

ARCASIA Architectural Wellness Design Guidelines Formulation:

Shape the Future of Wellness in Asian Architecture

presented by

ZONE C

Ar. MK LEUNG

Director of Sustainable Design | Principal Behaviourist



RONALD LU
& PARTNERS





[SK Yee Healthy Life Centre, RLP, Hong Kong, China]



[CBRE Korea Office, South Korea]



[Kumamoto railway station, NIKKEN SEKKEI LTD, Japan]



[CapitaSpring Tower, BIG+CRA, Singapore]



[Green school Bali, IBUKU, Indonesia]



[The Commons, Department of ARCHITECTURE, Thailand]



[Heritance Kandalama, Geoffrey Bawa, Sri Lanka]

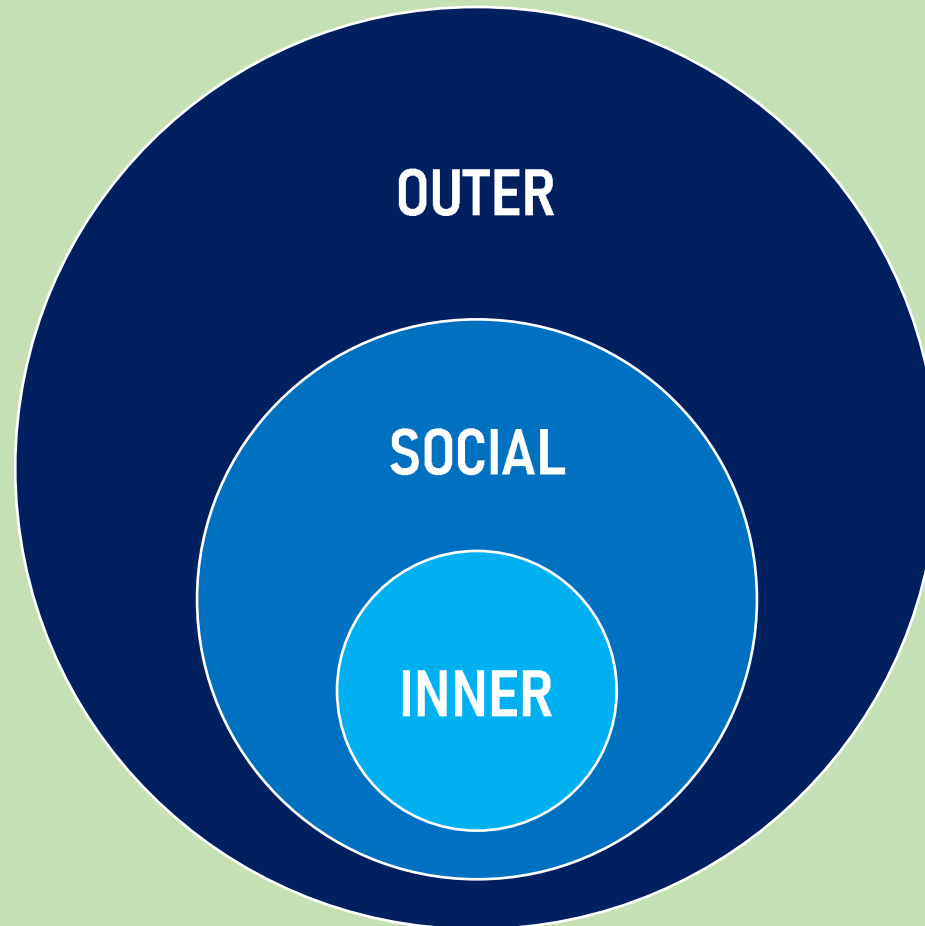


[Ahmedabad University Centre, Stephane Paumier, India]

Wellness

Initial literature review

- Six-Dimensional Wellness Model
- Seven Pillars of Wellness
- Eight Dimensions of Wellness (SAMHSA)
- The First Nations Mental Wellness Continuum Framework (FNMWCF)
- 'Gotong Royong' (mutual assistance), a traditional Indonesian and Javanese concept)
- 'Vastu Shastra' (about environmental harmony), an ancient Indian system of architecture/ design that harmonises built environments with nature
- 'Feng shui' (about environmental harmony), an ancient Chinese practice that harmonises individuals with their surrounding environment
- ...

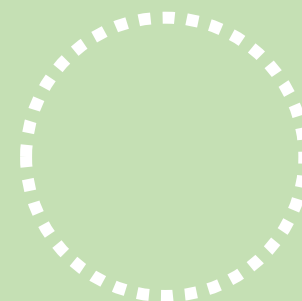


- PHYSICAL
 - OCCUPATIONAL
 - FINANCIAL
 - ENVIRONMENTAL
-

- RELATIONAL /
COMMUNITY
-

- EMOTIONAL
- INTELLECTUAL
- SPIRITUAL

Wellness Design



Performance vs Place?



INTEGRAL

GUILIN, CHINA



Connection with the Restored Nature



Connection with the Restored Nature

復

RESTORATION

續

SUSTAINABILITY

影

REFLECTION

透

TRANSPARENCY

隱

HIDDEN

材

CONTEXTUAL

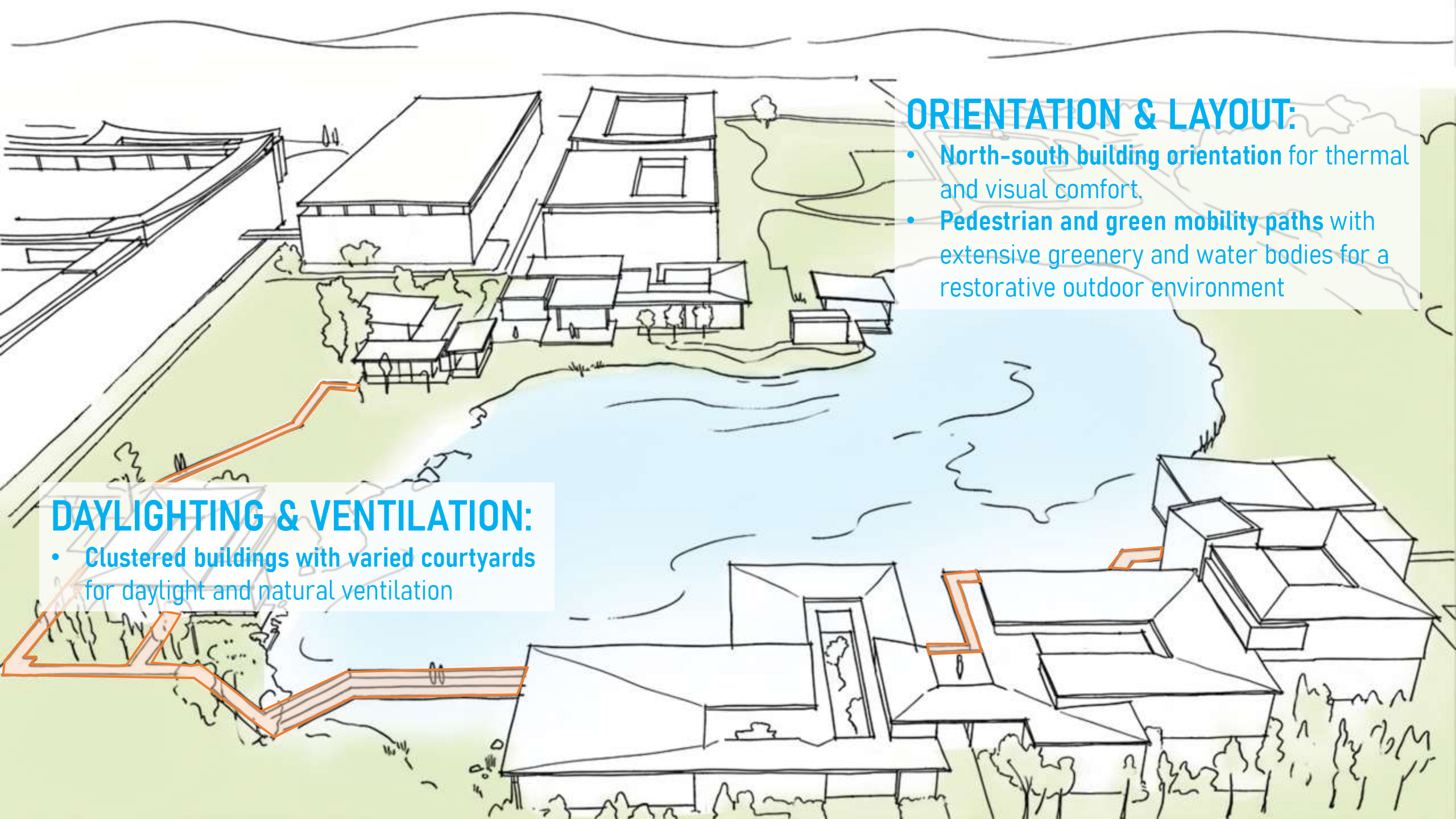
融

INTEGRATION

創

INNOVATION

Building Clustering & Landscape:
COMFORT | DELIGHT | HARMONY



ORIENTATION & LAYOUT:

- North-south building orientation for thermal and visual comfort.
- Pedestrian and green mobility paths with extensive greenery and water bodies for a restorative outdoor environment

DAYLIGHTING & VENTILATION:

- Clustered buildings with varied courtyards for daylight and natural ventilation



RONALD LU
& PARTNERS

Programmatic Interface & Communal Space:
ACTIVE MOBILITY | COMMUNITY | CONNECTIONS

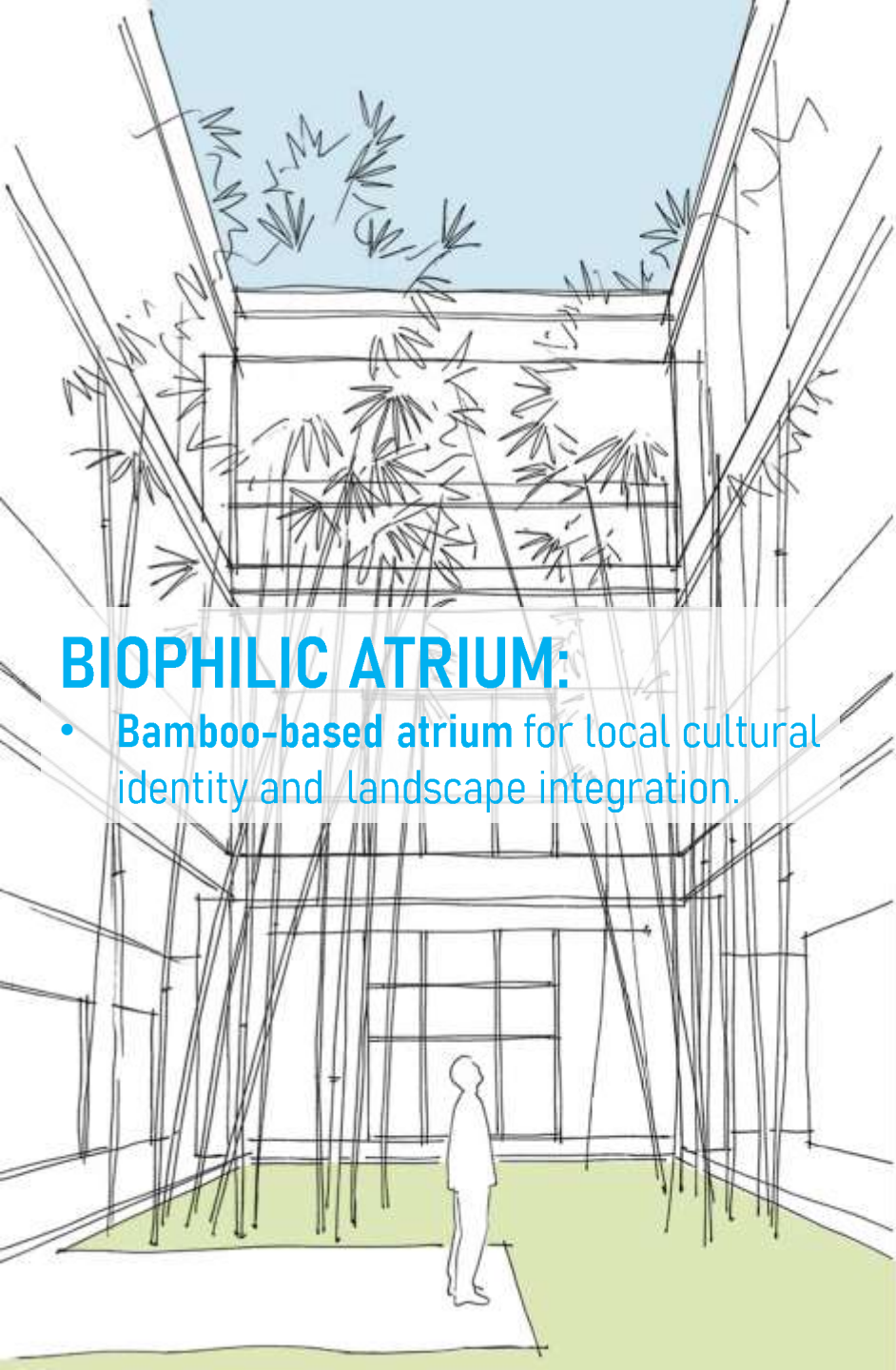


THIRD SPACES & SOCIAL HUBS:

- Flexible indoor and outdoor third spaces for social interaction, collaboration and community wellbeing.

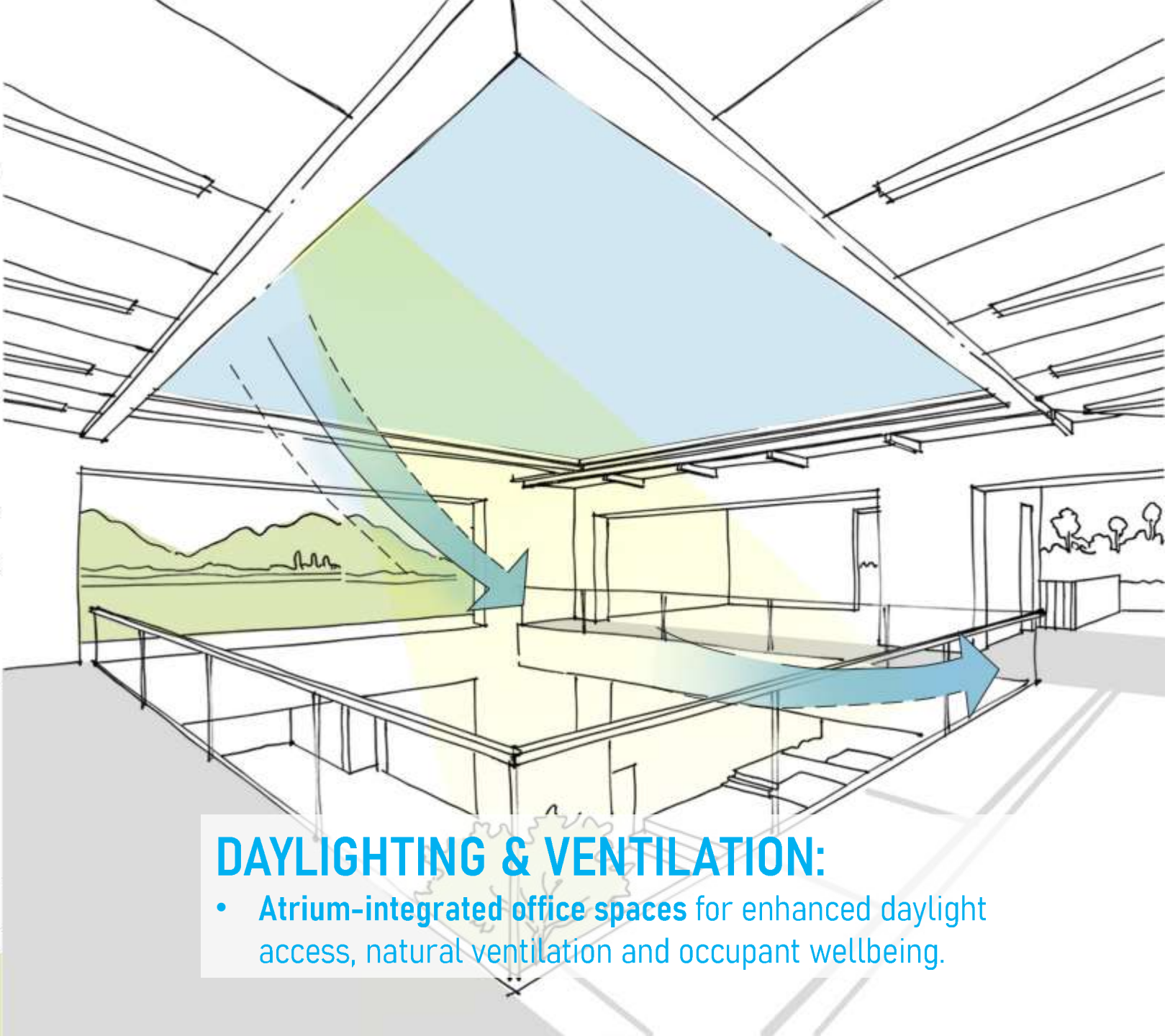


Openings & Voids:
DAYLIGHT | NATURAL VENTILATION | BIOPHILIA



BIOPHILIC ATRIUM:

- Bamboo-based atrium for local cultural identity and landscape integration.

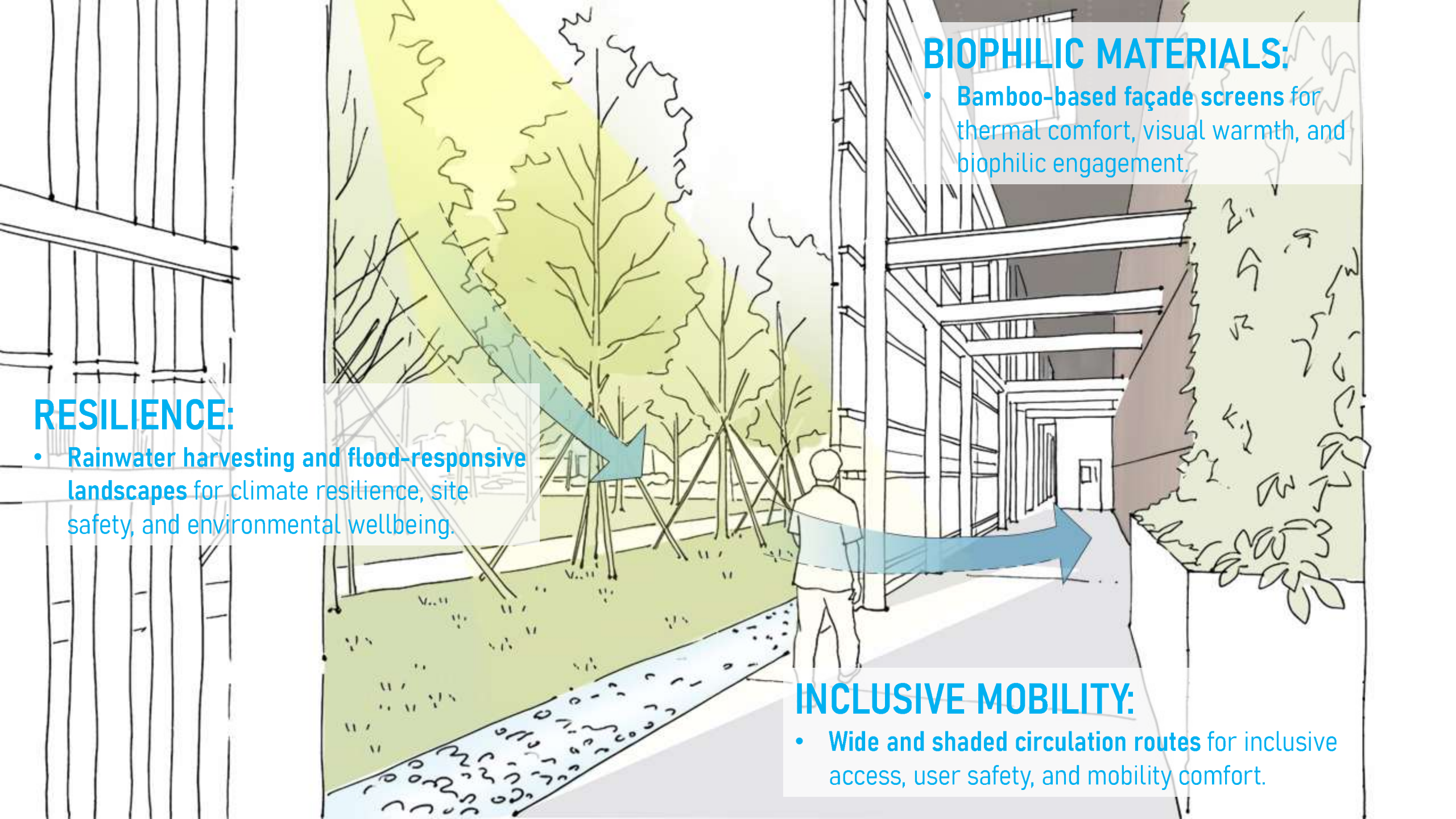


DAYLIGHTING & VENTILATION:

- Atrium-integrated office spaces for enhanced daylight access, natural ventilation and occupant wellbeing.



**Accesses & Connectivity:
INCLUSIVE MOBILITY | RESILIENCE | CONNECTIONS**

An architectural sketch of a building with a bamboo-based facade screen. A person is walking on a path that runs alongside the building. The path is shaded, and there are trees and plants in the background. The sketch is drawn in a simple, line-art style with some color washes.

RESILIENCE:

- Rainwater harvesting and flood-responsive landscapes for climate resilience, site safety, and environmental wellbeing.

BIOPHILIC MATERIALS:

- Bamboo-based façade screens for thermal comfort, visual warmth, and biophilic engagement.

INCLUSIVE MOBILITY:

- Wide and shaded circulation routes for inclusive access, user safety, and mobility comfort.



RONALD LU
& PARTNERS

Materiality & Ambience:
DELIGHT | VISUAL / AURAL COMFORT | BIOPHILIA

SOCIAL INTERACTION:

- **Internal transparency and visual connectivity** for social interaction and engagement.

DAYLIGHTING & VIEW:

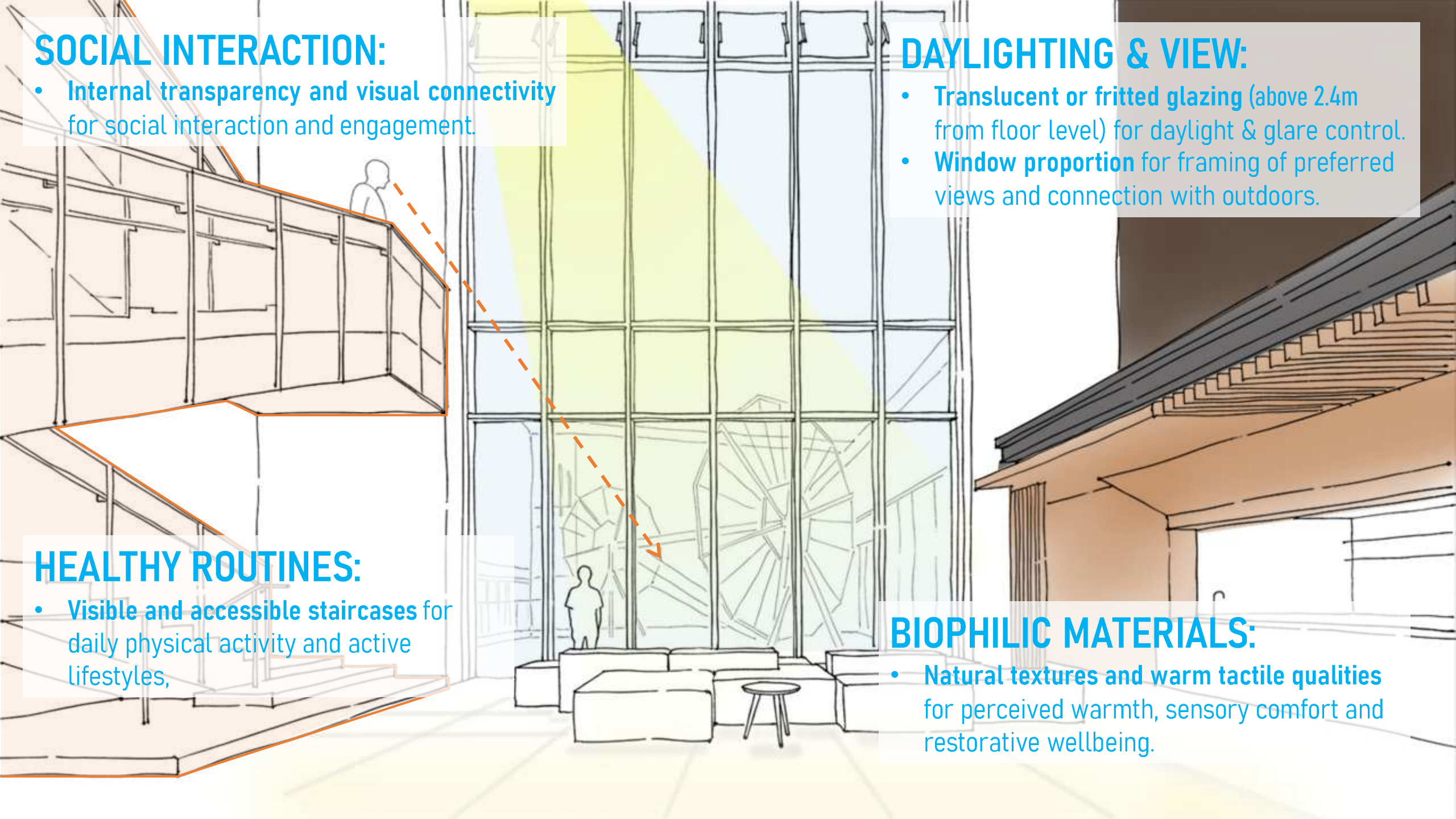
- **Translucent or fritted glazing** (above 2.4m from floor level) for daylight & glare control.
- **Window proportion** for framing of preferred views and connection with outdoors.

HEALTHY ROUTINES:

- **Visible and accessible staircases** for daily physical activity and active lifestyles,

BIOPHILIC MATERIALS:

- **Natural textures and warm tactile qualities** for perceived warmth, sensory comfort and restorative wellbeing.



Wellness in Asia Architecture

0 Connection to Nature

0 Respect for ancestral spirits

0 Communal collectivism

0 Climate response

0 Restorative Retreat

0 Social interaction

0 Others

Mentimeter

100

Open Menti to edit



Replace this slide



Add Menti slides



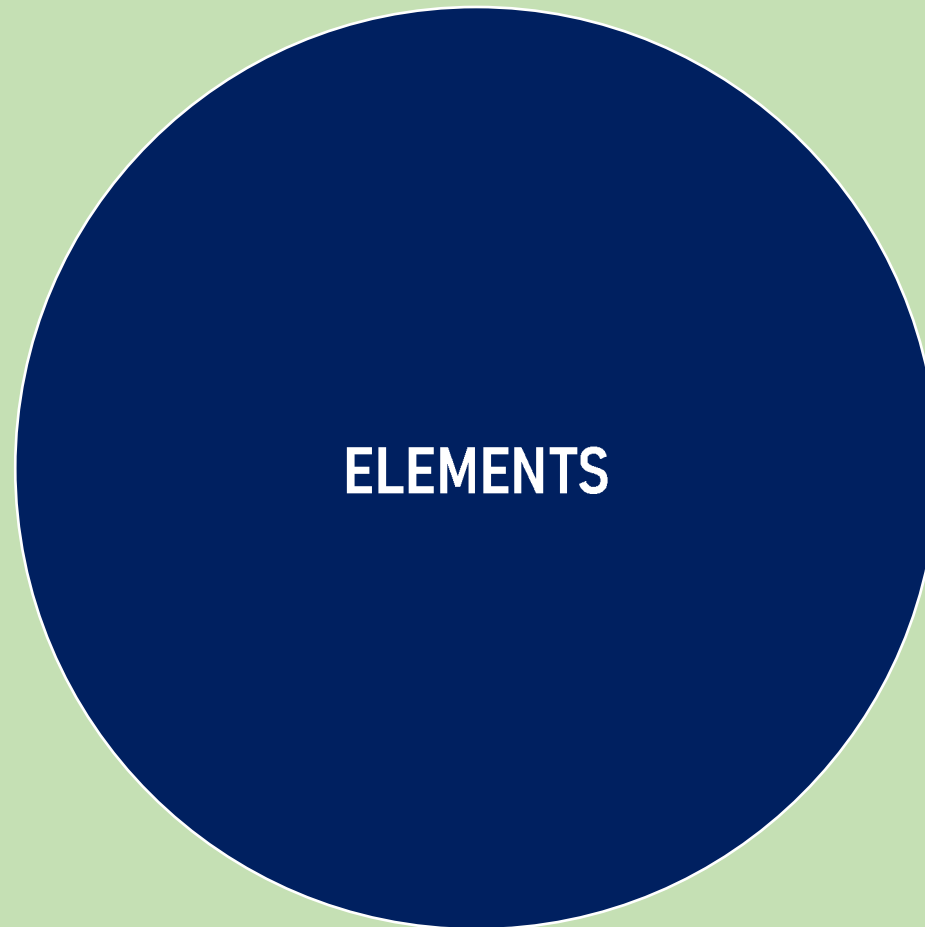
menti.com

8707 8062

Waiting for participants

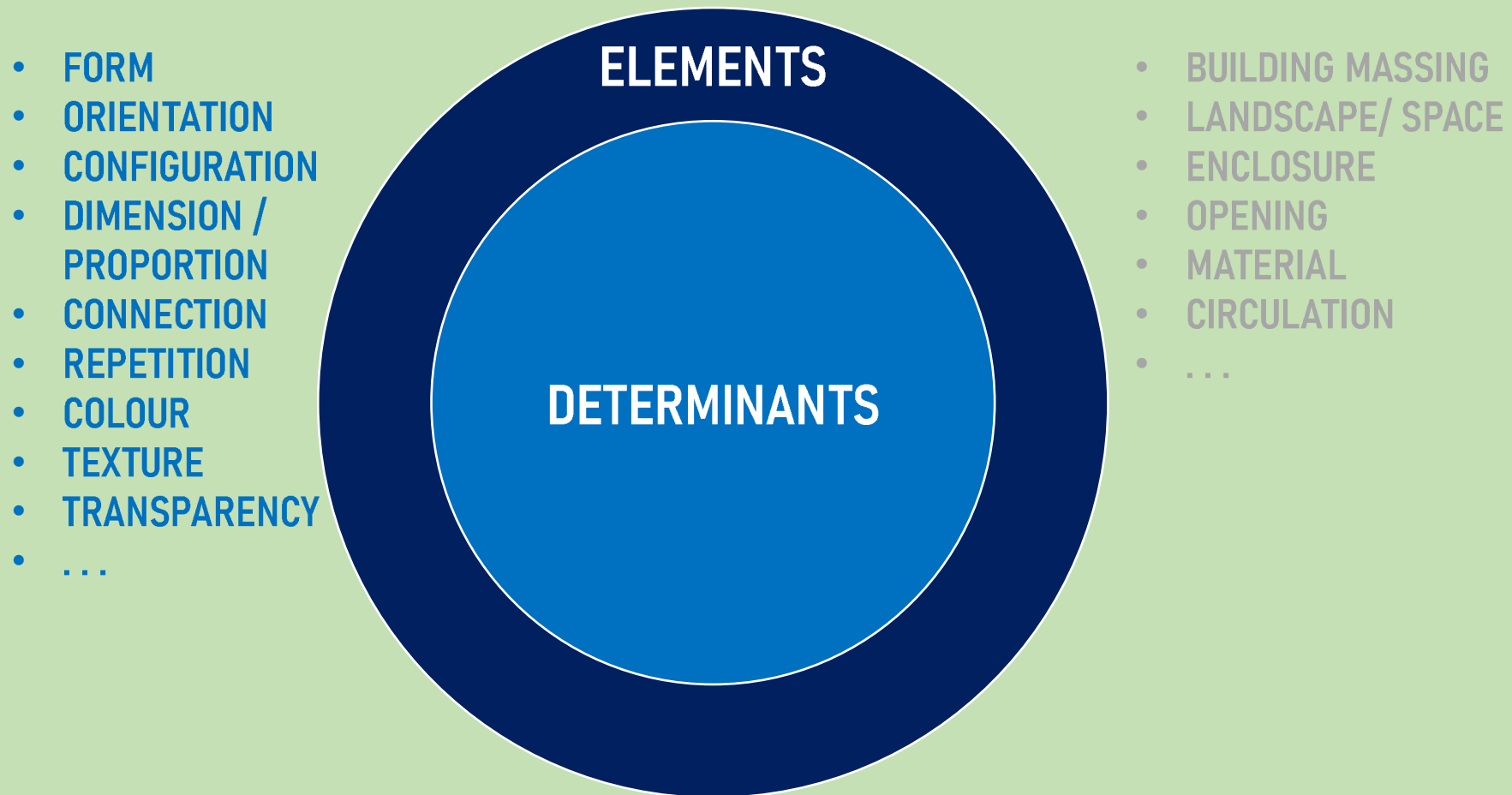


Architectural Design for Wellness

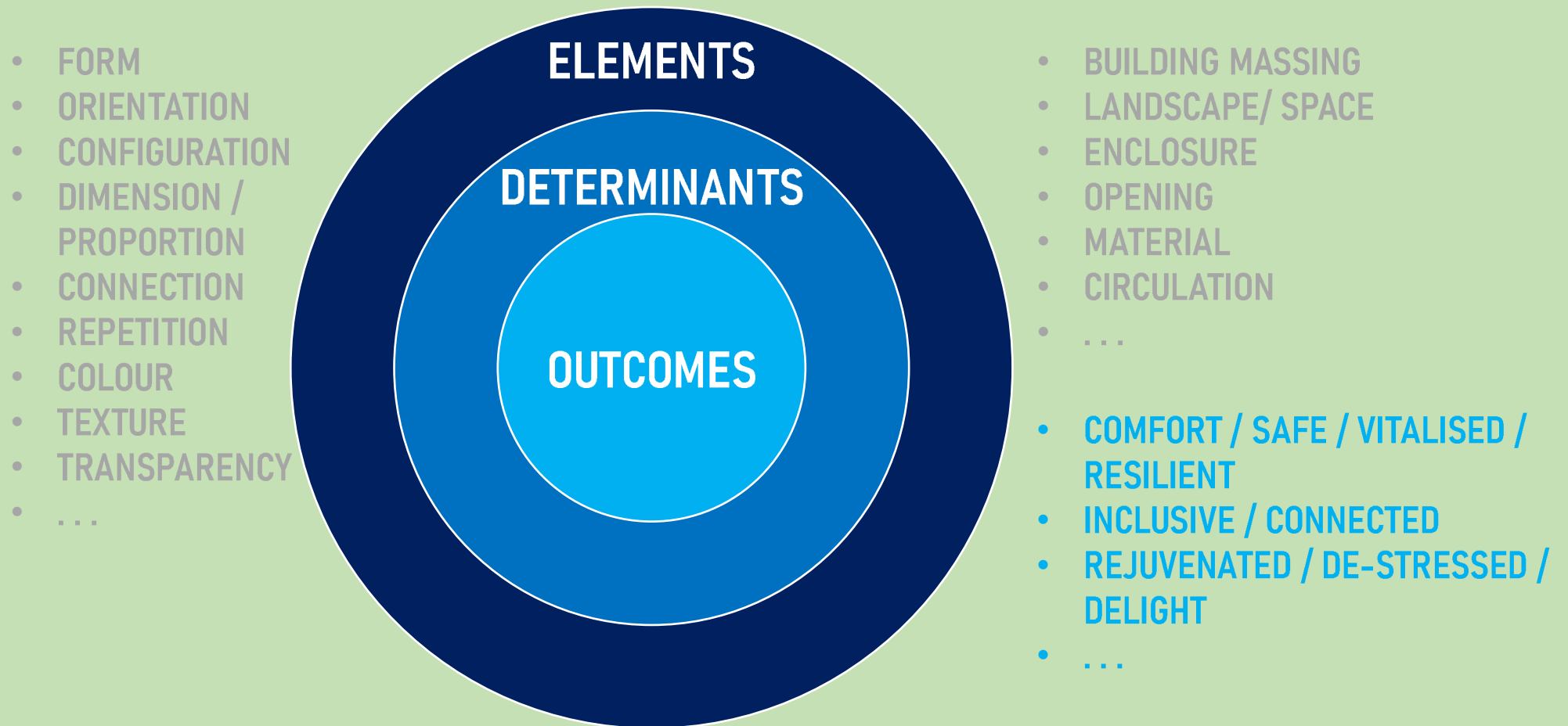


- BUILDING MASSING
- LANDSCAPE/ SPACE
- ENCLOSURE
- OPENING
- MATERIAL
- CIRCULATION
- ...

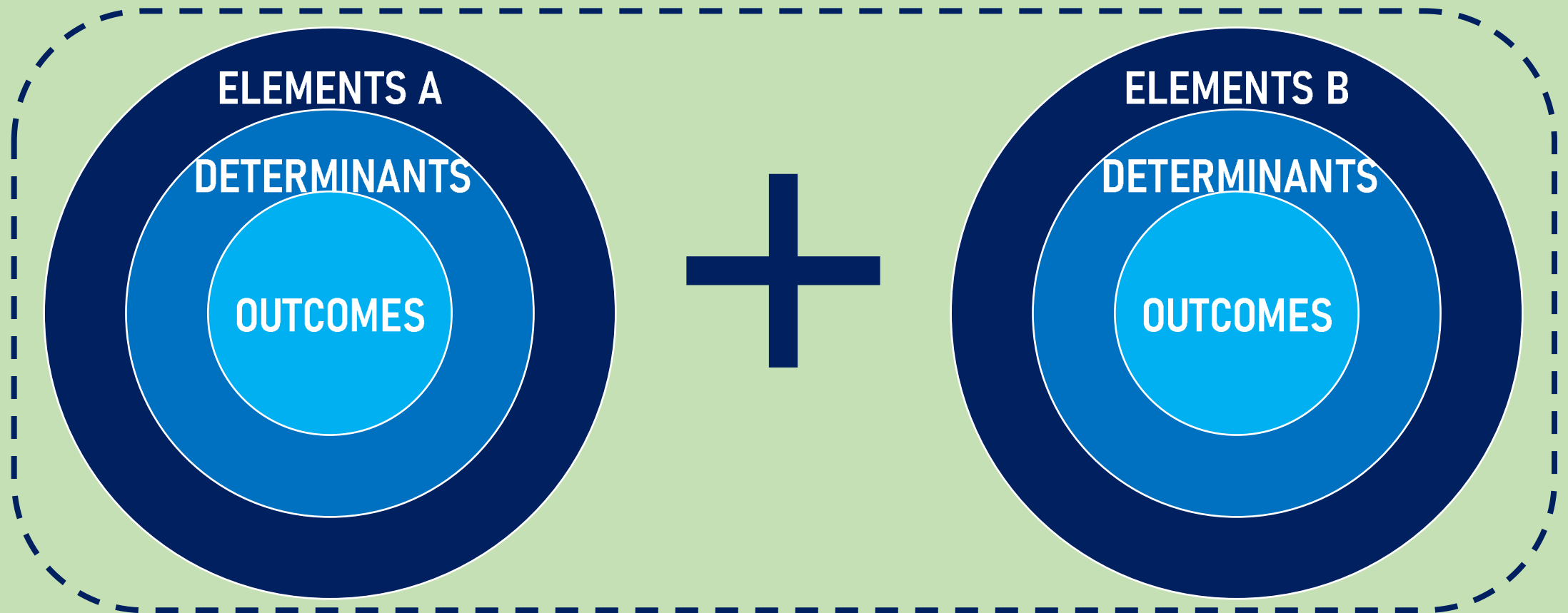
Architectural Design for Wellness



Architectural Design for Wellness



Thematic Design Modules



Thematic Design Modules

Determinants

- FORM
- ORIENTATION
- CONFIGURATION
- DIMENSION / PROPORTION
- CONNECTION
- REPETITION
- COLOUR
- TEXTURE
- TRANSPARENCY
- ...

Outcomes

Building Clustering & Landscape:



COMFORT | DELIGHT |
HARMONY

Programmatic Interface & Communal Space:



ACTIVE MOBILITY | COMMUNITY
| CONNECTIONS

Openings & Voids:



DAYLIGHT | NATURAL
VENTILATION | BIOPHILIA

Thematic Design Modules

Accesses & Connectivity:



INCLUSIVE MOBILITY |
RESILIENCE | CONNECTIONS

Materiality & Ambience:



DELIGHT | VISUAL / AURAL
COMFORT | BIOPHILIA

+

?

Determinants

- FORM
- ORIENTATION
- CONFIGURATION
- DIMENSION / PROPORTION
- CONNECTION
- REPETITION
- COLOUR
- TEXTURE
- TRANSPARENCY
- ...

Outcomes



ARCHITECTS | PLANNERS | INTERIOR DESIGNERS

DESIGN BETTER LIFE

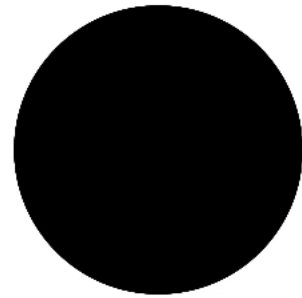
BEIJING | GUANGZHOU | HONG KONG | SHANGHAI | SHENZHEN | TAIPEI

www.rlp.asia



rlp.asia





Be future ready!