



OUM Wellness Center

Centre de benestar OUM

Centro de bienestar OUM

Monterrey, México, 2019-2023

Picharchitects. Pich-Aguilera

REPORT. Sustainable and Healthy Architecture

OUM Wellness: Memory

OUM Wellness was created with the purpose of establishing an urban sanctuary where body, mind, and spirit can achieve balance. Inspired by the Eastern philosophy of harmony with nature, the building provides not only spaces for relaxation and revitalization but also aims to be a benchmark in sustainability and bioclimatic design.

Comfort and Health

The integral well-being of its users is the core of the project. OUM Wellness is designed as a climatic refuge, where the architecture enhances thermal comfort and fosters a connection with the environment. Natural ventilation and the airflow from the central courtyard always ensure a temperate atmosphere, without the need for invasive mechanical systems. Spaces dedicated to physical activity and relaxation encourage a complete wellness experience, transforming the building into an urban oasis of peace and health.

Sustainability and Energy

Energy efficiency is one of the primary priorities of the design. OUM Wellness not only minimizes its energy demand but also generates all the electricity it consumes through a photovoltaic pergola on the roof, which also provides shade and reduces thermal gain. The porous concrete lattice facade dissipates heat and channels cool breezes inside, while the high thermal inertia slabs help stabilize the temperature, reducing the need for artificial air conditioning. The integration of vegetation and water bodies in the lower atrium enhances the building's thermal regulation, passively providing coolness.

Circular Economy and Materials

The project was conceived based on the principles of the circular economy, prioritizing recyclable materials and dismantlable construction systems that facilitate reuse and minimize waste. The modular structure optimizes resources while reducing the environmental impact throughout its lifecycle. The concrete lattice used in the facade is locally manufactured by Kinetica, which not only decreases the carbon footprint associated with transportation but also promotes sustainable industry in the region.

Urban Integration and Community

On weekends, the center becomes a meeting point for cultural and sports events, expanding its impact beyond its own users and revitalizing urban life in its surroundings.

Resilience and Biodiversity

OUM Wellness incorporates an urban garden that supplies the complex's restaurants with fresh, locally sourced products, promoting healthy eating and sustainable production. The building's vegetation not only improves air quality but also benefits the environment by fostering biodiversity and creating a more balanced microclimate within the city.

With its focus on both mental and physical well-being, OUM Wellness sets a new standard in responsible, sustainable, and conscious architecture, with design as a powerful tool to improve the quality of life for individuals and the environment.

Partners

Picharchitects/ Pich-Aguilera

Felip Pich-Aguilera, Teresa Batlle

Design Studio

Joan Maria Freixes (Managing director), José Torres Ribas (Commercial Advisor), Angel Sendarrubias (Quality control), Antonio Batlle (Chief Architect Manager); Carolina Lourenço, Claudia Gardinetti and Pere Forner Rovira (Project Leader Architects), Ayelen Barenthin (Sustainability Architect), Marita Céspedes (Innovation architect), Miguel Suárez (Madrid Office Manager), Marcela Calderón (México Project Leader Architect), Alba Gassó (Adm.), Claudia Antonacci (PR Communication)

Project Management

Cushman & Wakefield

Client

Capital Natural / One Development Group

Contractors

Haskell

Main Suppliers

Cemex, Kinetica

Start and Completion Year

2019-2023

Gross Area

13 701 m2

Sustainable and healthy materials or systems

wellness center

Photography

The Raws

Contact and more information

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