

Mindful Handwashing

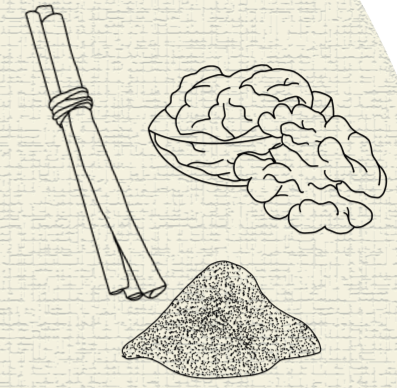


Why do people wash their hands?

During the Middle Ages, washing your hands, was a part of their table manners. Because everybody ate from shared bowls, hygiene was a sign of prosperity.

In the present-day people wash their hands when they think they're dirty. For example after they have been to the toilet. During the Covid-19 pandemic, people have become more focused on washing their hands.

In short there can be said that people wash their hands to prevent illnesses and spreading diseases. Also to remove dirt, micro organisms and viruses. The activity is performed as fast as possible and without thinking. Is there a way to make handwashing a meaningful activity again?



How are we going to make handwashing more meaningful?

Handwashing consists of two parts: water and soap. The activity should only be focussed on these elements. This can be done if there are no distractions surrounding the activity and there is no rush completing it.

Products that are used nowadays serve a more practical way. People have to go back to the principles of handwashing; using natural products and realising what resources they are using. This will put you in a special state of mind.



We want to target people who want to wind down.

Concept

You enter a dark room. You hear calm music. A chair is illuminated to guide your way. A paper hanging on the side asks you to take your time and find the essence of being there. After closing your eyes, the tables in front of you will be illuminated.

First there is a table with spices and herbs. It's your task to collect the elements your body and mind need and make your own soap.

After making the soap, the table with the water filtration system will light up. Here you pour dirty water into the filter and clean water will come out. Here you can wash your hands with your own soap.

Behind you stands a table with neatly placed towels to dry your hands. Next to the towels stands a small dispenser in which you can put your own soap. By bringing your own soap wherever you go, you'll take your experience with you and keep on fulfilling your needs. When you hear the sound of the gong the experience has ended.



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