

Above and Beyond

安康之家

Soon to launch Vivid Living makes the case for truly healthy and stylish homes

新一代的家居生活
指標

| Text : Elizabeth Kerr |
| Photo : Provest Holdings |



Sustainability and green living has been on the radar for years now. There's nary a school kid around that doesn't know they should drop their juice bottle in the recycling bin and few media and PR firms hand out fat, papery press kits anymore. But in me, me, me Hong Kong, it's a bit strange that the healthy living trend hasn't gained any traction until now.

Go Big or Go Home

Enter managing director of the new Vivid Living, Henning Voss. He has big plans for healthy residential spaces in Hong Kong — not Delos Living big, but ambitious nonetheless. Voss is a managing partner at Provest Holdings, a private redevelopment firm that also runs a property investment fund. Vivid Living combines Voss's multiple personal passions — property, travel, health and wellness, gadgetry. Vivid is a work in progress, but regular advisors include an architect, an

interior designer and a sustainability engineer. The short version of Vivid's raison d'être is to provide healthy homes, from air down to invisible hardware, free of the elements that negatively impact quality of life.

"We try to only employ materials and technologies that are third-party reviewed. Which is really hard and it's a constant learning process. There's a lot of green washing; lots of products claim to be green and healthy, but look beyond the marketing and you find nothing," says Voss. Vivid's health-related items must be peer-reviewed or third-party accredited (like NSF-certified woods) and ideally come from within 800 kilometres of Hong Kong.

Vivid's three-tiered business includes hard science-backed consulting to advise people who are renovating, Vivid's own redesign and renovation projects and ultimately developing

近年，全球致力推動可持續發展及綠色生活，向來支持環保的香港市民，當然積極響應，即使小學生也懂得將棄置的水樽扔到回收箱；至於傳媒或公關機構也減少派發宣傳單張。香港人的生活習慣已慢慢滲入環保概念，但要令身邊每個人都過著健康的生活方式，似乎仍需要時間轉變。

家居新潮流

室內設計公司Vivid Living，正朝著健康家居的方向發展。公司董事總經理Henning Voss銳意在香港建設健康居住空間，藉此提升生活質素。他本身是Provest Holdings私人發展商的合夥人，專注發展重建項目，同時經營房地產投資基金。新成立的Vivid Living則專注建設健康家居，並嘗試結合不同範疇的創新概念，為客戶提供符合科學化的健康家居方案。公司的核心業務除了設計諮詢服務外，還包括設計符合健康標準的翻新項目及服務式住宅項目。專業的顧問團隊，包括建築師、室內設計師及處理可持續發展項目的工程師，用心做好每個設計細節。



a serviced apartment because of the control required in order to fulfil the concept fully. “You can only do so much with a single apartment.”

What You Don't See

That mandate to see the healthy elements all the way to the foundations means Vivid will be offering living spaces that go above and beyond recycled wood furniture and phosphate-free soap. There will be no toxic glues in plywood doors, no-VOC paints, top-drawer air and water purification systems, low-energy, clean(er) air conditioning units, properly double-glazed windows with soundproof German frames and neutron LED mood lighting to ensure a solid night's sleep, incorporated biophilia (the use of plants as natural detoxifiers), full kitchens equipped with steam woks, ultrasonic food washers and sterilisation boards to encourage better eating at home, mattresses free of toxic

foams and stuffings and organic linens as a start. The goal is to create spaces that are conduits to better health and that enable a healthy lifestyle.

Admittedly, that means Voss's “healthy” mandate can clash with the more entrenched “green” mandate that has become such a touchstone for modern urban living. “It's important for us not to be marketed as ‘eco-apartments’ even though we try to be as sustainable and green as possible. [Our] main goal is to be healthy, and that sometimes bites itself with being green. For example, a gigantic, but really good, air purifier eats a lot of energy. But we try.” Many of Vivid's solutions stem from simple source control, which starts with renovation, and a great deal can be accomplished with good old-fashioned foliage — hence the self-watering planters for frequent travelling Hongkongers.

不難想像，建設健康家居需要符合更高的設計要求。Voss表示：「社會上有不少產品均以環保及健康作招徠，但實際上對環境或個人卻毫無裨益。因此，我們採用的物料或生產技術均通過同行評審或第三方認證，例如我們只會選用在香港八百公里範圍的木材，並獲得美國國家衛生基金會認證。」

實踐健康生活


Vivid Living採用高品質的健康物料，把健康生活的理念伸延至住宅每一角落。公司精心挑選各式各樣的健康產品，除了選用再生木傢具及不含磷酸鹽的肥皂等基本環保產品外，還包括不含有毒物質的膠合板門、不含甲醛的油漆、高級空氣及食水淨化系統、節能冷氣機、環保雙層玻璃窗配以具隔音功能的德國製窗框。照明系統則採用自動調節光度的LED情境燈，可使人安然酣睡。廚房設備亦一應俱全，配備蒸鑊、超聲波洗菜機及消毒櫥櫃，家中煮食更得心應手；至於睡房的床褥被單均選用有機物料。



Bring on the Critics

The planter is one of those little touches that are designed to make healthy living easy as well. Voss would like to see his flats (the most recently finished is in Sheung Wan) equipped with energy metres because, “There are studies that suggest when people are made visually aware of their energy usage they’re more conservative and likely to switch things off.” That demonstrates Voss’s reliance on science, though he is well aware there are going to be critics pointing out flawed studies and general New Age crackpot-ness. “It’s about being honest. We know we’re going to have critics [once we officially launch] but research is ongoing and I’m happy to be convinced otherwise,” he says. And sourcing materials and managing contractors — down to lead-free welding metals — can be difficult. “But it’s a bit of a trend now and it’s get easier to find materials in Hong Kong.” Throw our collective penchant to equate anything “good” for us as being an inferior product

somehow (fair trade foods are still thought of as “tasteless”) and Voss has some serious educating to do. “Normal development projects are really boring. Many are flooded with luxury appliances and materials that are blingy. We wanted to show we could be green, sustainable, healthy and stylish. A lot of people still think a sustainable home is like a treehouse or something.”

So how much of a difference will living in a healthy space make to an average 40-year-old that’s been breathing garbage air and sleeping on chemical-y foam since birth? “It will absolutely transform your life,” Voss deadpans. “Seriously, I think a normal healthy person might not notice too much, but for people with kids with allergies ... if you have asthma, other respiratory diseases or existing conditions this will be a better [space].” And really, does erring on the side of caution ever really hurt? 

然而，Voss抱持的「健康」標準與現行的「環保」標準有所抵觸。他說：「我們致力創造健康生活空間，協助顧客建立健康生活方式，而非發展環保住宅。我們當然會盡量達致「健康」與「環保」兩方面的要求，但有時亦要有所取捨。例如，一部功效顯著的空氣清新機，即使耗電量甚高，也可以是我們的選擇。」Voss希望通過簡單的家居佈置，達致健康生活的目標，簡單如擺放一盆觀葉植物經已對健康很有幫助，不過香港人經常出外旅遊，容易忘記澆水，但只要加裝自動澆水裝置便萬無一失了。

建立正確觀念

生活上有些小法寶可讓我們輕鬆實踐健康生活，自動澆水裝置便是一例。Voss希望為他剛完成的上環住宅項目裝設電能計量器，因不少研究調查顯示，若能夠看到家中的耗電量，每次用電時會更節約。但由於這些調查未經科學證實，不少評論或會質疑研究調查未臻完善，又或者新世代的環保理念並無作為。Voss則說道：「現階段我傾向支持這個說法，但與此同時，我亦願意聽取他人意見，或接受他人的批評，最重要是保持科學精神。」隨著社會日益重視健康生活，大多數的健康物料可在本地採購。可是，有些人仍對健康產品有所保留。舉例說，他們總是認為公平貿易食品淡而無味。Voss希望社會能夠消除這種似是而非的觀念。他補充：「許多人認為可持續發展的家居設計是簡陋的，事實卻並非如此；反而很多發展項目充斥著華麗璀璨的家具及物料，這才是真正的乏味。事實上，我們的設計糅合了環保、持續發展及健康等多種元素，更能呈現出典雅格調。」

香港人從出生開始便呼吸污濁的空氣，與各式各樣有害的化學物質共存。到底一個健康的生活空間會為居住者帶來多大改變呢？Voss表示：「每個人都應去追求健康潔淨的生活空間。雖然身體良好的人未必能察覺到當中的微妙變化，但有過敏症、哮喘或其他呼吸系統病症的人必定能深刻體會到家居安康的重要性。」健康無價，為家庭健康著想，及早建立一個舒適潔淨的生活空間。 