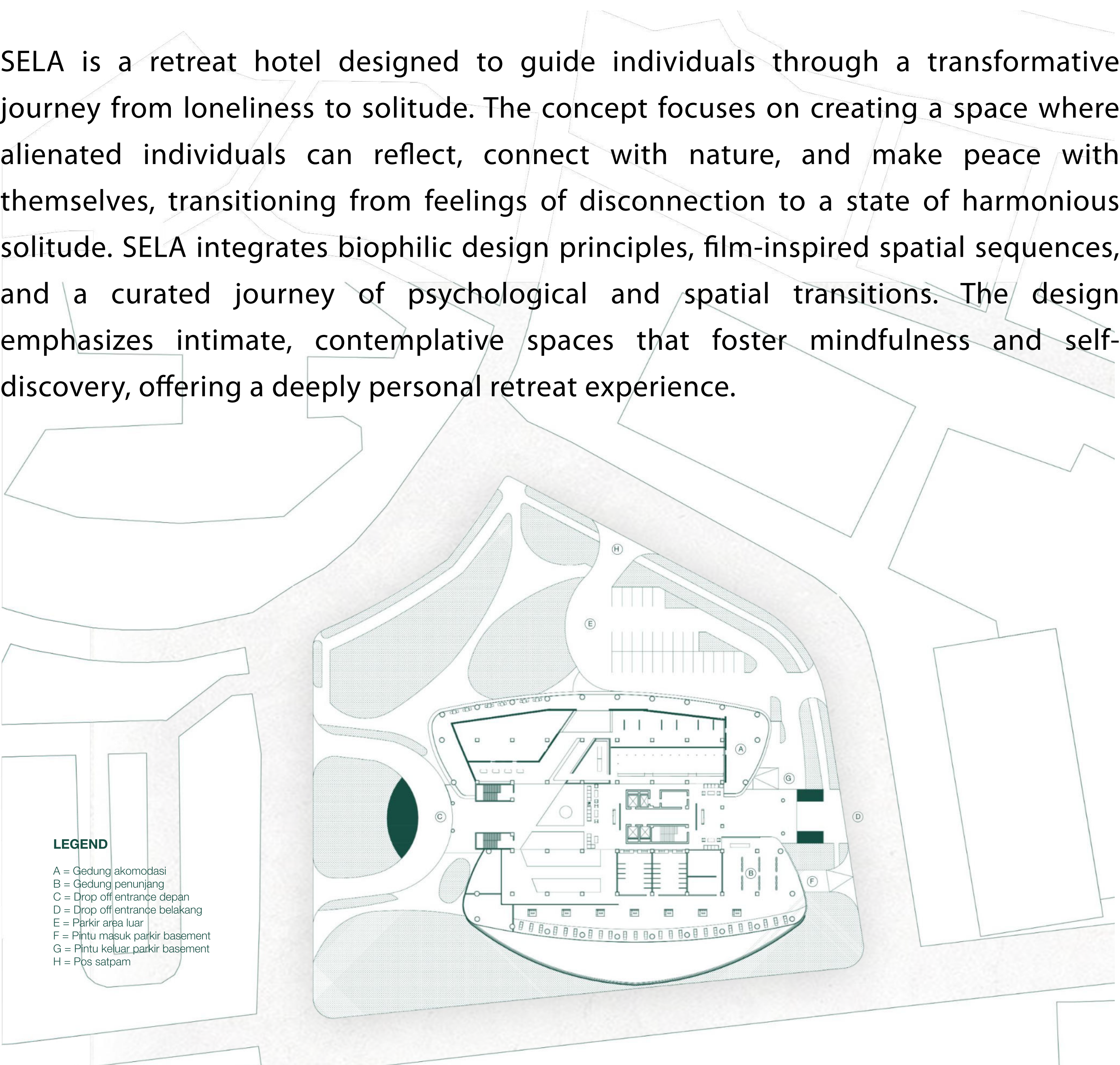




SELA

RETREAT HOTEL

SELA is a retreat hotel designed to guide individuals through a transformative journey from loneliness to solitude. The concept focuses on creating a space where alienated individuals can reflect, connect with nature, and make peace with themselves, transitioning from feelings of disconnection to a state of harmonious solitude. SELA integrates biophilic design principles, film-inspired spatial sequences, and a curated journey of psychological and spatial transitions. The design emphasizes intimate, contemplative spaces that foster mindfulness and self-discovery, offering a deeply personal retreat experience.



SPATIAL SEQUENCE

01

ACKNOWLEDGMENT



subdued lighting

02

GROUNDING



greenery

03

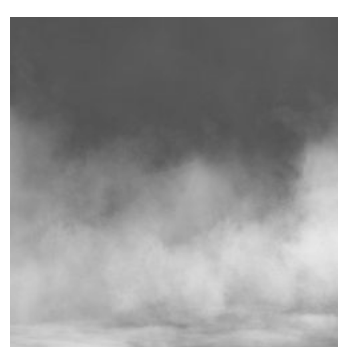
REFLECTION



water

04

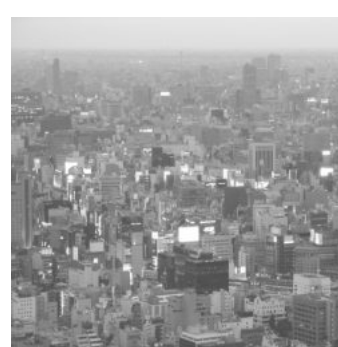
CLEANSING



steam

05

ACCEPTANCE



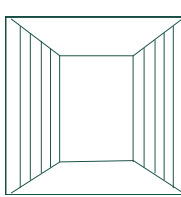
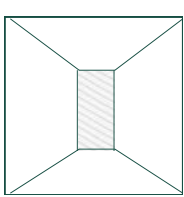
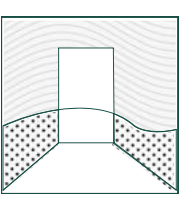
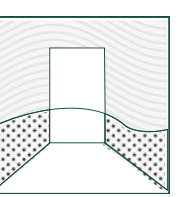
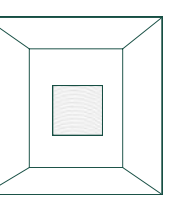
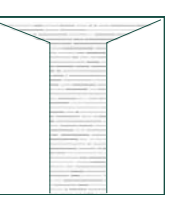
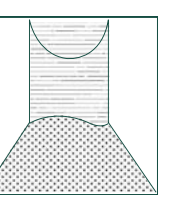
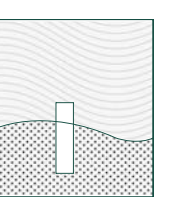
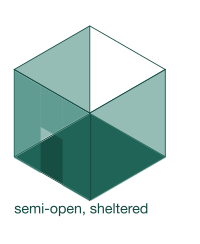
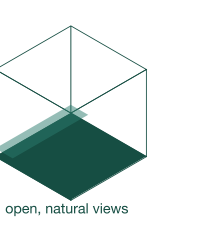
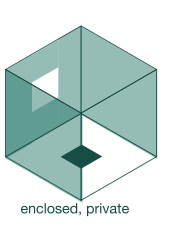
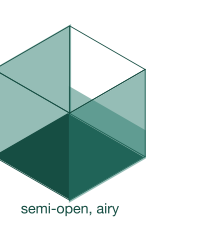
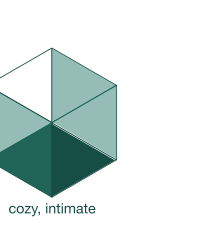
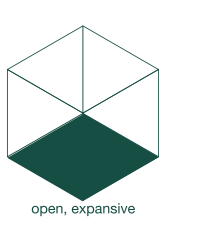
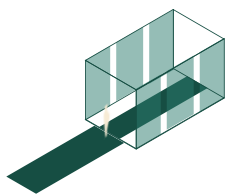
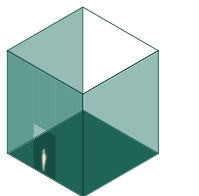
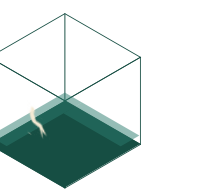
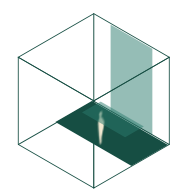
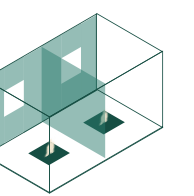
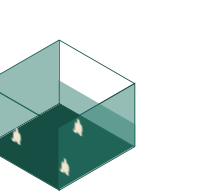
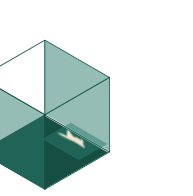
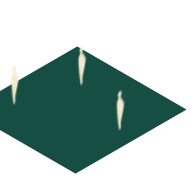
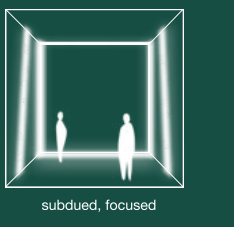
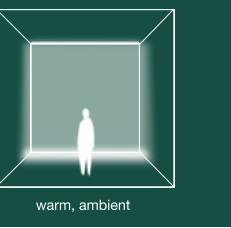
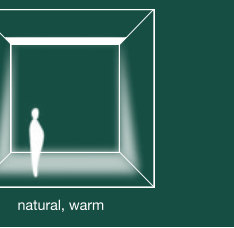
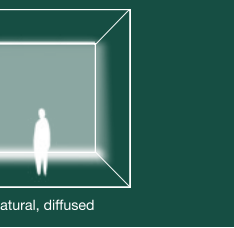
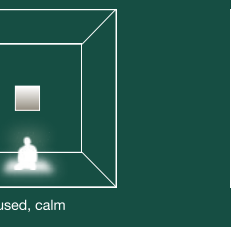
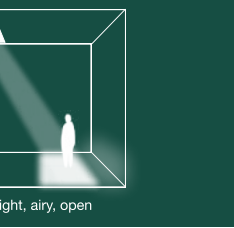
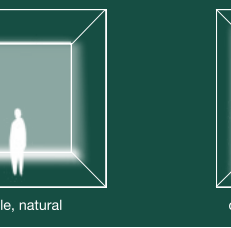
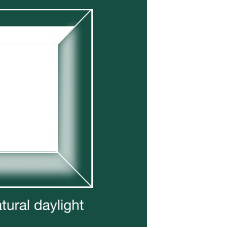
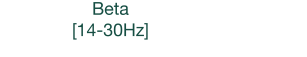
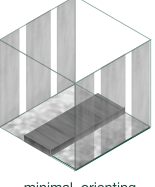
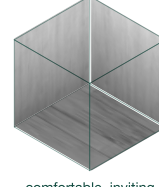
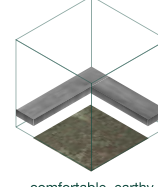
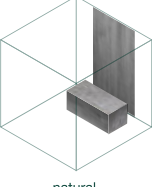
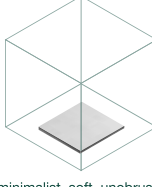
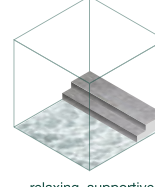
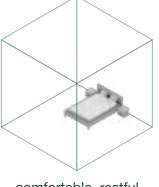
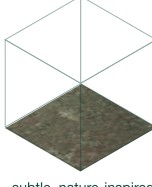
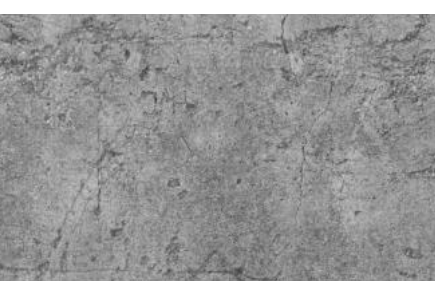
urban landscapes

06

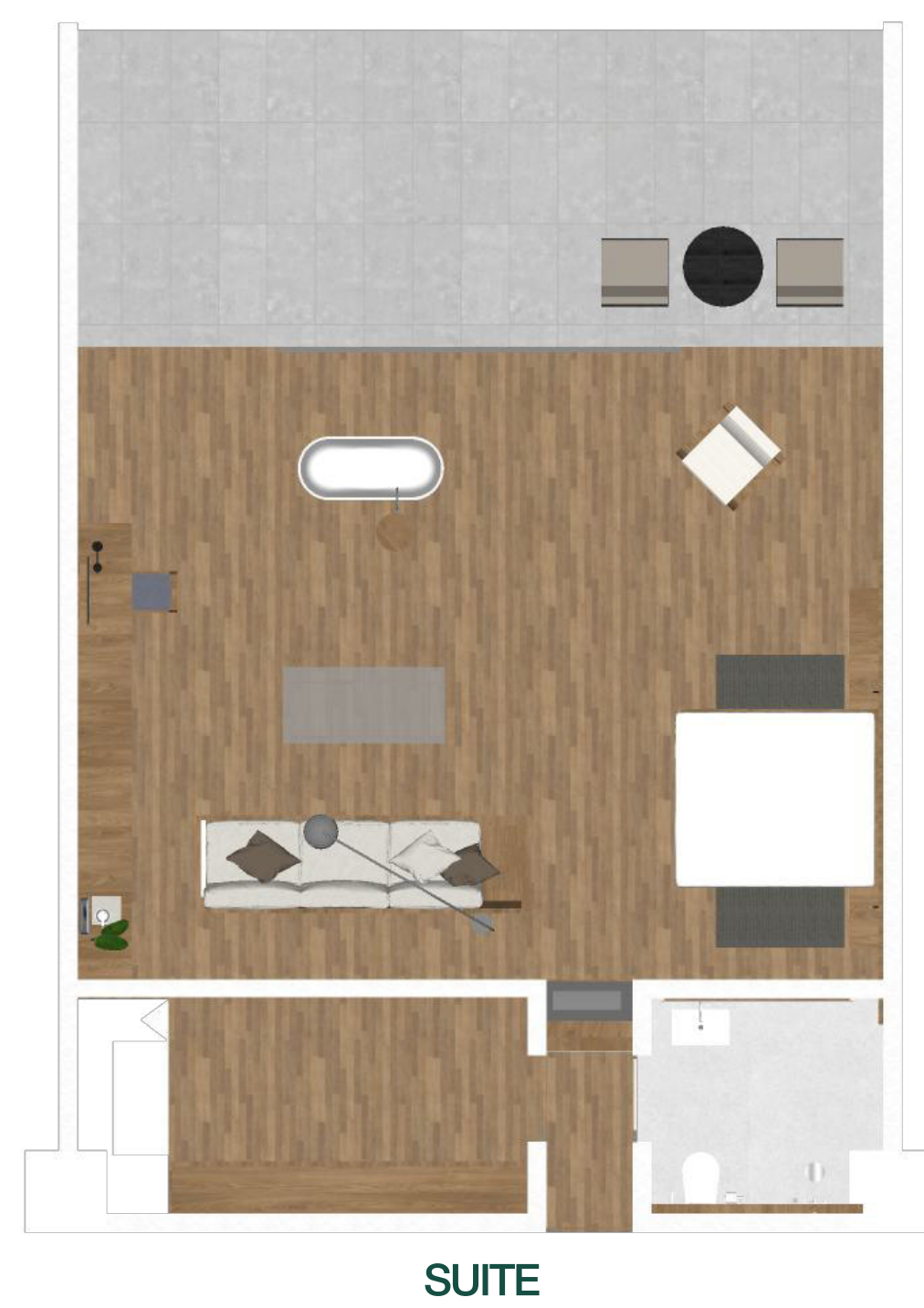
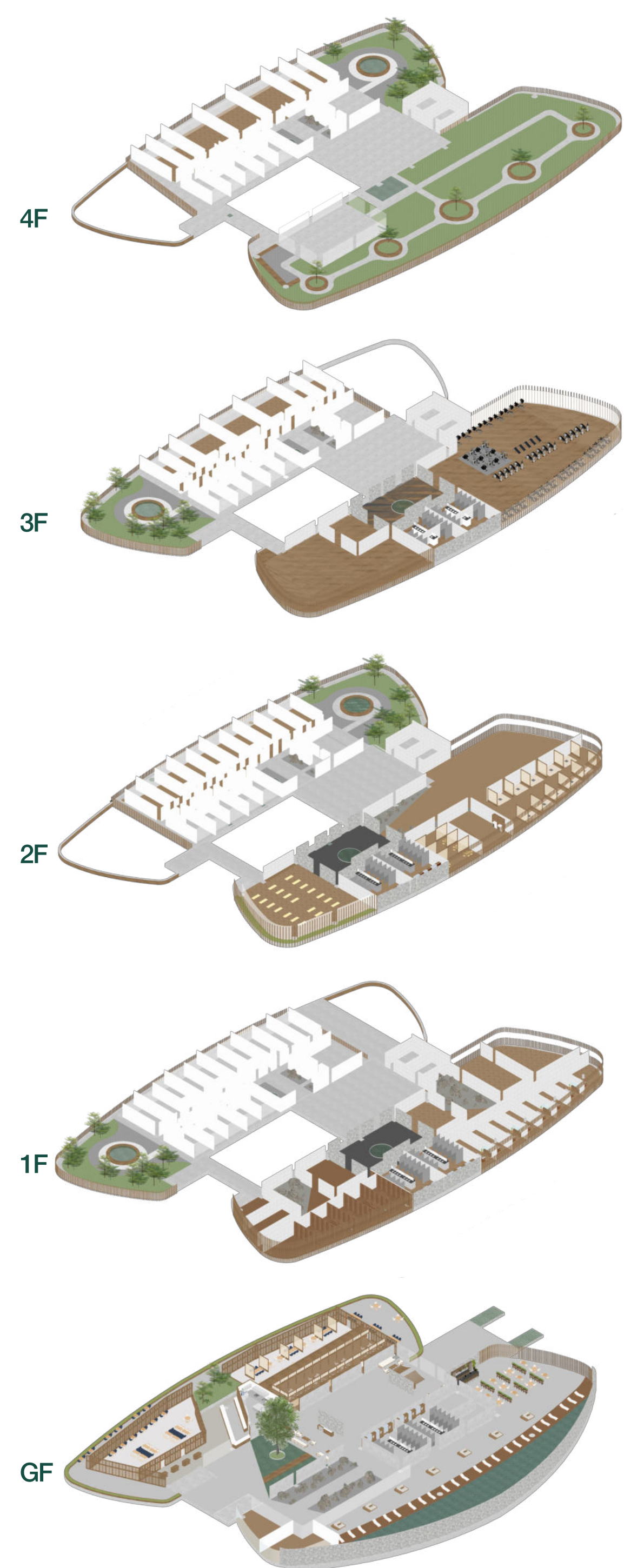
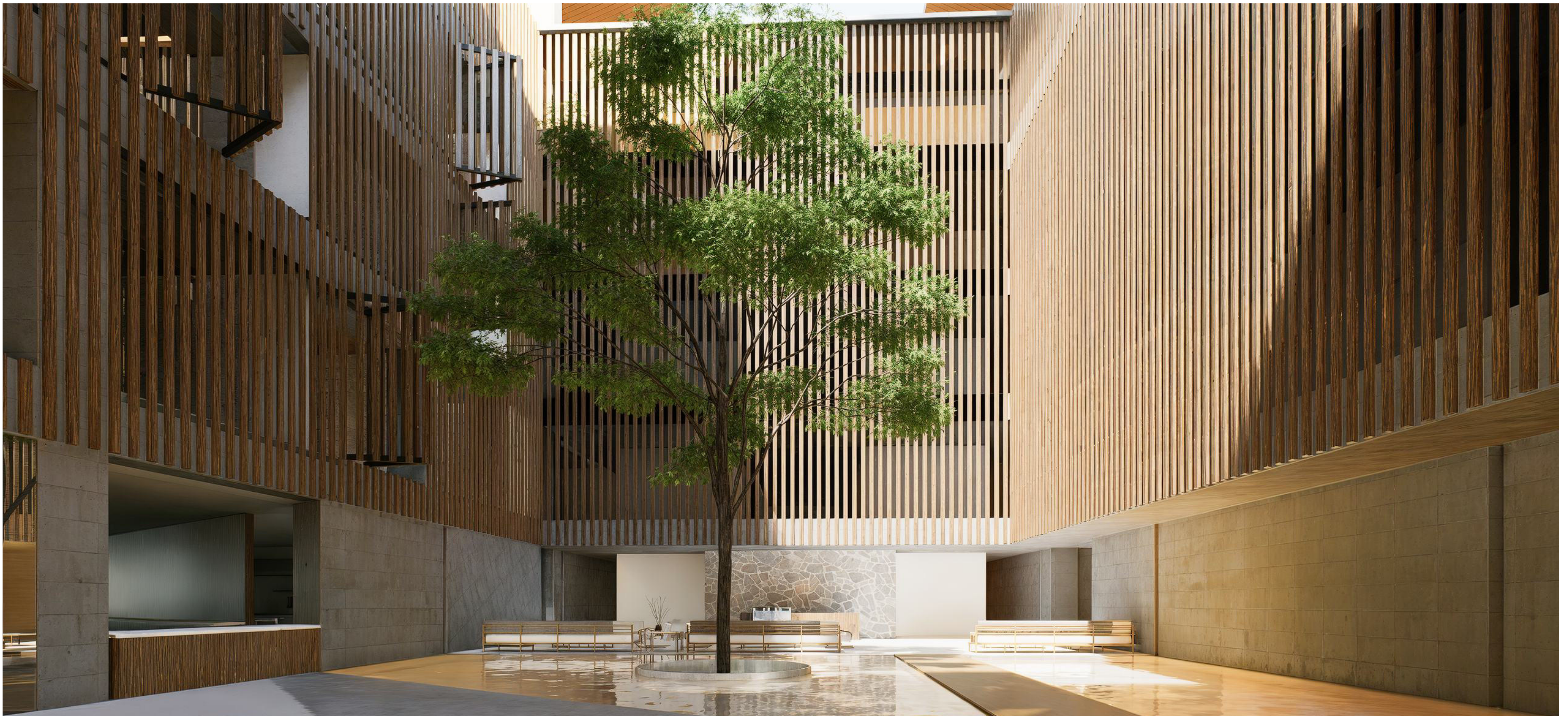
RECONNECTION



shared open space

	ACKNOWLEDGMENT	GROUNDING	REFLECTION	CLEANSING	ACCEPTANCE	RECONNECTION		
	ENTRY	LOBBY	LOUNGE	RECEPTION	MEDITATION	SPA	BEDROOM	GARDEN
ARTICULATION								
ORGANIZATION								
ENCLOSURE & OPENINGS								
FORM & PROPORTION								
LIGHTING								
SOUND	Beta [14-30Kz]	Beta [14-30Kz]	Beta [14-30Kz]	Beta [14-30Kz]	Beta [14-30Kz]	Alpha [8-13.8Kz]	Theta [4-7.8Kz]	Beta [14-30Kz]
								
	abstract, logical	abstract, focus	abstract, relaxation	concentration, natural	concentration, meditation	relaxation, focus	peaceful, open hearing	abstract, warm
FURNITURE & FURNISHING								
MATERIALS								
	wood	smooth exposed concrete	rough exposed concrete	stones	fabric			





SELA

RETREAT HOTEL

A key feature of SELA is the inclusion of in-between spaces—transitional zones that bridge each phase of the journey. These spaces are intentionally designed to slow movement and create pauses, allowing guests to sense a gradual shift in atmosphere. Subtle changes in scale, light, and texture are introduced within these zones to heighten awareness, making each passage not just a corridor, but a vital part of the experience. By encouraging anticipation and reflection, the in-between spaces act as thresholds that prepare individuals for the next stage of their transformative journey.

