### 全球顶级 水疗设计

THE WORLD SPA DESIGN

养美酒**室内** 生容店设计 中中水**1/2** 

BEAUTY SPAS WELLNESS CENTERS INTERIOR DESIGN Vol.2

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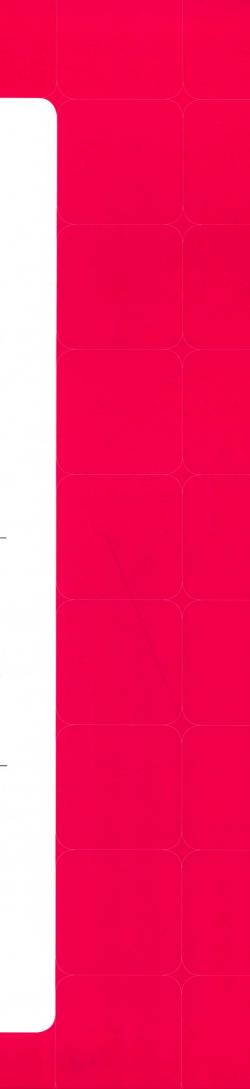
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## PREFACE



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.

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People have different opinions regarding the term 'SPA'. Some affirm it derives from the Latin expression sano per acqua, 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 hydrotherapeutic 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 extoliation, 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!

Mariana Falcão & Daniel Corrêa auCUBO.design | architecture + urbanism



# DIRECTORY









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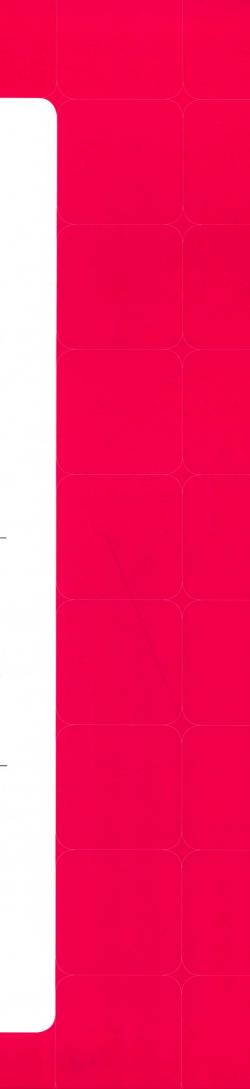
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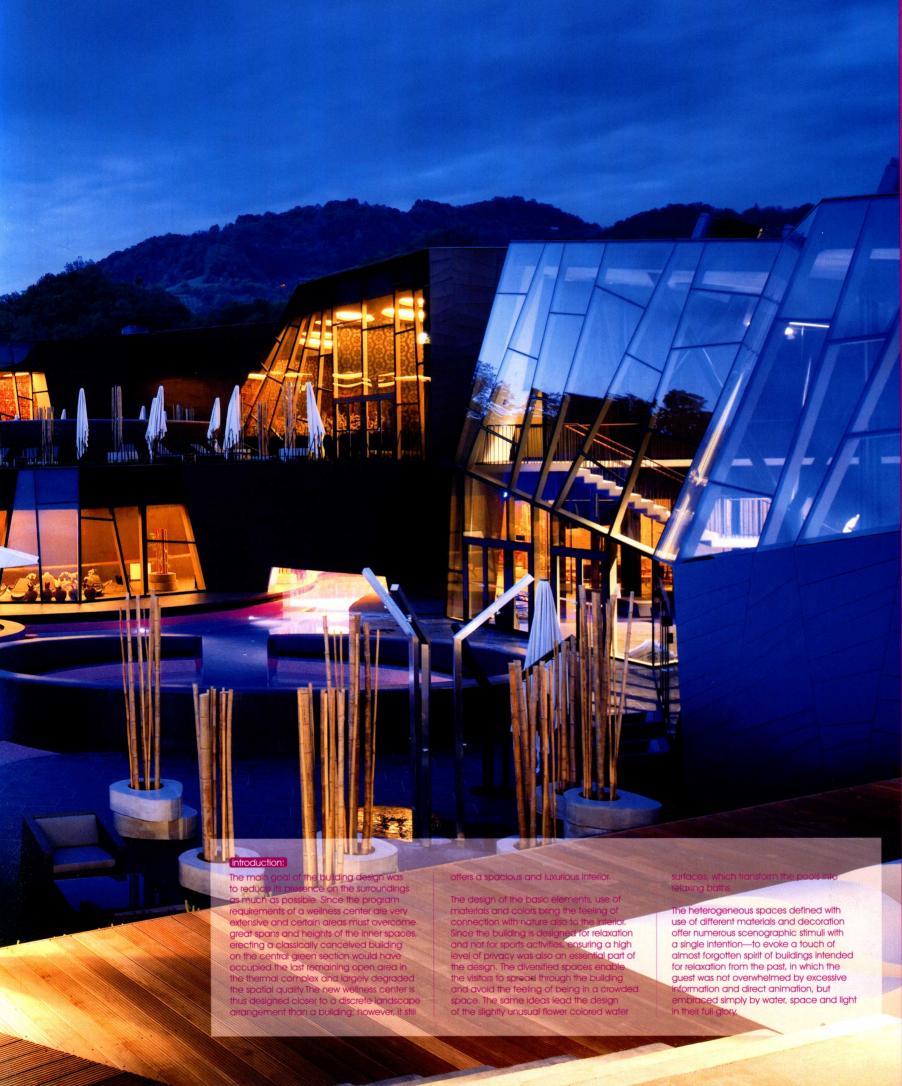




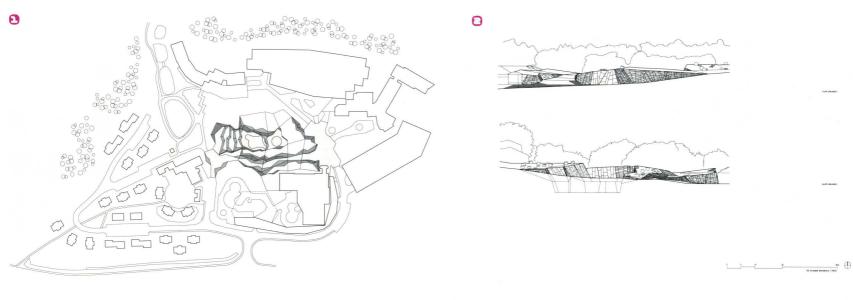












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