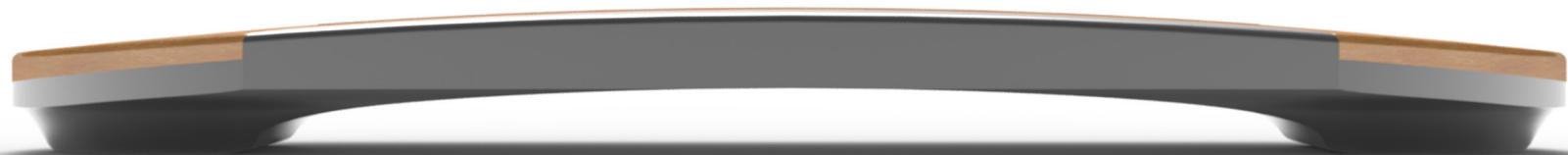


余白

(y o h a k u)



Design Insights



We visited Sister Carolyn at her practice in Decatur to gain insight into the **massage process** and **possible design opportunities**.

Design a product that enhances the massage experience.





1

Pre-massage

2

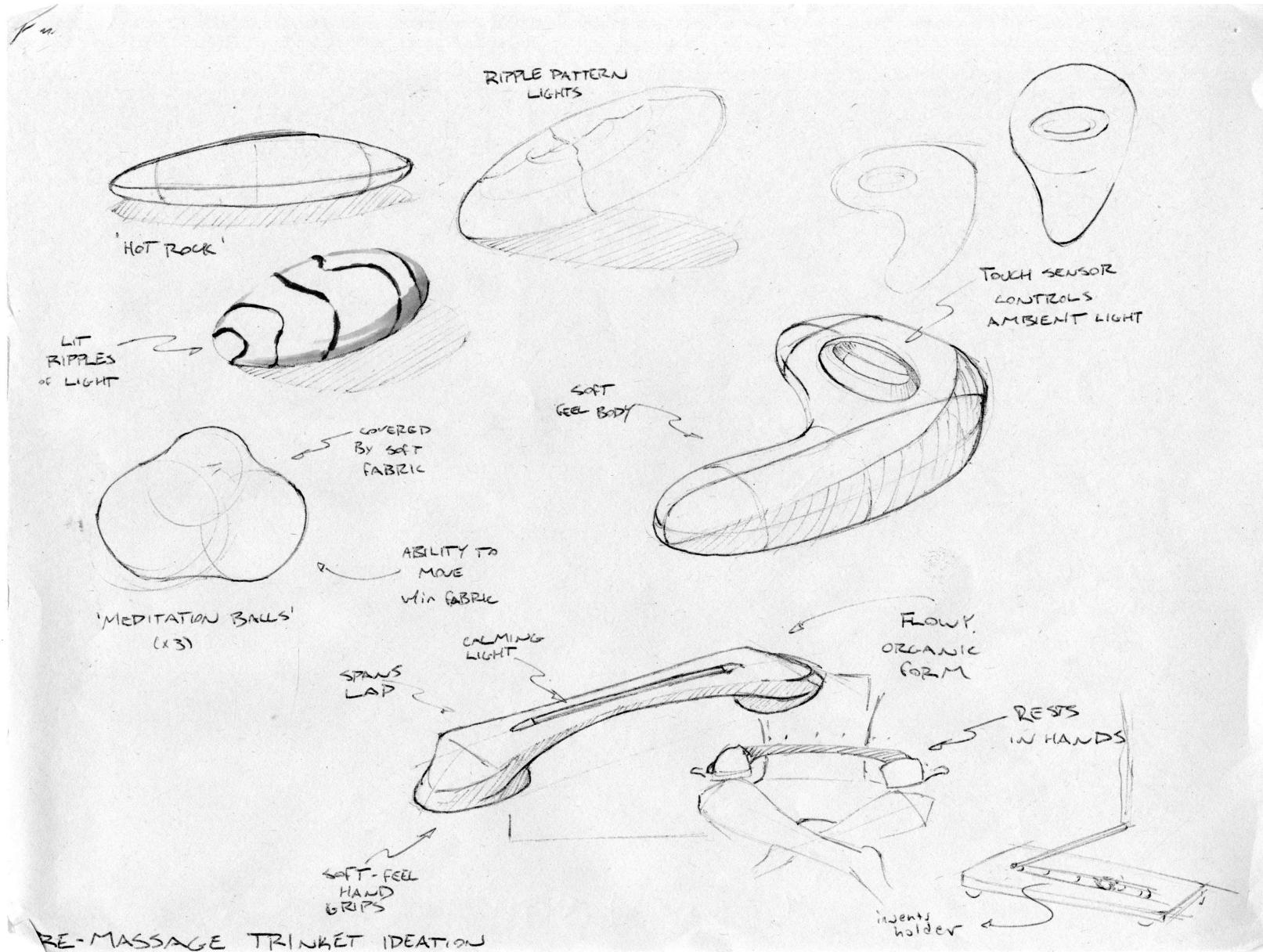
During massage

3

Post-massage

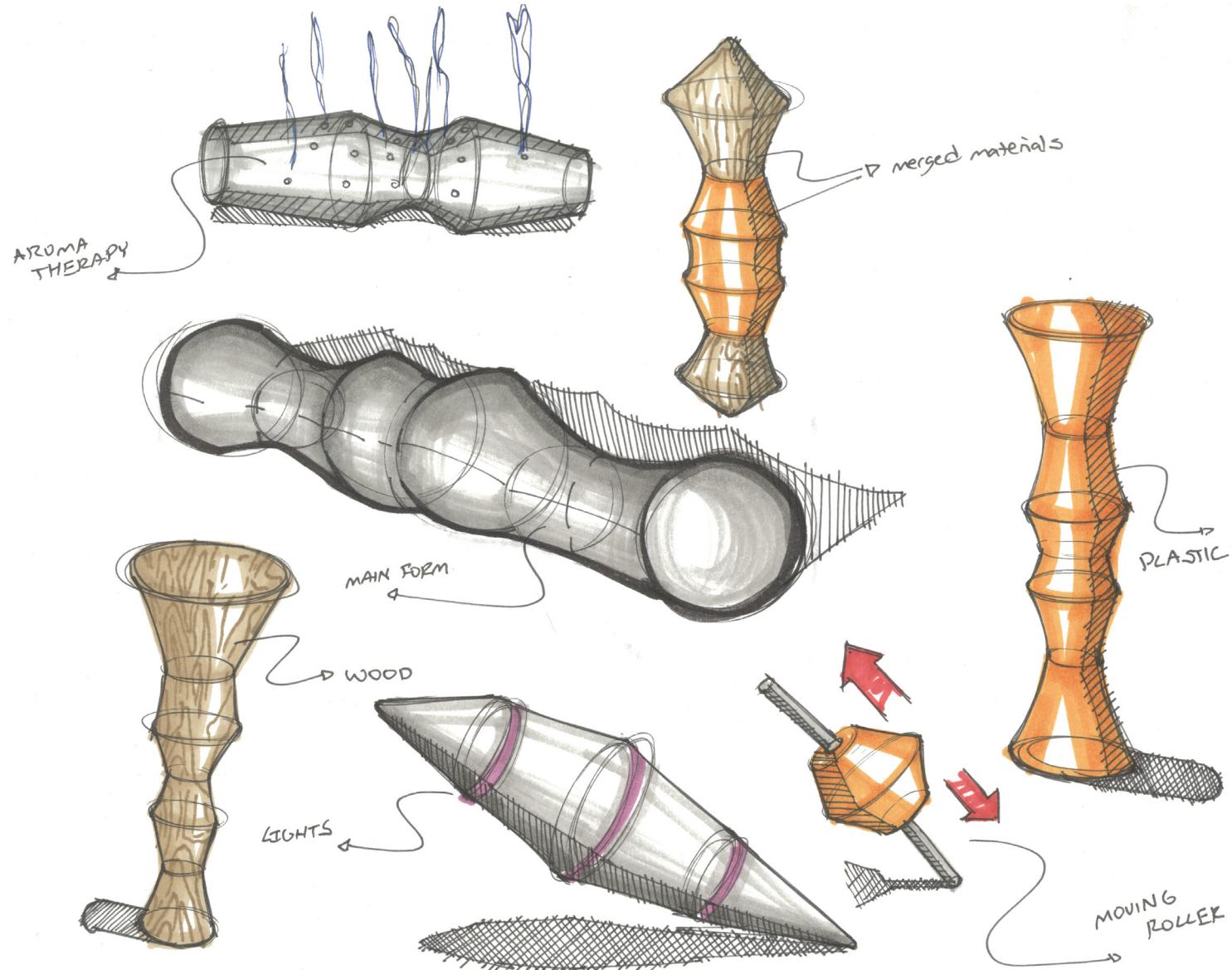
1

Pre-massage



2

During massage



3

Post-massage



There is a considerable **gap** in technologies
to aid in **pre-massage relaxation**.



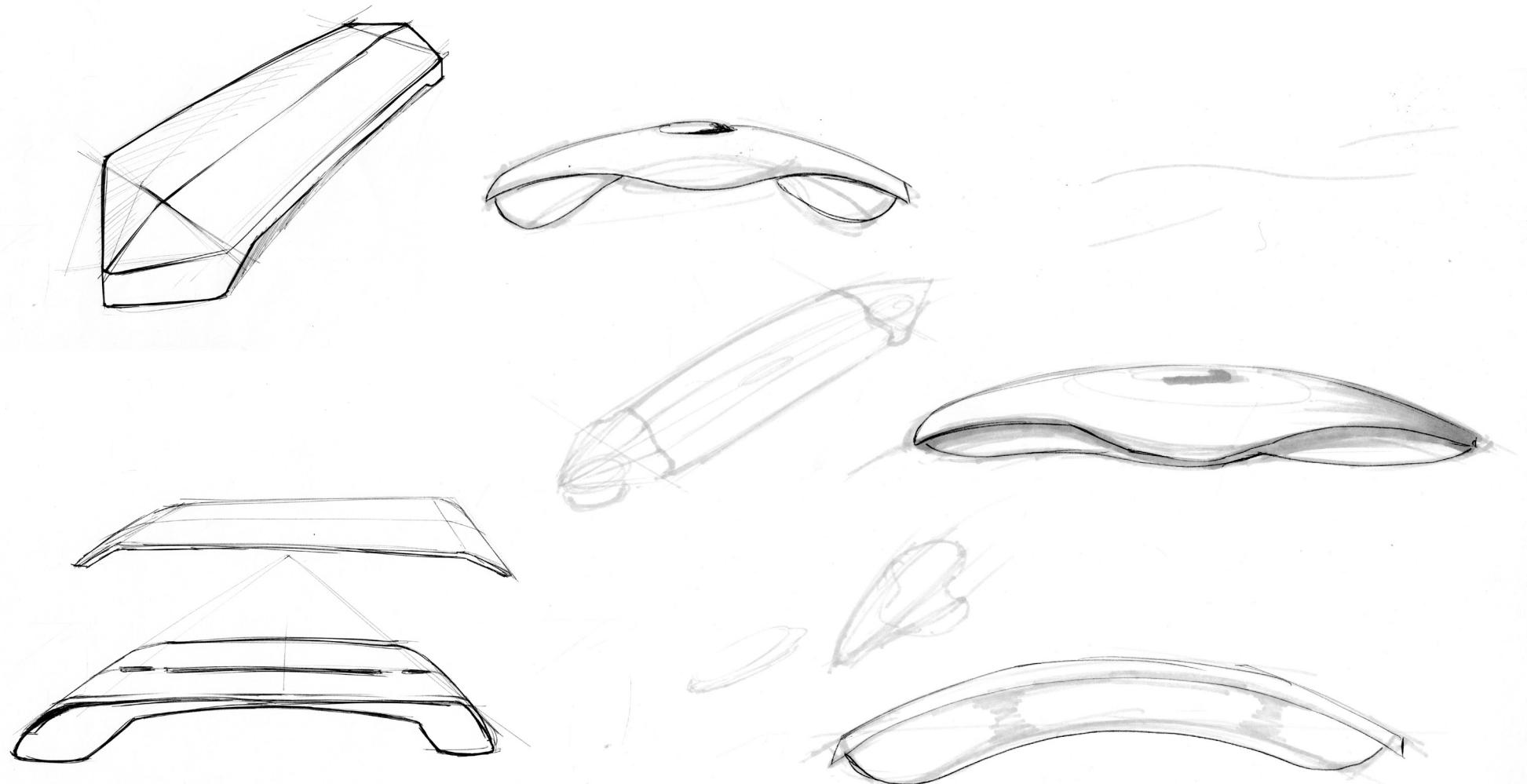
A close-up photograph of a person's arm and hand. The person is wearing a dark green hoodie and blue jeans. Their right hand is extended forward, pointing their index finger towards the right side of the frame. The background is blurred, showing a natural, outdoor setting with greenery.

Meditation is an integral part of the massage process and allows individuals to relax both mind and body. The key to successful meditation is proper breathing and a calm environment.

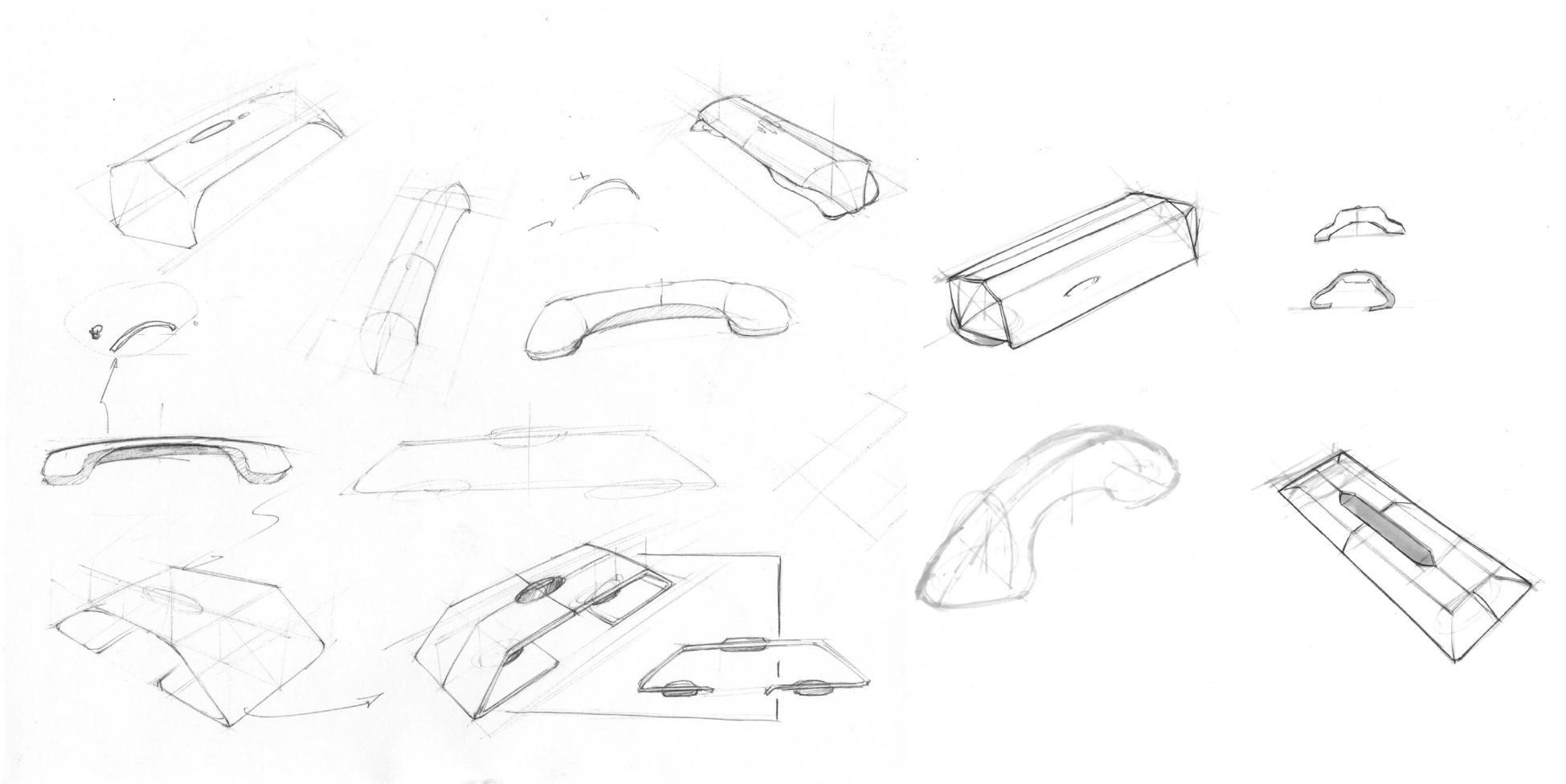
Design Inspiration | Incense Burners



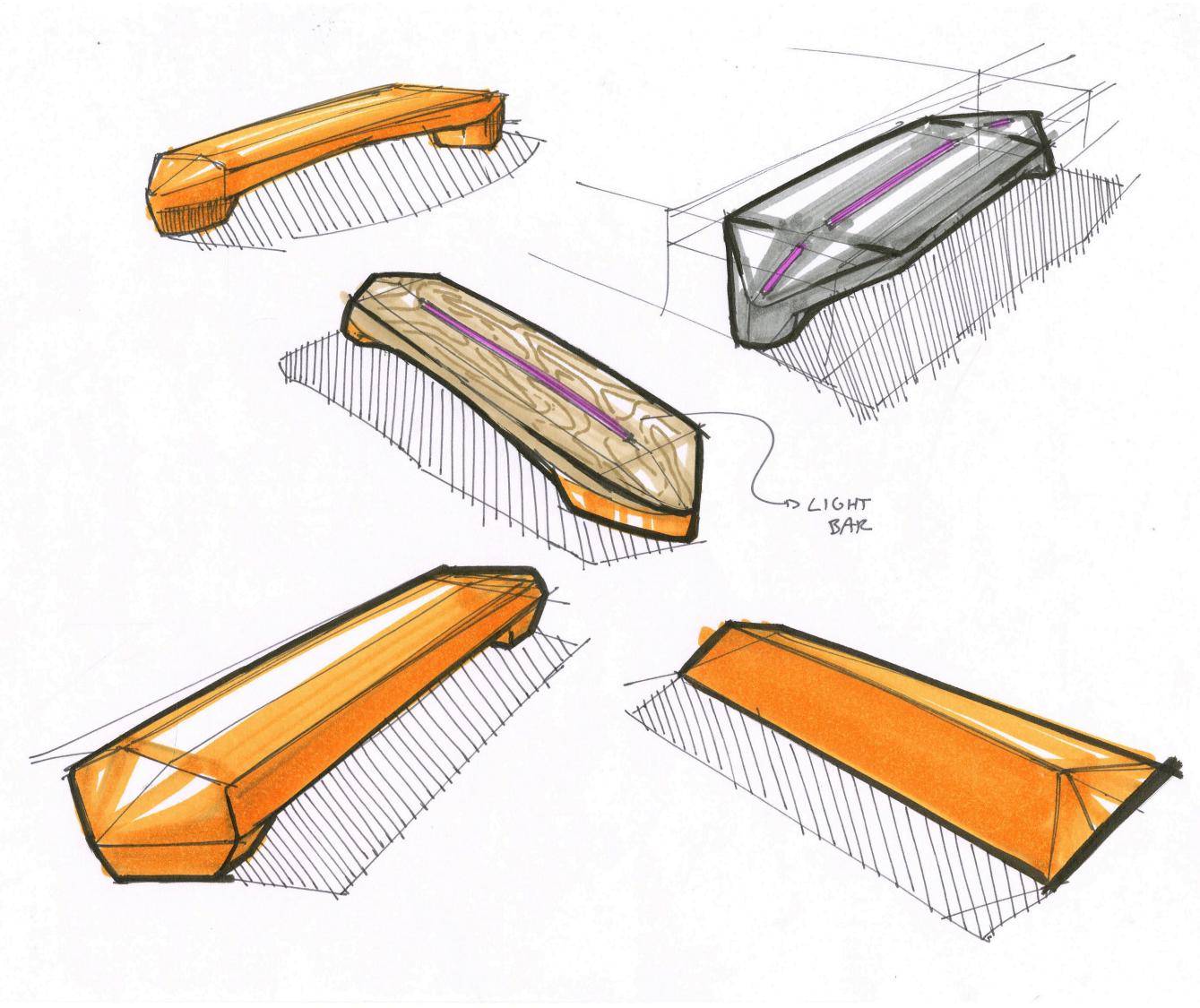
Ideation



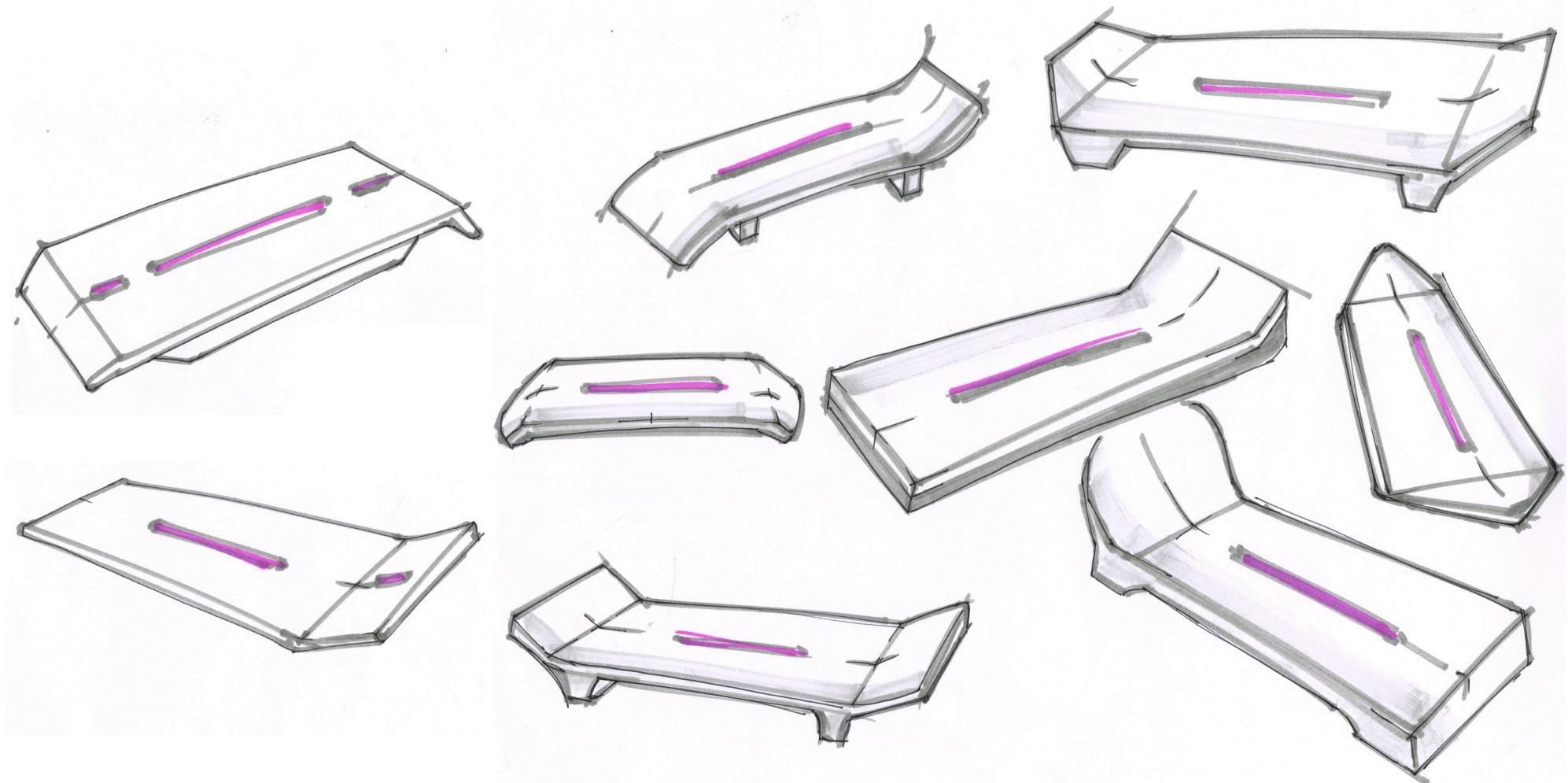
Ideation



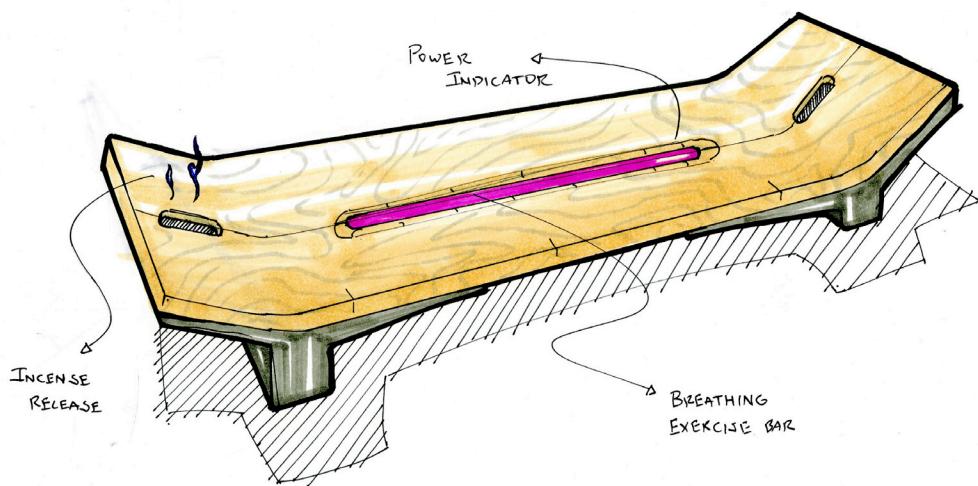
Ideation



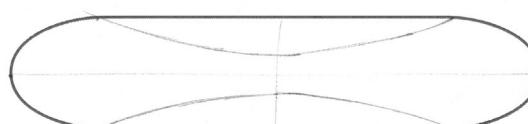
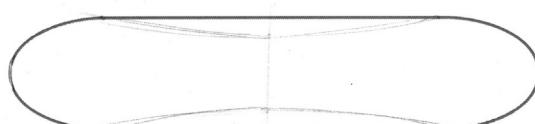
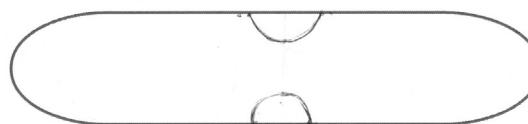
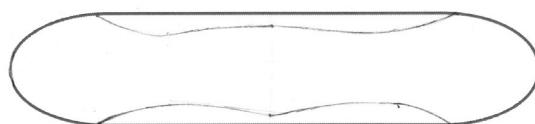
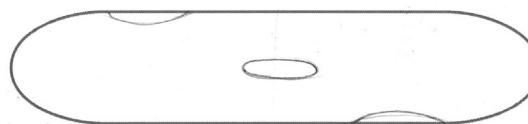
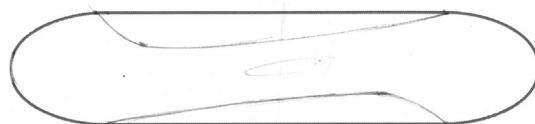
Ideation



Use Ideation

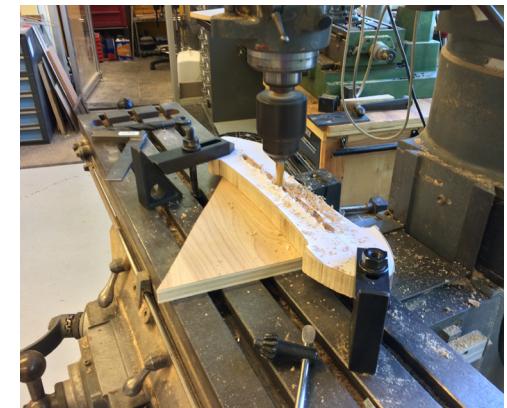


Top Form Ideation



Iterations of the form's top profile created a dynamic shape while not becoming intrusive or distracting.

Process



Meet yohaku.



余白

(y o h a k u)

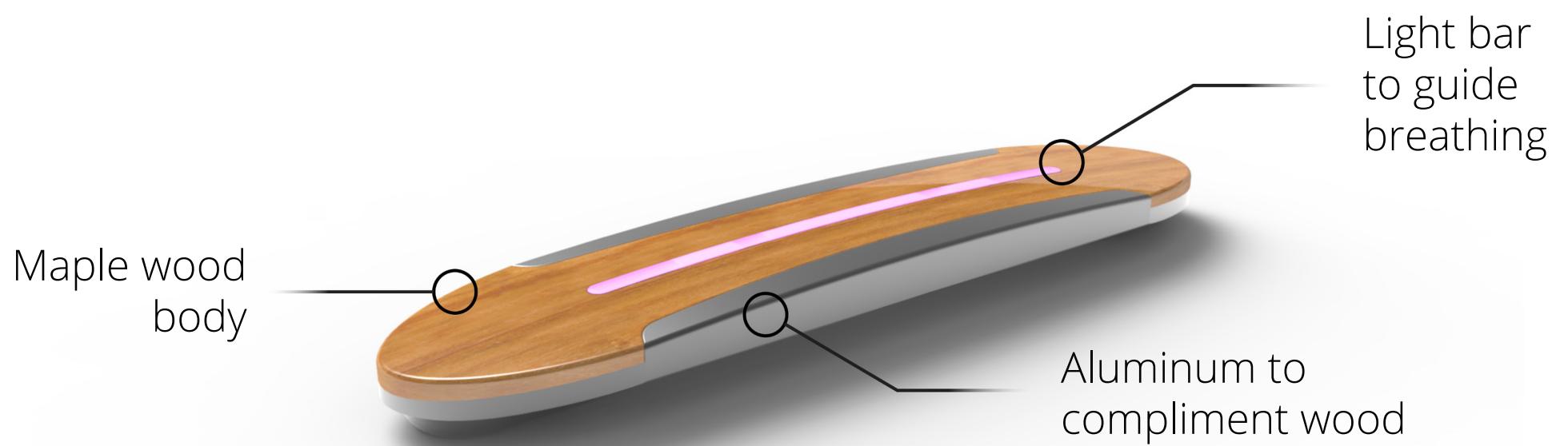
def: *White space, left deliberately with the intention to allow people to have a space to go.*

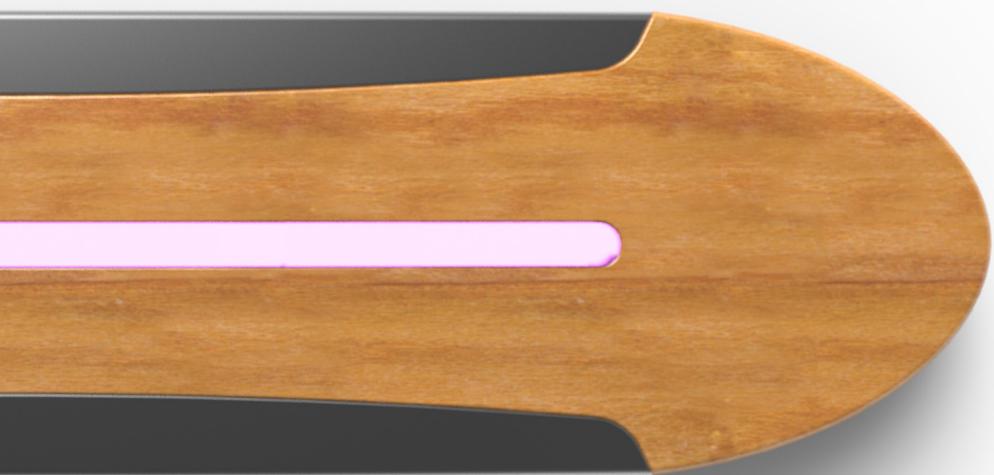
Find time to enjoy time with yourself.



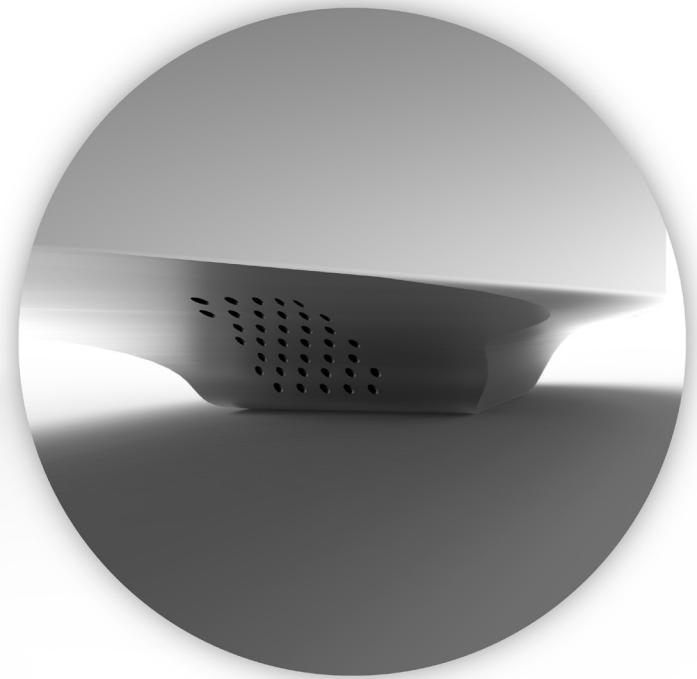
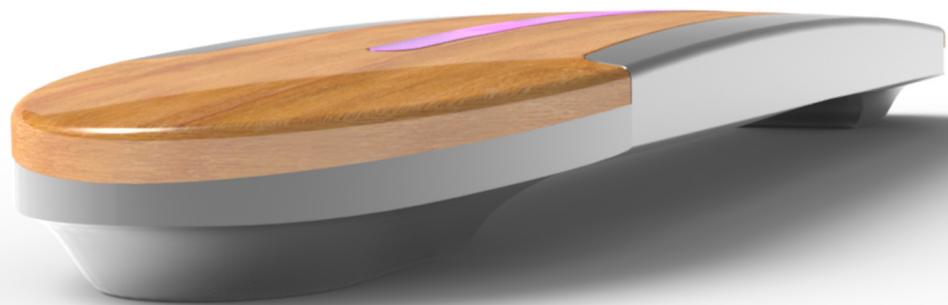
Yohaku encourages proper meditation posture.







The maple wood top and aluminum bottom are cool to the touch and help center users' energy.



Speakers guide users through meditation while their
eyes are closed.



Aroma therapy aids in meditation
by further augmenting the
massage experience and relaxing
users with various scents.



Yohaku can be used as
peaceful, complimentary
centerpiece to living spaces.



During meditation, yohaku can be placed in front of users to guide meditation rather than in the hands.

デモ

(d e m o n s t r a t i o n)



A dark wood coffee table is the central focus. On top of it sits a black leather sofa with tufted backrests. A vintage-style camera is resting on a stack of books. A small green vase is on the left side of the table.

ありがとう

(thank you)