

BEAUTIFUL INTERIORS • INSPIRED LIVING

HOME

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OPENING ACT

Inviting interiors and the
design trends that are shaping our world

窩心裝潢與設計界潮流



HK \$35 / NT \$200



INSIDE OUT

Principles of well-being and sustainability inform the form and functions of this technologically advanced show flat | 養生與可持續發展的原則為這科技設備非凡的單位注入功能與美學

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FLOOR PLAN

Supplied by Rug Your Life, the flatwoven outdoor rug together with all other rugs in the flat are dyed with environmentally friendly dyes.

地上風光

由Rug Your Life提供的戶外織料地毯與單位內其他地毯均以環保染料上色。





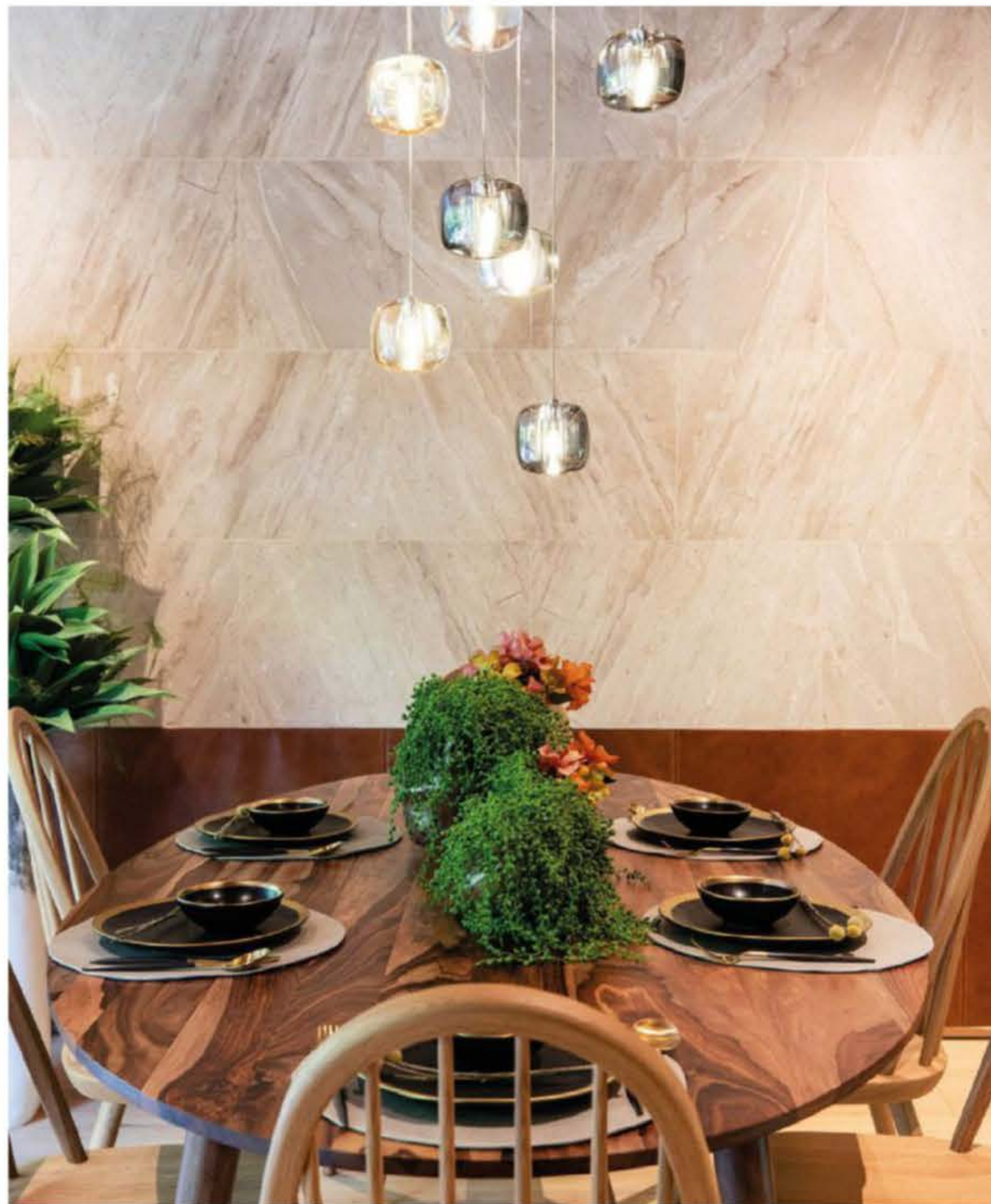
It is easy to assume how a home imbued in wellness virtues might be void of all 21st-century accoutrements – the comforts, conveniences and luxuries made available to us at the tap of a button. Yet the power of technology can very well be harnessed to amplify the goodness of nature. The Eco Wellness Signature Show Flat, a 1,730sqft abode in Mount Pavilia residences in Clearwater Bay, is a demonstration of this.

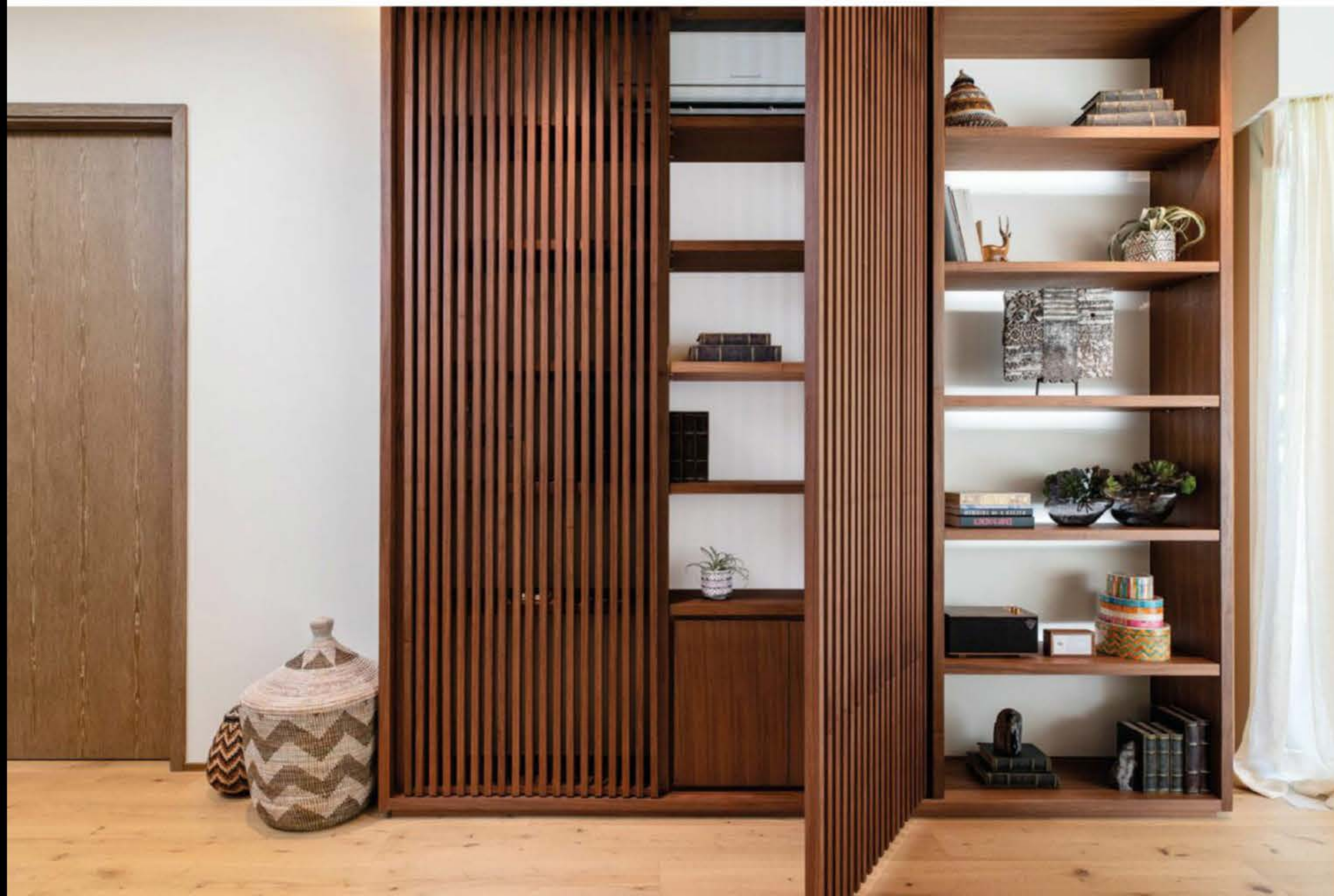
Designed by eco-conscious firm Liquid Interiors, the African savannah-inspired home is decked head to toe in some of the most sophisticated technology, although this only gradually reveals itself with closer inspection. Upon entrance, the city gives way to arresting views of surrounding hills and mountains through expansive openings in the living area. Wood finishes, woven details, and a neutral palette create softness and neutrality throughout the space, while flora in

談到以身心健康為主的家居，人們很容易就會誤以為當中定必欠缺21世紀的現代配設——簡單一按即可享的舒適、便利與豪華體驗。但你可曾想到先進的科技其實有助增強大自然的美好？位於清水灣的1,730平方呎傲瀧Eco Wellness Signature示範單位便是最有力證明。

這個由環保設計公司Liquid Interiors打造的空間從非洲中部的稀樹草原獲取靈感，鋪天蓋地裝備上最精密的科技設計，一切有待你慢慢發掘。甫內進，即可一睹客廳飽覽無遺的壯麗山景。四處可見的木裝飾、織料與天然色彩組成成就柔和窩心的氛圍，大小不同的花瓶亦見多個角落。從注重可持續發展環境的公司物色得來的天然用料與傢具成空間焦點。

Liquid Interiors首席設計師兼創辦人Rowena Gonzales表示，室內設計積極鼓勵平衡的生活方式，並致力交織出注重養生健康的便利享受。她說：「整體美學概念就是透過裝飾、配件和細節跟可持續發展的特別功能無縫配合。」







“THE WHOLE AESTHETIC INTUITIVELY SUPPORTS WELL-BEING THROUGH DÉCOR, ACCESSORIES, AND SMALL DETAILS”

NATURAL CONCERN

In support of social enterprises, the designer selected products crafted with renewable materials or through traditional weaving techniques, such as pendant lights from the Philippines' Hacienda Crafts.

崇尚天然

在社企的支持下，設計師得以精選了利用再生物料或以傳統織造技術精製的產品裝飾，如來自菲律賓的Hacienda Crafts吊燈。

varying vessels decorate various corners and crannies. Natural materials and furniture sourced from sustainable environmental practices permeate the home.

According to Rowena Gonzales, principal and founder of Liquid Interiors, the flat's interior design is anchored in encouraging a balanced lifestyle and making health and well-being convenient. "The whole aesthetic intuitively supports well-being through décor, accessories, and small details that work seamlessly alongside healthy and sustainable features," she says.

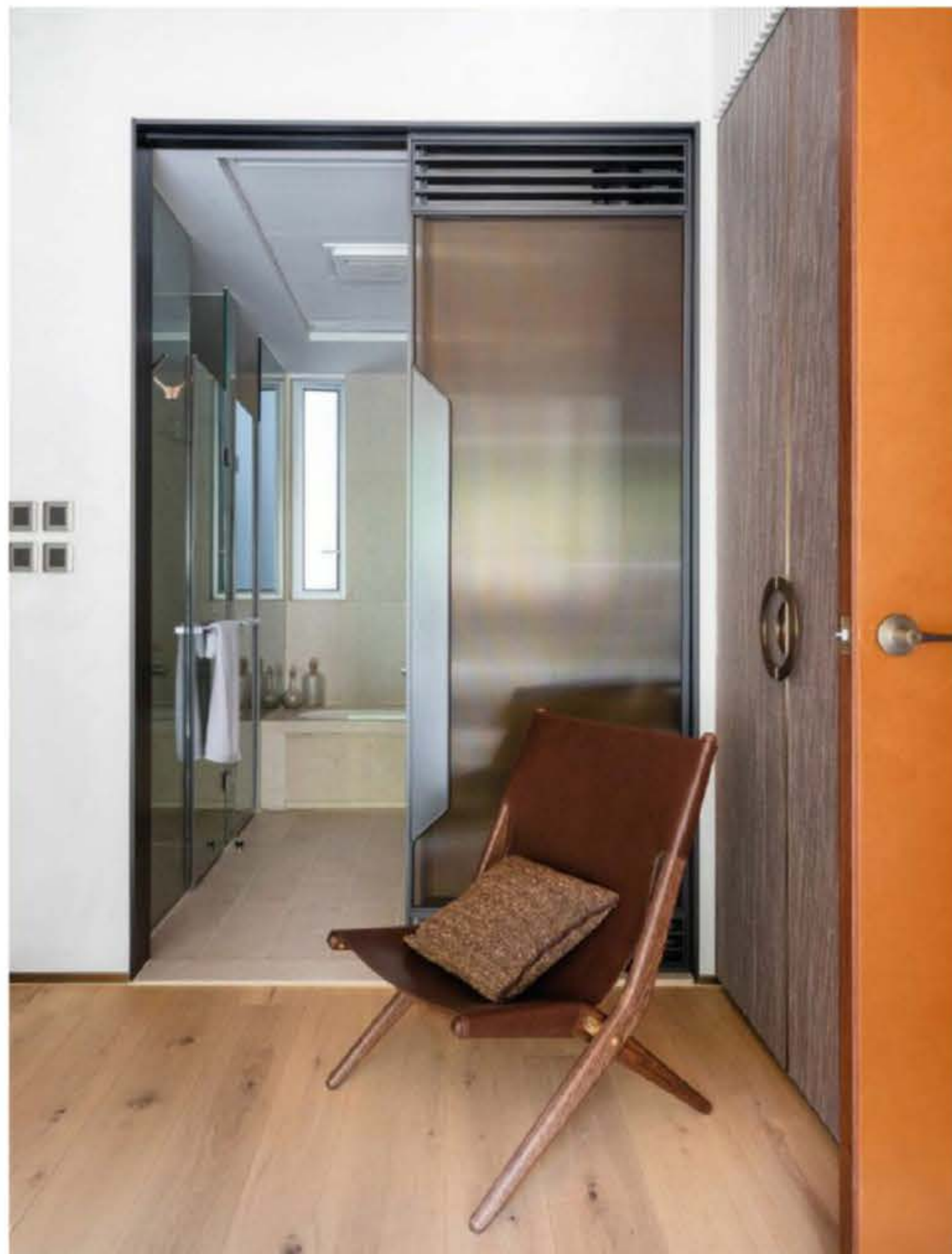
Briefed by New World Development to design a nest with sustainable and wellness qualities, Liquid Interiors has adapted features based on international green building standards LEED and the WELL Building Standard created by architects and doctors, geared toward improving health and well-being within buildings.

Paints, finishes, and adhesives with low VOC have been used to reduce indoor air pollution,

在新世界發展有限公司的設計綱領下，Liquid Interiors選用符合建築師和醫生制定的WELL建築標準和LEED綠建築安全認證功能，針對處身大樓內如何改善健康的考慮，從而設計出一個符合可持續發展與顧及養生的溫暖家園。

空間選用的油漆、潤飾與粘合劑只釋放極微量的揮發性有機物，用以改善室內空氣污染的問題，而專業級空氣淨化器系列則把戶外不含污染和花粉的純淨空氣帶到室內，大大減低戶內空間的塵埃、致敏源、廚房異味和化學物質。配備維他命C過濾器的淨水系統能減少氯和其附帶的影響，睡房則安裝了自動晝夜調節系統。

HOMES | CLEARWATER BAY



RISE AND SHINE

Among the wellness features is circadian lighting that mimics the colour of the sun. "As the resident wakes up, dawn simulation gently increases the amount of light in the room as blackout blinds slowly retract," explains the designer.

完美風光

其中一個重點養生功能就是模仿日光顏色的晝夜照明系統。設計師解釋：「戶主醒來，光線就會慢慢增強，遮光簾亦會緩緩開啟。」



while professional-grade air purification systems bring pollution- and pollen-free air from outside and reduce dust, allergens, kitchen odours and chemicals inside. Water purification systems have also been installed, including a Vitamin C filter that reduces chlorine and its by-products, while automated circadian lighting has been applied in the bedroom.

In the kitchen, an Urban Cultivator indoor garden has been furnished, complete with a food recycler that turns juicing and food scraps into nutrient-rich dry compost for the garden. "It's the perfect example of how design and technology can provide a real modern-day solution to improve health and help solve Hong Kong's food waste problem," says Rowena. "Growing microgreens and herbs is a wonderful way of bringing nature, a sustainable food growing system, and healthy eating into the home."

An accredited professional in LEED and WELL, Rowena makes it a point to translate these standards to local projects, yet the endeavor to pioneer such features hasn't been without challenges. While less expensive than home automation systems, applying these new features have their unique obstacles and need to be tailored to the Hong Kong market. "General contractors are not familiar with our specific processes, such as ventilation design and the restrictions we place on the materials we use, so there is an element of needing to teach them our techniques from scratch," says Rowena.

The firm has also gone further to address the negative effects of technology, such as continuous exposure to EMF, with the installation of WiFi timers that switch off connection through restorative periods through the night.

Nevertheless, Liquid Interiors is intent on harnessing the latest technology in developing smart homes for a healthier and more sustainable lifestyle. "So many things can now happen in our homes without having to look at a screen. Reducing screen time and all its negative effects, including exposure to artificial light, brings you closer to nature and makes you feel more relaxed, improving overall well-being," she says.

"I think it comes through when you enter the flat that we have created a true home that centres on the health and well-being of the family living there. In every design decision, we have focused on a home that is a sanctuary and an escape from busy everyday life." //

廚房的Urban Cultivator室內花園配置食物回收器，能把廚餘轉化成花園的有用肥料。Rowena說：「這就是設計與科技結合為一的完美例證，打造改善健康和解決香港廚餘問題的現代方案。種植食用蔬菜苗和香料是把大自然、可持續食物生長系統和健康飲食帶回家的有效方法。」

獲LEED和WELL認證的專業人士Rowena把標準演繹到多個本地項目中，但坦言要在這方面走在前方不乏挑戰。如此嶄新功能雖然比家居自動系統便宜，但要應用到香港市場卻依然面對獨有困難。「普通承建商不熟悉我們與別不同的流程，如通風設計、物料應用的限制，所以要從零開始教授對方學習以上技術。」

公司更走遠一步回應科技的負面影響，如安裝WiFi定時器，關閉夜間休息時段的連接，減低戶主曝露於電子產品之下的頻率。

Liquid Interiors擅於透過最新科技發展智能家居，打造健康兼符合可持續原則的美好生活。她續說：「不用再看著螢光幕，我們的家已能出現千百樣事。減少面對螢光幕的時間和附帶的負面影響，如長期曝露人造光源下，把你帶回大自然之中，更感舒適放鬆，從而改善整體健康。」

「我深信，你來到單位的第一刻已能夠深深感受到我們如何致力打造一個以養生為核心的家庭生活，當中每個設計決定也是特別為了逃離繁忙日常生活而設，讓你在專屬個人的聖所中休養生息。」 //