

# Winter Anti Depression Show



18.01—23.03.2014

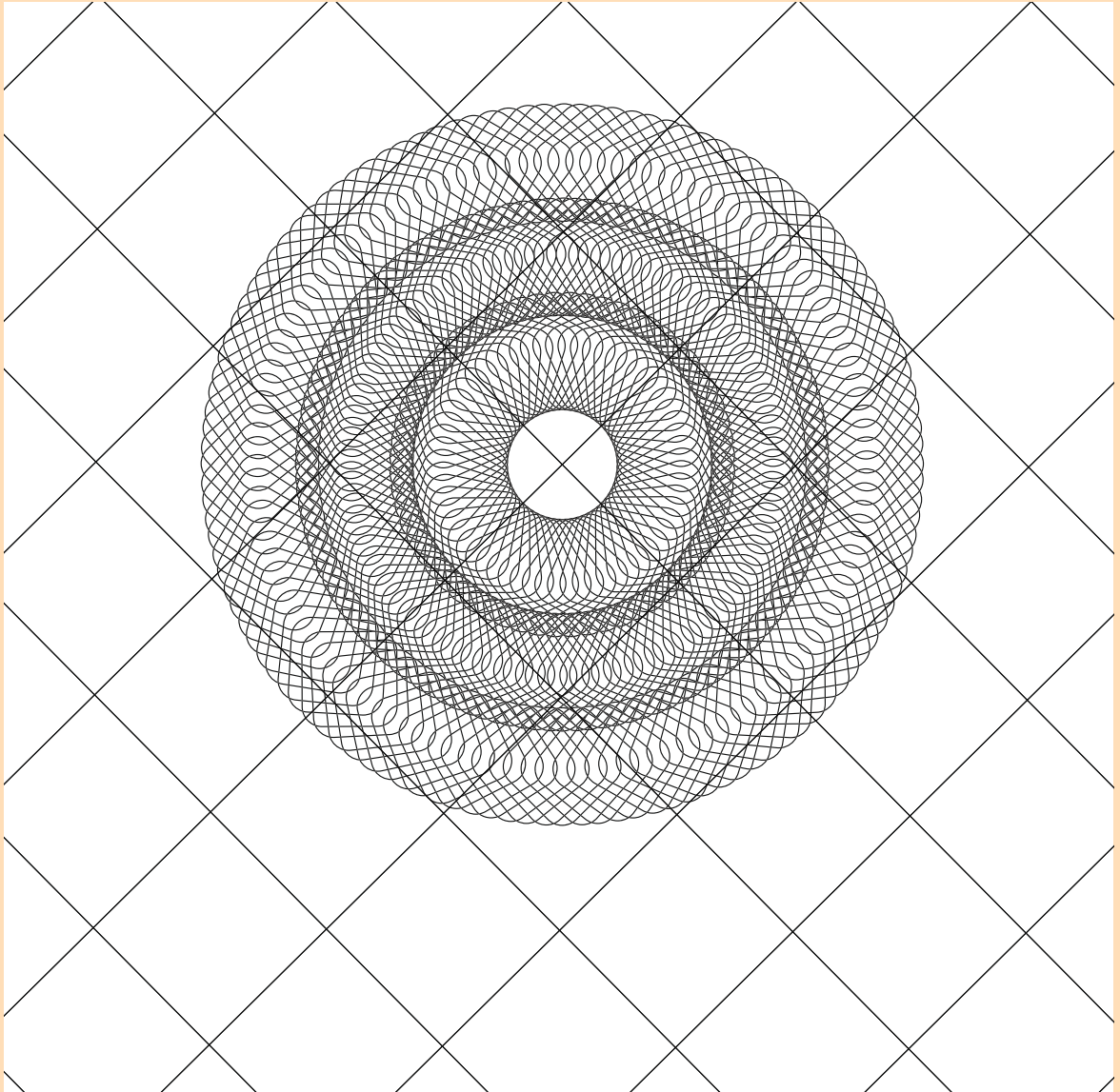
The *Winter Anti Depression Show* softens the effects of winter depression by stimulating the senses. Visitors walk over ribbed floors, feel summer flowers, let the sun caress their skin, compose landscapes, relax with St John's wort tea, and improve their condition through motion play.

One in sixteen Netherlands suffers from the winter. Some people don't get out of bed or perform poorly at work. Others neglect family and friends. Many go looking for sunny destinations, subtropical islands or the solarium. Opinions on the causes of winter depression differ. What is certain is that our metabolism adjusts to when it's cold outside and the days are shorter. We have a slower pace and our senses miss stimuli. It's a state that harks back to hibernation. Science and industry view the lack of sunlight as the culprit and stress the importance of light therapy. Dutch hospitals have special rooms for this therapy. With the help of ingenious wake-up lamps, Philips ensures people can alleviate their winter blues at home as well.

The emphasis on light can make us forget that our other senses also fall short of stimulation in the winter. We miss the scent of flowers and plants, the feeling of bare feet in the sand, the sound of crickets in the summer.

For the *Winter Anti Depression Show*, Marres has invited a team of designers and artists to create a house that immerses visitors in a variety of sensory experiences. Chris Kabel, Katja Gruijters, Ludmila Rodrigues, Kaffe Matthews, FourceLabs, Alessandro Gualtieri, Lisa Pacini and Christine Istad turn Marres temporarily into an *Art Resort*.

# Touch



Chris Kabel  
*Reflexology Floor*, 2014

In the TOUCH room, Chris Kabel focuses on reflexology. This alternative medicine assumes that all organs and body parts correspond to points in the feet. The floor is laid out so that the visitor's body is massaged through the feet. Walking in the room, visitors

discover which patterns and structures trigger the greatest effect. Some floor parts put pressure on the foot, while others cause nothing more than a slight tingling. The visitors determine the intensity and the desired result by choosing their own profile. Afterwards, they walk to the next room through a sea of flowers.

# Move



Ludmila Rodrigues  
*Individual and social explorations  
in the Room for Movement, 2014*

Movement is essential for generating sensory experiences. You can use an exercise bike or workout at the gym. In all cases, it is beneficial to do joint exercises where the social component supports the physical. In this room,

the designer Ludmila Rodrigues invites visitors to create choreography through joint movement. A net connects the players to each other, thus each movement elicits a series of counter movements. In turn, the installation behaves as an additional body that the presence of the audience follows and demonstrates. The visitor moves and is (continually) moved.

# Taste

Katja Gruijters  
*Saint John's Wort Lab, 2014*

For centuries, St. John's wort has been attributed with medicinal properties and is the natural component in all antidepressants. You can take pills or feel down, but you can also research

what three cups of St John's tea per day do for you. In this room, visitors learn how this powerful herb works and experience its possibilities for a happiness diet: tea, syrup, vinaigrette, oil, tincture, ointments, and even after-sun cream.



photography: Jonas de Witte

# Smell

Alessandro Gualtieri  
*Summer scent*, 2014

Our winter festivals compensate for the lack of perfume in nature with strong scents: oranges, spices, pine, spirits — the scents we have come to associate with winter. Can the same be done with summer smells? Is it possible to convey a hint of summer in the middle of winter? That's the task perfumer Alessandro Gualtieri set himself: to smell summer in winter.







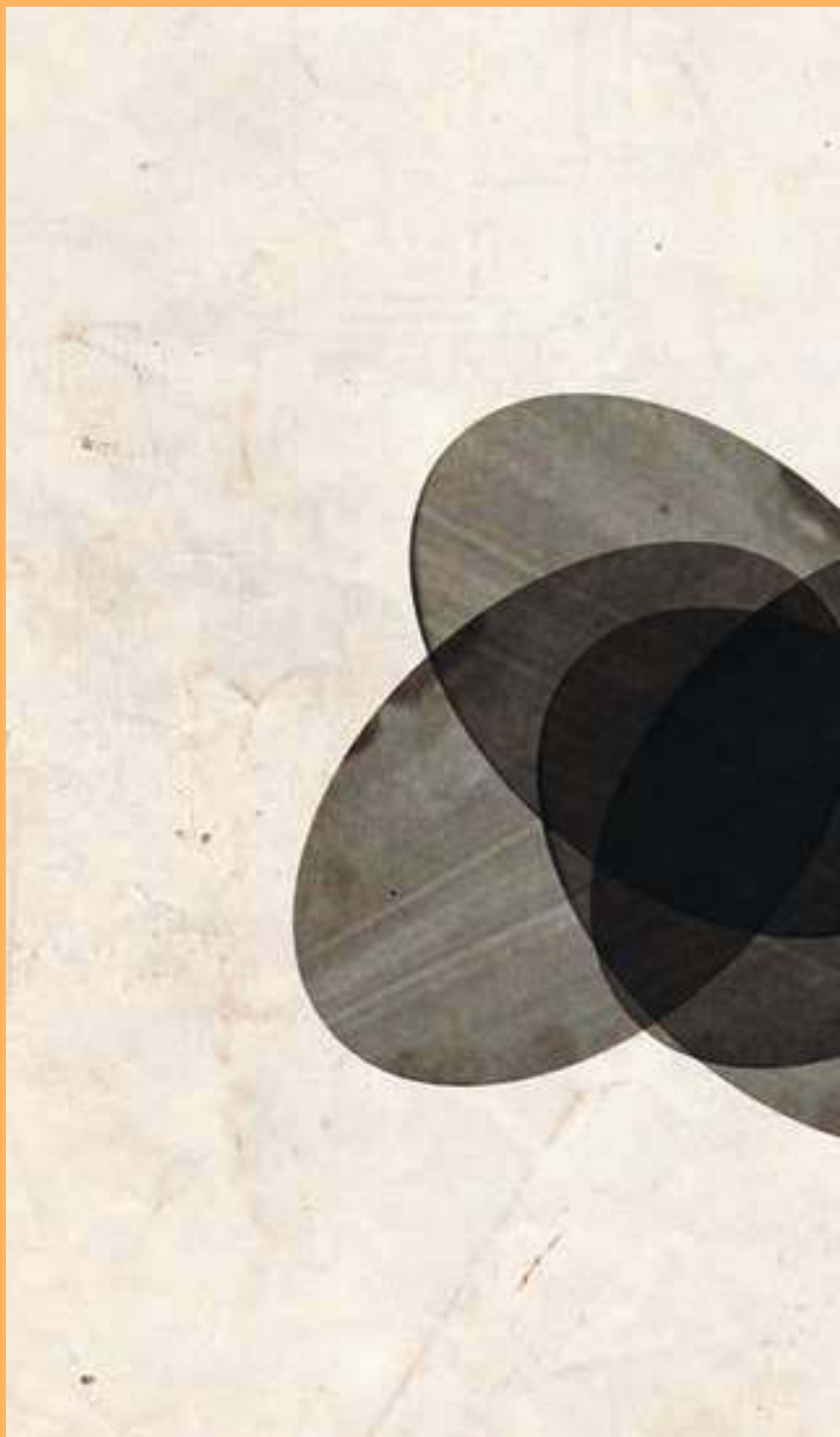
# Feel

Kaffe Matthews  
*Music for bodies, Sonic Bed\_Scotland,*  
2007

Sound artist/composer Kaffe Matthews has designed 'Sonic Bed', a giant bed that moves and soothes with sound. Visitors are invited to lie down and completely relax within a composition that moves and stimulates different parts of the body as it plays. Subtle, dynamic, sometimes virtually inaudible, the Sonic Bed plays music to feel through your body as well as your ears.

FourceLabs  
*Sounds of the Sun*, 2014

In the HEAR space, FourceLabs encourages visitors to create summer landscapes. They receive a mirror upon entering a dark room. Using a central light source, this mirror can activate many summer sounds: chirping crickets, a blackbird singing, a warm breeze through the leaves, the murmur of the sea, and children on the beach. Visitors can choose to create a landscape composition together or lose themselves in their favourite summer sounds.





Hear

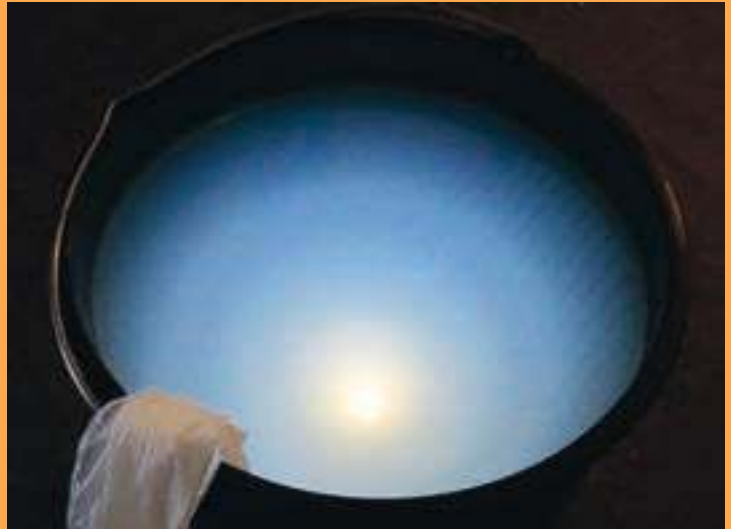




See

Chris Kabel  
*Blue Sky Lamp*, 2014, test.  
 Resin with light scattering particles,  
 led lamp

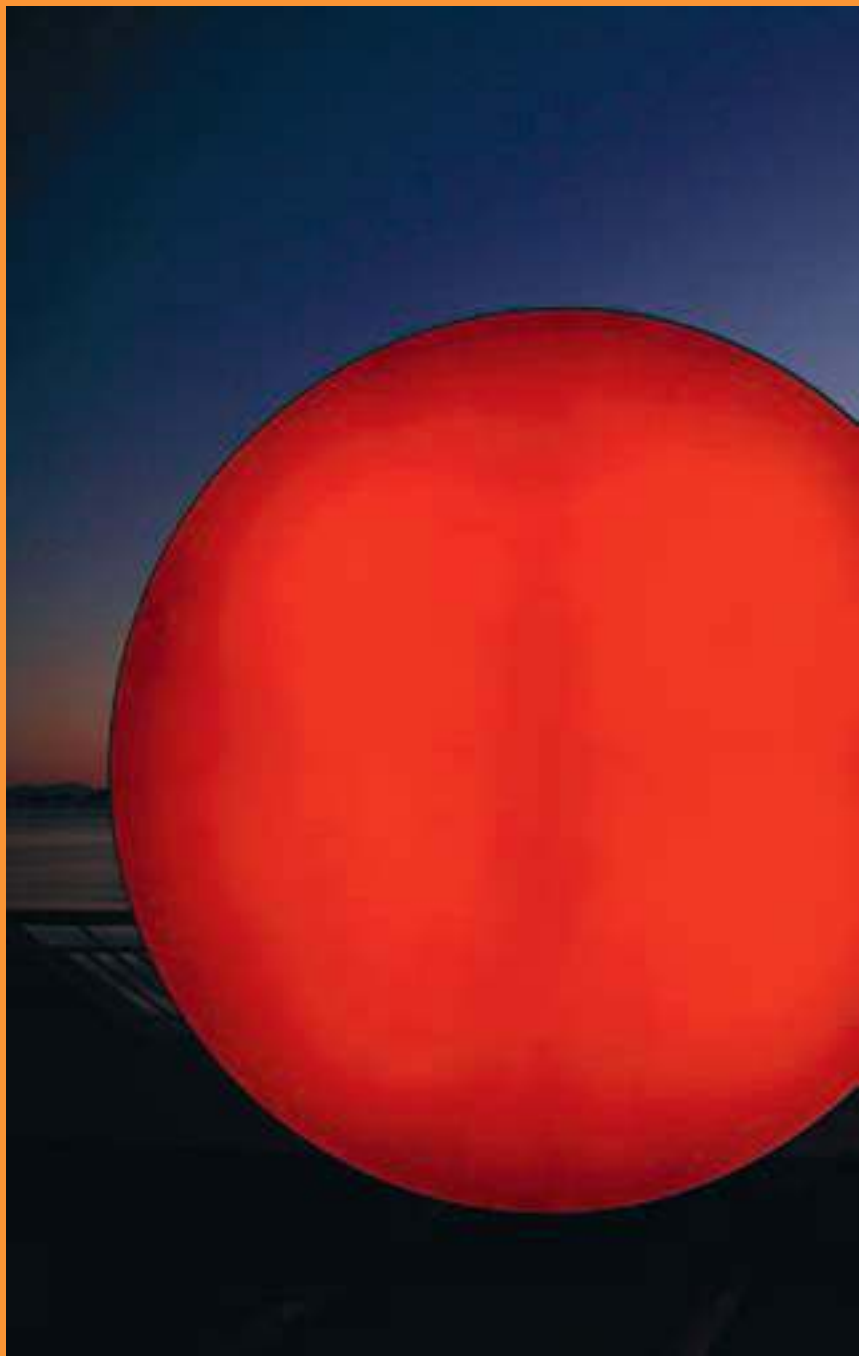
Summer happiness is not only about the radiant sun; the clear blue sky also provides energy and makes people happy. If you're trying to find the colour of the sky, then you have to get the filtering of the sunlight right. In the SEE room, Chris Kabel researches how various stages of sunlight can be generated using a wide variety of means. The designer reconstructs the clear blue sky with an installation of led light and with special synthetic light filters, coloured with special nanopowders. Visitors can linger under the blue summer light and experience the feeling of a comforting, sunny summer's day.



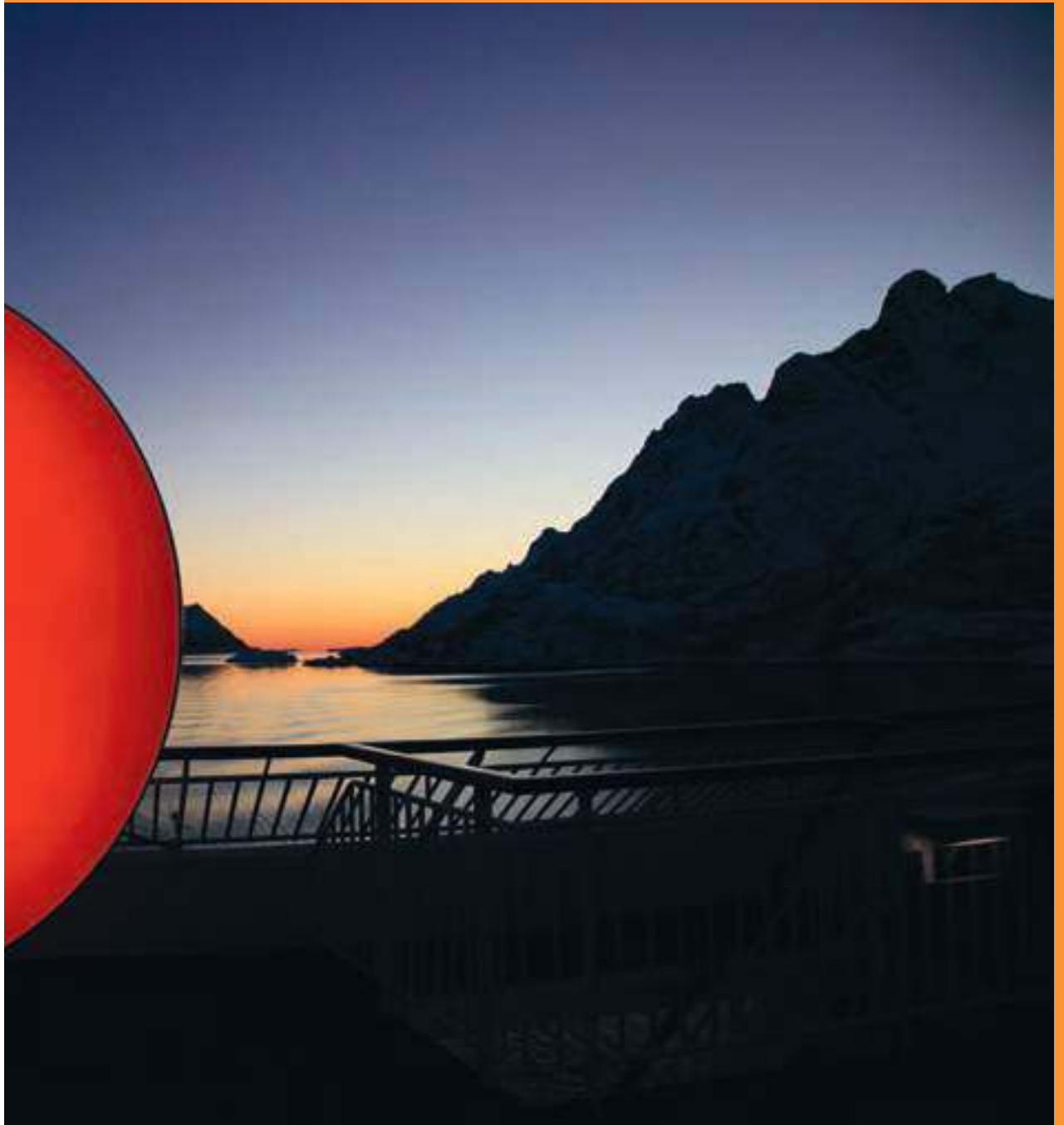


Lisa Pacini and Christine Istad  
*Sun*, 2012

Working with a team of designers, the artists Lisa Pacini and Christine Istad have developed a large sun consisting of many LED lights that slowly change colour from shades of deep red to lilac. The light is extremely bright and could easily be mistaken for actual sunlight. Lisa Pacini and Christine Istad took their sun to the sun-deprived north of Norway and made a filmic report. The film also announces their next trip in which they will bring the sun from the north to Maastricht.



# Sun





Chris Kabel (the Netherlands, 1975) combines his desire to be an inventor with an intuitive, artistic approach to design everyday objects. He works with product design labels, architects, galleries and cultural institutions. He teaches at ECAL in Lausanne and the Design Academy in Eindhoven.

Ludmila Rodrigues (Brazil, 1979) graduated in Architecture and Urban Planning at the Federal University of Rio de Janeiro in 2006. She lives in The Hague (NL) where she completed the Artscience Interfaculty (Royal Academy of Art/ Royal Conservatory). Ludmila Rodrigues works as a set designer, collaborating with dancers and scientists, researching in the fields of movement and social behaviour.

Katja Gruijters (the Netherlands, 1970) was the first food designer in the Netherlands. After graduating at the Design Academy Eindhoven, she founded her own studio in 2001. She has regularly exhibited her work in the Netherlands and abroad and worked for the food industry on many levels. Studio Katja Gruijters helped set up the Food Design course at the HAS Den Bosch University of Applied Sciences (NL).

Alessandro Gualtieri (Italy, 1967) works as a fragrance designer under the name of 'The Nose'. After years of working mainstream for large companies, he launched his own perfume brand, Nasomatto, in 2007. There are now 10 Nasomatto fragrances, which are sold in exclusive shops worldwide. He only works on fragrance projects outside the conventional perfume circuit.

Kaffe Matthews (United Kingdom, 1961) is an awarded sound artist and composer who lives and works in London. Since 1990, she has made and performed new electro-acoustic music worldwide with a variety of things and places such as violin, theremin, wild salmon, Scottish weather, NASA scientists, bicycles, sharks, school children and the BBC Scottish Symphony Orchestra. Acknowledged as a pioneer in the field of electronic improvisation and live composition, Matthews has released 6 solo CD's on the label Annette Works and continues to direct the vibratory interface design project 'music for bodies'. *Sonic Bed \_Scotland* is the 5th in its worldwide Sonic Bed series.

FourceLabs (Utrecht, NL) designs innovative game systems that blur the boundary between the virtual and physical and make people relate to the world in a playful manner. These include playful installations in physical space, pervasive games, and experimental, physical interface design. The games of FourceLabs can be found in locations such as healthcare facilities, museums, lobbies, and festivals.

Lisa Pacini (USA, 1956) lives and works in Oslo (NO). Her practice focuses on site-specific public projects such as the National Artist House, the Norwegian Royal Palace garden, the Opera and the main Government building in Oslo. Pacini's works have been exhibited internationally in solo and group exhibitions in galleries and museums.

Christine Istad (Norway, 1963) works with photography, video and installation. She has participated in several solo and group exhibitions in Norway and abroad. Istad has made a series of public site-specific projects such as several landscape projects at Henie Onstad Art Center, DeFence and Traveling 'SUN'.

*The Winter Anti Depression Show is a pilot for a spectacular exhibition about the senses, Here Comes The Sun, which takes place in the former Sphinx factory in Maastricht from 21 Dec 2015 until 22 March 2016.*

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## Colophon

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