

[OUT OF ORDER]

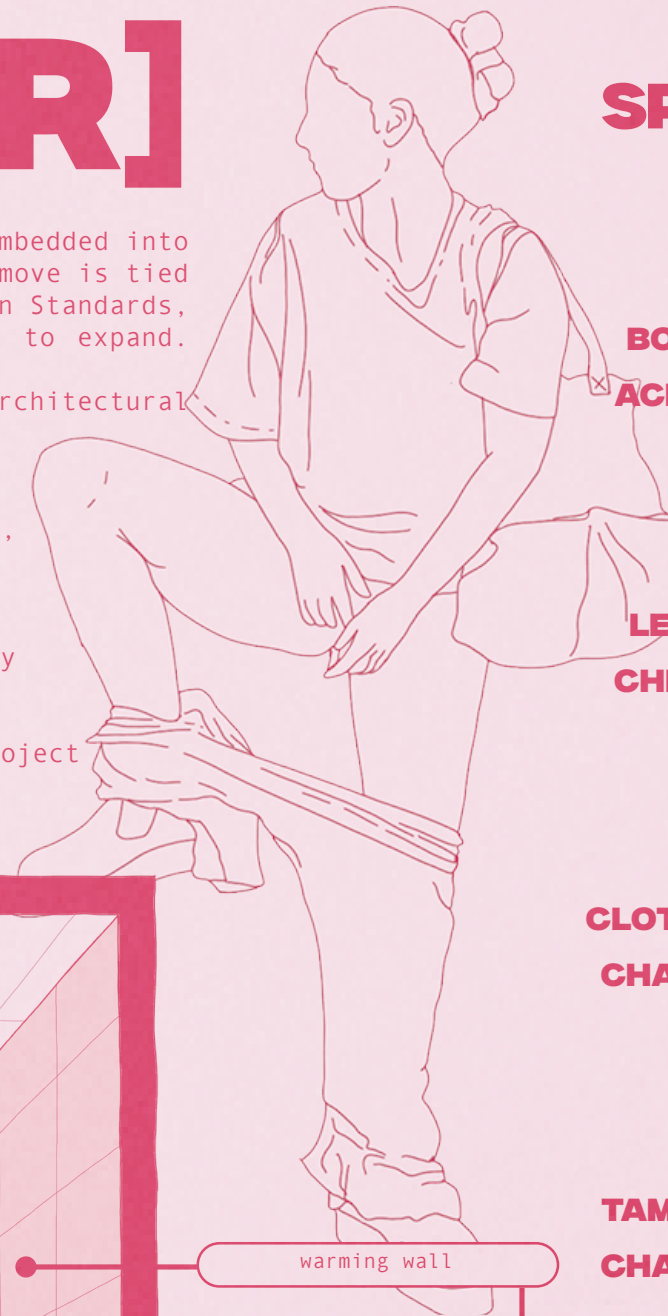
Menstrual care is almost entirely absent from the built environment, dismissed as a private concern rather than a spatial need. Contemporary bathrooms are built around a narrow idea of function that ignores the postures, movements, and checks menstruating bodies actually perform. The result is a spatial mismatch: standards that enforce technical compliance but fail to support lived reality.

This project re-imagines the bathroom as a place that acknowledges and accommodates menstruation rather than concealing it. Through observational research and mapping of bodily gestures (bending, stretching, crouching, checking for leaks, changing garments, inserting products) the design translates these motions into tangible spatial requirements. Clearances shift, surfaces warm, walls curve, supports appear where bodies naturally reach for them. Mirrors drop below waist height; hooks and ledges fall where

hands need them; heating elements are embedded into contoured walls for pain relief. Every move is tied back to a new proposed set of Australian Standards, not as constraints but as a framework to expand.

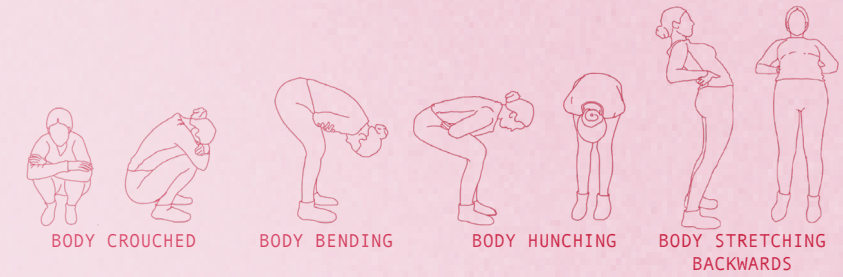
The redesigned bathroom proposes a new architectural typology: one that treats menstruation not as a disruption to be hidden inside a stall, but as an everyday condition deserving ergonomic, dignified, and explicit support. It demonstrates that when design pays attention to the body, the most ordinary spaces can become humane, intuitive, and profoundly inclusive.

This bathroom is drawn from a larger project on the spatialisation of menstruation.

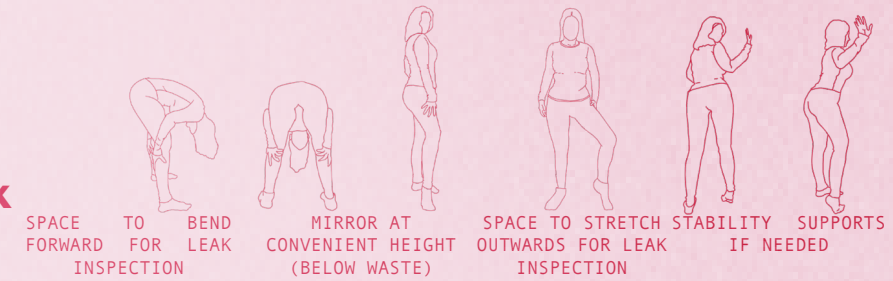


SPATIALISING MENSTRUATION

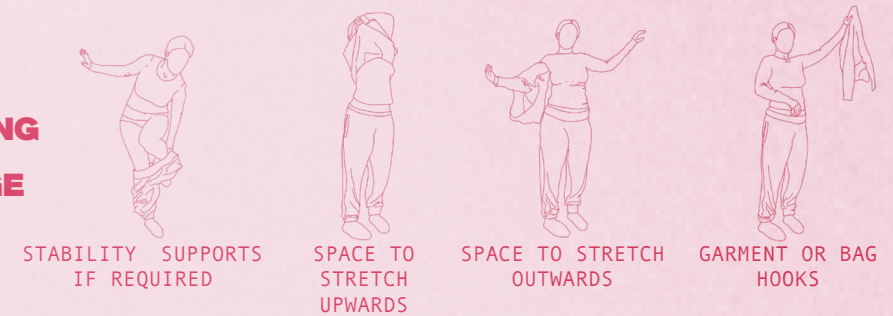
BODY ACHES



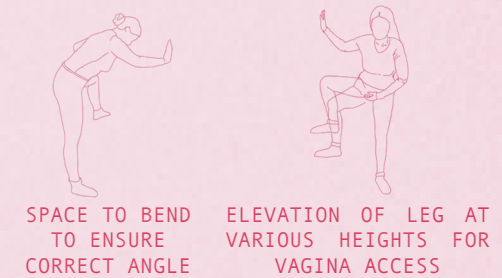
LEAK CHECK



CLOTHING CHANGE



TAMPON CHANGE



additional space to bend/stretch for leak checking

additional bag and garment hooks

dry area dedicated bench

easy touch tap and soap

wet area dedicated bench

full length mirror

additional space for product insertion

grab rails for stability

free menstrual products

additional space around sanitary bins for access

grab rails for stability

Varied foot heights for desired comfort

low, angled mirror to check leaks

rest space

bench space for bags and garments

warming wall

colour change to denote heat

additional space for bending/crouching with cramps

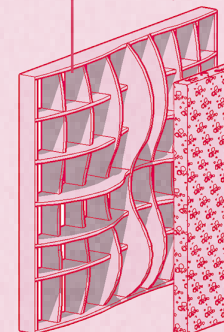
WARMING WALL - TO PROVIDE RELIEF FROM MENSTRUAL CRAMPS

Timber stud framing with curved battens to form required bulged profile

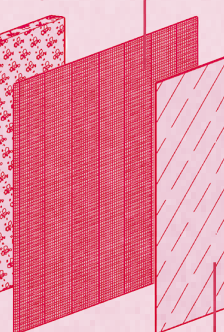
liquid-applied membrane (AS 3740 compliant) - continuous across entire wall surface, including corners, penetrations, and junctions.

waterproofing

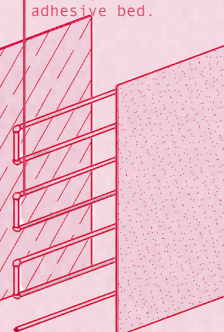
Electric wall heating element (AS/NZS 3000 compliant, RCD protected) - fixed to prepared substrate in accordance with manufacturer's instructions. heating element embedded within adhesive bed.



recycled glasswool installation batts installed within stud cavity.



Wedi Board / Kerdi Board (min. 12.5mm, or as per manufacturer's recommendation) fixed to framing with approved fasteners; joints taped and sealed.



Polymer-modified cementitious tile adhesive (C252, AS 4992 compliant)

Small-format ceramic/porcelain tiles selected to suit curved surface, installed to AS 3958.1. Grout (CG2WA, water- and stain-resistant) applied and sealed as per manufacturer's system.