



Wellstudio
Architecture
& Coliving

Designing Real Estate To
Enhance Mental Health &
Wellbeing:
Projects & Inspiration



Tom Manwell
Wellstudio Architecture Founder &
Director

- Fully qualified U.K. Architect, RIBA, ARB
- WELL accredited professional
- Ten years in practice
- Co-founder & Partners of Conscious Coliving
- Lived In Communities
- Passionate about Community design
- Family background of Architecture & wellbeing

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Potter
Church
& Holmes
architects





Wellstudio Ethos

Input 1: The Conscious Coliving Manifesto:



<https://www.consciouscoliving.com>



Input 2: The WELL Building Standard

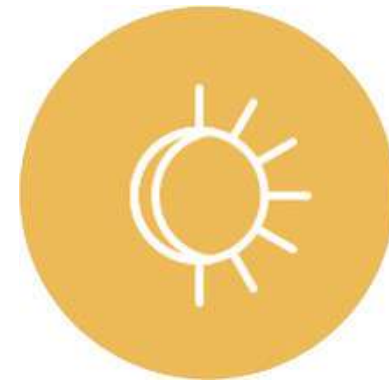
Air



Water



Nourishment



Light



Fitness



Comfort



Mind

Wellstudio's Ten Elements Of Wellbeing Coliving Design



Light



Air



Sound



Warmth



Touch



Community



Nature



Sustainability



Aesthetics

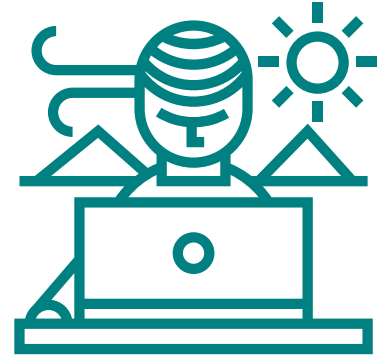


Movement

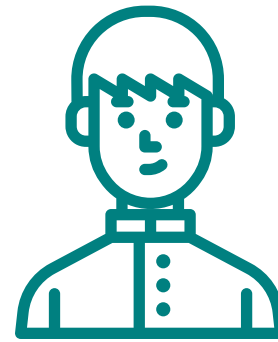
Input 3 : Question: Which type of residents will live in this coliving building?



Young professionals



Digital nomads



Students



Older single adults

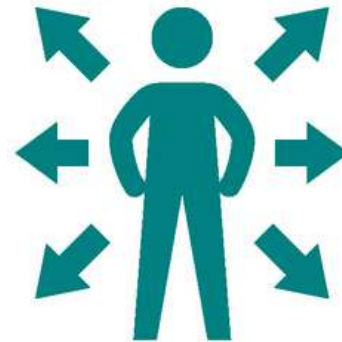


Families

Where are they on the introvert/ extrovert scale?



introverted



extroverted

Disabilities



physical disabilities or learning difficulties



Input 4: What Are The Glue Activities In Your Coliving Building?

Start Up



Eating



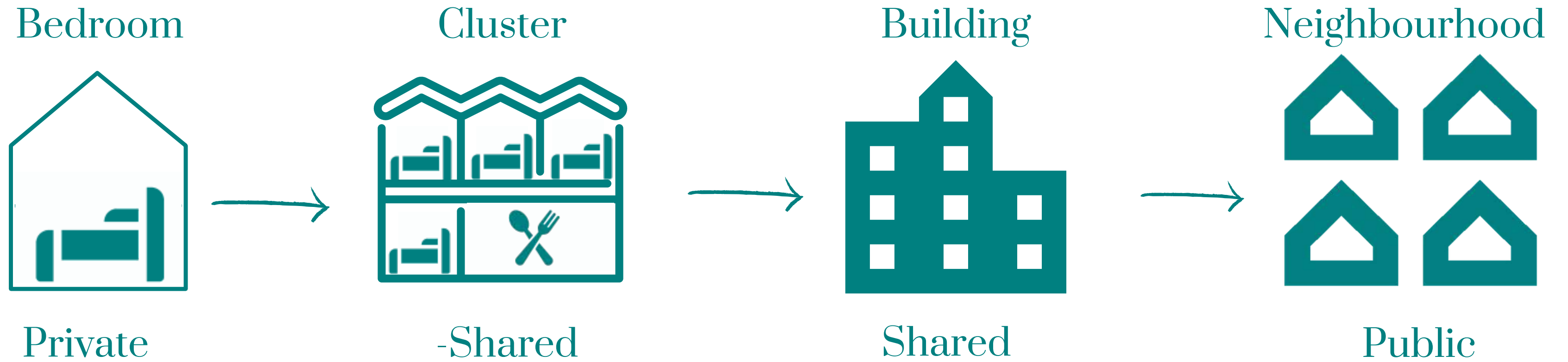
Gardening



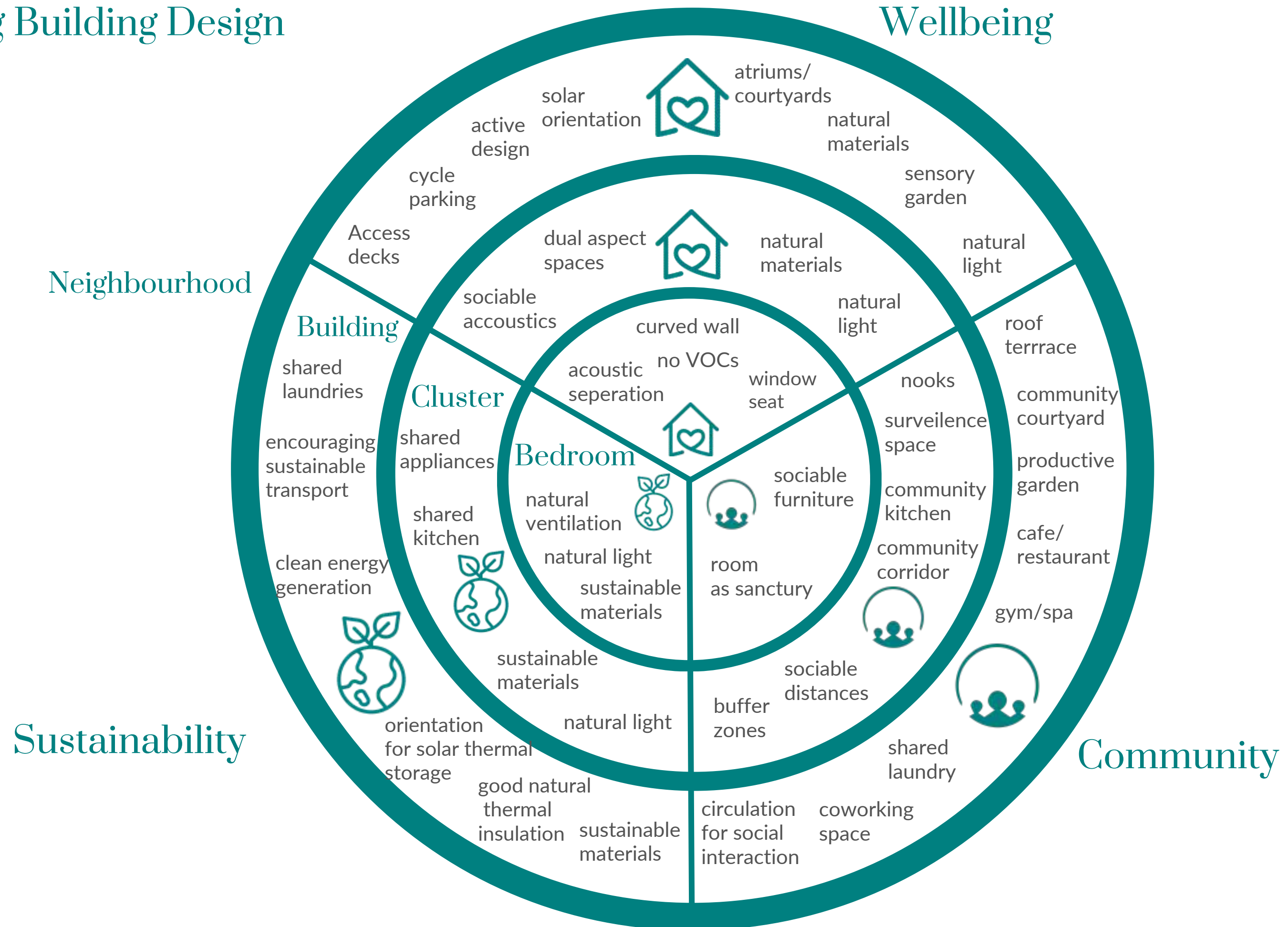
Wellbeing



Coliving Building Scales





Coliving Building Design Matrix







Room Feature > Window seat


 sunlights warmth on skin provides sensual pleasure

 proximity to daylight/sun gives serotonin boost

 Changing daylight throughout day provides circadian rhythm boost.

 Nook design provides sense of psychological safety

 views of nature provide Biophilic boost

 Natural, soft materials are pleasing to touch. No VOC's

 Sustainably sourced materials provide low carbon footprint





Room Feature> Curved Wall



Curved design in corridor minimises the reduction in natural light VS a right angled corner



Curved design has a pleasing visual impact, soft and feminine which supports mental wellbeing



Natural timber is pleasing to the touch



Sustainably sourced materials provide low carbon footprint



Room Feature > Bedroom Sanctuary



Walls provide high levels of acoustic separation aiding peaceful sleep and relaxation.



window connects residents to circadian rhythm boost, natural light and sunlight serotonin boost.



Exposed natural materials provide biophilic connection with nature



Natural cottons and linens provide skin and thermal comfort



Sustainably sourced materials



Natural materials have no VOC's



Calming colours good for relaxation and sleep



Cluster > Community Kitchen



kitchen island next to table facilitates social interaction.



island with 2 ore more hobs facing each other facilitates social interaction



Adaptable space allows for a range of social activities to take place



Good natural light levels facilitate cooking and eating



Sustainably sourced materials



Building > Community Courtyard



Planting facilitates biophilic connection



Activities facilitate community interaction



productive garden contributes to sustainability



Opportunities for exercise provide wellbeing benefit

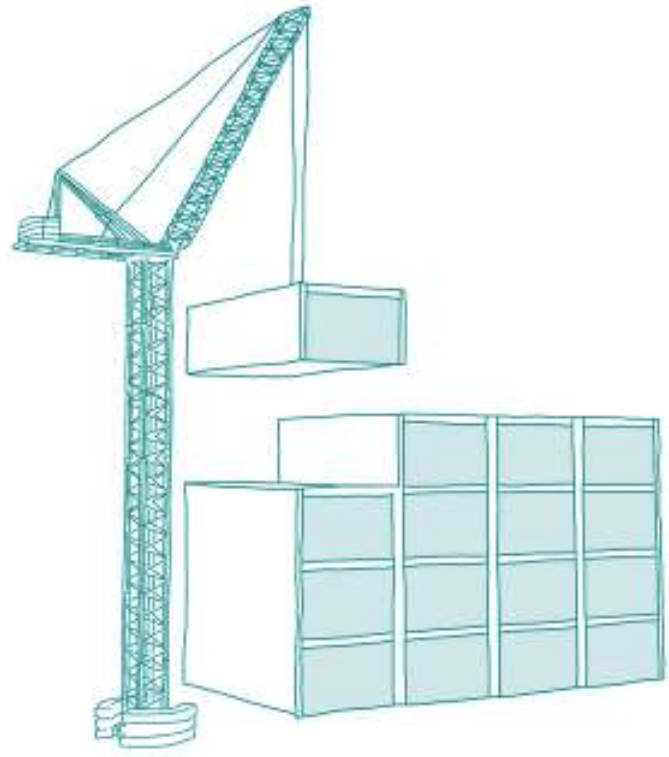


Natural light into bedrooms around the courtyard provides wellbeing benefit



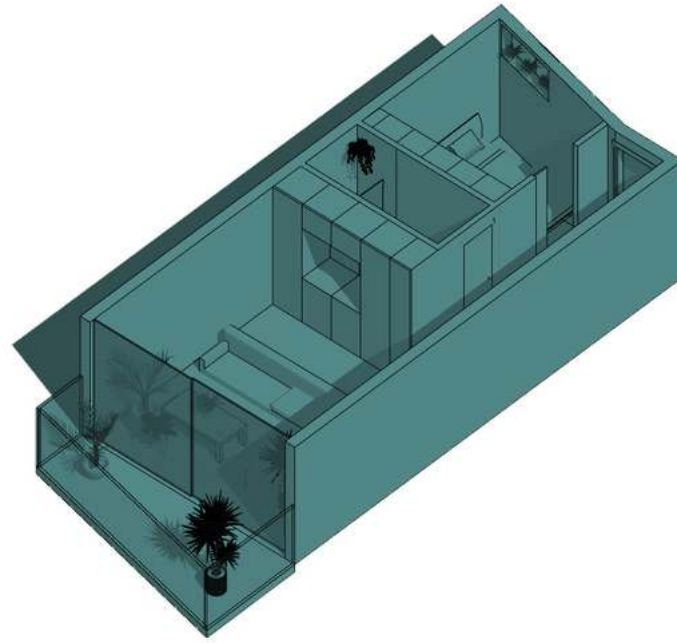
Urban Coliving Concept

Ours Community, London



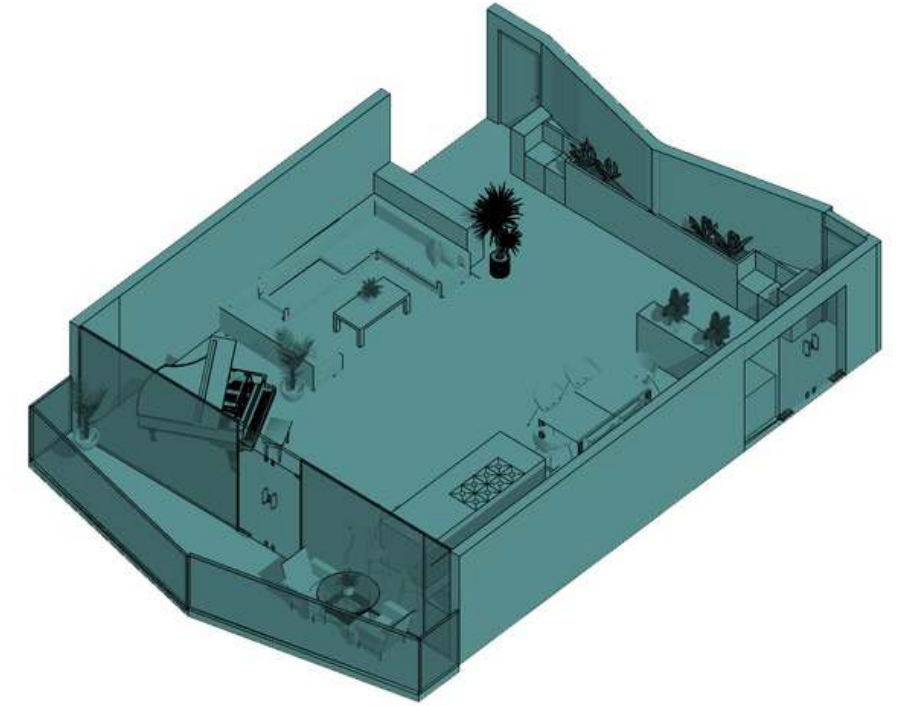
Modular
Construction

=

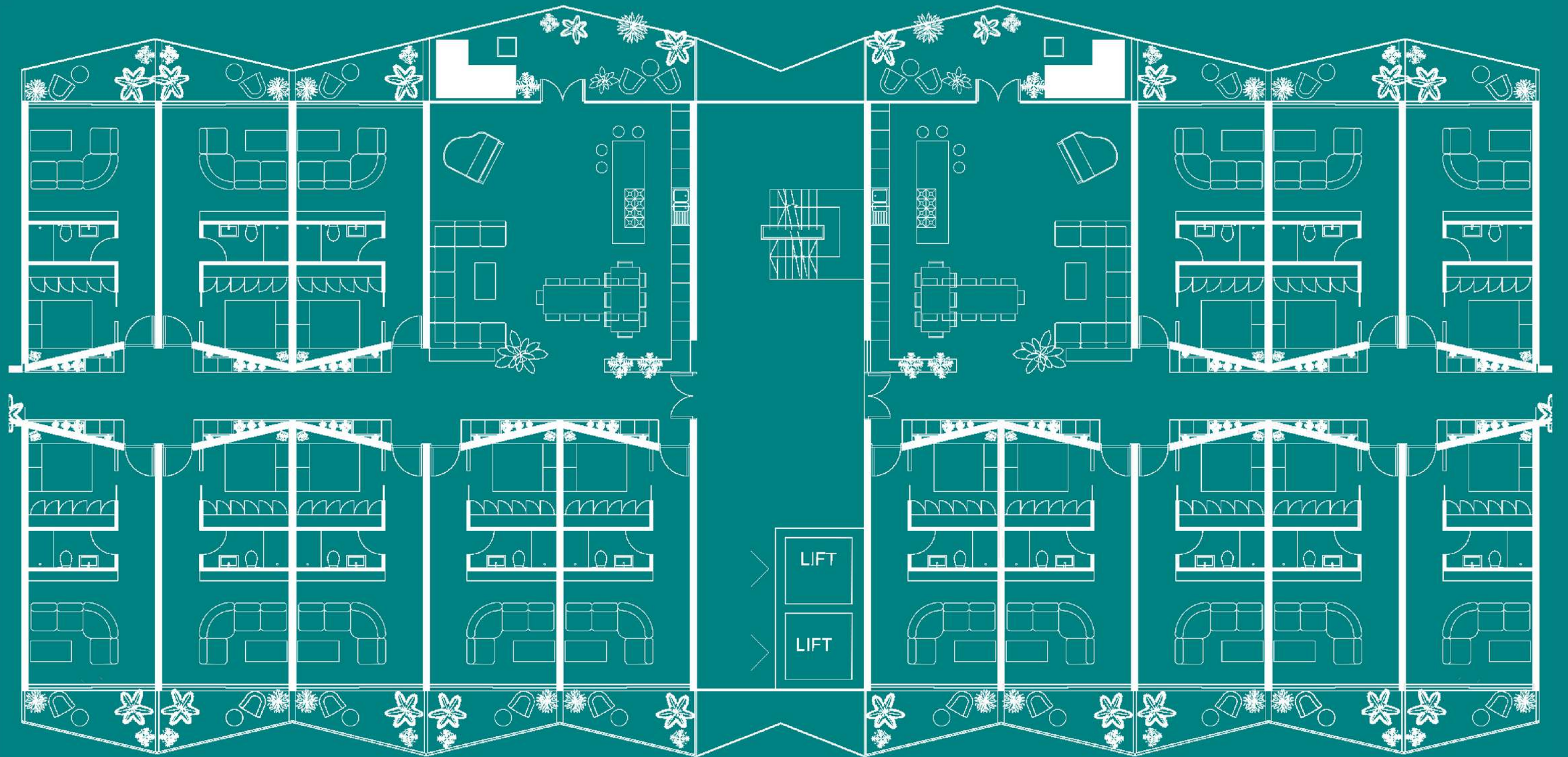


CLT Studio
Bedroom
Module

+



CLT Community
Space
Module







A man in a blue jacket and orange pants is talking on a mobile phone while walking through the lounge area.

A group of people is gathered around a wooden dining table, some sitting and some standing, in a bright, open-plan kitchen area.

Two people are standing and talking near a kitchen island in the background.

A group of people is sitting on a large, light-colored sofa in a lounge area, engaged in conversation.

A wooden bookshelf in the foreground is filled with various books, including titles like 'LA SCALA D'ORO', 'POWER RY', 'THE MILLENIUM', 'LOST KNOWLEDGE', and 'B.P. SKINNER'.

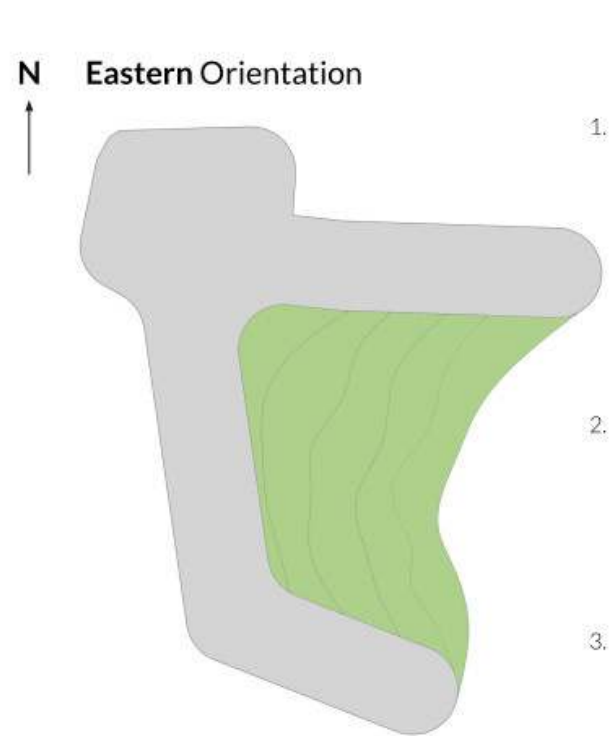




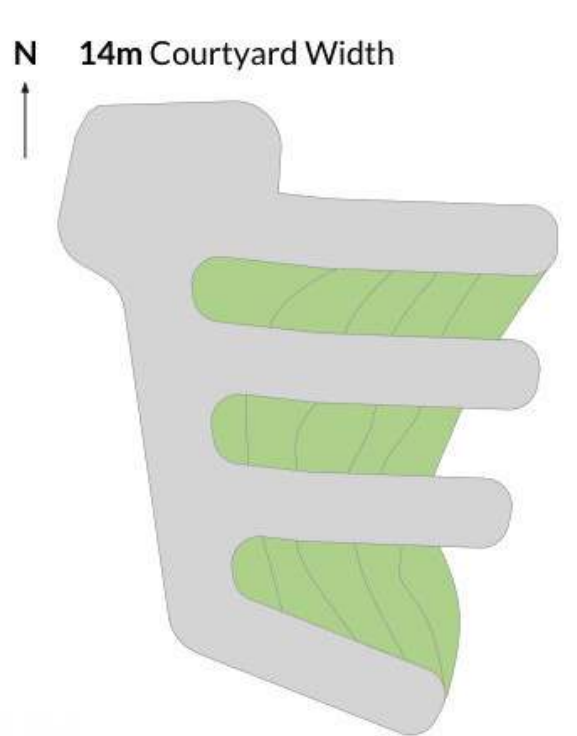
Coliving Hotel Concept

Hablis Hotels, Chennai, India

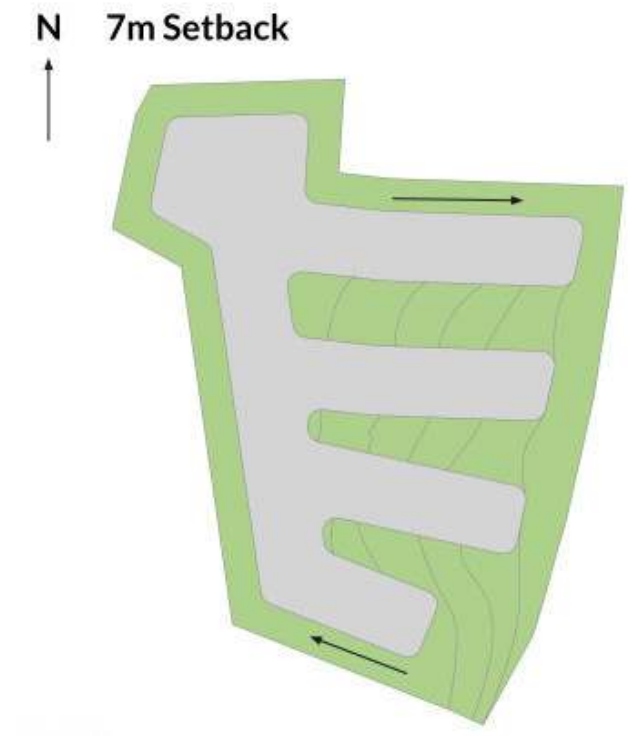




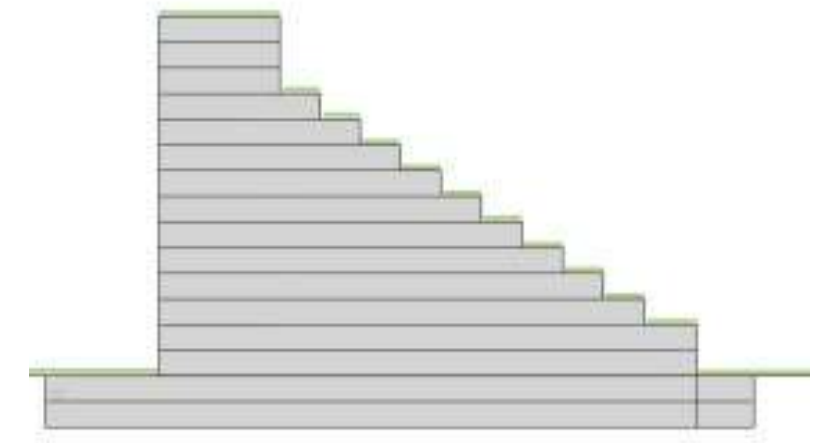
Eastern Orientation
For Sunrise & Sea Breeze



Shaded Cooling Courtyards
Inspired by Chawls



City Urban planning
Setback Applied



Terraced For
Natural Light &
Views Of Sea



Biophilic
Planted
Corridors

Planted
Balconies
Shade
Bedrooms

Community
Space with shared
kitchen living dining
and nooks

Green Shaded
Wellbeing
Outdoor Terrace





Want To Collaborate Or Work With Us?



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