

# OUT OF ORDER

## SPATIALISING MENSTRUATION

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.

