

Tranquil Flow™

Transforming an Infusion Experience into an Immersive Journey of Release, Restoration, and Expansion

Project Overview

Location: The Lotus Center

Date: July 2026-ongoing

Experience Type: Immersive audiovisual wellness experience

Duration: 60–120 minutes

Designer: Lulu McPharlin / Emerge Art Spa

The Challenge

Many infusion experiences take place in environments that are functional but emotionally neutral. While the treatment itself may support physical well-being, the surrounding environment often does little to support emotional restoration, reflection, or a sense of meaningful transition.

The goal of Tranquil Flow™ was to transform infusion time into an intentional experience that supports relaxation, presence, and personal renewal.

Design Intent

Tranquil Flow™ was designed to:

- Support nervous system regulation
- Encourage deep relaxation
- Create a sense of psychological safety
- Invite reflection without requiring it
- Reduce clinical atmosphere
- Transform passive treatment time into meaningful experience
- Foster restoration and possibility

The experience follows a gentle narrative arc:

Release

Letting go of tension, effort, and external demands.

Restore

Resting in stillness, nourishment, and renewal.

Expand

Opening to possibility, perspective, and future growth.

Design Principles Used

Experience Before Treatment

The environment itself becomes part of the healing experience rather than serving merely as a backdrop.

Nervous-System-Aware Design

Visual pacing, sound design, lighting, and messaging are intentionally crafted to support regulation rather than stimulation.

Nature as Guide

Natural imagery serves as both visual beauty and symbolic language, inviting participants into larger rhythms of change, flow, and renewal.

Invitation Over Instruction

Participants are never told what they should feel. The experience offers gentle invitations while preserving autonomy.

Symbolic Storytelling

Rivers, streams, waterfalls, lakes, clouds, and shifting landscapes provide metaphorical pathways for meaning-making.

Spaciousness

Silence, pauses, and moments without prompts are treated as essential design elements rather than empty space.

Multiple Depths of Engagement

Participants can simply relax, engage with the visuals aesthetically, or discover personal meaning within the journey.

Design Elements

Visual Environment

Core imagery includes:

- Water surfaces
- Rivers
- Reflections
- Waterfalls
- Clouds and atmospheric movement
- Slow natural transformations

Audio Environment

- Ambient soundscapes
- Water textures
- Minimal melodic content
- Spacious pacing
- Optional guided elements

Reflective Prompts

Examples:

- "You are supported."
- "Notice what begins to soften."
- "Pause creates space for reflection."
- "Around each bend are new possibilities."
- "What wants to emerge when there is space?"

Environmental Design

- Large-scale projection (entire wall)
 - Surround sound
 - Reclined seating
 - Controlled lighting with water ripple effect on ceiling and walls
 - Optional scent integration
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The Experience

Participants enter a dimly lit space where moving water and reflected light create a sense of calm arrival. The participant is invited to choose a scent to accompany their journey. The scents are custom scents titled, “release,” “restore,” and “expand.” Participants may add a drop to a volcanic rock and take it to their seat with them.

Once the participant is seated and their IV therapy is placed, they are invited to recline and relax into the unfolding audio/visual journey in front of them. They are offered a soft blanket and a cup of tea if they wish.

As the journey unfolds, imagery gradually shifts through themes of release, restoration, and expansion through sky, forests, rivers, waterfalls, and lakes with accompanying sounds. Written poetic prompts come and go overlying the nature visuals. The experience asks for nothing while offering opportunities for reflection, rest, and quiet insight. By the conclusion, participants are invited into a sense of openness and renewed possibility.

Experience Arc

Arrival

Goals:

- Transition from the outside world
- Establish safety
- Slow attention
- Encourage settling

Primary imagery:

- Calm water
- Reflections

- Sunrise
 - Gentle movement
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Release

Goals:

- Let go of effort
- Release tension
- Soften mental activity

Primary imagery:

- Flowing streams
 - Rivers
 - Dissolving reflections
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Restore

Goals:

- Deep rest
- Nourishment
- Presence

Primary imagery:

- Rivers
 - Waterfalls
 - Winding rivers and meadows
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Expand

Goals:

- Openness
- Possibility
- Integration

Primary imagery:

- Expanding horizons
 - Lakes
 - Ducks in flight
 - Vast landscapes
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Integration

Goals:

- Gentle return
- Reflection
- Completion

Primary imagery:

- Calm water
 - Morning light
 - Spacious natural scenes
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Installation

Space Design

- Room dimensions: 16' x 12'
- Seating capacity: 2
- Lighting conditions: Lamp light and wave cube, direct light for IV placements
- All IV supplies hidden within drawers of shelf
- Large area rug for comfortable home atmosphere
- Commissioned art piece on entry wall for "tranquil flow" theme

Technology

- Projector
 - Bluetooth speakers
 - Playback platform: [Yodeck.com](https://yodeck.com)
 - Electric adjustable recliners
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Observations & Feedback

Participant Responses

- “This room is so relaxing. I spend all of my break time in here.”
- “I have never had IV therapy in a place like this. It made the whole experience so much more restful.”
- “I want to spend every Friday evening here to decompress from my week.”

Staff Observations

- Increased relaxation
 - Positive comments
 - Longer engagement
 - Emotional responses
 - Repeat requests
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Key Learnings and Challenges

- First, we had to learn how to create such an experience without creating a disturbance or more work for the staff. We accomplished this by containing this experience to one back office, which contains the sound well. We also installed the projector and are using a Yodeck delivery system so that the staff doesn't need to do anything except turn on the projector and use the remote to select which program they want to play.
- Second, we had to figure out how to provide enough lighting for the placement of IVs in a room that we needed to maintain overall darkness in so that we could use projection. We accomplished this by using lamp light and directional lamp light for placing IVs.
- Third, we needed to design an experience arc that gently guided participants from the pace of the outside world into a state of restoration. The experience needed to help people settle enough to relax while remaining engaging enough to invite moments of reflection, wonder, and personal insight. Achieving this required carefully balancing audio, visuals, pacing, and poetic prompts to create an experience that supported the nervous system without becoming either overstimulating or passive. Along the way, several design principles emerged: never telling participants how to feel or asking them to perform specific exercises; using the landscape itself as a source of poetic reflection; carefully pacing moments of stillness and movement to balance relaxation with engagement; and relying on the restorative qualities of nature to carry much of the emotional journey.
- Fourth, we were faced with a problem of our content files being too big for the Yodeck raspberry pi to process, so we needed to highly compress the videos in order for them to work properly with this technology. We also needed to figure out what type of remote to

use to access different playlists on the Yodeck. We found that a standard presentation clicker would work well with a USB connector to the raspberry pi.

Outcome

Tranquil Flow™ is demonstrating how environmental design can transform infusion time into a restorative experience that supports both physical and emotional well-being. The project established a repeatable framework for creating immersive wellness environments that integrate audiovisual storytelling, nervous-system-aware design, sensory elements, and opportunities for personal reflection. The project also established a repeatable framework for immersive experience that does not interrupt functional flow in a wellness space or require a lot of staff training for the experience to run. Lastly, this project is demonstrating how augmenting a service like IV therapy with an immersive nervous-system aware environment can elevate it to a more restorative experience for clients that feels both transformational and highly memorable, which benefits both the client and the wellness space as a business.

Future Development

Potential expansions:

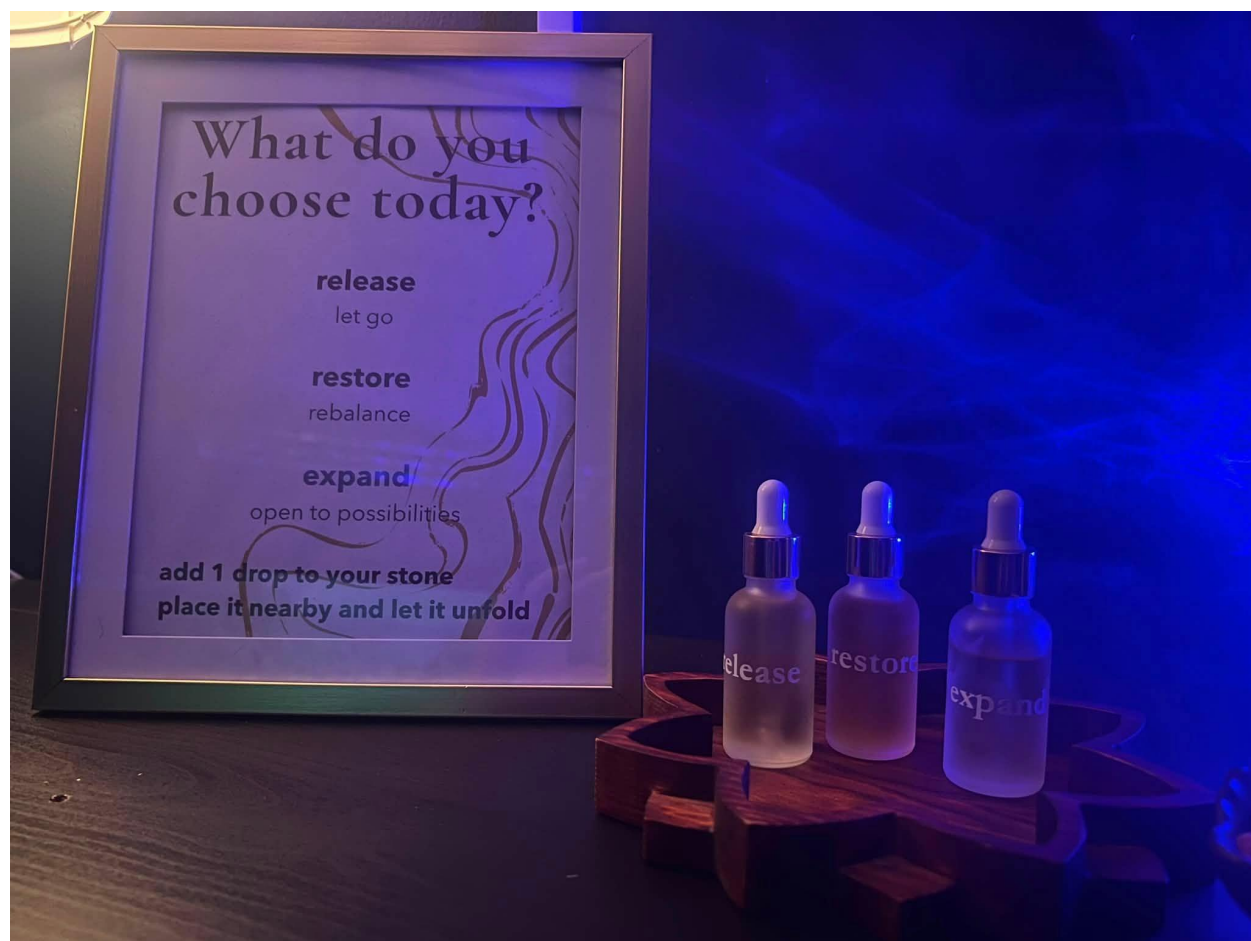
- Seasonal variations
 - Rain edition
 - Ocean edition
 - Guided voice version
 - Multi-language versions
 - Home-use adaptation
 - Group wellness adaptation
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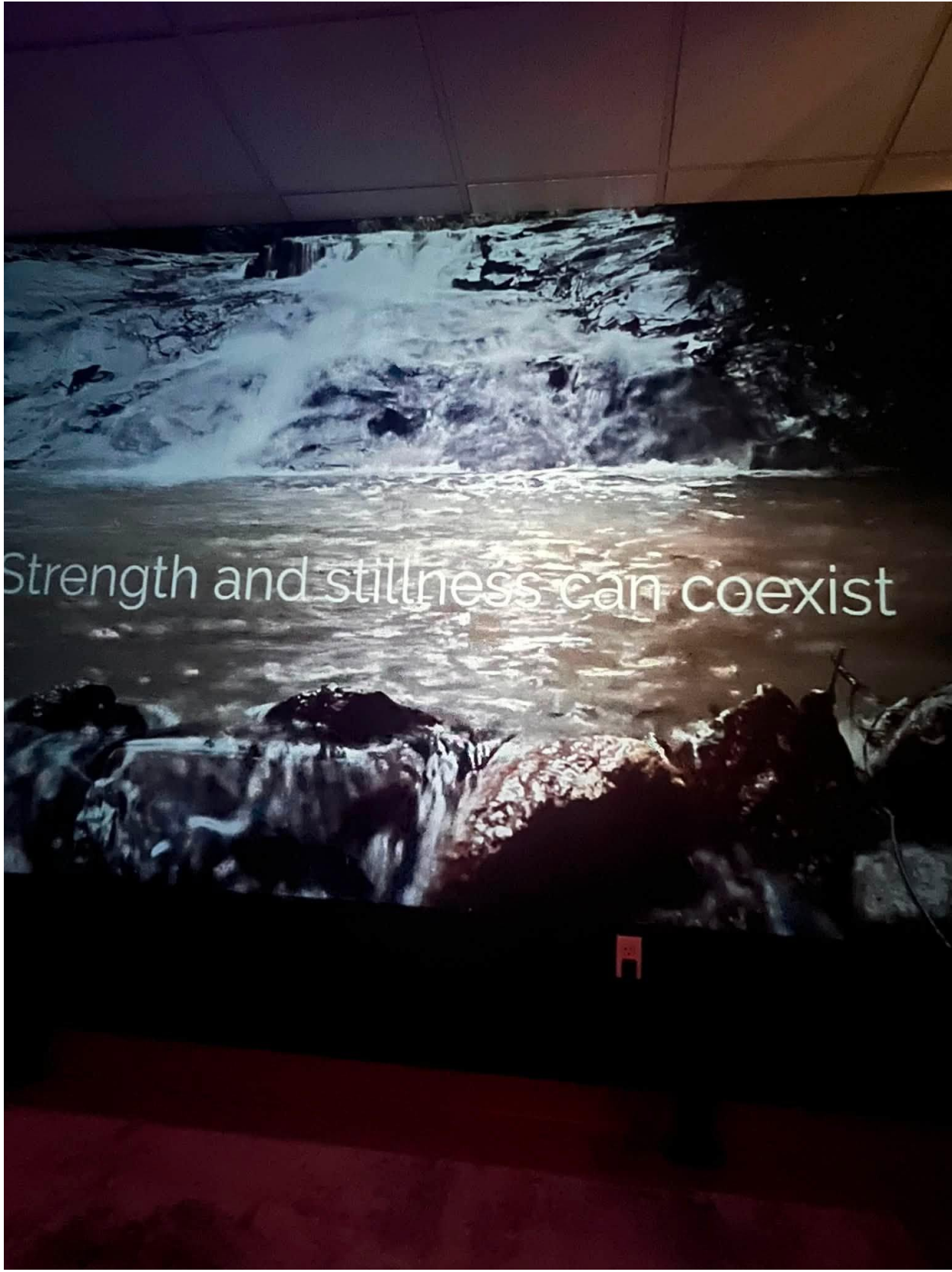
Gallery

Video Tour of room before: <https://www.facebook.com/reel/2348523022346940>

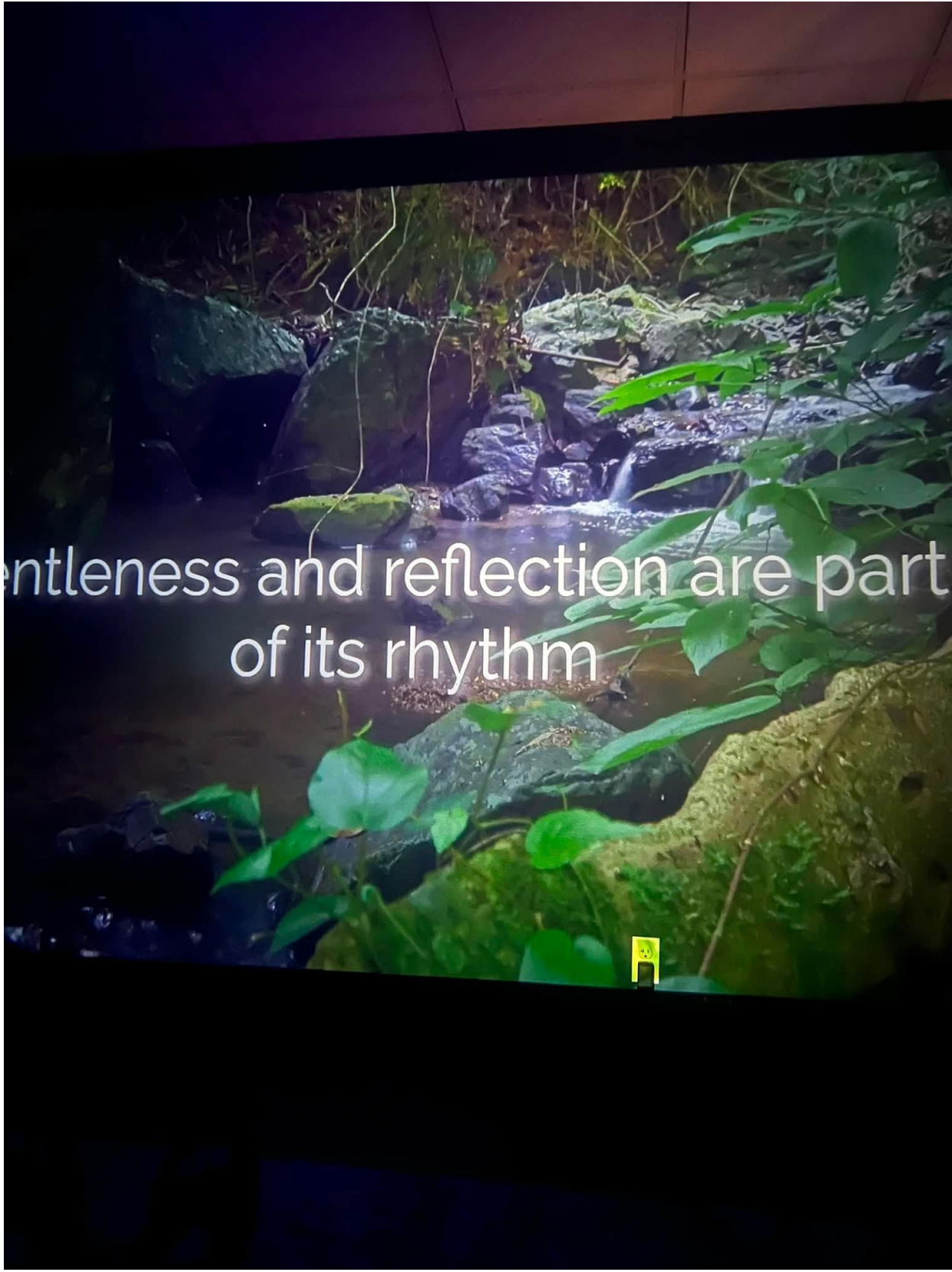
Still images including commissioned art piece done for room, scent station, pictures of screened wall, seating, and video of completed project.





A large-scale digital artwork is displayed on a wall in a gallery. The artwork depicts a powerful waterfall cascading over dark, jagged rocks into a turbulent river below. The water is rendered with dynamic, swirling textures, capturing the movement and energy of the natural scene. The lighting is dramatic, with the water appearing bright against the dark rocks and the dimly lit gallery space. The ceiling of the gallery is visible at the top of the frame, and a small red object is visible on the floor in the foreground.

Strength and stillness can coexist

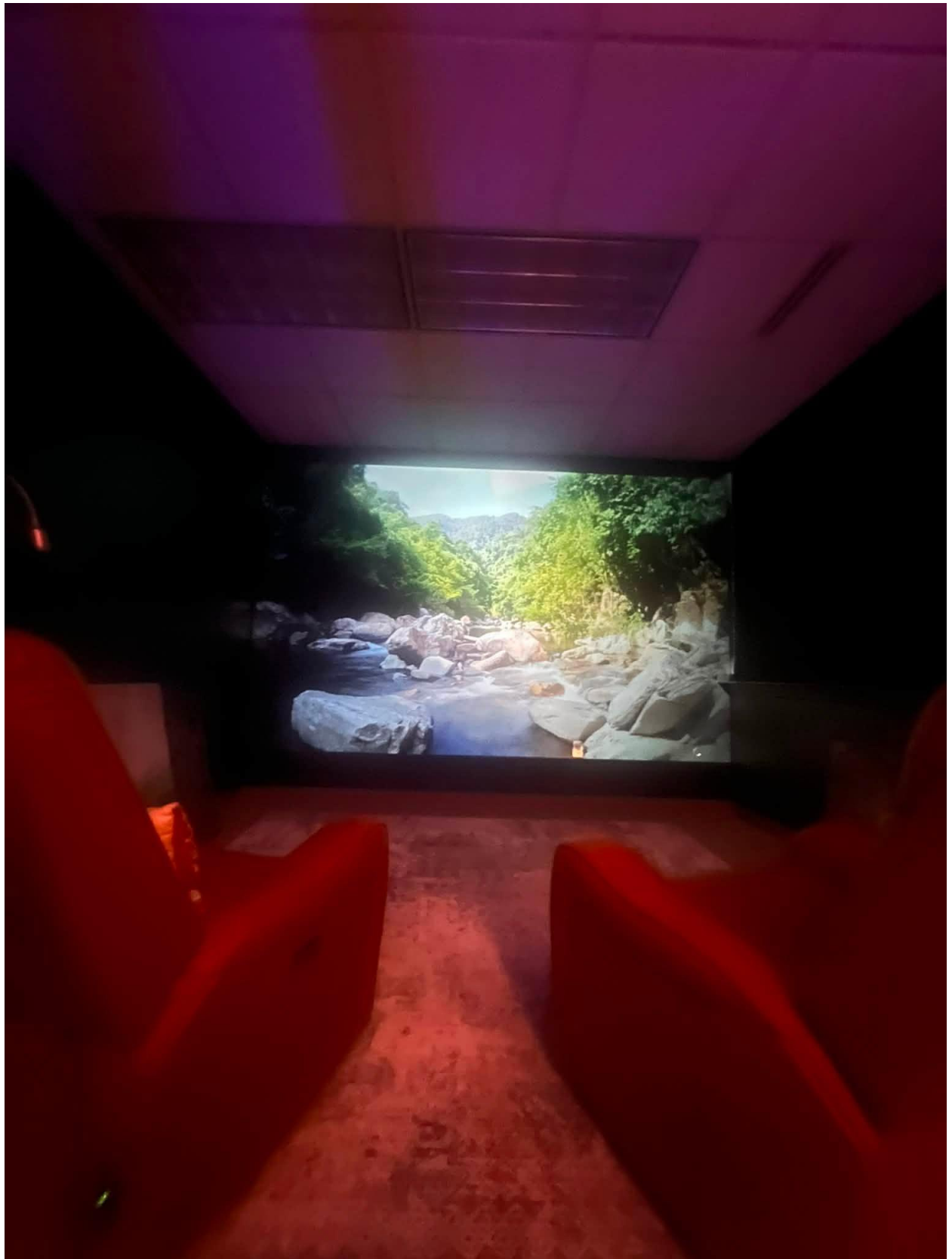


gentleness and reflection are part
of its rhythm









Video Tour of completed room: <https://www.facebook.com/reel/28769304152658147>

Experience Details

Experience Name: Tranquil Flow™

Category: Immersive Wellness Experience

Format: Licensable audiovisual experience suite

Primary Themes: Release • Restore • Expand

Created By: Emerge

Designer Reflection

What questions was this experience exploring?

Tranquil Flow™ began with a question: What if a treatment room could become an active part of care rather than simply the place where care happens? Rather than distracting from the clinical experience, I wanted to explore whether immersive art, nature, and thoughtful pacing could help people arrive more fully in the present moment. The project became an exploration of how environment itself can invite restoration, curiosity, and a renewed relationship with one's own inner experience.

What role does symbolism play in restoration?

I believe symbolism speaks to us differently than information does. A river, a lotus, shifting light, or the emergence of stars can evoke meaning without demanding interpretation. Throughout Tranquil Flow™, symbolism became a quiet companion, allowing each person to discover their own story within the experience rather than being told what to feel. My work increasingly explores how symbolic environments can support emotional restoration while remaining deeply personal.

How do nature, awe, and reflection interact within a healing environment?

Nature has a remarkable ability to soften vigilance and widen attention. By combining natural landscapes with moments of subtle surrealism, I wanted to create an experience that felt both familiar and quietly magical. Awe invites us out of rumination, reflection helps us integrate what we notice, and nature provides a

sense of safety that allows both to unfold. Together they create space for restoration that extends beyond simple relaxation.

What did this project teach about pacing, attention, and emotional transition?

One of the greatest lessons from Tranquil Flow™ was that transformation rarely comes from constant stimulation. The most meaningful moments often emerged from restraint: allowing scenes to linger, creating gentle transitions, and trusting silence as much as movement. Rather than trying to hold attention every second, the experience learned to breathe, giving people permission to notice, imagine, and simply be. That philosophy now guides every Emerge experience I create.

How has Tranquil Flow™ influenced future Emerge experiences?

Tranquil Flow™ established many of the design principles that now define Emerge: environments designed around emotional journeys rather than visual spectacle; immersive storytelling grounded in neuroaesthetic principles; and experiences that leave room for personal meaning rather than predetermined outcomes. It reinforced my belief that thoughtfully designed spaces can become partners in healing, whether in healthcare, hospitality, wellness, or public environments.

What might a future evolution of this experience become?

Tranquil Flow™ is less a finished installation than the beginning of a larger design language. Future experiences may respond to seasons, specific therapeutic goals, or different environments, from infusion suites to saunas to spas, retreats, hotels, and contemplative public spaces. My broader vision is to create immersive experiences that help people reconnect with themselves through wonder, beauty, and carefully crafted moments of attention to transform ordinary spaces into places people genuinely remember.