



THE SPA

The Modern Day Spa

A Spa, sometimes known as a Wellness centre or Wellness Spa should not be associated only with massages, intoxicating aromas, sticky ointments and half-hour stay in the sauna.

It should provide a space where you can go to relax your body and your mind, and experience physical, mental and spiritual wellness.

It is a place for unwinding and spending needed quality time alone, or for a luxury bonding experience.

It is a great place to socialise with friends.

A Spa can offer various treatments, including massage therapy, hydrotherapy, facials, manicures, foot therapy and pedicures, body wraps, aromatherapy, and acupuncture. Many spas even have a gym, and offer meditation, yoga, and Pilates.

There's often a café or restaurant where one can get a drink or food, and has facilities that accommodate social spa-ing (where wellness and friendship meet)

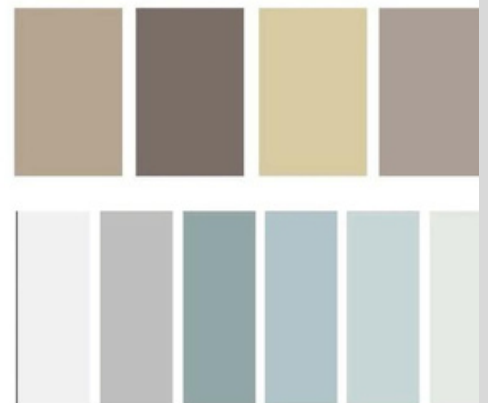
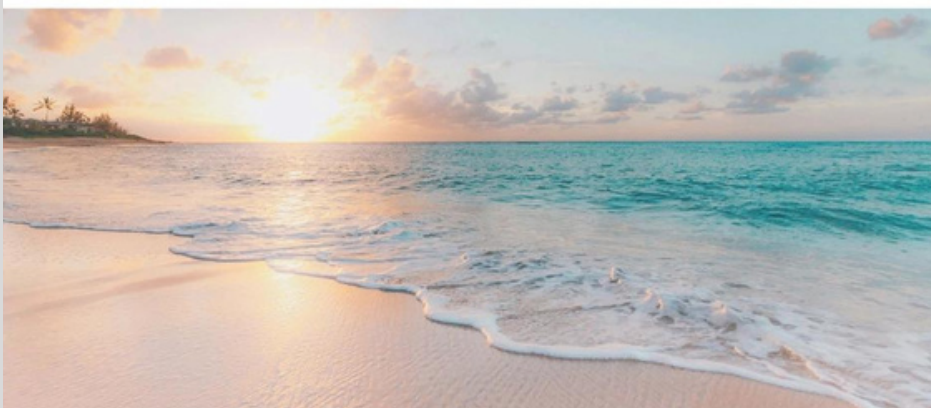
ELEMENTS OF A GREAT SPA DESIGN

If the Spa environment is to be considered a temple in which to relax the body and recharge one's energy reserve, the project must not have anything out of place and it must convey calm and tranquillity aesthetically.

The palette of materials chosen should not be too light or too dark but balanced. The materials chosen are a skin covering the entire space and they must be integrated with the furnishings present.

The choice of a material must therefore take into account the size of the whole area and the fact that it may or may not be damp.

Subsequent considerations include the material's durability, variations in colour and maintenance costs.



Choice of Materials

Spa interiors should be such that they have earthy tones which sets calmness in users. Secondly, focus should be laid on the use of lights and the balance between natural and artificial lighting. Comfort is also of prior importance and much concern should be put on the cozy and comfortable furniture with earth tone decor.

You should prefer to use Non-corrosive materials in all high moisture areas like Vents, ducts, drains, ceiling & wall covers. Easy to clean moisture resistant materials should be used in all high moisture areas. Non-slippery surfaces should be a priority. Additionally, consider using local materials and focus upon integrating cultural and artistic traditions.

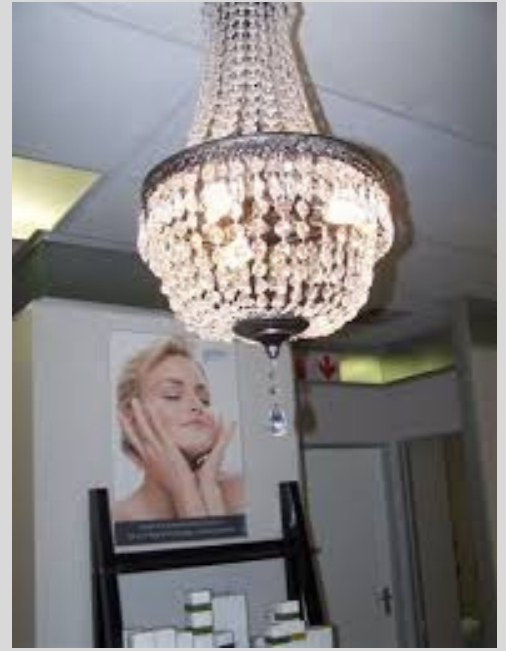
Floors



Walls



Lighting



Lighting designs play crucial part in Spa treatment room interiors. Lights should never fall directly over facial lounge, otherwise that will cause unwanted glare and dizziness to visitors. Focus is always upon creating a soothing relaxing environment. Treatment rooms often doesn't require day lights because it give us flexibility to control lighting as per task suitability. We also need to provide task lighting over counter surfaces.

Tip: provide separate overhead lighting for waxing, on separate switch. room does not require daylight.

Furniture



FURNITURE PIECES SHOULD BE SIMPLE AND SLEEK WITH AN UNCLUTTERED LOOK AND BE COMFORTABLE

The Benefits of a Spa at a Hotel

- A hotel Spa is an excellent way to attract more customers.
- The services offered at a Spa should be aimed at relaxing your body and mind. Aromatherapy, calming interiors, herbal beverages, and soft music are great ways to create a relaxing environment.
- Spas not only improve customer satisfaction but also help hoteliers with revenue generation.
- A Spa at a hotel is an additional benefit for business travellers. Many city hotels view a Spa as an extension of their business trips. Some have seen their leisure business increase productivity by 20%. They also offer luxurious treatments and feature antique furniture in their waiting rooms.
- Spa visits for guests at the hotel are ideal. Guests do not have to search or go far to visit a Spa. It is a convenient addition to a hotel and it will help boost reviews about the hotel as well. A Spa at a hotel can be visited by any individual that is interested in taking a day off to relax. So, it is also free marketing for the hotel. Individuals who are not staying at the hotel will get a good view of the hotel and will spread the word to others about the spa and hotel (especially if the hotel's architecture is something to admire).
- A Spa is a romantic getaway for couples and couples that visit a hotel will make use of the chance to have a relaxing time at the spa. A Spa is a good idea to add to your hotel or any form of accommodation. Where there is a Spa, there are people. And where there are people, there is talk. Talk about the spa and talk about the hotel where the Spa is located.



Spa Interior

1. Reception Area



The first point of contact with your patrons is the reception area. This area should feel calming and spacious with a good sense of flow. You may not want to relegate a lot of space to the reception area, so consider an innovative design that maximizes the use of space.

With a Spa, privacy is a concern in most areas, so you may cut back on windows. The reception area is one space where you can incorporate big, expansive windows, which will also help even a small face feel larger.

Reception counter and waiting area



Firstly, the designer needs to identify the entrance, first point of contact with customers, that will enclose a reception and a waiting room together with an area for displaying and selling products.

Patrons will typically have some time to kill before they receive their treatment. Indeed, you will want a space where they can fill out necessary paperwork before they receive their treatments.



You can incorporate the waiting room as part of the reception area. It can also be a dedicated area to the side of the reception. Likewise, the waiting room is probably an area you want your patrons to start feeling relaxed.

Product displays



The commercial value of a product is not based on its cost to manufacture and market, but on how we want it to be perceived by the consumer. The way it is perceived by the consumer is created by the product itself, its packaging, the way it is marketed, and by the way it is presented in the retail areas of the spa. Attractive product displays easily draw the attention of spa guests who will be willing to purchase the products on sale.



2. Locker/ change Rooms



Before entering into Spa treatment rooms, one will need to change their clothes, put their belongings safely in a locker and put on a bath robe. Ideally there should be separate men and women change rooms

Provide a secure locker area or cubbies that your front desk staff can monitor while people get spa or salon treatments. If people will need to change their clothes for certain services, you may want to provide a locker area in the bathrooms or designated changing area.

3. Spa Treatment Rooms

Spa treatment is a functional core of Spa centre.

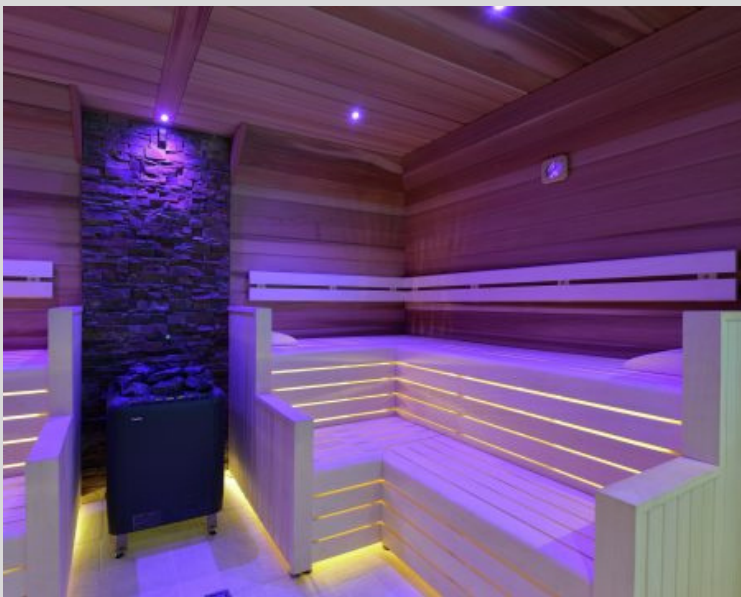




- Take care to provide for sinks, lockable storage cabinetry, counters with mirrors, clothing hooks on back of door, separate clean & soiled linen storage, electrical outlets on side walls and above counter.
- All treatment rooms should be as sound proof as possible.
- Provide for separate music system with individual controls.
- Provide for clothing hooks near Beds.
- “In Use” signage on all treatment room doors.
- Provide for lockable storage in each room.
- Provide for numbers or letters on doors of each room for identification.
- Floor surface should be of easily cleanable material like Vinyl floors.
- Balance of nature and man-made elements
- Focus on healing environment



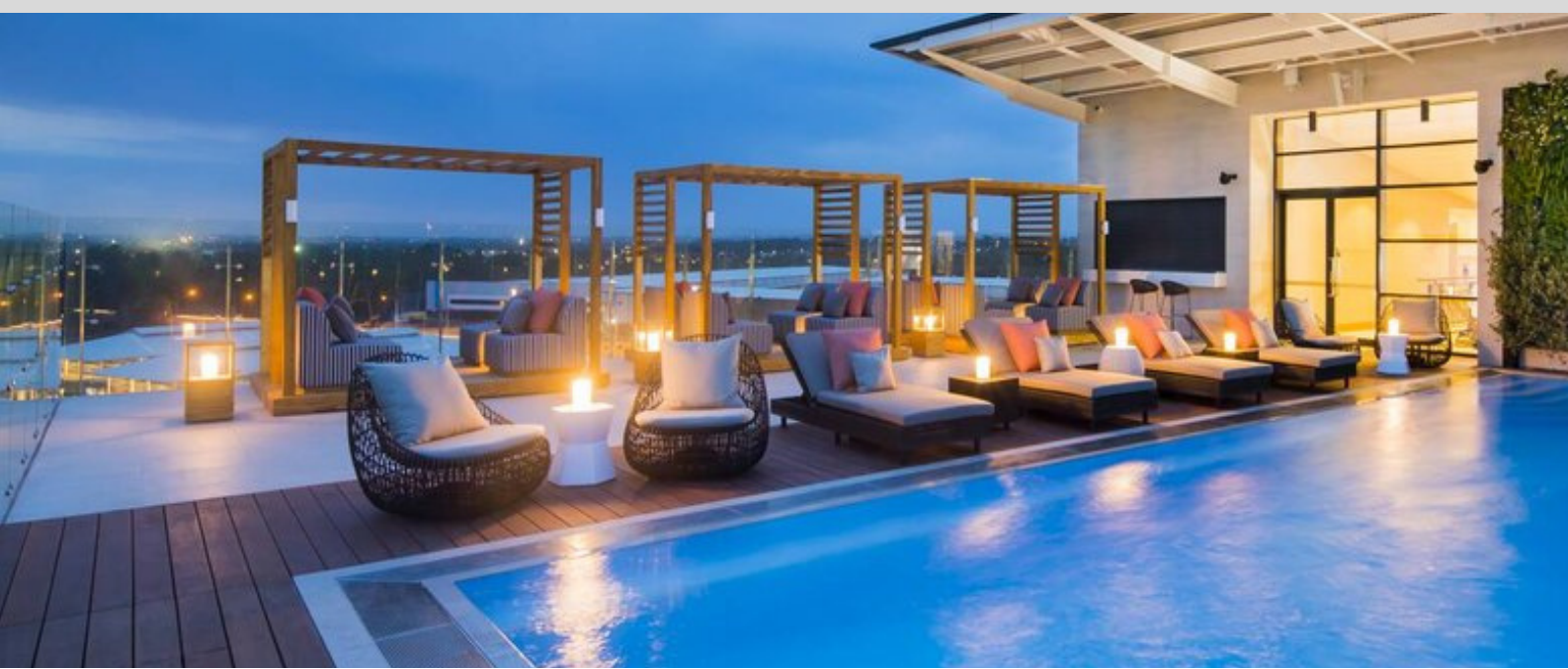
4. Hot tubs, Saunas and Steam rooms



Hot tubs, steam rooms, and saunas are common spa treatments. You can buy prefabricated saunas and steam rooms, but they also need specialized plumbing and electricity. Likewise, talk to your architects about potential hot tub spaces because the floors need reinforcement



5. Communal baths and pools





6. Outdoor relaxation areas

In addition to parts which are indoors and protected from atmospheric agents, some Spas have outdoor areas set in beautiful landscapes. Such outdoor areas must be welcoming to guests while sustaining temperature changes and withstanding weathering.





7. Communal Treatment Areas

You'll have a lot of leeway in what other types of treatments you decide to offer. Many Spas also incorporate salons and nail boutiques for manicures and pedicures. These areas are communal, but they have their own plumbing and electricity requirements.





8. Fitness (gym)



If you're looking to give your spa an edge over the competition, adding a gym is a great way to do it. Not many Spas have their own gyms, so this can be a great way to set yourself apart from the competition. A gym would allow your customers to work out before or after their treatments, and it would give you a chance to upsell them on personal training services

9. Bar, Restaurant or Cafe

Some Spas don't offer alcohol, but others have a bar. Hotel Spas are much more likely to have a bar in the vicinity than dedicated Spas.

Running a Restaurant or Café on site is ideal for customers to have a rejuvenating meal after a spa session. You should look at providing a wholesome menu featuring assorted drinks, fresh seasonal fruits and light meal favourites.





10. Self-serve and beverage stations



Create a stylish focal self-serve station where patrons can help themselves to beverages, towels or other services that do not require an attendant.



From cucumber-infused water to chamomile tea, certain beverages are a standard part of the spa experience. But to truly stand out in the industry, businesses need to demonstrate that they're on top of the latest beauty and wellness trends—one of which is enhanced liquid refreshments that can be offered in self-serve relaxation spaces, before or after treatments, and for sale in retail boutiques.

12. Spa Gardens

The benefits of being outdoors extends beyond the doors of the Spa. Any environment can promote healing, but gardens are particularly able to do so because humans are hard-wired to find nature engrossing and soothing. Many studies show that after a stressful event, images of nature very quickly produce a calming effect. Within three to four minutes after viewing nature scenes, blood pressure, respiration rate, brain activity, and the production of stress hormones all decrease and mood improves.

Gardens offer the following benefits:

- Nature provides a great distraction
- Plants offer psychological comfort
- Nature reduces stress and anxiety

