



Whole-istic Living

Home as a Healing Environment

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Conversation:

How the lack of sensibility to the environment of fast-paced production housing is currently affecting humans diminishing physical, mental, and emotional well-being instead of producing healing environments to live in connection to our origin, the natural world?

Stakes:

When designing a home, more than just the architectural relationships between the elements should be taken into consideration. The structure must be created to support the emotional environment of the people who will live in it.

Betterment:

By proposing a residence that fosters human-nature relationship by designing it in response to its natural context, allowing inhabitants to interact with the natural elements the site provides on a physical, mental, and emotional level.

Profile:

I grew up in a house designed by my dad in El Escorial, a town on the outskirts of Madrid. This house was special to me, due to its nooks, framed views, natural light and ventilation, and connection to its natural surroundings. I fondly recall waking up to the perfect amount of warm sun rays and fresh breeze coming through my window. This experiences showed me how a house can have a profound positive effect on one's physical, mental, and emotional well-being.

