

# SESSION 1: SCIENTIFIC INTRODUCTION OF THE CONGRESS

**Design  
& Health**  
International Academy for Design and Health

Milano, Italy 11-14 April 2024

# Design & Health

13TH WORLD CONGRESS & EXHIBITION

REVITALIZING HEALTH BY SALUTOGENIC DESIGN

Healthy environment | Healthy people

# The Science of the Salutogenesis, Theory and Application

Prof. **Alan Dilani**, PhD. Architect / Public Health



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**Progettare  
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Organizzazione, tecnologia, architettura

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**Building for Health**  
Life Journey of a Kurdish Architect

**Alan Dilani**

Design  
& Health  
International  
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## Vision and Mission

*“Healthy Environment –  
Healthy People”*

To promote health and well-being through Salutogenic Design, we aim to create physical environments that actively support health promotion, fostering healthy society.

# Design & Health Global Events Map



Milano, Italy 11-14 April 2024  
**Design & Health**  
13TH WORLD CONGRESS & EXHIBITION



## World Congresses

- 1st Trondheim 1997
- 2nd Stockholm 2000
- 3rd Montreal 2003
- 4th Frankfurt 2005
- 5th Glasgow 2007
- 6th Singapore 2009
- 7th Boston 2011
- 8th Kuala Lumpur 2012
- 9th Brisbane 2013
- 10th Toronto 2014
- 11th Hong Kong 2015
- 12th Vienna 2017
- 13th Milano 2024
- 14th ??????????



## International Symposiums

- Sydney 2010
- Toronto 2010
- Brussels 2010
- Melbourne 2011
- Cape Town 2011
- Helsinki 2012
- Singapore 2013
- Beijing 2014
- Brazil 2018
- Milan 2019



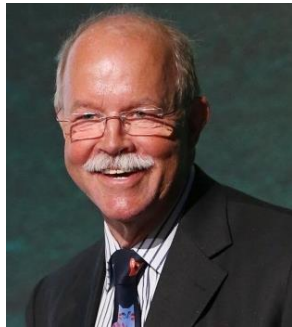
## Chapter Events

- Chile 2018
- Dallas 2018
- Melbourne 2018
- Upcoming Shenzhen 2019
- Upcoming Brazil 2019
- Upcoming Brisbane 2019
- Upcoming Singapore 2020



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## 25 leading scientists and practitioners



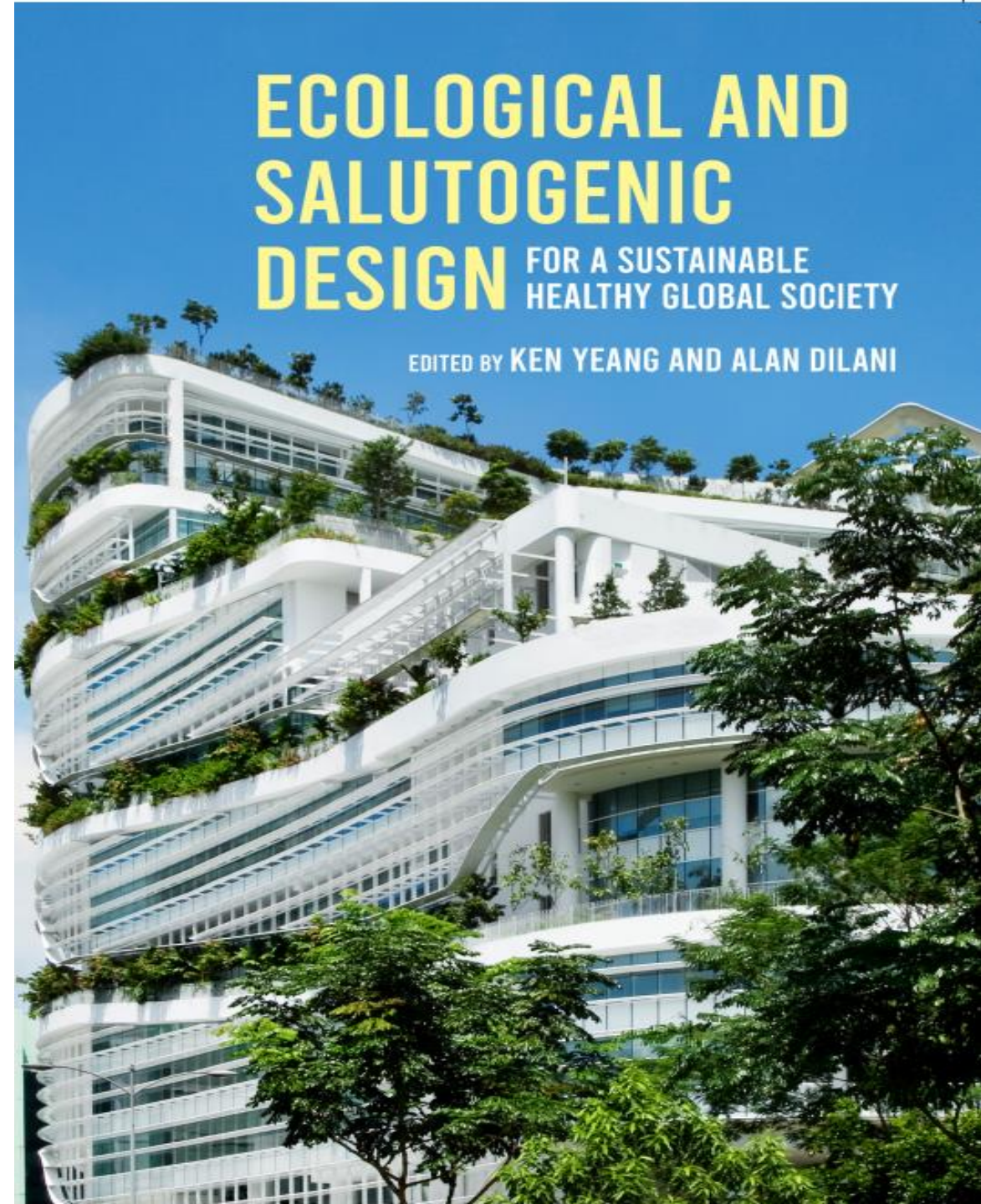
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# Ecological and Salutogenic Design

The world is currently witnessing an exceptional speed of scientific and technological discoveries.

These discoveries have the potential to reshape our perception of ourselves as humans, redefine our societal interactions, and transform our approach to how we care for our environment.



In light of the rapid technological development and the unresolved challenges of our future,

**Academy** is committed to fostering meaningful dialogue among the academia, private industries and governments with the aim to collectively envision a future towards establishing a Salutogenic Healthy society.





World Health Organization

# Global action plan

**“To reduce modifiable risk factors for NCDs and underlying social determinants through creation of health-promoting environments.” (World Health Organization, 2013)**



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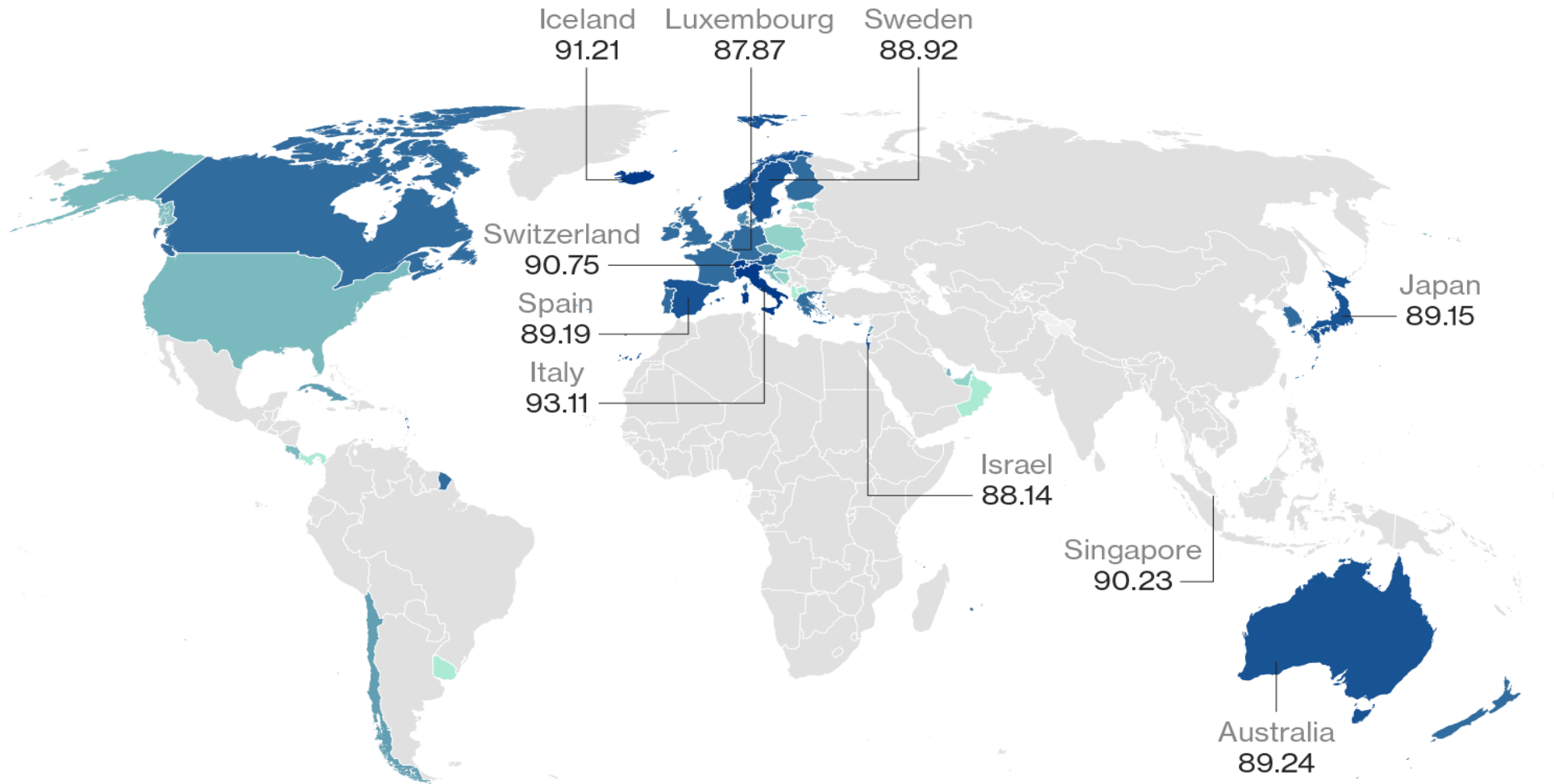
**Welcome  
to the Science  
Salutogenesis and  
Salutogenic Design**



# Fifty Healthiest Countries

- Singapore and Cyprus are the only non-OECD countries to rank in top 20
- Israel is the highest ranked country in the Middle East, Chile in Latin America and Slovenia in Eastern Europe

## Health index score



# Bloomberg 2017 Healthiest Country Index

Rank	Country	Health grade	Health score	Health risk penalties	Rank	Country	Health grade	Health score	Health risk penalties
1	Italy	93.11	97.44	-4.33	26	Belgium	80.96	86.03	-5.07
2	Iceland	91.21	96.20	-4.99	27	Slovenia	80.81	86.65	-5.83
3	Switzerland	90.75	94.96	-4.21	28	Denmark	80.36	85.02	-4.66
4	Singapore	90.23	94.11	-3.88	29	Chile	77.18	82.53	-5.35
5	Australia	89.24	93.88	-4.64	30	Czech Rep.	75.76	81.82	-6.06
6	Spain	89.19	94.14	-4.95	31	Cuba	74.23	79.13	-4.90
7	Japan	89.15	93.69	-4.54	32	Lebanon	74.03	79.55	-5.51
8	Sweden	88.92	93.78	-4.85	33	Costa Rica	73.14	77.16	-4.01
9	Israel	88.14	92.47	-4.33	34	U.S.	73.05	78.25	-5.21
10	Luxembourg	87.87	92.90	-5.03	35	Croatia	72.88	78.16	-5.28
11	Norway	86.81	91.61	-4.81	36	Qatar	71.78	77.33	-5.55
12	Austria	86.34	90.78	-4.44	37	Brunei	70.21	75.14	-4.92
13	Netherlands	85.83	89.94	-4.11	38	Estonia	69.24	75.67	-6.43
14	France	85.59	90.93	-5.34	39	Poland	68.92	75.34	-6.42
15	Finland	84.80	89.58	-4.78	40	Bahrain	68.73	74.20	-5.46
16	Germany	84.78	89.40	-4.62	41	Maldives	67.90	71.82	-3.92
17	Canada	84.57	89.53	-4.96	42	Bosnia & H.	67.83	72.91	-5.08
18	Cyprus	84.52	89.17	-4.65	43	U.A.E.	67.30	73.56	-6.26
19	New Zealand	84.48	89.95	-5.47	44	Macedonia	65.64	69.96	-4.32
20	Greece	84.28	88.17	-3.89	45	Uruguay	65.40	70.86	-5.45
21	Portugal	82.97	88.24	-5.27	46	Slovakia	65.10	70.54	-5.44
22	Ireland	82.52	88.53	-6.01	47	Barbados	64.14	68.55	-4.41
23	U.K.	82.28	87.21	-4.94	48	Oman	62.89	67.79	-4.90
24	S. Korea	82.06	87.67	-5.61	49	Panama	62.39	67.13	-4.73
25	Malta	81.27	86.42	-5.15	50	Albania	62.01	66.72	-4.71

Sources: World Health Organization, United Nations Population Division, World Bank

Note: Health grade (X) = Health score (A) - Health risk penalties (B)

A: Health score metrics: 1. mortality by communicable, non-communicable diseases and injuries; 2. life expectancy at the defining age of birth, childhood, youth and retirement; 3. probability to survive neonatal, into young adulthood and retirement stages; B: Health risk penalties: 1. behavioral/endogenous factors such as high incidences of population with elevated level of blood pressure, blood glucose and cholesterol, prevalence of overweight, tobacco use, alcohol consumption, physical inactivity and childhood malnutrition, as well as mental health and basic vaccination coverage; 2. environmental/exogenous factors such as greenhouse gas emissions per capita and percentage of population with access to improved drinking water.

Most recent data used. Of the more than 200 countries and regions evaluated, 163 had enough data to be included in the final outcome; The top 50 are displayed.



# Italy's Struggling Economy Has World's Healthiest People

Photographer: Wolfgang Kaehler/LightRocket via Getty Images

Important information

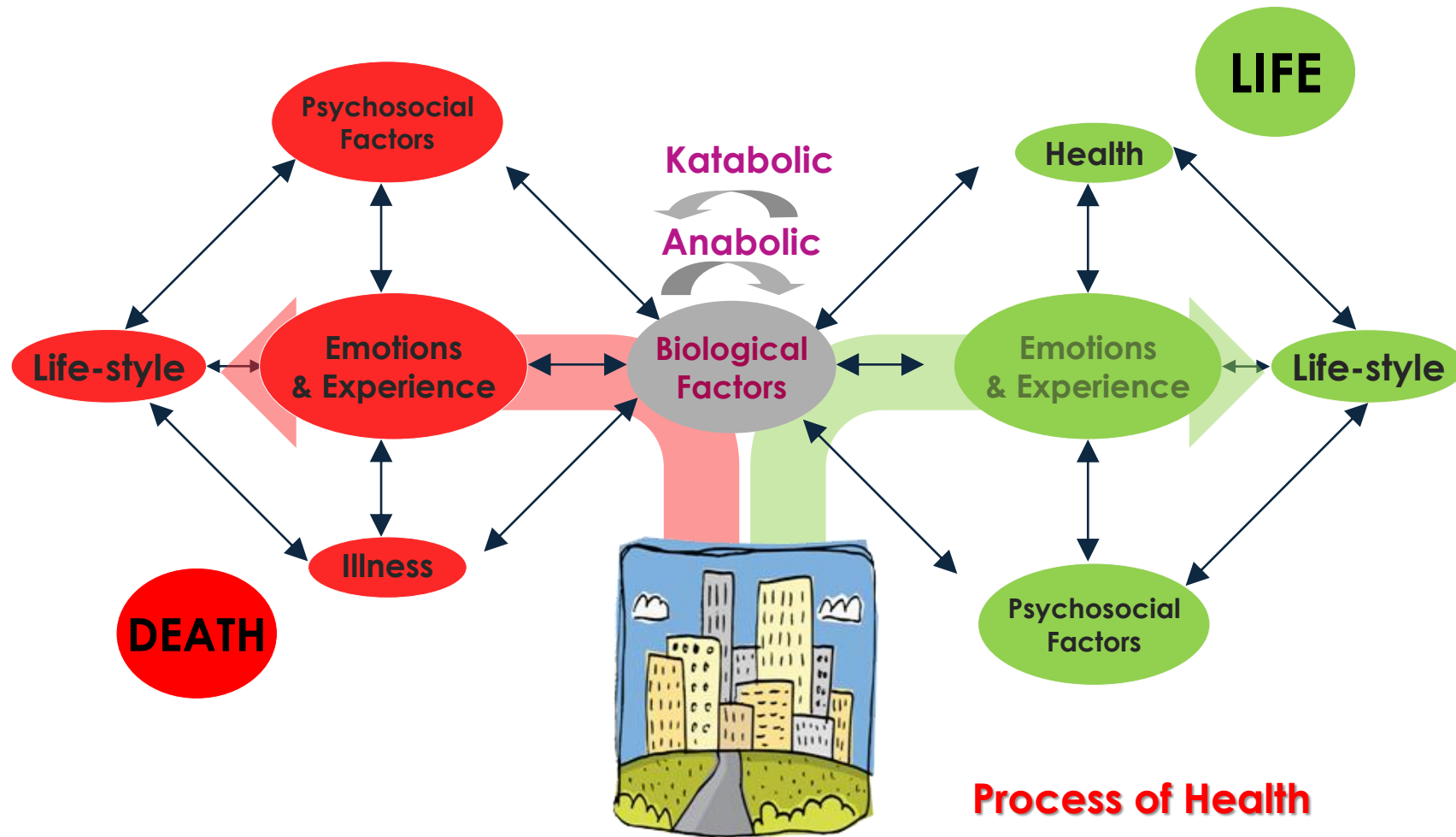
**ROBECCO**  
The Italian Festival



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# Process of Disease



**Pathogenic**

State of Well-being

**Salutogenic**

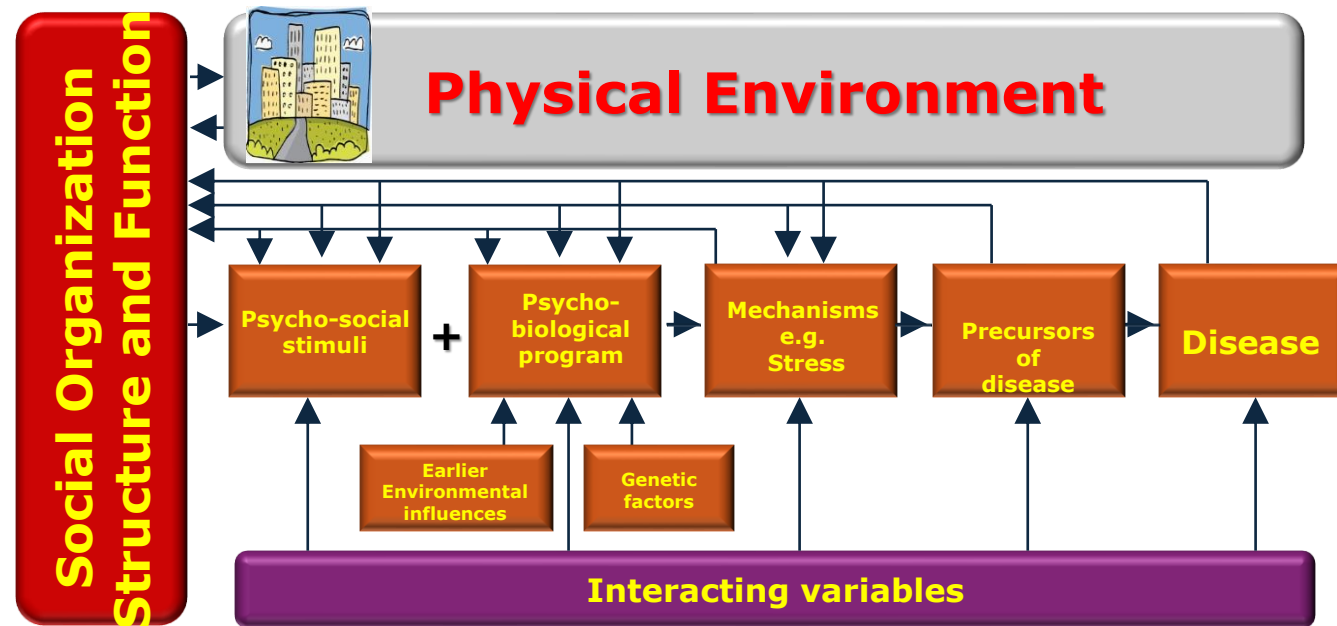


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# Stress

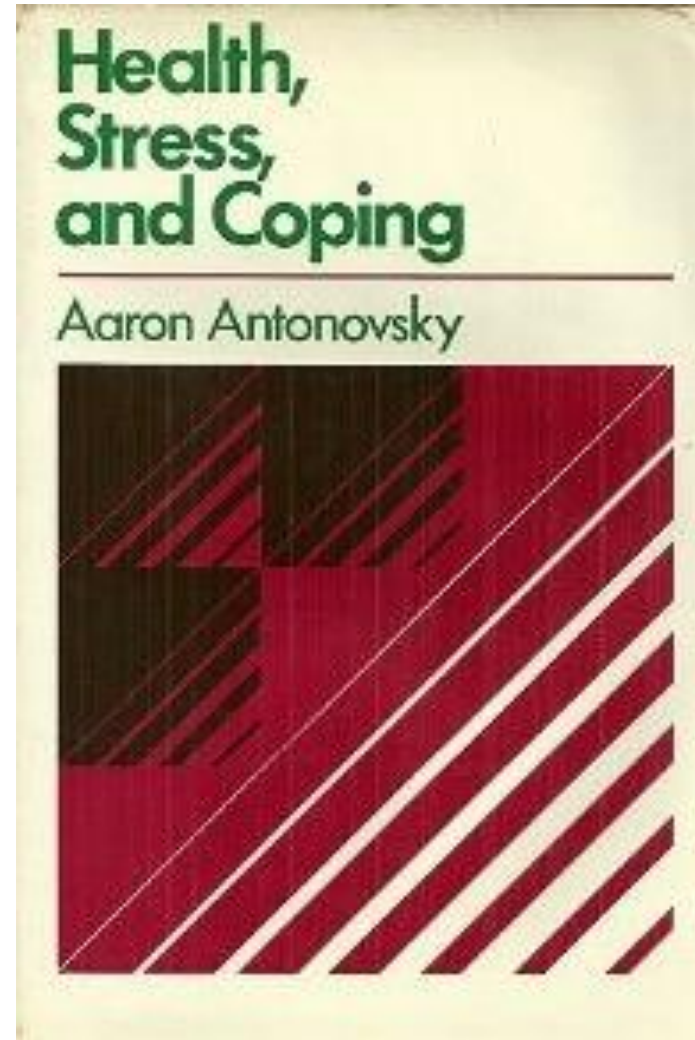
## Theory Model for Psychosocially Mediated Disease



L. Levi, 1972



## ***Theory of Health and Salutogenesis***



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**SALUTOGENESIS** = SALUS + GENESIS



HEALTH

ORIGIN

**“ Salutogenesis is an approach  
focusing on factors  
that support human health and  
wellbeing ”**

*Antonovsky – How people manage stress and stay well  
(1976)*

# *Theory of Salutogenesis*

Aaron Antonovsky's health theory of **Salutogenesis** in contrast to the **Pathogenic** orientation of Healthcare, suggests that we shall look for wellness factors instead of risk factors.

Health care and medical science has been focused for factors that cure diseases and factors that lead to disease.



**Salutogenic** theory focuses on the guide to health promotion through healthy lifestyle by focusing on **“STRESS”** reduction and as well as coping with factors that causes **“STRESS”**.

*According to Antonovsky (1976)*

Studies on **"SALUTOGENESIS"** primarily addressed the fields of health psychology, behavioral medicine, and the sociology of health.

**"SALUTOGENESIS"** has also been adopted in the medical fields for preventive healthcare services delivery and healthcare architecture.

*The meaning of this concept was a dominant concern of Antonovsky (1976)*

# Salutogenesis

A proactive approach to health promotion and prevention (1)

Characteristic conditions that determine a person's abilities to cope with stress is the Sense of Coherence (2):

- Comprehensibility: world is understandable
- Manageability: resources to meet situations
- Meaningfulness: life makes sense

1 Viravong, Khamphira, "Salutogenic community building," International Journal of Web Based Communities, Vol. 3, No. 1, May 2007, p 32-43.

2 Antonovsky, Aaron, Health, Stress and Coping, Jossey-Bass, San Francisco, 1982, p 14.

# 'Sense of Coherence'

- *comprehensibility*
- *manageability*
- *meaningfulness*



**Comprehensibility**

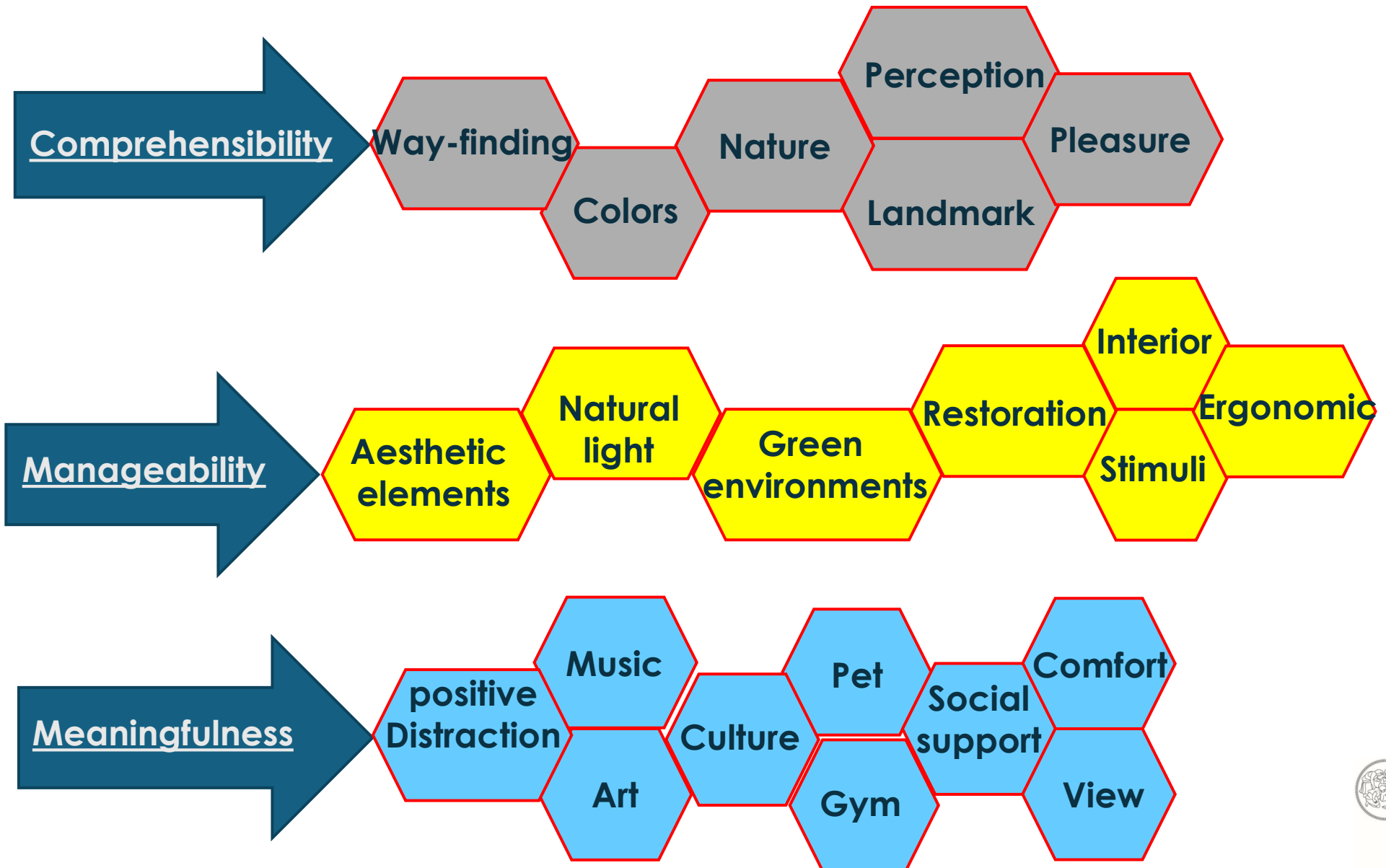


**Meaningfulness**

**Manageability**



# Translating Salutogenic Design Theory into Environmental Design Factors



# **Salutogenic Design Factors** (Dilani, others) ...




























Research suggests that the following have a positive or salutogenic effect on individuals:

**Social organization, personal control, quiet, soft light, nature, art, music, architecture and building proportion, social support, uncrowded spaces, color, comfort, daylight, separation from daily stimuli, need for fascinating stimuli, good sleep, ergonomic form etc**

Alan Dilani, Psychosocially supportive design: a salutogenic approach to the design of the physical environment, *International Hospital Federation Reference Book 2008-2009*, p. 32-37.

# Health House

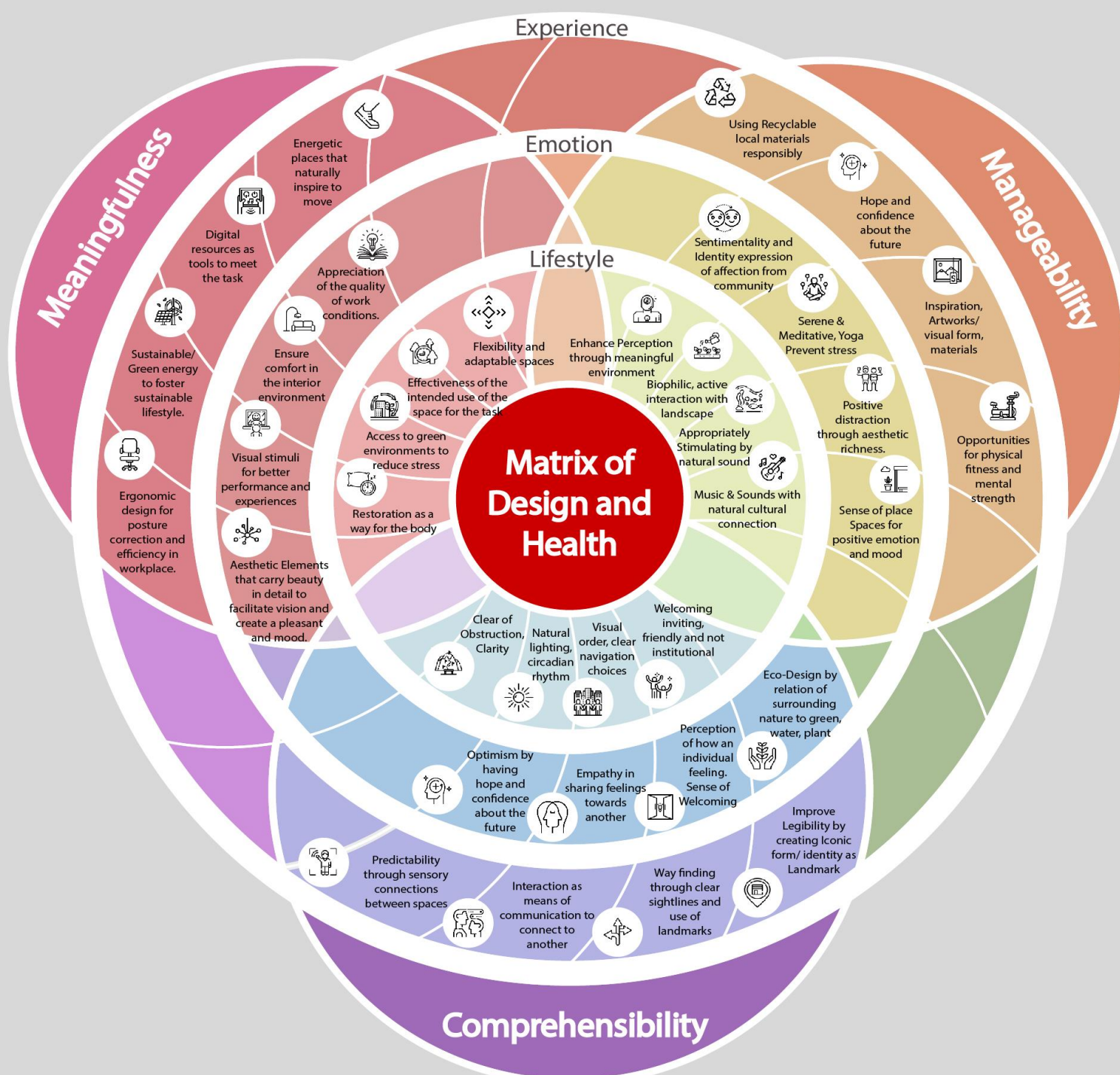
## Matrix of Key Design Factors as guide for the design of Salutogenic Health House in Eze

Sense of coherence, Prevent Stress		Psychosocial Design Factors					
		Lifestyle		Emotions		Experience	
Health components, Health Promotion		Key Design Factors					
Comprehensibility: World is Understandable	<p><b>Landmark</b> as a recognizable item to establish location e.g: Iconic curvig building form</p> 	<p><b>Way finding</b> as a way to direct the users motion e.g: wellcomin entrance / spaces</p> 	<p><b>Nature</b> by relation of the surrounding context to brought into personal space, depuration Green wall, water fall, Plant Walls</p> 	<p><b>Perception</b> of how an individual feelings affect wellbeing, sea view Sense of Welcoming</p> 	<p><b>Colors</b> to spark the visual mood and feelings e.g: Bright and cheerful colors</p> 	<p><b>Pleasure</b> in happiness and enjoyment : BBQ, Cinema Family games area</p> 	
	<p><b>Interaction</b> for communication with others e.g: sfaty camera Smart home connection</p> 		<p><b>Empathy</b> in sharing feelings towards another : Roof-top Visitor room and powder room</p> 		<p><b>Functional</b> spaces fit for purpose e.g: Spaces designed with harmony and colorful furniture, Aquarium</p> 		
	<p><b>Ergonomic</b> design for optimum human comfort e.g: Kitchen counter height</p> 	<p><b>Green Environment</b> practicing sustainable living by e.g: Sustainable materials</p> 	<p><b>Stimuli</b> that evokes a specific reaction e.g: 180 view, sea view, reflective surfaces that gives visual depths, office</p> 	<p><b>Aesthetic Elements</b> that carries beauty in details e.g: Art, intricate wall, ceiling with lighting design, green wall design, waterfall</p> 	<p><b>Natural Light</b> that brings ambient e.g: Large windows roof top, pool side</p> 	<p><b>Restoration</b> as a way for the body engerise e.g: Meditating spaces</p> 	
<p><b>Interior</b> spaces design to match the concept e.g: harmony of color and material interior design</p> 		<p><b>Cognizance</b> by acknowledging the conditions and making aware of its environment e.g: Lighting path leads at night</p> 		<p><b>Efficiency</b> Sun celler to produce an intended result that affects living e.g: Optimise energy usage</p> 			
Manageability: Resources to meet situations	<p><b>Pet</b> as animal companionship e.g: Fish aquarium or dog house</p> 	<p><b>Culture</b> by applying ideas, customs and social behavior Wine tower, Fireplace</p> 	<p><b>Social support</b> by interaction with others: Rooftop, Bar, Spa communal space</p> 	<p><b>Comfort</b> to improve the mood and ease distress e.g: Warm and cozy furnitures</p> 	<p><b>Art</b> as appreciation for creativity e.g: Paintings and sculptures</p> 		
	<p><b>Gym and pool</b> for exercise and keeping healthy; Yoga Fitness Equipments / pool</p> 	<p><b>Positive Distraction</b> as a form pool, as escape e.g; Spa, Jacuzzi aquarium, Lighting effects</p> 		<p><b>Music</b> as a pleasing sound Cinema, Embedded speakers</p> 		<p><b>View</b> by framing sight of natural scenery e.g: Sea- view, mountain 180 view from site</p> 	
Meaningfulness: Life makes sense							

# Salutogenic Hospital Design

## Matrix of Design and Health

for creating the Future Hospital in UK  
Submission for the Wolfson Economics Prize 2021





**“A measurable aspect of design that can help people operate at peak performance and help them to maintain physical and mental wellbeing. It is the ultimate investment in people in an architectural sense.”**

**~ Aaron Antonovsky**



KNOWLEDGE CENTRE  
ST. OLAV'S HOSPITAL









**St. Olavs Hospital in Norway**  
**Considered as the best hospital design in the world**  
**Winner of 7 categories of International Academy Awards**  
**Toronto- Canada 2014**



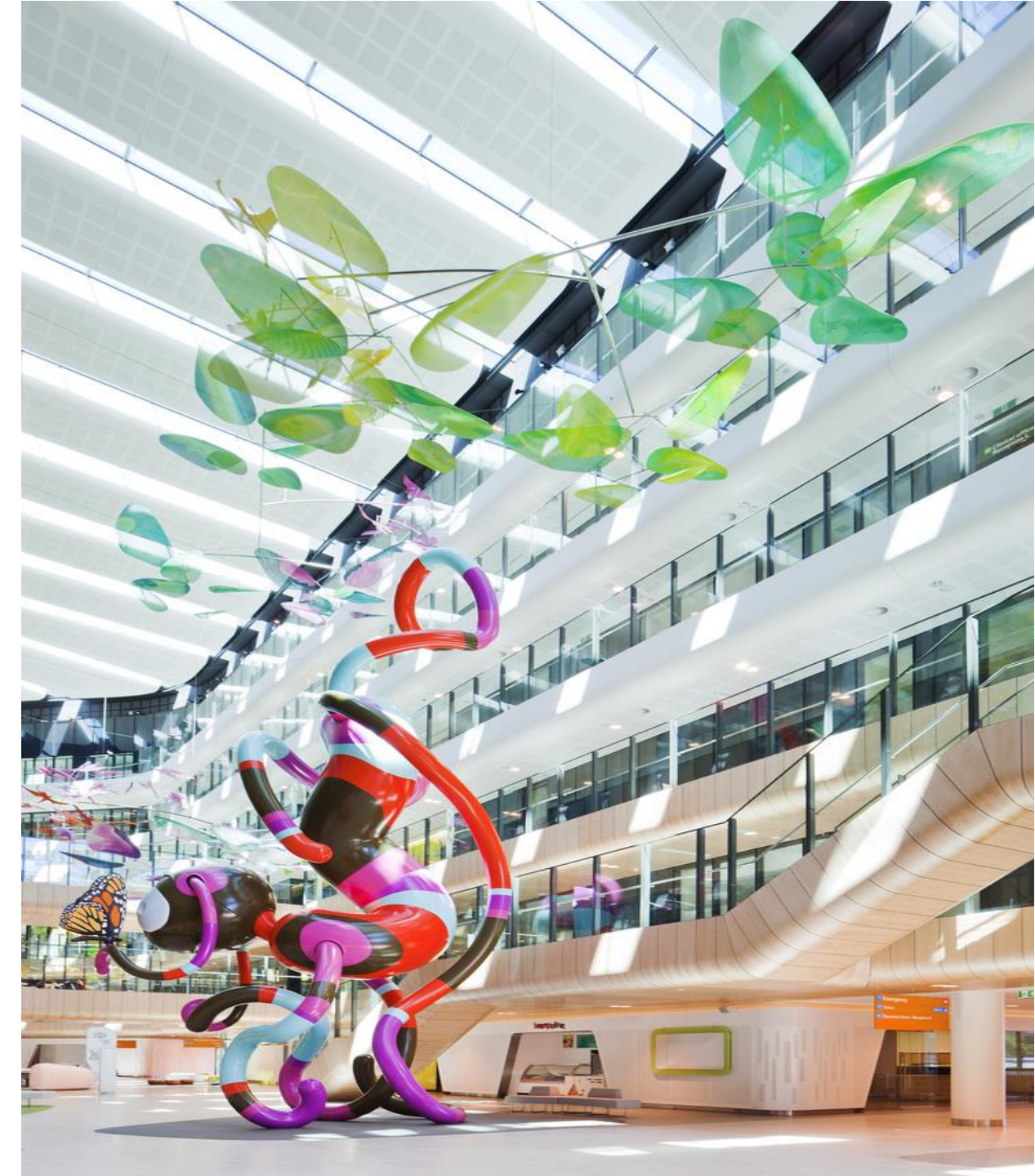












Design  
& Health

# Health Promotion by Design in Elderly Care

*Alan Dilani  
Agneta Morelli*



Salutogenic  
Elderly Design



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香港認知障礙症協會  
Hong Kong Alzheimer's Disease Association



AUAHK  
香港無障通達協會  
ASSOCIATION FOR UNIVERSAL ACCESSIBILITY

# SUPPORTIVE ENVIRONMENT FOR ELDERLY WITH DEMENTIA

(HALF DAY SYMPOSIUM)

To facilitate the service planning of different service units and prepare for dementia care through environmental consideration

**20 May 2015**  
**(Wednesday)**  
**9:15am-12:50pm**

**Auditorium, 1/F,**  
**Duke of Windsor Social Service Building,**  
**15 Hennessy Road, Wanchai**



Co-organized by



香港認知障礙症協會  
Hong Kong Alzheimer's Disease Association



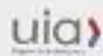
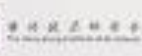
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ALZHEIMER'S ASSOCIATION OF THE  
ASIA PACIFIC REGION  
ALZHEIMER'S ASSOCIATION OF THE  
ASIA PACIFIC REGION

# SUPPORTIVE ENVIRONMENT FOR ELDERLY WITH DEMENTIA

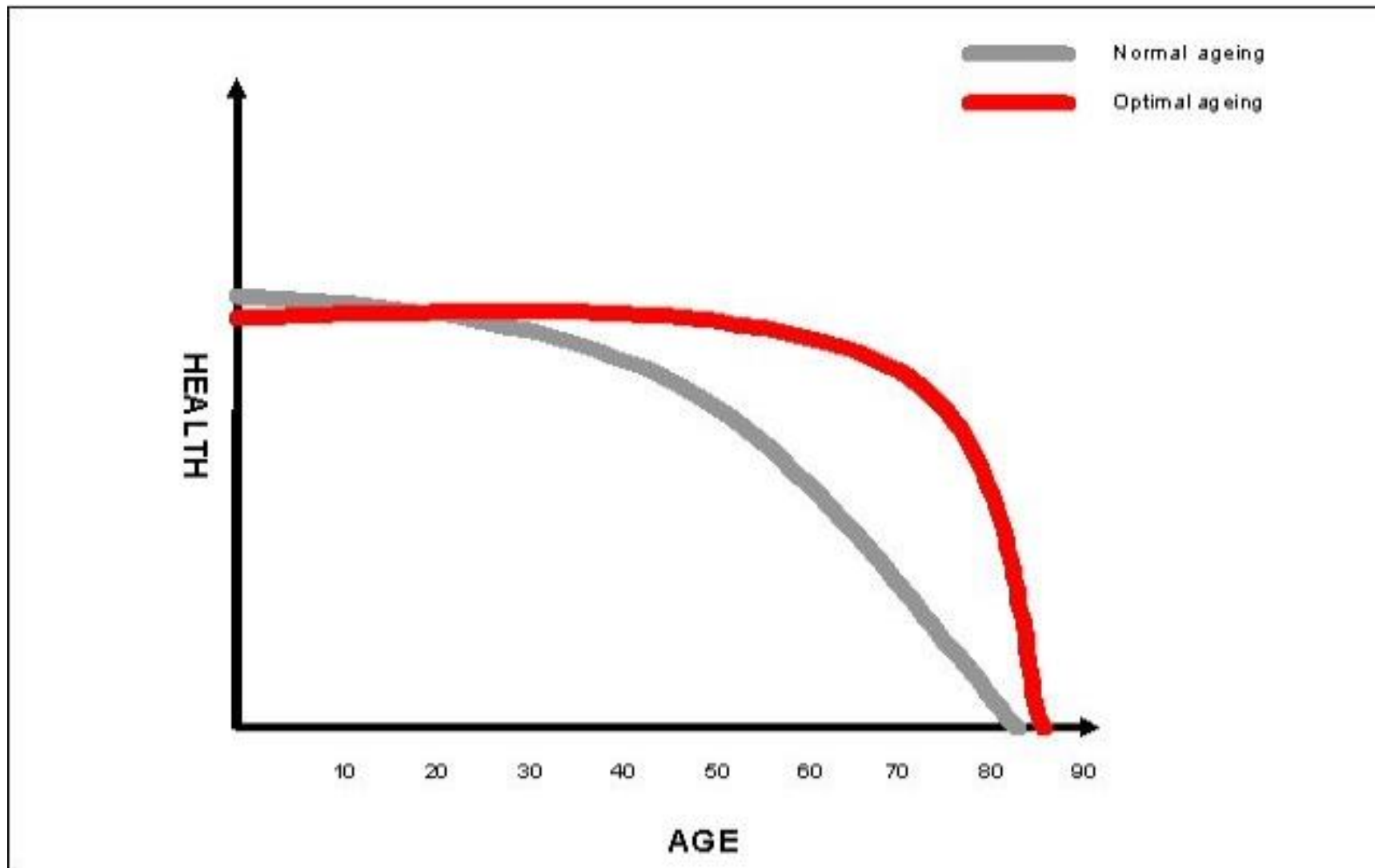
To facilitate the service planning of different service units and prepare for dementia care through environmental consideration

20 May 2015

Supporting  
Organizations:

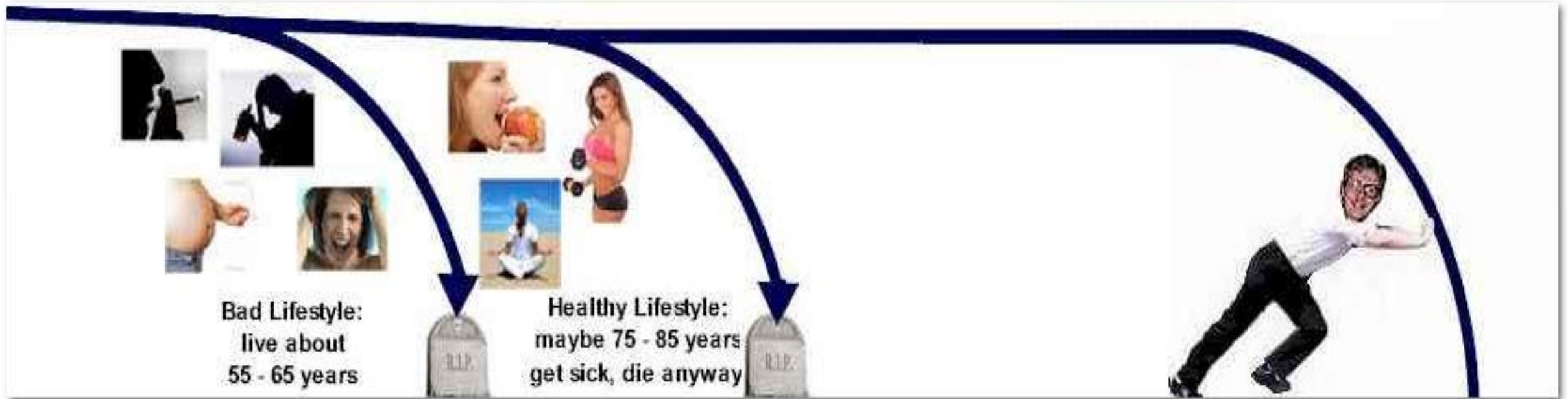


# Health promotion for elderly

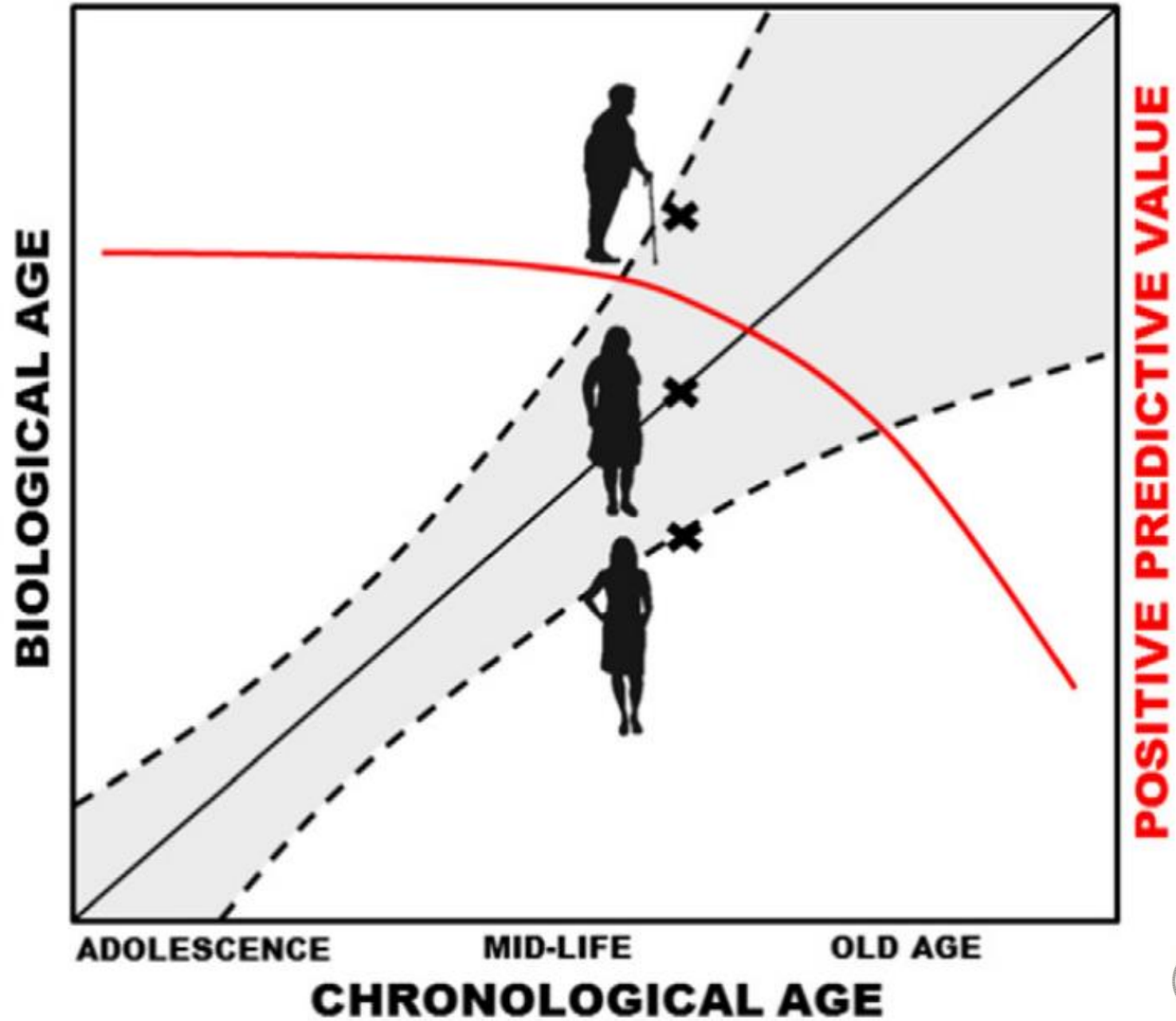




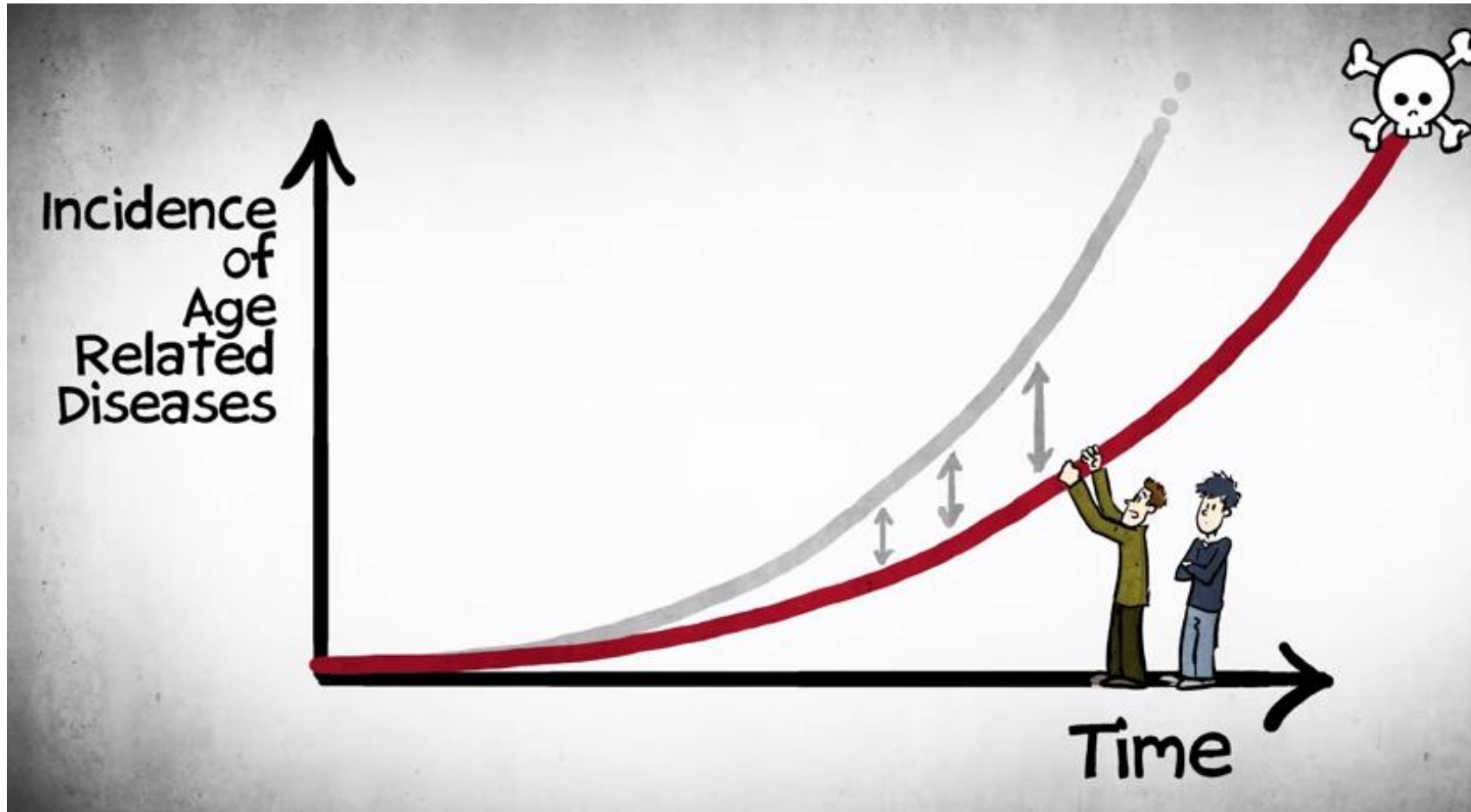
# Extend the healthy years



*BiPedersenological Age Predictors*  
Juulia Jylhävä, Nancy L., Sara Hägg  
Department of Medical Epidemiology  
and Biostatistics, Karolinska  
Institutet, Stockholm, Sweden



**IF WE COULD SLOW THE PROCESS OF AGING BY 7  
YEARS THIS COULD REDUCE THE AGING RELATED  
DISEASES BY HALF**



# Healthy aging – Active aging

- **Smoking cessation**
- **Physical activity**
- **Social networks**
- **Equality (income/Education)**
- **The built environment**



## OLDEST 92 MARATHON RUNNER

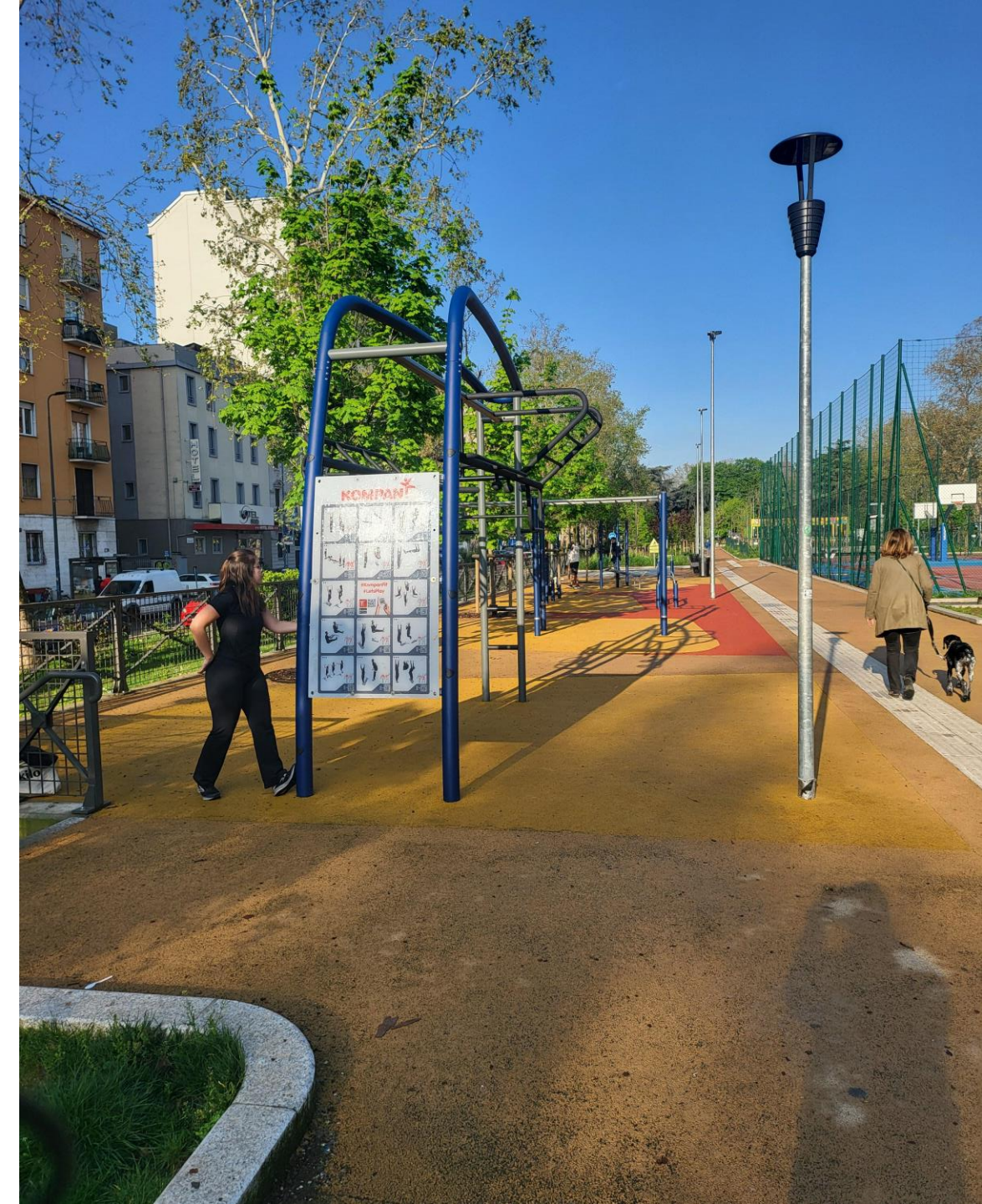


# Salutogenic Urban Design



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# Salutogenic Urban Design















# Creating Salutogenic Learning Environment, Parul Ph.D.

# Salutogenic School Design

**SOC Prevent stress COMPONENTS OF HEALTH PROMOTION**

**COMPREHENSIBILITY**  
"World is understandable"

PSYCHOSOCIAL DESIGN FACTORS		
LIFESTYLE	EMOTION	EXPERIENCE
<p>Improve <b>LEGIBILITY</b> by creating unique identity of each block.</p> 	<p>Build <b>CONFIDENCE</b> through natural surveillance (esp corridors &amp; toilets) to counter bullying.</p> 	<p><b>WELCOMING</b> entrance, inviting, friendly and not institutional-looking or forbidding bullying.</p> 
<p><b>WAY FINDING</b> through clear sightlines and use of landmarks...</p> 	<p><b>SECURITY</b> through transparency. ex. Landscaping and trees must be carefully chosen to not block sightlines.</p> 	<p><b>VISUAL ORDER</b> through limited and clear navigational choices.</p> 
<p><b>PRIVACY</b> through provision of retreat areas in classroom or in corridors to observe others and be alone as well.</p> 	<p><b>AUTHENTICITY &amp; HONESTY</b> conveyed through use of natural materials and construction.</p> 	<p>Create <b>HOMELIKE</b> environment by using familiar elements.</p> 
<p>Safe Community involvement through <b>ACCESS CONTROL</b>.</p> 	<p>Foster <b>AUTONOMY</b> by designing places with respect for scale and developmental needs.</p> 	<p><b>TERRITORIALITY</b> to value personal space ex. Home base for every student (LOSD).</p> 

**SOC Prevent stress COMPONENTS OF HEALTH PROMOTION**

**MANAGEABILITY**  
"Resources to meet needs"

PSYCHOSOCIAL DESIGN FACTORS		
LIFESTYLE	EMOTION	EXPERIENCE
<p><b>ERGONOMIC DESIGN</b> for posture correction and efficiency in class room</p> 	<p><b>REDUCE learners' STRESS</b> by the use of colours to facilitate vision and create a pleasant atmosphere and mood</p> 	<p>Create <b>BUFFER ZONES</b> from outside traffic and large school playgrounds to reduce noise disturbance</p> 
<p><b>SUSTAINABLE / energy Efficient / VERNACULAR</b> architecture to foster sustainable lifestyle.</p> 	<p>Ensure <b>COMFORT</b> in the Interior environment so children can concentrate on the task at hand. ex thermal and acoustic</p> 	<p>Opportunities of <b>ACCESSING GREEN ENVIRONMENTS</b> in break periods in order to rejuvenate.</p> 
<p>Improve accessibility and safety through the use of <b>UNIVERSAL DESIGN</b> principles</p> 	<p><b>VISUAL STIMULI</b> by student work display fuelling better performance</p> 	<p>Participatory planning to boost <b>SELF EFFICACY</b> and competency.</p> 
<p><b>BUILD COMPETENCE</b> through flexible spaces suited for multiple modes of learning</p> 	<p>Allow <b>NATURAL LIGHT</b> into the classroom to uplift the mood and improve efficiency</p> 	<p><b>ATTENTION RESTORATION</b> through outside / green views to allow minds and eyes to take a break.</p> 

**SOC Prevent stress COMPONENTS OF HEALTH PROMOTION**

**MEANINGFULNESS**  
"Life makes sense"

PSYCHOSOCIAL DESIGN FACTORS		
LIFESTYLE	EMOTION	EXPERIENCE
<p>Let <b>CULTURE REFLECT</b> by Using local materials and signature elements</p> 	<p><b>LEARNING COMPASSION</b> by spending time with pets in the school garden.</p> 	<p><b>AGENTIC environment</b> to fuel <b>LEARNING</b> belongingness</p> 
<p>Inspiration through <b>ENGAGING</b> and well designed <b>LIBRARIES</b>, performing /visual art areas</p> 	<p>Developing <b>EMPATHY</b> for other children through informal interactions</p> 	<p><b>STIMULATING ENVIRONMENTS</b> appealing to all senses ex. falling water sound</p> 
<p>Intimate scale green spaces for positive <b>PEER INTERACTION</b></p> 	<p><b>AESTHETIC RICHNESS</b> through materials and furnishings in order to refresh and reflect</p> 	<p><b>BIOPHILLIC DESIGN</b> to experience proximity to nature</p> 
<p><b>GYM</b> and playground for <b>PHYSICAL FITNESS</b> and mental strength</p> 	<p><b>SENSE OF PLACE</b> through display of student artwork in corridors and waiting areas</p> 	<p><b>RISK TAKING OPPORTUNITIES</b> (perceived) to experience sense of adventure</p> 









# CORRECTIONAL FACILITIES DESIGN & DEVELOPMENT SUMMIT

AMSTERDAM, THE NETHERLANDS

10-11 June 2021



Alan Dilani, Ph.D.  
Professor, Architect/Public Health  
Founder  
International Academy  
for Design & Health



## SALUTOGENIC PRISON DESIGN - A Health Promoting Approach on Prison Environments

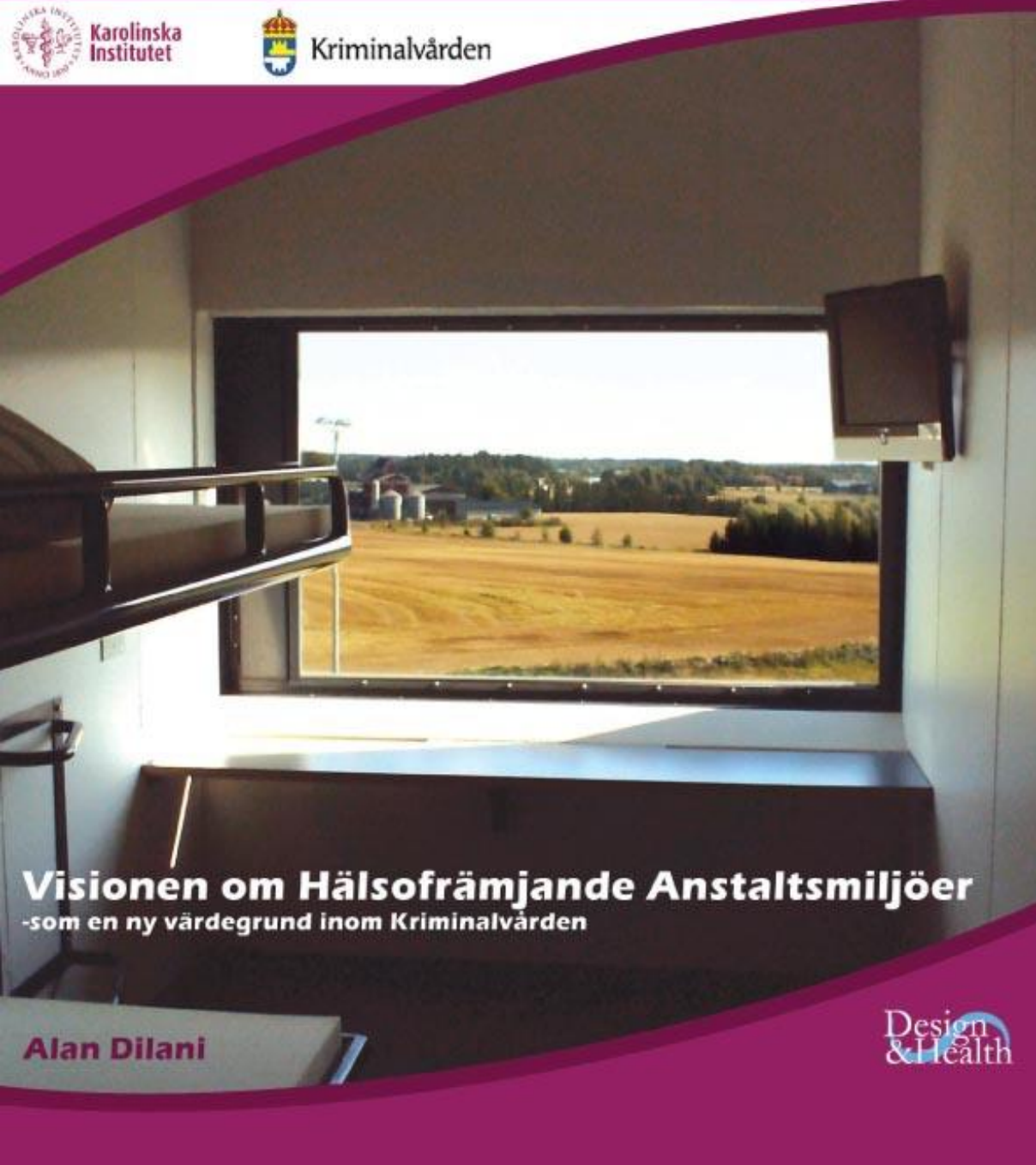
- Based on the health promotion of a well-established theoretical framework for psychological support design
- The impacts of sound, daylight, lighting, music, nature, translation, orientation and productivity
- Identifying fresh factors that can be psychosocially encouraging and promoting health and safety



Karolinska  
Institutet



Kriminalvården



## Visionen om Hälsöfrämjande Anstaltsmiljöer

-som en ny värdegrund inom Kriminalvården

Alan Dilani



# CORRECTIONAL FACILITIES DESIGN & DEVELOPMENT SUMMIT

AMSTERDAM, THE NETHERLANDS



10-11 June 2021

## SALUTOGENIC PRISON DESIGN - A Health Promoting Approach on Prison Environments

- Based on the health promotion of a well-established theoretical framework for psychological support design
- The impacts of sound, daylight, lighting, music, nature, translation, orientation and productivity
- Identifying fresh factors that can be psychosocially encouraging and promoting health and safety



Alan Dilani, Ph.D.

Professor, Architect/Public Health  
Founder

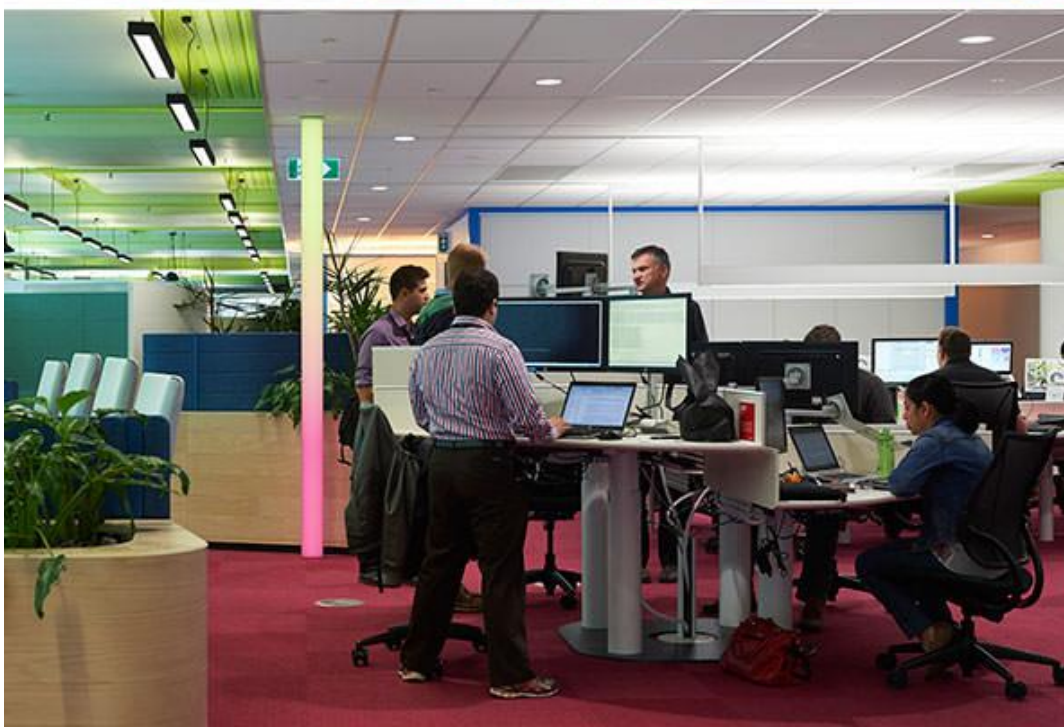
International Academy  
for Design & Health







# Salutogenic Office Design



**POLITECNICO**  
MILANO 1863

DIPARTIMENTO DI ARCHITETTURA,  
INGEGNERIA DELLE COSTRUZIONI  
E AMBIENTE COSTRUITO





**POLITECNICO**  
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DIPARTIMENTO DI ARCHITETTURA,  
INGEGNERIA DELLE COSTRUZIONI  
E AMBIENTE COSTRUITO



**More moving  
lead to:**

**Happier,  
Less Stress  
Healthier,  
More Creative  
Better Brian  
Performance**



**POLITECNICO  
MILANO 1863**

DIPARTIMENTO DI ARCHITETTURA,  
INGEGNERIA DELLE COSTRUZIONI  
E AMBIENTE COSTRUITO





SIDEWALK  
CLOSED




































**Salutogenic  
Housing Design**

**Salutogenic Housing Design  
To Promote Health Lifestyle  
Behaviors , Ph.D. in  
Manchester University, UK**

# Health House

## Matrix of Key Design Factors as guide for the design of Salutogenic Health House in Eze

Sense of coherence, Prevent Stress		Psychosocial Design Factors					
		Lifestyle		Emotions		Experience	
Health components, Health Promotion		Key Design Factors					
Comprehensibility: World is Understandable	<p><b>Landmark</b> as a recognizable item to establish location e.g: Iconic curvig building form</p> 	<p><b>Way finding</b> as a way to direct the users motion e.g: wellcomin entrance / spaces</p> 	<p><b>Nature</b> by relation of the surrounding context to brought into personal space, depuration Green wall, water fall, Plant Walls</p> 	<p><b>Perception</b> of how an individual feelings affect wellbeing, sea view Sense of Welcoming</p> 	<p><b>Colors</b> to spark the visual mood and feelings e.g: Bright and cheerful colors</p> 	<p><b>Pleasure</b> in happiness and enjoyment : BBQ, Cinema Family games area</p> 	
	<p><b>Interaction</b> for communication with others e.g: sfaty camera Smart home connection</p> 		<p><b>Empathy</b> in sharing feelings towards another : Roof-top Visitor room and powder room</p> 		<p><b>Functional</b> spaces fit for purpose e.g: Spaces designed with harmony and colorful furniture, Aquarium</p> 		
	<p><b>Ergonomic</b> design for optimum human comfort e.g: Kitchen counter height</p> 	<p><b>Green Environment</b> practicing sustainable living by e.g: Sustainable materials</p> 	<p><b>Stimuli</b> that evokes a specific reaction e.g: 180 view, sea view, reflective surfaces that gives visual depths, office</p> 	<p><b>Aesthetic Elements</b> that carries beauty in details e.g: Art, intricate wall, ceiling with lighting design, green wall design, waterfall</p> 	<p><b>Natural Light</b> that brings ambient e.g: Large windows roof top, pool side</p> 	<p><b>Restoration</b> as a way for the body engerise e.g: Meditating spaces</p> 	
<p><b>Interior</b> spaces design to match the concept e.g: harmony of color and material interior design</p> 		<p><b>Cognizance</b> by acknowledging the conditions and making aware of its environment e.g: Lighting path leads at night</p> 		<p><b>Efficiency</b> Sun celler to produce an intended result that affects living e.g: Optimise energy usage</p> 			
Manageability: Resources to meet situations	<p><b>Pet</b> as animal companionship e.g: Fish aquarium or dog house</p> 	<p><b>Culture</b> by applying ideas, customs and social behavior Wine tower, Fireplace</p> 	<p><b>Social support</b> by interaction with others: Rooftop, Bar, Spa communal space</p> 	<p><b>Comfort</b> to improve the mood and ease distress e.g: Warm and cozy furnitures</p> 	<p><b>Art</b> as appreciation for creativity e.g: Paintings and sculptures</p> 		
	<p><b>Gym and pool</b> for exercise and keeping healthy; Yoga Fitness Equipments / pool</p> 	<p><b>Positive Distraction</b> as a form pool, as escape e.g; Spa, Jacuzzi aquarium, Lighting effects</p> 		<p><b>View</b> by framing sight of natural scenery e.g: Sea- view, mountain 180 view from site</p> 			
Meaningfulness: Life makes sense			<p><b>Music</b> as a pleasing sound Cinema, Embedded speakers</p> 				























sky ARTE HD

























