 synopsis 

This thesis attempts to address the notion of 'social stress' within the built environment, to offer alternatives and opportunities for individuals to partake in stress relieving activities. Its desires are to: -

- provide 'a counter-balance' to the ills of urban living, so as to facilitate beneficial engagement between users and the physical environment, with regards to man's relationship with 'nature'.

- define the notion of 'paradise' within the context of an urban environment, one that will offer a place of refuge for the users, away from the busy lifestyle of the city.

- reintegrate users back to 'nature' within the context of the city, to provide an environment for one to contemplate, relax and totally immerse oneself completely.

The primary objective of the facility is to provide an environment for the healing of both the mental and physical well-being of the individuals. The very fact that it is located within the city, serves to address the primary concern for the facility in dealing with the fundamental relationship of urban workers, with regards to the stressful condition of the city.

As observed in the renewed interest and confidence in the promotion of holistic treatment, this project intends to build a respectable and professional image by consolidating such practices. This is consistent with the growing consumption of health products, services and related programmes.