



Courtesy of Samantual

# Healthy habit(at)s



Courtesy of ExternalReference



From the festival terrain to the metaverse to the wardrobe, the growing awareness of wellness is impacting all aspects of real and virtual life. In this issue's Mood Board, we explore creative concepts from a range of disciplines that help establish healthier habits and habitats. **AH/FK**



PREVIOUS SPREAD LEFT **NYC-based creative atelier Samaritual** speculates about and explores how AI can be harnessed to boost imaginative capabilities, which founder Samar Younes believes are crucial to shaping our shared health narratives. The pictured AI-generated image proposes a future where craft, art and nature are the catalysts for wellbeing.

PREVIOUS SPREAD RIGHT **Evoking real species, the biomimetic designs of PurePlants** – conceived by External Reference and 3D-printed by LaMáquina – are made using Pure.Tech, an advanced polymer composed of 100 per cent natural minerals that absorb and neutralize CO<sub>2</sub>, nitrogen oxides (NOx) and volatile organic compounds (VOCs) for catalysis.

LEFT **Ulises Design Studio** employed AI design tool Midjourney to conceptualize a series of futuristic, adaptable and mobile workstations. Supporting flexible work lifestyles, the fully equipped travelling desks make impromptu, nature-engulfed outdoor meetings possible.

Nature intertwines with architecture at **Vollebak Island**, a conceptual future habitat off the coast of Nova Scotia envisioned by Vollebak and Bjarke Ingels Group. Featuring a permeable layout, the island's Earth House gently rises from the ground. A Japanese-style bathhouse with soaking tubs cut from the bedrock and sunken hempcrete stargazing room offer residents and guests space to rejuvenate.





Design-led UK hotel brand Leven acquired a plot in Decentraland to set up Levenverse, an immersive environment that reimagines traditional hotel spaces and services in the virtual realm. One of its main objectives is to help make wellness and self-care part of everyday life, which is achieved, for instance, by offering virtual fitness classes and guided meditation sessions.







Aiming to offer an economical alternative to costly air purifiers, Jihee Moon conceived Air It Yourself, a do-it-yourself instructional manual that encourages the repurposing of household objects, accompanied by an open source platform that allows users to share their customized designs.

Jihee Moon



Jose Hevia

Featuring a photocatalytic coating, the 'skin' of the Daryan Knoblauch-designed Free Air pavilion, which acted as a gathering and events venue during Barcelona's architecture festival Model, harvested and purified ambient air pollutants to the equivalent of taking 80 cars off the city's streets during the timespan of the festival.



THIS PAGE By embracing robotic cushion Fufuly, its user will begin to synchronize their breathing pattern with the movements of the pillow, both in terms of rhythm and depth, helping them to unwind, calm down, boost productivity or fall asleep.

OPPOSITE EPFL Pavilions organized Lausanne exhibition Lighten Up! On Biology and Time to explore the effects of natural light exposure on wellbeing. On show was the virtual Circadian House by French-British architect Colin Fournier, which visualizes a home entirely lit by daylight with the help of strategically placed skylight nozzles that optimize circadian alignment.



Courtesy of Fufuly

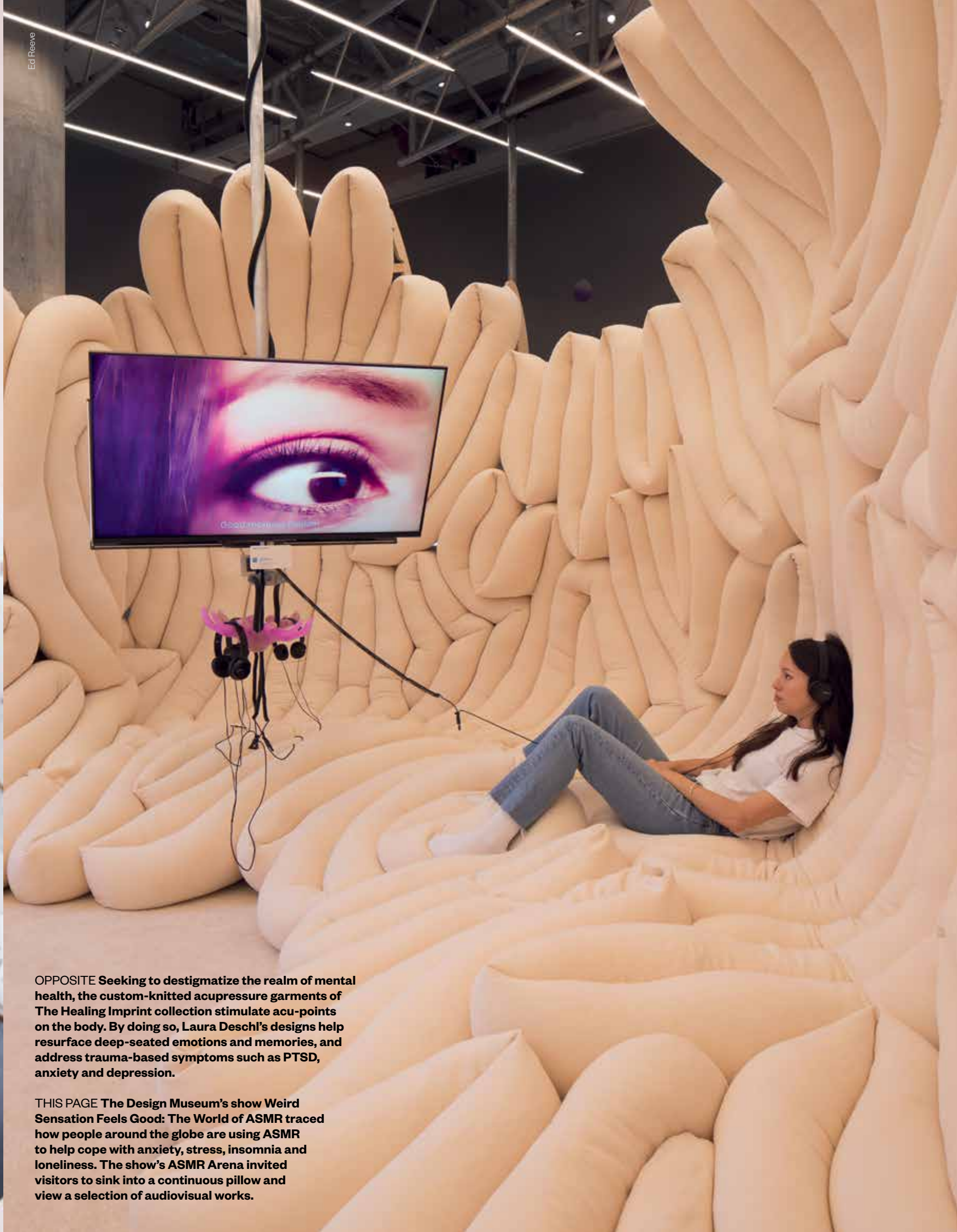


Courtesy of Studio Colin Fournier





Iris Rijkamp



Ed Reeve

**OPPOSITE** Seeking to destigmatize the realm of mental health, the custom-knitted acupressure garments of The Healing Imprint collection stimulate acu-points on the body. By doing so, Laura Deschl's designs help resurface deep-seated emotions and memories, and address trauma-based symptoms such as PTSD, anxiety and depression.

**THIS PAGE** The Design Museum's show *Weird Sensation Feels Good: The World of ASMR* traced how people around the globe are using ASMR to help cope with anxiety, stress, insomnia and loneliness. The show's ASMR Arena invited visitors to sink into a continuous pillow and view a selection of audiovisual works.



Described as a micro-disco for mental health, public art project Fandango Discoteca invited passers-by to dance off Covid-19-, Brexit- and climate crisis-induced anxiety and grief in a refurbished iconic K67 kiosk. With her modular unit, artist Annie Nicholson, aka the Fandango Kid, aimed to employ the transformative and revitalizing power of art and dance.

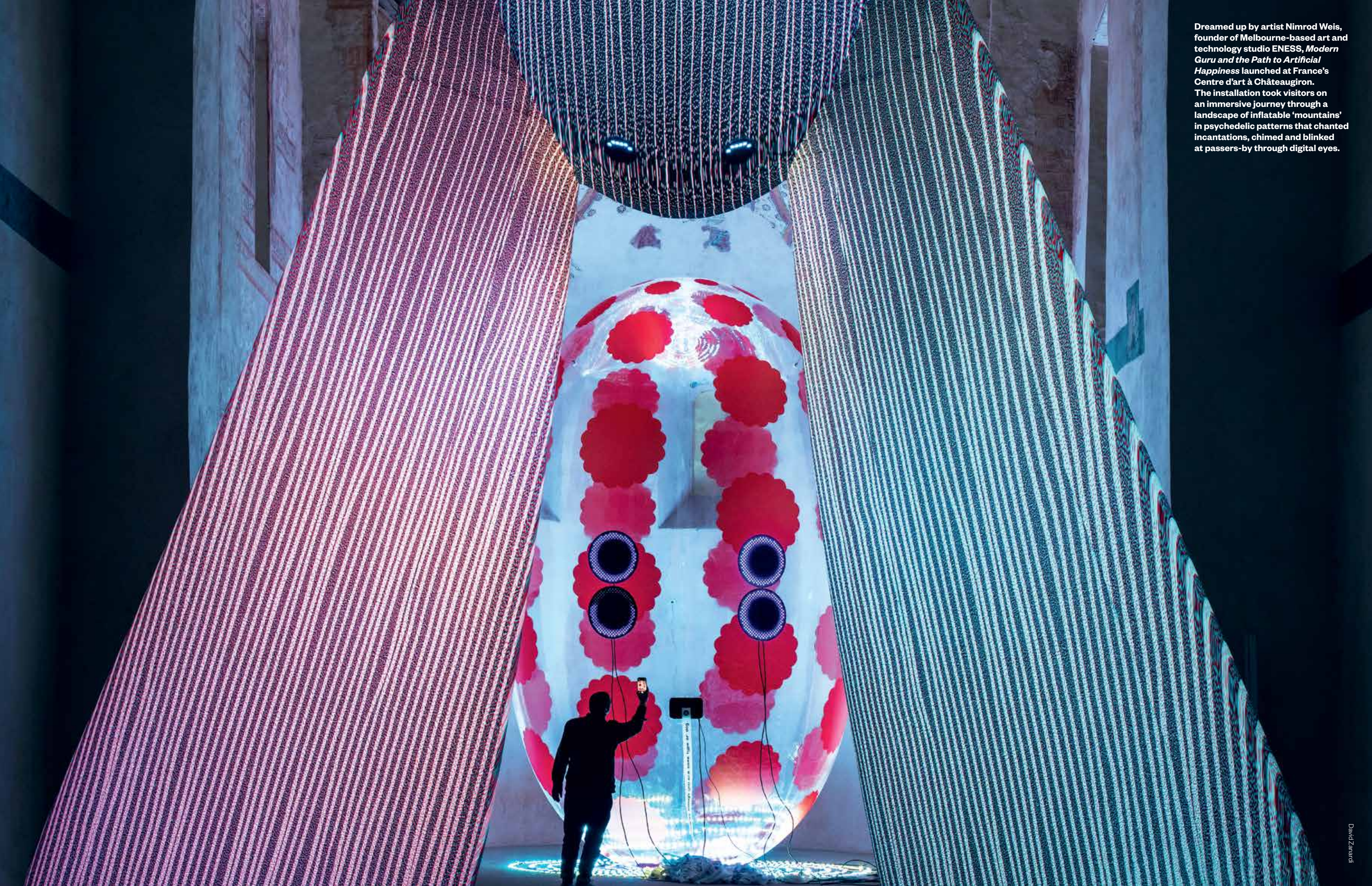
Joe Clark

Michael Vahrenwald



The Playground, an installation designed by Architensions for the Coachella Valley Music and Arts Festival, offered a sanctuary for visitors to rediscover leisure untethered from commerce and digital distractions. Amid a world of mediated experiences, the structure presented 'a node for engaging festival-goers in collective interactions and in performance, relaxation and play', as the design firm's principal Nick Roseboro explains.





Dreamed up by artist Nimrod Weis, founder of Melbourne-based art and technology studio ENESS, *Modern Guru and the Path to Artificial Happiness* launched at France's Centre d'art à Châteaugiron. The installation took visitors on an immersive journey through a landscape of inflatable 'mountains' in psychedelic patterns that chanted incantations, chimed and blinked at passers-by through digital eyes.





**Conceived by Marine Renaudineau, Horizon gamifies – and by doing so, increases the accessibility of – mental healthcare. The digital experience adopts and reshapes the Voice Dialogue method used in psychotherapy and lets players interact with their different inner selves to gain greater emotional self-awareness.**

Courtesy of Marine Renaudineau