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The new East End

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Aegean aesthetics

愛琴海為家

Inspired by the colours of the Greek Isles, Liquid Interiors designs a Happy Valley flat that promotes healthy living.

Liquid Interiors從希臘絢麗小島擷取靈感，在跑馬地設計出一間促進健康生活的寓所。

Text: Rebecca Lo Photography courtesy Liquid Interiors



Home is not only where the heart is—home is also the place that can nurture or harm us the most. While sleeping, eating, relaxing or executing daily chores, we are surrounded by spaces that may make us sick. Some cabinetry or finishes release toxic fumes long after they are installed, while noise and lights may disrupt crucial sleep patterns.

For Rowena Gonzales, founder of Liquid Interiors and a LEED AP-ID+C certified interior designer, ensuring that her clients are happy and healthy in their home is just as important as how the space looks. Her solution for a 1,400 square foot flat on Broom Road in Happy Valley has a cheerful vibe with built-in wellness features. Its combination of outdoor living and flexible spaces tell the owners' story, for a home they are proud to show off to friends.

One of the first things Liquid tackled was reinstating an original balcony that had been converted into interior space over time. With ceiling heights of just over eight feet and no view from the north-facing windows, the apartment was very dark when the owners first purchased it. Allowing in more natural light was high on the priority list. "With the low ceilings, the challenge was how to bring light deep into the space and make it feel more open," recalls Gonzales.

誰不心繫家園？家可促使我們身心健康，亦可對我們造成傷害，皆因我們用作睡覺、用膳、休息，以至日常活動的空間，有可能是致病元凶。一些儲物櫃或裝修材料，即使過了一段時間，仍會釋出有毒氣體，而噪音和燈光亦有可能影響睡眠。

Liquid Interiors創辦人Rowena Gonzales，具有美國綠建築專業人員LEED AP-ID+C建築設計與施工認證，她確保客戶的居室不單設計美觀，同時住得健康快樂。她早前主理一個位於跑馬地蟠龍道1,400平方呎的單位，為該單位注入愉快氣氛，亦融入健康設計，打造成糅合戶外生活的靈活空間，正好符合屋主的要求，值得向朋友展示新居。

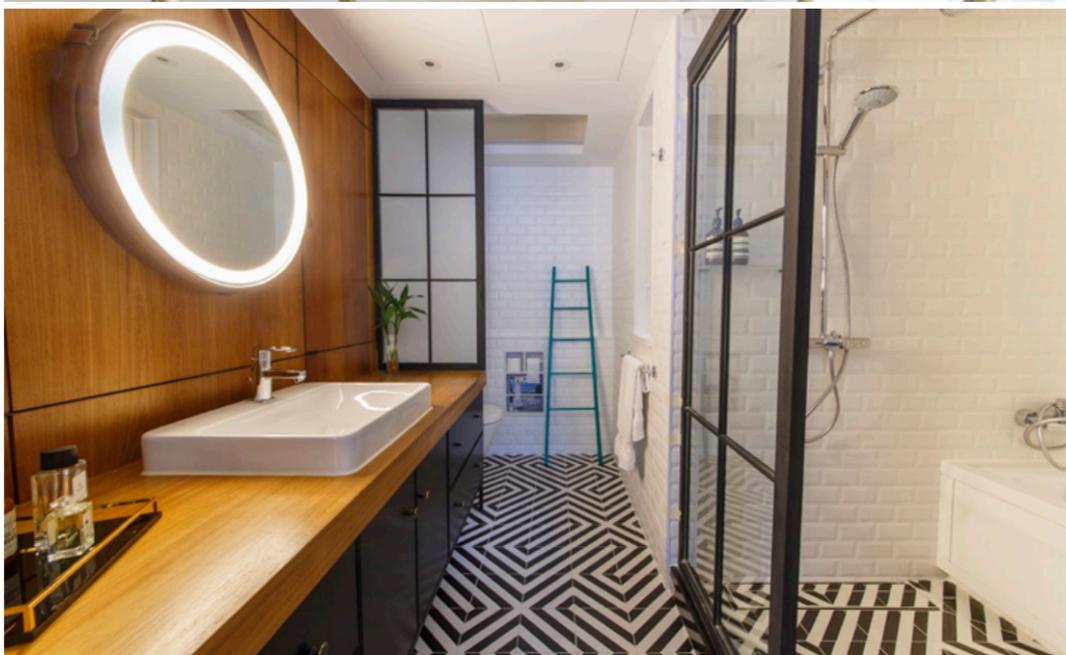
屋主最初購入單位時，天花僅過八尺，加上窗戶向北，景觀欠奉，令室內十分昏暗。Liquid其中一個首要任務，是要還原被列入室內空間的陽台，令更充沛的自然光照進室內。Gonzales回憶說：「受天花偏低所限，需要仔細考慮如何令光線照進室內大部分空間，予人寬敞開揚的感覺。」

“The owners like to entertain—they don’t watch much TV,” she adds. “She really likes bold, vivid colours. During our design meetings, she would often point to what she was wearing to illustrate the shade she was after. The owner wanted a Greek island feel.” To accommodate her extensive wardrobe, one bedroom was converted into a walk-in-closet. When all wardrobe doors are shut, the room doubles as an extension of the living area with the central island dresser transforming into a stand-up bar for drinks. “It is nice to walk into this space during a party to discover a champagne bar,” says Gonzales.

To realise her client’s love for rainbow hues, Liquid splashed accents of colour through cushions, poufs, lampshades and accessories against a background of white. These shades were reiterated in carefully selected artwork that reflected the owners’ personality. “We styled the bar with similar colours,” Gonzales notes. “We sourced everything: from the bar cart to the coasters and stir sticks.”

Liquid hid an air purification system in the ceiling to enhance sleep quality and replaced windows to improve acoustics. In the bedroom and bathroom areas, circadian lighting was installed to mimic the sun’s light temperature and helps to regular melatonin levels. The kitchen was relocated to near the entrance; it has an airy breakfast counter and open shelving for displaying souvenirs. “The long entry corridor became a gallery of family photos—it immediately tells their narrative to anyone coming through the door,” notes Gonzales. “This adds meaning to the space.”

After living in the flat, the owners are enjoying a better quality of life both aesthetically and physically. “She feels happier, enjoys better sleep and her breathing problems are gone,” states Gonzales. “It shows that a home designed with health and wellness in mind can benefit people right away.” 🏡



她補充：「屋主喜歡招待朋友，少看電視，喜愛搶眼亮麗的顏色。我們見面討論設計時，她經常透過所穿著的衣物顏色，讓我了解她心儀的色彩。她也希望居室洋溢希臘小島的風情。」為了儲存屋主大量衣物，其中一個睡房改作步入式衣櫥，衣櫥門關上後，房間成為客廳延伸的部分，中央的梳妝檯變成吧檯。Gonzales表示：「派對期間，當賓客走進這地方發現一個香檳吧，感覺不錯。」

為添上客戶喜歡的瑰麗色彩，Liquid在選用咕臣、厚坐墊、燈罩、裝飾品上均採用不同顏色，襯托白色牆身，就連藝術品色調也經過精心挑選，反映屋主性格。Gonzales說：「酒吧區用上相似色系，由酒吧推車、杯墊以至攪拌棒，均由我們採購。」

Liquid將一組空氣清新系統隱藏於天花上，以改善戶主的睡眠質素，亦更換了窗戶來改善隔音。睡房及浴室的範圍安裝了晝夜節律照明系統，模仿日光溫度，以助調節身體褪黑激素水平。廚房重置到大門口旁，設有寬敞的早餐櫃檯，以及擺放紀念品的層架。Gonzales表示：「長形走廊用作展示屋主家庭照，令到訪賓客可了解屋主的家庭概況，為這個空間賦予意義。」

新居為屋主一家帶來更佳的生活質素，既有賞心悅目的設計，亦有舒適空間。Gonzales表示：「屋主生活更開心，睡眠質素比之前好，以往的呼吸問題也沒有了。這顯示了在設計時如果能考慮健康與調適等因素，可令業主受惠。」 🏡

