

# SPA DESIGN

Tomado de: SPATrade Library Knowledge Base

## ALGUNOS CONCEPTOS ACTUALES SOBRE EL DESARROLLO Y DISEÑO DE SPA

### General Observations on Spa Design

Interior design should provide a residential not institutional feeling. A simple yet effective zone keying system should be installed. A proper “signage” system should be installed for easy traffic flow. All treatment areas should be as sound proof as possible.

### Materials

Non-corrosive materials should be used in all high moisture areas (Vents, ducts, drains, ceiling & wall cover). Easy to clean moisture resistant materials should be used in all high moisture areas. Consider using local materials and integrating cultural and artistic traditions

### Locker / Changing / Vanity Area

- Provide for appropriate number of half size lockers (two per full size locker banks) on each side
- Provide a separate alcove with third-size lockers (two per full size locker banks) for members on each side
- Utilize movable benches or Ottomans on casters for seating by lockers
- Provide wall mounted soap, shampoo & conditioner dispensers in showers
- Provide make-up lights around vanity mirrors on women’s side
- Provide wall mounted magnified shaving mirrors at vanity on men’s side
- Provide wall mounted hair dryer units at vanities on both sides
- Provide for electrical outlets above vanities
- Flooring in locker and changing area should be carpeted, all other areas tiled

### Locker Room Wet Area

- Accommodate Sauna, Steam, Whirlpool and Cold Pool (if applicable).
- Provide lounge with water proof seating near each wet area.
- Provide clothing hooks throughout area.
- Flooring should be non-slip easily cleanable tile.
- Provide for non-corrosive ventilation ducts in this area.
- Outflow of HVAC should be provided for 25 air changes per hour.
- Provide for ozone water purification system for whirlpools. (No smell).
- Provide a self service beverage service station with sink, counter, storage cabinet, mini-fridge & ice machine.
- Provide for clean and soiled linen storage.

## Spa Design Tips from The Experts

**Create Texture:** Use wall hangings, pillows, rugs and unique bed coverings to create texture and contrast in your spa. Locally made textiles embody a return to folkloric ideals and handmade crafts. Balance a combination of elements, such as reclaimed woods and other recyclables, textured glass, and metals such as copper and bronze.

**Bring the Outdoors In:** Create a sense of the outdoors indoors by using waterfalls, bamboo, and stone. Natural elements such as calming waters and meditative gardens intrigue spa visitors as they experience the environment along with their treatments.

**Don't Forget Dramatic Doors:** Pay attention to doors and entryways: they signify a "crossing-over" to a place where people can leave their everyday lives behind. "People are focusing on the client transition from the street to the spa interior," says Clodagh. Water features, plants, and specialized lighting can liven up a plain looking door.

**Choose Colors that Stimulate the Senses:** "Flat color is out, and color with depth and character is in," says well-known spa architect Robert Henry. "Our design philosophy is to create environments that engage the senses. Splashes of color enliven our spirits; luxurious textures engage our touch; aromas tantalize our sense of smell. All aspects of design contribute to the overall experience and ultimately the success of a spa."

## Components of a Spa Facility

The Basics:

- Reception Desk and Welcome area
- Reservations and Scheduling
- Retail/Spa Boutique
- Men's and Women's Locker Rooms
- Dry Treatment Rooms
- Wet Treatment Rooms
- European Hydro-Massage
- Treatment Showers and Baths
- Treatment Waiting Area
- Treatment Lab

Optional:

- Private Relaxation/Meditation Areas
- Men's and Women's Wet Areas
- Common Wet Areas
- Movement Studio
- Fitness Equipment Studio
- Swimming Pools and Aquatics
- Administrative Offices
- Staff Lounge
- Storage Areas
- Laundry Room
- Spa Café and Juice Bar
- Beauty Salon

### **Design for Beauty Services in a Spa Environment**

- Beauty-related services such as nails, hair, and make-up can be integrated into the spa environment, and some are best offered in a separate salon area.
- Floors should be of a material that is easy to clean (ie. Vinyl tile).
- Lighting should be flattering to hair and Skin.
- Include a separate small reception counter which also acts as the retail point of sale.
- Clients must be able to directly access the salon from the women's locker room.

### **Design for Facial Rooms**

Design Considerations

- Laundry drop directly outside of rooms, preferably dropping into chute or carts.
- Millwork for cabinets must washable.
- Provide extra sound proofing in between rooms and hallways.

### **Equipment:**

- Facial lounges: 72"x30".
- Provide a sink.
- Provide stool on rollers, with adjustable height and back support.
- *Tip: mount items like mag and infra red lamps on walls to lessen wear and tear on equipment*

### **Space Requirements**

80-100 sq. ft. 8'x10' or 10'x10'. (allow enough space for door to open comfortably, at the foot of table)

### **Location & Access**

- Located in “dry” therapy area with massage rooms, or in the Beauty Salon area.
- Lounge and wait area should be within close proximity to the treatment rooms ( this minimizes traffic in between treatments).

**Room Set-Up:** Sink should be located behind lounge or to the side. (both hot and cold running water is necessary) sink should be located behind lounge or to the side. (both hot and cold running water is necessary)

### **Flooring**

- Linoleum or vinyl tile- floor must be non-porous, surface, smooth and washable
- Walls, Ceilings, and Doors
- Wall paper or paint.
- **Tip:** wallpaper may separate at seems from the steamer.
- Doors must be solid and have some type of numbering or lettering for identification and an “in use” sign.

### **Lighting**

- Indirect lighting with dimmer control on wall or overhead at edge of ceiling, not directly over facial lounge.
- Task lighting at counter surface.

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

### **Electrical**

- Wall outlet at foot and sides of table.
- Counter-height outlet for sterilizer, waxing unit, essential oil diffuser.
- In-house with intercom, in each room.
- Sound System: same system as for massage rooms-centrally located sound system with speakers in each room. Tip: each room needs individual volume control knob.

### **Storage:**

Storage cabinet for professional products with locks and drawers for small tools.  
Countertop for small sterilizer

## **Design for Massage/Touch Therapy Room**

### **Design Considerations**

- Massage rooms should have a small sink and linen cabinet. Tip: *provide storage above and below sink*
- Rooms need to be sound insulated.
- use lever-type hardware for door knobs (therapists have oil on their hands)
- Equipment: 72"x30" massage tables: (deep tissue tables should be 39" wide)

Tip: tables should have built-in shelves and an adjustable face cradle attached to the end of table--adding another 12" to the end of table  
massage table upholstery should be made from Naugahyde with a smooth surface with medium firm padding

**Space Requirements:** Generally 120-140 sq. ft., room variations include: 9'x12', 19'x12', 10'x14', 12'x12' therapist requires a min 3' work-space around the massage table

**Location & Access:** Located in "dry" therapy area. Tip: should have access to laundry storage and drop off

**Room Set-Up:** Sink and cabinet should be in corner at an angle in 9'x12' rooms. Sinks should have hot and cold water

**Flooring:** Vinyl tile, wood, or cushioned recreational surface. *Tip: avoid tile, marble, or granite (too hard for the therapist to stand on)*

**Walls, Ceilings, and Doors:** Washable wall paper or paint. Allow doors to open comfortably. Doors need lettering or numbering and an "in use" sign or light

**Lighting:** Indirect lighting with dimmer control on walls or overhead (not directly above massage table) windows lighting preferred with vertical, horizontal, or roman blinds.

**Electrical:** Provide wall outlets at foot and sides of table, and a counter-height outlet for and essential oil diffuser. Tip: In-house phone with intercom in rooms is advised in larger facilities.

**Sound System:** One centrally located sound system, with speakers in each room that have an individual volume control knob.

**Storage:** Smaller rooms can have tables with built-in storage space for linens, towels, oils, bolsters etc. If room is too small to provide storage inside, storage directly outside room is necessary

## Designing Spa Treatment Rooms

**Treatment Rooms:** A wet area treatment room should feed off of each wet area. Access to these treatment areas should be from both the men's and women's locker rooms through a hallway.

The area should include:

- Treatment tables.
- Sink.
- Counter space.
- Clean and soiled linen storage.
- Floor drain.
- Overhead showers or treatment shower.
- Infra-red heat lamps recessed into ceiling over each tables.

### **Dry Treatment Rooms:**

- Keep treatment areas as flexible as possible. Rooms to change when program changes.
- Provide for sinks, lockable storage cabinetry, counter space with mirror above, clothing hooks on back of door, clean & soiled linen storage, electrical outlets on two side walls and above counter, floors of an easily cleanable material (ie. Vinyl tile).
- All lighting should be indirect and on rheostats.
- All treatment rooms should be as sound proof as possible.
- Provide for separate music system with individual controls.
- Provide for clothing hooks.
- Provide for "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.
- Balance of nature and man-made elements
- Focus on healing environment

### **Dry Room Treatments**

- Massage
- Facial.
- Body dry brushing.
- Body masks (seaweed, herbal, paraffin, parafango) seaweed, clay, or mud body wraps (bust, back, cellulite, arms and legs) body exfoliation self-tanning application (better in wet room)
- Thermal heat treatments (blankets, packs, etc.).
- Herbal wraps.
- Sound and light machines (controlled environment therapy)
- Relaxation lounge.

## Key Environmental Dimensions

### Ambient Conditions

- Temperature
- Air quality
- Noise levels
- Music
- Smells/odors

### Space/Function

- Layout
- Equipment
- Furnishings

### Signs/Symbols and Artifacts

- Signage
- Personal/thematic artifacts
- Style of decor

### Minimum Treatment Room Dimensions

The minimum dimensions for a massage room are 10' x 12'. This will give you almost 4 feet (45 inches) on each side of the table.

### Sound Systems and Lighting

**Sound System:** There should be 3 separate sound systems in the facility for each of the following:

1. Public spaces--general system for majority of including weight gym.
2. Treatment rooms- strategically located system with individual controls in each room.
3. Aerobics gym - separate system housed directly in gym with cassette and CD player.

### Lighting

1. Consider incandescent "mood" lighting
2. Lamps and sconces should reflect theme and "soul" of property
3. Should be indirect and on rheostats throughout the building

## **Space Planning**

Effective space planning must be a team effort. You and your management team (architect, designer, consultant and existing employees), will need to develop a facility layout that takes into consideration:

- Programs plumbing and electrical requirements.
- Environmental variables such as noise control, colors and lighting.
- Accessories and equipment requirements.
- Traffic flow for peak use.
- Ergonomics.