



GLOBAL WELLNESS
SUMMIT 2018

OCTOBER 6-8 | TECHNOGYM | CESENA, ITALY

Wellness in Design: From the Cradle to the Departure Lounge

Clodagh, CEO & principal, Clodagh Design, US

CLODAGH

WELLNESS BY DESIGN

**FROM THE CRADLE TO THE
DEPARTURE LOUNGE**

**WELLNESS IS NOT A
DESTINATION, BUT A
JOURNEY; A STATE OF
MIND**





TOTAL DESIGN:

THE FOUR C'S

CONTEMPLATE



CLEANSE



CLARIFY



CREATE



**A SPACE CANNOT BE
TRULY BEAUTIFUL
UNLESS IT FUNCTIONS
IN HARMONY WITH
WHO WE ARE.**

THE ELEMENTS

EVERYTHING IN OUR
WORLD IS A
COMPOUND OF
THE FIVE ELEMENTS





**GOOD DESIGN
APPEALS TO ALL SIX
SENSES-TOUCH,
SIGHT, SMELL,
SOUND,
SPIRIT, AND TASTE.**

**MY TOOLBOX OF
FIVE DESIGN
MODALITIES**

BIOPHILIA

**THE HEALING ASPECTS OF NATURE.
HUMANS ARE INNATELY DRAWN TO
LIFE AND THE NATURAL WORLD
BECAUSE WE ARE PART OF IT**





BIOGEOMETRY

**THE EFFECT PHYSICAL
SHAPES HAVE ON ENERGY
FIELDS AND, IN TURN, ON
THE HUMAN BODY**



CHROMATHERAPY

**USE OF LIGHT IN THE FORM
OF COLOR TO
BALANCE ENERGY**





FENG SHUI

THE CHINESE ART OF THE
PLACEMENT OF BUILDINGS
AND THE ORGANIZATION OF
INTERIOR SPACES TO CREATE A
SMOOTH FLOW OF CHI







WABI SABI

CELEBRATION AND
REVERENCE FOR THE
NATURAL
AGING OF THINGS







STOP

COMPLACENCY

**THE LINES
SEPARATING HOME
AND AWAY ARE
INCREASINGLY
BLURRED**























**WE MAKE
THE
INVISIBLE
TANGIBLE**





SANDWICHES & SALADS

SMALL	12
MEDIUM	13
LARGE	14
VEGETARIAN	15
GLUTEN FREE	16

WISDOM BREADS

5

PASTRY & BREAD

CRUSTY BREAD	1.20
WHOLE WHEAT BREAD	1.20
SEMI WHOLE WHEAT BREAD	1.20
GLUTEN FREE BREAD	1.20

domain

COFFEE

ESPRESSO	1.20
AMERICANO	1.50
CAPPUCCINO	1.80
MACCHIATO	1.50
MOCHA	1.80
FRAPPE	2.00

TEA

domain















"Congratulations! It's a dependent."













**IT'S NOT ABOUT
DESIGN, IT'S ABOUT
CREATING
EXPERIENCES.**















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**WELLNESS IN
THE
WORKPLACE**







**EVERY ROOM IS A
LIVING ROOM**

























"I've decided to purge our material goods, starting with your crap."

**“YOU’LL
NEVER SEE A
U-HAUL
FOLLOWING A
HEARSE.”**

-ANONYMOUS

**DID YOU FIND
JOY?**

**DID YOU BRING
JOY?**

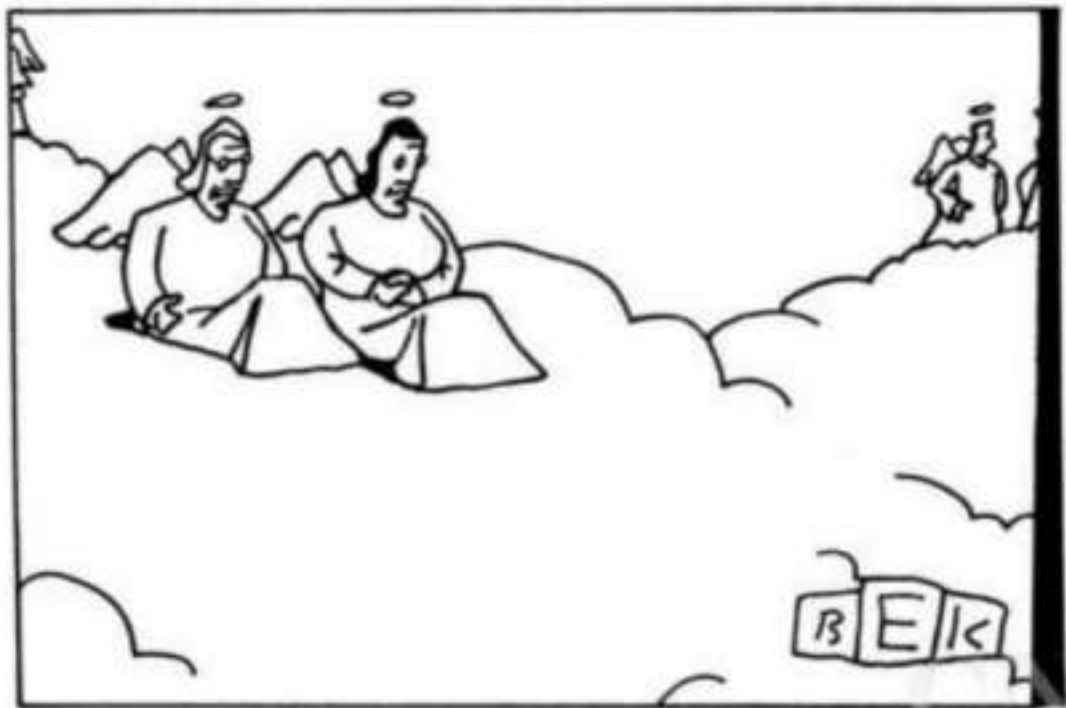
**DID YOU LEAVE
JOY?**











It's very nice. I just think they could add a spa.