

RIVIERA

CAPSTONE PROJECT

Submitted in partial fulfillment of the requirements for the award of
Bachelor of Design – Interior Design degree

By

G.MALAVIKAA (40102005)



DEPARTMENT OF ARCHITECTURE

SCHOOL OF BUILDING AND ENVIRONMENT

SATHYABAMA

**INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)**

Accredited with Grade “A++” by NAAC

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CHENNAI - 600 119**

MAY – 2024

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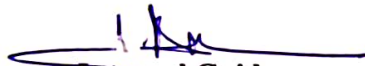
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BONAFIDE CERTIFICATE

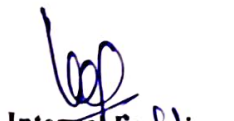
This is to certify that this Project Report is the bonafide work of **G.MALAVIKAA (40102005)** who carried out the project entitled "RIVIERA" under our supervision from Jan 2024 to May 2024.

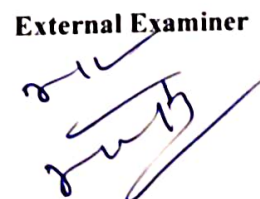

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DECLARATION

I, **G.MALAVIKAA** hereby declare that the Project Report entitled “RIVIERA” was done by me under the guidance of **Ar. Ramesh Kumar** (Internal) and Ar. Karthick Nachiappan (External).

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SIGNATURE OF THE CANDIDATE

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ABSTARCT

THE RIVIERA Spa offers a holistic wellness experience inspired by the serene beauty and healing traditions of the Mediterranean region. This spa's approach integrates the therapeutic benefits of Mediterranean herbs, oils, and natural ingredients with modern relaxation techniques to revitalize both body and mind.

Guests are greeted by a tranquil ambiance and warm hospitality upon entering this spa. These skilled therapists provide a range of rejuvenating treatments tailored to individual needs, including massages, facials, body wraps, and hydrotherapy sessions.

Drawing from the Mediterranean's rich cultural heritage, this spa menu features signature treatments such as olive oil massages, citrus-infused facials, and seaweed wraps, each designed to nourish the skin and promote inner harmony.

In addition to these luxurious treatments, guests can enjoy access to these relaxation areas, which include Therapy rooms, saunas, and aroma rooms overlooking the Mediterranean coastline.

Whether seeking relaxation, rejuvenation, or a holistic wellness experience, the Mediterranean Rejuvenation Spa offers a sanctuary for guests to unwind, recharge, and embrace the timeless allure of the Mediterranean lifestyle.

This spa features secluded, dimly lit areas, evoking a sense of tranquility and relaxation. we aim to create an ambiance that mimics the serene beauty of the outdoors while ensuring the privacy and smooth circulation flow within the spa remain undisturbed.

SYNOPSIS

2.1 INTRODUCTION:

Welcome to the world of rejuvenation and relaxation, where every moment is dedicated to revitalizing our mind, body, and spirit. This rejuvenation spa is not just a place; it's an experience—an oasis of tranquility nestled amidst the chaos of everyday life. Here, amidst serene surroundings and soothing ambiance, invites you to embark on a journey of self-discovery and renewal.

2.2 AIM AND OBJECTIVE:

- They need to engage various disciplines, including hospitality, health, psychology, and business.
- This project aims to transform the spa space into a relaxing, flexible, and customer-centric environment that prioritizes satisfaction and well-being.
- It's essential for the space to mirror their brand and embody exceptional quality

2.3 SCOPE OF THE PROJECT AND LIMITATION:

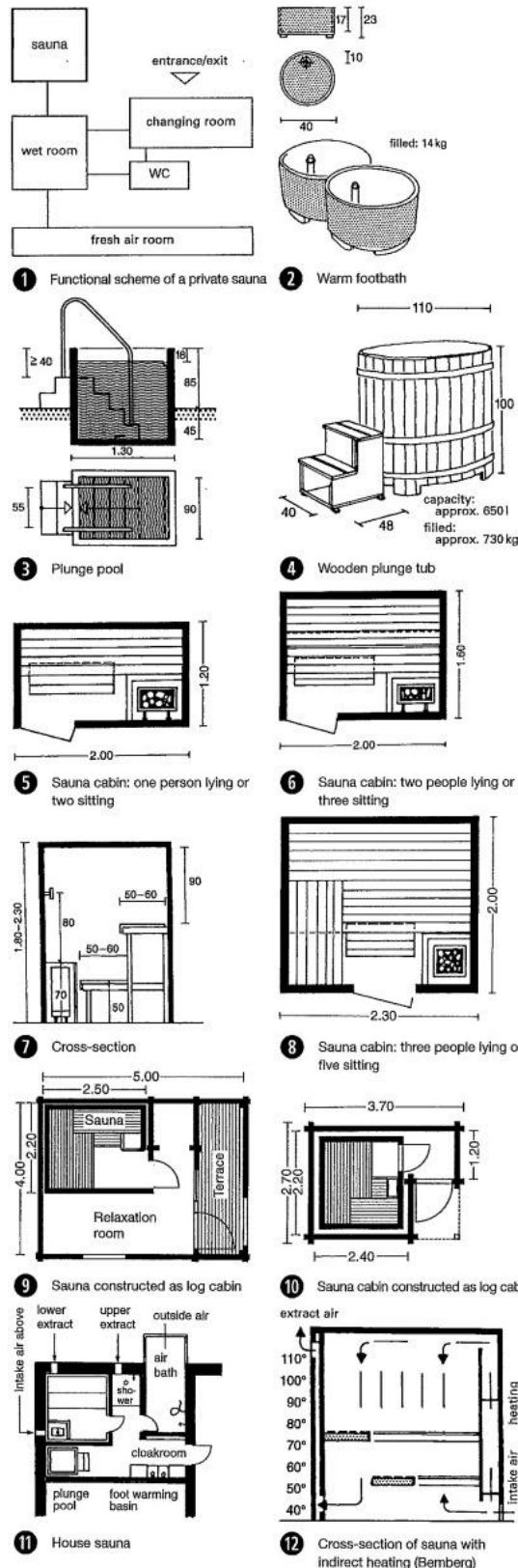
The spa and wellness industry is a growing and lucrative sector. Research in this area can provide valuable insights for industry professionals, leading to job opportunities or potential collaborations. Spa and wellness trends, such as holistic health and self-care, are becoming more significant worldwide. Research in this area can help me to stay up-to-date with global trends and issues.

2.4 METHODOLOGY AND EXPECTED OUTCOME:

- Soft, warm lighting to create a calming atmosphere. Incorporate natural light where possible, and use dimmers to adjust brightness levels.
- Choose calming, earthy tones such as shades of blue, green, beige, and taupe to promote relaxation
- Incorporate natural materials such as wood, stone, bamboo, and plants to create a sense of connection to the environment and evoke a spa-like atmosphere.
- Select comfortable and ergonomic furniture, such as plush seating, cozy lounge chairs, and soft textiles, to enhance relaxation and comfort for guests.
- Design separate areas for various spa facilities, such as treatment rooms, relaxation lounges, sauna, steam rooms, and hydrotherapy pools

3.1 NORMS AND STANDARDS:

SAUNA:



Sport and leisure

SPA
Sauna/wellness

SPA
Sauna/Wellness

In contrast to the separated features of a commercially operated sauna → p. 373 f., the functions of a private sauna can all be integrated into one room, e.g. changing and relaxation (can also take place in the house) or pre-cleaning and cooling (can take place in the same room with the same sanitary facilities).

Free-standing **sauna cabins** or facilities (e.g. in the garden) are normally constructed of spruce in log cabin style, and are either self-built or bought pre-fabricated. The log cabins are available in various versions, either as sauna cabins → 10 or also with shower and changing or relaxation room → 9. There are also sauna cabins available as prefabricated or kit elements for installation in existing rooms → 13 + 15.

Sauna stove: Sauna cabins for installation usually have electric stoves (which require a three-phase supply above a certain size), while log cabin types mostly have solid fuel stoves (which require a chimney).

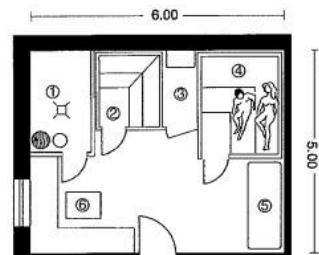
Plunge pool → 3 – 4 max. depth 1.20 m.

An important part of a proper sauna, a (warm) **footbath** → 2 with a seat are required.

Room temperatures: changing room 20–22°C, wash room ≅ 24–26°C, cooling room ≅ 18–20°C, rest room 20–22°C, massage room 20–22°C.

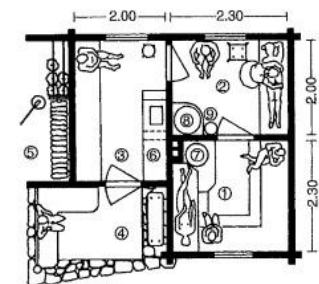
Humidity: 100°C: 2–5% rel. humidity, 80°C: 3–10% rel. humidity, 70°C: 5–15% rel. humidity, 60°C: 8–28% rel. humidity.

- 1 Shower
- 2 Steam bath
- 3 Equipment
- 4 Sauna
- 5 Sun bench
- 6 Sitting & relaxation corner



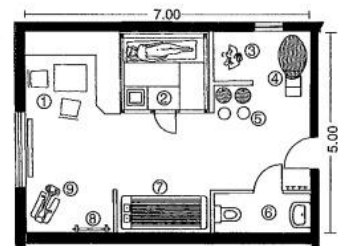
13 Sauna (installed, e.g. in cellar), 30 m², 4–6 people

- 1 Sauna cabin
- 2 Massage & washing room
- 3 Changing room
- 4 Veranda
- 5 Wood pile
- 6 Cupboard
- 7 Heating oven
- 8 Water kettle
- 9 Water tub



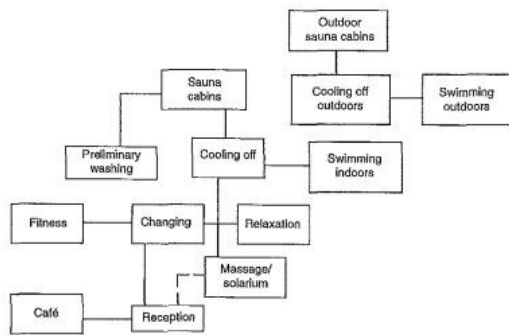
14 Sauna

- 1 Sitting & relaxing corner
- 2 Sauna cabin
- 3 Shower
- 4 Plunge pool
- 5 Footbath
- 6 WC
- 7 Sun bench
- 8 Wall bars
- 9 Ergometer

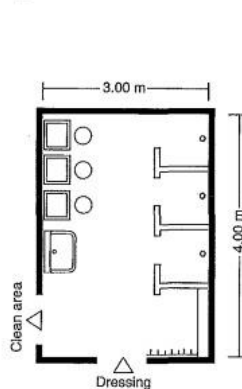


15 Sauna, 35 m², 4–6 people, sauna cabin as built-in element

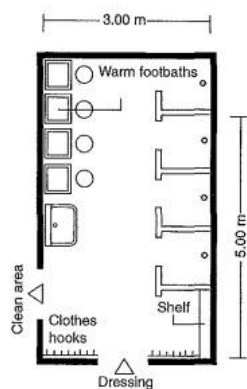
HOT TUBS & CHANGING ROOMS:



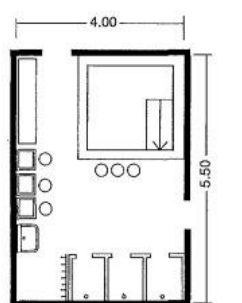
1 Functional scheme of a sauna



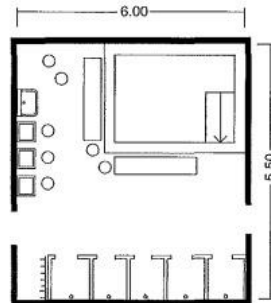
2 Wash room of size III, approx. 12.00 m²



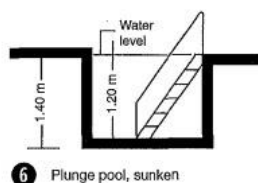
3 Wash room of size IV, approx. 15.00 m²



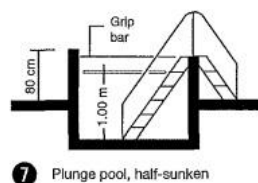
4 Cooling room of size III, approx. 22 m²



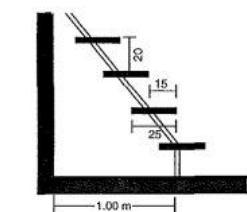
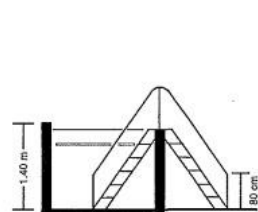
5 Cooling room of size IV, approx. 33 m²



6 Plunge pool, sunken



7 Plunge pool, half-sunken



SPA

Sauna/Wellness

Spa is the general term for health and wellness establishments, which should generally include: sauna facility, massage and solarium, relaxation, fitness and condition training (including swimming → Indoor and outdoor swimming pools).

A commercially operated **sauna** (size III–IV → 9) will include:

Changing room, shower room with **washing facilities**, **sauna cabins**, **rest/relaxation room** and **subsidiary rooms** (staff room, reception, cash desk, sanitary facilities for visitors and staff). In public saunas, separate rooms are provided for changing, preliminary washing and toilets; for staff and visitors' toilets, the relevant building regulations apply. Access to swimming areas, food/drink providers and fitness areas is increasingly being offered in spa and wellness establishments.

The **wash room** is used for washing with warm water before entering the sauna → 2 – 3.

The **cooling room** is used for cooling off between visits to the sauna using cold air or cold water in, for example, plunge pools, pouring water, showers and footbaths → 4 – 9.

Size	No. sauna places	Type of use
I	2–4	very small or family sauna
II	4–5	family sauna
III	6–10	commercially operated sauna
IV	11–15	large commercially operated sauna

Room type	Size	Average room size (m²)	Places	Usable area (m²)
sauna	I	1.0–4.0	2–4	
	II	7.0–11.0	4–5	
	III	12.0–17.0	6–10	
	IV	17.5–21.0	11–15	
cooling room	II	16.0	up to 12	16.0
	III	22.0	up to 12	22.0
	IV	30.5	up to 17	30.5
washing room	II	9.0	up to 8	9.00
	III	12.0	up to 12	12.00
	IV	17.0	up to 17	17.00
changing room	II	16.0	up to 20	12.00
	III	24.0	up to 30	18.00
	IV	34.0	up to 45	20.00
rest room	II	13.2	2–3	10.00
	III	18.0	6	20.00
	IV	27.0	8	30.00

Capacity parameter	Size			
	I	II	III	IV
no. sauna places	2–3	4–5	6–10	11–15
usable area (m²)	1.7–2.2	2.4–4.0	5.0–10.0	8–13
cabin size (m/place)	1.7–2.3	1.2–1.6	2.0–2.4	1.6–2.0
ceiling height (m)	2.00	2.10	2.40	2.40

In the smallest sauna with 2 seating levels: ceiling height: 1.90 m, min. 1.80 m; clear height above the upper seat: 1.00–1.10 m

10 Approximate room and space requirements for various sizes of sauna (Höckert → refs)

SPA ROOM:

Furniture Clearances and Arrangements

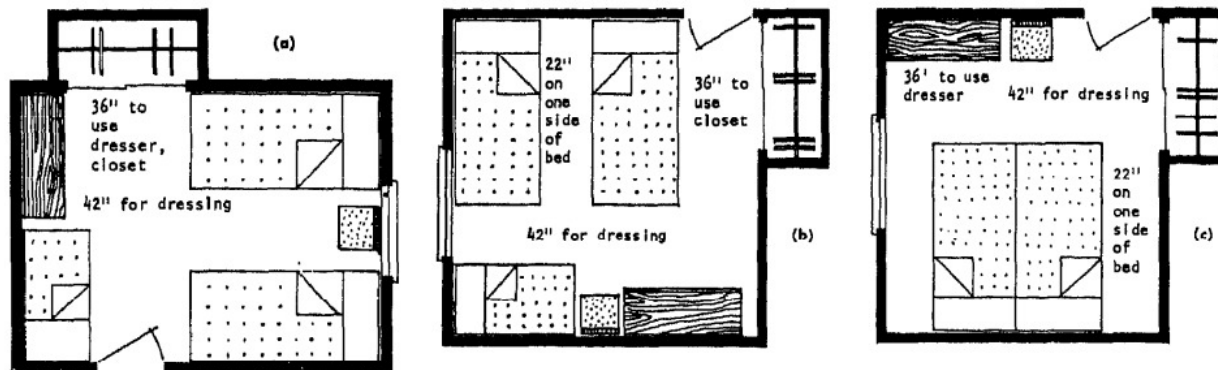


Fig. 4 (a), (b) Primary bedroom; (c) primary bedroom without crib.

FURNITURE CLEARANCES

To assure adequate space for convenient use of furniture in the bedroom, not less than the following clearances should be observed (Figs. 4 and 5):

42 in at one side or foot of bed for dressing

6 in between side of bed and side of dresser or chest

FURNITURE ARRANGEMENTS

The location of doors and windows should permit alternate furniture arrangements.

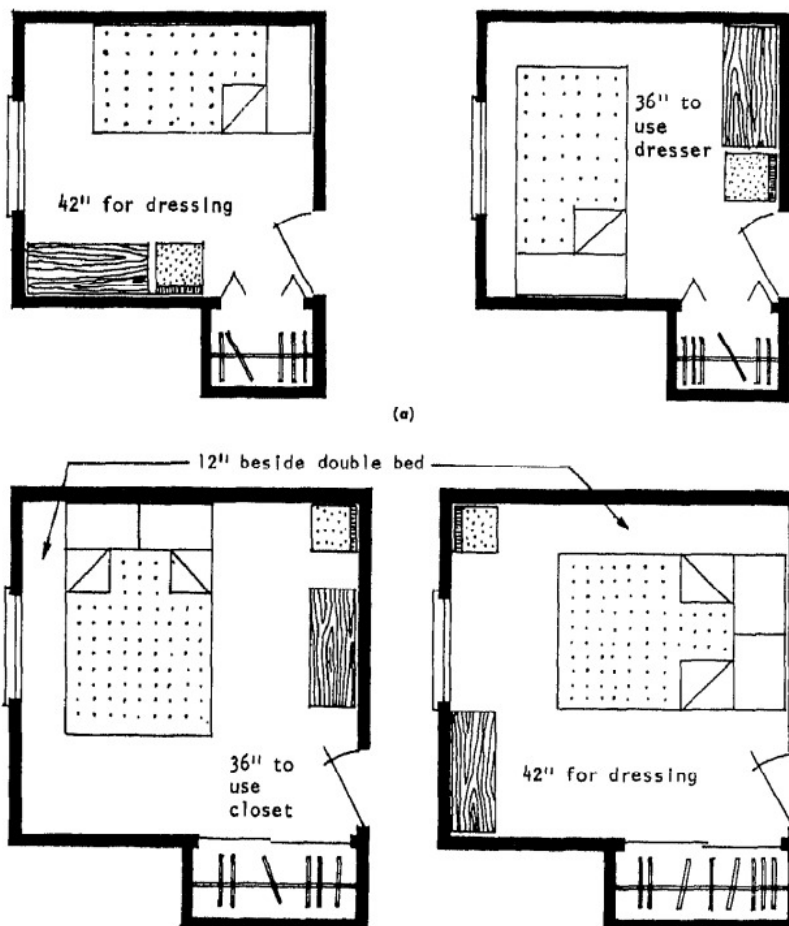
36 inches in front of dresser, closet, and chest of drawers

24 in for major circulation path (door to closet, etc.)

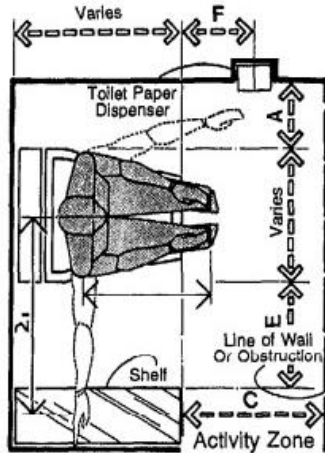
22 in on one side of bed for circulation

12 in on least used side of double bed.

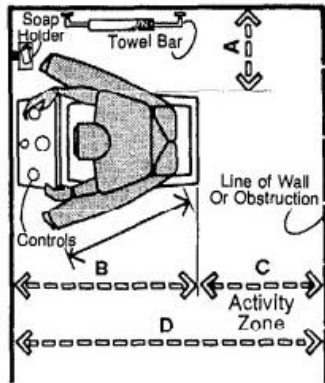
The least-used side of a single or twin bed can be placed against the wall except in bedrooms for the elderly.



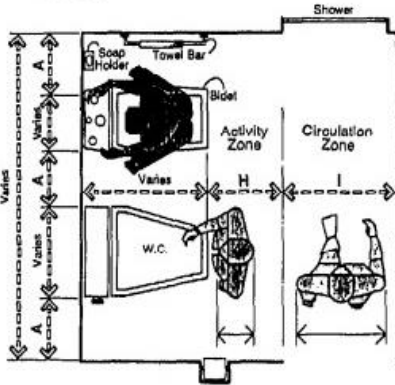
REST ROOM:



WATER CLOSET



BIDET



BIDET AND WATER CLOSET

	in	cm
A	12 min.	30.5 min.
B	28 min.	71.1 min.
C	24 min.	61.0 min.
D	52 min.	132.1 min.
E	12-18	30.5-45.7
F	12	30.5
G	40	101.6
H	18	45.7
I	30	76.2

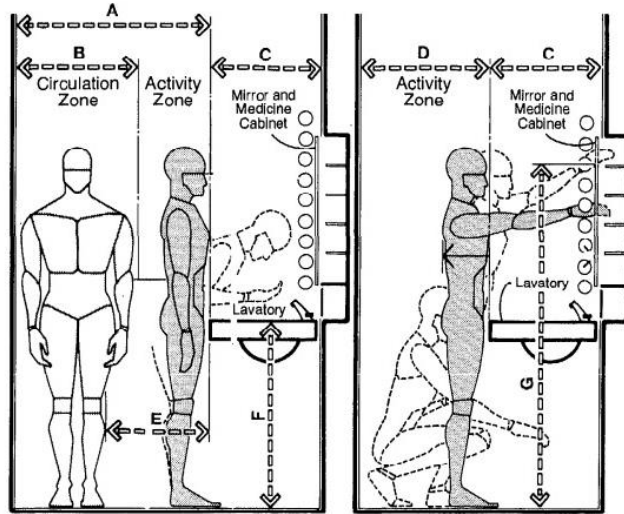


Fig. 1 Lavatory: male anthropometric considerations.

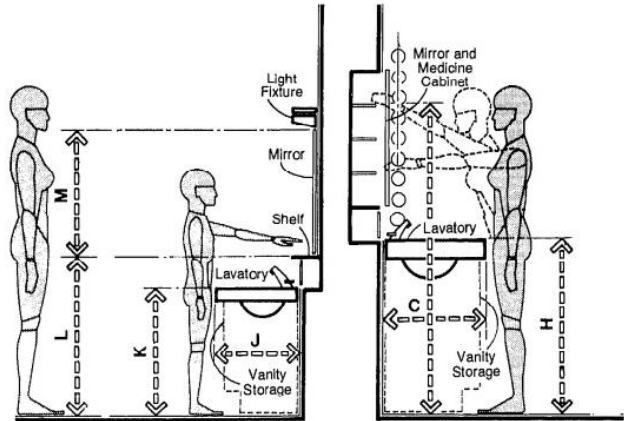
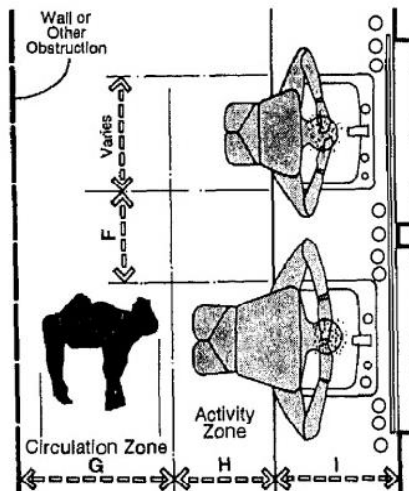


Fig. 2 Lavatory: female and child anthropometric considerations.

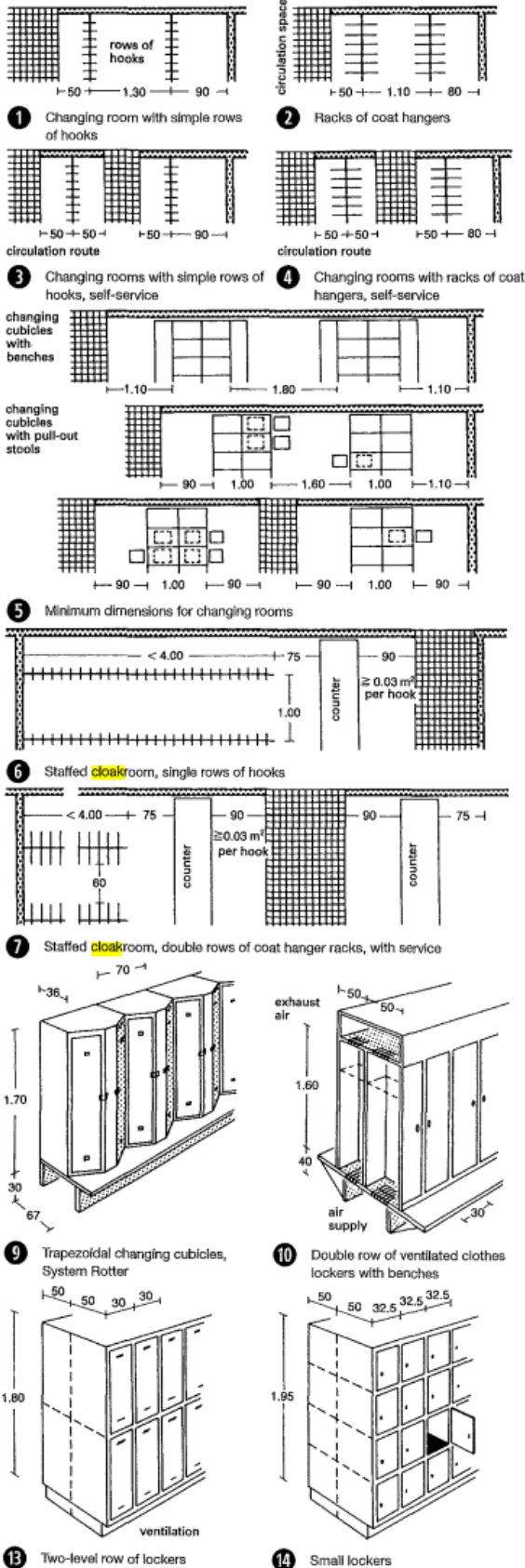


DOUBLE LAVATORY CLEARANCES

	in	cm
A	15-18	38.1-45.7
B	28-30	71.1-76.2
C	37-43	94.0-109.2
D	32-36	81.3-91.4
E	26-32	66.0-81.3
F	14-16	35.6-40.6
G	30	76.2
H	18	45.7
I	21-26	53.3-66.0

CLOAK ROOM:

INDUSTRY Subsidiary Rooms



Changing rooms, clothes storage/lockers

Changing rooms are intended for changing clothes and the storage of house, street and working clothing, by the employees of a company. They are required when the employees wear working clothes at work and changing elsewhere is not reasonable.

Changing rooms should be on the direct route between entrance to the site and the working area. Separate washing and changing rooms should be easily accessible from each other: there must be room for unobstructed changing in light of the number of users at the same time. If changing rooms are not required, clothes storage must be provided for each employee → **13** – **16**.

They must be separate for men and women and be secure against draughts and view from outside.

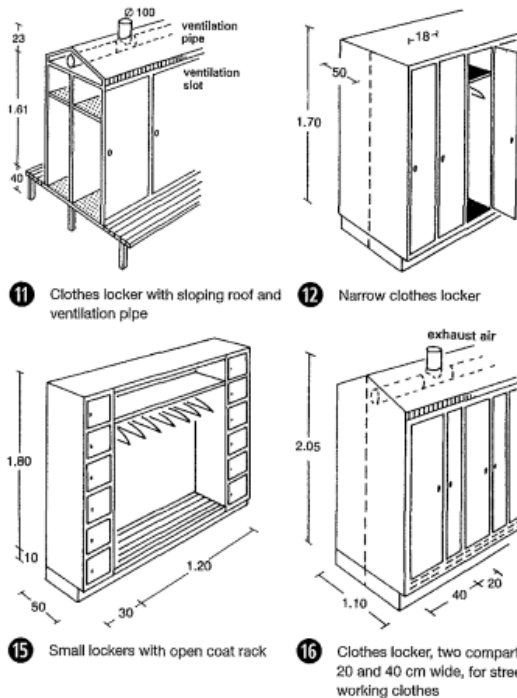
Changing rooms are to be equipped with seating, lockers (for storing the clothing of all employees), waste bins, mirrors and, if appropriate, a shoe cleaning machine. It is a good idea to align rows of cupboards and racks at right angles to the window wall. Window sills should if possible be at locker level.

Minimum dimensions for changing rooms → **1** – **4**. Passage widths between changing rooms → **8**.

No. people	Width a _p ¹⁾
1 up to 5	0.88
2 up to 20	1.00
3 up to 100	1.25
4 up to 250	1.75
5 up to 400	2.25

¹⁾ building guideline

8 Width of passages



3.2 DATA COLLECTION:



Using natural materials: Include exposed beams, natural stone walls, and tile or hardwood floors; natural materials in finishes and decor such as wood, rattan, tile, ceramics, terra-cotta, wrought iron, linen, and cotton.

MATERIALS

1. Wood:

- **Natural Aesthetics:** Wood provides warmth and a natural aesthetic, creating a cozy and inviting atmosphere in a spa.
- **Durability:** Well-treated wood can be durable and withstand moisture, making it suitable for spa environments.
- **Versatility:** Wood comes in various types, colours, and finishes, offering design flexibility.

2. Rattan:

- **Comfortable Seating:** Rattan furniture is known for its comfort, making it ideal for spa seating areas.
- **Natural Look:** Rattan has a natural and organic appearance
- **Lightweight:** making it easy to rearrange furniture or create flexible seating arrangements in the spa.

3. Tile:

- **Hygienic:** Tiles are easy to clean and maintain, promoting a hygienic spa environment.
- **Variety:** Tiles come in a wide range of colours, shapes, and patterns, allowing for creative and customizable spa designs.
- **Water Resistance:** Tiles are water-resistant, which is beneficial in areas prone to moisture, such as bathrooms and wet treatment rooms.

4. Ceramics:

- **Elegance:** Ceramic elements, like decorative tiles or pottery, can add an elegant touch to the spa's interior.
- **Heat Retention:** Ceramic surfaces can retain heat, enhancing the comfort of spa amenities like heated massage tables or sauna benches.

5. Terra-cotta:

- **Earthy Aesthetic:** Terra-cotta tiles or pottery create an earthy and rustic spa ambiance.
- **Warmth:** Terra-cotta has thermal properties that can help maintain a comfortable temperature in the spa.

6. Wrought Iron:

- **Elegance and Sturdiness:** Wrought iron adds a touch of elegance and offers sturdy construction for spa furniture and fixtures.
- **Customization:** Wrought iron can be crafted into intricate and customizable designs, enhancing the spa's overall aesthetic.

7. Linen:

- **Softness:** Linen is known for its soft and comfortable feel, making it suitable for spa towels, robes, and upholstery.
- **Breathability:** Linen has natural breathability, promoting comfort for spa-goers.

8. Cotton:

- **Absorbency:** Cotton is highly absorbent, making it an excellent choice for spa towels and linens.
- **Soft and Comfortable:** Cotton fabrics are soft and comfortable against the skin, contributing to a luxurious spa experience.

3.3 SPECIAL STUDY:



NATURAL LIGHT

1.Enhanced Mood and Well-being: Sunlight triggers the release of serotonin, often referred to as the "feel-good" hormone.



2.Connection with Nature: Skylights provide a direct view of the sky, allowing individuals to connect with nature even while indoors.



3.Visual Comfort: Natural light is softer and more evenly distributed than artificial lighting. This can create a visually comfortable environment for meditation, reducing eye strain and promoting relaxation.



WOODEN BEAMS

1.Durability: High-quality, well-maintained wooden beams can be durable and long-lasting. Properly treated and sealed wood can withstand moisture and other environmental factors commonly found in spa settings.

2.Acoustic Properties: Wood can absorb sound, helping to create a serene and peaceful atmosphere in the spa.

3.Connection with Nature: The use of natural materials aligns with the growing trend of biophilic design, promoting well-being by integrating natural elements into the built environment.

CURVED ARCHES

1.Aesthetic Appeal: The graceful curves of arches can evoke a sense of serenity and fluidity, contributing to a more relaxing and harmonious spa environment.

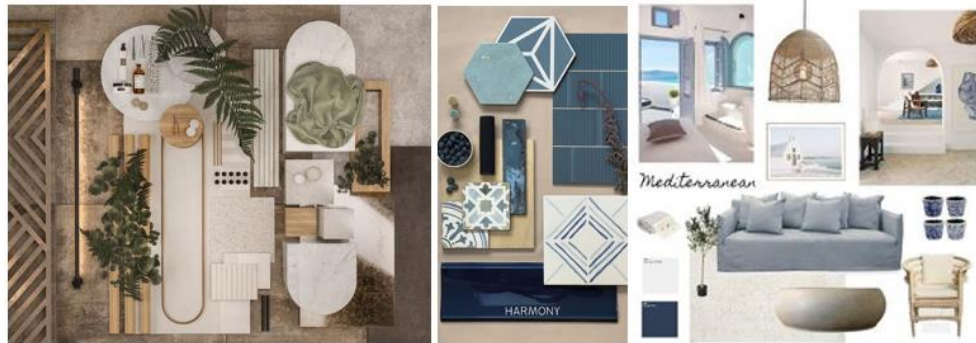
2.Spatial Flow: Curved arches can help define and enhance the spatial flow within the spa. By incorporating arches, designers can create a sense of progression and guide visitors through different areas seamlessly.

3.Visual Interest: Curved arches break away from traditional straight lines and add visual interest to the spa's architecture. They can become focal points, drawing attention and creating a dynamic visual experience for spa-goers.



What are the colours of Mediterranean interior design?

The colours inspired by the Mediterranean style include natural, earthy, neutral tones like white, cream, and wood browns; sunset colours like terra-cotta, red clay, burnt umber, ochre, and purple; and sea and sky tones like cerulean, azure, and seafoam green.



What does Mediterranean furniture look like?

Mediterranean furniture incorporates decorative wrought ironwork; painted, whitewashed, or carved wood; and natural stone elements. Furnishings are typically short, using natural or embroidered fabrics, layered pillows, rugs, or opulent antique or handmade accessories with filigree and Old World-inspired features.

How do you make a Mediterranean house look modern?

To give a fresh look to a Mediterranean-style house, brighten the wall color with light, white walls. If the flooring is dark tile or stone, soften the tones with area rugs made from natural materials or light, neutral colors. Replace older, traditional decor with modern touches, such as large, curvy mirrors or stylish light fixtures with a brighter, cooler tone.

3.4 THRUST AREA:

REJUVINATION THROUGH AMBIENCE:

Creating a rejuvenating ambience involves setting a positive and refreshing atmosphere that promotes relaxation, well-being, and a sense of renewal. Here are some suggestions for creating a rejuvenating ambience:

- **Natural Elements:** - Incorporate natural elements such as plants, flowers, or a small indoor fountain. These elements can add a touch of nature and improve air quality.



- **Soft Lighting:** - Use soft and warm lighting, such as lamps with dimmable bulbs or candles. Avoid harsh, bright lights, especially in the evening.

- **Aromatherapy:** - Use essential oils or scented candles to introduce calming and rejuvenating scents. Scents like lavender, eucalyptus, and citrus can have a positive impact on mood and relaxation.



- **Comfortable Furniture:** - Choose comfortable and inviting furniture. Soft cushions, cozy blankets, and ergonomic chairs can contribute to a sense of comfort and relaxation.

- **Soft Colors:** - Choose a color palette with soft, calming tones such as pastels or earthy shades. Colors can have a significant impact on mood and overall ambience.



- **Comfortable Temperature:** - Ensure the room is at a comfortable temperature. Adjust the thermostat or use blankets and throws to create a cozy environment.

- **Mindfulness Spaces:** - Create dedicated spaces for relaxation and mindfulness activities, such as meditation cushions, yoga mats, or a comfortable reading nook.



- **Art and Decor:** - Select artwork and decor that evoke positive emotions. Images of nature, serene landscapes, or meaningful quotes can contribute to a rejuvenating atmosphere.

- **Technology-Free Zones:** - Designate certain areas as technology-free zones to encourage a break from screens and promote relaxation.



- **Personal Touches:** - Add personal touches like family photos, sentimental objects, or items that bring joy. These can create a sense of connection and warmth.

- **Background Music:** - Play soothing music or nature sounds in the background. Instrumental music, classical tunes, or sounds of nature like flowing water or birdsong can enhance the rejuvenating atmosphere.



REJUVINATION THROUGH LIGHTING:



- **Dimmable Lights:** Install dimmer switches or use lamps with adjustable settings. This allows you to control the intensity of the light and create a softer, more relaxed atmosphere.

- **Natural Light:** Maximize natural light during the day by keeping windows uncovered or using sheer curtains. Natural light has a rejuvenating effect and can significantly enhance the ambiance of a space.



- **Indirect Lighting:** Use indirect lighting methods like wall sconces, up lights, or hidden LED strips. These types of lighting create a softer, diffused glow that minimizes harsh shadows.

- **Candles:** Incorporate candles or flameless LED candles to add a warm and intimate glow. They create a serene ambiance, especially in the evenings or during relaxation time.



- **Task Lighting:** Ensure adequate task lighting for functional spaces like reading corners or work desks. Use adjustable desk lamps or floor lamps with directed light to prevent eye strain.

- **Accent Lighting :** Highlight specific areas or objects with accent lighting. This could be a piece of art, a plant, or any element you want to draw attention to, adding depth and interest to the room.



- **Color-Changing Lights:** Consider smart lighting systems that offer color-changing options. You can adjust the color and intensity to create different moods, from calming blues and purples to energizing yellows and oranges.
- **Lighting Control Systems:** Install lighting control systems that allow you to customize and program lighting settings throughout the day. This can create a dynamic ambiance that adjusts to your preferences.
- **Lighting Layers:** Create layers of lighting by combining overhead lights, ambient lights, and accent lights. This adds depth to the room and allows for versatility in setting different moods.

3.5 JOURNAL:

Ancient Civilizations



Ancient Civilizations:

The concept of spas has roots in ancient civilizations such as Egypt, Greece, Rome, and Mesopotamia. These cultures valued bathing rituals and believed in the therapeutic benefits of natural springs and mineral-rich waters.

European Renaissance



European Renaissance:

During the European Renaissance, there was a renewed interest in the healing powers of natural springs. Spas became popular among European nobility and the upper classes, leading to the development of spa towns like Bath in England and Baden-Baden in Germany.

Roman Baths:

The Romans were particularly known for their elaborate public bathhouses, which were not just places for cleansing but also socializing and conducting business. The Romans constructed expansive bathing complexes with various rooms, temperatures, and baths fed by natural springs. These baths were often adorned with mosaics, sculptures, and even exercise areas.



Roman Baths

Modern Spa Culture:

The modern spa industry encompasses a wide range of wellness treatments, from massages and facials to hydrotherapy, aromatherapy, and more. Spas today often combine ancient healing practices with modern techniques to promote relaxation, stress relief, and overall well-being.



Greek Healing Centers



Greek Healing Center:

Ancient Greeks developed "asclepions," healing temples or centers dedicated to Asclepius, the god of healing. These centers included baths, exercise areas, and places for meditation. Patients would seek included baths, exercise areas, and places for meditation.

Japanese Onsen

Japanese Onsen:

Japan has a rich tradition of natural hot springs known as "onsen." These baths have been a central part of Japanese culture for centuries, believed to have both physical and spiritual healing properties. They are often set in serene natural surroundings and are used for relaxation and rejuvenation.



Ancient Civilizations

- ❖ Roots in ancient civilizations such as egypt, greece, rome, and mesopotamia.
- ❖ Cultures valued bathing rituals
- ❖ Therapeutic benefits of natural springs and mineral-rich waters



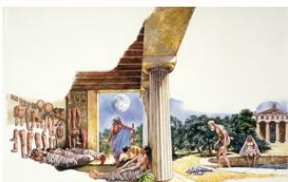
Roman Baths

- ❖ Public bathhouses
- ❖ Rooms with comfortable temperatures, and baths fed by natural springs.
- ❖ Adorned with mosaics, sculptures, and even exercise areas.



Greek Healing Center

- ❖ "Asclepions" healing temples or centers dedicated to asclepius the god of healing.
- ❖ Baths, exercise areas, and places for meditation.



Japanese Onsen

- ❖ Physical and spiritual healing properties.
- ❖ They are often set in serene natural surroundings and are used for relaxation and rejuvenation.



European Renaissance

- ❖ Renewed interest in the healing powers of natural springs.
- ❖ Spas became popular among europaean nobility and the upper classes, leading to the development of spa towns like bath in england and baden-baden in germany.



Modern Spa Culture

- ❖ Wellness treatments, from massages and facials to hydrotherapy, aromatherapy, and more.



CASE STUDY

4.1 INFERENCE FROM LITERATURE REVIEW:





4.2 INTERNATIONAL CASE STUDY:

A.Sense of Self Bathhouse / SetsquareStudio+ Chamberlain Architects+ Hearth Studio



Text description provided by the architects. Healthy hedonism: Sense of Self Bathhouse redefines the wellness experience with an inclusive, immersive and design-led model for self-care . In a converted warehouse in Melbourne's inner-north the 'Sense of Self' bath house comprises of; a large mineral bath, Hammam Steam room, Finnish sauna, light-filled vegetated courtyard and cold plunge pool.

SPA, BATH HOUSE, WELLNESS INTERIORS

•COLLINGWOOD, AUSTRALIA

- Architects: Chamberlain Architects, Heart Studio, Setsquare Studio
- Area: 275 m²
- Year: 2021
- Photographs: Martina Gemmola
- Manufacturers: Haymes Paint, Sussex Taps
- Builder: MIC Projects
- Vegetation :Plant Charmer



01 Reception

02 Retail

03 Laundry portal

04 Light installations

05 Private massage

06 Lockers and public changerooms

07 Private changerooms

08 Private DDA bathroom

09 Private unisex showers

10 Hammam/steam room

11 Storeroom

12 Self-service water and food

13 Public shower

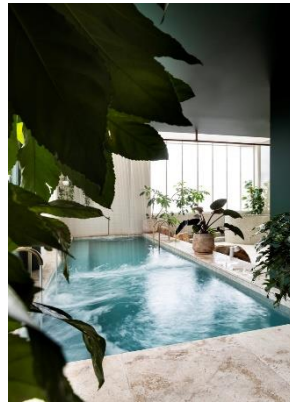
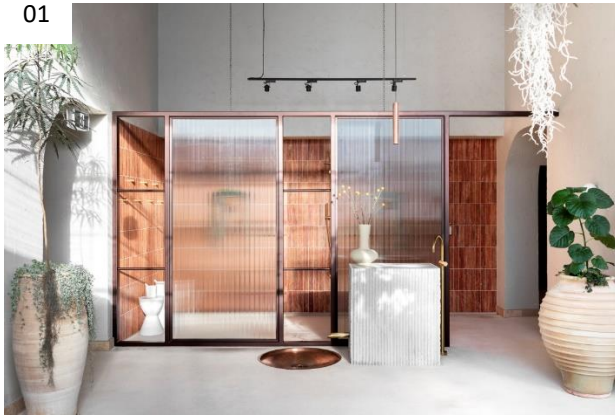
14 Water altar

15 Lounge

16 Unisex ambulant toilet

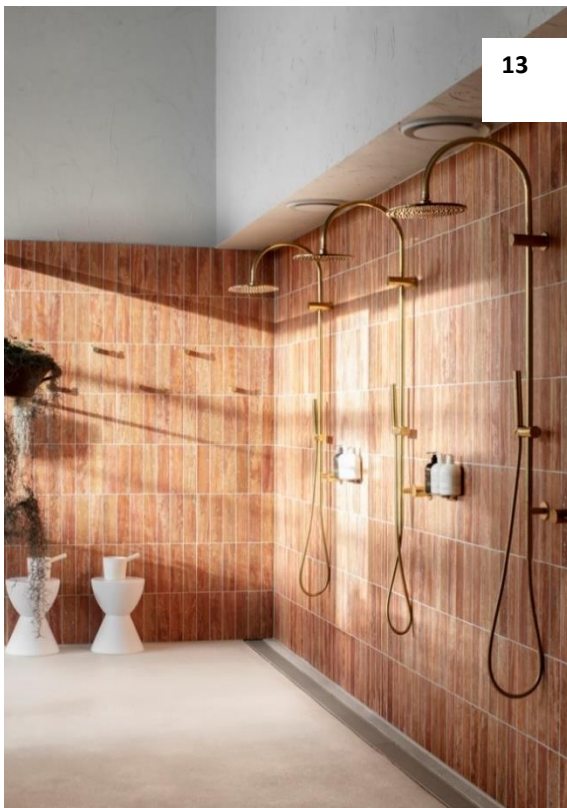


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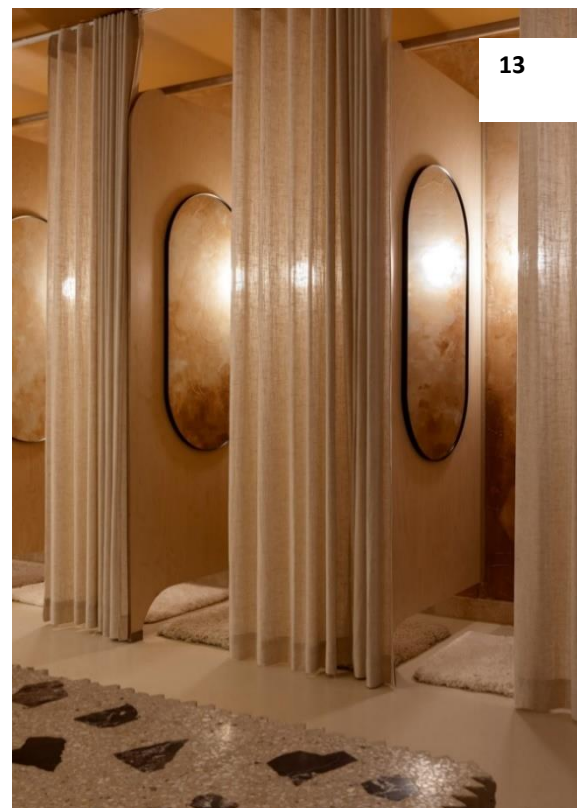


WATER WALL & PLUNGE POOL:

‘Sense of Self’ was an unprecedented opportunity to explore the relationship of the (naked or near-naked) body to space, inviting guests to better connect with themselves and their immediate physical world. Sitting beyond the current definition of ‘wellness’, an idea largely defined by the term ‘beauty’ and translated spatially as a solitary activity within a stark white environment, the brief for SOS was to create an empathetic space that engaged in a new idea of well-being – community, acceptance and restoration. An immersive environment that encourages healing, rest and connection.



13



13

PUBLIC SHOWER:

Taking the notion of empathy, the design placed an emphasis on the aspirational task of **designing for every 'body'**. Eradicating the demarcation of floor plans based on gender or physical ability the design implemented communal change rooms, communal toilets (with only ambulant wc's) and **accessible communal bathing with a variety of entry options**. Conceptually the layout centres around the sequence of rituals embedded in the bathing experience. Prioritizing the relationship between body and physical space, using design to guide users through the order to which a bathhouse experience unfolds.

06



LOCKERS AND PUBLIC CHANGEROOMS :

Looking to draw from, rather than replicate, existing bathhouse cultures around the world, the design extrapolates 'bathhouse' to its very essence; being that of water. **The concept derives materials and form from understanding water as both a *movement* and a *driver for growth, healing and nourishment***. Drawing physical materials from concepts such as refraction, still, power, buoyancy and erosion.



Decorative glass and digital projections play with the refraction of light, while the water wall and flowing fabric curtains represent the power of water. Elemental materials such as concrete, travertine and sandstone are cast and carved in such a way that they are encouraged to wear and chip as they would in the natural environment. Vegetation embodies water as restorative.

This design aims to define and cultivate communal bathing in Australia.

B.Infinity Wellbeing Spa Bangkok / Space Popular



SPA, WELLNESS INTERIORS

•BANGKOK, THAILAND

- Architects: Space Popular
- Area: 500 m²
- Year: 2020
- Photographs: Wison Tungthunya

*Text description provided by the architects. Infinity Wellbeing is a new day spa in **Bangkok's Sukhumvit area** designed by **Space Popular**. The spa also launches Space Popular's latest furniture collection - The Second Collection. Infinity Wellbeing is the second day spa designed by Space Popular in Bangkok for Infinity.*



ENTRANCE:

Located just off Sukhumvit Road, Bangkok's modern commercial center, **space is accessed directly from a busy street through a generous tropical garden**. It creates a porous green bond with the city, inviting both passersby and local street cats to rest under an umbrella **surrounded by dragon trees and lipstick palms**. You can have treat to both eyes and the mind . The serene circumstance set the mood for the spa.

RELAXATION AREA:

Through the leaves of the garden, the **spa is in strong contrast to the street with its often chaotic collage of sounds and sights**. Inside, materials are smooth, joints are precise, and **space is deep**. The arrival space which overlooks the garden introduces a **calming palette dominated by white and pale green with elements of copper**.



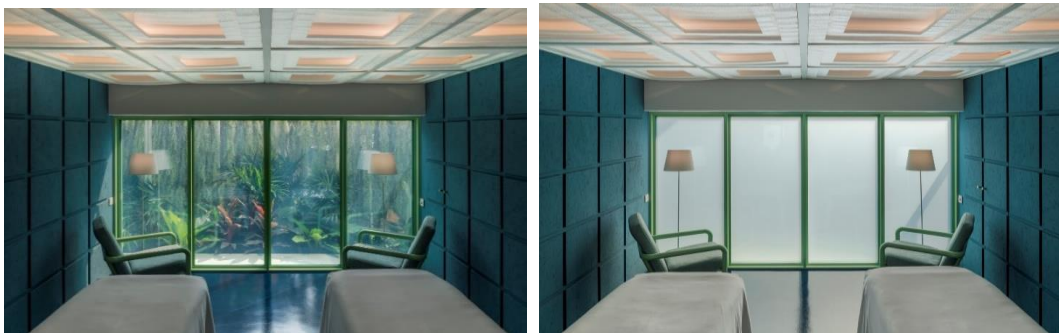


LOBBY:

The furniture in the lobby is all part of **Space Popular's latest collection**, which features a lounge chair, a bar stool, a reclining chair with built in leg rest, a side table, and a coffee table. All the pieces in the series are structured by **mint green thick metal tubes combined with light petroleum blue upholstery**. Together they construct an identity for space while providing comfort in different forms. Throughout all spaces **tailor-made materials and objects are combined in delicate ways with affordable, off-the-shelf materials such as packaging foam**, a contrast often seen throughout Bangkok, which despite its **abundance of luxury and shine manages to maintain its agility and inventiveness through its market and street food culture**.

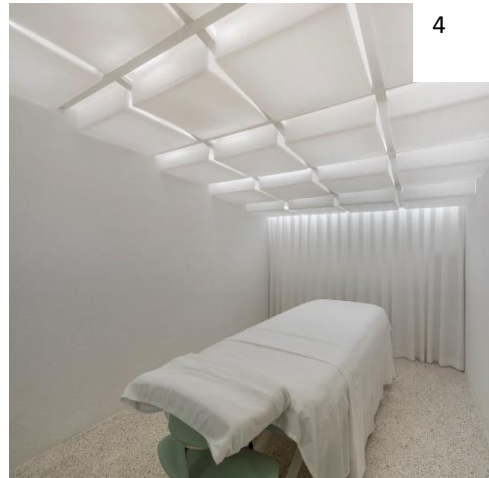


All elements of the interior: finishes, furniture, objects, plants; both serve and structure the sequence and pace of the treatment, creating an all-encompassing experience from start to finish. Infinity Wellbeing by **Space Popular** opened in **January 2020** and, after closure for several months following Bangkok's Covid response regulations, it recently reopened.





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2



3

- 1) **LOBBY:** The arrival space with its central reception space and five distinct seating areas connects to three different types of the treatment room.
- 2) **SPA ROOM:** The double rooms facing the garden are divided into different areas by contrasting materials. The massage and lounge areas feature dark blue colors with acoustic paneling on the walls and ceiling.
- 3) **WET AREA:** The wet area with steam shower and toilet is treated with pale pink terrazzo and textured plaster surfaces, With a textured plaster ziggurat ceiling and a sand tone palette, this room creates a sense of the outdoors even if it is buried under the hundreds of floors of the tower above.
- 4) **SINGLE ROOM:** The single rooms are the brightest and in them, the use of backlit curtains and foam compensate for their smaller size.
- 5) **CORRIDORS:** The corridors are clad in wooden finns painted in two different colours, exposing a different tone on arrival and departure.

C . Elysium Spa / Grau Architects:



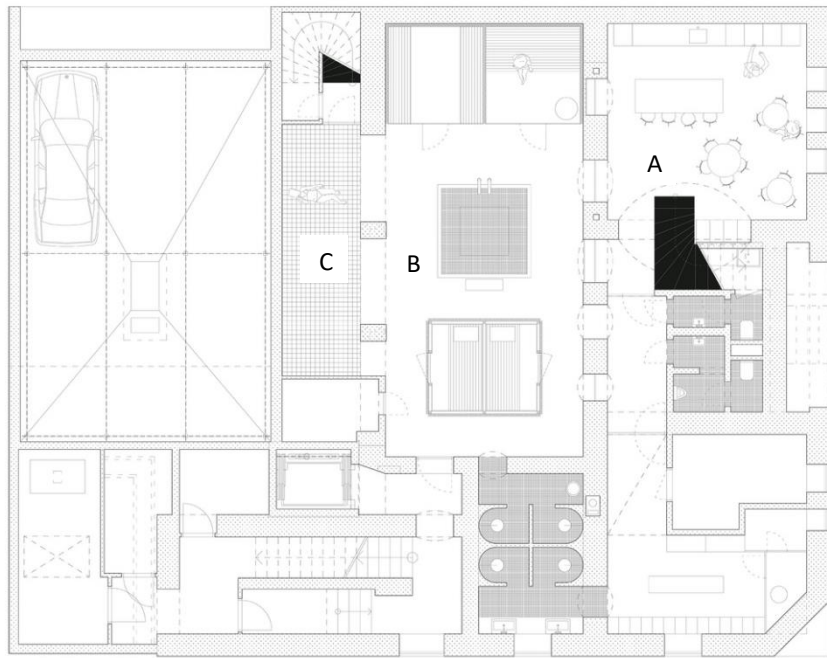
•BRATISLAVA, SLOVAKIA

- Architects: Grau Architects
- Area: 176 m²
- Year: 2021
- Photographs: Matej Haka
- Manufacturers: Ceramic Vogue, Cinema, Hum, Luce plan, Osmond

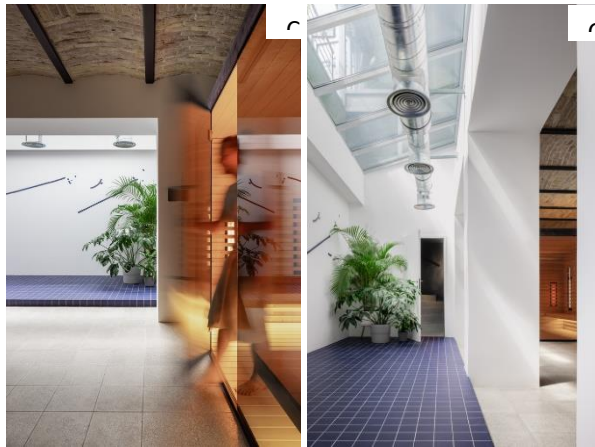
Text description provided by the architects. The word **Elysium** in Greek mythology meant the island of the blissful - a place on the western edge of the earth where the gods can transfer their favorites alive, immortal heroes living there in constant spring and without worries. "Elysium Spa" is a name that draws from Greek mythology, referring to the concept of Elysium as a **paradise or a place of blissful happiness**. While there might not be a specific spa named "Elysium Spa" known universally, the name suggests a place dedicated to relaxation, rejuvenation, and an elevated experience for guests.



Elysium Spa, with its name derived from the concept of an idyllic paradise, might strive to create an environment where guests experience a sense of bliss, relaxation, and holistic well-being—a place where they can escape the stresses of daily life and immerse themselves in a luxurious and rejuvenating experience. **Elysium Spa** designed by Grau Architects is likely an architectural marvel, embodying a harmonious blend of functionality and aesthetic appeal.



A well-planned spa is one that prioritizes guest comfort, relaxation, and overall well-being while considering various elements that contribute to a holistic and exceptional experience. A well-designed skylight in a spa not only adds architectural elegance but also contributes to the wellness-focused environment by harnessing natural light, creating a calming ambiance, and promoting a connection to the outdoors—all of which enhance the overall guest experience.



PUBLIC SHOWER:

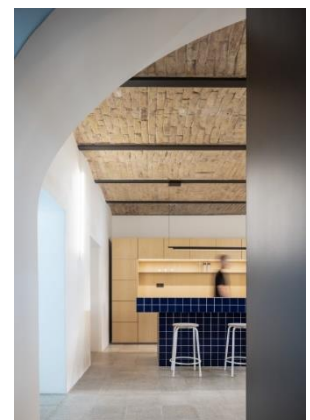
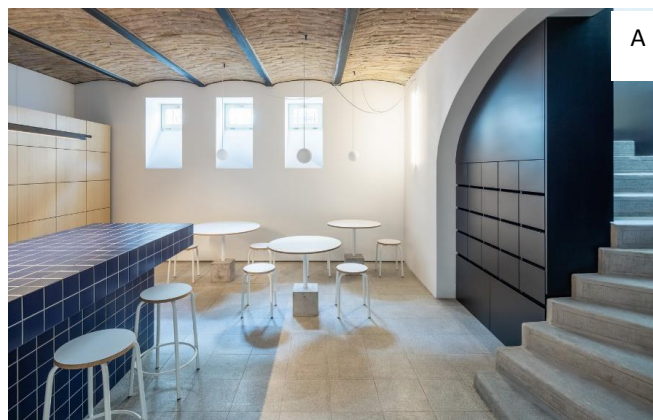
When designing the spa in the middle of the historical center of Bratislava, we came out of the need to break free from the daily cycle and calm down. This space is a meditative hiding place from the outside world. We build the concept of an urban spa on the perceptions of space as a temple for the body. The reference is the historical public baths Grossing(public bath), which are located nearby and provided visitors with the purifying procedures of body and soul.

Natural light promotes a positive mood, potentially enhancing the overall spa experience for guests. It allows for indirect exposure to sunlight, aiding in the synthesis of vitamin D and contributing to a sense of well-being.



ENTRANCE:

Through a hidden entrance from Grossing Street, (A) they dive into the basement of a historic building via the original stone staircase. In the former cellars, they preserved the original brick vaulted ceiling. They build the (B) concept on embedded objects and a combination of terrazzo, brick, cobalt, and black cladding or wood materials. These objects define the interspace that winds freely around the entire spa. In the plan, they work with light. (C) With natural, which enters through existing window openings or skylights and is dynamic during the day. Skylights allow ample natural light to flood into the spa, creating a bright and inviting atmosphere. They provide a sense of openness, connecting guests to the sky and natural elements, contributing to a tranquil setting.



BUFFER AREA:

The experience is unique at every time and period. Or with the artificial, which is based on the functional substance, but also underlines the overall intimate atmosphere of the space. A visit to the Elysium Spa is supposed to be a kind of experiential path of purification and slowing down - therefore an art piece - the Trajectory of Movement by Stanislav Ondras works as a reference to it. The benefit of the space is also an outdoor terrace in the courtyard, where is a mobile sauna with sun loungers situated. The unknown combination thus creates a new relationship between the city and the neighborhood. New vistas and new experiences.

D . Yun Omori Onsen and Spa | Sathorn / Six seven Studio:



WELLBEING, SPA

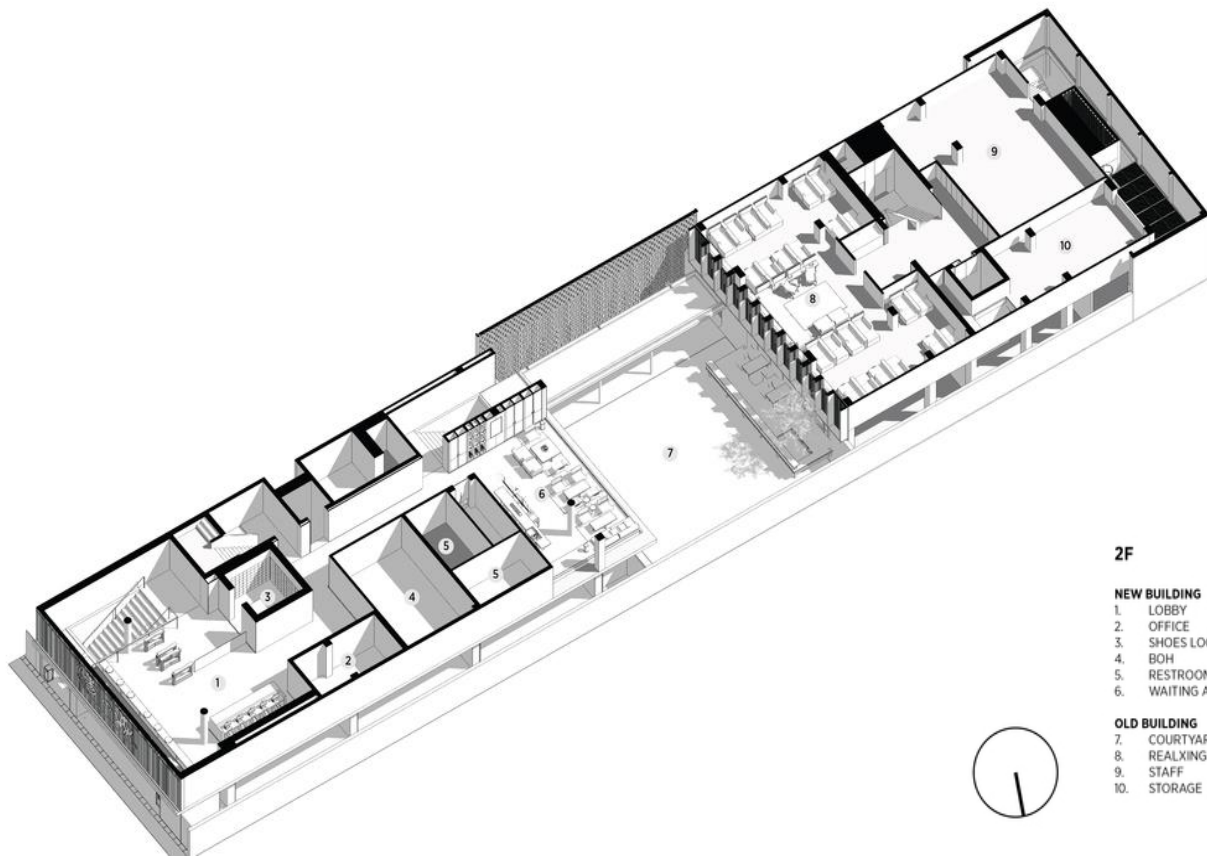
•KHET BANG RAK, THAILAND

- Architects: Six seven Studio
- Area: 3500 m²
- Year: 2020
- Photographs: W-Workspace
- Manufacturers: APK
- Brick, COTTO, L-Thai
- Lead Architect: Pakora Pakora
- Lighting Design: Atelier AT
- Landscape Architect: Tossapon Arunsuraponmatee

Text description provided by the architects. Bangkok-based design Six seven Studio(67s)has completed a new urban retreat; Yun Omori Onsen and Spa | Sathorn that offers authentic experiences for both Japanese onsen and Thai massage. Located in the middle of Bangkok city in Sathorn area, the building consists of 2 parts, which are the renovated old apartment building and the new building, separating the functions of the onsen and spa treatment facilities.

INFERENCE:

Beyond the baths, Yun Omori often offers additional spa services like massages, facials, and body treatments, allowing visitors to further unwind and rejuvenate. The ambiance tends to reflect a tranquil Japanese setting, aiming to create a peaceful atmosphere for guests to escape the hustle and bustle of everyday life.



2F

NEW BUILDING

- 1. LOBBY
- 2. OFFICE
- 3. SHOES LOCKER
- 4. BOH
- 5. RESTROOM
- 6. WAITING AREA

OLD BUILDING

- 7. COURTYARD
- 8. REALXING AREA
- 9. STAFF
- 10. STORAGE

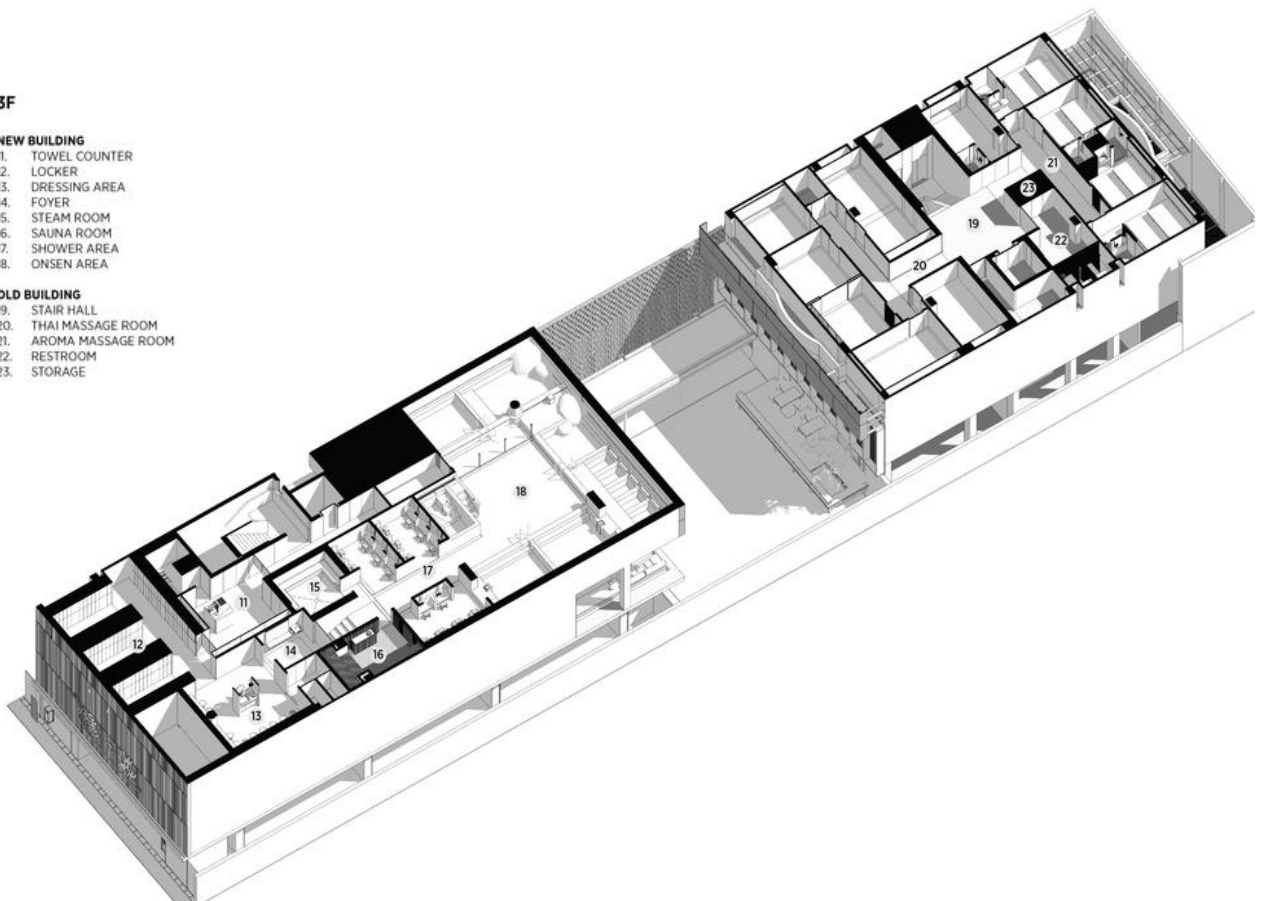
3F

NEW BUILDING

- 11. TOWEL COUNTER
- 12. LOCKER
- 13. DRESSING AREA
- 14. FOYER
- 15. STEAM ROOM
- 16. SAUNA ROOM
- 17. SHOWER AREA
- 18. ONSEN AREA

OLD BUILDING

- 19. STAIR HALL
- 20. THAI MASSAGE ROOM
- 21. AROMA MASSAGE ROOM
- 22. RESTROOM
- 23. STORAGE

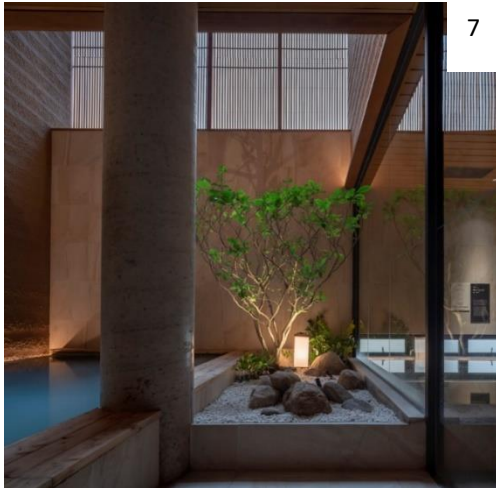




1

2nd FLOOR LOBBY:

The major challenge of this project is the narrow plot in the heart of Bangkok's CBD. Despite being surrounded by dense tall buildings, the building offers a design solution by creating a courtyard that allows natural light.



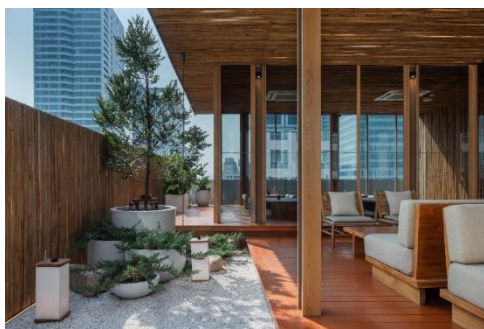
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6

COURTYARD & WAITING AREA:

The concept of bridging the old building with the new one is inspired by **Kintsugi**, a Japanese art of repairing broken pottery. The attempt to reflect the concept results in sublime material selections, fusing Japanese minimalist aesthetic with local materials.



ROOFTOP:

As the guests are approaching the rooftop bar, the bamboo element reappears again. This time it was used to cover the entire ceiling, casting a pleasant effect of dancing light and shadow.

The white marble mosaic floor, inspired by the broken ceramic, is the exemplary element that the designer uses to remind us of the Kintsugi art.



ONSEN & THAIROOM:

The hallway's atmosphere fosters peace and relaxation, helps the wood veneer flooring and is illuminated with concealed light. The designer intentionally puts the lobby next to the lush garden courtyard to surprise the guests. The courtyard also acts as a buffer area between the two buildings, a common space for both onsen and massage facilities.



RESTROOM & RESTAURANT:

On the 1st floor, a restaurant “Happy Rice” sits next to the garden with a seating area surrounded by greenery. An open bar counter which serves light meals and “kakigori” dessert for customers is clad with Japanese-style chiseled wood texture.

E . Shilp moroccan hammam:



SPA

Curated by Devyani Jayakar

• PAVEL, MUMBAI

- Architects: GMB Verve
- Area: 146 m²
- Year: 2022
- Photographs: Nigel Fernandes – Oculus

Text description provided by the architects. Shilp Wellness, the high-end **luxury spa in Panvel on the outskirts of Mumbai**, has been designed by **GMB Verve**, drawing inspiration from Middle Eastern hammams. “Hammams, as we understand them, were not a luxury experience,” says Gajesh Badsewal of GMB Verve. “Here, pampering has been taken to another level. To enjoy the appointment-based services, clients are encouraged to spend the entire day at the spa, indulging in the different therapies offered.”



ENTRANCE:

Just when you think you’ve **escaped civilisation amidst acres of greenery**, looms a luxury spa that looks like it’s right out of an **Arabian Nights fantasy**. No, it’s not a mirage. Imposing and ornamental, a profusion of arches on the façade are embellished with intricate detailing in blues and turquoise picked up by touches of yellow gold.

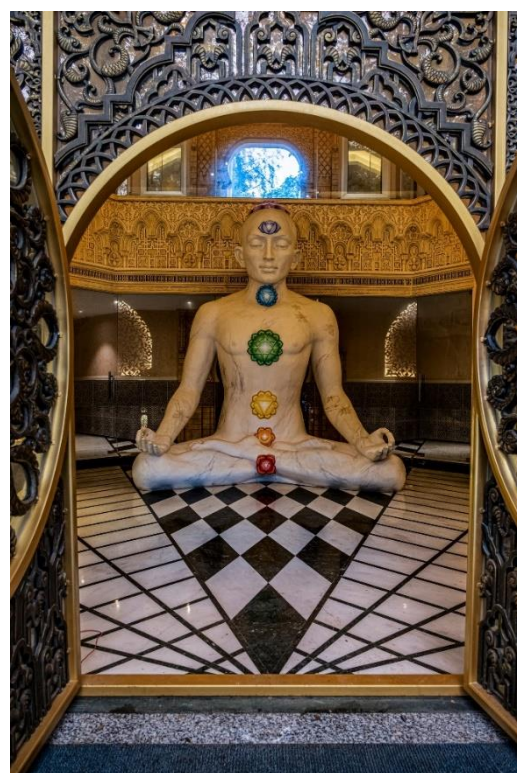


ENTRANCE:

At the entrance, recessed 10-foot-high double doors are set within a tall pointed arch which touches the base of the second floor. A honeycomb-like cluster of miniature arches fills the space surrounding the double doors in a complex symmetrical geometry. The expanse of applied ornamentation and moulding creates a palace-like aesthetic.

G- FLOOR FRONTAGE:

The structure has three levels, with the meditation and yoga rooms being in the basement. The ground floor covers 5000 square feet, its double height lobby having a 22-foot-high ceiling. A 12-foot-high white sculpture of a cross-legged human figure in the traditional Indian posture of meditation depicts the seven chakras of yogic teachings. The bold harlequin flooring immediately beneath it offers a dramatic contrast in black and white. The rest of the flooring radiates outwards in a complex geometry requiring precise measurements. Overhead, a cluster of multiple filigreed pendant lights creates a subdued glow. The lounge, powder room, and changing rooms are also located on this level. The first floor houses various therapy rooms, while the terrace is used for private parties.



POWDER ROOM:

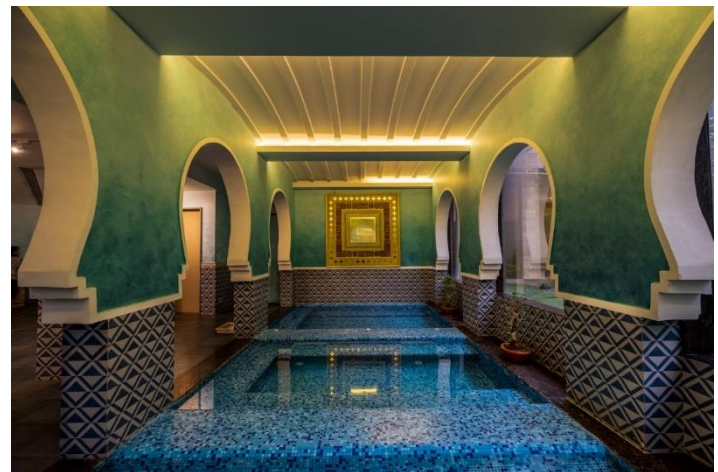
Washbasins are solid marble carved in floral scallops, the hardware in a retro look. “The lamps have been customised in fibre...even the grills for the air conditioners have been designed to conceal their contemporary appearance. The furniture has camel bone inlay.” Everywhere you look, there is much to take in; the compounded effect is one of magically transporting the viewer to a foreign land.



A treat for art lovers awaits as time-served Indian art forms take pride of place in a riveting showcase in Mumbai “The paintings, plaques and sculptures articulate well-preserved stories. Natural colours, dyes and pigments achieved through laborious processes form the foundation of most of these art forms. In this showcase, age-old techniques find new life in contemporary interpretations and impressions,”

HAMMAM:

In consonance with Islamic tradition, there is a profusion of surface treatment and detailing. As at the front elevation, arches abound in the interior too. A dome above the intricately inlaid slab of the hammam is supported by columns. Cement board jalis with laser cut designs carry forward the aesthetic, bespoke tiles and marble adding to the luxury quotient. Underwater lighting which sets the pools aglow is from ABBY.



Plumbing and heating arrangements provide exotic touches. The water in three blue mosaic-tiled pools is maintained at different temperatures as required by various therapies, while a giant overhead “flower” in the ceiling above the inlaid slab of a hammam sprinkles rose water on pampered clients.

INFERENCE:

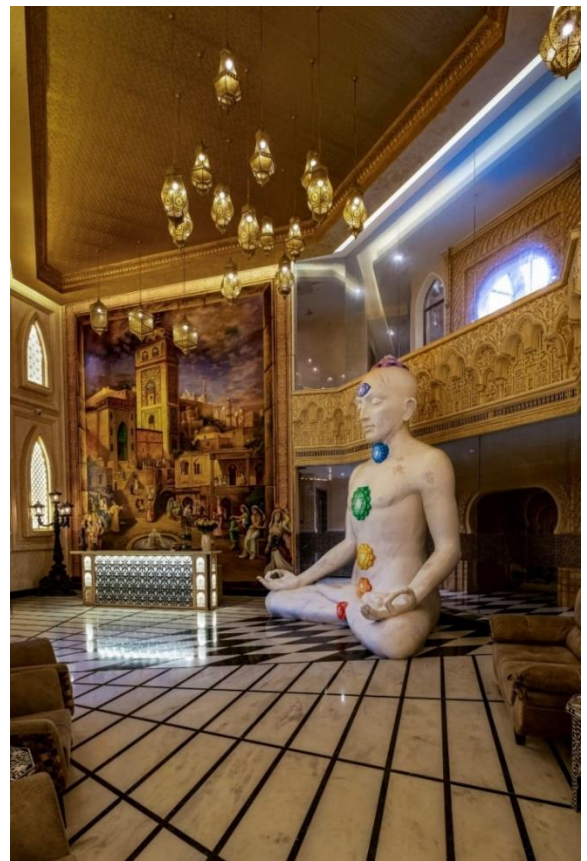
- Shilp Moroccan Hammam, spa and a wellness center offering Moroccan-style hammam treatments.
- Hammams are traditional steam baths that involve a cleansing ritual involving steam, exfoliation, and relaxation.
- Moroccan hammams often incorporate natural ingredients like argan oil, black soap, and various herbs for skin and body treatments.



G- FLOOR FRONTAGE:

Multiple varieties of lighting illuminate the space. Pendants, wall sconces, cove lights and floor lamps create combinations of light and shadow.

Mindful of Indian culture, privacy has been provided through individual cabins. “Unlike traditional hammams which are enclosed spaces, huge windows provide a connect with nature. Dense landscape populated by birds offers a soothing vista to clients while they are undergoing their chosen wellness treatments,” says Badsewal. The attention to detail has ensured that the palm trees in the garden are of the species that is native to Middle Eastern countries.



4.3 LIVE CASE STUDY:

F.KAYA KALP



SPA

• GUINDY , CHENNAI

- Architects: Rajinder Kumar
- Area: m²
- Year: 2012

Text description provided by the architects. Kaya Kalp Spa is an acclaimed spa brand under the ITC Hotels in India, known for its luxurious wellness experiences. "Kaya Kalp" translates to "Body Transformation" in Sanskrit, reflecting the spa's focus on rejuvenation and holistic wellness. The spa offers a range of treatments inspired by traditional Indian healing practices combined with modern techniques. It's renowned for its serene ambiance, skilled therapists, and a wide array of therapies, including massages, facials, body scrubs, and more. The aim is to provide a tranquil escape where guests can unwind, relax, and revitalize their body and mind. The Kaya Kalp Spa experience often includes luxurious amenities and personalized services, making it a sought-after destination for wellness enthusiasts and those seeking a retreat from the stresses of everyday life.



LOBBY:

The interiors of Kaya Kalp Spa typically exude an ambiance of tranquility and luxury. They often feature a harmonious blend of traditional Indian elements with contemporary design, creating an atmosphere that promotes relaxation and rejuvenation. The entrance is provided with the ramp and the steps with wheelchair accessibility.

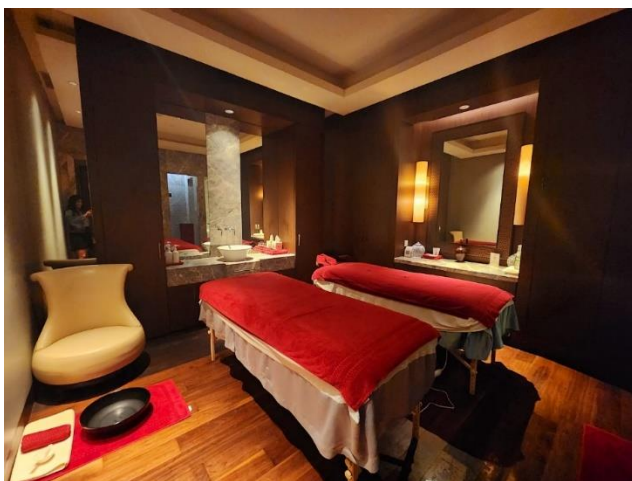
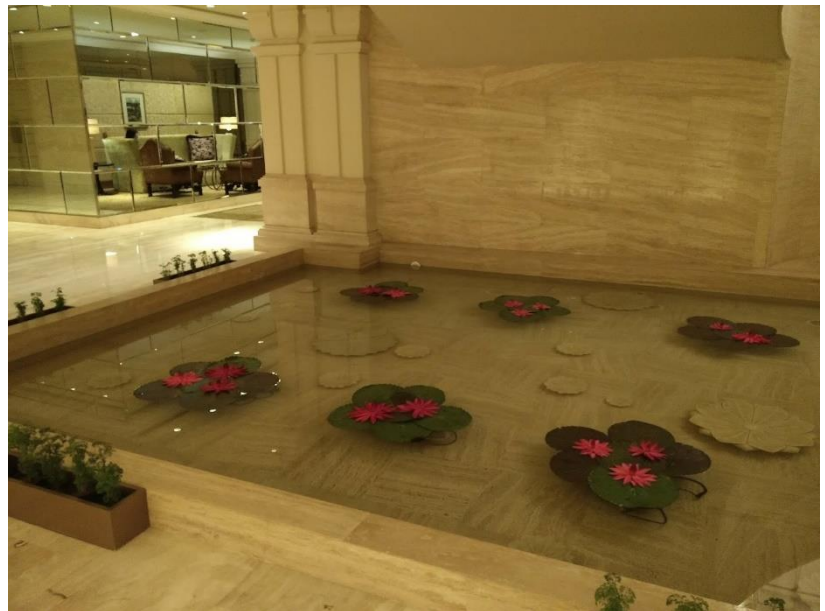


AISLE:

Open spaces and comfortable seating areas to encourage relaxation and a sense of serenity. Earthy tones, rich hues, and warm lighting contribute to a calming atmosphere. Marble wall cladding in a spa setting can impart a sense of luxury, sophistication, and tranquility. Marble, with its natural veining and elegant appearance, is often chosen for its aesthetic appeal and its ability to create a serene atmosphere.

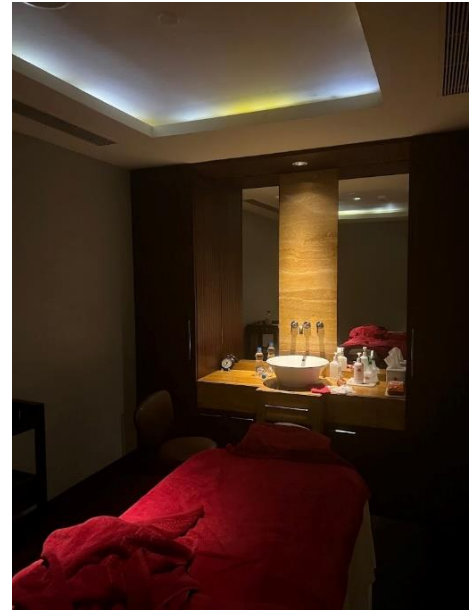
WATER AREA:

For some spa-goers, the presence of a pond can provide a space for meditation, mindfulness, or quiet reflection. It becomes a serene spot where guests can unwind and find inner peace. The presence of water, whether still or flowing, is known to have a calming effect on the mind and body. Guests might find the proximity to water soothing and stress-relieving.



SPA ROOM:

The interiors of Kaya Kalp Spa typically exude an ambiance of tranquility and luxury. They often feature a harmonious blend of traditional Indian elements with contemporary design, creating an atmosphere that promotes relaxation and rejuvenation.



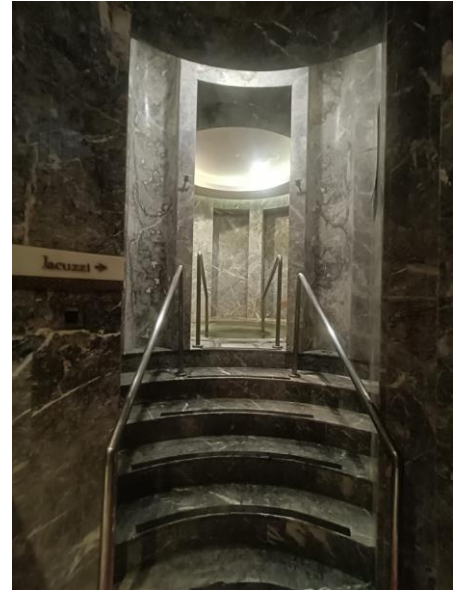
PRIVATE AND SERENE TREATMENT ROOMS :

Private and serene treatment rooms equipped with plush furnishings, calming lighting, and specialized amenities for various spa treatments. Curved walls add visual appeal and a sense of fluidity to the spa environment, breaking away from traditional straight lines and creating a more organic and inviting atmosphere. Intricate patterns, textiles, and artwork reflecting Indian culture and heritage add a touch of elegance and authenticity. Use of subtle scents and essential oils to enhance the spa experience and promote a sense of well-being.



SPA & FOOT REFLEXOLOGY:

Curved walls can help diffuse sound waves, contributing to a quieter and more serene atmosphere. They can be used to partition areas within the spa, creating separate zones for different activities or treatments while maintaining an open and connected feel. Foot massage chairs are designed to provide a luxurious and relaxing experience for guests seeking foot relief. These specialized chairs are equipped with features tailored to deliver targeted massage therapy to the feet and lower legs. With comfortable cushions



PLUNGE POOL:

The jacuzzi area typically features comfortable, ergonomic seating within the tub, providing guests with a relaxing place to unwind.

High-quality, durable materials like ceramic marble tiles specialized finishes resistant to moisture are commonly used to ensure a clean and luxurious appearance.

SAUNA:

Wood saunas provide dry heat, with temperatures often ranging from 70°C to 100°C (160°F to 210°F) or higher, creating an environment that promotes sweating and relaxation.

G.BOUNCE ECO SALON & SPA



SPA

•OMR , CHENNAI

- OWNER:
- Area: m²
- Year: 2020

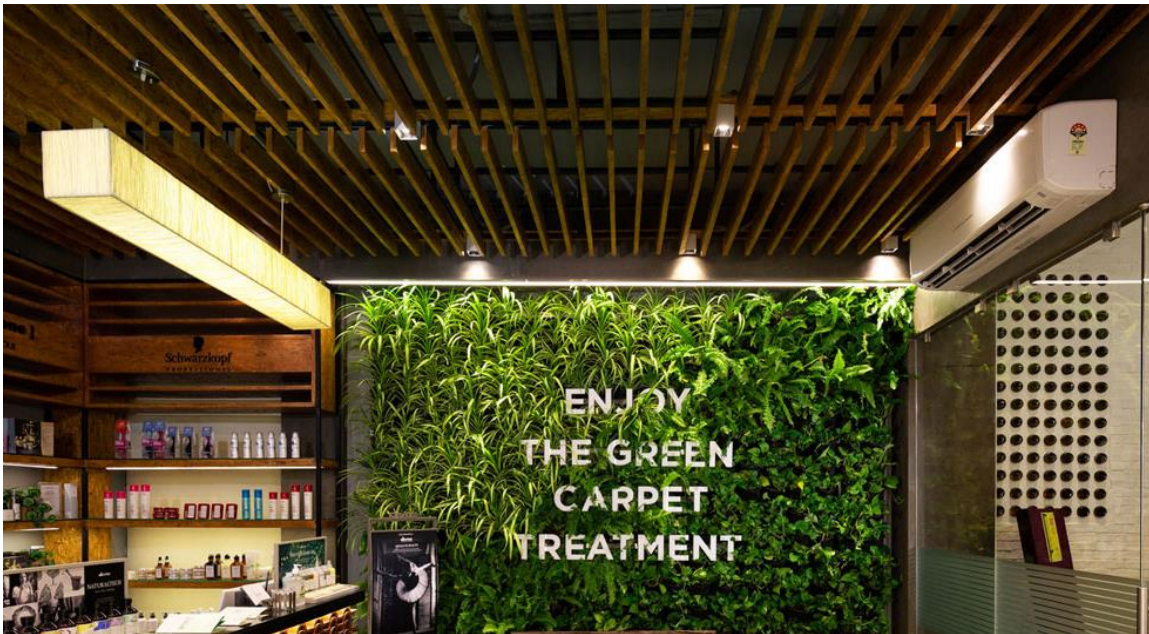


ENTRANCE:

Incorporating nature into design, as with green walls, has been linked to **reducing stress, increasing productivity, and improving overall well-being**. Having these features at entryways can immediately engage people with nature as they enter a building.

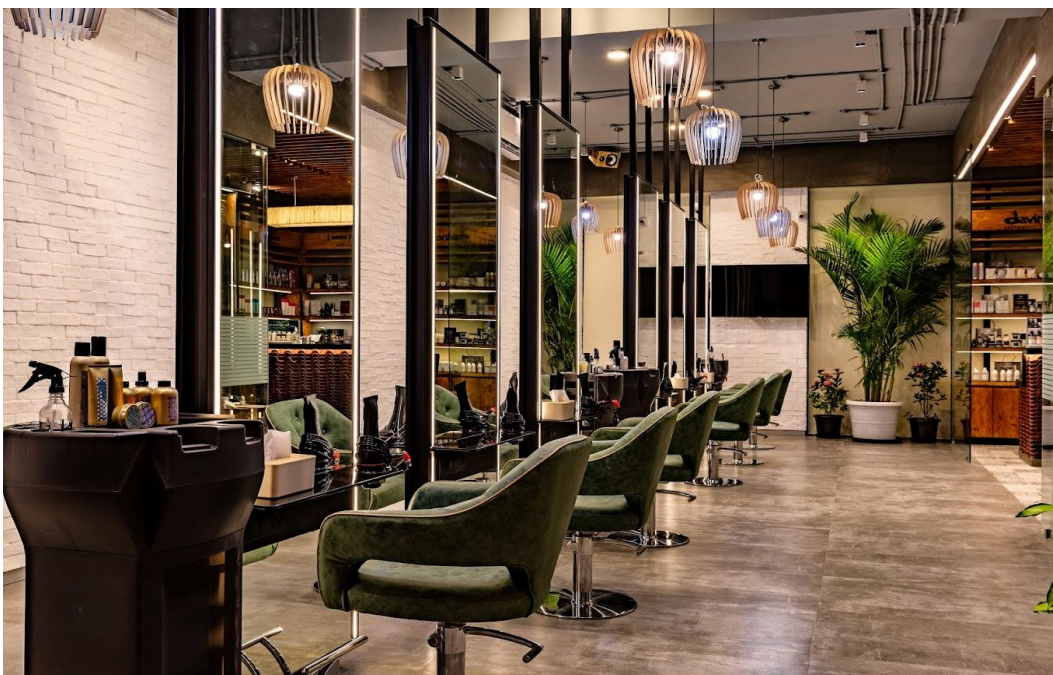
Branding and Image: For businesses, green walls can be used strategically to convey an eco-friendly and sustainable image. This can positively influence perceptions of the company or space.

Space Optimization: Vertical gardens maximize the use of space, especially in areas where horizontal space is limited. This can be particularly beneficial in compact entryways or urban settings.



RECEPTION:

Noise Reduction: While not completely soundproof, the foliage of green walls can absorb and dampen certain frequencies of sound, potentially reducing noise levels in entryways, especially in urban areas. They add a visually appealing and calming element to entryways, creating a welcoming and refreshing ambiance. The vibrant greenery can make a positive first impression on visitors. **They use baffle ceiling to contrast the green wall in the reception area**



SALON:

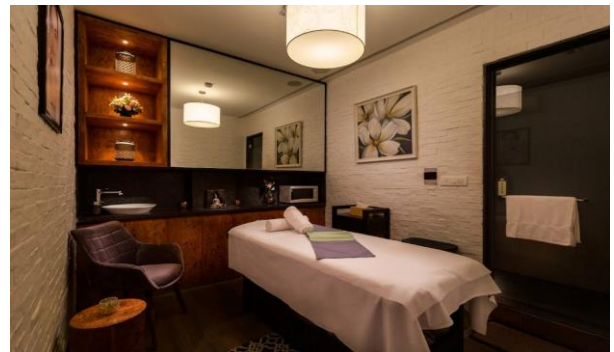
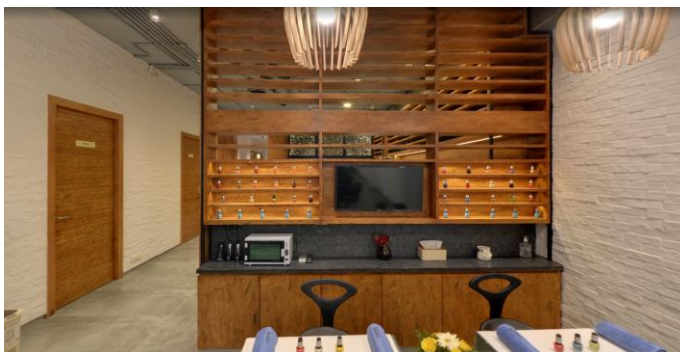
- Large mirrors in spas serve several purposes, contributing to the **overall ambiance and functionality of the space**.
- Large mirrors create an **illusion of space**, making the spa area feel larger and more open. This can be especially effective in smaller spa rooms, giving a sense of expansiveness.
- **Mirrors can help reflect natural light**, especially if positioned near windows or other light sources. This can brighten up the spa area, creating a more uplifting and inviting atmosphere.
- They used green color furniture to **compliment the biophilic theme** of the space.
- They **used entire height of the space** to make it look spacious and luxurious.



SALON:

Additionally, they might offer services such as haircuts, styling, various spa treatments, and possibly incorporate holistic wellness practices that align with their eco-friendly ethos

Warm lights in interior design offer a range of benefits that contribute to creating a comfortable, inviting, and visually appealing space.



Wood cabinets provide a warm, natural, and timeless look. They come in various wood types, grains, stains, and finishes, allowing for customization to complement different interior styles, from traditional to modern. High-quality wooden cabinets, when properly cared for, can be incredibly durable and long-lasting. Hardwoods like oak, maple, cherry, or walnut are known for their strength and resistance to wear and tear.



CORRIDOR:

They used two types and colors of brick cladding on both the side of corridor with the green wall on the which creates a **harmony in the focal point**.

SPA ROOM:

Translucent glass partition are used to separate the foot reflexology area from the corridor , which allows warm lights to pass through at the same time which also gives privacy and act like a semi-private space.

Ambiance: Warm lights, typically with a color temperature ranging from 2700K to 3000K, emit a cozy and inviting glow. This soft illumination creates a welcoming atmosphere, making spaces feel more comfortable and relaxing.

- **Comfortable and Relaxing:** Warm lighting mimics the softness and warmth of natural light during sunrise or sunset. It helps in creating a **calming environment**, promoting **relaxation and reducing stress**.
- These lights enhance the aesthetic appeal of a room by adding a touch of warmth and intimacy. They complement **traditional, rustic, or cozy interior styles**, adding **character and depth to the space**.
- Warm lighting accentuate textures, colors, and patterns in a room, making them more pronounced and visually appealing. This effect can make spaces feel more **inviting and interesting**.
- compared to **cooler, brighter lights**, warm lighting is gentler on the eyes. It can help **reduce eye strain and fatigue**, especially during evenings or in areas where people relax, read, or unwind.

H.PRAANA SPA AND ART CAFE



SPA

• VARKALA , KERALA

- OWNER:
- Area: m²
- Year: 2020



"Praana Spa and Art Cafe" is like an intriguing and unique establishment that combines elements of wellness, relaxation, and artistic expression. The name suggests a place that values vitality, life energy, and a holistic approach to well-being, incorporating both spa services and an art-focused café. The café aspect incorporate art displays, perhaps showcasing local or featured artists, creating a space where guests can appreciate art while enjoying their refreshments.



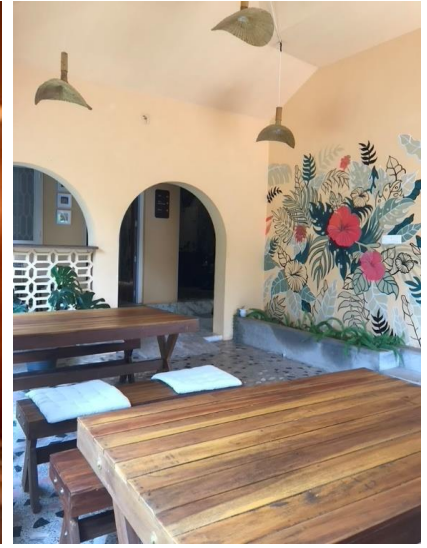
CAFÉ:

A café within a spa adds a delightful dimension to the guest experience, offering a space for relaxation, refreshment, and socialization. Cozy seating arrangements, perhaps with plush chairs or outdoor seating, invite guests to relax and unwind after spa treatments. Guests can conveniently access refreshments without leaving the spa premises, adding to their overall comfort and relaxation.



OUTDOOR:

Thoughtfully designed outdoor seating areas with elements like landscaping, lighting, and comfortable furnishings, water features, or natural materials contribute to the overall aesthetic of the spa. Integrating natural elements like in the design enhances the connection between the outdoor space and the spa's overall theme. Being outdoors allows guests to breathe in fresh air, promoting a sense of rejuvenation and well-being.

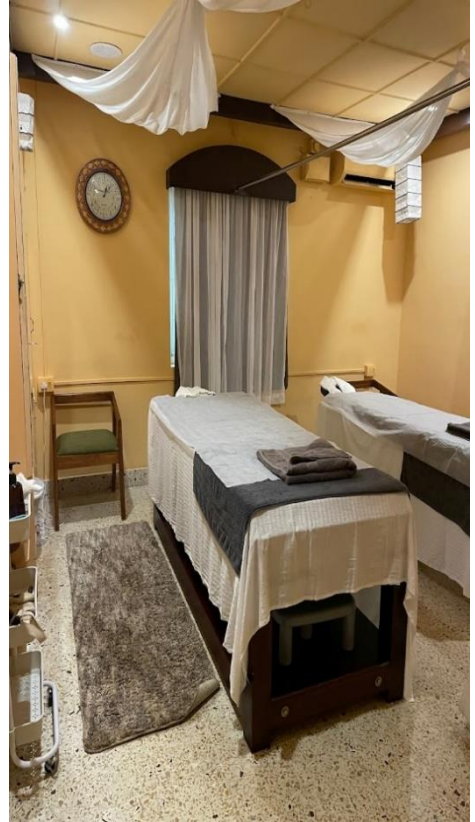


SEMI-OUTDOOR:

Semi-outdoor spaces in a spa offer a unique blend of indoor comforts with the refreshing elements of the outdoors. These spaces are partially sheltered or enclosed, allowing guests to experience the benefits of being outdoors while still enjoying some level of protection and comfort. Artistic wall in a spa can be a captivating focal point, adding visual interest and enhancing the overall ambiance. Artistic representations of plants, flowers, or natural elements can bring a sense of tranquility and connection to nature.



White curtains in a spa can contribute to the overall ambiance, adding a touch of elegance, serenity, and practicality to the space. White curtains can diffuse natural light, creating a soft and gentle ambiance in treatment rooms or relaxation areas. The diffused light from white curtains can help create a soothing environment, reducing harsh glare and promoting relaxation. Curtains can be drawn to transform a space from an open area to a more intimate or private setting as needed.



White curtains convey a **sense of cleanliness, purity, and sophistication**, contributing to a spa's serene and tranquil atmosphere. Curtains are versatile and can be easily opened or closed based on the need for privacy or openness. **Thick or layered curtains can help absorb sound, reducing echoes and creating a more peaceful environment.**

SITE SELECTION AND CONTEXT

5.1 CONTEXTUAL STUDY:

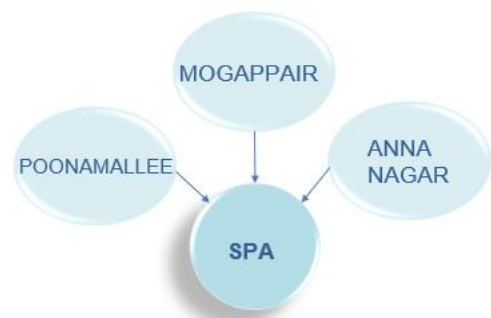
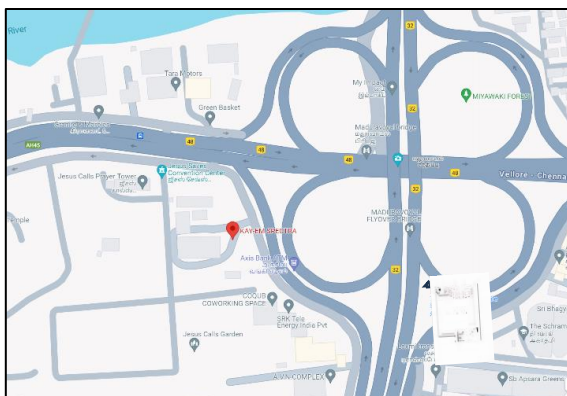
Situated conveniently near the Maduravoyal flyover, our establishment boasts excellent vehicle access and high visibility, catching the attention of passersby effortlessly. Positioned just a stone's throw away from the highway, we occupy a prime spot on the service road, ensuring easy accessibility while providing a serene retreat from the hustle and bustle of the surrounding areas.

5.2 SITE SELECTION AND JUSTIFICATION:

- This establishment is conveniently situated near the Maduravoyal flyover, ensuring excellent vehicle access and high visibility to passersby. Positioned just a short distance from the highway, it occupies a prime spot on the service road, offering easy accessibility while providing a peaceful retreat from the bustling surroundings.
- Nestled amidst the thriving neighborhoods of Mogappair, Anna Nagar, and Poonamallee, it caters to the discerning tastes of the upper-middle-class residents who frequent spas. The strategic location creates a serene ambiance perfectly aligned with the spa's theme—an exquisite blend of modern Mediterranean elements.
- This location strikes a balance, being close enough to the vibrant urban landscape while offering a serene oasis for relaxation and rejuvenation. Its visibility and accessibility make it an inviting destination for those seeking a tranquil escape in a modern Mediterranean setting.

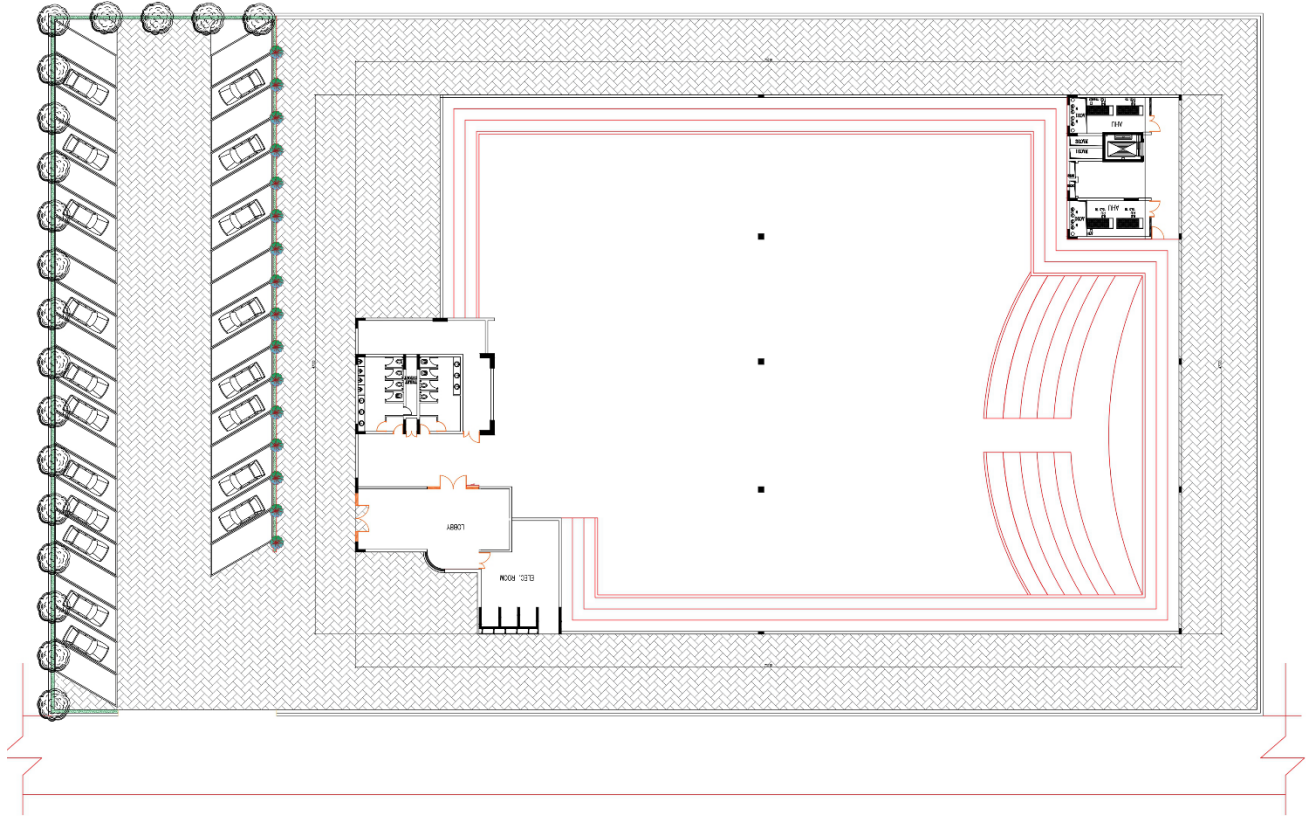
5.3 LOCATION AND ARCHITECTURAL DRAWINGS:

1/226, Service Rd, Vanagaram, Chennai, Tamil Nadu 600095



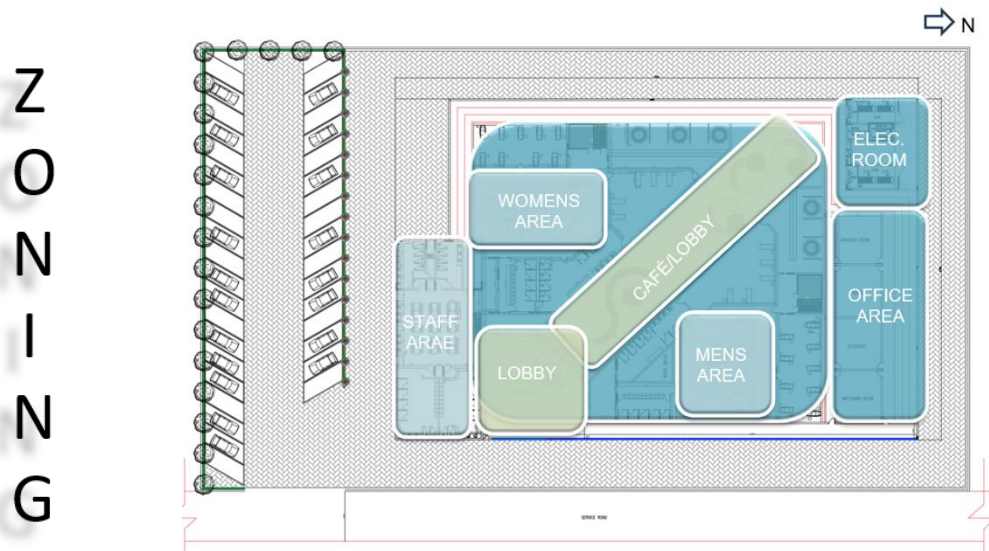
5.4 SITE DRAWINGS:

1/226, Service Rd, Vanagaram, Chennai, Tamil Nadu 600095

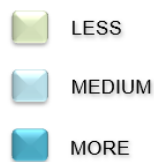


PROJECT PROGRAMMING

6.1,7.1 AREA CALCULATION OF VARIOUS SPACES ,USER ANALYSIS:



PROXIMITY CHART:



PROXIMITY	RESTROOM	MENSAREA	WOMENS AREA	CAFÉ/ BUFFER	MEDITATION SPACE
RESTROOM					
MENS AREA					
WOMENS AREA					
CAFÉ/ BUFFER					
MEDITATION SPACE					

LIGHT

DARK

DARKER

PRIVATE SPACE

Private spaces in spas are usually designed to offer a sense of exclusivity and tranquility for individuals or small groups. These spaces aim to provide a peaceful environment where guests can fully relax and enjoy their spa treatments away from the hustle and bustle of shared spa areas.

- Shower/change room
- Spa room

SEMI-PRIVATE SPACE

A semi-private space in a spa typically refers to an area that offers a level of privacy between being fully open and completely secluded. It might be a sectioned-off part of the spa where individuals or small groups can enjoy

- Cloak room
- Steam
- Sauna
- Plunge pool
- Relaxing area
- Waiting area

PUBLIC SPACE

Public space areas in a spa can encompass various zones designed for communal use and relaxation.

- Lobby
- Reception area
- Display consultation area
- Café
- Restrooms
- Meditation space

CONCEPT

7.1 ANALYSIS:

Key Elements of Mediterranean-Style Design

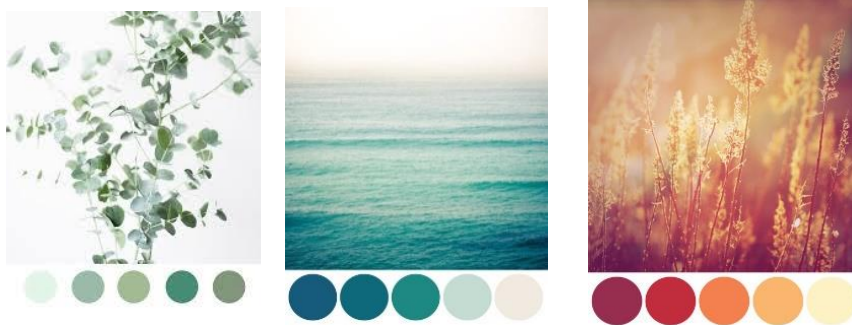
- Bring outside indoors: Emphasize indoor-outdoor living with airy, breezy interior spaces that maximize natural light and views of the outdoors.
- Incorporate arches: Add or highlight arched windows and doors and interior arched casings.
- Use natural materials: Include exposed beams, natural stone walls, and tile or hardwood floors; natural materials in finishes and decor such as wood, rattan, tile, ceramics, terra-cotta, wrought iron, linen, and cotton.
- Gather color inspiration from nature: Use a neutral palette with white plaster walls and natural finishes; color palettes that reflect the natural environment, from the blue - greens of the ocean to the yellows and golden tones of the sun.
- Less-is-more styling: Plan the space for hospitality and family, with plenty of focus on common areas to include multiple seating options.

History of Mediterranean-Style Interior Design

- The Mediterranean style emerged due to cultures living along the Mediterranean Sea colliding over time. From the curves and details of the Italian Renaissance of the 14th century to the stucco and red clay tiles from the Spanish Revival of the 16th century and all the time in between and up to now.
- Countries significantly contributing to the style include Italian, Portuguese, Spanish, French, Greek, and Moroccan architecture. And many countries along the Mediterranean have their variations in style.
- For example, in southern France bordering the Mediterranean, the French Riviera style is a glamorous take on the Mediterranean Revivalist style that originated in the 1930s. This style is experiencing a resurgence in fashion, hotels, restaurants, and interiors. For example, vintage and widely reproduced sunburst-style mirrors resulted from this style.
- Mediterranean-style architecture works best in warm, sunny climates. This style is often replicated in warmer places like California, Florida, Texas, and southwestern states. The building materials fare better in warmer temperatures.



7.2 ,7.3-THEME,MOOD BOARD



COLOR PALETTE:

Gather color inspiration from nature: Use a neutral palette with white plaster walls and natural finishes; color palettes that reflect the natural environment, from the [blue - greens](#) of the ocean to the yellows and [golden tones of the sun](#).



MEDDITERANIAN THEME

7.4 MATERIAL BOARD



Using natural materials: Include exposed beams, natural stone walls, and tile or hardwood floors; natural materials in finishes and decor such as wood, rattan, tile, ceramics, terra-cotta, wrought iron, linen, and cotton.

1. Wood:

- **Natural Aesthetics:** Wood provides warmth and a natural aesthetic, creating a cozy and inviting atmosphere in a spa.
- **Durability:** Well-treated wood can be durable and withstand moisture, making it suitable for spa environments.
- **Versatility:** Wood comes in various types, colours, and finishes, offering design flexibility.

2. Rattan:

- **Comfortable Seating:** Rattan furniture is known for its comfort, making it ideal for spa seating areas.
- **Natural Look:** Rattan has a natural and organic appearance
- **Lightweight:** making it easy to rearrange furniture or create flexible seating arrangements in the spa.

3. Tile:

- **Hygienic:** Tiles are easy to clean and maintain, promoting a hygienic spa environment.
- **Variety:** Tiles come in a wide range of colours, shapes, and patterns, allowing for creative and customizable spa designs.
- **Water Resistance:** Tiles are water-resistant, which is beneficial in areas prone to moisture, such as bathrooms and wet treatment rooms.

4. Ceramics:

- **Elegance:** Ceramic elements, like decorative tiles or pottery, can add an elegant touch to the spa's interior.
- **Heat Retention:** Ceramic surfaces can retain heat, enhancing the comfort of spa amenities like heated massage tables or sauna benches.

5. Terra-cotta:

- **Earthy Aesthetic:** Terra-cotta tiles or pottery create an earthy and rustic spa ambiance.
- **Warmth:** Terra-cotta has thermal properties that can help maintain a comfortable temperature in the spa.

6. Wrought Iron:

- **Elegance and Sturdiness:** Wrought iron adds a touch of elegance and offers sturdy construction for spa furniture and fixtures.
- **Customization:** Wrought iron can be crafted into intricate and customizable designs, enhancing the spa's overall aesthetic.

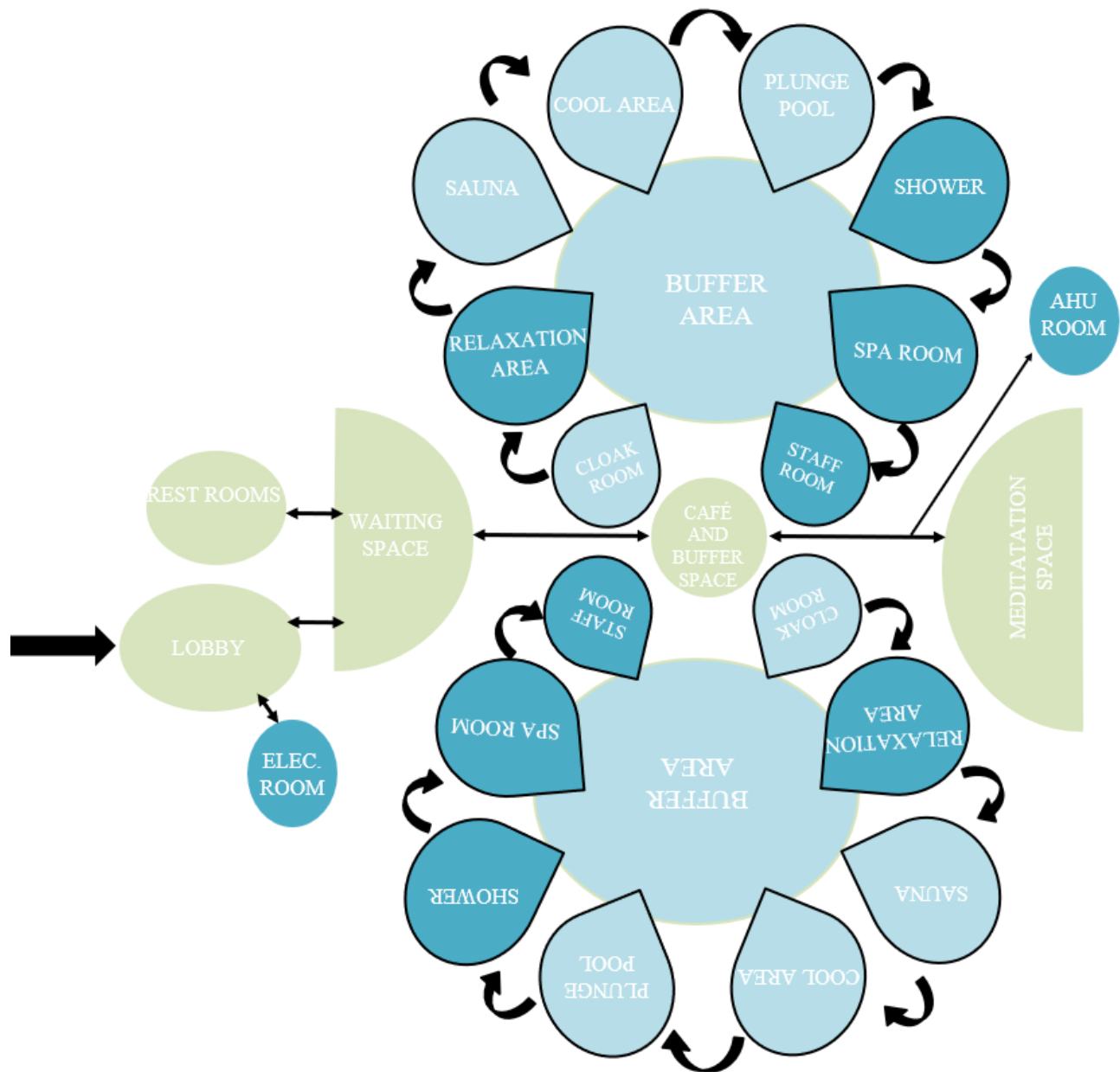
7. Linen:

- **Softness:** Linen is known for its soft and comfortable feel, making it suitable for spa towels, robes, and upholstery.
- **Breathability:** Linen has natural breathability, promoting comfort for spa-goers.

8. Cotton:

- **Absorbency:** Cotton is highly absorbent, making it an excellent choice for spa towels and linens.
- **Soft and Comfortable:** Cotton fabrics are soft and comfortable against the skin, contributing to a luxurious spa experience.

7.5 CONCEPTUAL SKETCH



BUBBLE DIAGRAM:

7.6 DESIGN DEVELOPMENT

TREATMENT ROOM:



SPACE:3500*13000 mm

Mediterranean spa tables offer a harmonious blend of natural aesthetics and client-centric design, making them an ideal choice for creating a serene and comfortable spa environment. Crafted primarily from wood, these tables embody the warmth and authenticity associated with Mediterranean-inspired decor. The color palette, inspired by the earthy tones found in nature, reflects a commitment to creating a soothing atmosphere for spa patrons.

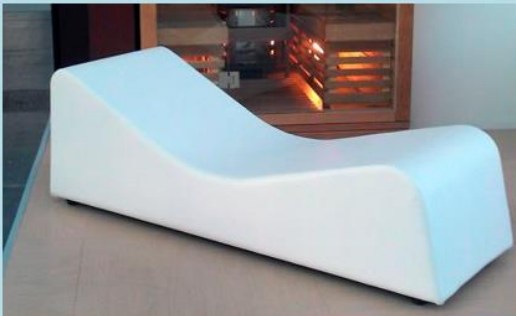
PLUNGE POOL:



SPACE:6100*11800 mm

The heat relaxes your muscles and increases blood flow, while the pulsating jets provide a deep tissue massage. This dynamic duo accelerates the removal of lactic acid and reduces inflammation, leaving your body feeling refreshed and rejuvenated. Improved blood flow, supporting a stronger immune system, contracting and dilating vein walls.

COOLING AREA:



SPACE:14140*3370 mm

This Ergonomic spa beds is designed to provide optimal comfort for clients during treatments. To embody with minimal interiors ,this simple ergonomic relaxing chair serves.

RELAXATION AREA:



SPACE:5224*8110 mm

The curved shape of the sofa allows for a more natural and comfortable seating position. The curved shape of the sofa adds an element of style and sophistication to your space, making it a great choice for modern and contemporary interiors.

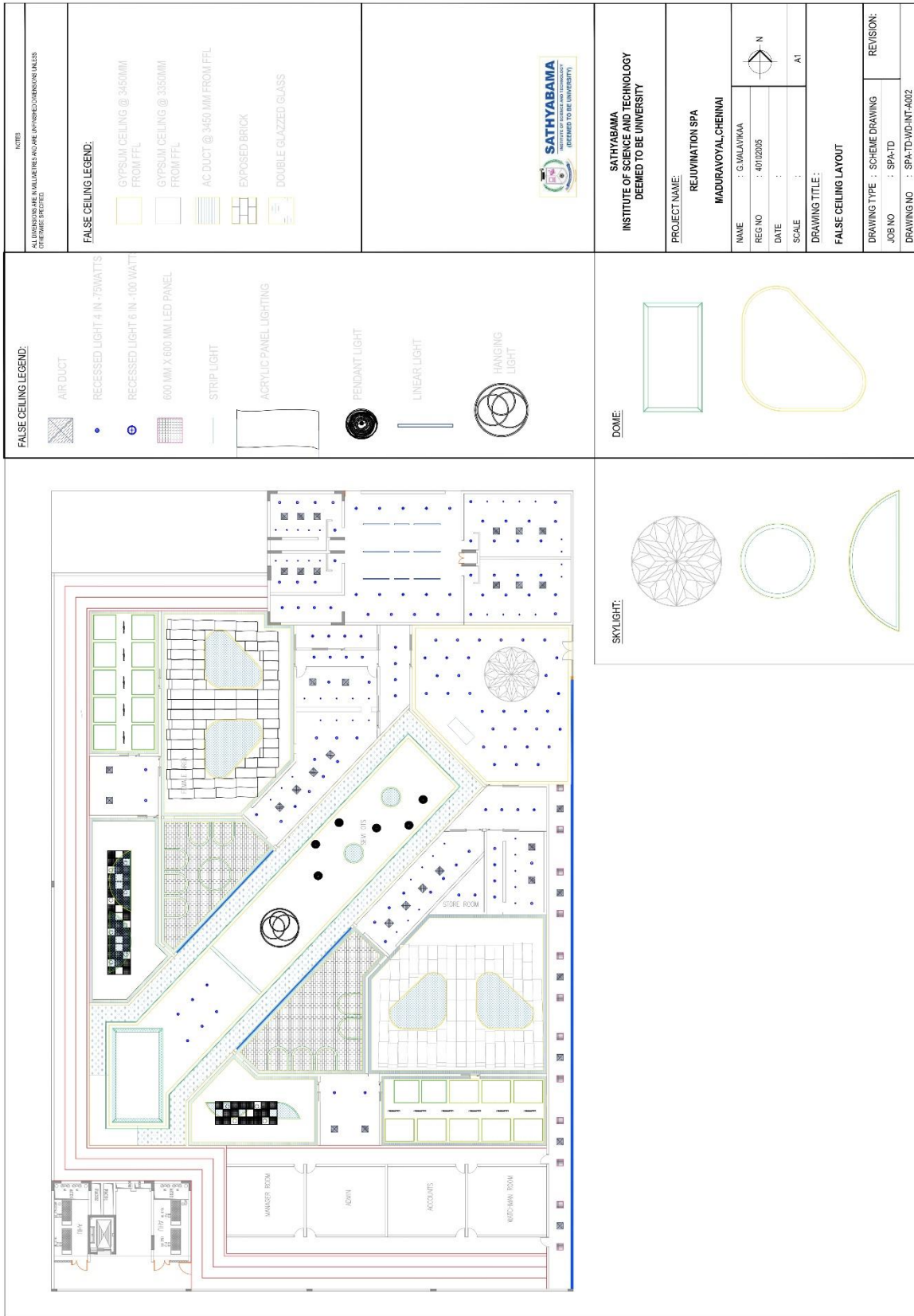
LOBBY:



SPACE:6830*39100 mm

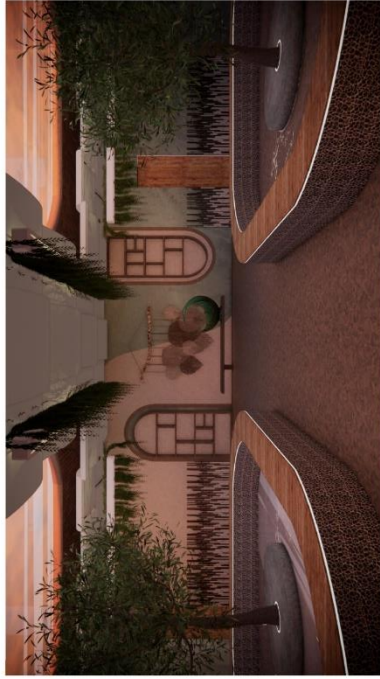
The curved shape of the sofa can contribute to a better flow and circulation within the room. It allows for a more organic arrangement of furniture, creating a natural pathway around the sofa. Mediterranean furniture often features classic designs and enduring aesthetics that stand the test of time. The timeless elegance of these pieces contributes to a sense of sophistication in any space. They often obtain materials from nature here I used rattan curved sofas.



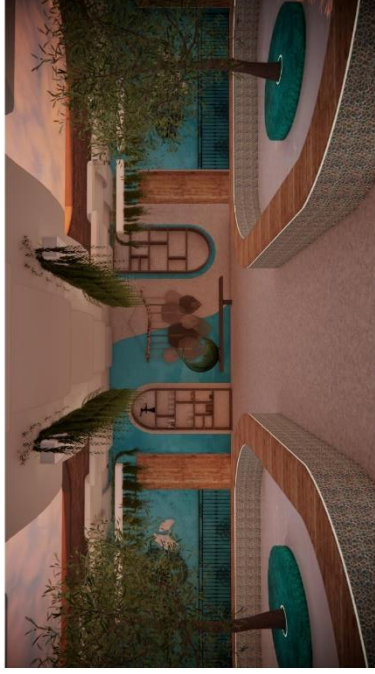


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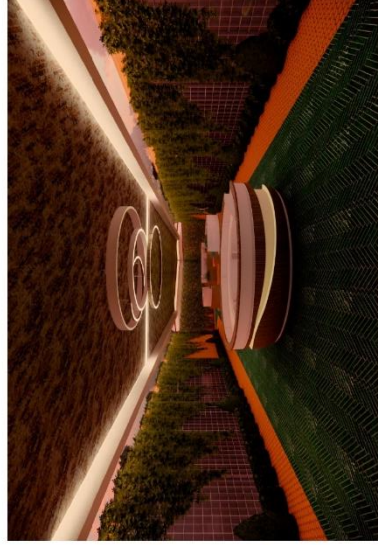
VIEWS



MEN'S
LOUNGE



WOMEN'S
LOUNGE



LOBBY



PLUNGE POOL & SPA ROOM:



AROMA ROOM/COOLING ROOM:



SAUNA



9. REFERENCE

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No	Description	Length	Height	nos	Unit	Rate	quantity	Amount
	CARPENTRY WORK							
	RECEPTION							
	Modern Parametric-Style Reception Desk PR02 Customized Office Entry Counter	2390	1150	1	mm	7000	1	7000
	Fascinating modern low seating sofa for lobby	#REF!	#REF!	3	mm	25000	3	25000
	Contemporary Nordic ceramic Showpiece	450	900	1	mm	7000	1	7000
	LOBBY							
	a triangular beveled seating with pond	7100	450	4	mm	12000	4	12000
	Cypress pine tree	600	3000	4	mm	22000	4	22000
	SPA ROOM							
	Wood Stationary Massage Table	2100	760	18	mm	60000	18	60000
	mirror artifact with wrought iron frame	500	800	18	mm	4500	18	4500
	Artistic Interior Crafts Wooden Room Partition	1800	1800	16	mm	6000	16	6000
	PLUNGE POOL							
	Essential Hot Tubs 11-Jet Integrity Hot Tub, Seats 4-5, Millstone	1950	#REF!	7	mm	350000	7	350000
	Pad Loc Swimming Pool Locker Cabinet	1800	1800	2	mm	15500	2	15500
	wooden artifact-panelling	4200	3500		mm	#VALUE!		#VALUE!
	AROMATHERAPY							
	Talamo Italia - Andreina Folding Bed, Puff Convertible into Single Bed	2100	500	10	mm	18000	10	18000
	Atlato cabinate	800	500	2	mm	8000	2	8000
	hn-1533 French Retro Wall Hanging Mirror Decor Mirror	450	2000	2	mm	24000	2	24000
	Metal Wood -Round Metal Side Table	250	450	10	mm	2500	10	2500
	Common Toilet							
	Providing Vanity Base Cabinet - BWP, Handle, Smooth Finish Laminate	4050	750	2	mm	15000	2	15000
	Providing Vanity Base seating - BWP, Handle, Smooth Finish Laminate	2575	450	2	mm	6500	2	6500
	Unique acrylic mobile white aluminum Modular capsule bathroom pod with dress changing amenities	1450	2400	6	mm	12500	6	12500

	Unique acrylic mobile white aluminum Modular capsule bathroom pod with shower	1450	2400	4	mm	10000	4	10000
	Unique acrylic mobile white aluminum Modular capsule toilet pod	1450	2400	4	mm	12500	4	12500
	CLOAK ROOM							
	Unique acrylic mobile white aluminum Modular capsule with dress changing amenities	1450	2400	8	mm	15000	8	15000
	Providing Loft above Swing Wardrobe - Handle,Smooth Finish Laminate (Frame and Shutter)	1800	1850	6	mm	30000	6	30000
	SUB TOTAL					709320		709320
	GST							
	GRAND Total							

PAYMENT SCHEDULE-	INR
Booking Advance -(10%)	#REF!
Design Sign Off -(40%)	#REF!
Before Carcass Installation - (45%)	#REF!
Before Shutter and Accessories Installation- (5%)	#REF!
TOTAL	#REF!