

SPA & RECREATION CENTER
SPA 与 休闲中心



敬告读者:

本书采用兆信电码电话防伪系统, 书后贴有防伪标签, 全国统一防伪查询电话16840315或8008907799 (辽宁省内)。

图书在版编目(CIP)数据

SPA与休闲中心/刘圣辉摄影: 徐佳兆, 张霞撰文. —沈阳:

辽宁科学技术出版社, 2004.1

ISBN 7-5381-4086-7

I. S... II. ①刘... ②徐... ③张... III. ①服务建筑—建筑

装饰—中国—图集 ②文娱活动—文化建筑—建筑装饰—中

国—图集 IV. TU24-64

中国版本图书馆CIP数据核字(2003)第088639号

出版者: 辽宁科学技术出版社	Publisher: LiaoNing Science and Technology Press
地址: 沈阳市和平区十一纬路25号 邮编: 110003	Address: No.25 ShiYiWei Rd., ShenYang, China 110003
印刷者: 利丰雅高印刷(深圳)有限公司	Printing: LeeFung-Asco. Printers Holdings Limited
制版: 上海圣辉制版电脑有限公司	Plate Making: Shanghai ShengHui Process Computer Co., Ltd.
发行者: 各地新华书店	Issuer: XinHua Bookstore all over the country
开本: 956mmX1257mm 1/16	Format: 956mmX1257mm 1/16
字数: 100千字	Word Count: 100,000.00
印张: 17	Printed Sheet: 17
插页: 4	Interleaf: 4
印数: 1~2500	Impression: 1~2500
出版时间: 2004年1月第1版	Publishing Time: First Edition Jan. 2004
印刷时间: 2004年1月第1次印刷	Printing Time: First Edition Jan. 2004
责任编辑: 陈慈良	Chief Editor: Chen Ci Liang
封面设计: 蔡勇	Cover Design: Cai Yong
插图: 曹佳艺	Illustration: Cao Jia Yi
英文翻译: 唐於斯	Translator: Yusica Tang
版式设计: 蔡勇	Format Design: Cai Yong
特约编辑: 张书鸿	Senior Editor: Zhang Shu Hong
责任校对: 东戈	Examiner: Dong Ge

定价: 228.00元	Price: RMB 228.00
联系电话: 024-23284360	Tel: 024-23284360
邮购咨询电话: 024-23284502	Mail-Order Tel: 024-23284502
E-mail: lkzsb@mail.lnpgc.com.cn	E-mail: lkzsb@mail.lnpgc.com.cn
http://www.lnkj.com.cn	http://www.lnkj.com.cn

欢迎拥有和知晓特色餐厅的读者与我们联系。
袁小姐: 北京 13901232397 上海 13501620382
Email: sh@shenghui-cn.com
Website: http://www.shenghui-cn.com
http://www.sunstudio-cn.com

If you have some idea of special-concept restaurant, please contact with us via
BJ-13901232397 SH-13501620382 contact person: Ms. Yuan
Email: sh@shenghui-cn.com
Website: http://www.shenghui-cn.com
http://www.sunstudio-cn.com

SPA 与休闲中心

SPA & RECREATION CENTER

摄影：刘圣辉 策划：袁媛 蔡希文 设计：蔡勇 撰文：徐佳兆 张霞 翻译：唐於斯 插图：曹佳艺

辽宁科学技术出版社

目录

CONTENTS

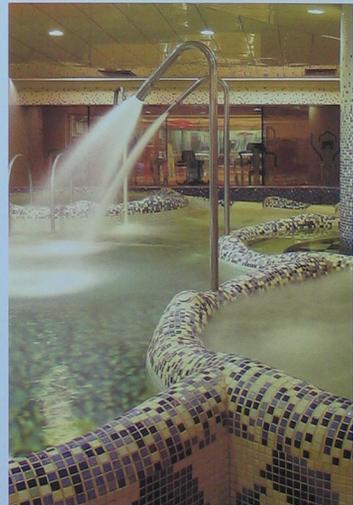
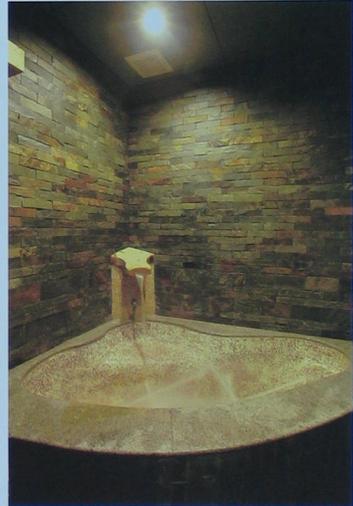
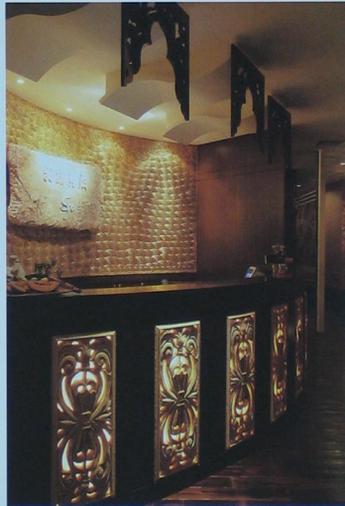
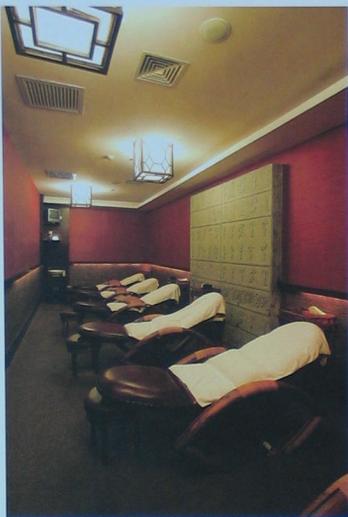
威斯汀悦榕SPA 上海威斯汀大饭店	BANYAN TREE SPA at Westin	6
威斯汀健身中心 上海威斯汀大饭店	Fitness Center at Westin	24
东方君悦健身中心 北京东方君悦大酒店	CLUB OASIS at Grand Hyatt Beijing	36
波特曼健身中心 上海波特曼丽晶酒店	PORTMAN RITZ-CARLTON FITNESS CENTER	54
瑞吉SPA/健身中心 上海瑞吉红塔大酒店	The St. Rgis SPA/The St.Fitness Rgis	64
上海国际俱乐部 上海国际贵都大饭店	SHANGHAI INTERNATIONAL CLUB	78
扬子江万丽健康中心 上海扬子江万丽大酒店	HEALTH CLUB at the RENAISSANCE	92
香格里拉健身中心 上海浦东香格里拉大酒店	HEALTH CLUB at Shangri-La Shanghai	100
希尔顿健身中心 上海希尔顿酒店	THE SPA AT THE HILTON	114
绿洲健身中心SPA	SPA AT CLUB OASIS OF GRAND HYATT SHANGHAI	122
克拉克健身中心 上海兴国宾馆	CLARK HATCH FITNESS CENTRE	132
信苑健身中心 京都信苑饭店	TELECOM HOTEL FITNESS CENTRE	142
瑞金宾馆太原公寓健康休闲区 上海瑞金宾馆太原公寓会所	Fitness Center at Rui Jin Hotel	148
登琪尔SPA专业护肤中心	DENG QI ER SPA	154
丽妍雅集女子专业美容护肤中心	RUBIS CHAMBRE DE BEAUTE	172
亚力山大会馆	ALEXANDER CITY CLUB	180
美丽田园德国DEYNIQUE专业美容护肤	BEAUTY FARM	200
安娜贝尔SPA生活馆 东镇高尔夫乡村俱乐部	ANOUBALLA SPA	208
上海鸿艺会SPA 2000	SPA 2000 AT AMBASSY CLUB	226
邱竞护肤SPA	QIU JING SPA	240
中银大厦健康中心	HEALTH CLUB AT BANKERS CLUB	250
舒雅良子健康休闲中心	SHU YA LIANG ZI MINISTRY OF HEALTH	256
依莉莎女子SPA养生馆	ELIZA LADY SPA & BEAUTY INSTITUTION	260

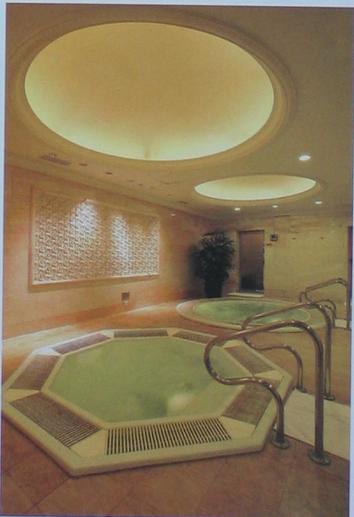
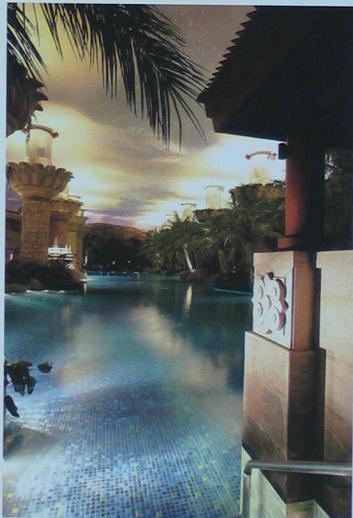
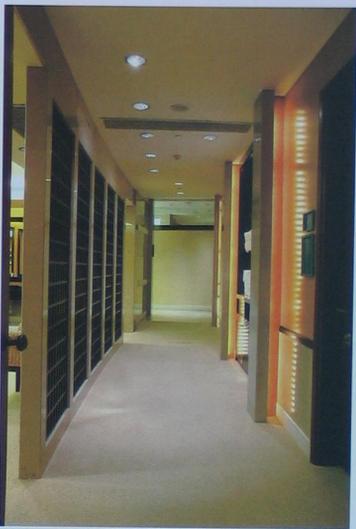
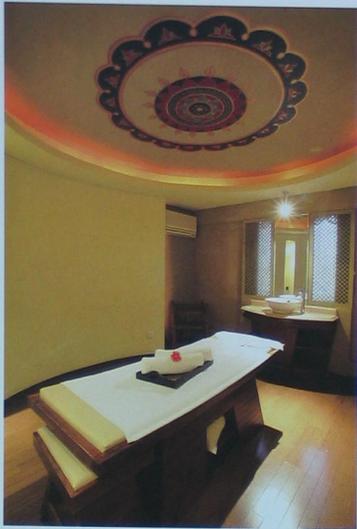
前言

PREFACE

休闲中心与SPA以及健身会馆是产生于20世纪90年代后的消费型商业空间。在消费内容上要求一种以服务为主的空间软件及带有特殊风格或主题的空间硬件，此类建筑大部分依附于母体空间，如酒店、健身中心以及新建社区等，主要功能经常包含美容、洗浴、健身、运动等诸多范畴。休闲空间所特有的商业性明确指引都市人在短暂脱离原有工作生活场所的空间经验后，去感受新的生活体验，从而享有舒解平日压力的效果。SPA与休闲中心的空间设计主题在于跳脱惯常经验中的所谓和风或者西方古典宫廷风的形式纠葛，把设计议题摆在如何去提供及创造一个有着不同背景的人们聚集交流但又显现俱乐部私密性要求的场所。休闲场所功能的多样化，使得空间设计要明了室内装饰的概念，同时也要了解此类消费场所的经营规律，要熟知客人的心理需求。在设计过程中将自然、人文、建筑本身等各种元素组成了一种新的景观，以此看待SPA休闲中心等会馆建筑，借由专业的室内设计使之成为都市新兴的文化景观，营造一种新的生活体验。

The recreation center, SPA and fitness club came into being in the late 1990. Most of them is based on the service software and special business thematic hardware and they are attached to the hotel, fitness compound, etc. Their major function is to deal with beauty therapy, shower, fitness and sporting. The typical commercial aim is let urbanites have a fresh living experience and at the same time ease themselves. The design theme of SPA & Recreation Center is to get rid of western classical style, but focus on creating a gathering place for various kinds of people. The multi-function of recreation place enables itself to have a clear interior decoration in order to fit the operational principle and meet customers' needs. Combined with the nature, culture and structure, the SPA recreation center projects a novel living experience under the basis of professional interior design.





威斯汀悦榕SPA
BANYAN TREE SPA at Westin



上海悦榕SPA座落于威斯汀酒店和威斯汀公寓三楼。整个构思将依据中国古代的五行学理为室内设计主题，就连泉疗室也以金、木、水、火、土、阴和阳命名，彻底将中国传统色彩和布料融入设计，究其原因由于其泉疗项目的概念充分融合了五行生克的传统养生理念和阴阳平衡的中医哲理。上海悦榕SPA的设施包括13间附淋浴室和蒸汽房的豪华泉疗室，一间备有完善健身器材的健身室，一间美疗室，一间健康果汁饮料站以及收集了手工艺艺术纪念品的华榕阁。其中的五行泉疗室是最具特色的：包间“土”以五谷杂粮为装饰物，龙藤在洁白无暇的黑色鹅卵石上爬蔓生长，与板状的砂岩形成鲜明的对比，装满了四季果实的玻璃瓶象征着生长；包间“金”中，则陈

列着充满奇特情调的金属工艺品，如：西藏的喇叭、中国的剑和烟枪；包间“水”表现了静如止水的境界，绿色的毛瓦片代表着冰，盛满水和鲜花的玻璃碗放在壁龛上，反射出波的光影，光线透过毛玻璃照亮了黑色花岗岩中的铜制莲花池，波光粼粼；平静、柔和的灯光使包间“木”的布局显得非常和谐，水平铺设带有年轮的深色木条与用天然竹子制成的佛龕并列在一起，在鹅卵石地面上种植的绿竹向上伸展着，象征着生长和轮回；包间“火”的墙壁是用锻铜制成的，散发出火的活力，深红色的灯光照在灰色的石板柱上，像是火山熔岩，巨大的玻璃瓶中漂浮的烛火向人们显示着火是如何渐变缓和的。



stop and a Hua Rong pavilion which collects artistic handcraft souvenir. The interior design focus falls to the FIVE principle SPA private rooms. First private room - Earth applies the paddy and grain as the major decors. Black cobblestone coupled with liana creates a great contrast with plank shaped sandstone. One glass bottle, which is infilled with the four seasons' fruit, is the symbol of growth. Second private room - Gold displays various metal craftwork, e.g. Tibetan horn, Chinese blade and pipe. Third private room - Water emphasizes the silent and still effect. Green carcass tile is representative of ice. The glass bowl with full water and flowers is placed in the tabernacle, reflecting wave shadow. Through the application of ground glass, the bean lightens the cupreous lotus pond in black granite. Fourth private room - Wood promotes a harmonious environment through the utilisation of soft lighting. The combination of deep coloured batten with growth ring and Buddha which is made of nature bamboo symbolises metempsychosis and growth. The last but not the least one - Fire projects a feeling of vividness by the application of red cupreous wall. The grey slate combined with deep red lighting is similar to volcanically fulgurite. The floating candle in huge glass bottle shows the process of getting warm from the fire.

2



Banyan Tree SPA is located on the 3rd floor of Westin Hotel. The interior design theme is based on the Chinese ancient FIVE principles. The Chinese traditional style is fully infused inside even the names of SPA rooms also follow this principle - gold, wood, water, fire, earth, feminine and masculine. The main reason is that the concept of SPA is quite similar to the FIVE principle of body maintenance and philosophic theory of Chinese traditional medicine. Banyan Tree SPA is made up of thirteen luxurious SPA rooms which are coupled with bath rooms and laconicum, a fitness club coupled with perfect facilities, a powder room, a fruit beverage



1. 浴缸被设置在高台上，非常具有享受感。

The bathtub is set on the high flat, projecting an enjoyable atmosphere.

2. 方圆之间的设计充满妙意。

Quite smart design of the combination of square and circle.

3. SPA中心一景。

A glance at the centre of SPA.

4. 东方式的盆景艺术。

Oriental miniature garden art.

5. 简单的SPA入口处。

The simple entry of SPA.

6. 非常和谐、静谧的房间。

The cosy and silent room.



7. 中规中矩的房间设计。

The standard design of room.

8







8

8. 灯光的通透效果。

The ventilated effect through the application of the special lighting.

9. 绿色的清幽在色彩上对环境产生很大的影响。

The green colour creates a great impact on the environment.

10. 房间一隅。

A glance at the room.

11. 各设施之间的相通很好地满足了客人的需要。

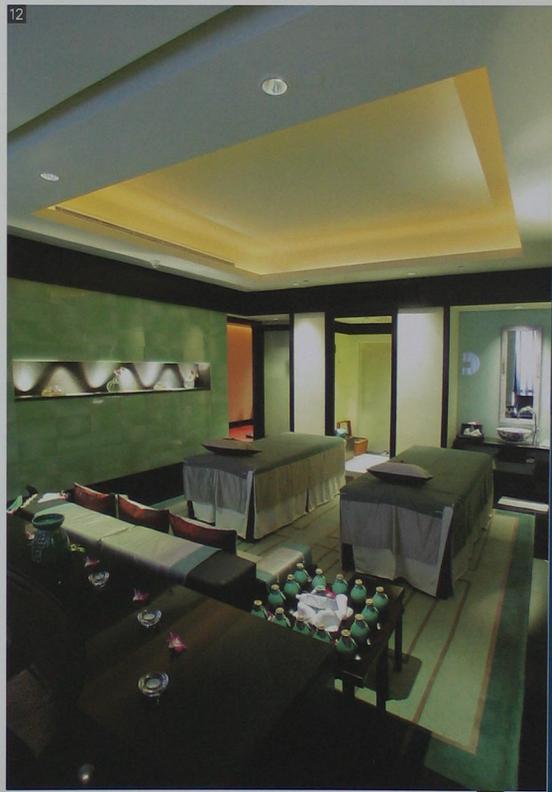
The transition of different facility are quite reasonable and meets customers' needs perfectly.

12. 单色的顶部最能衬托出房间的设计。

The monochromatic top emphasizes the design of the room.



11



12

11

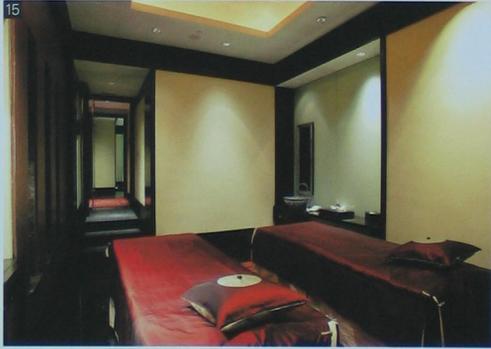
13



14



15



16



12

17



18





13. 纵向的凹设墙面极大地拉开了空间的视觉。

The longitudinal concave wall extends the spatial view.

14. 红色的视觉。

Red visual effect.

15. 空间各层面的色块按照简单而纯粹的方式组成。

The different colour blocks are formed in a simple and pure arrangement.

16、17. 房间一隅。

A glance at the room.

18. 中式靠椅的休息区。

The lounge area with Chinese traditional chaise longue.





20



21



22

19. 浴池的安设极有奢华感。

The installation of the bathtub is quite luxurious.

20. 独具女性妩媚气质的房间设计。

The unique feminine character is filled into the whole design concept.

21. 线条在勾勒方圆对比的时候很有力量。

The line plays an important role of outlining square and circle.

22. 撒满玫瑰花瓣的水池。

The pool with rose petal.

15