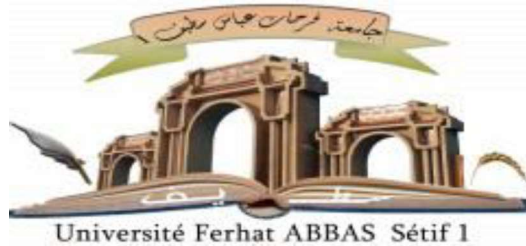


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**BIOPHILIC ARCHITECTURE: CASE OF A
WELLNESS RETREAT IN HAMMAM
ESSALIHINE - KHENCHELA**

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Abstract

Through its title “Biophilic Architecture”, this thesis focuses on designing a biophilic wellness retreat aimed at bridging the gap between modern life and nature. The work emphasizes the importance of integrating natural elements within architectural practices to enhance the overall well-being of individuals. Addressing issues related to environmental sustainability and human health, the thesis explores various biophilic principles such as natural light, ventilation, greenery, and water features. These elements are incorporated into the design of the wellness retreat to create spaces that promote physical, mental, spiritual and social well-being. Situated in a mountainous site, the proposed wellness retreat leverages the natural landscape to offer a sanctuary that fosters a deeper connection with nature. This research provides a comprehensive framework for developing spaces that prioritize ecological harmony and human health, advocating for a holistic approach to contemporary architecture.

Keywords: Nature, Human, Biophilia, Wellness, Retreat, Sustainable Architecture.

Résumé

Par son titre, "Reconnecter les humains avec la nature par l'architecture", ce mémoire se concentre sur la conception d'une retraite de bien-être biophilique visant à combler le fossé entre la vie moderne et la nature. Le travail met en avant l'importance d'intégrer des éléments naturels dans les pratiques architecturales pour améliorer le bien-être général des individus. En abordant des questions liées à la durabilité environnementale et à la santé humaine, la thèse explore divers principes biophiliques tels que la lumière naturelle, la ventilation, la verdure et les éléments aquatiques. Ces éléments sont intégrés dans la conception de la retraite de bien-être pour créer des espaces favorisant le bien-être physique, mental et émotionnel. Situé dans un site montagneux, la retraite de bien-être proposé tire parti du paysage naturel pour offrir un sanctuaire qui favorise une connexion plus profonde avec la nature. Cette recherche fournit un cadre complet pour développer des espaces qui privilégient l'harmonie écologique et la santé humaine, en prônant une approche holistique de l'architecture contemporaine.

Mots-clés : Nature, Homme, Biophilia, Bien-être, Retraite, L’architecture Durable.

ملخص :

من خلال عنوانها "الهندسة المعمارية البيوفيلية"، تركز هذه الأطروحة على تصميم منتج صحي بيوفيلي يهدف إلى سد الفجوة بين الحياة الحديثة والطبيعة. تؤكد على أهمية دمج العناصر الطبيعية داخل الممارسات المعمارية لتعزيز رفاهية الأفراد بشكل عام. بمعالجة القضايا المتعلقة بالاستدامة البيئية وصحة الإنسان، تستكشف الأطروحة مختلف المبادئ البيوفيلية مثل الضوء الطبيعي، التهوية، النباتات، وعناصر الماء. يتم دمج هذه العناصر في تصميم المنتج الصحي لإنشاء مساحات تعزز الرفاهية الجسدية، العقلية، الروحية والاجتماعية. يقع المنتج الصحي المقترح في موقع جبلي، ويستفيد من المناظر الطبيعية لتوفير ملاذ يعزز التواصل العميق مع الطبيعة. يقدم هذا البحث إطاراً شاملاً لتطوير مساحات تركز على التناغم البيئي وصحة الإنسان، داعياً إلى نهج شامل للهندسة المعمارية المعاصرة.

الكلمات المفتاحية: الطبيعة، الإنسان، البيوفيليا، الصحة، منتج، الهندسة المعمارية المستدامة.

Table of Contents

INTRODUCTORY CHAPTER	- 16 -
Introduction.....	- 17 -
Problematic framework.....	- 18 -
Hypotheses.....	- 18 -
Objectives	- 18 -
Methodology	- 19 -
Part one: Theoretical Framework.....	- 20 -
Chapter one: Man and Nature.....	- 21 -
Introduction.....	- 21 -
1 NATURE	- 21 -
1.1 Definitions:	- 21 -
1.2 The elements of nature:.....	- 22 -
Tradition.....	- 22 -
2 MAN	- 23 -
2.1 Definitions.....	- 23 -
2.2 Human needs.....	- 23 -
2.2.1 Moslow's hierarchy of needs.....	- 24 -
2.2.1.1 Physiological needs	- 25 -
2.2.1.2 Safety needs	- 25 -
2.2.1.3 Love and belongingness needs	- 25 -
2.2.1.4 Esteem needs	- 25 -
2.2.1.5 Self-actualization needs	- 26 -
3 Human / nature relationship:.....	- 28 -
3.1 Human - nature relationship throughout history:.....	- 28 -
3.2 The 5 Elements of Nature and Their Relationship with The Human Body ..	- 30 -
3.3 The Psychological Side of Human/Nature Relationship:	- 32 -
3.4 The negative impact of man on nature:.....	- 33 -
4 Man's dependence on nature:	- 35 -
4.1 Physical Well-Being:	- 35 -
4.2 Health and Healing:	- 35 -
4.3 Economic Livelihoods:	- 35 -
4.4 Cultural and Spiritual Connections:.....	- 35 -
4.5 Biodiversity and Ecosystem Services:.....	- 35 -
Synthesis	- 35 -
Chapter two: Nature and Well-being.....	- 36 -
Introduction.....	- 36 -
5 Wellness and Health	- 36 -

5.1	Definitions.....	- 36 -
5.2	Holistic Wellness	- 38 -
5.3	The Essence of Holistic Wellness: Mind, Body, and Spirit.....	- 38 -
5.3.1	Physical Well-being:.....	- 38 -
5.3.2	Mental and Emotional Well-being:.....	- 38 -
5.3.3	Spiritual Nourishment:.....	- 39 -
5.4	The 7 components of holistic wellness	- 39 -
5.5	Best practices to achieve holistic wellness	- 40 -
5.6	The Role of Holistic Healing Practices.....	- 42 -
6	The impact of nature on wellness	- 43 -
7	Real-Life Examples of People Helped by Nature.....	- 44 -
8	Current Knowledge on the Human–Nature Relationship and Health.....	- 45 -
8.1	Physical Health	- 46 -
8.2	Mental Health.....	- 46 -
8.3	Social Health.....	- 47 -
	Synthesis	- 48 -
	Chapter three: Man, Nature and Architecture (Biophilia and biophilic design)	- 49 -
	Introduction.....	- 49 -
9	Nature and architecture:.....	- 49 -
9.1	A brief historical overview of nature in architecture:	- 49 -
9.2	Balancing Nature And Architecture By Balancing The 5 Elements Of Nature In Real Estate	- 51 -
10	Biophilia:.....	- 52 -
11	Biophilic design	- 53 -
11.1	History and development:.....	- 54 -
11.2	The 6 principles of biophilic design and biophilic design elements.....	- 55 -
11.3	Characteristics of Biophilic Design	- 57 -
11.4	Design and Implementation	- 58 -
11.5	Benefits of Biophilic Design.....	- 59 -
11.5.1	Physical Well-being.....	- 59 -
11.5.2	Mental and Emotional Well-being	- 59 -
11.6	Real-Life Applications.....	- 60 -
11.6.1	Residential Spaces	- 60 -
11.6.2	Workspaces.....	- 61 -
11.6.3	Urban Environments.....	- 61 -
11.7	The 14 Patterns of Biophilic Design:	- 62 -
11.7.1	Nature in the Space.....	- 62 -
11.7.1.1	Visual Connection with Nature.....	- 62 -
11.7.1.2	Nonvisual Connection with Nature.....	- 62 -
11.7.1.3	Non-rhythmic Sensory Stimuli	- 63 -

11.7.1.4 Thermal and Airflow Variability	- 63 -
11.7.1.5 Presence of Water	- 64 -
11.7.1.6 Dynamic and Diffuse Light.....	- 64 -
11.7.1.7 Connection with Natural Systems.....	- 65 -
11.7.2 Nature Analogs	- 66 -
11.7.2.1 Biomorphic Forms and Patterns.....	- 66 -
11.7.2.2 Material Connection with Nature.....	- 67 -
11.7.2.3 Complexity and Order.....	- 67 -
11.7.3 Nature of the Space.....	- 68 -
11.7.3.1 Prospect.....	- 68 -
11.7.3.2 Refuge	- 69 -
11.7.3.3 Mystery	- 70 -
11.7.3.4 Risk/Peril.....	- 70 -
Synthesis	- 71 -
Part two: Practical Framework	- 72 -
Chapter Four: Examples and Case Studies.....	- 73 -
13 Fallingwater house / Frank Lloyd Wright.....	- 73 -
13.1 Location	- 73 -
13.2 Concept	- 74 -
13.3 Exterior Analysis	- 75 -
13.4 Interior Analysis.....	- 76 -
13.5 Structure	- 79 -
13.6 Materials	- 79 -
14 Amazon's Seattle Spheres.....	- 81 -
15 A mid-century modern Treehouse:	- 86 -
16 A study on Engawa: The Japanese Tradition and its Contemporary Revival.....	- 90 -
16.1 Mythical origins and intentions of <i>engawa</i>	- 91 -
16.2 Philosophical origins.....	- 94 -
16.3 Aesthetic and perceptual essence.....	- 96 -
16.4 Stage Engawa Market in Niigata, 2016, by Tezuka Architects	- 97 -
16.5 Albert Kahn Museum and Garden (Competition) Museum in hauts-de-seine, 2015, by Kengo Kuma	- 99 -
16.6 Yoshino Cedar House Guesthouse in Nara, 2017, by Go Hasegawa	- 100 -
16.7 Modern Art Museum of Fort Worth Museum in Texas, 2002, by Tadao Ando..	- 102 -
Chapter Five: Site analysis.....	- 107 -
Introduction.....	- 107 -
17 Overview of Khenchela city	- 107 -
18 Hammam Essalihine :	- 108 -

19	The terrain :.....	- 109 -
19.1	Landmarks.....	- 109 -
19.2	Topography	- 110 -
20	A Site Analysis through Kellert's Lens	- 111 -
20.1	Light.....	- 111 -
	SUNSHINE HOURS IN KHENCHELA.....	- 111 -
	Design Integration.....	- 112 -
20.2	Air	- 112 -
20.3	Water.....	- 112 -
20.4	Plants.....	- 112 -
20.5	Animals	- 113 -
20.6	Weather	- 114 -
20.7	Natural Landscape:	- 115 -
	Synthesis	- 117 -
	SWOT Analysis	- 117 -
	According to an analytical reading of the study area of Hammam Essalihine across multiple scales, we observe certain potentials and certain dysfunctions in the study area, and we have presented these results using the SWOT method in the table below:	- 117 -
	Strengths	- 117 -
	Weaknesses	- 117 -
	Opportunities.....	- 117 -
	Threats.....	- 117 -
	Chapter Six: Architectural and Technical Programming	- 118 -
	Biophilic Wellness Retreat:	- 118 -
21	Objectives	- 118 -
22	PROGRAM COMPONENTS.....	- 118 -
	Mental Wellness Zone	- 118 -
	Physical Wellness Zone	- 119 -
	Spiritual Wellness Zone.....	- 120 -
	Social Wellness and Growth Zone.....	- 120 -
	Accommodation	- 121 -
	Nutrition	- 121 -
23	Qualitative and quantitative requirements:	- 122 -
24	Technologies and techniques	- 125 -
24.1	Green Roof Technologies	- 125 -
24.2	Solar Panels.....	- 126 -
24.3	Sustainable Water Management	- 127 -
24.4	Smart Building Materials.....	- 127 -
24.5	Interior Comfort Technologies:	- 128 -
	Conclusion	- 130 -

Bibliographie:	- 131 -
Appendices :.....	- 135 -