ABSTRACT

This thesis attempts to address the notion of ‘equilibrium’ in the built environment and lifestyle, to offer alternatives and opportunities for individuals to partake in self-healing activities. By providing a counter-balance to the ills of urban living, a beneficial engagement between users and the physical environment is facilitated, with regards to man’s relationship with nature.

The primary objective of the Chinese Health Centre is to provide an environment for the healing of both the mental and physical well being of the individuals, through a deeper understanding of the Chinese philosophy, culture and way of life, that of one in accordance with nature. It deals with the notion of creating a favorable environment for the Chinese healing arts through an architecture aimed at exploring the way architecture is able to affect the mind and the body. The healing process is a progression of sieving out distractions and eliminating tension through directing the path of energy ‘Qi’ to remove the blockages in it.

With the renewed interest and confidence in the promotion of holistic treatment, this project intends to build a respectable and professional image of traditional Chinese healing arts by consolidation. This is consistent with the ageing population presently and the growing consumption of health products, services and related programmes.

Hence the thesis aims to achieve a possible solution to be built within our local context and urban conditions.