

# enea

landscape architecture

PRESS RELEASE

**Enea Outside In Design Studio opens first public project: the new Oyu holistic health centre in Zurich, 12 October, 2023**



*This urban oasis exemplifies the Enea 'Outside In' philosophy that bringing the outside in and integrating nature into interior design can promote wellbeing*

Enea Outside In Design Studio – a branch of Enea Landscape Architecture – has recently completed its first public project: the new Oyu holistic health centre in the heart of Zurich. Enea Outside In is an interior design store and studio located in the heart of Zurich, with a focus on creating a symbiosis of exterior and interior, integrating nature and natural materials into interior space in contemporary and creative ways inspired by the Enea's renowned work in the field of landscape architecture. Unique among interior design studios, Enea Outside In has evolved organically, originally inspired by the landscape firm's design philosophy of blending outdoor spaces with interiors, creating a harmony between architecture and nature. Now an established name and destination on the Zurich design scene, Outside In creates interiors ranging from urban apartments, townhouses and businesses to country houses and even yachts, in addition to innovating special products, such as sustainable wood flooring and decking, sourcing bespoke fabrics and furnishings and creating hand-crafted elements, in keeping with the Enea ethos.

At Oyu, a novel and pioneering clinic devoted to holistic medicine and healthy lifestyle, Enea Outside In has created an urban oasis in a four-story building nestled in the city centre with a design that embraces nature and creates a sense of serenity. Soft materials and tactile surfaces harmoniously blend with natural greenery and the dynamic light of the city, creating an inviting space that reflects the essence of Ayurveda and traditional Chinese medicine, which are practiced here.



Enea has taken a holistic approach to the visitor experience, aligned both with the activities of Oyu and with the firm's overarching belief that integrating nature into design enhances the experience of space and adds value, both indoors and outdoors. Upon entering, visitors are surrounded by the soothing embrace of wood, a natural element that transports them into a realm of healing and tranquillity. The garden courtyard and terrace, with purple climbing wisteria, a scented herb garden (which includes medicinal herbs used by the health centre) and Japanese maples, as well as a pergola and fountain, creates a

buffer between Oyu and the city beyond and grounds the visitors in nature. The interiors connect to the garden and are designed to evoke a sense of calm, making Oyu a perfect sanctuary for embarking upon a wellbeing journey.



The sense of natural flow in the space continues from the garden terrace into the adjoining Ayurvedic restaurant, where the ceiling is hung with curving waves of woven bamboo overhead, diffusing soft ripples of light. The bamboo also echoes the bamboo baskets used for drying tea, a key element of Oyu, which serves house-blended healing teas. Earthy tones, warm lighting, the soft curves of the seating and hand-crafted shapes of the custom-made furniture in wood and clay create a harmonious atmosphere. Living trees are integrated into the restaurant, creating a natural break between tables and literally bringing the outside in. Large windows from the terrace draw in natural light and a gentle breeze. Enea's approach is attuned to Oyu's holistic practice of conventional and complementary medicine. The timeless design of the treatment rooms blends modern functionality with minimalist but warm aesthetics that put clients at ease and enhance a sense of wellbeing. Dappled hues and delicate textures pervade the space – including specially designed fabrics that subtly suggest mountain landscapes. The yoga studio includes Enea's bespoke lighting and design elements, such as sliding walls that illuminate the space with translucent surfaces made with rice paper sandwiched in glass to provide texture and reflect the light.



Enea's journey through Oyu begins and ends within a wooden-clad room, forming a symbolic circle of completeness, reflected in Enea's original full moon-like installation in the upper relaxation space. This room serves as a sanctuary where guests can enjoy specially brewed teas and the meditative ambience engendered through the thoughtful design.

Enea Outside In's design for Oyu harmoniously blends the outdoors and indoors, embracing visitors and transforming this urban townhouse into a conduit between the bustling city and the healing essence of nature. The sustainable materials, natural hues, and hand-crafted furnishings of the interior respond to the colours and textures of the natural world. This design reflects Enea's holistic approach to design, taking inspiration from landscape and refining living spaces by integrating nature into them at every level.

## **EDITORS NOTES:**

Enea Outside In, Gessnerhof, Usterstrasse 14, 8001 Zurich | [www.enea.ch/outsidein](http://www.enea.ch/outsidein)  
Opening times: Tuesday to Friday from 10 to 19 hrs, Saturday from 10 to 17 hrs

### **About Enea Landscape Architecture**

Since its foundation in 1993, Enea Landscape Architecture has become one of the leading firms in the area of landscape architecture, both in Switzerland and worldwide. In addition to its headquarters in Rapperswil-Jona (outside Zurich) and its many projects in the Zurich area, Enea now has offices in Zurich, Miami, New York and Milan and employs over 240 professionals in the fields of landscape architecture, interior design, engineering botany and construction. From private gardens and exclusive residential buildings to commercial premises, hotels and restaurants, golf courses and public parks, Enea has now completed more than 1,000 projects in Europe, Asia, North and South America. Enea's trademark is to design exteriors and interiors that flow into each other, so architecture and nature merge symbiotically. Enea works with acclaimed architects, including Antonio Citterio, David Chipperfield, Rem Koolhaas, Bjarke Ingels, Herzog and de Meuron, Sou Fujimoto and Zaha Hadid. At Klagenfurt football stadium, Enzo Enea staged the "For Forest" temporary art installation, and at Art Basel 2023, he created 'Treetopia' – a forest of the future installation in the heart of the fair. In 1998, the acclaimed Chelsea Flower Show in London presented the company with the Newcomer Award. Enzo Enea's most cherished project is the Enea [Tree Museum](#) in Rapperswil-Jona, which is unique worldwide. Founded in 2010, this open-air museum of 'rescued' trees highlights the way in which landscape, architecture, art and design are integrally combined. Those who visit the Enea headquarters can view the Tree Museum, the outdoor pot gallery, featuring historic terracotta and stone garden pots from antiquity and the Renaissance to Enea's trademark designs made of Italian stone, as well as a showroom with high-quality design and a carefully selected array of some of the world's best garden furniture. The on-site Enea Lab provides space for innovative design and horticulture ideas to flourish.

[www.enea.ch](http://www.enea.ch)

### **About Oyu**

Oyu is a new health centre in Zurich offering consultations and therapies that combine conventional and complementary medicine in a new holistic approach. Under the medical direction of Dr Bettina Kneip, the team of over 30 medical, therapeutic and gastronomic specialists helps visitors maintain or restore their health in everyday life. Health-seekers can obtain advice from the medical team in the practice area and receive treatment on the spot using Ayurveda, Traditional Chinese Medicine (TCM), modern medicine or other complementary European methods. In addition, the numerous exercise and meditation classes, the wide range of massages, the plant-based restaurant and the tea studio are open to anyone who wants to independently maintain their health in everyday life. The holistic approach, the high-quality ambience and the digital infrastructure make Oyu one of the most progressive providers in the field of health and prevention. The majority of the services provided are recognised in the basic or supplementary insurance policies of the Swiss health insurance companies. The company is supported by the Bad Zurzach + Baden Health Promotion Foundation, whose group also includes the Zurzach Care rehabilitation clinics and the Fortyseven wellness spa in Baden, designed by the renowned architect Mario Botta, which opened in 2021.

[www.oyu.ch](http://www.oyu.ch)

**Press information**

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