

AD



THE
HEALING
ISSUE

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DESIGN THERAPY

In the midst of the pandemic, AD explores the holistic power of interiors and design: rooms conceived to calm the mind, gardens that promote well-being, materials with intrinsic health benefits, and a house built around the principles of vastu. Plus: in a special collaboration with a series of Indian designers, AD commissions a collection of objects that are a response to the new reality of 'stay home'. Lie back on that chaise, close your eyes and relax with AD.



COPPER CANDLE BY PAUL MATTER & BOMBAY PERFUMERY. Enclosed in a copper cylinder topped with a perfect, black sphere—designed by Nikhil Paul of Paul Matter—sits a bespoke hand-poured candle by Bombay Perfumery. The candle draws on notes of elemi, lavender and blue tansy oil blended with tonka beans and the iconic myrrh, a resin known for its sweet, nutty profile. When lit, the fragrance swirls and rises from the cylinder. The sphere promptly snuffs the candle, but the woody, musky base notes of the patchouli and tonka beans linger long after.

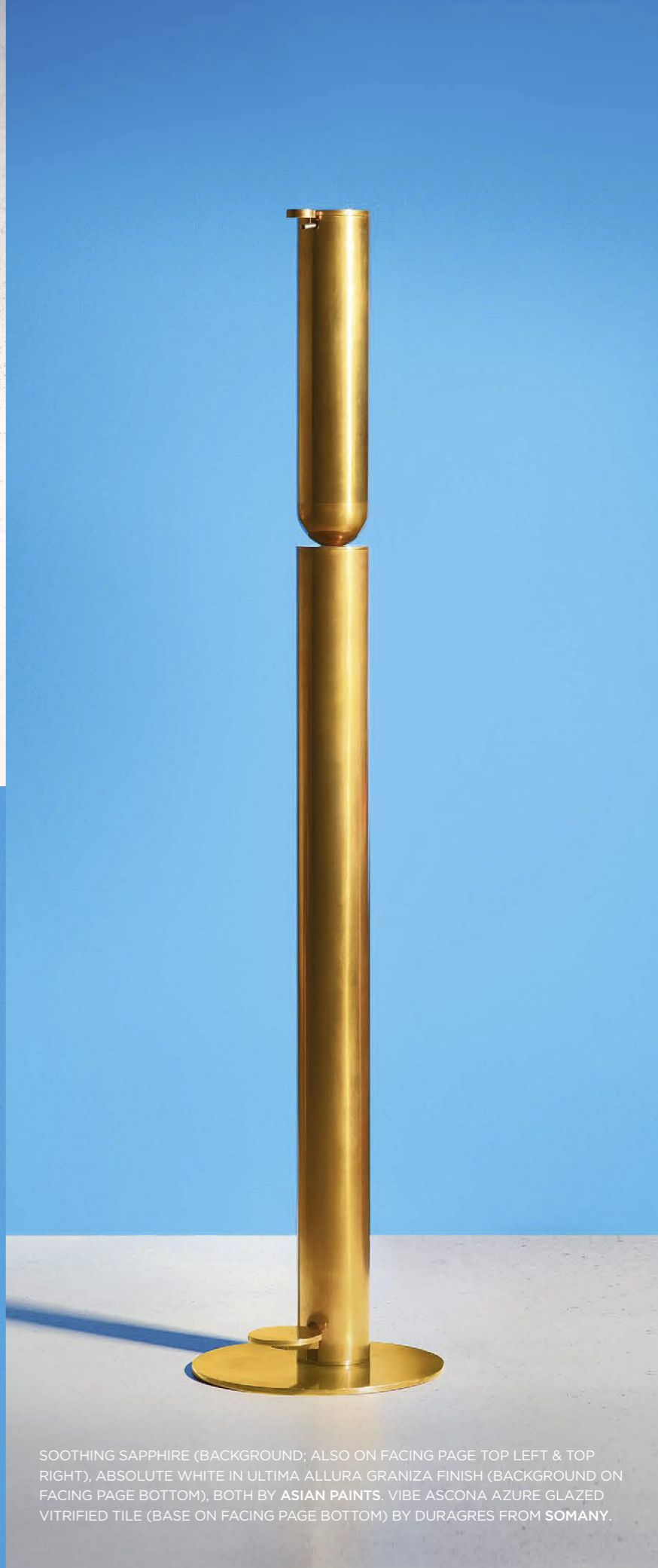


HAND SANITIZER STAND BY CASE DESIGN. In a quiet interplay of circles and cylinders, Mumbai-based Case Design designed a stand that pumps out dollops of hand sanitizer with the help of a crisp, circular foot pedal. Made of solid brass, the geometric simplicity of the sanitizer stand takes on a sculptural form. According to founder Samuel Barclay, this stand is but a “small gesture in a much larger picture; a modest first step towards rethinking how we experience the new interior landscapes of our homes”.



ESSENTIAL OILS BY PARO. “Oils are nature’s precious gift from the plant world that have been used over millennia to nourish and heal,” says Anita Lal, founder of Good Earth and Paro. The latter’s bespoke blend Mudita Mishran (*right*) uses a heady mix of jasmine and pink grapefruit to relieve stress and anxiety. The Sleep Deep roll-on uses lavender and jatamansi oils to create a deeply relaxing, pre-snooze blend. “For *AD*, we created the bespoke roll-on” says Lal. “At night, apply it on the temples, forehead, palms and the soles of your feet for a restful sleep.”

(TOP LEFT) SANDY SOAP BY MUD AND MOON. Known for her textured, artisanal soaps, Dharini Patel of Mud and Moon decided to take *AD* for a walk on the beach. Drawing inspiration from a seashore, she mixed natural indigo and Indian bentonite clay—known for its healing properties—with hints of lavender, rosemary and peppermint. The details here are worth noting: the tiny, sand-like walnut shell granules gently exfoliate the skin, and the powder blue crest on the brown clay base is reminiscent of calming waves lapping at the shore.



SOOTHING SAPPHIRE (BACKGROUND; ALSO ON FACING PAGE TOP LEFT & TOP RIGHT), ABSOLUTE WHITE IN ULTIMA ALLURA GRANIZA FINISH (BACKGROUND ON FACING PAGE BOTTOM), BOTH BY ASIAN PAINTS. VIBE ASCONA AZURE GLAZED VITRIFIED TILE (BASE ON FACING PAGE BOTTOM) BY DURAGRES FROM SOMANY.