



**GLOBAL WELLNESS
SUMMIT 2018**
OCTOBER 6-8 | TECHNOGYM | CESENA, ITALY

PANEL DISCUSSION

Wellness Architecture: Placemaking for Wellness

Panel Moderated by Liz Terry, CEO, CLADglobal, UK

Panelists:

Dr. Anjan Chatterjee, professor, University of Pennsylvania, US

Clodagh, CEO & principal, Clodagh Design, US

Veronica Schreibeis Smith, CEO & founding principal, Vera Iconica Architecture, US

Matteo Thun, principal, Matteo Thun & Partners, Italy

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AT HOME WITH JENNIFER BENINGFIELD IN AFRICA

WELL HOME MAGAZINE

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It's important for people to be rooted in place. This is a very special house, with powerful connections to nature

SOLAR SYSTEM

Most people scour real estate websites in search of the perfect property, but Jennifer Beningfield has designed and built her own piece of paradise. She talks to *Well Home* editor, Liz Terry



Jennifer Beningfield and her family at the Swartburg House, Great Karoo, South Africa. Photographed by Tatjana Melinello for *Well Home*, August 2018

Africa



Jason McLennan is an environmentalist with a lifelong commitment to well building design

PHOTOGRAPHY

love of nature

As a leading figure in the green building movement, Jason McLennan was determined to create the most sustainable home possible. He tells Tom Walker about the unexpected wellness benefits of his nature-inspired home



Heron House, near Seattle meets the requirements of the Living Building Challenge



The double height living and dining room provides a space for the whole family to gather

PHOTOGRAPHY



at the
Ball, is a
ly home

Bali

When guests check into the hotel, they're given a medical exam and greeted by a personal wellness coach



PHOTO: LACOMBE

Calvin Tsao (left) and Zack McKown launched Tsao & McKown in 1985

WELLNESS RESORT

The next project from Octave Living, which opened last year, is much larger and more ambitious. Sangha is a wellness resort located in Suzhou, a city west of Shanghai famous for its classical Chinese gardens.

Rising over one million square feet on the shores of Yangcheng Lake, the complex includes an event space, a chapel, educational facilities, a 75-room hotel, a spa, and a wellness centre with meditation rooms and a clinic that integrates Chinese and Western medicine. It's a space not so much for a holiday as for a period of self-improvement. When guests check into the hotel, they're given a medical exam and greeted by a personal wellness coach.

LIVING THE EXPERIENCE

It's an experience that some will enjoy full-time. Sangha includes 109 single-family houses and 89 flats, whose construction were required by the local government. Tsao says he and his brother never wanted to include free-standing houses, since they find them unsustainable by nature, but they soon realised that the profits from selling the residential units would help fund the rest of Sangha's programme.

And it's the programme that led the design, not the other way around. "Living Room and Sangha have different proportions of programmes," says Tsao. "But the gist of it

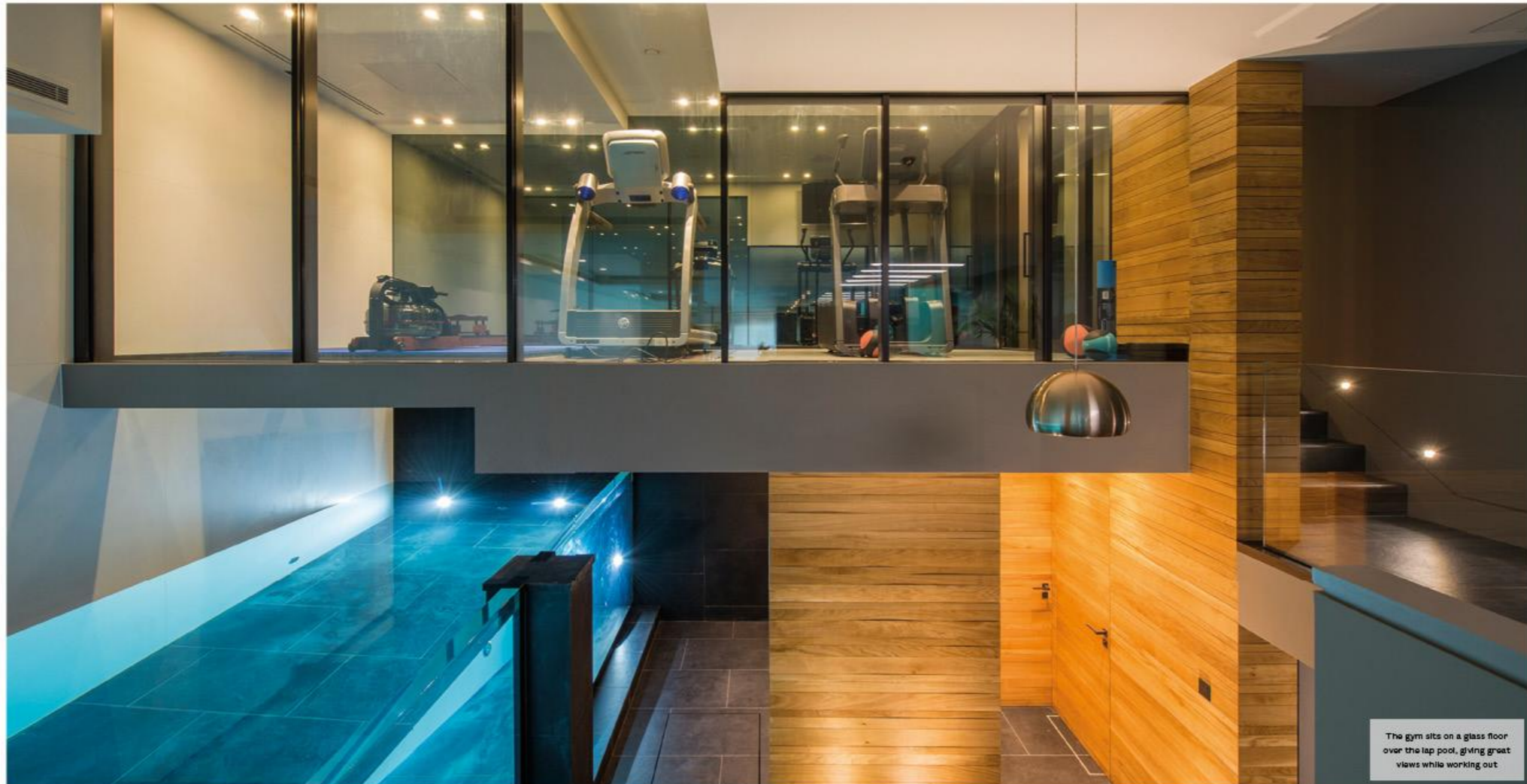


Sangha encompasses a range of homes as well as a retreat, a boutique hotel and learning spaces

PHOTO: LACOMBE

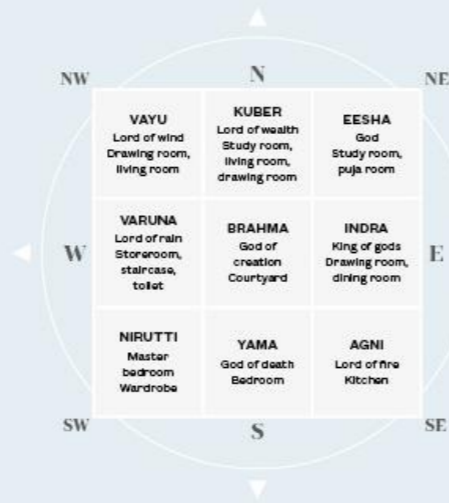
The Hidden House

The developers dreamed of a home to support a healthy lifestyle and TF Architecture have delivered this home in West London with beautifully integrated health and wellness features



UK

In this home, all aspects of the lives of the family, including religion, culture and art, have been carefully considered and distilled into something distinct yet harmonised



Water is placed in the home according to Vastu principles



Vastu points to bedrooms which are designed using a brown colour palette

Which elements bring the home in line with Vastu principles?

Vastu principles are models for the organisation of form and space, sacred geometry, symmetry and directional alignments. They also integrate architecture, nature and the five elements: earth, wind, fire, water and air/light with the body. Architecturally, we always consider the form, how space and light can instill personal security and wellbeing, regardless of function and changes in aesthetic.

Do you include any other wellness elements?

When it comes to the provision of facilities, ours is a spiritual and holistic approach and this takes priority over the developments of things like pools, spas and gyms. We believe that correctly proportioned and naturally lit spaces can, in themselves, promote wellbeing and that the spiritual dimensions are also very powerful.

Is your choice of materials dictated by Vastu?

Colour and material languages in the home have been subtly developed in line with the Vastu directional chakras. Brown is a must-have color in the master bedroom, as it represents comfort and stability, for example, while green is an auspicious color for the study room.



About HBA Residential
HBA Residential is an independent division of Hirsch Bedner Associates, which specialises in architecture, interior design and FF&E (furniture, fixtures, and equipment) for luxury private villas, penthouses and homes.

Do you see a trend in India towards adopting Vastu principles?

In addition to the house in Mumbai, we're also designing a further two residences in India that subscribe to the tenets of Vastu, and have designed several others over the past decade. However, Vastu is far from a trend – the opposite in fact. It can be dated back to

at least the 6th century and is deeply rooted in the physical and spiritual fabric of Hindu society, where temples, gardens, houses, villages and towns have been laid out in accordance with the principles.

How did you work with the client on these projects?

The homeowner is highly interested and involved, which means the style of the home is being designed to respond not only to the site's conditions and heritage, but also to his and three generations' personalities and preferences. In this home, all aspects of the lives of the family, including religion, culture and art, have been carefully considered and distilled into something which is distinct yet also harmonised.

This home will be an important family heirloom, a place that needs to accommodate large functions and also be a private, secure residence to be enjoyed by all the generations.

It's a truly personal response that fits with the physicality and cityscape of Mumbai, while being attuned to the mosaic of religion and family.

When will the building be completed?

It's currently on site and is scheduled for completion in summer 2019. ©

PLAYFUL



A curving slide offers an alternative way for the children to get downstairs

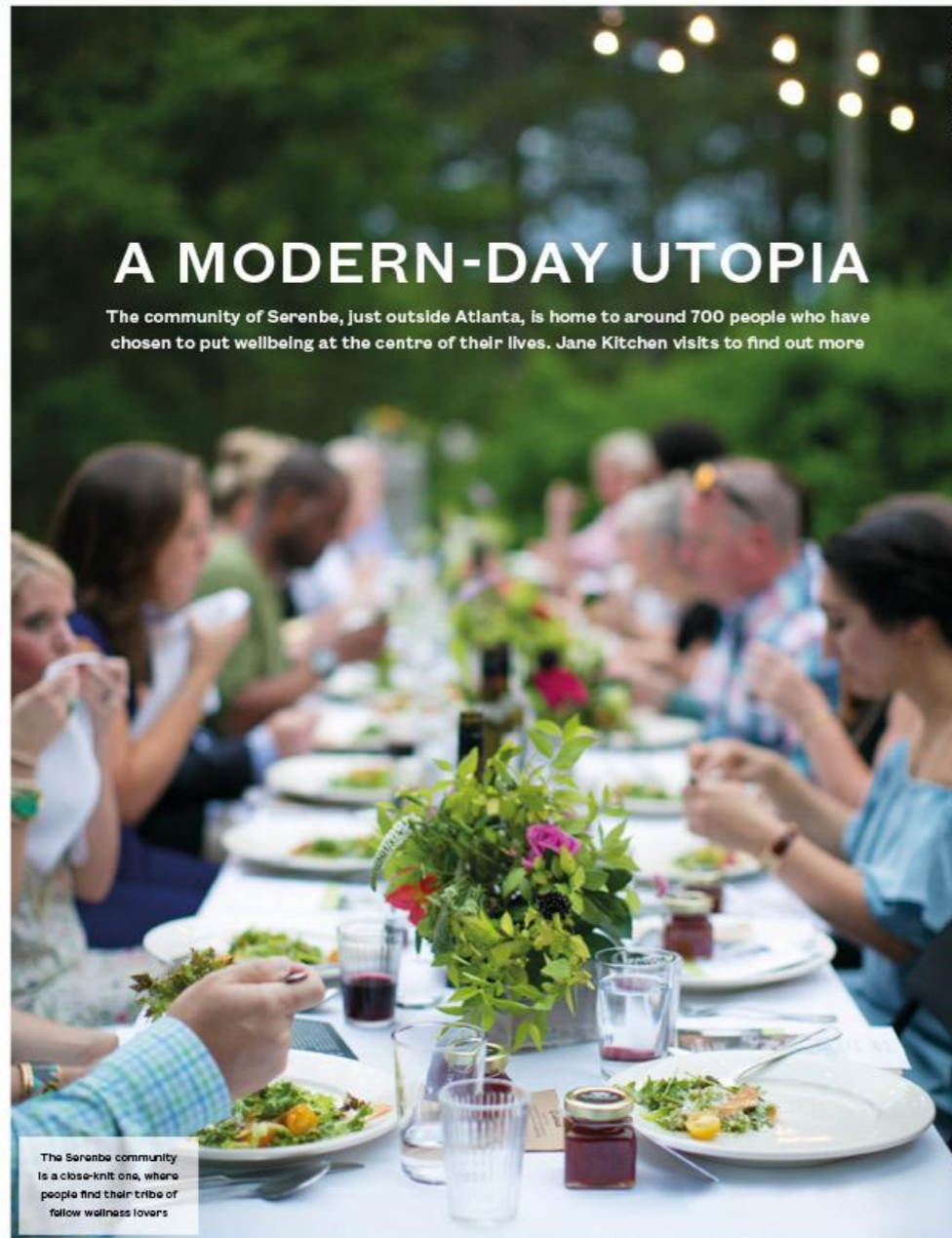
LIVING

With seven children, architect Alex Michaelis and his partner knew they wanted their home to be as playful as possible. A slide, swimming pool, cinema room and firefighter's pole help to keep the family active, connected and happy, as he explains



The outdoor lap pool is heated and used by the family throughout the year

Single dwellings



A MODERN-DAY UTOPIA

The community of Serenbe, just outside Atlanta, is home to around 700 people who have chosen to put wellbeing at the centre of their lives. Jane Kitchen visits to find out more

The Serenbe community is a close-knit one, where people find their tribe of fellow wellness lovers

PHOTOS: JANE KITCHEN FOR STRIVE MAG



Yoga at the stables: exercise and outdoor living are at the heart of the Serenbe philosophy

As the plane descends into Atlanta, the city stretches out beneath me in ripples of modern-day sprawl – highways clogged with cars inching along at a snail's pace, taking their occupants to strip malls where you can buy anything you want, anytime you want it. This is the America I moved away from – this endless march towards overconsumption – the land of McMansions, 24-hour drive-thrus and endless commutes on congested highways.

And if any city exemplifies the high cost of urban sprawl and overpopulation, it's Atlanta; home to the world's busiest airport. Georgia's capital also consistently ranks in the top worst cities in the world for traffic, as anyone who's spent time trapped on the endless loop of Interstate 285 can attest.

So I find it mind-blowing that in just a 30-minute Lyft ride from the airport, I'm whisked to a new housing development filled with rolling hills, quiet birdsong, and neighbourly nirvana, otherwise known as Serenbe.

Home to around 700 people who've decided they want to live somewhere different, Serenbe is a place where people and planet come before cars and commerce.

It's one of a growing number of 'wellness communities' which are being built around the world and nowhere are there more in development than the US. With a growing obesity problem, car-centred culture, and a failing health insurance industry, it's no wonder many Americans are looking at new ways to bring wellness into their lives.

"The US has been the epicenter of terrible car-dependent suburban sprawl for the last 75-plus years, and especially in the last 20 to 30 years," says Katherine Johnston, senior



Residents share stories with me of how Serenbe has changed their lives for the better and they are healthier and happier

Steve Nygren

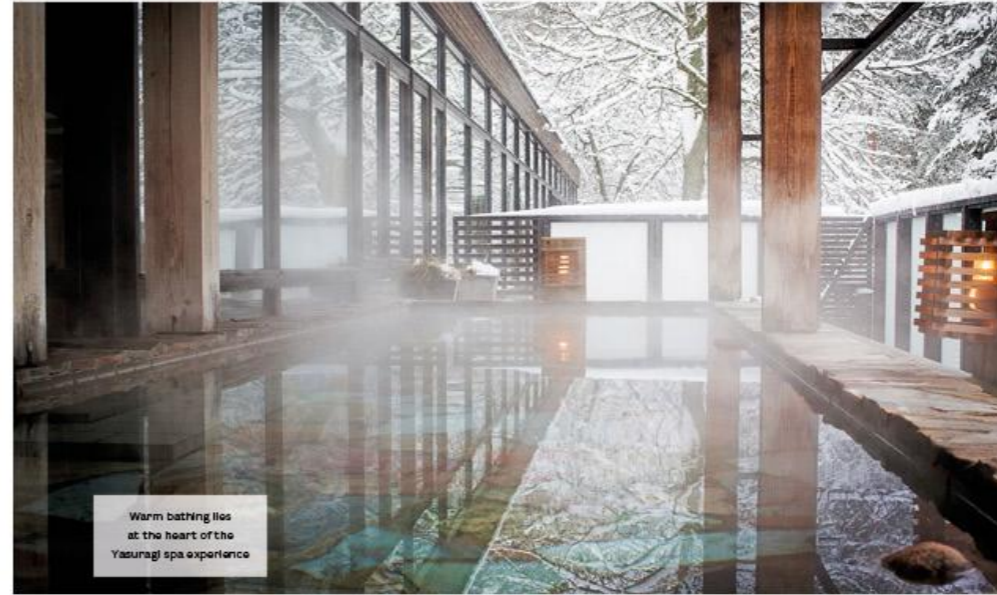
Wellness communities

Well Home AWAY FROM HOME



Japanese and Scandinavian hospitality combine at Yasuragi near Stockholm

A winner in the 2018 World Luxury Spa Awards, the Yasuragi spa near Stockholm blends the tranquility of Scandinavian minimalism and Ryokan traditionalism to create a truly relaxing retreat. The spa, which overlooks the Stockholm Archipelago, is serious in its approach to wellness, offering a range of activities including yoga, Zen meditation and Qi Gong. On arrival, guests are encouraged to take part in the spa introduction, which involves bathing in traditional Japanese style. The hotel, which has 191 rooms, is also dedicated to sustainability, and holds a number of environmental certifications. In 2015, it became the first hotel in Scandinavia to receive certification from the Marine Stewardship Council and Aquaculture Stewardship Councils for sustainable wild harvested and cultivated fish. The hotel's entire energy use is fossil fuel free and food waste is collected to make bio gas.



Warm bathing lies at the heart of the Yasuragi spa experience



The spa has silent spaces for rest and contemplation.



The spa was designed by Stockholm-based architectural practice DAP. The tranquil styling continues into the bedrooms and public spaces. There is a vegan and raw food restaurant and a teppanyaki restaurant, as well as cocktail and sake bars



Apartments



The wellness kitchen is designed to be an open, sociable space



A central island acts as a food preparation area for multiple people



THE KITCHEN REIMAGINED

ARCHITECT VERONICA SCHREIBER SMITH HAS DESIGNED THE KITCHEN OF THE FUTURE, BY PRIORITISING THE HEALTH OF HERSELF AND HER FAMILY

As a busy mom and founding principal of a boutique architecture firm, I found myself without time or energy to feed myself, let alone nourish myself and my family with healthy, nutrient-rich meals. Like many of us over recent years, I'd become acutely aware of the role nutrition plays in empowering wellbeing, longevity, and performance - not to mention the prevention of disease, illness, and premature aging. My desperation to make healthy eating a reality for my family and my frustration with the challenge fuelled the inspiration for the Wellness Kitchen. I had realised two things: firstly, kitchens have changed little over the last 70 years, despite massive shifts in the food

industry, and secondly, the majority of time-saving elements in kitchens are there to service diets that consist of eating preservative-laden, highly-processed food. So the kitchen had to be re-imagined to make it more convenient to eat a living, vegetable-based diet, while daily rituals had to be both a realistic and an enjoyable reprieve from the frenetic pace of everyday life in the information era.

New focus
The project began by re-imagining all aspects of how we consume food at home: from the delivery, storage, preparation, cooking, and consumption of food, all the way through to its disposal. Rather than prescribing any particular diet or trend - vegan, paleo, and so

on - the underlying premise was that the closer the food is to its natural state, and the less adulterated it and its packaging is, the better it is for you and the planet. I believe future food delivery services and apps will have the ability to plan meals which are tailored to your family's health needs (ie pre-natal, flu-season), and select recipes around your cooking style and ability preferences. These apps will have the ability to inform an automated home-delivery system to supply your household with dormant and raw bulk goods, while hydroponic refrigeration appliances will facilitate the in-home growing of living vegetables and herbs. In the future, plastics, coated metals, and other packaging that can be toxic

or wasteful will be replaced. Cupboards, pantries, and refrigerators as we know them will become a thing of the past, and in their place will be temperature- and humidity-controlled storage, with glass fronts, keeping food alive and fresh, while visually tempting us to consume produce before it goes bad.

Frozen waste
One of the most exciting innovations in this field is the FroPost™, an appliance which is designed to conveniently freeze and compact cubes of compost. Why compact trash to send more waste to a landfill, when we can replenish the Earth's topsoil with leftover nutrients in the stems and by-products of a biodynamic diet?

I've used my own life as a living lab to study the hurdles from a busy career mom's perspective

AREAS OF INNOVATION

CONVENTIONAL	VS	WELLNESS
Groceries are packaged in various paper, aluminium, and plastic products. Toxins leach into your foods and beverages from these materials - further adulterating edible goods already laden with preservatives and synthetic colourants.	1 DELIVERY	Convenience is key. Fresh food is harvested from indoor gardens or purchased from local farmers' markets; organic home delivery services are automated online; and bulk goods are a staple.
Food storage is limited and either at or near freezing temperatures, or room temperature; all of which is behind closed doors, allowing food to be easily forgotten about for weeks or even years.	2 STORAGE	Various temperature and humidity controlled environments ensure fresh food is stored properly. Cupboards come complete with running water and glass display doors or cellar-like bins.
Pre-made, pre-mixed, and 'helper' meals come in excessive packaging and require little to no preparation, thereby negatively impacting health and family collaboration.	3 PREPARATION	Fresh food means little packaging and hands-on prep work. The island is re-designed to accommodate multiple work stations and a central trough drain allowing for easy clean up.
Since the dawn of the TV dinner, microwaves have become a staple to not only reheat, but also thaw and cook main dishes.	4 COOKING	Diverse cooking sources (range, oven, open fire, etc) provide a wide range of temperatures, while simultaneously offering new ways to maintain nutrients, enhance natural flavours, and broaden culinary influences.
Formal dining traditions designed the kitchen for women or the help to prepare food in isolation before serving the dishes in a separate space, removing our collective relationship with food.	5 SOCIAL ACTIVITY	The kitchen is the true heart of the home. Designing this space to comfortably gather, entertain, and nourish one another with multiple workstations and seating areas empowers our relationships with others and with food.
Fast, unconscious eating habits lead to an increase in the proportion of food that lack nutrients. Harmful additives that provide convenience and a long shelf-life are readily consumed.	6 CONSUMPTION	Digestion begins with the eyes, so visible food is prominent. Transparent food storage tempts and encourages consumption. Food preparation techniques allow us to harness more energy from our food and regulate portions.
Packaging waste and food waste are put in the trash and sent to landfill. Only some packaging materials are recycled.	7 DISPOSAL	Unpackaged fresh food and re-usable containers keep trash to a minimum, while compost collection is made easy, allowing all organic matter to go back into the soil.

Moreover, why send precious organic matter to the landfill, only to then fertilise soil with synthetic chemicals?

Living lab
I've used my own life as a living lab to study the hurdles of reality from a busy career-mom's perspective - one who doesn't take naturally to planning or cooking meals, and who even saw such tasks as a burdensome and time-consuming duty. I've noted my struggles, and how and where nudge psychology and design can help alter my preconceptions and

behaviour pattern - from budgeting for high-quality food to seeing a more playful and meditative side of food preparation, turning daily habits into joyful rituals. Our goal at Vera Iconica Kitchen is to bolster healthy movements in the food industry with designs and experiences that empower and inspire holistic, and realistic, eating habits. We want to hear from you, and share success stories and real-world examples, from the tiniest behaviour change to full-blown kitchen remodels. Together, we can nourish our families while enhancing planetary health.



Photo: eLearners/istockphoto.com

The Bacots moved to Serenbe in 2014, attracted by the sense of community

“We love being surrounded by people who teach us and make us better. Serenbe has also really enhanced our thinking about the value of nature and being outside on a daily basis”



LIVING THE DREAM

We catch up with Eliza Bacot, nutritionist, wellness coach and founder of The Organic South, who lives at Serenbe with her husband Benton and their two children, William and Emmeline

When did your interest in health and wellness start?
My passion for wellness really started as a child, when I became fascinated with the inner-workings of the human body and all its complexities and systems - it really blew my mind how detailed and perfect the human body is as an organism. When you love anatomy and physiology, a natural path is to pursue a career in healthcare, and I wound up with Masters degrees in both nursing and critical care.

I worked in intensive care, with a goal of learning how to restore and fix the problems of critical illness, but I soon realised how many of my patients in ICU were sick with preventable illnesses.

In 2008, I started investigating our food system, learning about nutrition, as well as pesticides, genetic modification of food, processed food and the dangers of sugar, and I soon began to change my own lifestyle.

How did you come to live at Serenbe?
When I was pregnant with my first child, I started thinking about toxic products and chemicals in my own home, and began incorporating essential oils for wellness and cleaning. I started my blog, The Organic South, in 2012, and my first piece was going to be about the organic farm at Serenbe. After spending a Sunday afternoon here, we fell in love with the community, and within six weeks we had a contract on a home.

In 2016, I left my job as a nurse practitioner - I hated watching people die in the hospital; instead, I wanted to help them learn how to stay out of the ICU to begin with. I love that my background gives me the tools to help people be well and that I have been able to pivot into such an amazing space.

What's your favourite thing about living at Serenbe?
It has truly taught me about the pillar of wellness that I was missing in my life: community. Community and socialisation are such vital parts of wellness, and it opened me up to those values so I can now translate that to others.

How has the community helped you?
We love being surrounded by people who teach us and make us better. We find so many varying ideals from different people here, but we respect and learn from each other. We find that a community like this offers the opportunity to have many friends from all different walks of life, with different viewpoints and even different life stages. It enriches our life and really fits a growth mindset to be surrounded by that kind of diversity.

How have you incorporated wellness into your life since living at Serenbe?
Serenbe has really enhanced our thinking about the value of nature and being outside on a daily basis. And there are so many educational opportunities to learn about other facets of wellness: mindfulness classes, music events, yoga and meditation classes, community gatherings - it's just an opportunity to keep learning.

What is it like to raise children at Serenbe?
This is the best part. My kids have such a unique opportunity to continually view the outdoors as just a part of their daily life. We walk often and discuss the beauty of our surroundings. They get to cultivate relationships with the friends they play with and also have the opportunity to go to school within their neighbourhood. I get the opportunity for other parents to know my children well and also have other adults in their lives. We believe that growing up in Serenbe will cultivate an appreciation in them for wholesome food, the outdoors and great relationships. I hope they will learn to value those simple, but important things in life. ●

Serenbe offers a varied fitness programme that includes group yoga. A growing body of research suggests that exercising outdoors is better for you than working out indoors

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