

水疗 + 发廊

spa + salon

■ S 空间



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序 PREFACE

Spa这个词在今天已经等同于“健美”、“松弛”、“享受”，它的出处源自比利时一个名为 Spa 的小镇，早在古罗马时期人们就发现，它所蕴涵的天然矿物泉水无论饮用或浸泡均对人体有好处，早在 18 世纪时，Spa 就是欧洲贵族休闲度假、强身健体的首选。

今日，全球各地都掀起这股 Spa 热潮，不论平民还是贵族，都对一个能舒缓心身、宁谧的场所趋之若鹜；不过，由于现代人生活节奏很快，难得远行，于是出现了林林总总的水疗中心，它们如雨后春笋般，为人们疏导平日的紧张和压力，提供方便、快捷的渠道，有的更包含了一站式的服务，将水疗、足浴、美甲及理发结合到一所店里。

Spa 的原始精神是自然与纯净，将原应在天然环境中进行的疗程搬到室内，不少设计师视自然元素为室内设计中不可或缺的，植物、阳光、禅园都成为共同的语言，例如香港设计师何宗宪为观澜湖会所设计的水疗中心，并不从某一种风格着手，而以营造大自然的氛围为主，真的、仿造的自然物、形象和图案反复出现在室内装饰上。另外，在许多案例中，设计师都以中国五行学说中的金、木、水、火、土为设计灵感之源，并且套用到实际的装潢上。一个有趣的现象是，这些项目概念虽然相同，但设计制成品却大相径庭，各具特色，这反映出对于同一个题材，各人的演绎方法不同，而且也无一定标准，读者们不妨做出比较，或可为“自然”、“五行元素”等概念重新定义。

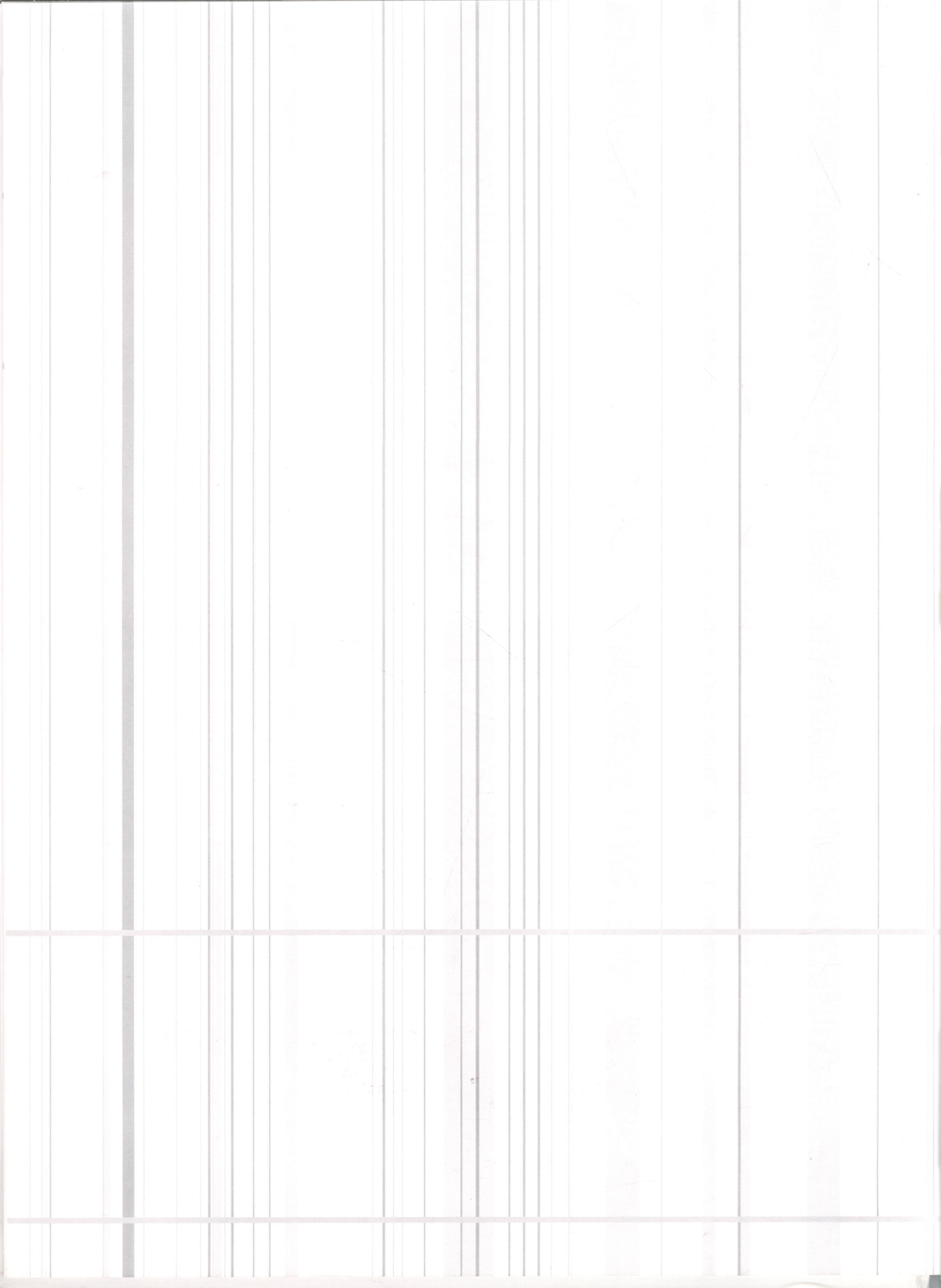
瑞典姊妹 Susan Yarbug 及 Eva Yarbug 在为自家的水疗中心做设计时，提及利用音乐来划分两个不同区域，其实，在 Spa 的设计项目中，音乐与香薰等舒缓情绪的催化剂对空间气氛的营造举足轻重，比起墙饰、铺地、装饰品、甚至灯光更为重要，因为在接受美疗时，大部分时间眼睛都是闭上的；然而，整体（视觉、味觉、触觉、嗅觉）的满足都是令身心畅快、享受过程的组成部分，这大概是水疗中心与其他功能的空间在设计考虑上的最不同之处。

Nowadays, the word Spa implies "health", "relaxation" and "enjoyment". Originated from a small town in Belgium called Spa, it was discovered early in Roman times that natural spring containing minerals were beneficial to human bodies through drinking as well as bathing. During the 18th century, Spa was one of the most favourite resort sites amongst European aristocrats.

Today, regardless of social or political status, spa treatments are sought after experiences around the globe. However, a long trip to a spring resort is a luxury to many of the modern people who have a rush life. The desire for a serene place where they can relax both physically and spiritually has prompted the emergence of various kinds of spa facilities offering convenience and easy accessibility to relieve their daily tension and pressure. Some spas even offer one-stop service accommodating relaxation treatments, manicure, pedicure and hair styling in a single shop.

Natural and purity are the original spirit of spa requiring treatments to be done in a natural environment. Therefore, many designers see natural elements as essentials for interior design. Plants, sunlight and Zen gardens have become the most common design language. Instead of expressing a certain style, Joey Ho, Hong Kong-based designer, created a natural environment with either authentic or synthetic natural objects, or in images or patterns that reoccur in the interior of Mission Hills Spa. Besides, in many projects, designers are inspired by the Chinese philosophy of the five elements - metal, wood, water, fire and earth - in their interior decorations. An interesting phenomenon appears: though these projects shared the same concept, each is distinctive and the results are widely divergent. It shows that for one single subject, interpretation varies from person to person without definite standards. Readers may as well compare or redefine such concepts like "nature" and the "five elements".

Swedish sisters Susan Yarbug and Eva Yarbug designed their own spa utilizing music to demarcate two different areas. In fact, music and aroma are used as the main catalysts to relieve stress in a spa. They somehow play a more important role in creating the ambience of the space than wall decorations, flooring, artworks and even lighting because during treatments, clients tend to close their eyes most of the time. The complete sensational satisfaction including sight, touch, smell and taste are all essential components of the re-energizing process. These elements differentiate a spa design to other functional spaces.



水疗 + 发廊 Spa + Salon

何宗宪设计有限公司 Joey Ho Design Ltd.

观澜湖水疗中心 Mission Hills Spa

中国深圳 Shenzhen, China

男宾水疗 Men's spa - 400 平方米 / sq. m.

女宾水疗 Women's spa - 850 平方米 / sq. m.



Mission Hills Spa, Shenzhen



男宾水疗中心布局图 Plan of Men's Spa

从男更衣室沿楼梯而下，来到一个两层高的等候处，等候处被设计成一个室内庭园，磨砂玻璃顶棚既保障了会员的私隐，又允许阳光渗透，并照亮了这个过渡性空间。
Stepping down from the Changing Room, one arrives at the waiting area of the Men's Spa which acts as a transitional zone. In this internal enclosed courtyard, a frosted glass rooftop provides adequate privacy while allowing natural daylight to diffuse to the double storey high waiting area.



观澜湖作为世界级高尔夫球场，拥有极具规模的会所，而会所最近新增设了逾1300平方米的水疗中心，虽然中心提供中式、泰式等不同类形的按摩疗程，但从其现代简洁的装潢却看不出任何属性，因为设计师何宗宪(Joey Ho)并未考虑究竟要采纳哪一种风格，纯粹从气氛着手，以构筑一所大众化的水疗中心。

何先生的设计观念是要让人在充斥自然气息的环境下体验一趟身心松弛的旅程，故大自然元素——无论是真物或是仿造的——都被糅合在一起，除了普遍地使用石材及木色外，更将“植物”融入空间，是整体装潢不可分割的一部分；此外，由于位处高尔夫球场会所内，中心除了有悠闲的氛围之外，还需富有活力和动感。

球会的会员多为男士，为方便他们使用，男宾水疗中心连接会所的男更衣室，而女宾部则拥有独立的入口。从男更衣室沿楼梯而下，来到



一个两层高的等候处，等候处被设计成一个室内庭园，磨砂玻璃顶棚既保障了会员的私隐，又允许阳光渗透并照亮了这个过渡性空间。线性元素——从墙上木板雕空而成的“树”——用来凝聚整个庭园的空间感，木板下的玻璃衬托出点点的“树叶”，加上暗藏灯，制成了别致的灯饰，为空间增添趣味性与优雅格调。

男士美疗房面积虽小，但一面点缀了树叶图案，涂上绿色或深紫色的玻璃镜面和边缘暗藏灯光的效果以及降低了的特色天花，均有助于延伸房间的空间感。另外，Joey特别选用男士较为喜欢的深色系列，使他们感觉良好，从而吸引男士善用水疗中心的设施，并且相信水疗中心并非女士所独享。



线性元素——从墙上木板雕空而成的“树”——用来凝聚整个庭园的空间感，木板下的玻璃衬托出点点的“树叶”，加上暗藏灯，制成了别致的灯饰，为空间增添趣味性与优雅格调。

Vertical and linear elements are used to tie up the whole courtyard. A conceptual "tree" is created by cutting out the shape from the wooden wall panel. Backed by glass beneath and lit by concealed lighting, its "leaves" become subtle lighting fixtures, adding interest and delicacy to the space.



男宾部走廊上的黑色天花铺盖了带有树形图案的磨砂玻璃，使人联想到在树荫下漫步的情景。
Corridor in Men's Spa - black ceiling covered with translucent frosted glass embellished with tree pattern, conjuring up of walking under the shady trees.

树干造型、深沉的用色与直线装饰是阳刚味较强的男宾区之特色，相对的，女宾区采用较多的花卉及树叶造型、浅色系和曲线，以带出柔顺的女性美态，如在美疗室里，弯曲的树枝上悬挂了玻璃试管，管中插了人工花朵，看起来花像是从树上生发出来，在薄纱的衬托下更显柔美。

不单是美疗室尽量避免使用有角的形状，就连女士浴室也以曲线为主——按摩水池造成不规则形，并铺盖了蓝色砖，恍若一个袖珍湖，而洗浴间则像多个卷曲的海浪重迭而成。

简洁清新的发廊毗连女宾部接待处，顾客在一般的发廊只能坐着面对镜子，在这里，镜后面还有一个天井，自然光透过天窗洒落在绿油油的植物上，让顾客赏心悦目；另一方面，水平视线处是磨砂玻璃，这样顾客和发型师都不会受到外面行人的目光骚扰。

接待处的另一侧是手足护理区，清玻璃上的白色叶片图案不单起着遮蔽的作用，并为该区营造轻盈、明亮而愉悦的氛围。订制的腰形台设有独立的灯具，方便修甲师为顾客服务，而每张桌子之间又可保持距离。

男士美疗房面积虽小，但一面点缀了树叶图案，涂上绿色或深紫色的玻璃镜面和边缘暗藏灯光的效果，以及降低了的特色天花，均有助于延伸房间的空间感。

Men's Treatment Rooms are small but mirror in green or deep purple with leaf patterns, along with the concealed lighting at the perimeter and suspended ceiling, the dimensions are expanded visually.



As a golf club of international standard, Mission Hills has a well-facilitated clubhouse in which a spa of over 1300 sq m is newly built. The spa has a contemporary and neutral setting without interpreting a specific cultural context, although various styles of massage treatments like Chinese and Thai are provided. It is because Designer Joey Ho intended to create an ideal spa atmosphere that would attract visitors rather than expressing a certain style.

It is Joey's idea to create the experience of a relaxing journey in an environment full of natural sensations. Therefore, various natural elements - authentic or artificial - that depict nature are fused together. Apart from the extensive use of stone and timber colour, greenery decorations form an integral part in its spatial arrangement. In addition, located inside the Golf Clubhouse, sporty and vibrant moods are also the design focus besides a relaxing atmosphere.

The majority of membership is male, therefore for their convenience, the Men's Spa is attached to the Male Changing Room in the Clubhouse. There is a separate entrance for the Women's Spa. Stepping down from the Changing Room of the Golf Clubhouse, one arrives at the waiting area of the Men's Spa which acts as a transitional zone. With the concept to create an internal enclosed courtyard, Joey has applied a frosted glass rooftop to provide adequate privacy while allowing natural daylight to diffuse to the double storey high waiting area. Vertical and linear elements are used to tie up the whole courtyard. A conceptual





女士美疗房的设计与男宾部的差不多，只是花卉图形代替了树叶，而且主要采用粉色来涂饰墙体及天花。

The design of Women's Treatment Room is similar to Men's area, some differences are presented in the replacement of leaves with floral patterns, and the adoption of pastel colours to furnish walls and ceiling.



在女士美疗室里，弯曲的树枝上悬挂了玻璃试管，管中插了人工花朵，看起来花像是从树上生出来的，在薄纱的衬托下更显柔美。

Lady's Treatment Rooms are decorated with curvy timber branches and test tubes holding artificial flowers, making them look like real plants floating in the space so mellowly set off by the gauze.

女宾水疗中心布局图 Plan of Women's Spa





女宾部走廊上点缀了花瓶形状的壁龛，天花上亦有花卉图案。
Corridor in Women's Spa is interspersed with vase-shaped niches and floral patterns on the ceiling.

"tree" is created by cutting out the shape from the wooden wall panel. Backed by glass beneath and lit by concealed lighting, its "leaves" become subtle lighting fixtures, adding interest and delicacy to the space.

Men's Treatment Rooms are small but mirror in green or deep purple with leaf patterns, along with the concealed lighting at the perimeter and suspended ceiling, the dimensions are expanded visually. Additionally, Joey has specially chosen darker colours in masculine favour aiming to allure male members to take part in the spa, which actually is not an exclusive enjoyment just for women.

Trunk shape, dark colours and linear decorations are the features of the masculine Men's Area. Comparatively, Women's Area has applied more floral and leaf patterns, light colours and curvy designs to bring out the feminine beauty. Lady's Treatment Rooms are decorated with curvy timber branches and test tubes holding artificial flowers, making them look like real plants floating in the space so mellowly set off by the gauze.

Women's Spa also uses a lot of curves to avoid angular shapes. Even the pool is made in irregular shape with blue tiles, reminiscent of a mini lake; and the shower cubicles are presented like a series of overlapping waves.



女宾更衣室统一使用浅色系、花朵和树叶形装饰，营造了简约而柔和的环境。
Flower and leave patterns plus light colours create a soft and simple setting in Women's changing room.

