

Hotel Spas & Beauty Spas / Wellness Centers Interior Design-Vol.2



全球顶级  
水疗设计

THE WORLD  
SPA DESIGN

室内  
设计  
1/2  
酒店水疗  
美容中心  
养生中心

HOTEL SPAS  
& BEAUTY  
& SPAS  
WELLNESS  
CENTERS  
INTERIOR  
DESIGN  
Vol.2

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# PREFACE

## 1

What is it that drives us to design spas?

In the simplest of terms, it is the desire to dream and to enhance the wellness of others.

It starts by 'sinking-in' or grounding ourselves within the project. This involves understanding the locale, history, customs, and healing practices that are native or unique to the area and the market for which the facility is built. The mere process of gaining this type of knowledge leads to a mental, physical and spiritual journey that encourages dreaming.



Dreams are organic and multi-dimensional, involving the senses, emotions and feelings. The approach is to imagine the experiences that the individual will ultimately have while enjoying the spa. What does the facility look like? what is the experience? What is the mood, the feeling, the character? These mental pictures create the reference points that shape the facility program and design. Color, form, function, and light emerge. Ideas swirl, images appear and plans are created.

A tapestry is made of the architectural and interior design, special touches, spa menu, wellness program, creating the overall spa journey. Every component, from facility to experience, has a unique element, and functions in complete harmony.

Finally, the spa comes alive with the arrival of staff and the spa guests. The dream of life enhancement becomes a reality that focuses on wellness, with knowledge and tools that create lasting experiences long after their journey at the spa. And the measure of a successful design is when owners and guests alike find the spa a profitable investment of their precious time and money.

Whether grand or simple, planning and designing spas is a dream come true. In this book we cherish the privilege to share the pages with and to witness the dreams of other designers.

Paige Megna, Principle  
SPAd Sylvia Planning And design

People have different opinions regarding the term 'SPA'. Some affirm it derives from the Latin expression *sano per aqua*, which means 'healing with water', whereas some affirm its origin is the name of a Belgian town, named 'Spa'. Regardless of its etymology, most people agree that the word sends us back to the thermal baths of the classic old times, when Romans first experimented those baths, not only as relaxation rituals, but also for socializing purposes.

Therefore, Spas have always had a direct connection to water-related therapies in the first place, i.e. thermal therapies in hydro-mineral venues, offering fruition of waters with medical properties. This is the origin of nowadays hydro-therapeutic treatments using water, steam or infusion, which have been complemented with massage and other non-intrusive medical treatments throughout the years.

Presently, day-by-day life turbulence is drawing out our vital energy. Extreme work routines, the speed with which information comes and goes and responsibilities building up are some of the aspects which could potentially dry our body and mind up. Due to such wearing, we are prone to seeking some form of compensation, as bodies and minds urge for relaxation. That is indispensable.



The physical, mental and emotional benefits of treatments and therapies as they are offered by the Spas, in addition to one's welfare, could alleviate accumulated stress, calm brain and nerves, stimulate the immunologic system, soothe aging, maximize self-esteem, concentration and creativity, cleanse the body of toxins, prevent and treat muscle problems, among many other benefits.

Maintaining a sound body and a sound mind has always been the major goal of any Spa. They are most of all, a refuge from stress and daily fatigue. In that sense, Spas privilege treatments dedicated to physical, psychic and aesthetic welfare, aimed at men and women of all ages. They become hence a significant part of the lives of those who attend it, once positive effects are observed in life quality, self-esteem and harmony between body and mind. That's why it is so important to know what is of major in terms of spa, so we can apply it in to a space and project a dreaming spa, capable to offer all the relaxation that we all need.

With technology enhancement, contemporary Spas were able to equip themselves with different therapy techniques, varying from alternative/holistic treatments, such as acupuncture, to various body and facial treatments, e.g. skin cleansing and exfoliation, face masks, body wrap in honey, milk, chocolate or wine, relaxing massages etc.

Today's Spas display ultra-modern or pretty traditional facilities and equipment, including hot tubs, swimming pools, saunas, Turkish Baths, relaxation chambers, treatment chambers, aesthetics chambers, beauty salons, between others. SPAs deco and visual aesthetics play a fundamental role in bringing a comfortable and most importantly relaxing environment. All details are pretty fundamental. Nothing is left to chance. Colors, textures, textiles such as towels and bathrobes, slippers, candles, flowers, plants, decorative items and background music, it all comes down to the physical and mental welfare of those who will enjoy the pleasures offered by a Spa.

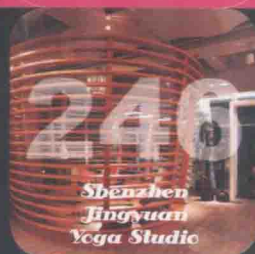
In this book you will get the chance to see dazzling landscapes from the global and local city picturesque sites, introducing a vast number of the most beautiful and relaxing Spas in the world. This book displays the hottest picks when it comes to state-of-the-art innovating resort spas, hotel spas, beauty spas, yoga clubs, hair spas and a lot more. Do not pass this chance up, make your choice and relax!





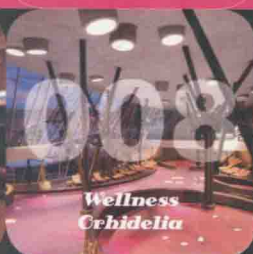
# DIRECTORY





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Shenzhen  
Jingyuan  
Yoga Studio



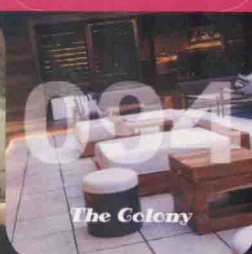
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Wellness  
Orchidella



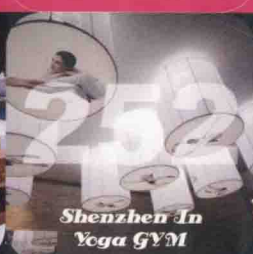
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Joya Spa

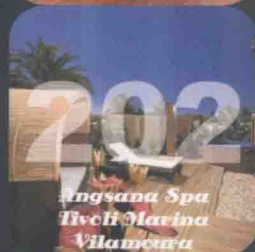


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The Colony



Shenzhen In  
Yoga GYM



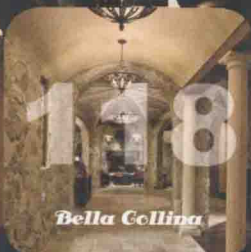
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Angsana Spa  
Tivoli Marina  
Vilamoura



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Spa 'Casa  
Velha do Palheiro'



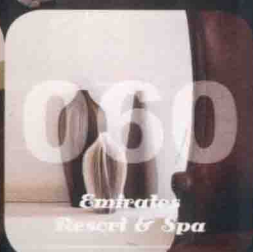
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Bella Collina



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Spa Mais Vida



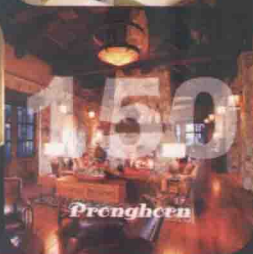
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Emirates  
Resort & Spa



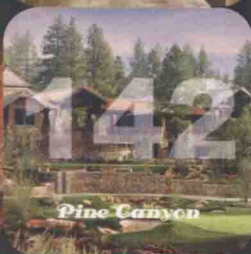
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Xi Ee Si  
Chi Dian



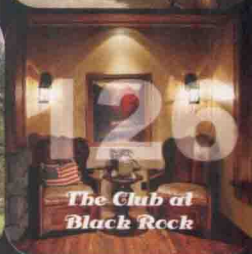
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Prenghen



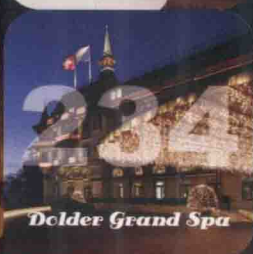
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Pine Canyon



126

The Club at  
Black Rock



234

Dolder Grand Spa





## Wellness Orhidelia

Title: Wellness Orhidelia  
Design Agency: Enota  
Location: Podčetrtek, Slovenia  
Client: Terme Olimia  
Area: 9990 m<sup>2</sup>  
Photography: Miran Kambič







#### Introduction:

The main goal of the building design was to reduce its presence on the surroundings as much as possible. Since the program requirements of a wellness center are very extensive and certain areas must overcome great spans and heights of the inner spaces, erecting a classically conceived building on the central green section would have occupied the last remaining open area in the thermal complex and largely degraded the spatial quality. The new wellness center is thus designed closer to a discrete landscape arrangement than a building; however, it still

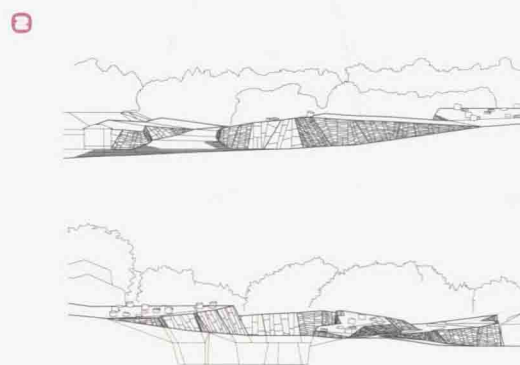
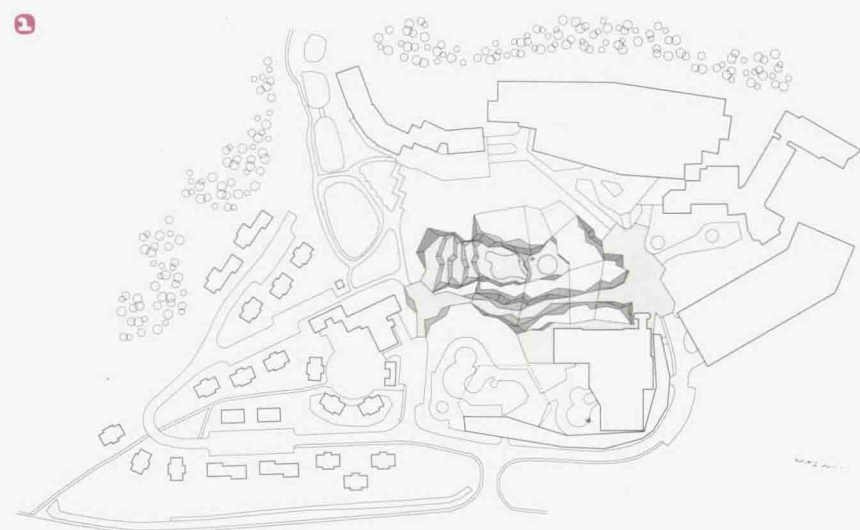
offers a spacious and luxurious interior.

The design of the basic elements, use of materials and colors bring the feeling of connection with nature also to the interior. Since the building is designed for relaxation and not for sports activities, ensuring a high level of privacy was also an essential part of the design. The diversified spaces enable the visitors to spread through the building and avoid the feeling of being in a crowded space. The same ideas lead the design of the slightly unusual flower colored water

surfaces, which transform the pools into relaxing baths.

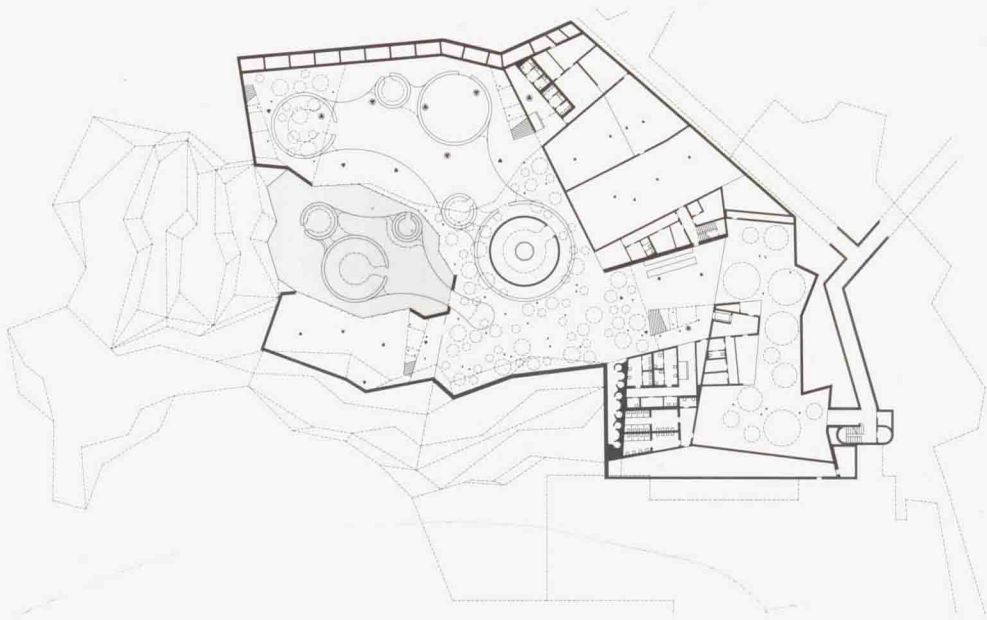
The heterogeneous spaces defined with use of different materials and decoration offer numerous scenographic stimuli with a single intention—to evoke a touch of almost forgotten spirit of buildings intended for relaxation from the past, in which the guest was not overwhelmed by excessive information and direct animation, but embraced simply by water, space and light in their full glory.







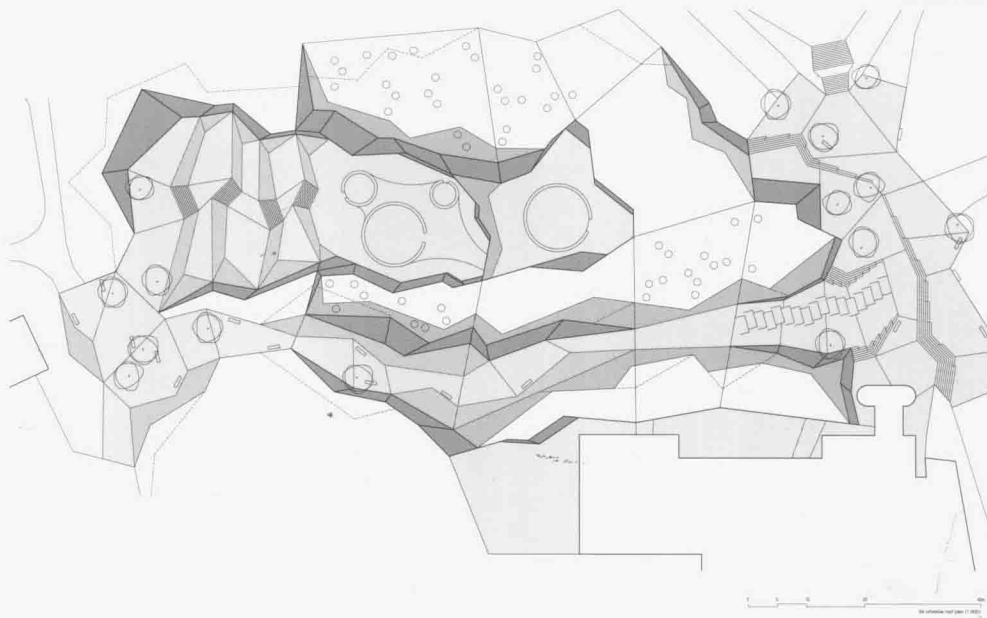




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