

Splash up your Home

If sitting by the window on a rainy day means perfect rejuvenation for you then an indoor water body is the apt route to enliven your spirit everyday. With varied options to choose from **Meghna Kothari** sets out to find out how these water bodies could soothe your nerves and also aesthetically enhance your space.

A stroll on the beach or dipping your feet in a stream may seem the ideal way to relax for a simple reason that cascading water holds the power to calm us down instantly. Imagine if



you could replicate waterfalls or streams within your own home and always be amidst nature! Nowadays bringing nature's best gift indoors is not that difficult with varied options readily available. Besides being an important source of life it also has calming and healing effects on our emotional and physical well being and also adds style and elegance within any space. From table-top fountains, free standing floor and wall fountains to waterfalls all have found their space within urban homes today.

Spreading an air of divinity water features can also translate as strong design elements within any setting as it adds an interesting sense of movement.

Naturally unwinding



From Feng Shui to Vaastu water has been proved to be an essential part of our overall well-being. After a hectic day at work a free hydrotherapy at home through these water bodies could turn out to be a perfect personal sanctuary. "Water renews the senses as it has the ability to ease out stress specifically through its trickling sound and refreshing sight. The seamless flowing sound of water, sight of fresh water



droplets and a refreshing spray from water sprinkles releasing a cool draft of air could create an ambience of tranquillity. With soaring temperatures outside, an indoor water body helps in bringing down the temperature within any space," reveals Anoop Rao an interior consultant. The ions released by electrical appliances placed all around us hamper our health specifically our immune system but employing such water bodies convert them into negative ions which is equivalent to the fresh air available on hills and mountains. Anoop further shares, "Water bodies should be placed as a focal point of interest and should have an uninterrupted view from all areas to create a soothing environment across the home. We have even employed three water bodies within a single home strategically placed in the courtyard, porch and a swimming pool connected to the home from the outside."

Water tips& traps

- Use impervious and water tight materials to avoid leakage.
- Natural materials like stones could be efficient elements.
- Use treated water to avoid stains on materials on which water is falling.
- Maintenance should be looked upon.

Space and scale



Ashish Kesurvala, proprietor of SAK Designs shares, “In various ways one can see water elements inside the house. In static form, it can be a plain water body of still water in the courtyard or in some large vessels it can be placed near the foyer or living



area. In its dynamic form, it is commonly used as various designs of fountains, water falls and sprinklers. The ideal location inside the house could be the center of the house like the courtyard especially if it is open to sky or near the entrance doors and the porch. From an aesthetic point of view a large water body near the seating and dining area

could be unmatched to any other space. Besides visual appeal even functionality is essential, like placing the water body in the wind direction to reduce the temperature inside the house. In Sri Lanka, Bali, Thailand and Japan a still water body is a common feature within homes.” While choosing a water feature factors like pattern, surface, contrast, scale and balance are essential and are pieces of art that should blend and enhance the space. Ashish says further, “It should be of a certain scale and proportion depending upon the size of the house. The size and shape of the water body feature should be decided upon in relation to the home to avoid it from being either too overpowering or too small.” Some interesting places to add a water body can also be hallways, study room, dead corners, waiting areas and entertainment spaces.

Water tips& traps

- Waterfall sound inside a close environment echoes and gets a bit irritating so it cannot be loud.
- Green plants and water make a great combination along with eco-friendly bamboo.
- Mist sprinkler around the porch and courtyard can create a pleasant ambience.
- Water body starts forming algae so one needs to clean it regularly and a filtration plant is a must for a large water body.
- The new LED lighting technology could enhance the appeal if used with the water feature.

Materials to play with

“Glass, pebbles, gemstone, marble features, wood with glass, antique containers are some materials that can nicely be used in modern interiors as water containers. Copper tubing hidden inside a wooden joist is also used to sprinkle water down to create a screen or rain like atmosphere inside a particular area. A well lit sculpture

made of gemstones placed between a water element can uplift the whole visual appeal making it a serene space,” recommends Ashish. Colour, shape and maintenance are some of the design elements that should be considered as they drive the materials employed within a water body. Rehan Jailis, owner of Green Evolutions in Delhi shares, “Generally 40% people adopt a water body from a Vaastu point of view and place it between the north-east direction. The remaining 60% home owners accommodate a water body to enhance the aesthetic appeal of their homes. Today high durability and international standards driven by latest technology are a priority. Right from new functional technologies in the range of wire curtains, falls and fountains to products like nozzles, fibre waterfalls, LED lights and water pumps are imported and are of high quality. Even products like glass fountains, glass waterfalls and glass curtains are based on latest technology and fabricated with tested



components.” Even aromatherapy oils and fog are used in order to give the ambience a more dramatic twist.

Water tips& traps

- Coloured rocks and lights are ideal to add a little glamour.
- Choose materials and shapes as per the tone of the space.
- Quality and technology are essential.
- Water body accents add character and drama to the water body.
- Stainless steel for modern and contemporary and rustic copper for an old world charm.

Options galore

Rehan further states, “The indoor product range we deal in includes bell fountain, fiber base fountain, glass fountain and jumping jet featured fountain. Further, we also offer musical fountain, programmable water curtain, string roof fountain, wall fountain, table top fountain and water cascade. Crafted for perfection with a striking look and sturdy construction fountains are beautiful and versatile and also are perfect for those who want to make a statement through their home. Today slim and compact water body and feature are preferred as they readily blend in with the contemporary and modern urban homes and require less space. It is the imagination that drives the design of the water body then may it be a table top fountain, swimming pool or an enormous waterfall fountain. But while elaborate water bodies are made, the fact of water and energy conservation is also taken into consideration. The latest technology enables us to provide machinery that reduces, reuses and recycles water and consumes less energy.”

Water tips& traps

- A green angle is necessary to be considered.
- Floor fountain can work as an element of curios and art.
- Table-top fountains are more mobile and require less maintenance.
- String roof fountains also add élan and personality within any space.



Accent and utility

Today water features are no longer just a backdrop but are a focal point and a significant accent within any urban home. “Water in earlier times was used indoors to create a cooling effect in the absence of air conditioning. The simplest way is to have a water fountain with recirculation equipment. They come in various sizes and can be purchased readymade or can be custom made. The other way is to have a courtyard water body in which water can be filled whenever one wants to and can also be easily drained for cleaning purposes. A courtyard water body can also be adorned with the use of floating flowers and candles which enhances the overall atmosphere. The usage of water in a courtyard gives the possibilities of using materials like mosaics and pebbles which adds to the beauty of the interior even when the water body is empty. In smaller areas, water can be filled in an urli-traditional vessel and fresh flowers can be put in it to add an aesthetic touch. Right from reviving your mood to performing as a divider within a space water bodies can easily transform and spruce up any space,” says Avani Mehta of Manoramy Architects.

Water tips& traps

- Waterfalls are popular but require maintenance.
- Maintain and keep the water clean.
- The sound of flowing water also helps to meditate and reduce anxiety.
- Colour, texture and movement could easily be added within a space through a water body.