



Spas Holiday Resorts Spa与温泉度假村

殷倩 谢昕宜 编
常文心 译

Contents

目录

Spa Resort

温泉度假村

Tamina Thermal Baths	6
塔米那温泉浴场	
Merano Thermal Baths	12
梅拉诺温泉浴场	
Shangri-La's Rasa Sayang Resort and Spa, Penang	18
槟城香格里拉珍爱温泉度假村	
Aramsa Spa	24
爱诗玛水疗中心	
Thermal Bath, Therapy and Hotel, Bad Gleichenberg	30
巴特格莱兴贝格温泉理疗中心	
Spa and Wellness Facilities at Elounda	36
伊罗达水疗馆	
Spa Furama	42
富丽华水疗中心	
Banyan Tree Spa Sanya	48
三亚悦榕庄水疗中心	
Baths at Panticosa	52
潘蒂科萨水疗馆	

Hotel Spa

酒店Spa

Exedra Nice Hotel Wellness Centre	58
博斯科洛酒店疗养中心	
Oulton Hall Hotel Spa	64
奥尔顿会馆酒店水疗中心	
Hyatt Key West Resort & Spa	70
基韦斯特凯悦温泉度假酒店	
Carbon Hotel Spa	76
碳元素酒店水疗中心	
Hotel Europe Spa	82
欧洲酒店水疗中心	

Wald & Schlosshotel Friedrichsruhe Spa 瓦尔德城堡酒店水疗中心	86
Roomers Hotel Spa 房客酒店水疗中心	90
Hotel Steigenberger Treudenberg – Spa 斯蒂根伯格酒店水疗中心	94

Spa Spa

Bergman Beauty Clinics MediSpa 伯格曼美容院水疗中心	100
Scandinave Les Bains Vieux-Montréal Vieux-Montréal 斯堪的纳维亚水疗中心	106
Cornelia Day Resort 科妮莉亚理疗馆	112
Oriental Spa Du Parc 公园东方水疗馆	118
Caudalie Vinotherapie® Spa Caudalie Vinotherapie 水疗馆	124
Conti Day Spa 康缇日间水疗馆	128
Lanserhof Health Centre 霍夫健康中心	134
Bathhouse Spa 浴屋	140
Mizu Spa Mizu 理疗馆	146
Kanebo Sensai Select Spa 嘉娜宝圣桑水疗馆	150
Hillside City Club 山边城俱乐部	154
Aveda + Xenses Lifestyle Spa & Salon Aveda + Xenses 水疗美容中心	158

M One Spa M1 水疗中心	164
Spa Gardish 港北天然温泉馆	170
Hard Rock Spa 重摇滚水疗中心	176
Hypnotique Spa Hypnotique 水疗中心	182
Mars The Salon Spa Boutique 马尔斯精品水疗沙龙	188
Mission Hills Spa – Spring Valley 观澜水疗中心——清泉谷	194
Spa by MTM Shanghai MTM 水疗中心	200
The World's First Underwater Spa 世界首个水下水疗馆	206
Shinsegae Centum City Spaland 新世界百货城水疗中心	212
MAVIDA Balance Spa 玛维达均衡水疗馆	218
Celebrity Solstice – AquaSpa 名至水疗馆	224
Atomic Spa Suisse 原子水疗馆	230
Index 索引	236

Spas Holiday Resorts

Spa与温泉度假村

殷倩 谢昕宜 编
常文心 译

辽宁科学技术出版社

图书在版编目(CIP)数据

Spa与温泉度假村 / 殷倩, 谢昕宜编; 常文心译.
——沈阳: 辽宁科学技术出版社, 2011.2
ISBN 978-7-5381-6693-4

I. ①S… II. ①殷… ②谢… ③常… III. ①沐浴—保健—服务业—概况—世界②温泉—旅游度假村—简介—世界 IV. ①F719.9②F591

中国版本图书馆CIP数据核字(2010)第194122号

出版发行: 辽宁科学技术出版社

(地址: 沈阳市和平区十一纬路29号 邮编: 110003)

印刷者: 利丰雅高印刷(深圳)有限公司

经销者: 各地新华书店

幅面尺寸: 230mm×290mm

印 张: 29.75

插 页: 4

字 数: 30千字

印 数: 1~2000

出版时间: 2011年2月第1版

印刷时间: 2011年2月第1次印刷

责任编辑: 陈慈良 杜丙旭

封面设计: 迟 海

版式设计: 迟 海

责任校对: 周 文

书 号: ISBN 978-7-5381-6693-4

联系电话: 024-23284360

邮购热线: 024-23284502

E-mail: lnkjc@126.com

http://www.lnkj.com.cn

本书网址: www.lnkj.cn/uri.sh/6693

Contents

目录

Spa Resort

温泉度假村

Tamina Thermal Baths	6
塔米那温泉浴场	
Merano Thermal Baths	12
梅拉诺温泉浴场	
Shangri-La's Rasa Sayang Resort and Spa, Penang	18
槟城香格里拉珍爱温泉度假村	
Aramsa Spa	24
爱诗玛水疗中心	
Thermal Bath, Therapy and Hotel, Bad Gleichenberg	30
巴特格莱兴贝格温泉理疗中心	
Spa and Wellness Facilities at Elounda	36
伊罗达水疗馆	
Spa Furama	42
富丽华水疗中心	
Banyan Tree Spa Sanya	48
三亚悦榕庄水疗中心	
Baths at Panticosa	52
潘蒂科萨水疗馆	

Hotel Spa

酒店Spa

Exedra Nice Hotel Wellness Centre	58
博斯科洛酒店疗养中心	
Oulton Hall Hotel Spa	64
奥尔顿会馆酒店水疗中心	
Hyatt Key West Resort & Spa	70
基韦斯特凯悦温泉度假酒店	
Carbon Hotel Spa	76
碳元素酒店水疗中心	
Hotel Europe Spa	82
欧洲酒店水疗中心	

Wald & Schlosshotel Friedrichsruhe Spa 瓦尔德城堡酒店水疗中心	86
Roomers Hotel Spa 房客酒店水疗中心	90
Hotel Steigenberger Treudenberg – Spa 斯蒂根伯格酒店水疗中心	94

Spa Spa

Bergman Beauty Clinics MediSpa 伯格曼美容院水疗中心	100
Scandinave Les Bains Vieux-Montréal Vieux-Montréal 斯堪的纳维亚水疗中心	106
Cornelia Day Resort 科妮莉亚理疗馆	112
Oriental Spa Du Parc 公园东方水疗馆	118
Caudalie Vinotherapie® Spa Caudalie Vinotherapie 水疗馆	124
Conti Day Spa 康缇日间水疗馆	128
Lanserhof Health Centre 霍夫健康中心	134
Bathhouse Spa 浴屋	140
Mizu Spa Mizu 理疗馆	146
Kanebo Sensai Select Spa 嘉娜宝圣桑水疗馆	150
Hillside City Club 山边城俱乐部	154
Aveda + Xenses Lifestyle Spa & Salon Aveda + Xenses 水疗美容中心	158

M One Spa M1 水疗中心	164
Spa Gardish 港北天然温泉馆	170
Hard Rock Spa 重摇滚水疗中心	176
Hypnotique Spa Hypnotique 水疗中心	182
Mars The Salon Spa Boutique 马尔斯精品水疗沙龙	188
Mission Hills Spa – Spring Valley 观澜水疗中心——清泉谷	194
Spa by MTM Shanghai MTM 水疗中心	200
The World's First Underwater Spa 世界首个水下水疗馆	206
Shinsegae Centum City Spaland 新世界百货城水疗中心	212
MAVIDA Balance Spa 玛维达均衡水疗馆	218
Celebrity Solstice – AquaSpa 名至水疗馆	224
Atomic Spa Suisse 原子水疗馆	230
Index 索引	236



Tamina Thermal Baths

塔米那温泉浴场

Location:
Zürich, Switzerland

Designer:
Joseph Smolenicky

Photographer:
Walter Mair

Completion date:
2009

项目地点：
瑞士，苏黎世

设计师：
约瑟夫·斯莫兰尼奇

摄影师：
沃尔特·梅尔

完成时间：
2009

The Tamina Thermal Baths is explicitly conceived as a part of the grand-hotel culture. The cultural and aesthetic identity of the project seeks an affinity to both Swiss tradition and the grand hotels of the Baltic coast. For this reason the building volume has a monumental character, in order to stand out as an institution equal to the other buildings in the resort. Simultaneously the thermal baths are intended to relativise the almost "urban" stonework character of the spa spring hall.

This strategy of using an explicit resort architecture is underscored in the building's formally fanciful oval windows. Seen from the inside, the windows have the effect of over-dimensional picture frames. Oval picture frames were widespread in the Victorian era for landscape scenes, whereby the intention in the current project is to give specific expression to the view over the relatively neutral landscape by means of the gesture of the frame.

Metaphorically the creation of the interior spaces of the project has an analogy in cutting clearings in the pattern of a forest by felling individual trees. This is the reverse of the common design process. The exterior spaces are similarly created by "felling" supports on the periphery of the building volume. Structurally the building can be more or less seen as a forest, created out of columns instead of trees – a total of 115 supports using the timber of 2,200 fir-trees.

塔米那温泉浴场的设计是大酒店文化的一部分。项目的文化和美学底蕴兼具瑞士传统和波罗的海海岸的大酒店文化。因此，建筑外观呈现了宏伟的特点，从周围的其他建筑中脱颖而出。温泉浴场的石雕和大厅极具都市感的石雕有异曲同工之妙。

奇妙的椭圆形窗户进一步诠释了明显的度假建筑特征。从里往外看，窗户像一个巨大的画框。在维多利亚时代，椭圆形画框被广泛应用于风景画之中。温泉浴场对于椭圆形窗户的应用也是让游客可以透过这些巨大的画框来观看浴场外部美丽的景观。

温泉浴场的内部设计采用了一种隐喻，暗喻着被砍伐过的树林。这与常规的设计正好相反。外部空间的设计也同样采用了“伐木”的概念，并呈现在建筑的边缘区域。从结构上讲，整个建筑可以被看成是一片森林，圆柱代表着树木。115根支承结构总共耗费了2,200棵冷杉木材。

项目的内部和外部有着同样的外观。雪白的木质条板构成了整个室内墙面。从这个意义上说，整个项目并没有什么内部外部结构之分，而是一个整体的建筑项目。

建筑的木质结构不仅仅体现在支承结构上。项目并没有一味地强调支承结构的工程建造和建筑物的加固上，而是更专注于对空间的设计，创造了一种美观庄严的氛围。在这里，洗浴是一种极具教养的行为。



- 1.The magnificent building
- 2.The building and the landscape fuse together, showing a vacation atmosphere
- 3.The white columns look like trees in a forest
- 4.The landscape is as beautiful as a painting
- 5.The interior decoration with white as the main palette is elegant and pure
- 6.One can enjoy full relaxation in the bath pool
- 7.The oval windows look like picture frames

- 1.庄严美观的建筑造型
- 2.建筑与景观融为一体，体现度假氛围
- 3.林立的白色柱子如树木般挺拔
- 4.风景如在画中
- 5.白色调为主的室内装饰高雅而圣洁
- 6.在浴池中可以充分放松身心
- 7.椭圆形的窗户如同画框

Materially the project possesses the same appearance internally and externally. The snow-white timber battens are carried over internally as wall surfacing. In this sense there is no actual interior architecture to the building, but instead only a whole architecture of the building.

The timber structure of the building is not merely determined by the criteria of the span of the supports. Instead of a focus on the engineering of the function of the supports and the reinforcement of a construction, the structure concentrates far more on spatial phenomena, creating a beauty and a ceremonial atmosphere. Bathing is celebrated as a cultivated activity.



1. Outdoor bath pool
2. Indoor bath pool
3. Treatment room
4. Lounge

- 1.户外浴池
- 2.室内浴池
- 3.理疗室
- 4.休息大厅







6



7



Merano Thermal Baths

梅拉诺温泉浴场

Location:
South Tyrol, Italy

Designer:
Matteo Thun & Partners

Completion date:
2007

项目地点：
意大利，南蒂罗尔

设计师：
马提奥·图恩建筑事务所

完成时间：
2007

Recreation, harmony and relaxation are among the main aims in the Merano Thermal Baths, featuring a total of 25 pools and a refined sauna area. Here the bather will find all he can wish for, from a refreshing cold plunge pool and hot whirlpools to relaxing brine pools. A special inside-outside feeling is provided in the big pool, where the bather can start indoors and simply swim out to a fascinating mountain scenery!

Cosy warmth and a unique flair are provided by a first-class sauna area. Here guests may relax, unwind and sweat while contemporaneously boosting their immune system. Among the state-of-the-art facilities are a Finnish sauna, two steam baths, a sanarium, hay bath, caldarium and an outdoor log cabin sauna. After taking the sauna, the guests can look forward to several cold dips and a very special way of cooling off – in the snow room, where it snows from the ceiling and they will feel like being in the midst of South Tyrol's eternal glaciers.

In 26 treatment rooms people can indulge in the most different kinds of baths, from milk and honey baths to vinotherapy baths for two and the relaxing mountain pine baths. This is the place to relax, and this is the place to unwind.

The green heart of the Merano Thermal Baths is a stunning park, covering an area of more than 50,000 square metres. 478 different kinds of roses, 900 water lilies and historic old trees render the park a wonderful spot and the ideal place to relax.

休闲、融洽和放松是梅拉诺温泉浴场主题。浴场有25个浴池和一个精致的桑拿区。在这里，洗浴者可以得到他想到的一切洗浴设施，从提神的冷水瀑布池和热漩涡池到放松的盐水池。大浴池采取了室内外相通的设计，洗浴者可以轻易地从室内游到室外，享受迷人的风景。

一流的桑拿区提供舒适温暖而独特的服务。客人可以在放松、伸展、发汗的同时提升自己的免疫系统。极具艺术感的桑拿区有一个芬兰式桑拿、两间蒸汽浴室、一个桑拿房、一个干草浴室、一个高温浴室和一个户外木屋桑拿。在享受完桑拿浴后，客人可以选择一种特别的方式来凉爽下来，他们可以进到“雪屋”里。雪花从天花板上飘落，让人感觉仿佛置身于南蒂罗尔那永恒的冰川之中。

26个理疗室里提供各种各样的洗浴服务，从单人蜂蜜牛奶浴到双人葡萄酒浴，再到放松的松木浴，一应俱全。这是一个放松和伸展的空间。

梅拉诺温泉浴场的绿色核心是一个迷人的花园，占地5万平方米以上。478种不同品种的玫瑰、900颗睡莲和古老的树木将花园装点成休闲的胜地。



- 1.Merano Thermal Baths at night
- 2.The large bath pool connects the interior and exterior spaces
- 3.The exterior part of the pool
- 4.The outdoor bath pool is divided by black paths
- 5.The plant decoration in the indoor bath pool creates a natural environment
- 6.The bathtub
- 7.The glass screen makes the whole spa natural and transparent

- 1.夜幕下的梅拉诺温泉浴场
- 2.室内外相通的大浴池
- 3.大浴池室外部分
- 4.黑色的小径分割室外大浴池
- 5.植物装饰让在室内浴池的顾客也如同置身自然
- 6.独立的浴缸
- 7.玻璃隔断让整个温泉浴场自然通透

