

美体与健身空间

摄影 / 刘圣辉

策划 / 袁媛

蔡希文

设计 / 蔡勇

撰文 / 悠悠

翻译 / John Li

插图 / 邹峰

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BEAUTY & REJUVENATION



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前言 / PREFACE

美，是人终生追求的目标。衣着美丽、居家美丽，早已是都市人所习惯的生活方式。当人们对美的要求越来越苛刻的时候，发现肌体本身的健美才是最重要的。光洁的皮肤、健康的体魄，是任何化妆品所无法替代的。在市场高度繁荣的今天，各种美体与健身空间也就应运而生了。

SPA、健身房、瑜伽馆，各种呵护肌肤身体的地方大多设计别致、装饰精美。在美容的同时也可以得到视觉享受。在《美体与健身空间》里介绍了十几家有特色的商业空间，从中你可以欣赏到对美的多种表达方式。从事美的事业，自然要对美学有所了解。每天生活在雅致的环境里，你的谈吐举止也就会相应优雅起来。这也许就是美容小姐个个形容俊俏的道理之所在吧。

戏言归戏言，美体空间能使人感到心情愉悦确是真的。为了和SPA的理疗精髓相匹配，设计师大多会采用天然的材质来装饰空间。让人们身处其中可以感受到自然的气息。竹林、清泉、草地，这些都是设计师经常借鉴的元素。你可以在“佰草集”的绿色中放松身心，也可以在“TBC SPA”的翠竹边小憩片刻。采撷自然的精华，吞吐天地的灵气，不知不觉中你就会变得靓丽优美起来。

古老的东方有很多传统的修身养性的方式，被现代人一一推崇。泰式按摩、印度瑜伽，每个都充满着神秘的气息。在美容健身的同时，也能体会到东方文化的深厚意韵。于是，你看到了“卡玛瑜伽馆”里造型各异的佛像；“悠庭保健会所”里拈花佛指。以泰国为代表的东南亚风情在美体空间也时常受到设计师的青睐。竹榻、织锦，加上艳丽的色彩、雕花的桌椅，一片旖旎之中古老的文化给你带来了意想不到的美。

传统也好，现代也罢，干净整洁是设计美体空间的第一要素。所以留白、简洁，在这里很得人心。“依云水疗”里挑空的中厅、通透的玻璃楼梯，让整个空间显得空灵飘逸；“明一按摩”里大面积的四壁落白，空旷素洁同样给人留下了深刻的印象。当人的视觉神经厌倦了香艳多彩、风月无边后，难得的清静也不免是种享受。

Living in a highly sophisticated world of today, the notion of healthy beauty is emerging among the mass population. No longer satisfied merely with fashionable garments and comfortable housing, the irreplaceable need for attractive body and skin is ever growing, hence, the booming industry of spa and fitness centre is establishing itself swiftly into the very life style of pursuing the ultimate perfection. Each name listed in this book is a customer inclined setting with ornate interior decoration, where a banquet of visual delight is bestowed on patrons alongside with the world-class services and products.

In order to create a refined ambiance for visitors, planners adopted a natural approach in their interior design, materials like bamboo, water and greens are all elements for such decoration. Relaxing in the green Herborist Spa or taking a short rest next to the bamboo trees at the TBC, guests are inadvertently enriched by the fine essence of beauty through the intimate encounter with the redolent world. Moreover, the renowned ancient Oriental physical practices are introduced with their corresponding settings - Thai massage is carried out in a rich and warm environment of Thai decoration with bamboo and wooden craftsmanship as well as colorful silk, on the other hand, India yoga is exercised in a mysteries and religious surrounding, in which the cumulation of extensive history becomes part of meditation.

Either in classical or contemporary style, the image of purity is also a distinctive feature in interior decoration. The open atrium and transparent glass stairway at Evian and the massive application of color white at the spacious Ming Massage are all brilliant efforts in creating the celestial spaces, where guests are encompassed by the refreshing surroundings which are utterly different from the mundane world they living everyday.

依云水疗中心

EVIAN SPA BY THREE

依云水疗中心坐落在外滩三号，是一处洁净明亮且时尚前卫的水疗中心，为在上海的女性朋友提供了一个逃避都市喧闹繁华的奢华空间，是她们寻求身心放松、宁静休息的最佳去处。依云水疗提倡时尚语境下的纯净都市生活观，全面放松身心。著名设计师陈幼坚（Alan Chan）把时尚、清新，以及现代等不同元素相结合，创造出一个绝妙的空间。

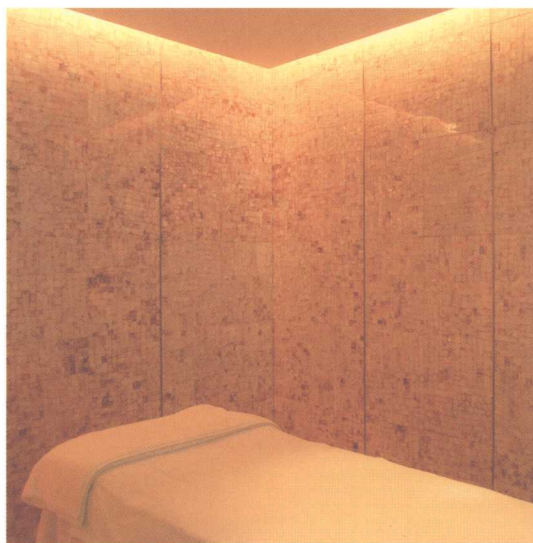
从迈进依云水疗的瞬间开始，就能让人感到一种震撼。35米超高中庭里是个“虚拟花园”，5块天然岩石若有所思地安放在接待区，极具抽象艺术效果。脚下的地毯图案，模仿的是那水珠滴在水面所产生的环形波纹。这里水声潺潺，安逸之感立刻随之弥漫开来。

步入高达2层的开阔理疗大厅，更是柔美万分。通透的玻璃走廊贯穿于依云水疗的公共区域，简约的设计让人忘却尘嚣。14间私密的理疗室每一间都有不同的主题；或是由竹子来传达自然气息，或是用抽象的中国水墨画表达沉思和宁静。

Situated in the Bund area and facing the river bank, the Evian Spa by Three is a rarefied water treatment centre of the latest trend, where ladies of the city could escape themselves from the bustling world and retreat into a luxury space of relaxation and serenity.

This refreshing space of fashion and rejuvenation is an accomplishment of the renowned design, Mr. Alan Chan. From the moment of crossing the threshold, visitors are overwhelmed by the entire setting instantly - the reception area, a virtual garden of the 35m high atrium where five pieces of rock are spiritually placed, resembles the finest interpretation of the abstractionism. Stepping on the ripple-patterned carpet and listening to the sound of running water, a sense of complacency is fulfilled pervasively.

The double-storey high physiotherapy hall is a rendezvous of morbidezza, and the glass corridor is nothing but a reflecting image of purity. 14 utterly private treatment rooms are bestowed with themes from the natural breath of bamboo to the pensive tranquility of the Chinese brush painting.



◀ 用玉石为背景墙的房间是设计师自己最为欣赏的地方。

The designer's favorite - a room of jade-decorated walls.



▲ 简洁的陈列架上摆满了各色产品，
国际品牌的外包装就是一道风景。
The terse display of beauty products
is a wall of attraction.

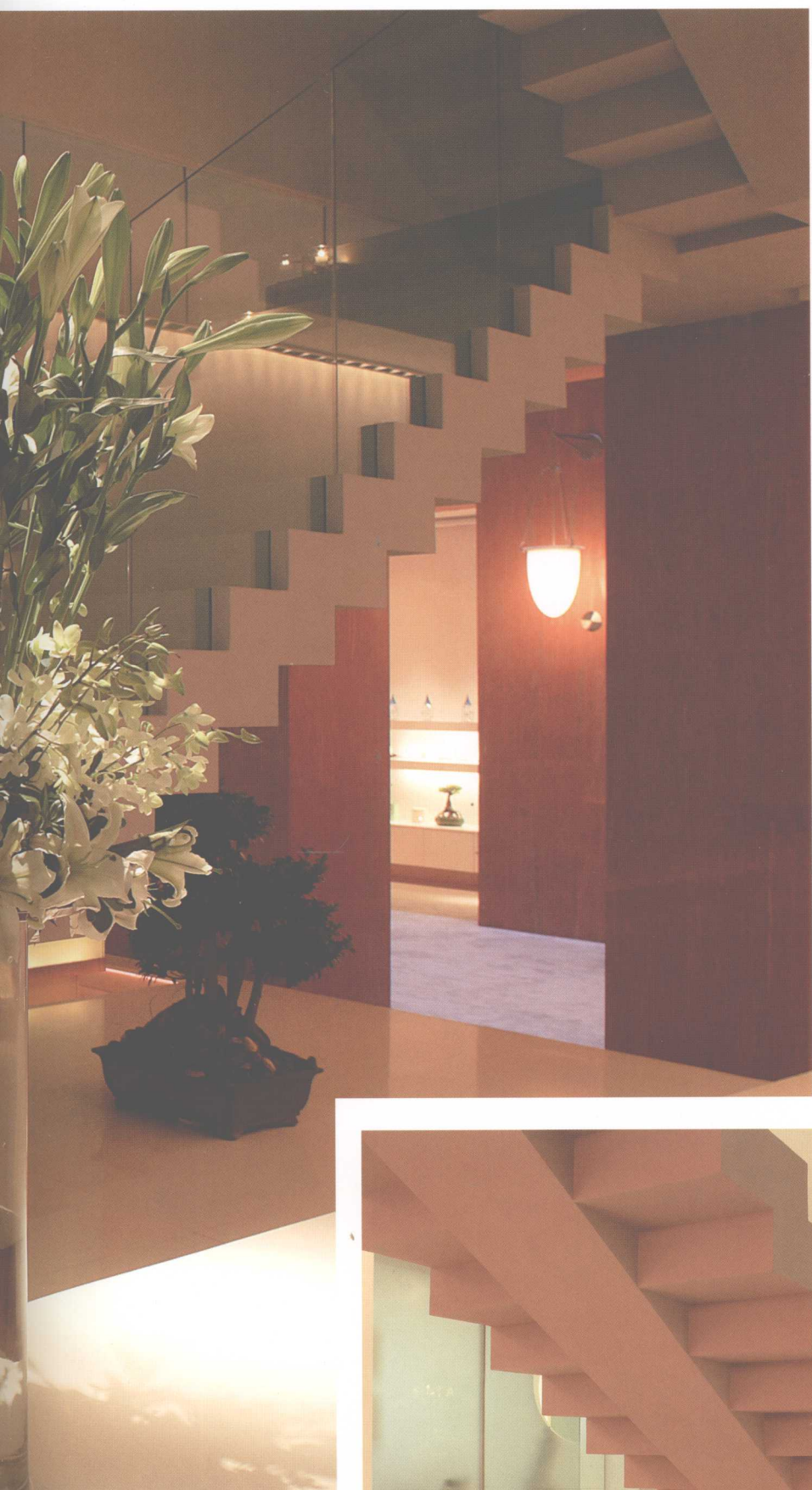




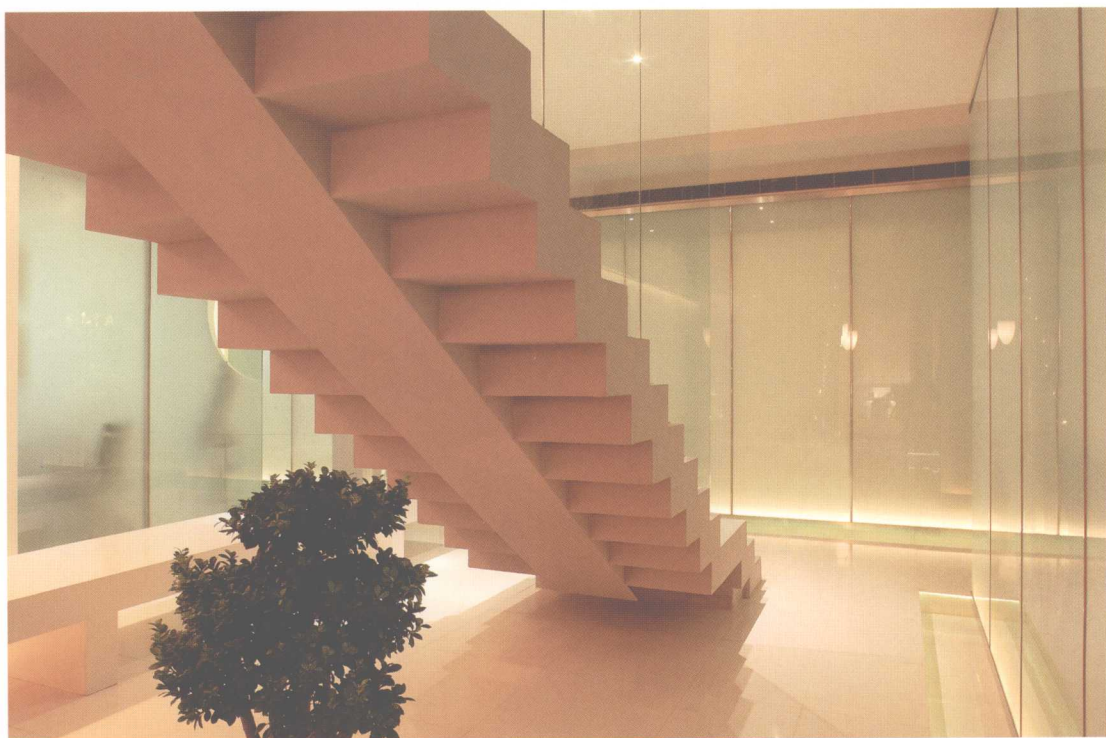
◀ 从楼上俯瞰，下面宛如一个晶莹剔透的水晶宫殿。
An overlook of the crystal palace.



▲ 楼梯是二楼区域里的视觉中心。
The stairway - a visual centre on the
2nd floor.

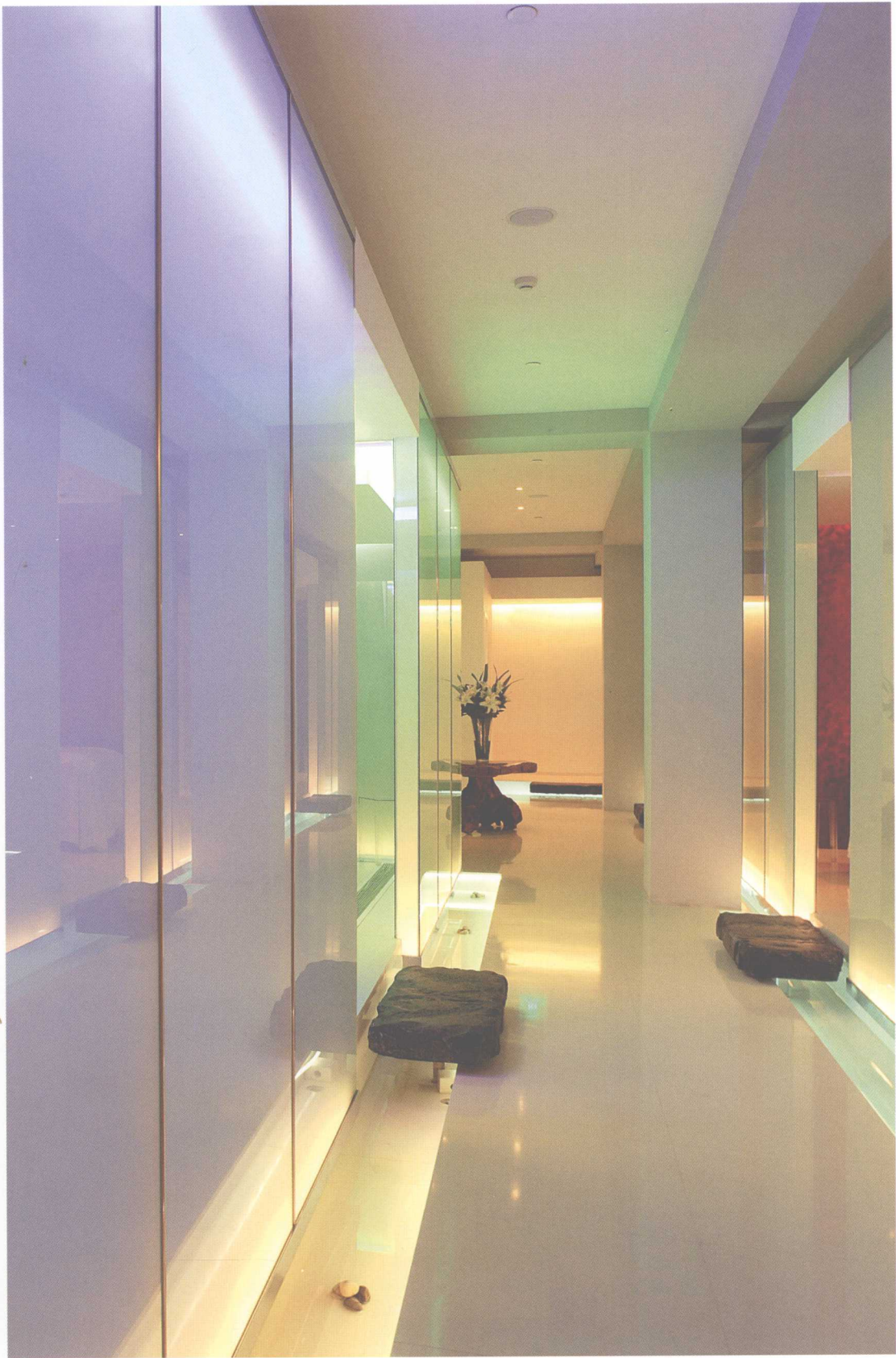


► 在透明的玻璃幕墙包围中，楼梯徐徐上伸。
A gradual uplifting encompassed by the transparent glass.





▼ 推开任意一间理疗室，里面都是一片旖旎。
A gentle and charming treatment room.



▲ 处在不同的位置可以看到不同的效果，这是透明走廊的神奇之处。
The constant changing of images from the varied viewpoints of the amazing corridor.



◀ 楼上通往理疗室的走廊里用光线营
造出奇异的色彩感。
The amazing colors and reflecting
lights of the corridor.

▶ 铺设在走廊边槽里的灯光是营造效
果的最佳武器。
The pleasant lighting from the
grooves along the corridor.

▶ 通透的玻璃走廊贯穿于依云水疗的
公共区域，简约的设计可以让人忘却
尘嚣。
The simple glass corridor is nothing
but a reflecting image of purity.





◀ 35米超高中庭里是个“虚拟花园”，5块天然岩石若有所思地安放于此。

A virtual garden of the 35m high atrium where five pieces of natural rock are spiritually placed.



▲ 陈列区和中庭用大篇幅的幕墙分隔，间断性的设计给人通透的视觉效果。

The big wall partitions between the hall and the displaying area generate a vision of progressive openness.