

INTERIOR
ARCHITECTURE

2026

A N O M A
URBAN BLUE ZONE

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An architectural rendering of the ANOMA project, showing a modern building with a stone wall and a walkway. The scene is overlaid with a semi-transparent dark grey rectangle containing text. The background features a mix of natural elements like trees and urban structures like high-rise buildings.

This is the journey of ANOMA, a project that connects people, nature, and the city through architecture that promotes well-being, sustainability, and quality of life.

More than a wellness destination, ANOMA represents a vision of harmonious coexistence between humans and the environment. It reflects a commitment to environmental responsibility, creating architecture that gives back to nature, the city, and society.



Source: Image courtesy of Naewna.com

WHY ANOMA?

Today, Bangkok is a city shaped by fast-paced lifestyles and the pressures of urban living. At the same time, residents face growing environmental challenges, including PM2.5 air pollution and rising temperatures caused by climate change. These conditions have significant long-term impacts on health, quality of life, and both physical and mental well-being.

URBAN BLUE ZONE

However, there are places around the world where people enjoy exceptional well-being and remarkable longevity. Known as “Blue Zones,” these communities thrive through healthy lifestyles, strong social connections, and supportive environments.

This inspired a fundamental question: “Could the principles of a Blue Zone be reimaged in the heart of Bangkok?” As a dense and fast-paced metropolis, Bangkok presents an opportunity to explore how architecture can promote healthier, more resilient, and human-centered urban living.




Conceptual visualization of an Urban Blue Zone in Bangkok.



Reference image from Okinawa, Japan, one of the world's Blue Zones. Source: Iwan Baan, published on ArchDaily.



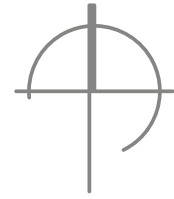

ANOMA
URBAN BLUE ZONE

PROJECT ANOMA

This vision became the foundation of ANOMA Wellness Center, a project inspired by the principles of Urban Blue Zones and longevity. The project seeks to create an environment that supports long-term well-being and a healthier quality of life.

Guided by the concept of “Nature-Infused Architecture,” the design integrates nature into the built environment through spatial strategies that allow natural elements to flow into the building, introduce daylight deep into interior spaces, and blur the boundaries between indoors and outdoors. By fostering a continuous connection with nature, the project aims to create a restorative environment where architecture contributes to healing, well-being, and everyday quality of life.

SITE LOCATION

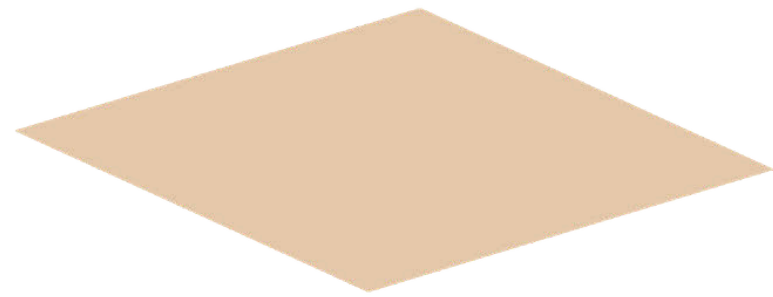


The project is located on Sarasin Road in Lumpini, Pathum Wan, Bangkok, surrounded by health-oriented urban amenities, including Lumpini Park and Benjakitti Park, two of the city's most significant green spaces. The site is situated within a dense mixed-use district of business and residential developments, with convenient access to multiple public transit networks.

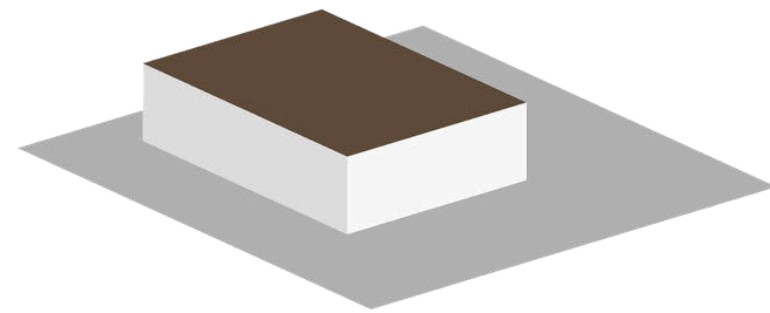
Given its strategic location, ANOMA is envisioned as a connector between the city, nature, and human well-being. Guided by the principles of an Urban Blue Zone, the project seeks to enhance quality of life by integrating health, nature, and urban living within a contemporary metropolitan context.



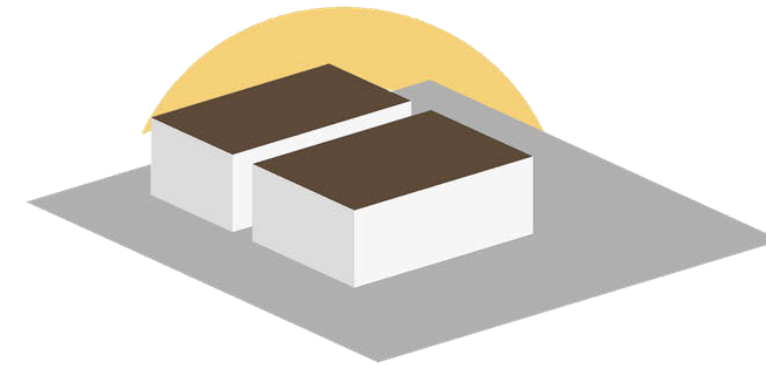
Sarasin Road, Lumpini, Pathum Wan, Bangkok 10330, Thailand



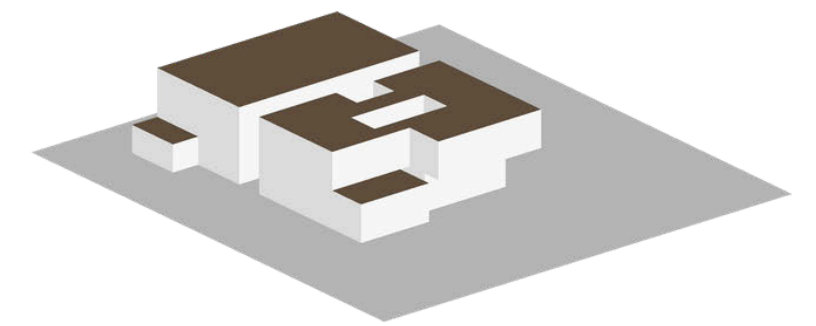
SITE CONTEXT



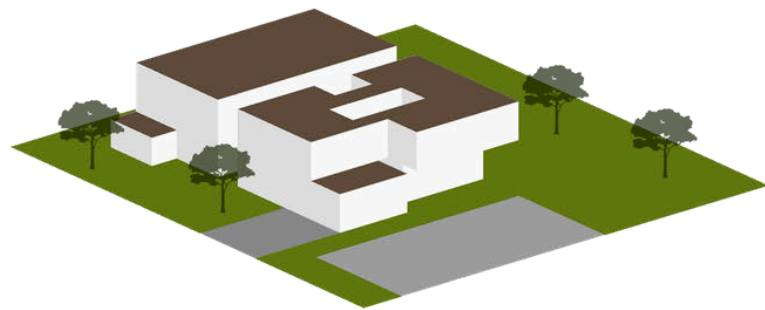
INITIAL MASSING



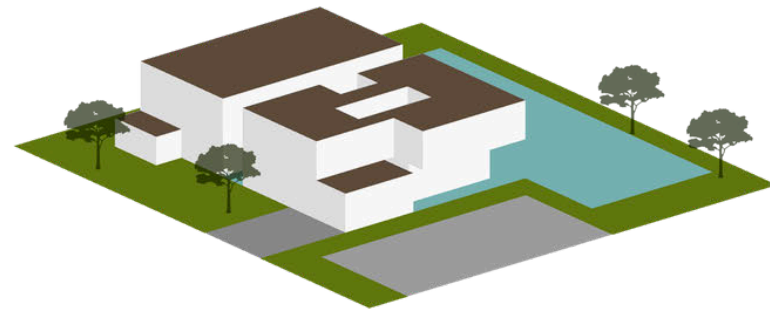
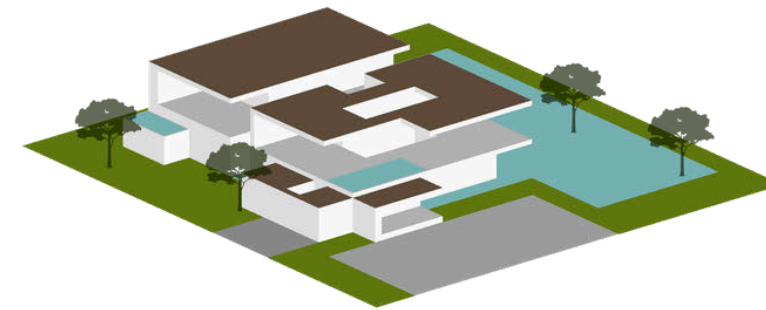
RESPONDING TO CLIMATE



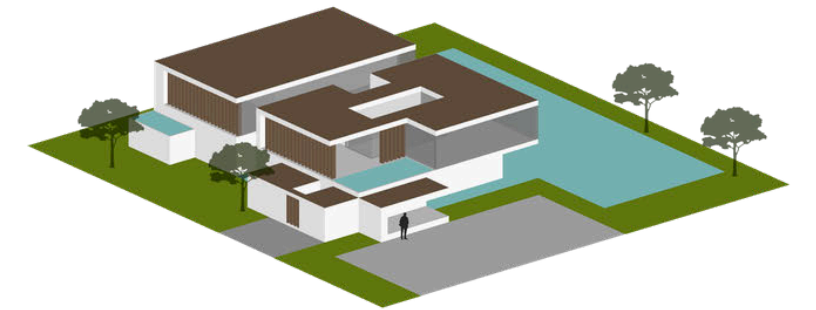
CREATING SPATIAL LAYERS



GREEN AS A BUFFER

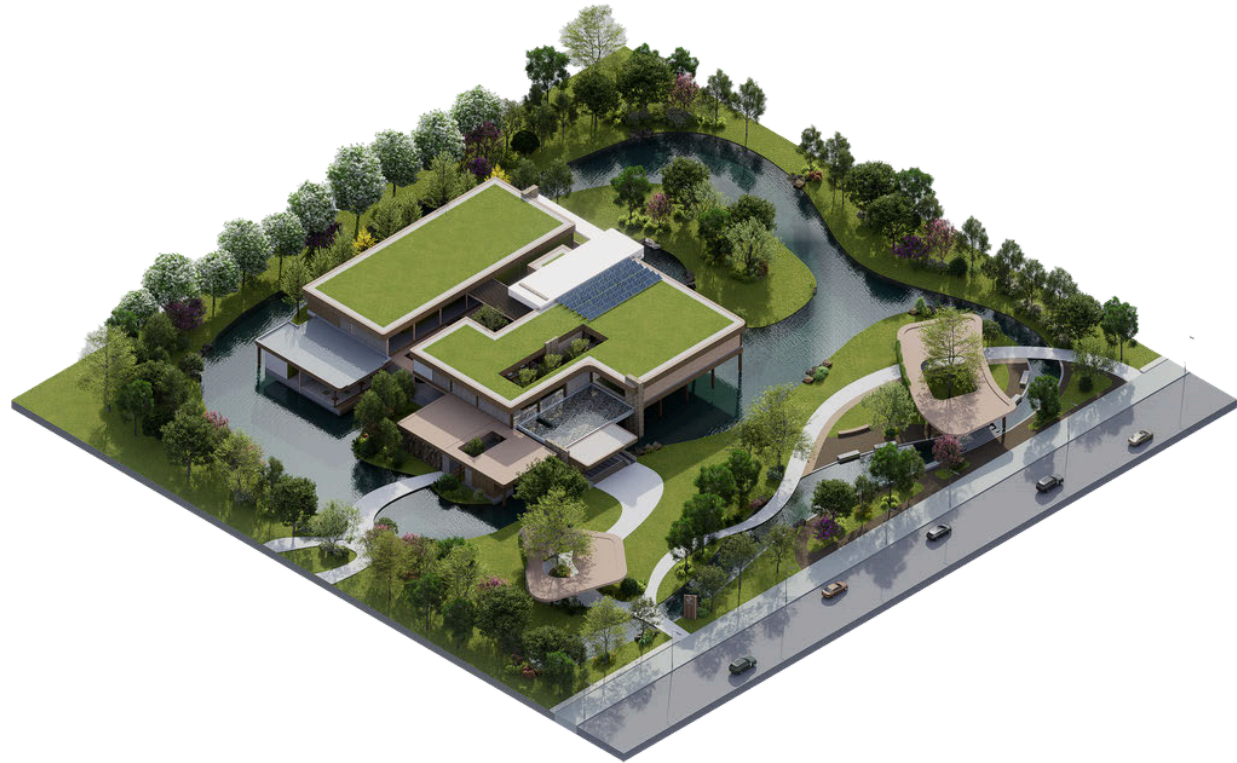
WATER AS
MICROCLIMATE

CARVING THE VOID

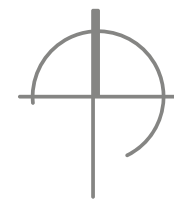
FINAL ARCHITECTURAL
EXPRESSION

MASS DIAGRAM

The architectural design responds to the local climate by carefully considering sunlight, wind, and rainfall patterns. Guided by passive design principles, the building minimizes energy consumption while enhancing thermal comfort and strengthening the connection between people and nature.

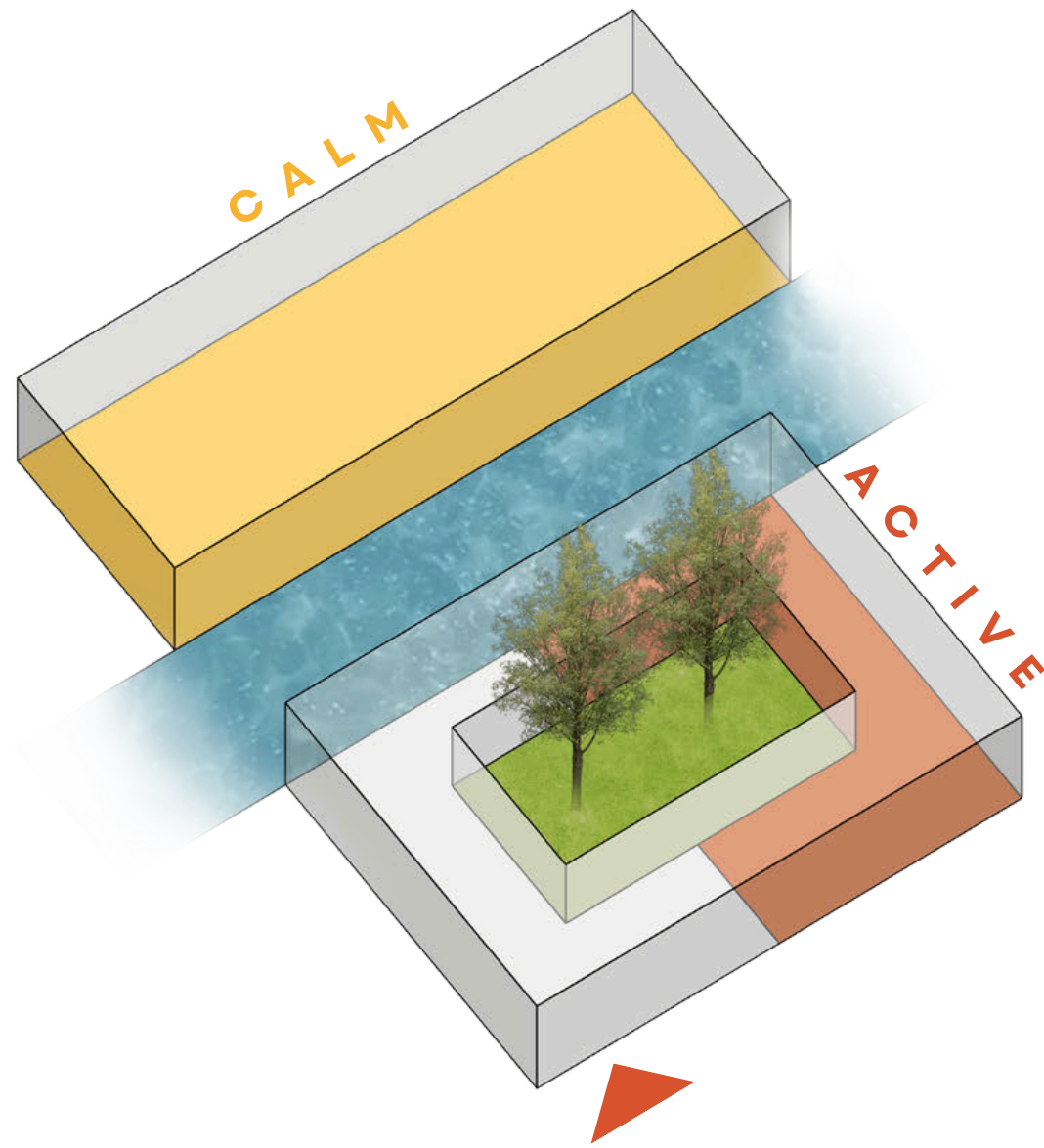


SITE LAYOUT



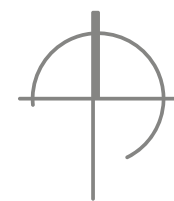
ANOMA extends its water landscape beyond the building to form a public space that reconnects people with nature. Supported by a multi-layered landscape of diverse vegetation, the project helps reduce PM2.5 pollution, mitigate urban heat, and improve environmental quality within the city.

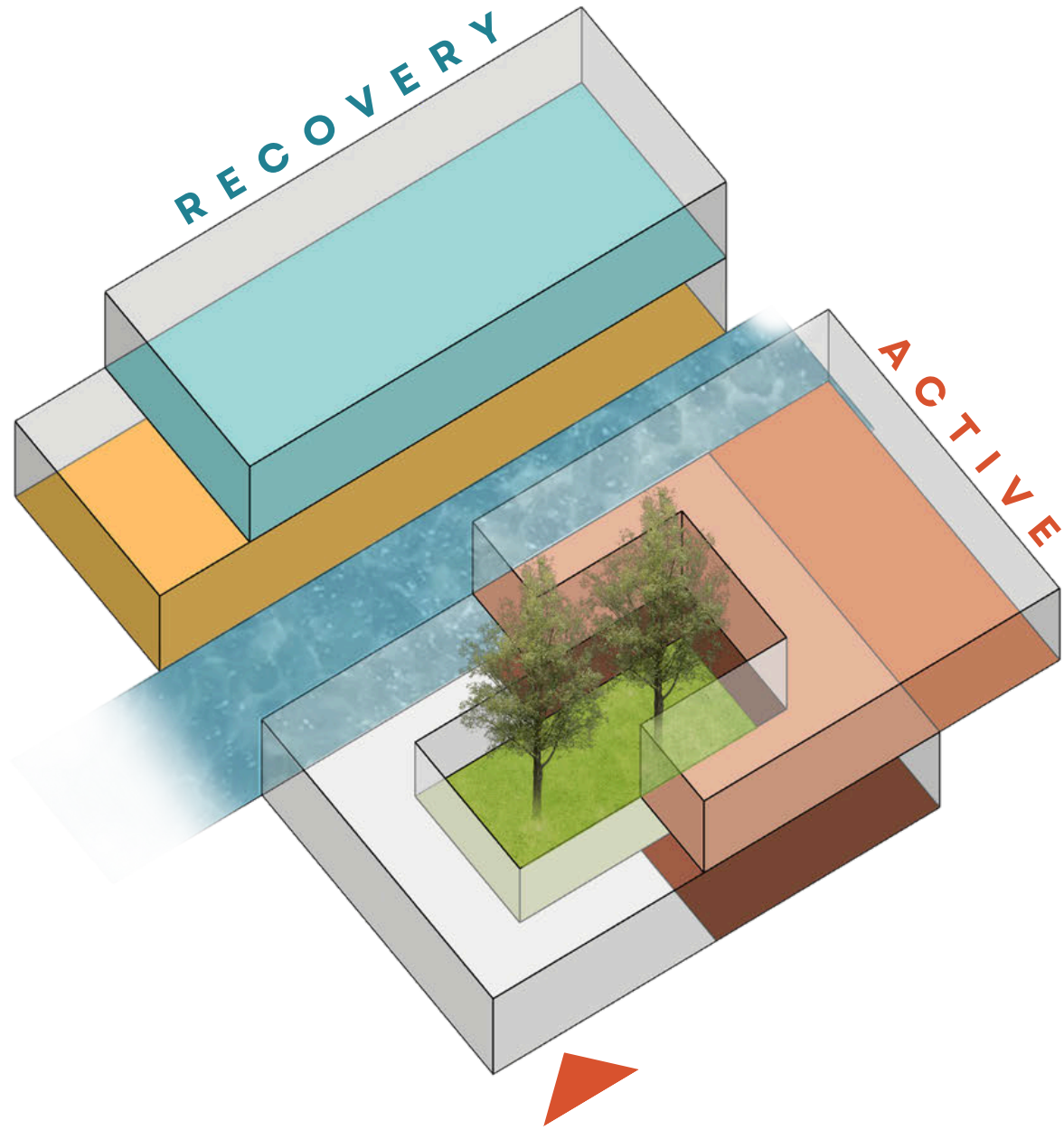




1 ST FLOOR

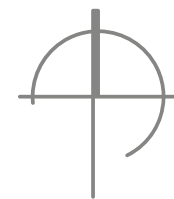
The first floor is divided into two main zones: the Active Zone, featuring Pilates and Dancing Rooms that encourage movement and vitality, and the Calm Zone on the northern side, which includes Meditation and Massage Treatment rooms for relaxation and restoration. A flowing water feature naturally separates and connects both zones.

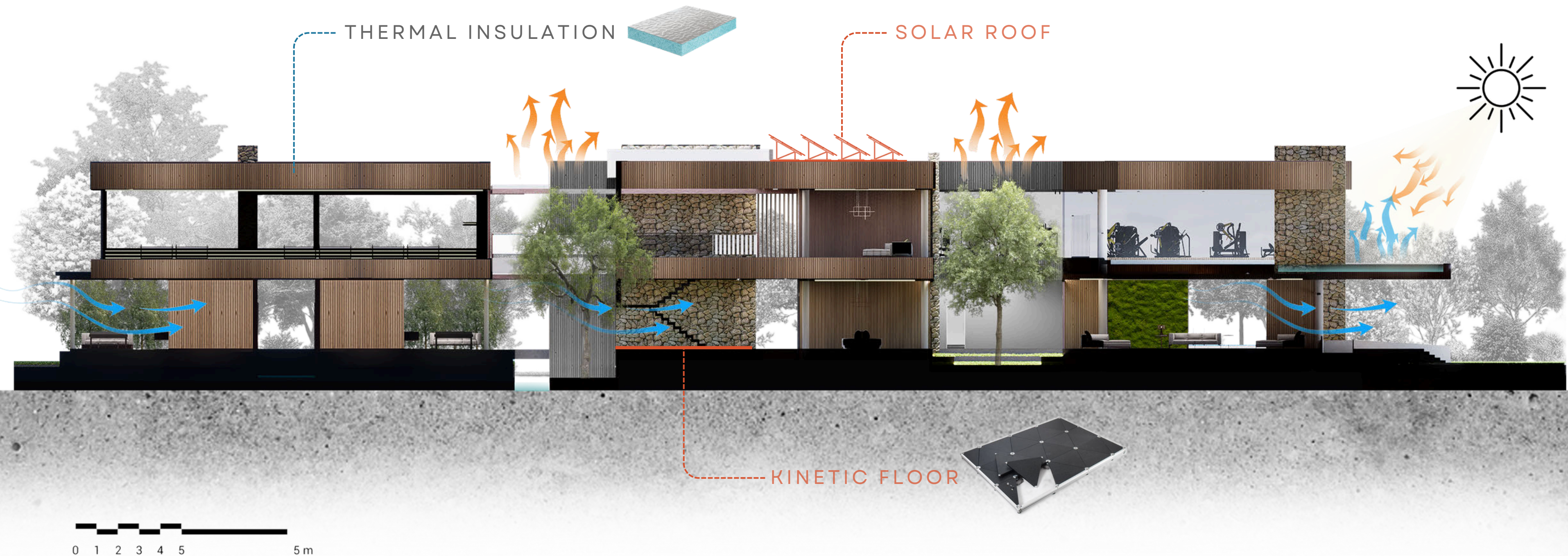




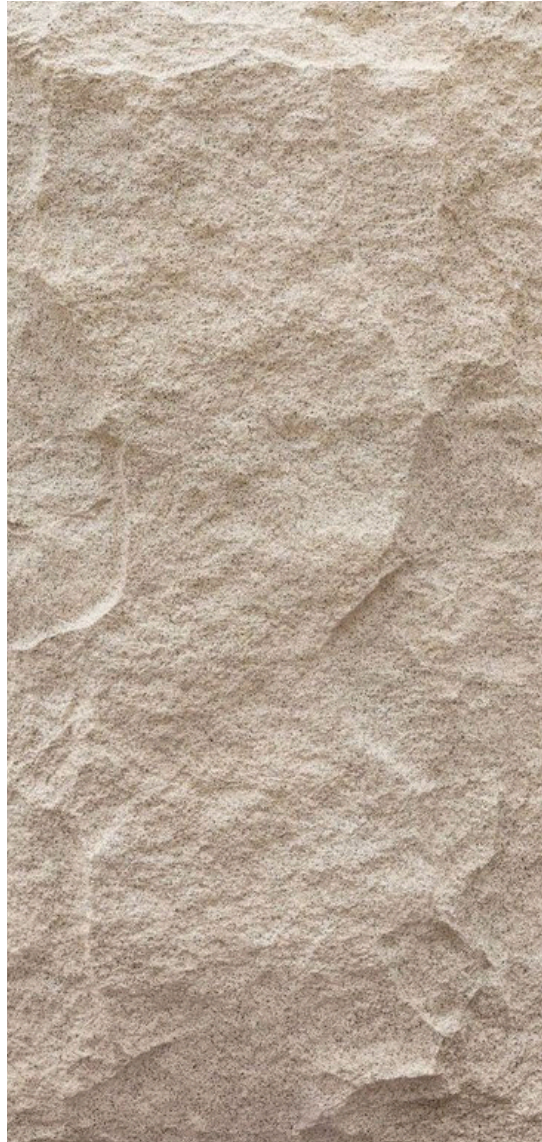
2 ND FLOOR

The second floor continues the active-to-recovery zoning strategy. The front of the building accommodates a gym dedicated to physical activity and movement, while the northern rear section is designed as a Recovery Zone featuring onsen and hydrotherapy facilities, providing a tranquil environment for rest and rejuvenation.





The building utilizes natural ventilation through openings around the envelope to reduce heat gain and create a comfortable indoor environment. Thermal insulation in the walls and ceilings further improves energy efficiency, while solar roof panels and kinetic flooring generate renewable energy from sunlight and human movement, supporting the project's sustainability goals.



SINTERED STONE



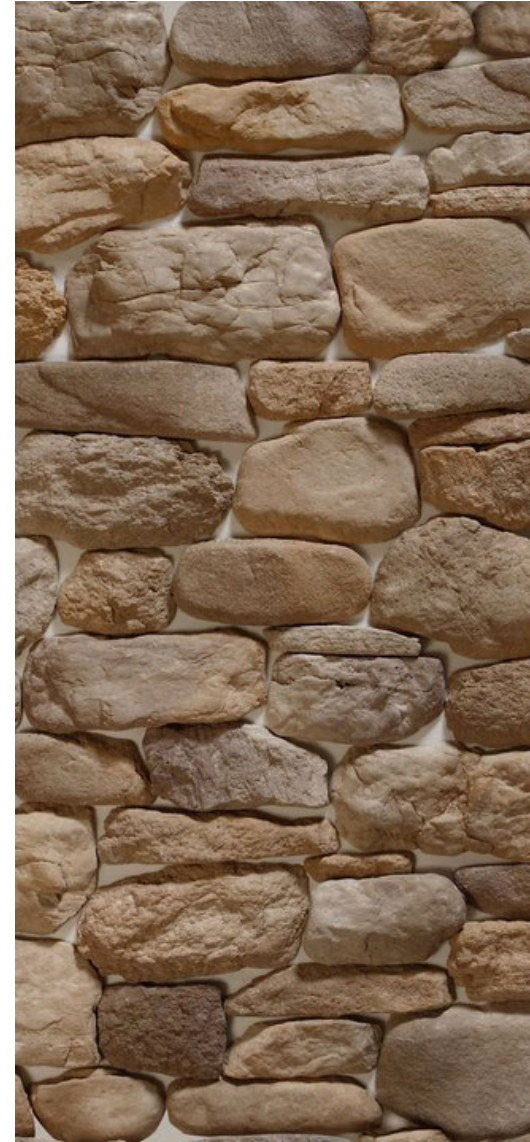
TEMPERED GLASS



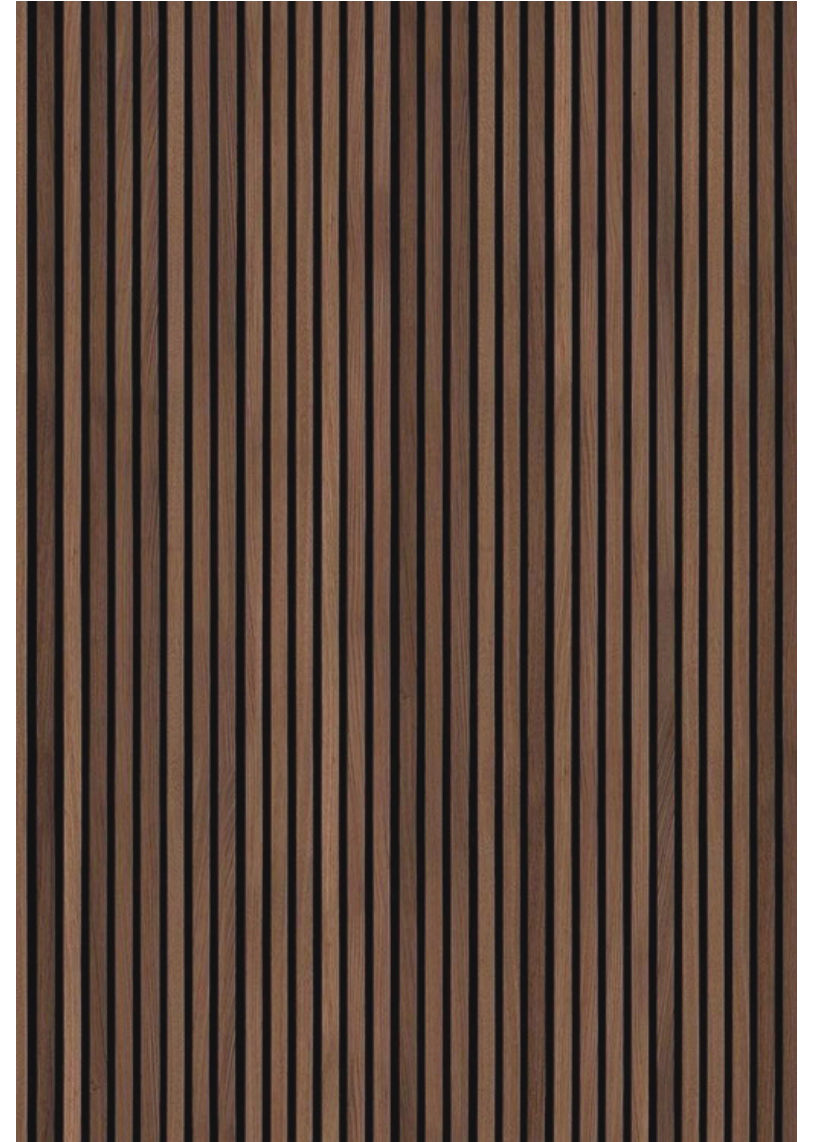
PRECAST CONCRETE



LOW-VOC PAINT



RUBBLE STONE



WOOD PLASTIC COMPOSITE

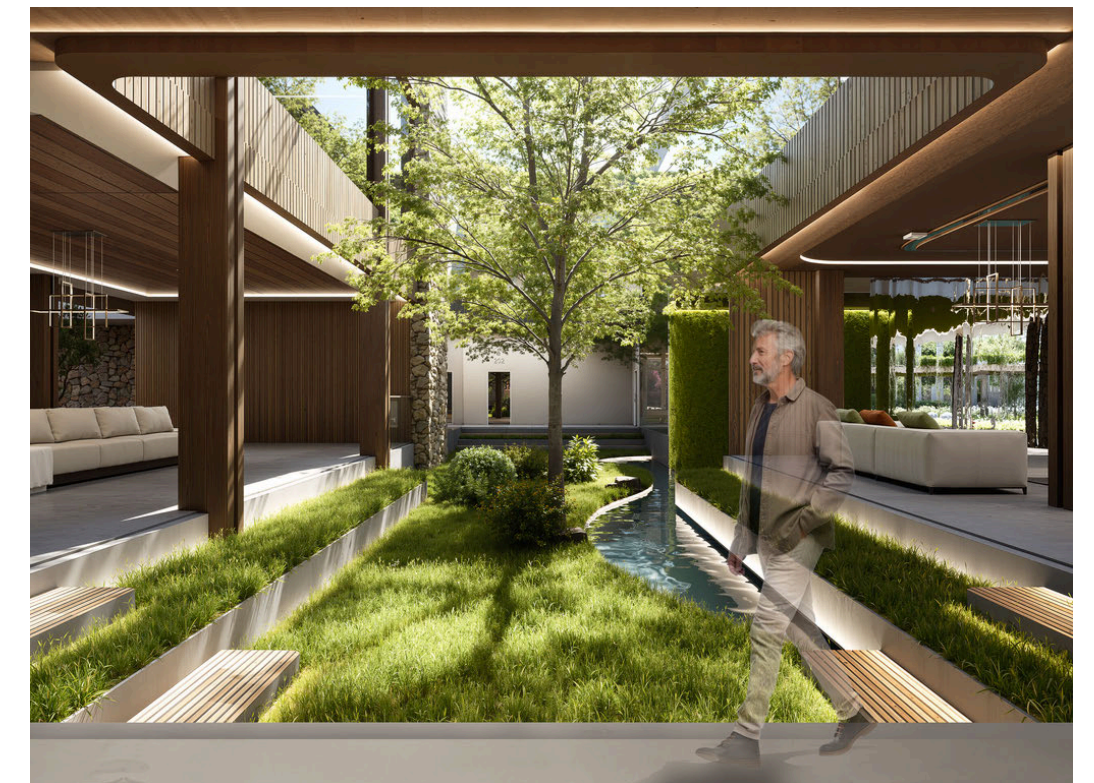
The project utilizes sustainable, low-VOC, and durable materials to enhance indoor air quality, reduce environmental impact, and support the building's long-term performance.



FROM THE FIRST STEP INSIDE

The reception marks the beginning of the wellness journey, where flowing water and natural daylight create a soothing, restorative atmosphere from the moment of arrival.

The corridor creates a seamless indoor-outdoor transition, immersing users in a multi-layered landscape that enhances sensory experience and strengthens the connection with nature.





ACTIVE



The Active Zone utilizes glass to expand spatial perception and maximize natural daylight, enhancing physical energy while maintaining visual connections to the surrounding landscape and water features outside the building.

INTO CALM

The transition space between the Active and Calm zones incorporates a kinetic floor to generate energy from movement, reinforcing the concept of energy regeneration within the building. A water feature flows through both zones, symbolizing a gradual shift toward a calmer and more restorative atmosphere.





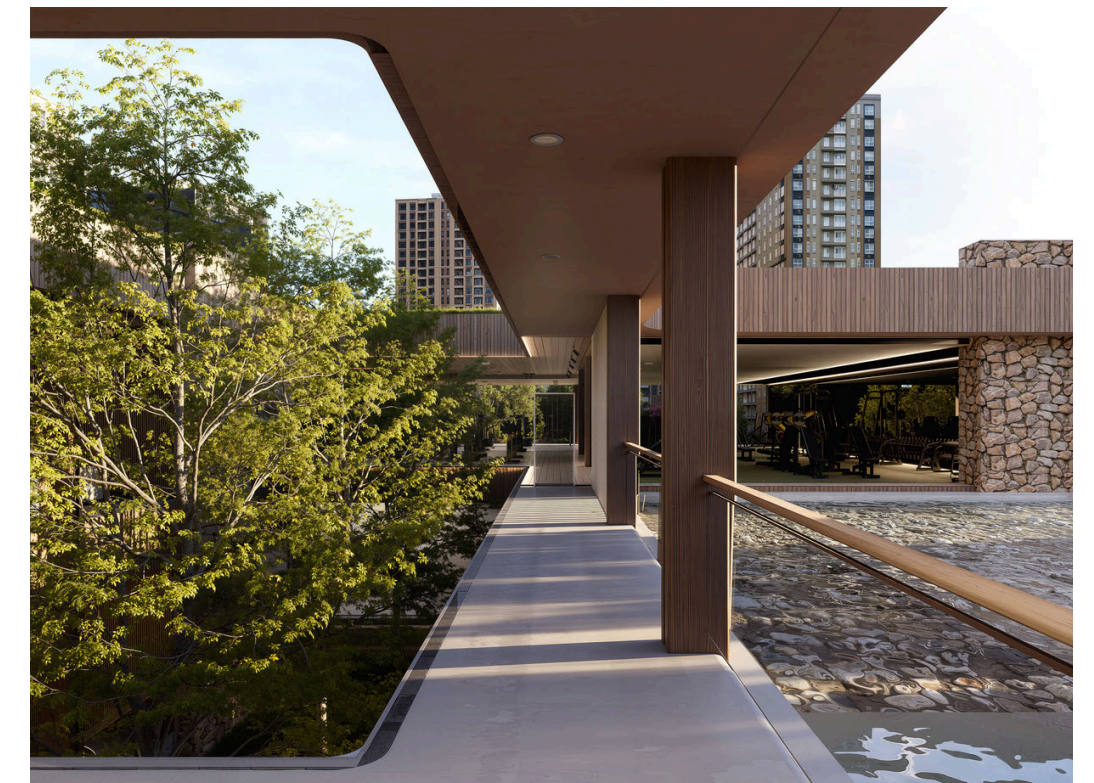
CALM

The Calm Zone focuses on healing stress through nature, featuring water curtains and wall openings that invite natural ventilation. Users experience a forest-like atmosphere, enriched by cool breezes and the fragrance of flowering plants.



FINAL STEP OF HEALING

The journey into the Recovery Zone passes through an open transition space, where users experience natural elements such as cool breezes, flowing water, daylight, and greenery, before entering the biological healing environment.



RECOVERY

The Recovery Zone is designed with a dark and tranquil atmosphere to support deep physical and mental restoration. Hidden lighting and natural timber materials create a warm and calming environment for Deep Healing within the context of both city and nature.





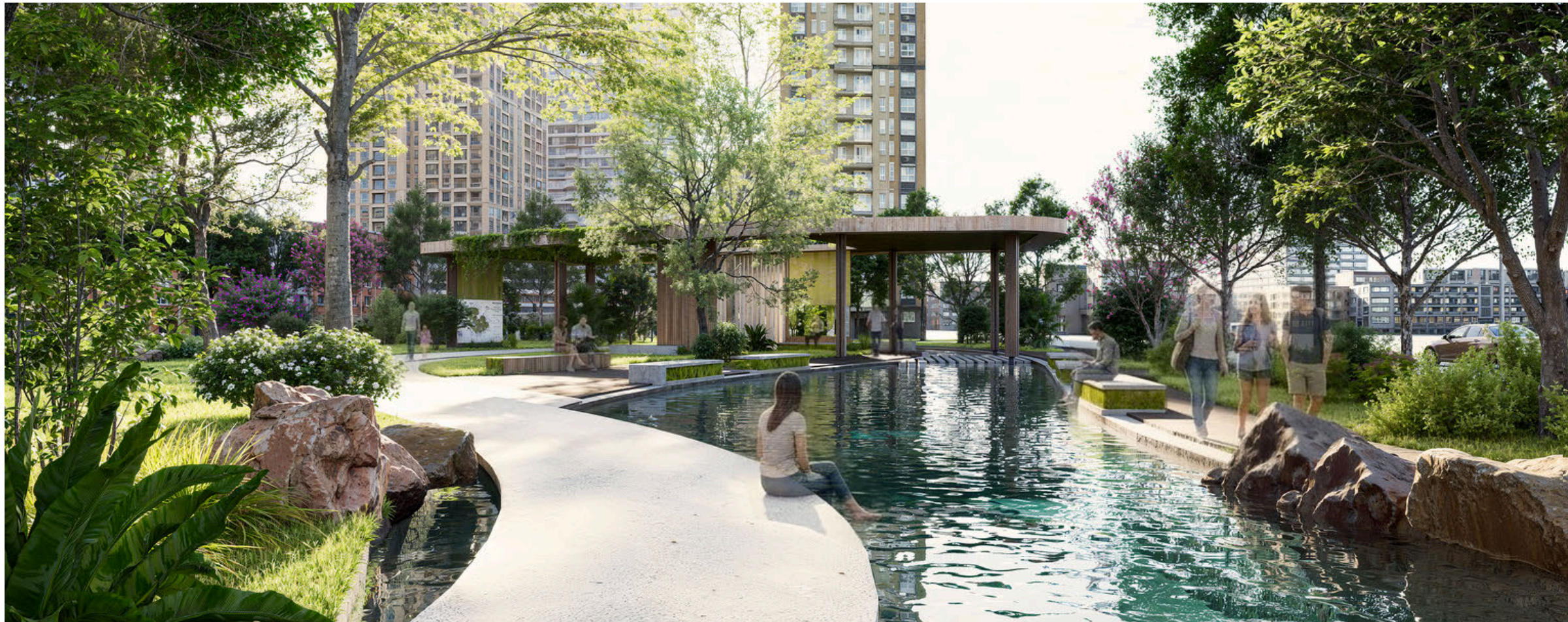
BIOPHILIC DESIGN

The project's highest expression of nature is achieved through the integration of architectural and biological systems. Concrete moss blocks are installed on walls and ceilings to enhance humidity, filter PM2.5 particles, and improve indoor air quality, creating a living architecture that feels almost alive and breathable.



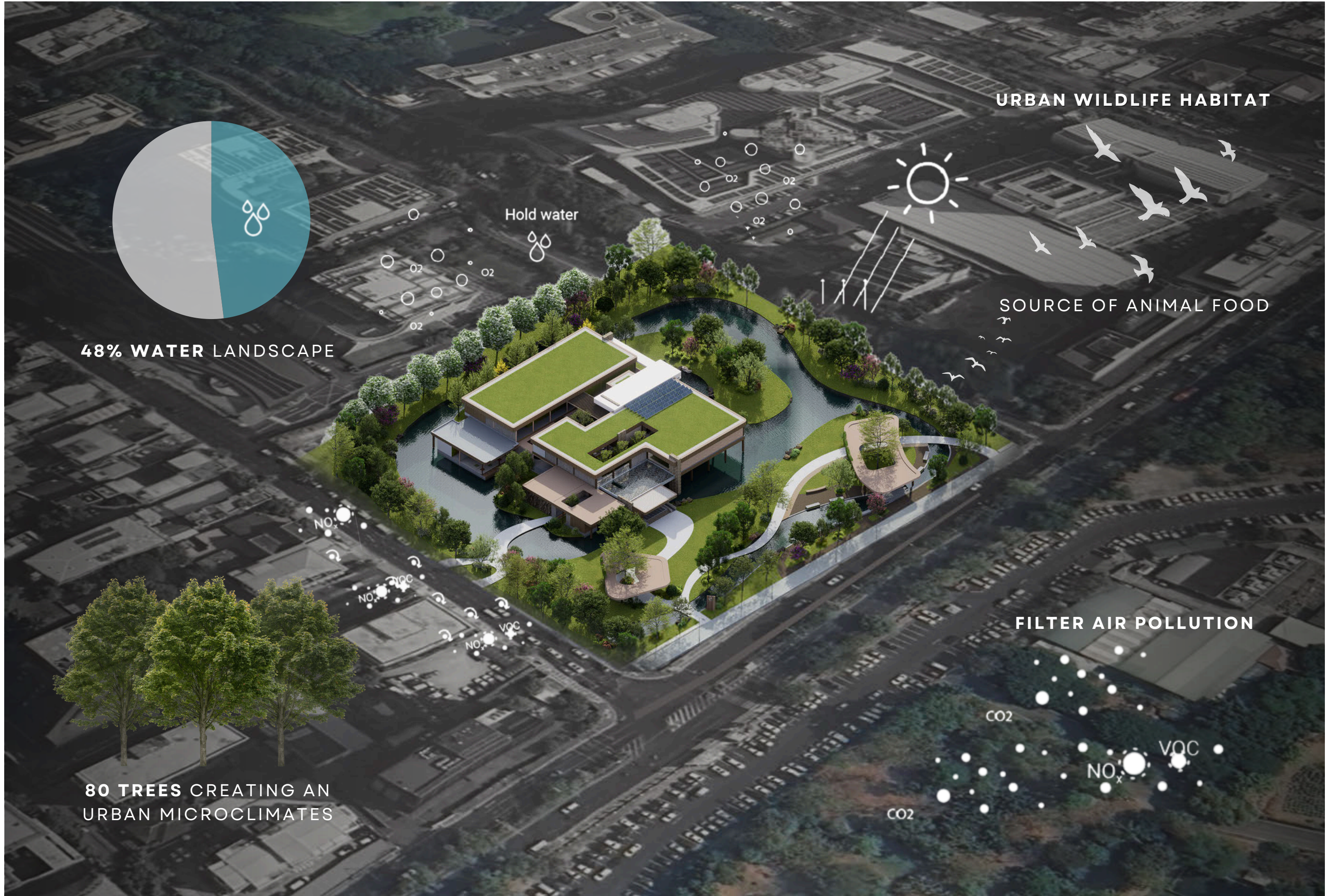


ANOMA is envisioned as a center of sustainability, set within the contrast between nature and the chaotic city, seamlessly connecting architecture with the environment in a holistic and meaningful way.



PUBLIC SPACE

The project allocates part of its site back to the public as shared space, encouraging interaction between users and the project. Educational signage is provided to communicate the concepts of the microclimate system and multi-layer landscape, enhancing awareness of environmental and sustainable design strategies.



48% WATER LANDSCAPE

URBAN WILDLIFE HABITAT

SOURCE OF ANIMAL FOOD


FILTER AIR POLLUTION

80 TREES CREATING AN URBAN MICROCLIMATES

Hold water

THE FINAL VISION

The project introduces more than 80 large trees to help absorb carbon emissions and allocates over 48% of the landscape area to water features, supporting the creation of a microclimate that benefits people, wildlife, nature, and the urban context, ultimately contributing to the realization of an Urban Blue Zone.



I am interested in designing spaces that connect functionality with human experience. My work focuses on creating atmosphere through light, materials, and spatial sequencing.

I believe that good design is not only about aesthetics, but also about considering people's well-being and sustainability.

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