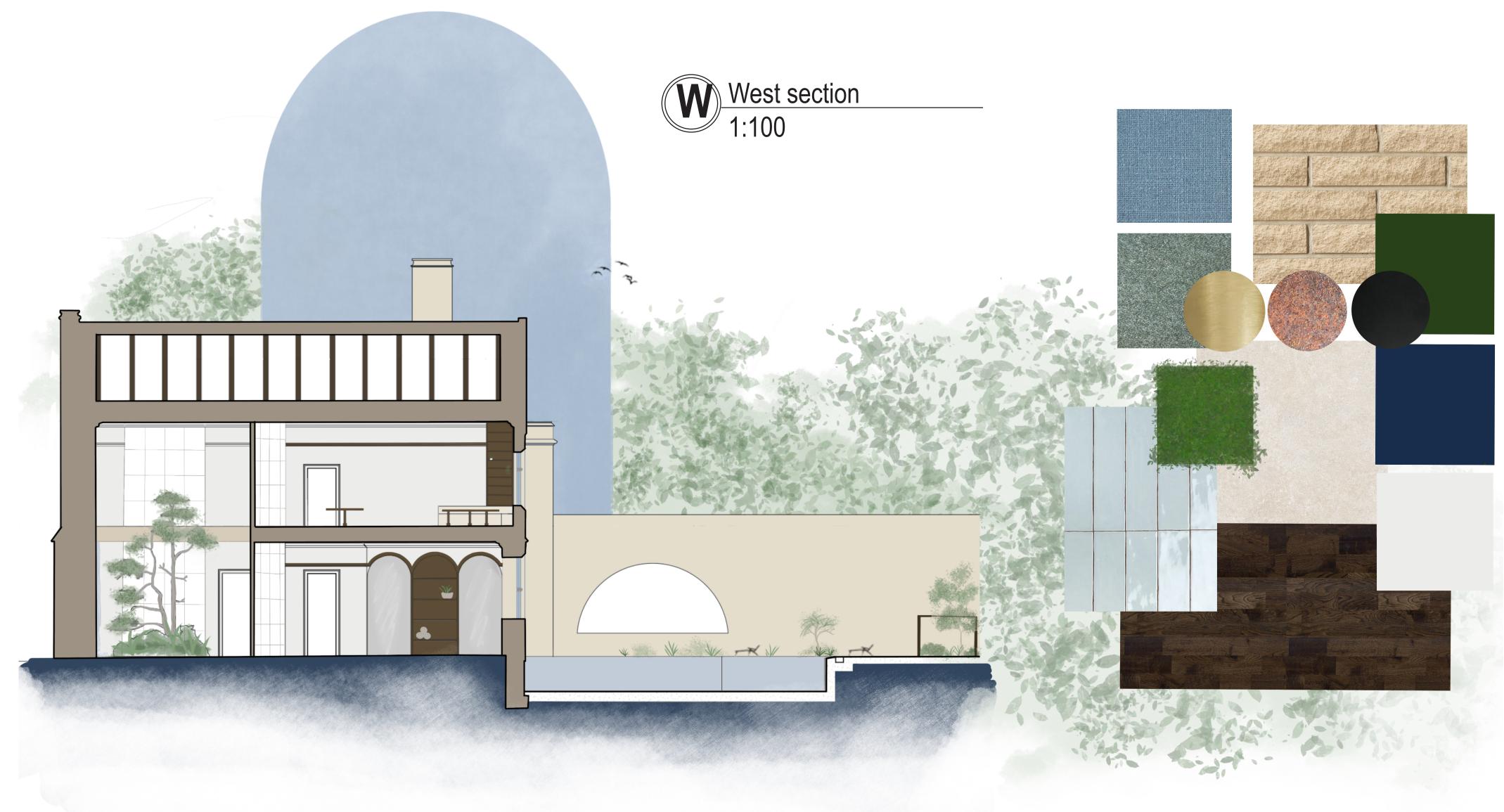
help reduce stess and enhance

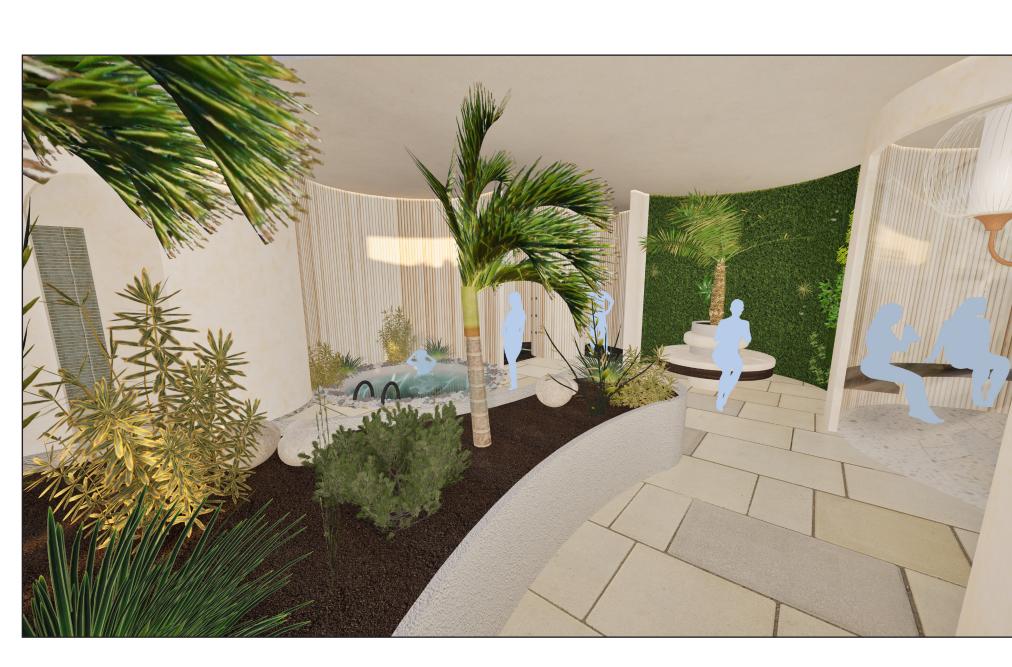
mood

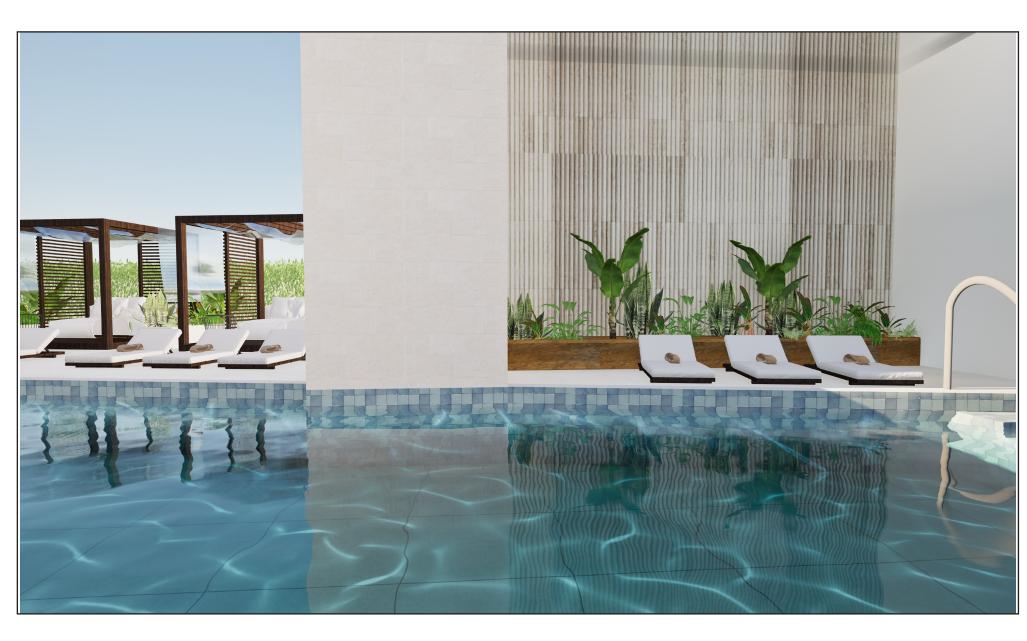
9. CBT/ Group therapy

A group session finding the route cause of anxieties and provide ways to manage these. Aswell as offering a space to talk to other individuals who struggle with anxiety.

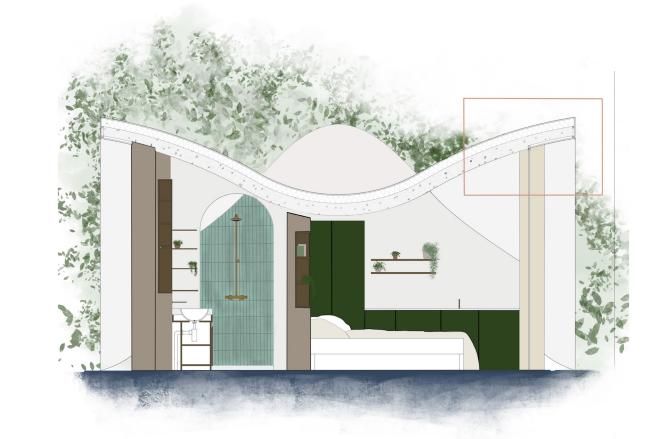


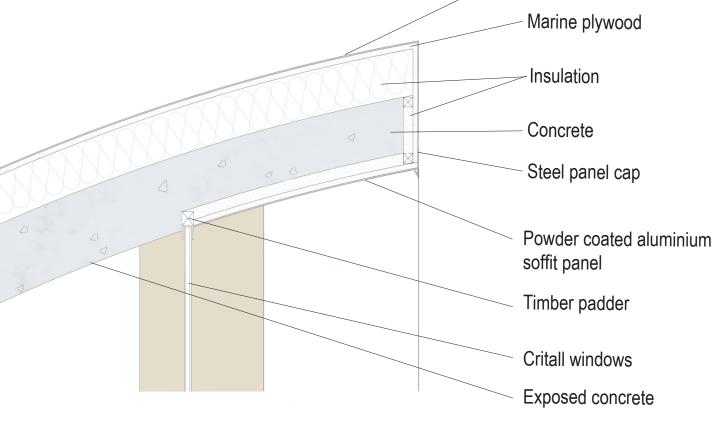


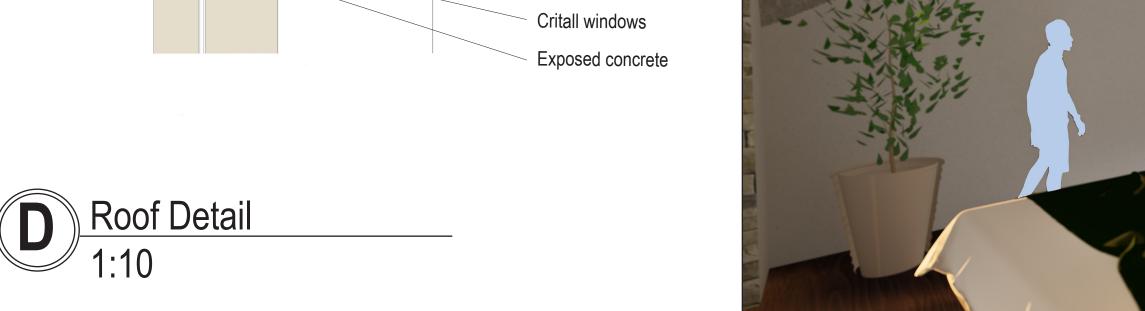




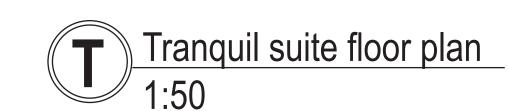


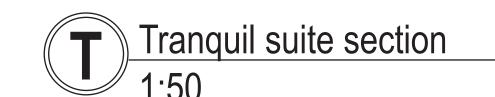




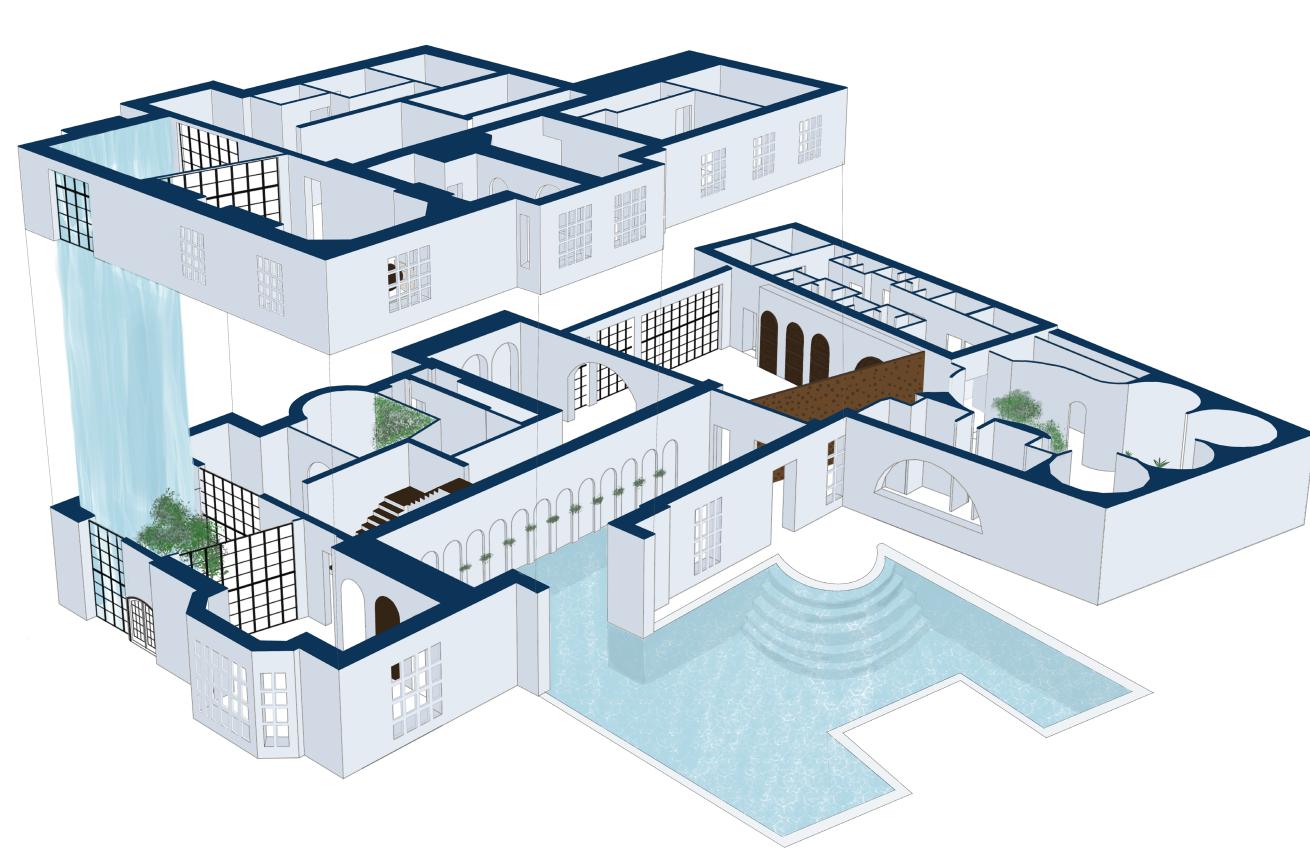


Silicone rendering









The decision to incorporate a multi-story terrarium space with a water wall into the design was rooted in the principles of biophilic design and the therapeutic power of natural elements. This feature serves both aesthetic and functional purposes, aligning with the overall concept of creating a calming, restorative environment.

The terrarium acts as a vertical garden that brings greenery into the heart of the building, offering continuous visual and sensory engagement across multiple floors. By extending the terrarium vertically, it becomes a unifying element that connects the different levels of the space, encouraging upward movement and exploration while maintaining a strong connection to nature.

The integrated water wall adds another layer of sensory experience. The gentle sound of flowing water contributes to a tranquil atmosphere, which has been shown to reduce stress and promote relaxation. Visually, the water creates movement and reflection, enhancing the feeling of

