

The One南园人文客栈

南园位于新竹县新埔镇，融合了江南园林、传统中国建筑、闽南建筑特色

时光倒流到先哲隐士隐居山林的日子，九山脉亘古的美景将我们的视线和心灵从现在传送到一种存在状态，这种状态给中国几个世纪的诗人和画家带来了无限创作灵感。这是我在The One南园人文客栈所经历并感受到的，它位于台湾新竹县新埔镇。

南园位于新竹县新埔镇，是一座幽雅的山中园林，由联合报系创办人王惕吾先生于1985年委请台湾建筑大师汉宝德先生设计建造，融合了江南园林、传统中国建筑、闽南建筑特色。

“我很难想像这一个梦境的实现，我何其幸运，在这么短的时间内完成了也许是计成或李渔所期盼而不得的机会！”南园建筑师汉宝德如是说。灵感源自宋朝的绘画，汉先生专注于好的风水，在园林里如能欣赏到山脉的层峦叠嶂，则被认为是风水园林设计的最高境界。

汉先生雇佣了台湾最优秀的工匠和雕刻师来建造南园。他选择中国的柏树或杜松，以及台湾桧木作为木料，为展现闽南建筑的特色，大量的使用了红砖以及红瓦，这样的搭配使庄园红白相间。因地制宜砌楼造园，辟池叠石、植树修亭，循古法用卡榫相接，装饰雕刻民间故事或吉祥的图案，动员了上百名工艺精湛的木工师傅还有雕刻师。

之后，原创生活风格品牌The One，与南园相见，惊喜于寻觅已久的歌心之境，决心以“休闲式文化创意体验园区”的定位描绘梦想蓝图。雕梁画栋风采依旧，黝黑桧木仍发古香，不忍它日渐倾颓，The One找回当初建造南园的工艺匠师，以“复旧如旧”的精神进行修复，并与深富东方人文美学涵养的半亩塘环境整合团队合作，所有规划均以尊重环境与原始设计为最高指导原则，并注入The One坚持的“素言华美”设计美学，大量取材南园既有物件作为设计元素。在著名设计公司The One接管之后，南园经过重新装修后于2008年再次开业。

如今，27公顷的庄园里有黑天鹅游弋的池塘，流水瀑布和精致的花园。有绿树成荫的雅致走道及茶屋。在充满古代中国艺术和哲学传统的氛围中，给予独特的餐饮和水疗体验。

The One

专注于用简洁、深刻和灵感源自自然的风格设计布料，陶瓷及其它地方性的手工艺品，The One团队为能有幸担纲设计这样一个引人瞩目的地产感到惊喜万分。王惕吾希望



这块地方能重现古代中国艺术遗产的感觉，为了尊重已故父亲的遗愿，王氏家族认为一个设计公司可以更轻松的学习酒店设计的技术，而酒店集团就没那么容易吸收深厚的、延续的艺术效果，而这种艺术性在创造代表南园的鲜活的诗歌、音乐和视觉美感时是必不可少的。他们的选择证明非常的成功。

晚餐期间，一名古典音乐家在那里演奏。每道菜都是艺术的缩影。菜单都是手写的，每天，菜单的菜品都是全新的。富含当地特色以及传统中草药成分的菜品被用一种简单但艺术的方式呈现，堪称高级美食的最高形式，只有在米其林星级餐厅才能品尝到。员工向客人介绍每道菜时，着重强调其成分，主题和独特性。观赏并了解这些食物让人不禁沉思冥想，用餐时也会用心去体味。

禅宗式的酒店客房，显得简单可爱，营造出一种瞬间宾至如归的效果。每间都设有宽敞的浴室，浴室里有香柏树制成的独立的、深凹的浴缸。客人可在睡前浸泡在里面，感受当地温泉水的滋润。酒店还细心的提供每晚都新鲜的草本浴盐。从窗户和小阳台望去，竹叶和树梢在微风的吹拂下沙沙作响，小鸟在清晨唱着动听的歌。

南园水疗中心 The One Wellness

由林培毅女士操刀完成的南园水疗是南园客栈又一艺术典范。林培毅女士原来是一位古

典音乐家，在开创南园水疗后，她不断尝试将弹拨弦乐器的动作演变为按摩动作，将身体作为音乐艺术表达的源泉。

她的妹妹林君毅则将古典书法技艺演变为按摩手法。书法所提倡的流畅与自然法则启迪君毅开创了一整套按摩项目，以无可比拟的流畅手法，令身心获得安宁与平静。

虽然这种方法听起来有点奇怪，但体验这些精湛的艺术兼理疗师的疗程的确非比寻常，那种音乐感，流畅性，诗意，舒适感和完整性让人着迷。

客人在进行完水疗中心里道家花园的水晶碗冥想之后，将接受一次“个人情绪和倾向”的测试。深度融合道教易经的性格解读传统，并将这个传统与世界艺术图标相结合，林培毅女士发展出一套个人性格评估系统，根据这个系统的指导，她为每个客人量身定制专属的疗愈方法。这个系统非常直观，并且很有洞察力。从这个意义上讲，南园水疗(The One Wellness)实际上是一个艺术家们的工作室：试验性的，打破标准操作流程的程式，尝试去探寻，创新并重新发掘跨艺术领域的传统文化和习俗。

毫无疑问，如果王惕吾在世的话，当他今天参观南园，他将为自己的遗产得到继承和延续而自豪。植根于对古典中国艺术遗产的欣赏及对自然的热爱南园，其永恒之美将继续激发并丰富我们的艺术体验。www.nanyuan.theonestyle.com



The One Nanyuan Land Of Retreat & Wellness

**Nanyuan recalls a southern Chinese rural palace, recreated
with love and detailed attention to tradition**

By Professor Gerard Bodeker

Stepping back in time to the days of philosopher recluses, hillside hermitages and mountains. Timeless vistas of nine mountain ranges transport both eye and mind far from the present to a state of being that has inspired centuries of Chinese poets and painters. This is the experience at The One Nanyuan- Land Of Retreat & Wellness, outside the small town of Hsinpu, in Taiwan's Hsinchu County.

I joined Malaysian friends, Kim and CK Low, along with their two elder sons, Jason and Ben, and a group of senior executives from Herbaline, the Lows' beauty spa group, for a week in Taiwan last February. The highlight, we all agreed, was Nanyuan.

Conceived and developed by the late pub-

lisher Wang Ti-wu, founder of Taiwan's United Daily News or LianheBao, Nanyuan recalls a southern Chinese rural palace, recreated with love and detailed attention to tradition.

In 1985, Wang Ti-wu gave a free hand and an unlimited budget to the distinguished Taiwanese architect, Han Pao-te, to landscape the environment and create an estate grounded in the architectural style of Jianjing – an area south of the Yangtze River.

Taking inspiration from a Sung Dynasty painting, Han maintained focus on good fengshui, including views across nine layers of mountain ranges, considered the highest level of vista in fengshui landscaping.

Han recruited the best artisans and carvers in Taiwan, to create Nanyuan. He chose Chi-

nese cypress, or juniper, as the timber, while tiles and bricks fired in Taiwan were used. These give the estate a red and white colour scheme more characteristic of Taiwan's own architecture than with the grey brick appearance typical of Jianjing architecture.

Ponds with black swans, water falls, and exquisite gardens with charming covered walkways and resting houses with tea settings landscape the 27-hectare estate.

Recently renovated and reopened to the general public under the management of the renowned design group, The One, Nanyuan now offers a unique dining and spa experience in a setting that is steeped with artistic and philosophical traditions of ancient China.



Lin Pei-Yi

The One

Considered by many to be Taiwan's premier design group specializing in simple, profound and naturally-inspired designs for fabrics, ceramic and other local artwork and crafts, The One was a surprise choice to be given the hospitality responsibility for such a prominent property. However, the Wang family, in respecting their late father's wish to re-create a feeling of the artistic heritage of ancient China, felt that a design group could more easily learn the skills of hospitality than a hospitality group might absorb into its practice the deep and ongoing artistry needed to create the living poetry, music and visual aesthetics that represent Nanyuan. Their choice has been an outstanding success.

A classical musician performs during dinner. Each course of the meal is a miniature work of art. Every day the hand-written menu is new. The items, rich in local produce and classical herbal ingredients are interpreted in a way that is simple, yet artistic, presented in the highest form of haute cuisine that one might expect at Asia's best Michelin starred restaurants. The staff explain each dish to the guest, highlighting its ingredients, its theme and its uniqueness. Viewing and understanding the food is meditative and invites a reflective dining experience.

The rooms, Zen in their simple loveliness, create an instantly settling effect. Each has a

large bathroom with a deep, stand-alone bathtub made of aromatic cypress for soaking in the local thermal waters before bed. Herbalised bath salts are thoughtfully provided, fresh each evening. Windows and small balconies open to a rustle of bamboo leaves and tree-tops, from which birds sing sweetly in the mornings.

The Spa at Nanyuan – The One Wellness

Created by artist turned spa developer, Ms. Lin Pei-Yi, the Spa at Nanyuan was again an example of art leading at Nanyuan. Ms. Pei-Yi, also known as Penny, had over time evolved her professional experience as a classical musician into movements that mirror those of playing a stringed musical instrument. The body as source of musical expression.

Her sister, Ms Lin Jun-Yi, has evolved her training in classical calligraphy into an art of applied movement as massage therapy. Guided by the flow and spontaneity of calligraphy, Jun-Yi has created an entire massage program that is surprisingly fluid and deeply settling.

While such an approach may sound unusual, the experience of receiving treatment from these very skilled artist-therapists is one that is unique – musical feeling, fluidity, poetic and complete.

Following on from a crystal bowl meditation in the spa's Taoist garden, a 'personal

emotions and inclinations test' is conducted. Drawing deeply on the character reading tradition of the Taoist I Ching, and combining this with icons from world art, Ms. Penny has evolved a system for assessing an individual's character that then serves to guide the therapeutic approach that is selected for each person. It is at once highly intuitive and remarkably insightful. In this sense, The Spa at Nanyuan-The One Wellness is an artists' workshop: experimental, breaking out of the mold of standard operating procedures (SOPs) and launching into a world of exploration, innovation and the rediscovery of tradition across artistic lines.

Without doubt, Mr. Wang Ti-wu would be proud of the continuity of his legacy were he to visit Nanyuan today. Its timeless beauty continues to inspire rich artistic experiences, a wonder for Nature and a deep appreciation of classical Chinese artistic heritage and love of Nature. www.nanyuan.theonestyle.com



CK, Kim and Gerry

Gerard Bodeker

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