



Origins

Manhattan's Holistic
Health Resource



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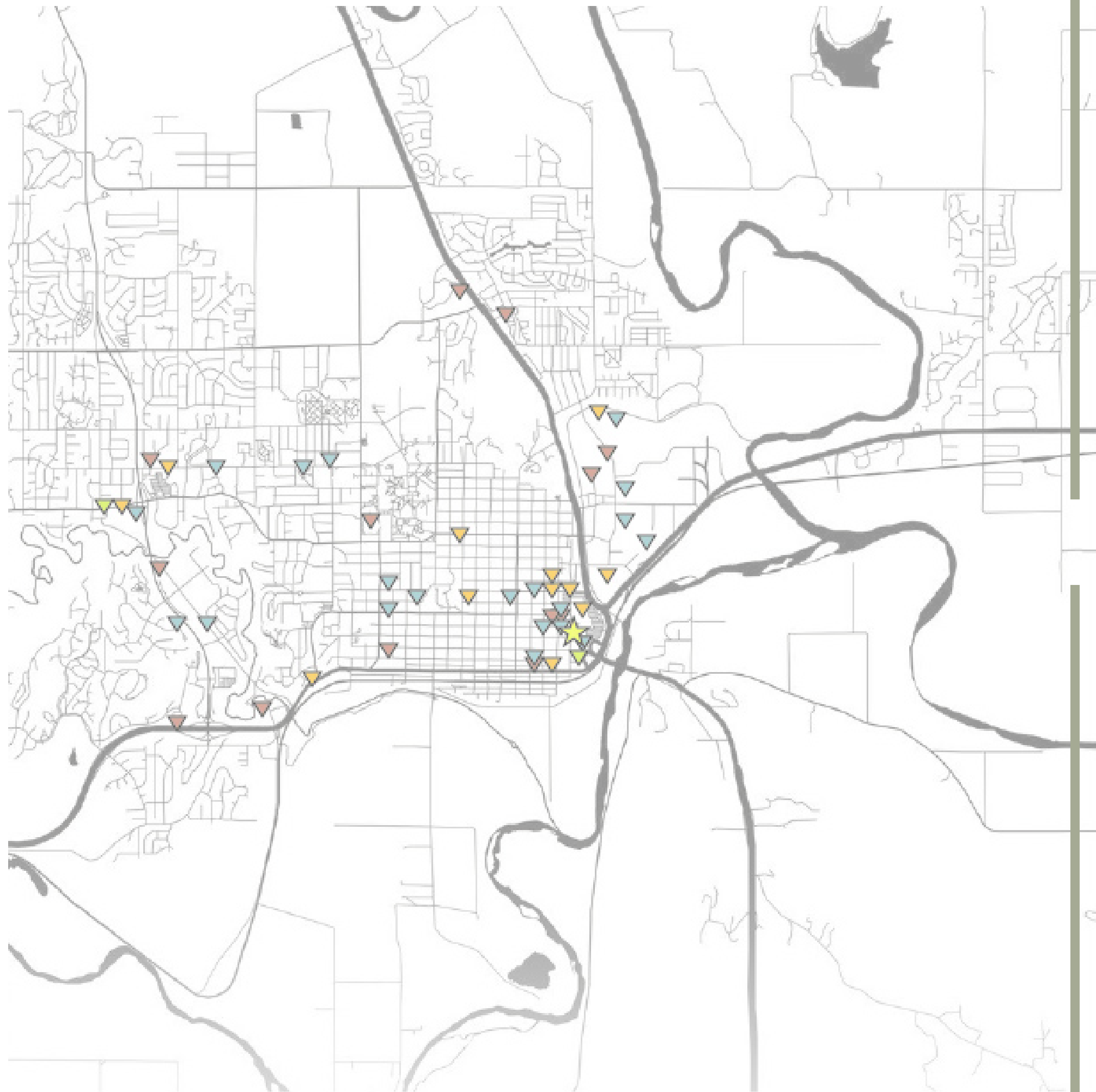
Citations 76



Pre-Design

CONTEXT

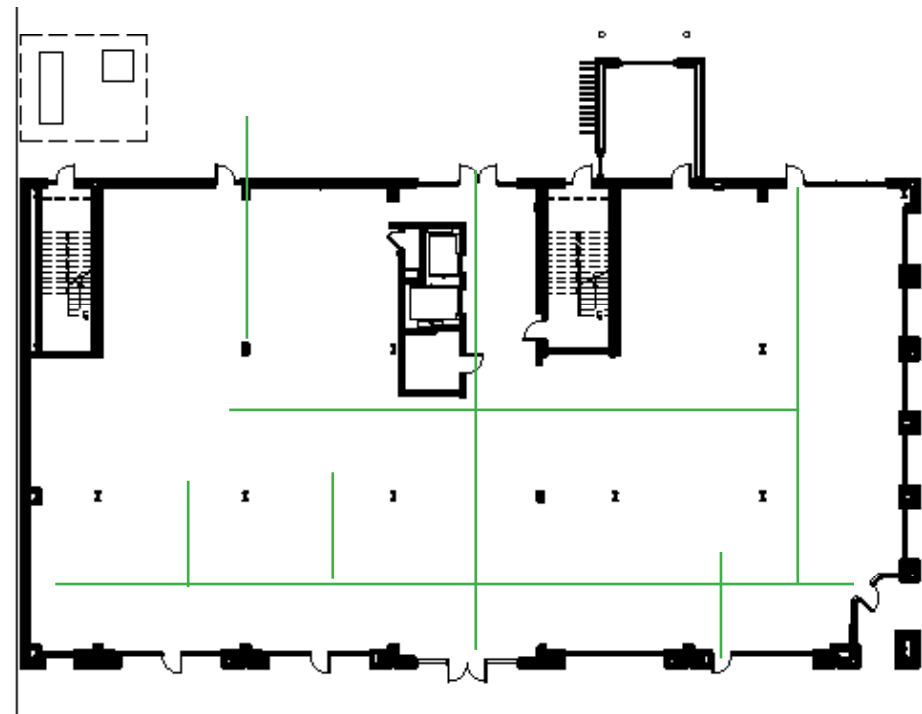
- ★ Origins
- ▼ Therapy
- ▼ Massage
- ▼ Fitness
- ▼ Wellness Center



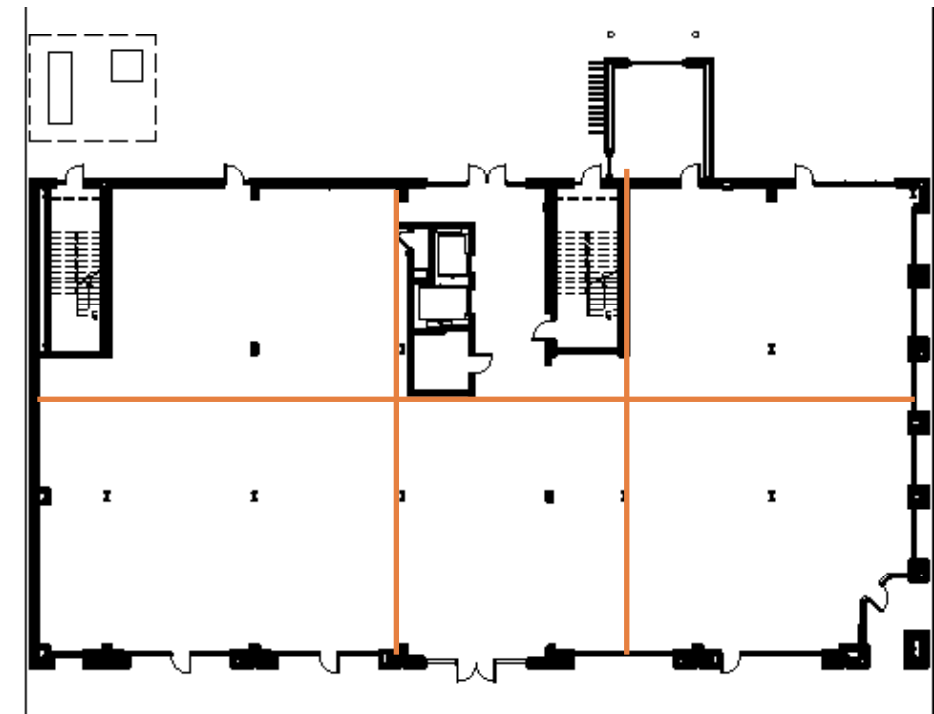
There are many businesses dedicated to physical and mental wellness, but not both, and not for everyone

Origin's Wellness Center would serve Manhattan's diverse population of students, business owners, families, military personnel, and laborers. Providing a diverse wellness resource to a community with diverse needs.

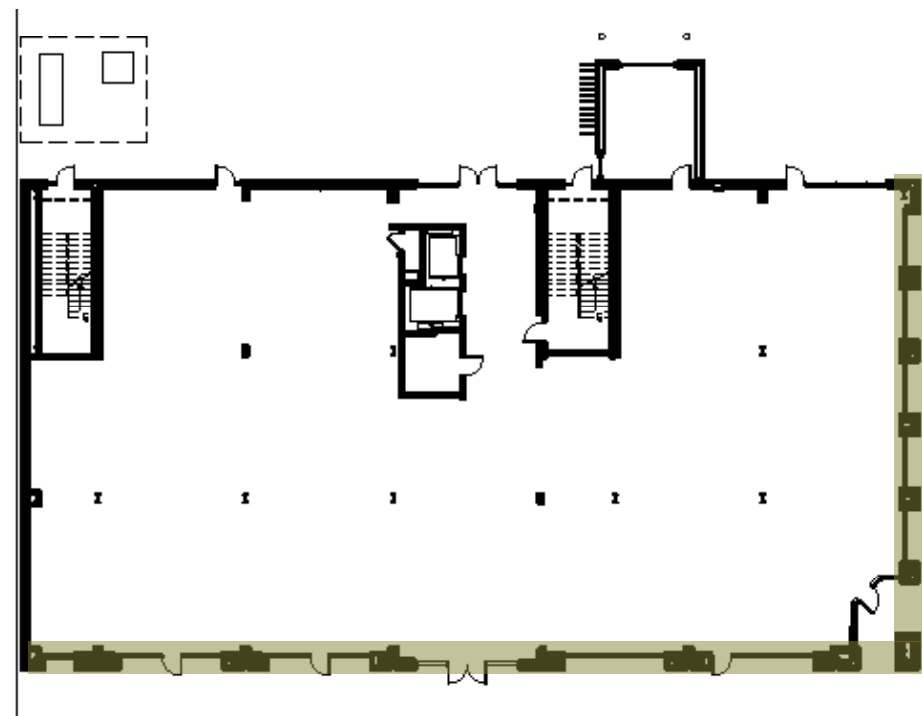
ANALYSIS



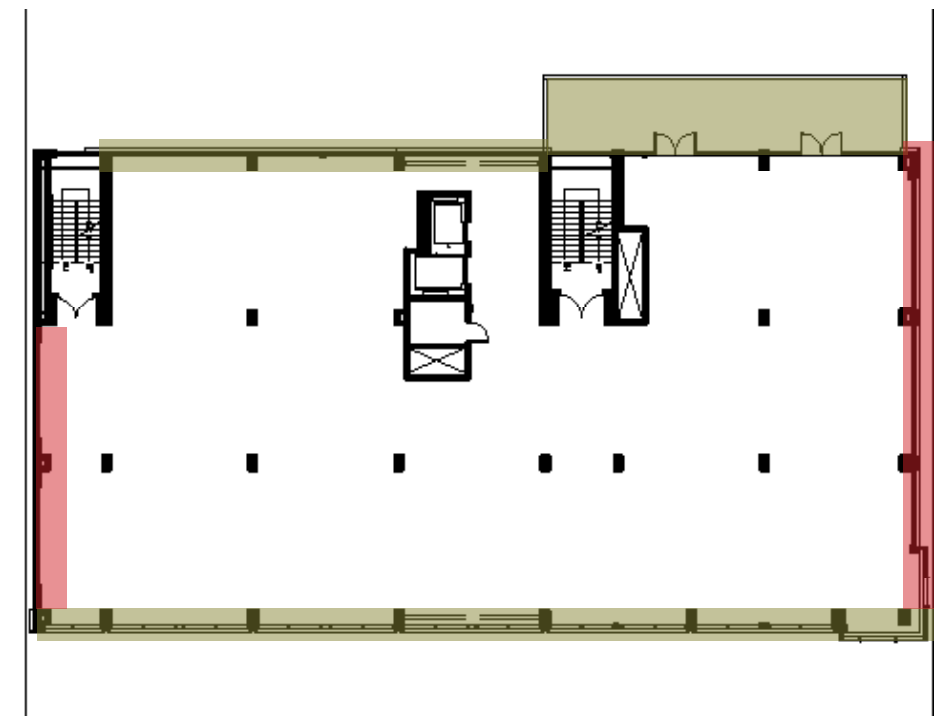
A-5 Implied Circulation



B-2 Spatial Edges



D-1 Outdoor Connection



D-3 Outdoor views

KANSAS

White ● 81%

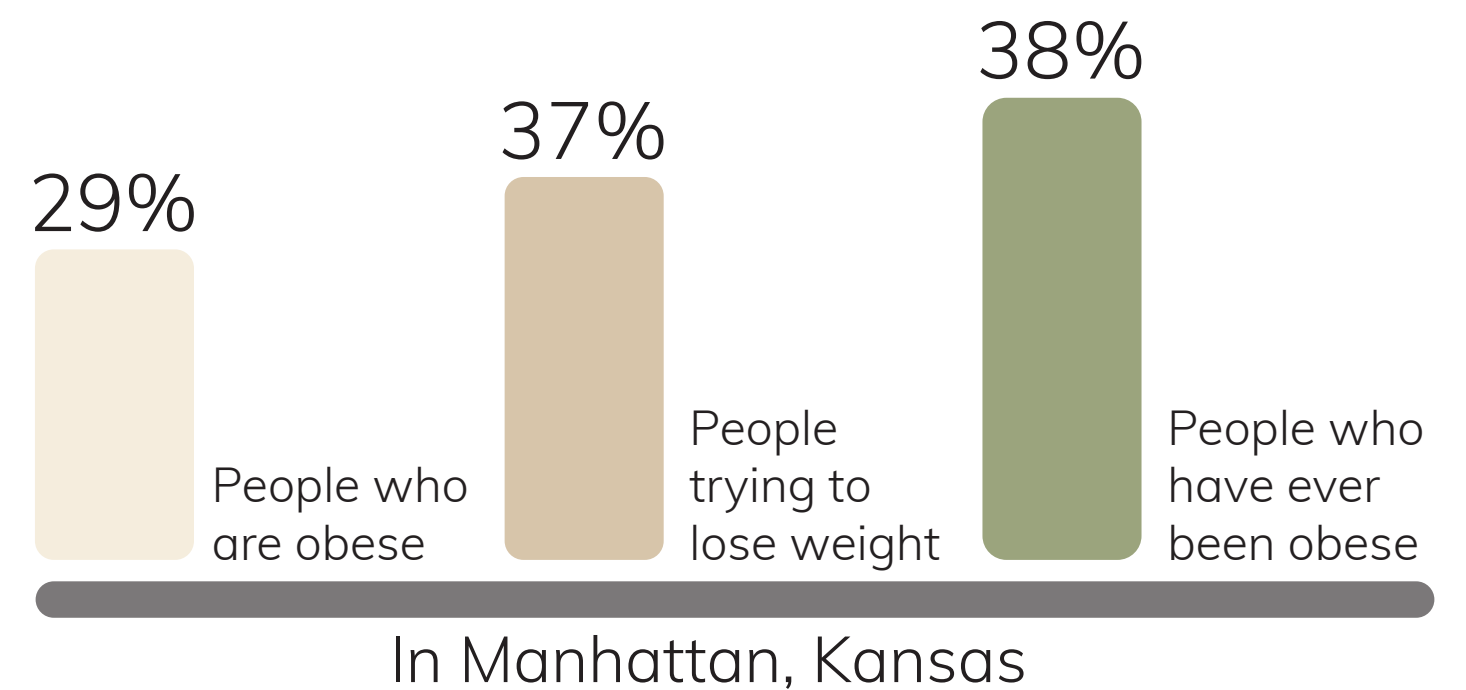
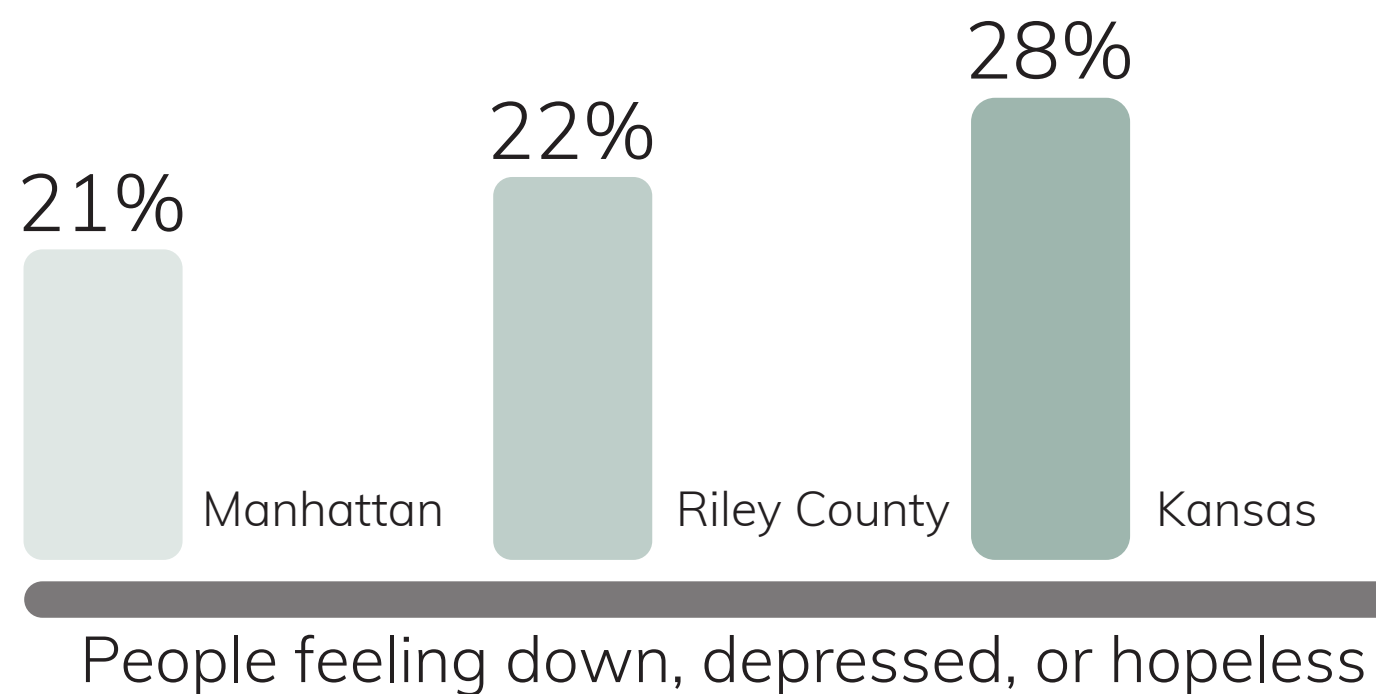
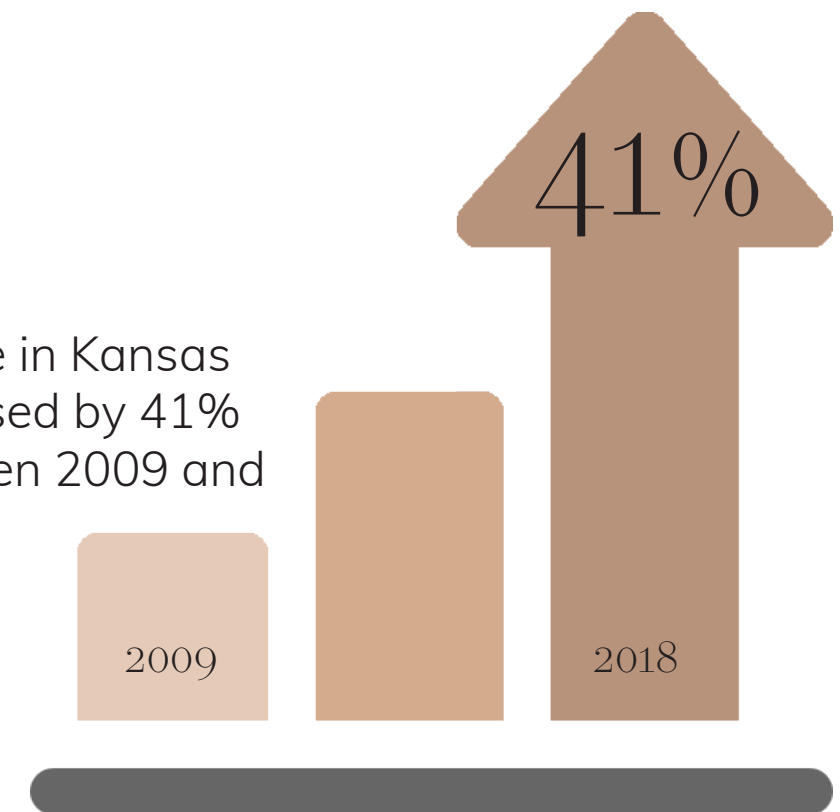
Asian ● 6%

Black ● 6%

Other ● 7%



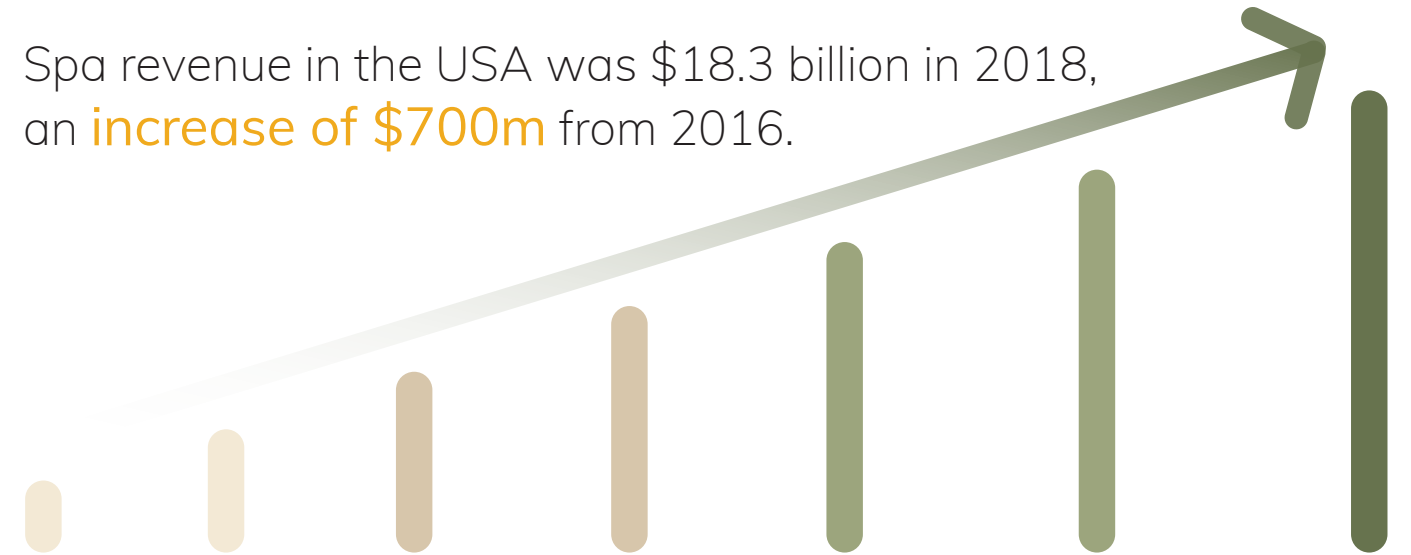
Suicide in Kansas increased by 41% between 2009 and 2018



MARKET

- The corporate wellness industry is being driven by increasing insurance costs related to growing obesity levels.
- Medical costs for people classified as obese (almost 40% of the US population) are **\$1,429 higher** than those of normal healthy weight.
- Well-designed wellness programs have a **return on investment of 1.5-3 times** the dollar amount spent over 2-9 years.

Spa revenue in the USA was \$18.3 billion in 2018, an **increase of \$700m** from 2016.



28% of American gym-goers regularly use the **spa facilities** at their club.

The global corporate wellness market is estimated to reach **\$66 billion in 2022.**

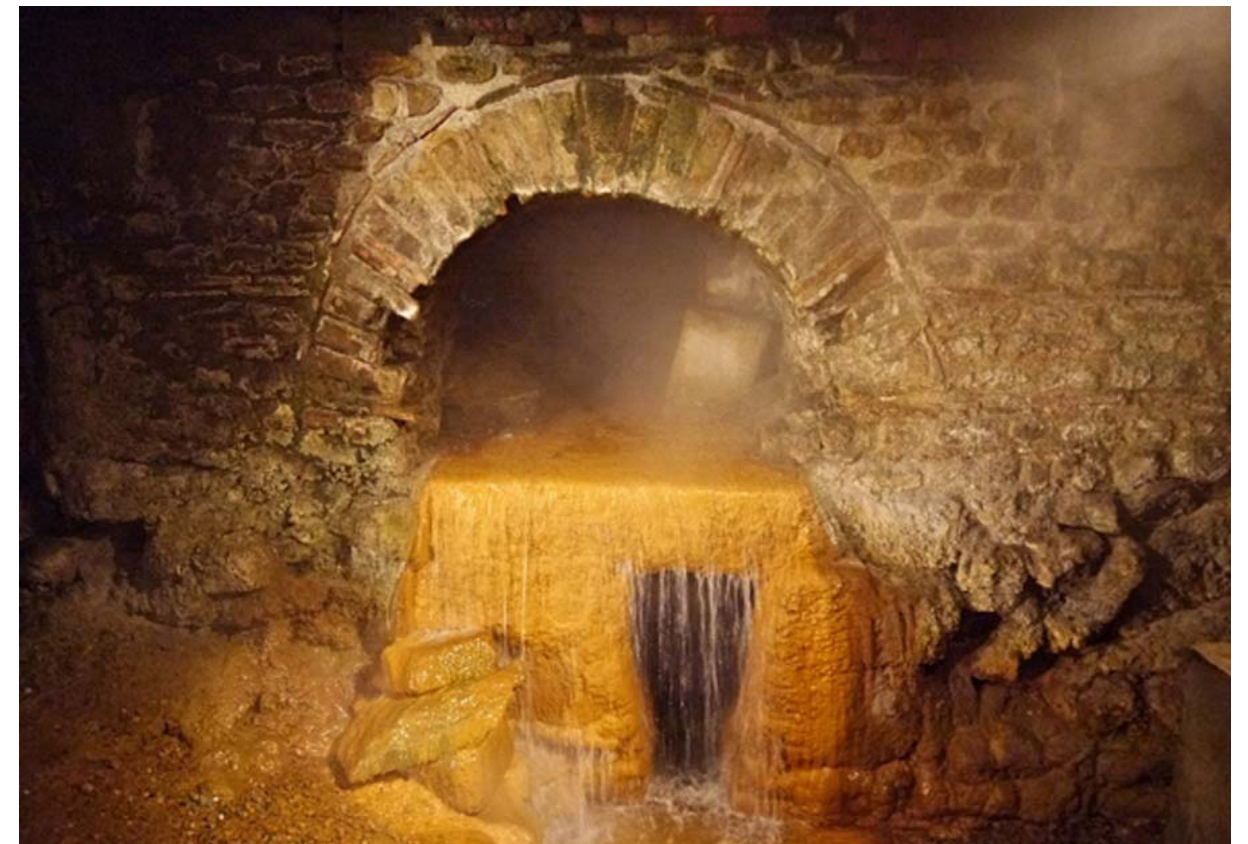


HISTORY

The origin of spas is ancient, and goes back to hot springs in Rome/Greece. They were a place of healing and divinity. A place to reflect on the meaning of the world around us and our place in it.

8 As time went on, spas were visited by the wealthy elite as they had more ability to travel to these locations.

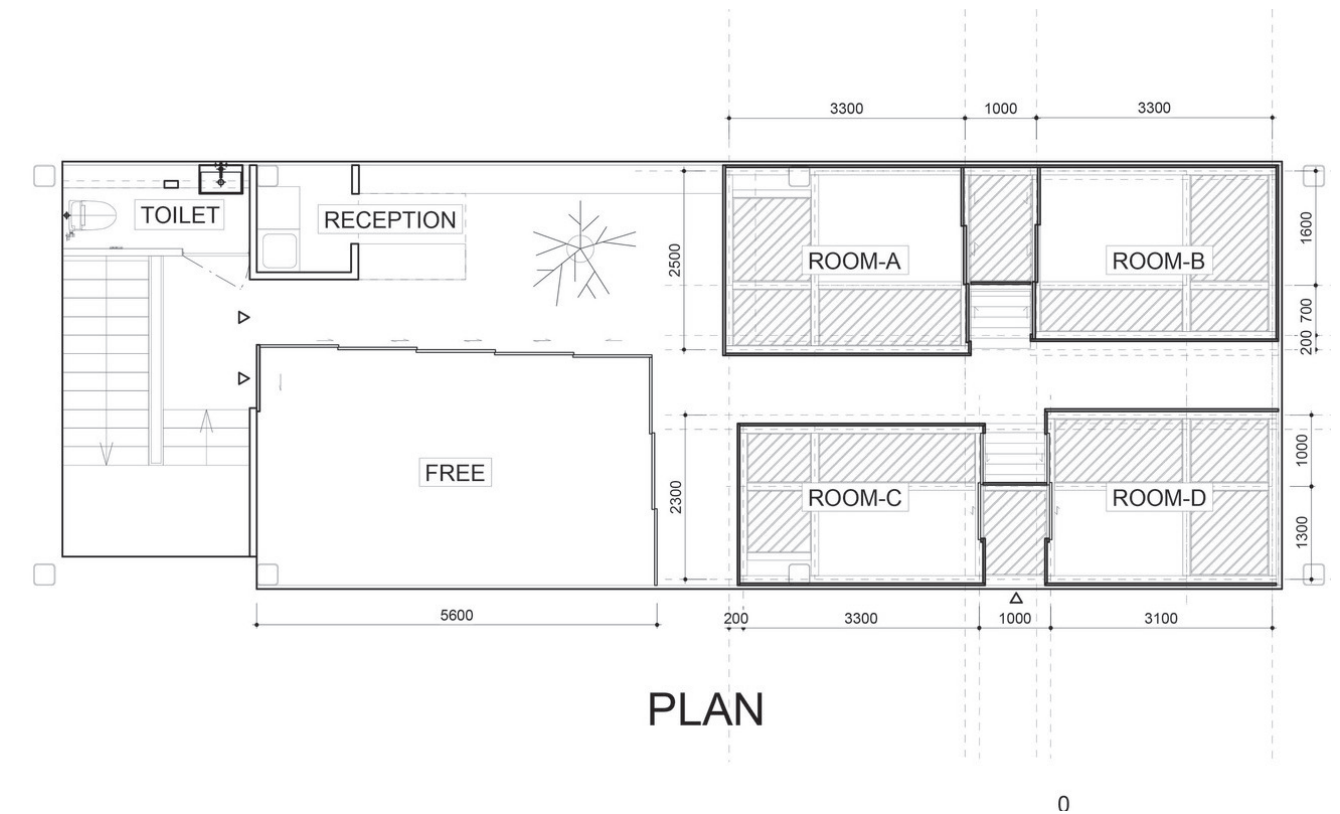
In the 19th Century, spas were hoping to reach a larger audience and began adding services that were more affordable. This created a more accessible environment and perception of spas.



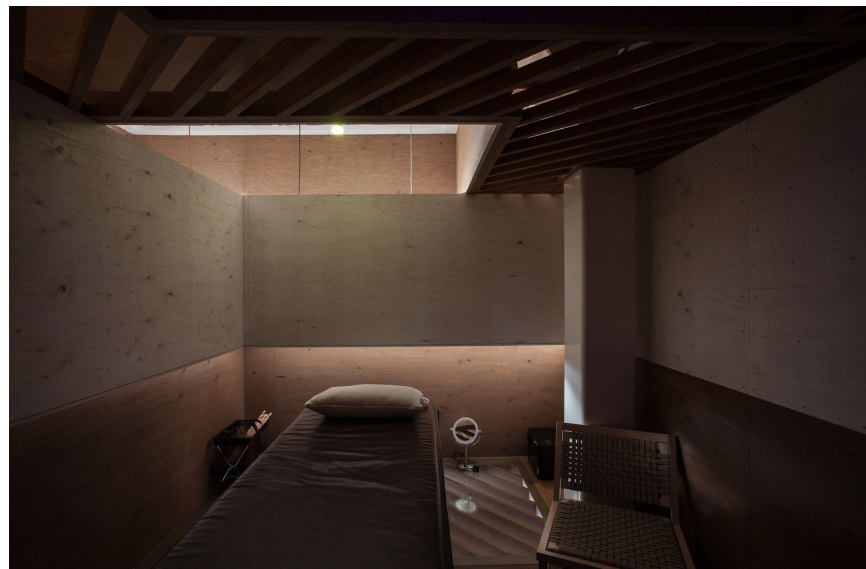
PRECEDENT

Haspali Spa / Three.Ball.Cascade. Architects

The Circulation here is simple and straight forward, but is made unique by the shifted wall structure and materials. The walls are divided into four layers and each layer is staggered and joined by points, allowing light to come in through the spaces created by staggered layers and they also allow the light to leak out. This space was small, I liked their use of space and materials to make it feel light, not cramped.



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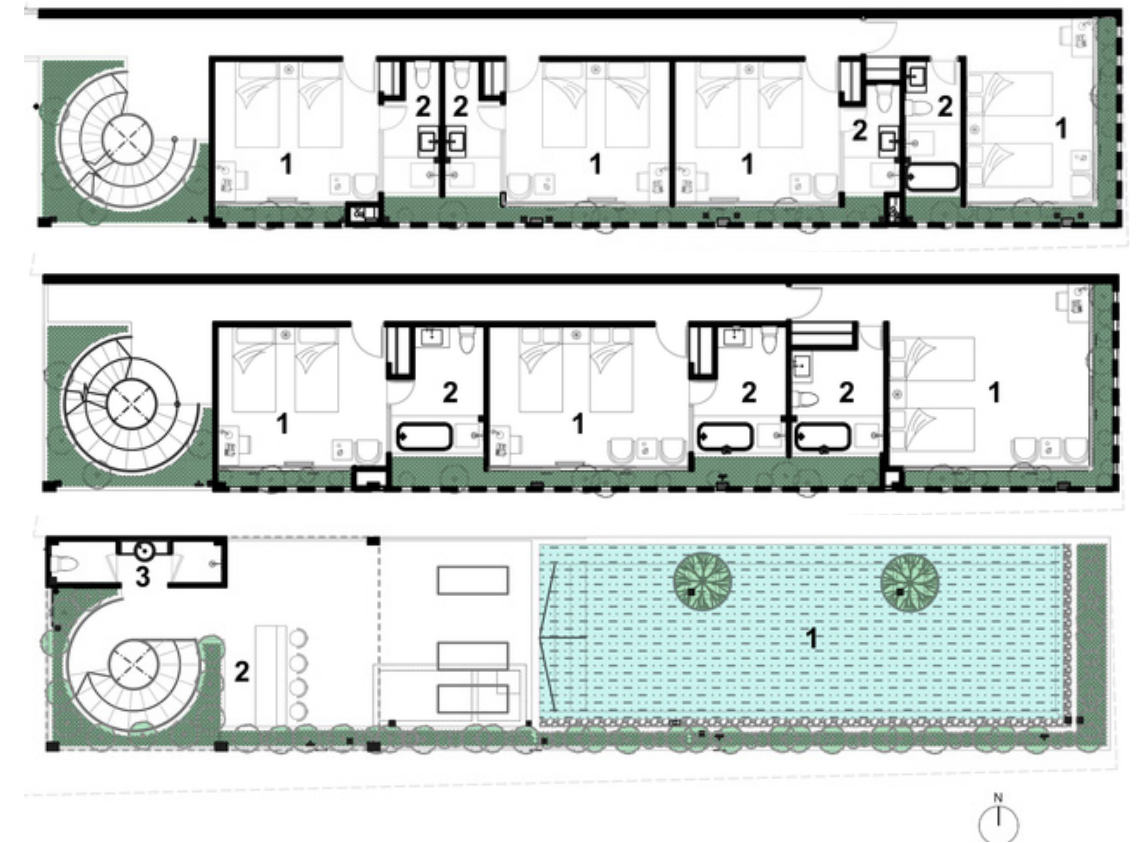


PRECEDENT

Babylon Garden Spa Renovation / Ho Khue Architects

The Circulation here is simple and linear, I like how the rooms have access to light, but it's filtered through plants.

My favorite part of this spa is the use of greenery, it's on the exterior of the building, which is not something I can really do. I plan to incorporate a decent amount of greenery in my spa as well as natural materials.



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PRECEDENT

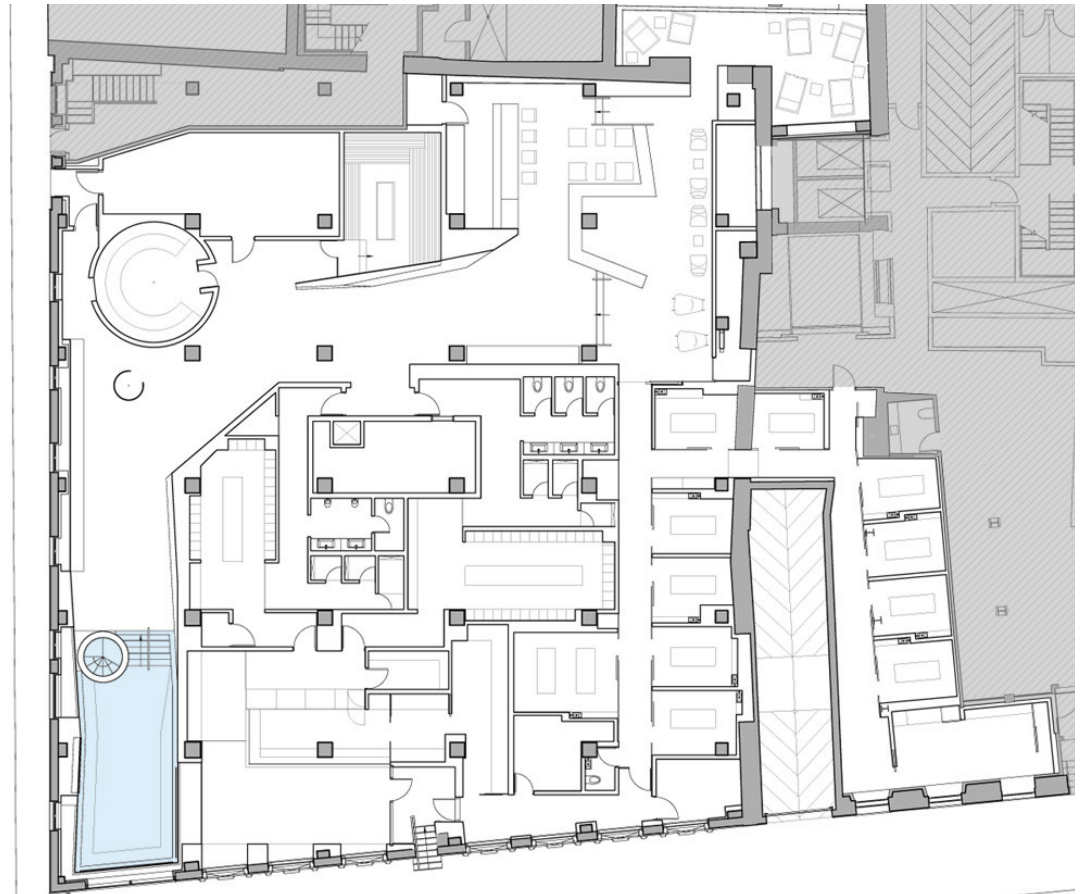
Scandinave Les Bains Vieux / Saucier + Perrotte architectes

The Circulation in this spa is hard to understand for me, there isn't a clear direction that I can see traffic traveling.

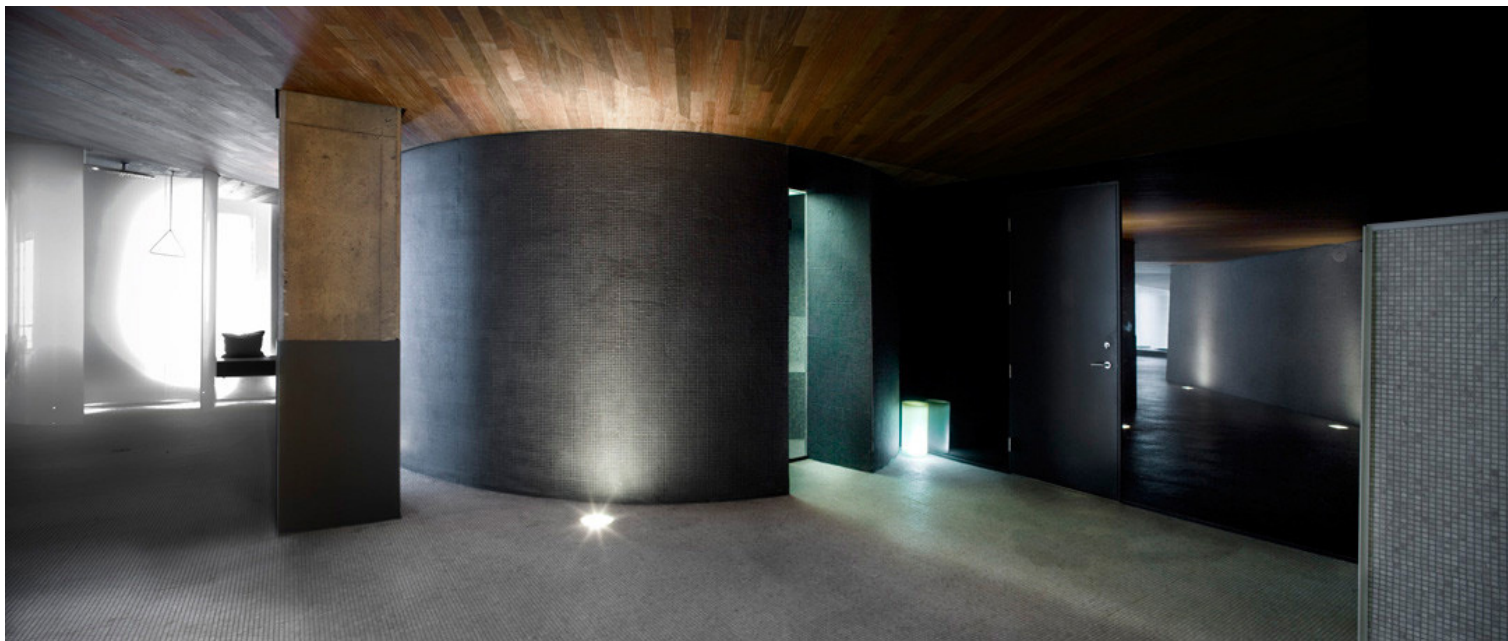
I like the way they use light to accent spaces and make them feel underground. The light is indirect and seems like it's coming from the wall itself.

There are some great material choices here, very rough and natural but also finished.

None of the spas I have seen so far have had symmetrical plans. I feel symmetry would bring some clarity to circulation and function.



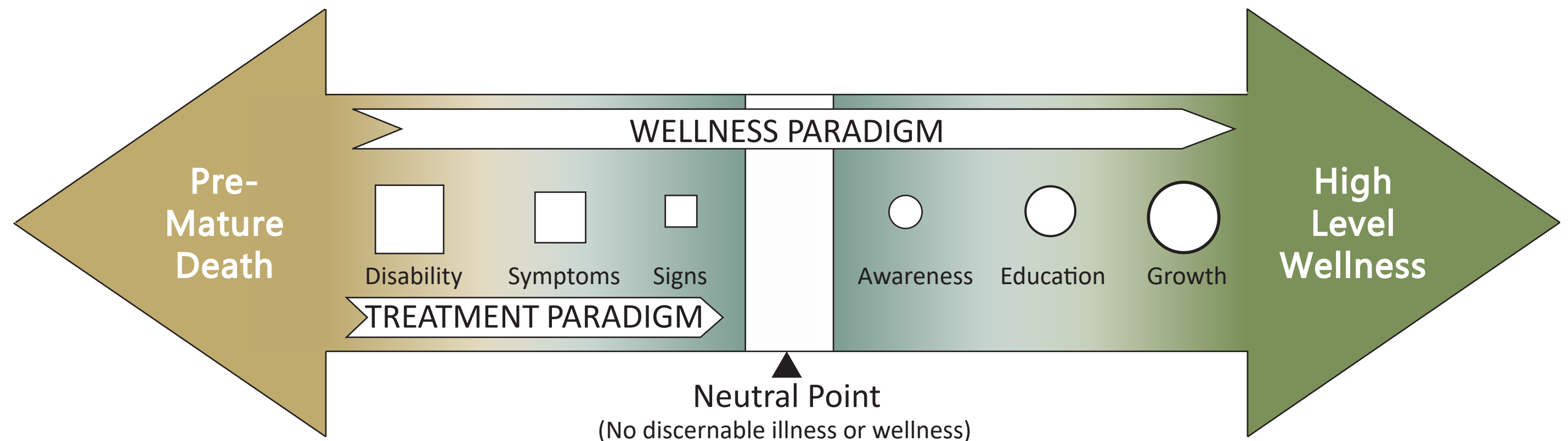
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THEORY

The Wellness-Illness Continuum

The mere absence of illness doesn't bring wellness, doesn't mean quality of life, and it is rather a neutral point in the middle of the graph. The modern medicine, labeled the Treatment Paradigm, can bring it's patients to this neutral point, meanwhile the wellness paradigm extends over both sides of the continuum.

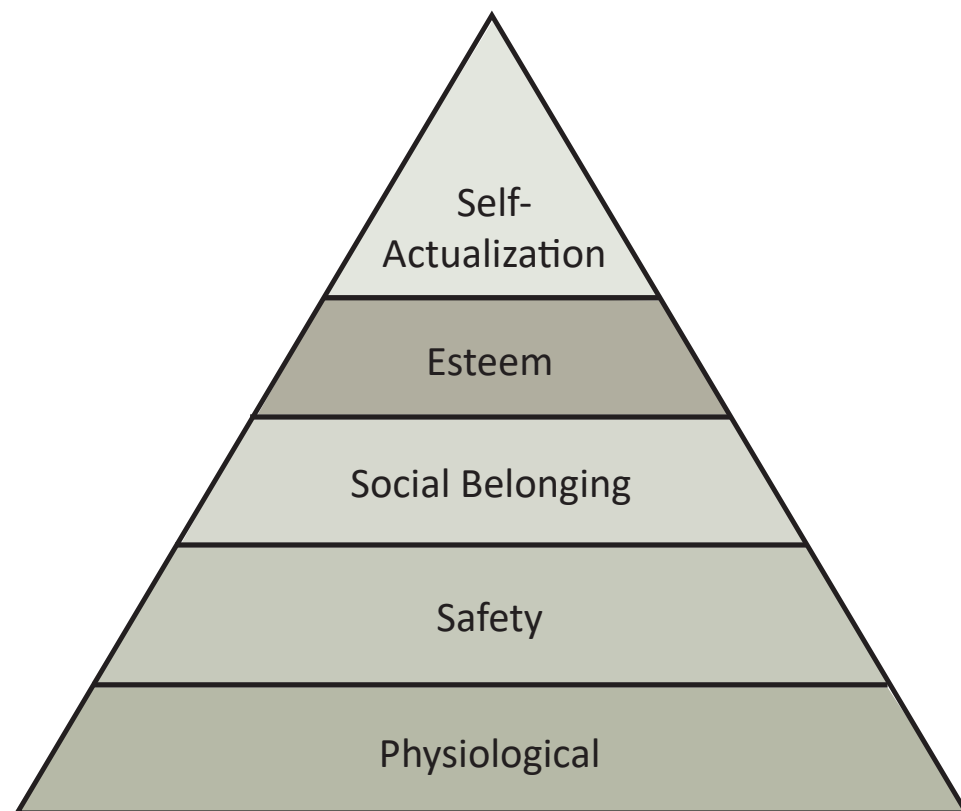


THEORY

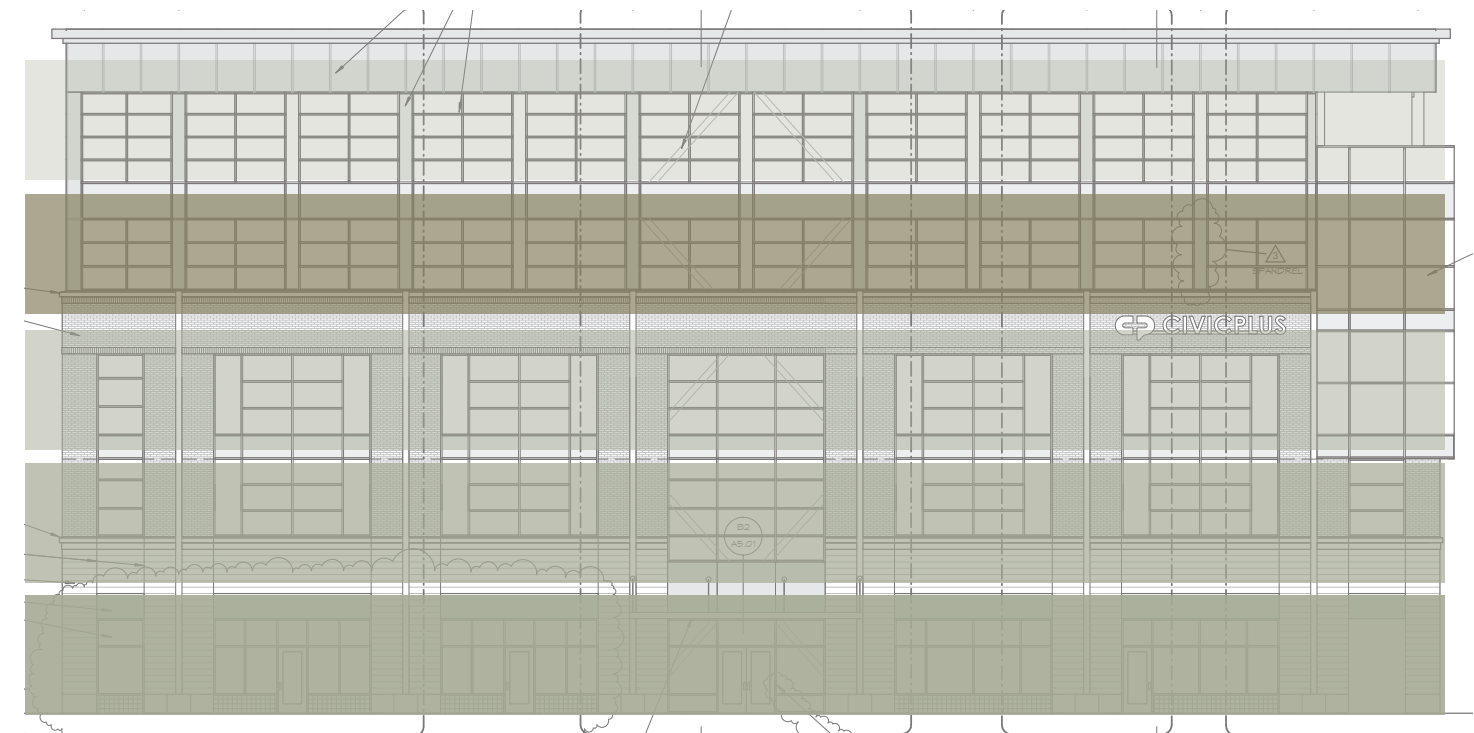
Maslow's Hierarchy of Needs

People are motivated to achieve certain needs and that some needs take precedence over others. Our most basic need is for physical survival, and this will be the first thing that motivates our behavior. Once that level is fulfilled the next level up is what motivates us, and so on. Maslow posited that human needs are arranged in a hierarchy.

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Therapy
Wellness Spa: Area of Focus
Yoga/Barre/Aerial
Fitness and Physical Therapy
Wellness Offices and Nutrition/Hydration



JUSTIFICATION

EVIDENCE ANALYSIS

Based on the sources that I have read and the data that I have illustrated earlier in the document, I have come to the conclusion that Manhattan's population would benefit from a wellness resource that focuses on the holistic approach to wellness, not just one aspect of it. I could provide a nutritious restaurant, but that won't fix the underlying problems causing over-eating, poor habits, stress, and other ailments. I believe managing the symptoms of a lack of wellness is not enough, we need to go further and help change whatever the root of the problem truly is. The design and business model of Origins Wellness Center will do exactly that.

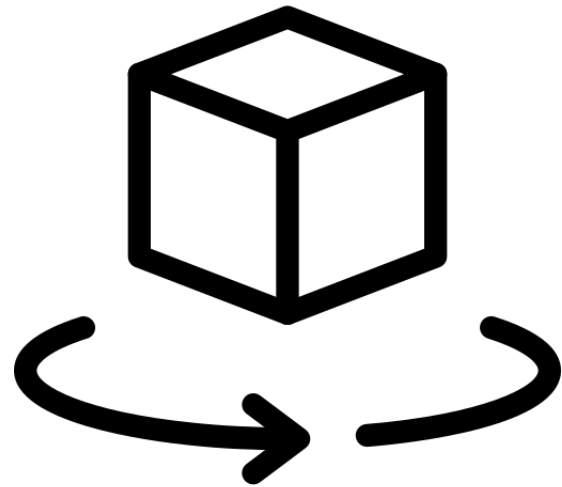
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PROJECT STATEMENT

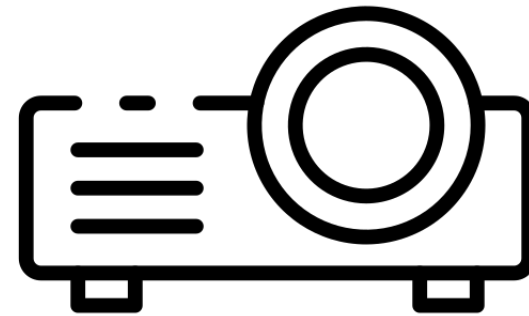
Manhattan, Kansas is home to a variety of residents from all sorts of backgrounds, but one thing that all the residents share is a need for holistic wellness. Manhattan currently has a scattering of health/wellness services, but none of them affordably focus on all key aspects of an individual's health. Origins Wellness Center strives to do just that by using Maslow's Hierarchy of needs to identify the most important steps to well-being, allowing individuals to reach their true potential and full wellness with a plan created just for them by professionals. Each floor addresses a piece of the hierarchy, creating a structure that will allow a person to climb the ladder of personal success in multiple aspects of their lives. The fourth floor will be the focus of this project, as a wellness spa that promotes self-reflection and meditation. This project aims to provide the manhattan community with an affordable wellness program that is effective for each individual user.

GOALS

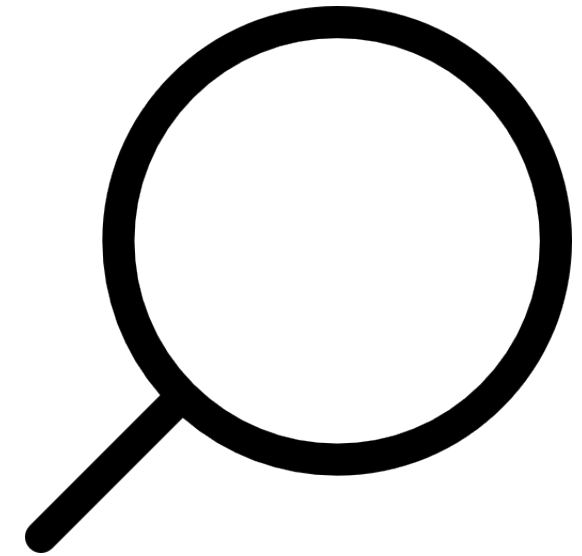
PERSONAL



Improve 3D
rendering skills



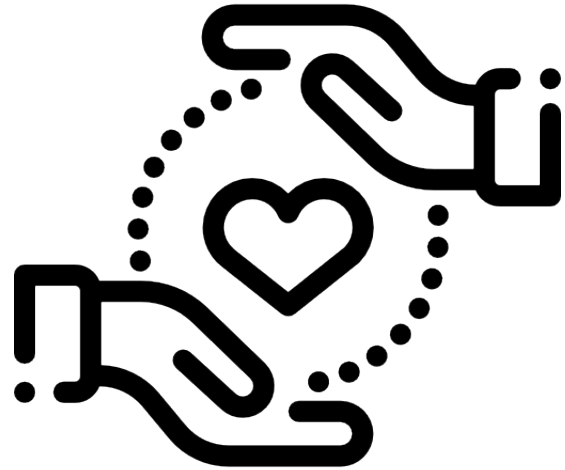
Improve
presentation
skills and
graphics



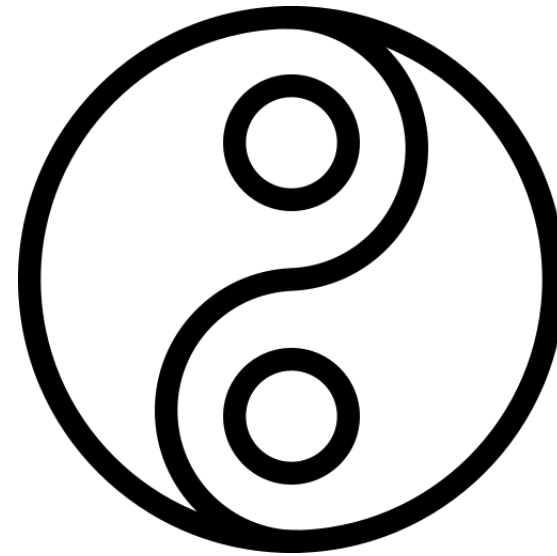
Increase
attention to
detail

GOALS

PROJECT



Provide a design solution that supports multiple aspects of wellness



Design so that users in the space will feel supported to do some self-reflection



Design with sustainability in mind and create a biophilic environment



Schematic Design

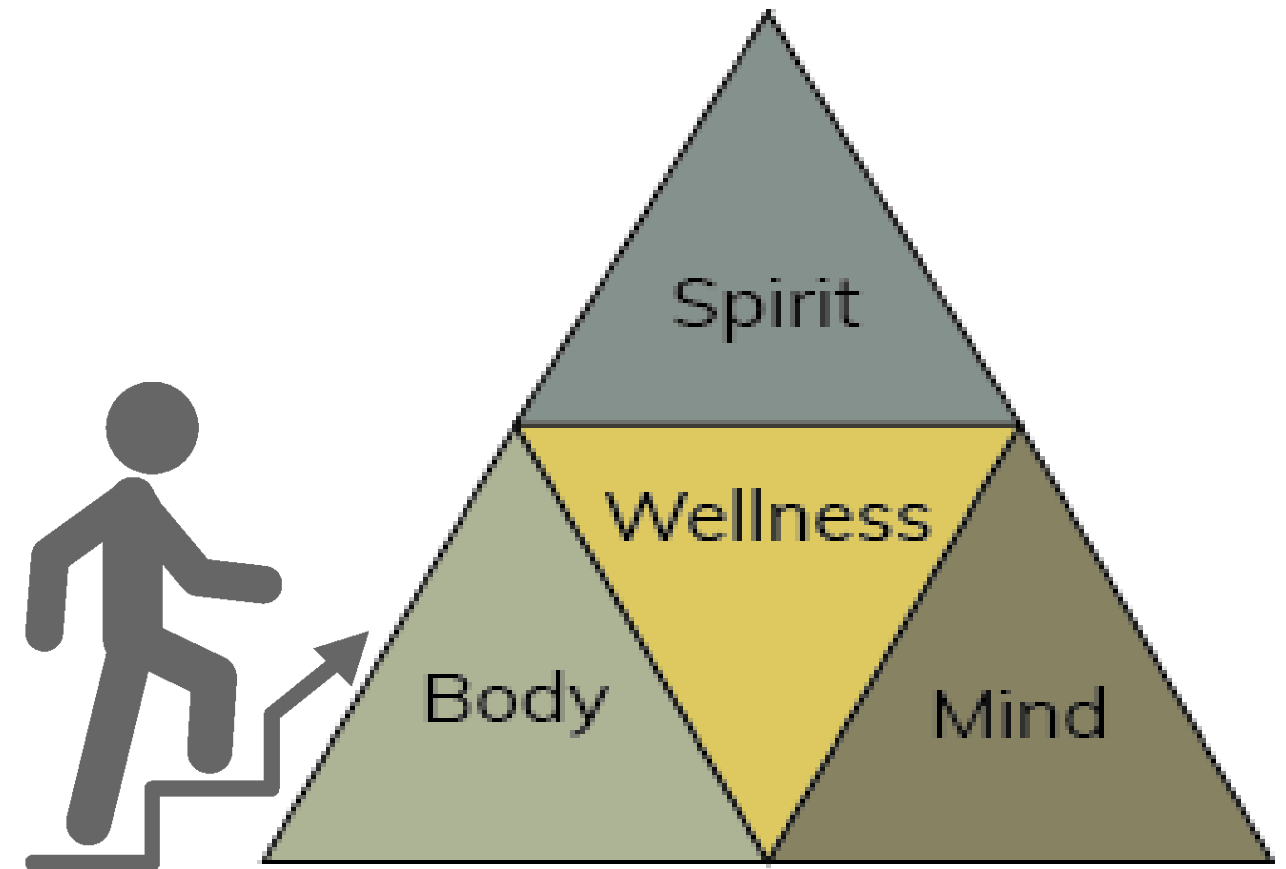
CONCEPT

Overall Concept

The concept for the entire center is

Ameliorate, which means to become better.

The idea is to **become better** not only in body, but also in mind. This clinic will give people of all walks of life access to the tools they need to climb the ladder of maslow's hierarchy of needs and reach their **full potential**.



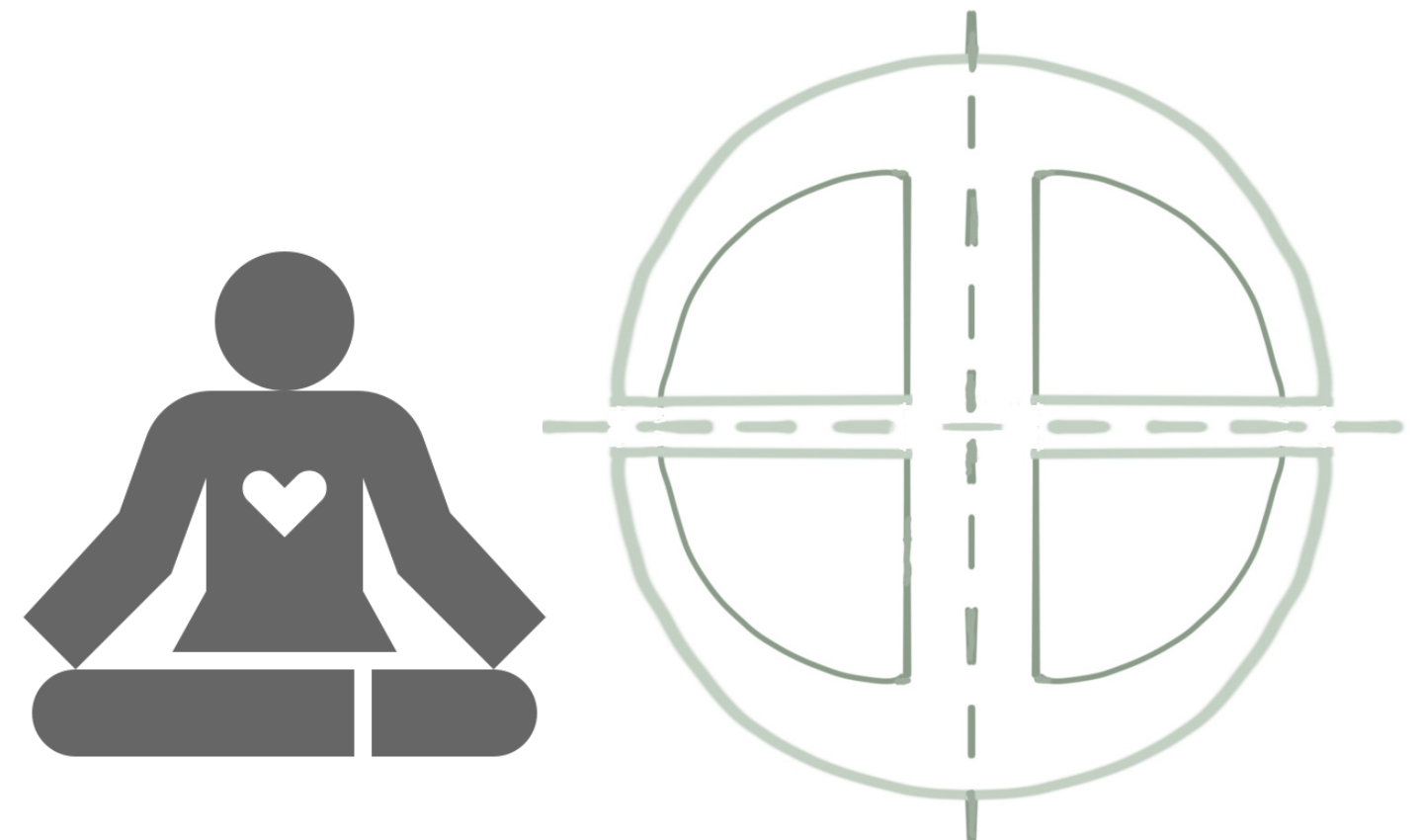
18

Spa Concept

The concept for the spa is **elemental**

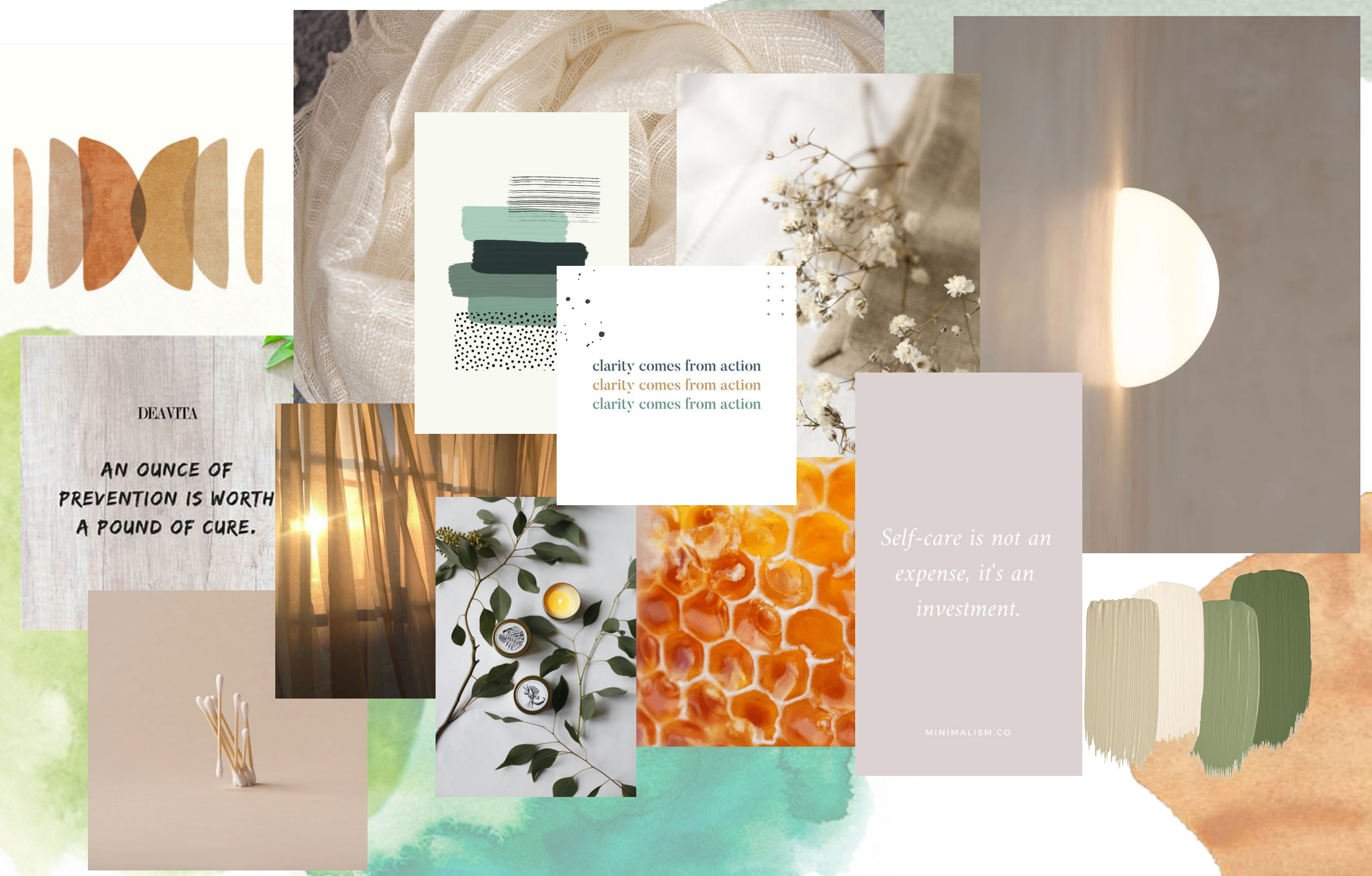
reflection. I want to provide a space where people can go to reflect upon themselves, their personal state of being, and their relationship with themselves without judgment. A

sanctuary for the self, and an opportunity to discover your **intrinsic character**.



MOOD BOARD

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STATE OF ART

Internet of Things

The internet of things, or IoT, is a system of interrelated computing devices, mechanical and digital machines, objects, animals or people that are provided with unique identifiers and the ability to transfer data over a network without requiring human-to-human or human-to-computer interaction.

In this context, it would be implemented in temperature, lighting, and music catering to a specific persons preferences. A member can set up their account and enter these preferences and when they are given their wrist band at the reception, their spaces will be catered to them.



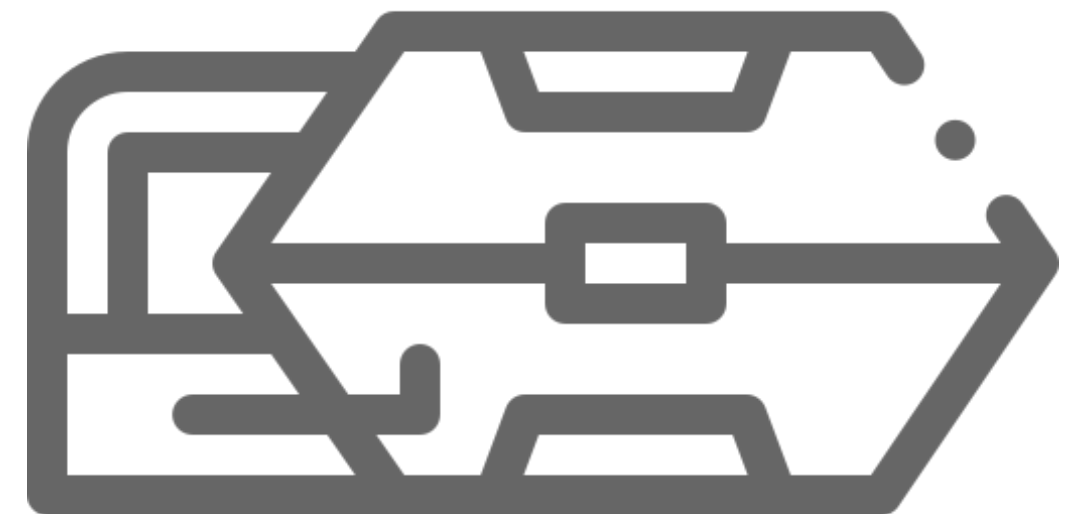
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Sensory Deprivation Pods

A sensory deprivation tank, also called an isolation tank or flotation tank, is used for restricted environmental stimulation therapy (REST). It is a dark, soundproof tank that is filled with a foot or less of salt water.

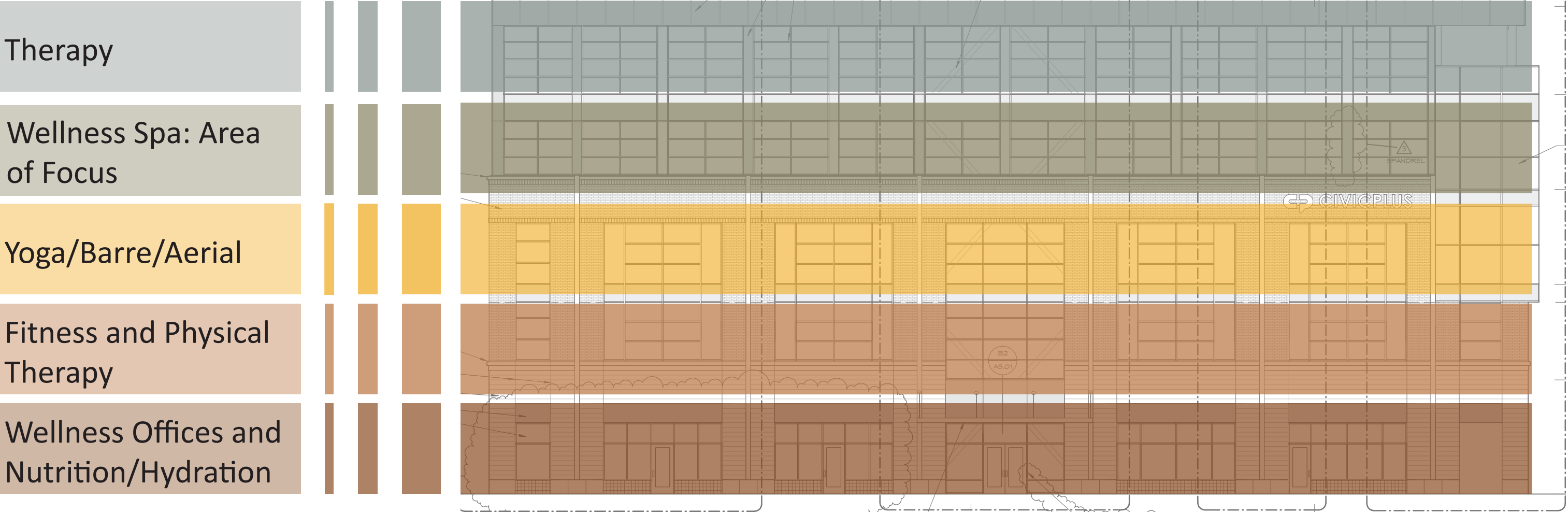
Some of the benefits of these deprivation pods are muscle relaxation, better sleep, decrease in pain, and decreased stress and anxiety.

There will be two provided on each side of the spa.



MASTER PLAN

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FLOOR ONE

& Wellness Welcome Center & Origins Cafe and Bar

The first floor will be all about providing an introduction to wellness. There are wellness and nutrition offices where new and existing members can go to form a plan for their wellness journey that is tailored to their goals and budget. There is also a hydration bar and nutrition cafe to introduce people to healthy alternatives.

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FLOOR TWO

Origins Fitness

The second floor will focus solely on physical wellness, building strength and healing physical ailments. This is a physical fitness gym with 3 physical therapy offices for injury prevention and rehabilitation.

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FLOOR THREE

Origins Radiate Yoga Studio

The third floor will be focused on combining mental and physical wellness through yoga and other meditative physical activities. The idea is to build connection within oneself, and to others in your classes. This is both a team and individual exercise.

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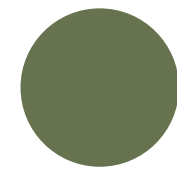
FLOOR FIVE

Intrinsic Care Offices

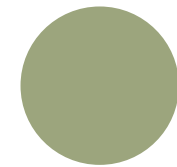
The fifth floor will be focused on mental wellness. There are private therapy offices for private practices, as well as rentable private rooms for people who use telehealth to meet with their providers. To benefit the entire community, there is a seminar space where people will host talks and presentations on subjects like how to manage stress, working through a family crisis, and so on.



PROCESS



Connection



Visual Separation

No Connection

Reception

Locker Room

Relaxation Suite

Steam Room

Sauna

Treatment

Sensory Dep

Decompression



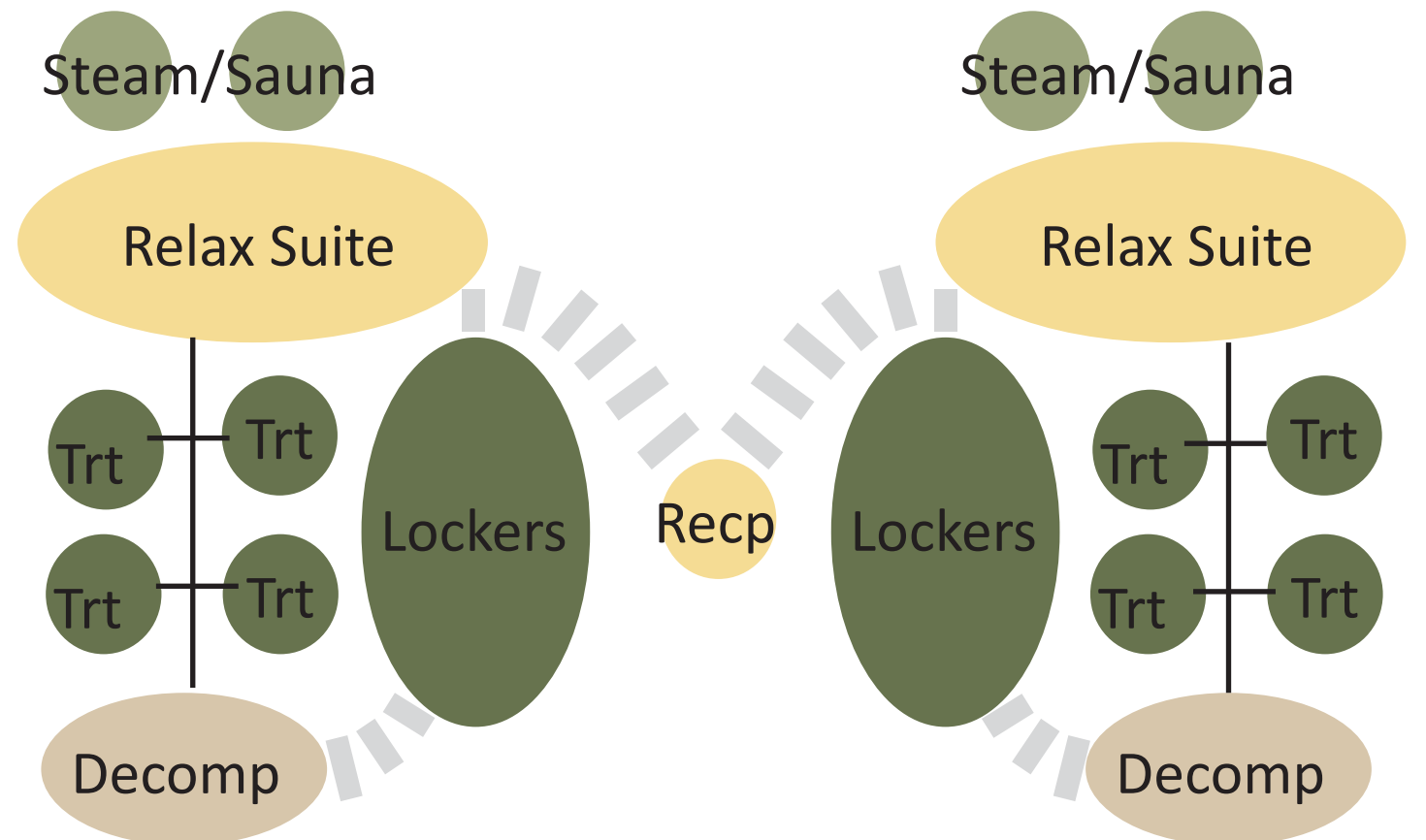
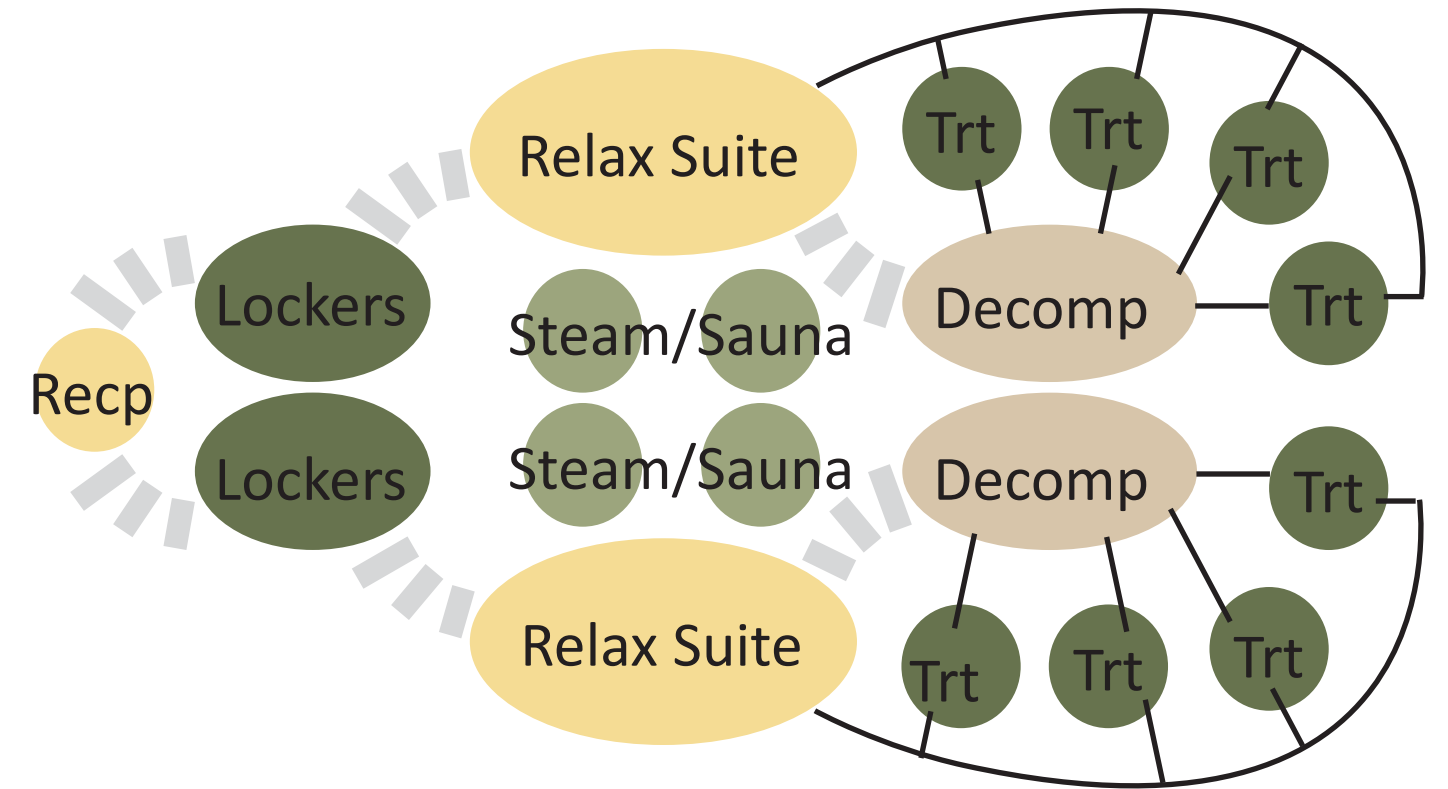
PROCESS



More Open
Connection

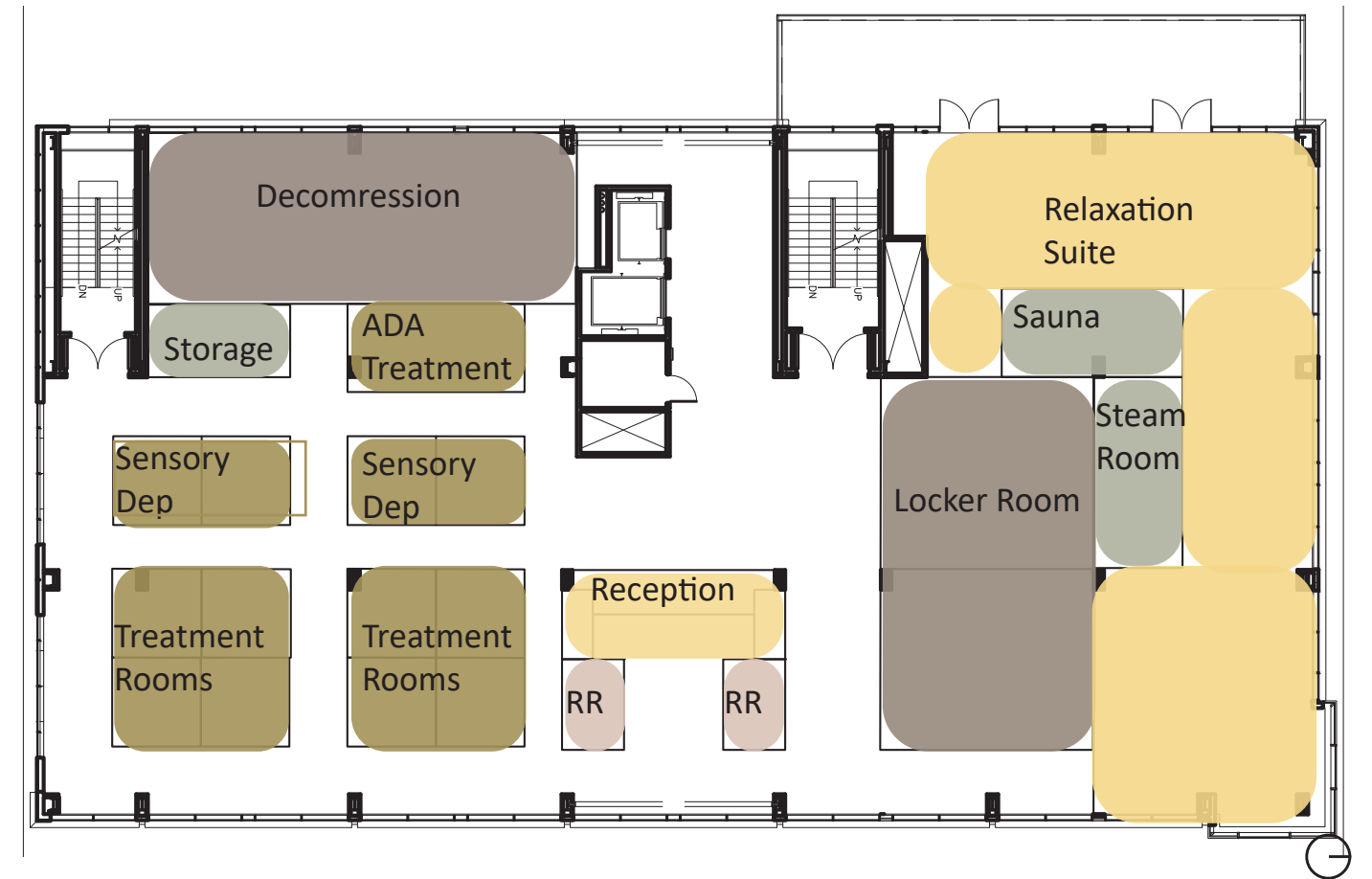


Visual Separation
Physical Connection

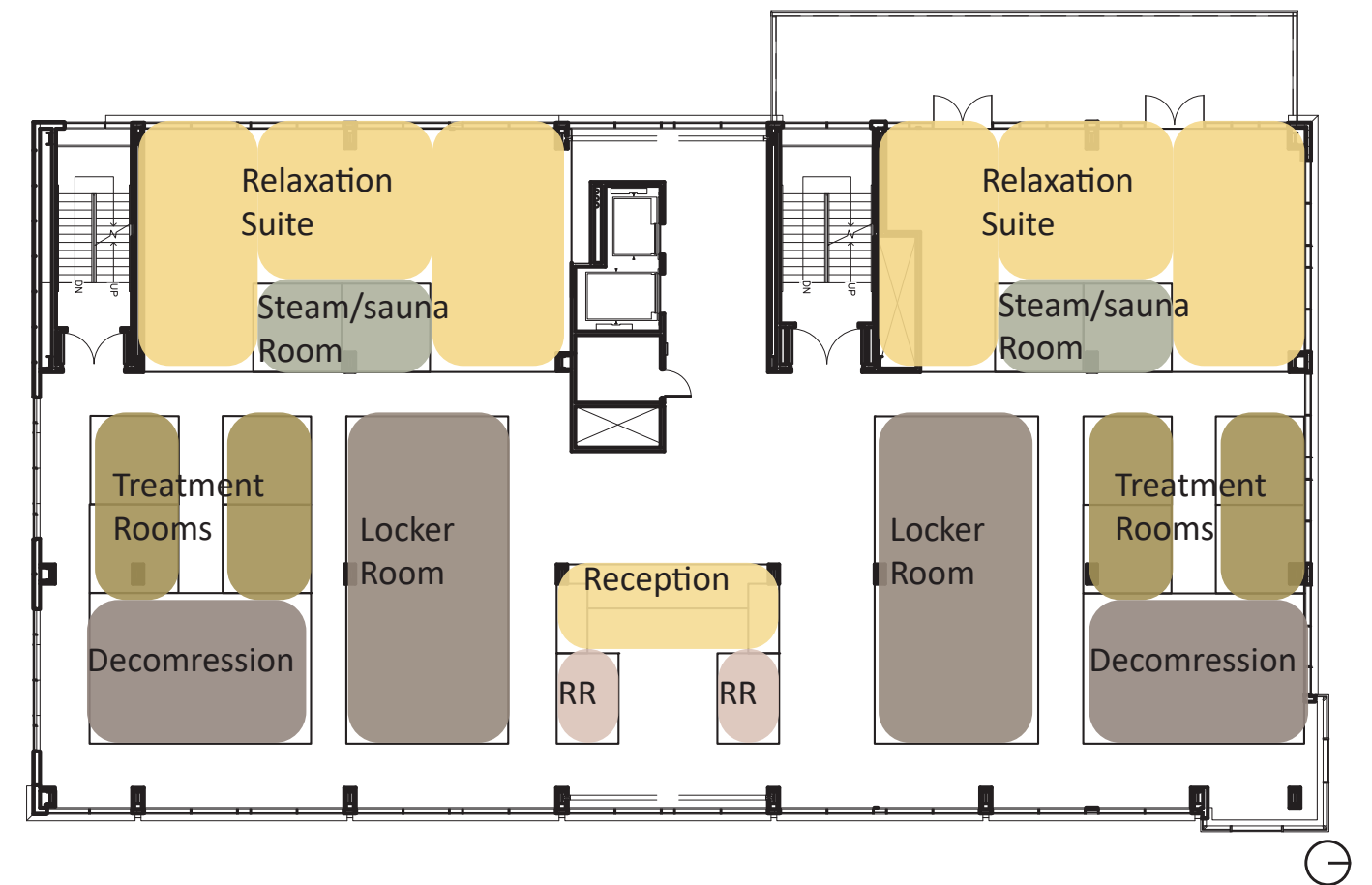
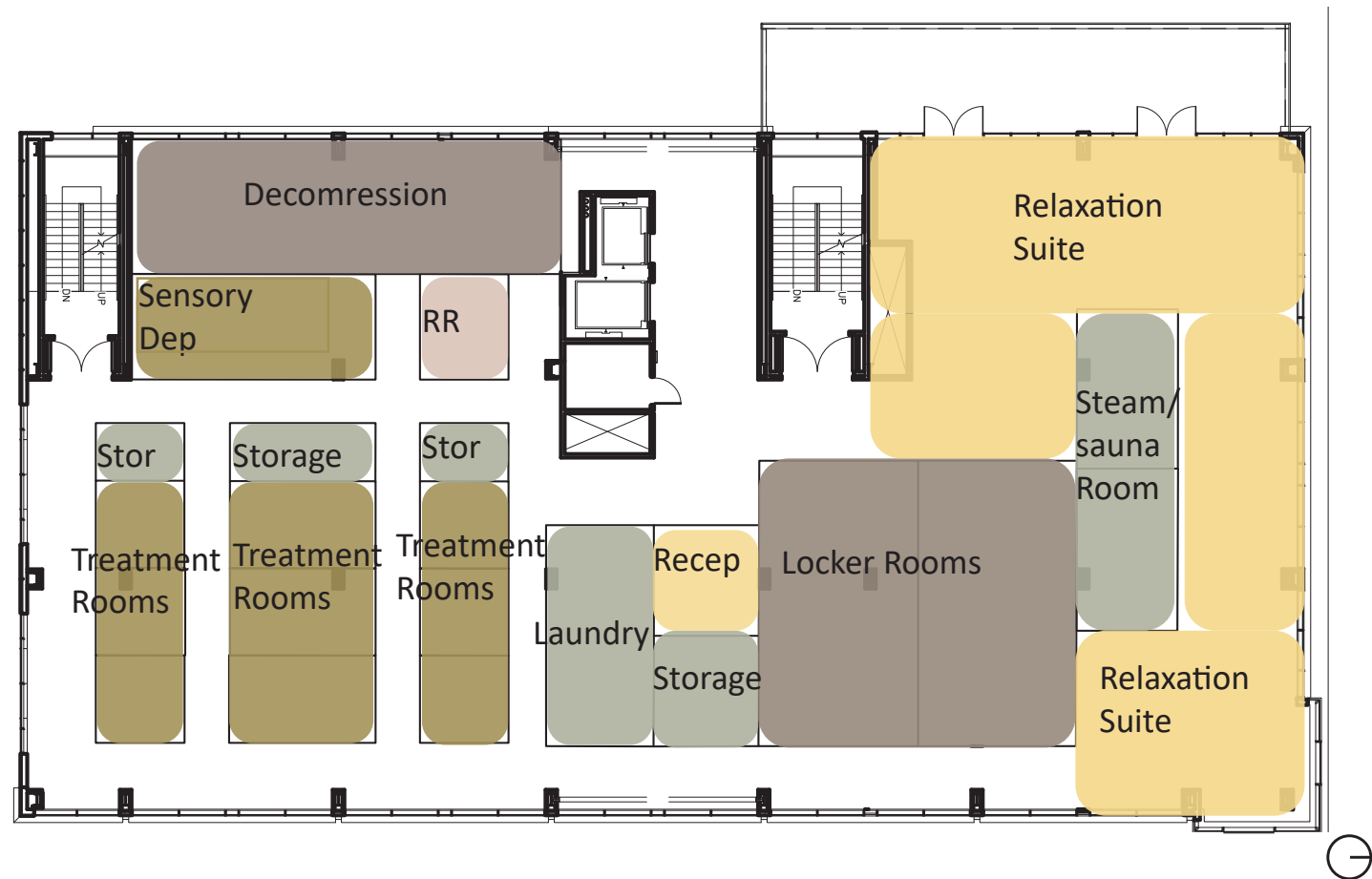


PROCESS

I wanted reception to be front and center, which was difficult considering the elevators were not symmetrical according to the column grid. I tried asymmetrical layouts but the walking distance between the relaxation area and the treatment spaces was pretty far and left no space for the staff. The symmetrical plan was the best solution and also fit with my concept and clarity.



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DIAGRAMS

SPATIAL ORGANIZATION

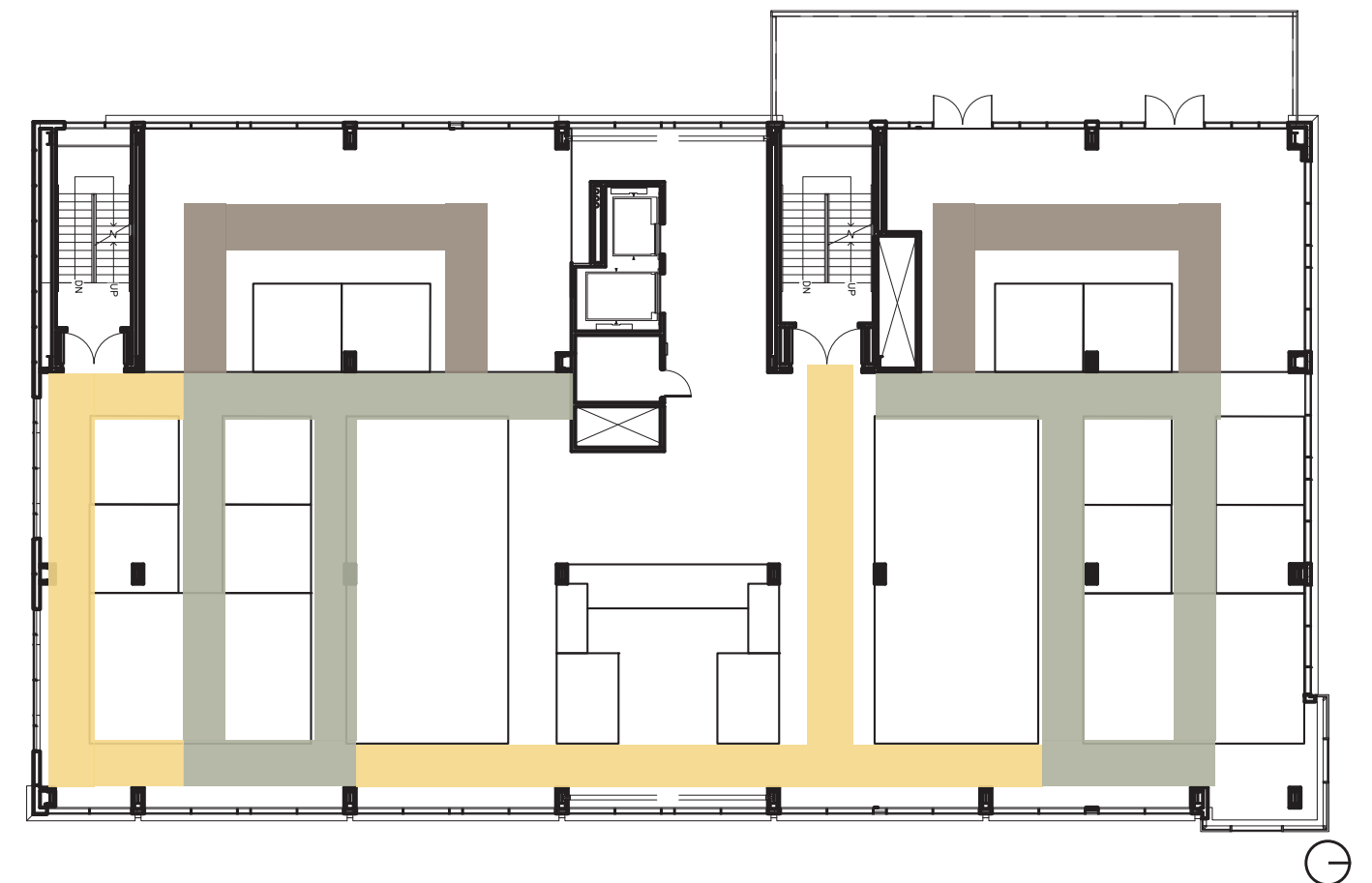
This diagram illustrates that I chose a symmetrical layout in relation to the column grid to embody my concept of reflection and bring regularity to the spaces.



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CIRCULATION PATHS

This diagram illustrates that primary circulation is around the main spaces, secondary circulation is through spaces, and exit circulation is around the perimeter and through the middle of the building.



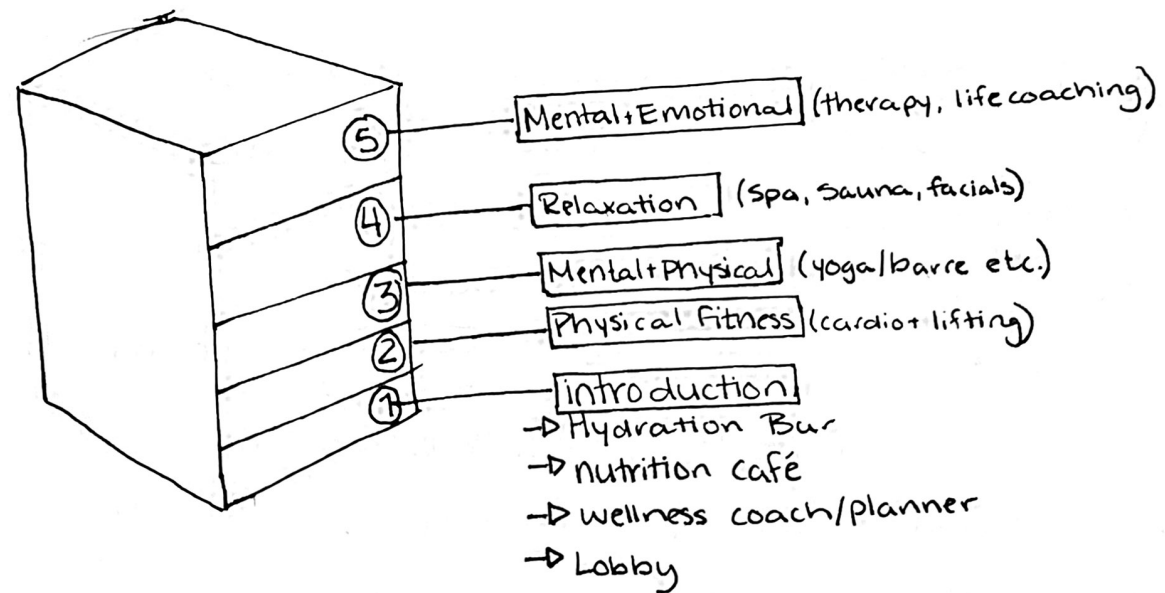


Process Documentation

SKETCHES

1-26-21 Idea!

Maslow's Hierarchy of Needs informs the purpose of each Level!



INITIAL IDEA

I was wanting to focus on well-being because it's such an important part of our daily lives that has very little supportive resources. I was trying to think of how I could support the key aspects of wellness in one center and what theories I could use. I used my minor in HDFS to help me come up with this idea.

- ① Hydration Bar
Nutrition Café
Wellness coach/planner
Lobby
Socializing

- ② Lifting + Cardio
traditional gym stuff
Physical therapy

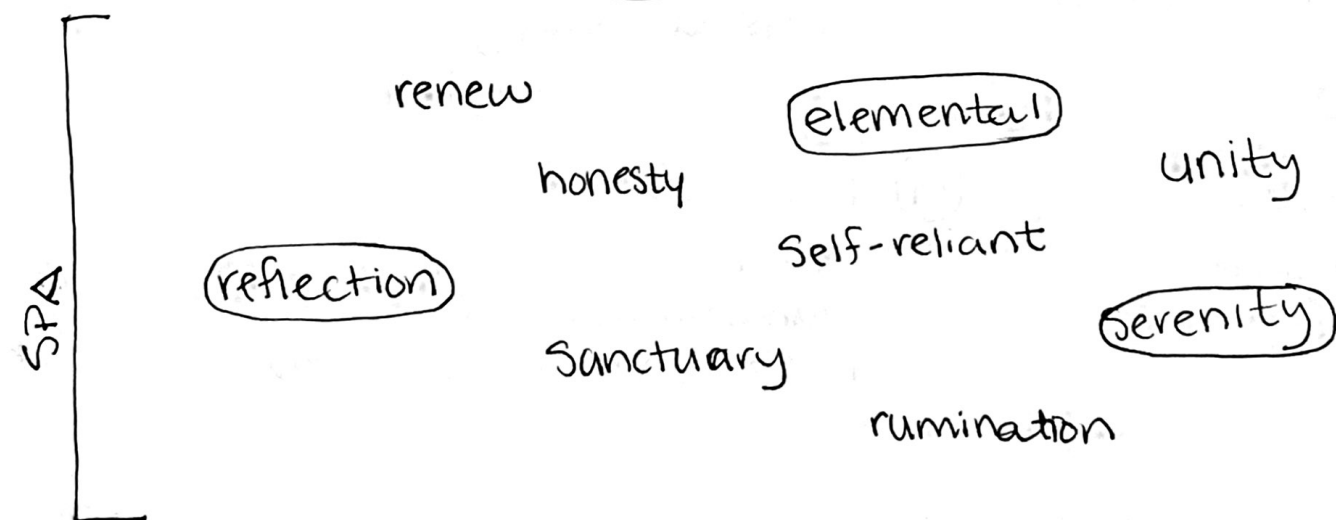
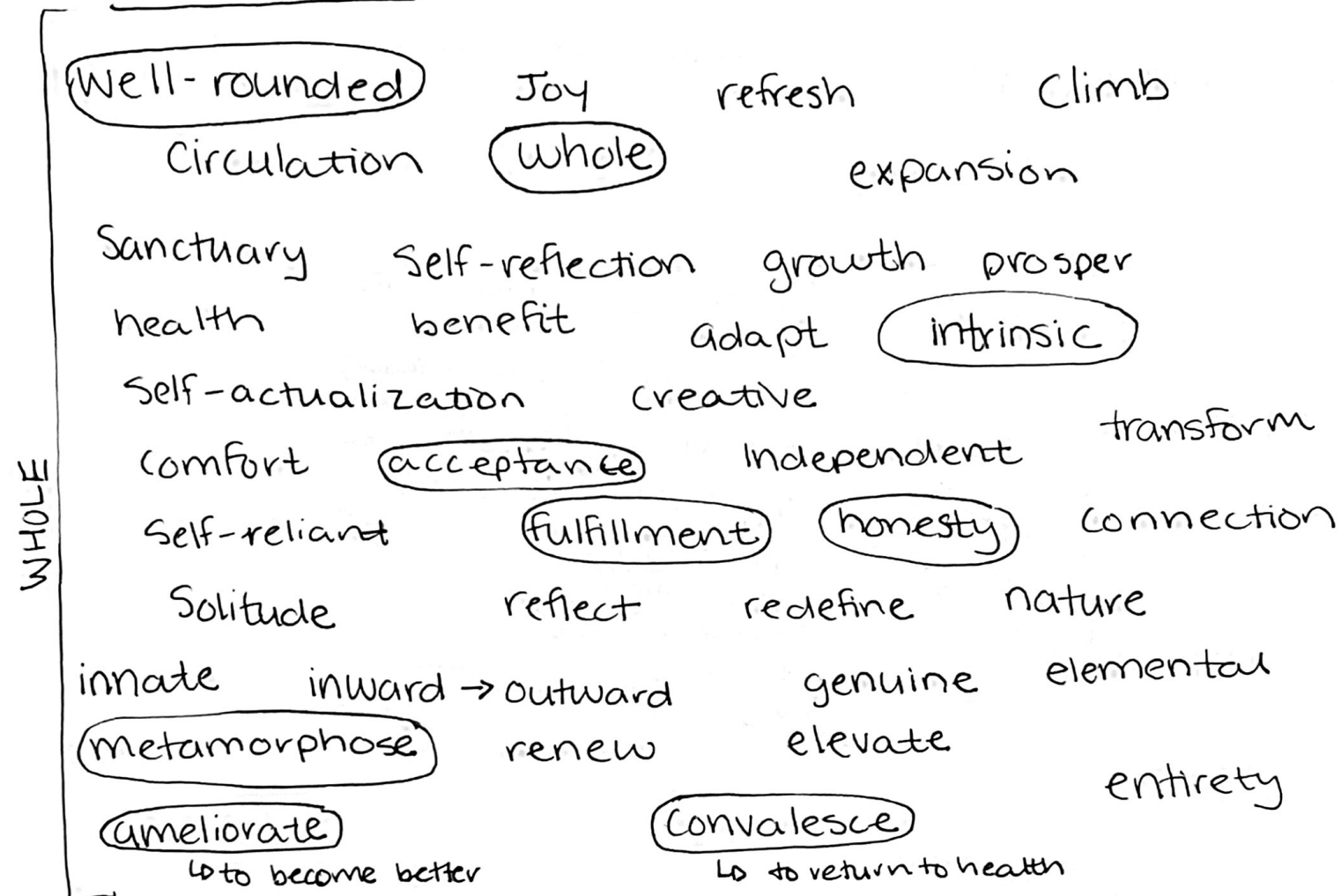
- ③ yoga/barre/etc.
Meditation spaces

- ④ Massages
facials
Sauna/steam room
lounge/shower space (Kohler)

- ⑤ Therapy offices (individual practice)
rentable virtual therapy rooms (Covid)
Life coaching
Stress management seminars (open to public)

SKETCHES

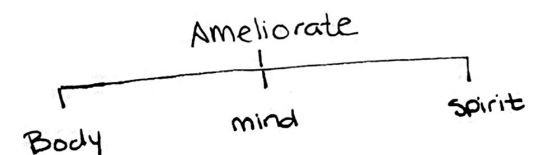
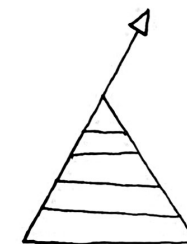
Concept



CONCEPT DEVELOPMENT

I always start concept development by thinking about my goals for the space and what words embody them. Then I write them out and look up synonyms and related terms. Finally, I circle my favorites and try to form a statement and branding idea that could inform design decisions through the project.

Concept diagrams 2/23/21

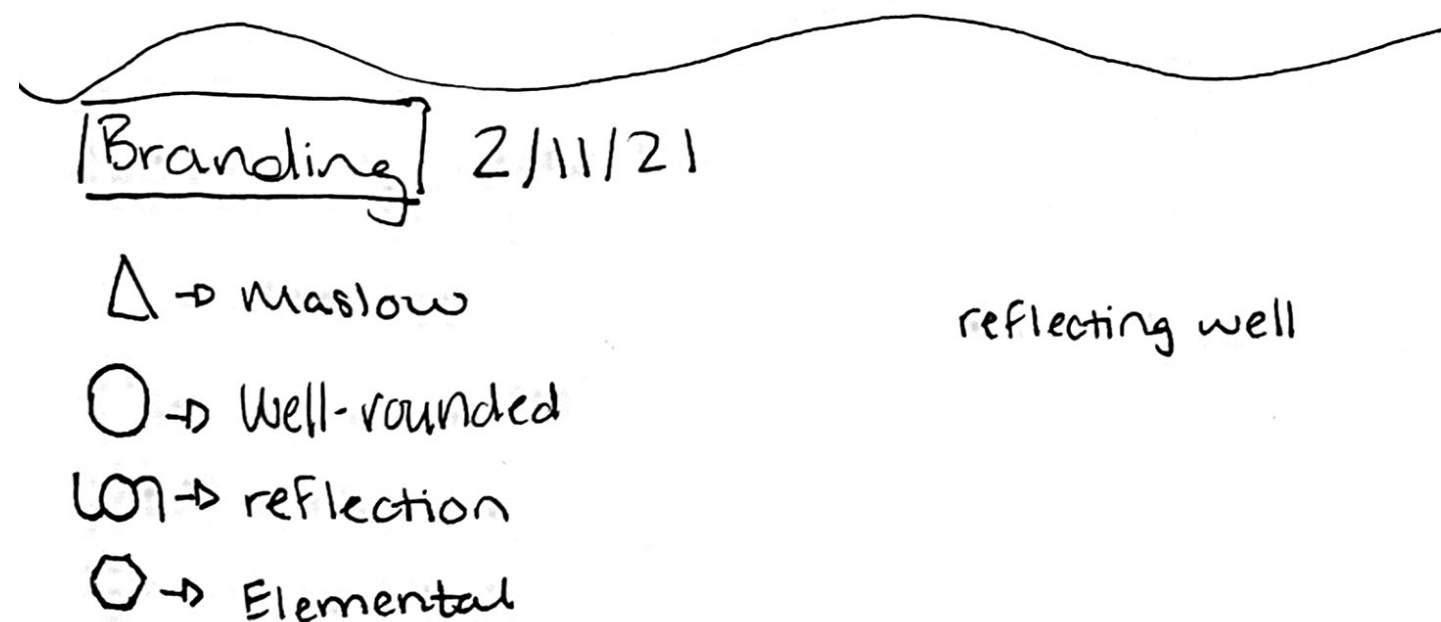


SKETCHES

BRAND DEVELOPMENT

After I developed my concept, I started working on the branding. I used the concept to find key ideas and motifs that I could bring into a design. Then I started to think about names, I landed on The Well until my student told me it sounded like a bar, so I thought Origin was the best alternative option.

33



Name → The Well
↳ sounds like a bar.

→ rise

→ the origin

→ ascend

→ lift

→ transcend

→ reform

→ salve

→ enrich

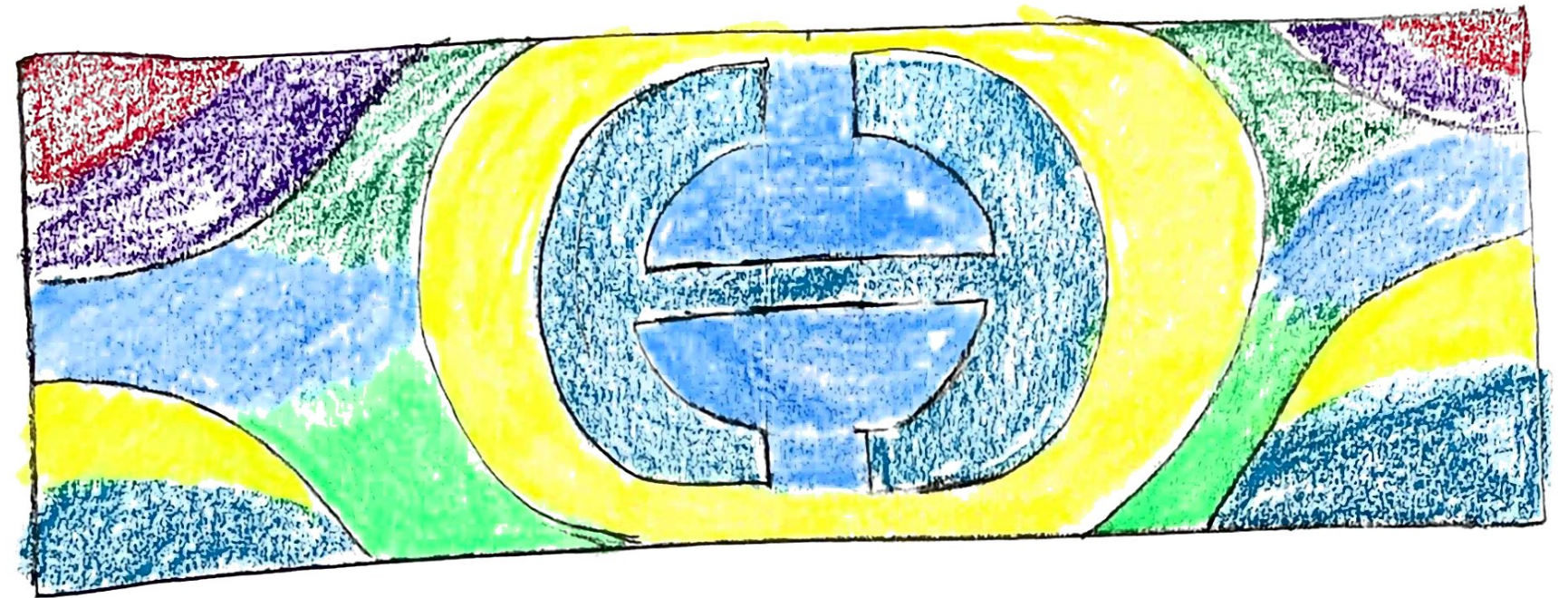
→ elixir

→ Nostrum

→ remedy

SKETCHES

Green Wall → lobby

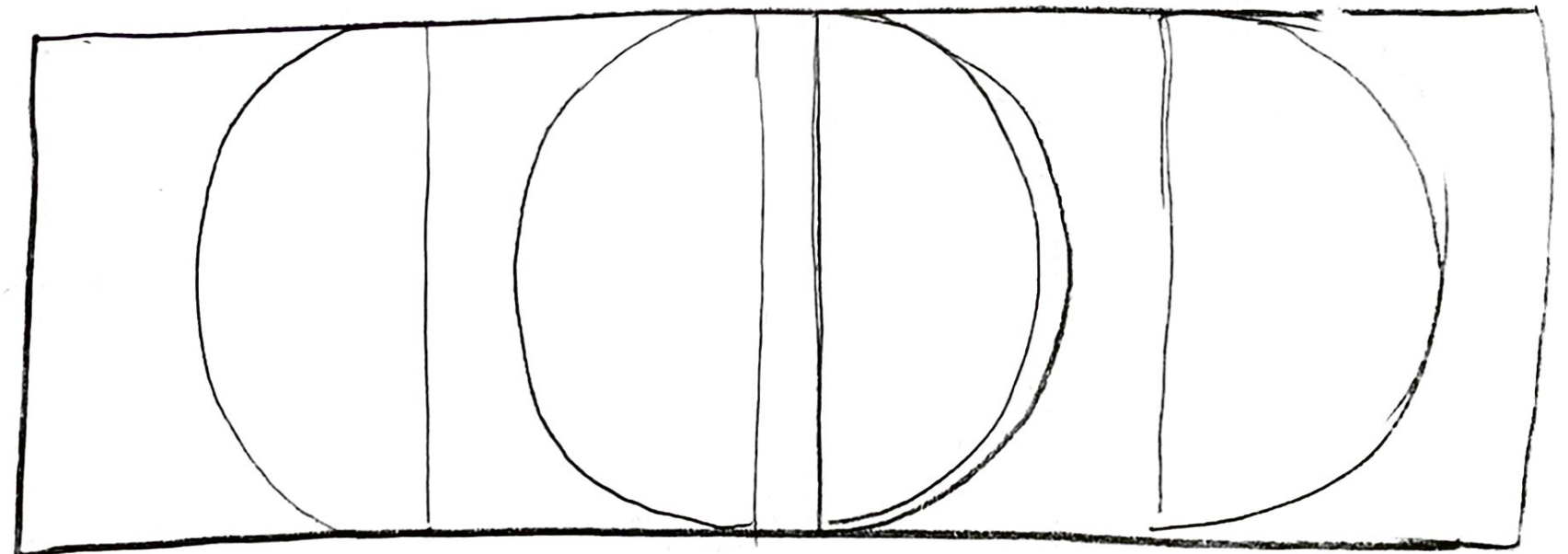


- Jade → low light, good coverage
- Cordatum → low light → top of wall
- heart-leaf → low light → top of wall
- Rabbit foot → low light, good coverage
- Nepenthes → low light → top wall
- Janet Craig → low light → bottom wall
- Chinese Evergreen → low light → anywhere
- Red Congo → low light → top wall
- Peace lily → Bright indirect → small walls

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GREEN WALL

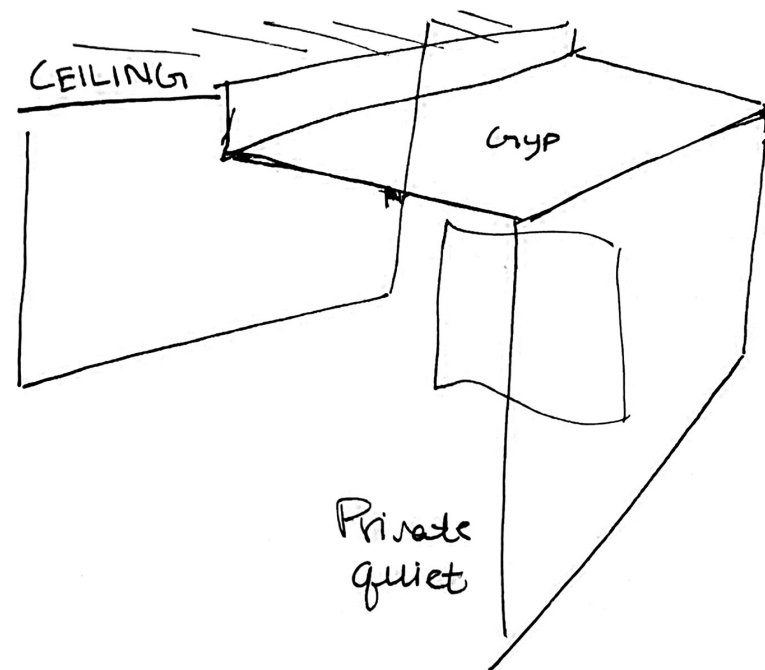
I used a green wall for the wall across from the elevators to give a good first impression and to embody the motif of reflection that repeats in certain areas of the spa.



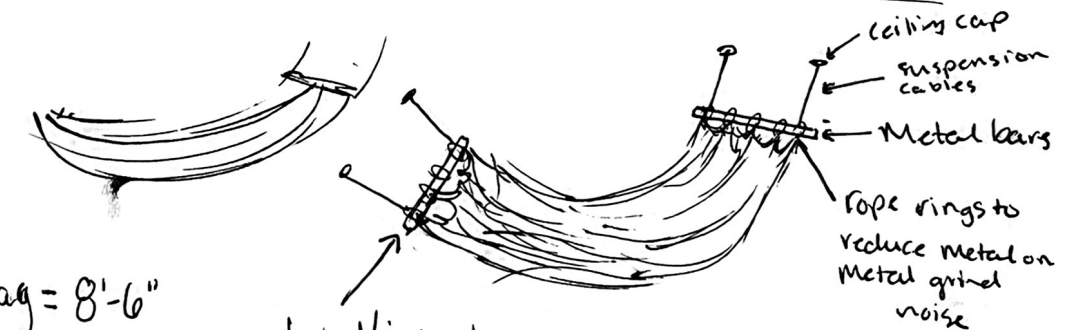
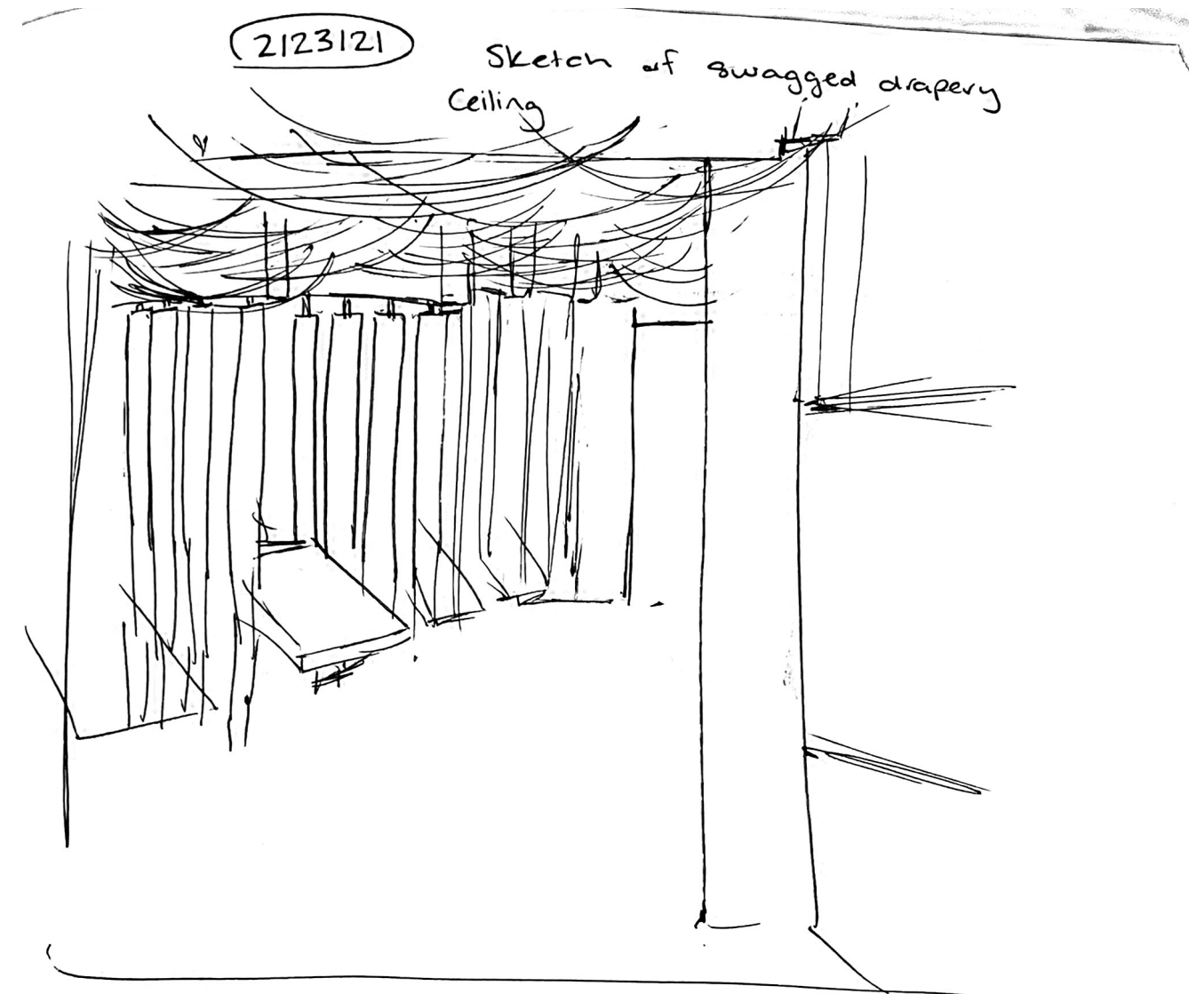
SKETCHES

3D IDEATION

Thinking through the spaces in 3D, I was trying to think about how things would look and how I could create a space that was unique and supported the function of the room.



2/25/21



lowest swag = 8'-6"
Highest = 10'-6"

Varied/irregular
spacing between rings to
promote organic irregular swags.

Swags are layered over one another to create
a multidimensional & staggered transparency

BRANDING



The initial search was for an organic shape in a circle for a well-ROUNDED finish.



I wanted to go with something a little more rough or artistic.



I liked the gold here but it was a little too smooth



I settled on a better name and a combination of the gold and rough look.



I tried to combine my motif and the name

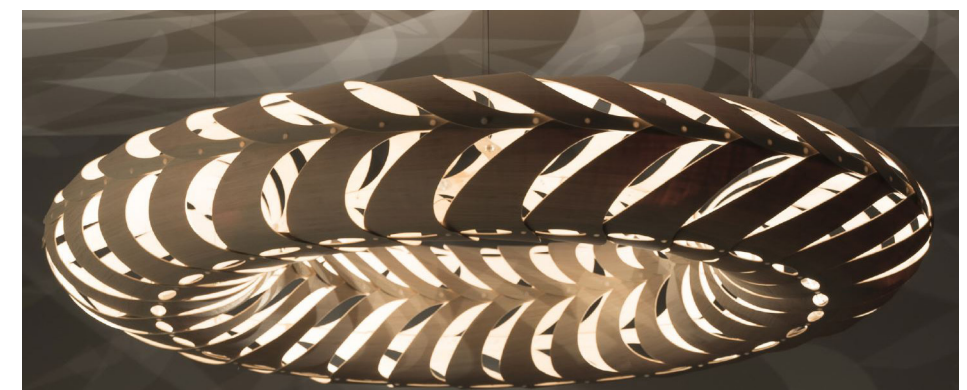
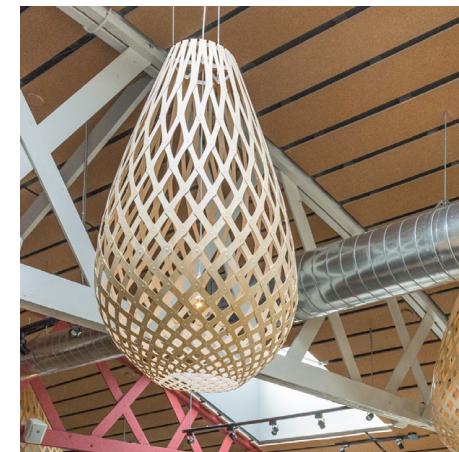
LIGHTING

CHANGES



CONSIDERATIONS

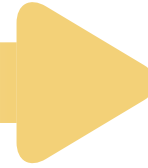
- Materiality: I wanted a natural, rough look. These lamps are made of bamboo which is attractive and sustainable.
- Look: These lights cast great natural patterns on surfaces giving the impression of dappled sunlight.
- Dimming: I wanted to create a sense of control over the environment, so I chose luminaires that were dimmable.
- Color Temperature: I wanted lights that were warmer to create a welcoming, not clinical environment.



FURNITURE



CHANGES



CONSIDERATIONS

- Materiality: I wanted a natural, rough look. These are natural looking, but not as residential as my initial inspiration.
- Code: The furniture I ended up specifying was up to code and fire standards.
- Universal Design: I wanted to provide a variety of seating that would appeal to a number of people with differing abilities.
- Durability: I wanted to find furniture that had durable and stain resistant upholstery because they will be exposed to sweat and oils often.

AESTHETIC



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NEUTRAL



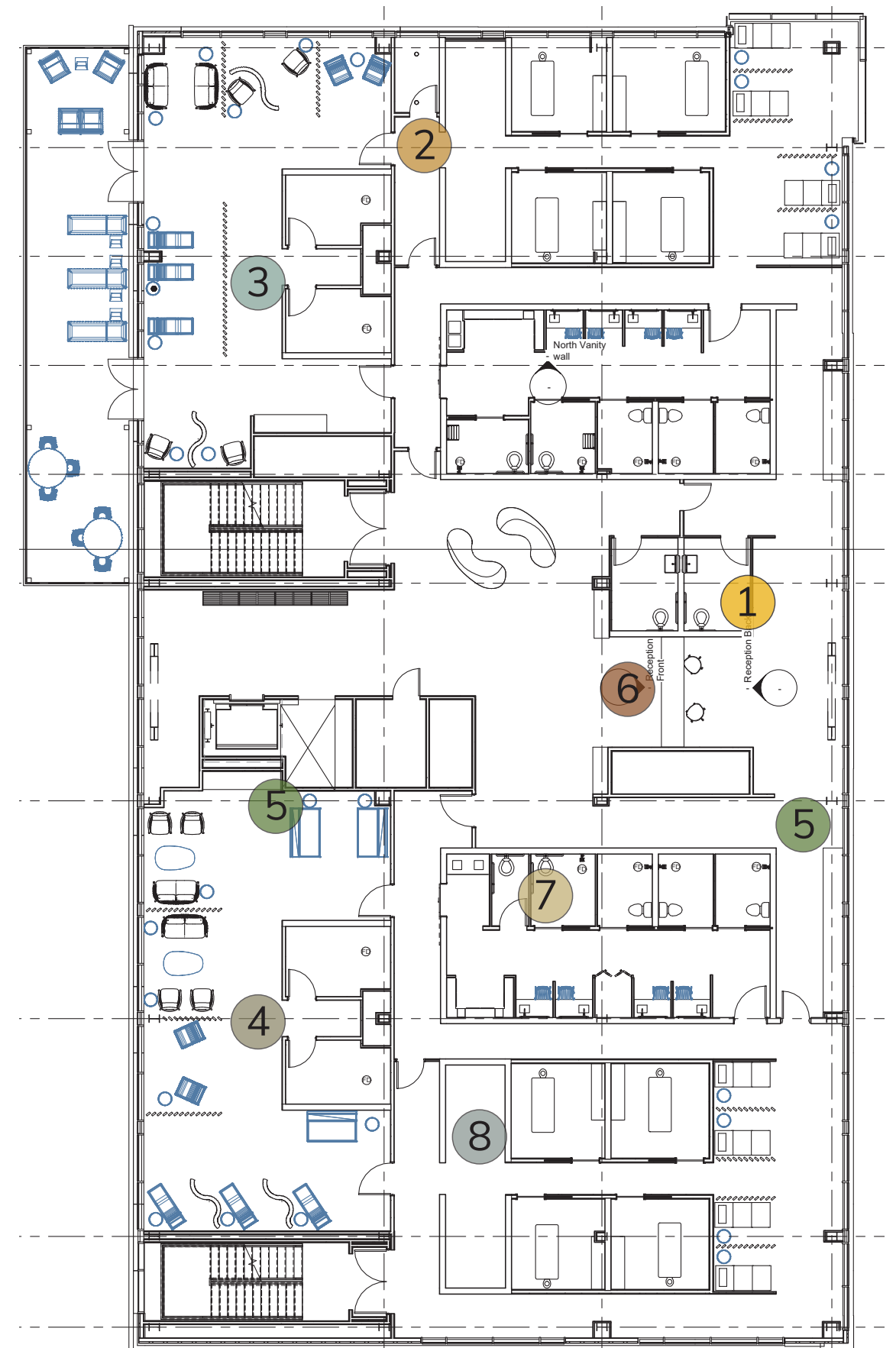
FLOOR PLAN

CHANGES

- 1 Bathrooms on one side of reception and laundry on the other.
- 2 Added door swings and started thinking about furniture placement.
- 3 Added rotating partitions for privacy.
- 4 Added a hallway and mechanical closet between the sauna and steam room
- 5 Added casework to the relaxation suites and the back room for storage.
- 6 Set the reception desk back to create a sense of privacy.
- 7 Added shower rooms and vanities to the locker rooms
- 8 Removed walls from the sensory deprivation pod space.

CONSIDERATIONS

- The column grid. I wanted to use the grid to layout my space because I wanted to reduce the number of columns in open spaces without reason.
- Wayfinding. I wanted it to be very clear to a user where they should be going and at what times.
- Clarity. I wanted someone who had never been to the space to know exactly where to go when entering the space.
- Symmetry. I wanted to embody my concept and have a symmetrical layout. This would help with clarity of wayfinding no matter what side you were assigned.
- Circulation. I wanted it to be one way circulation to create a smooth flow of traffic in a sequence.



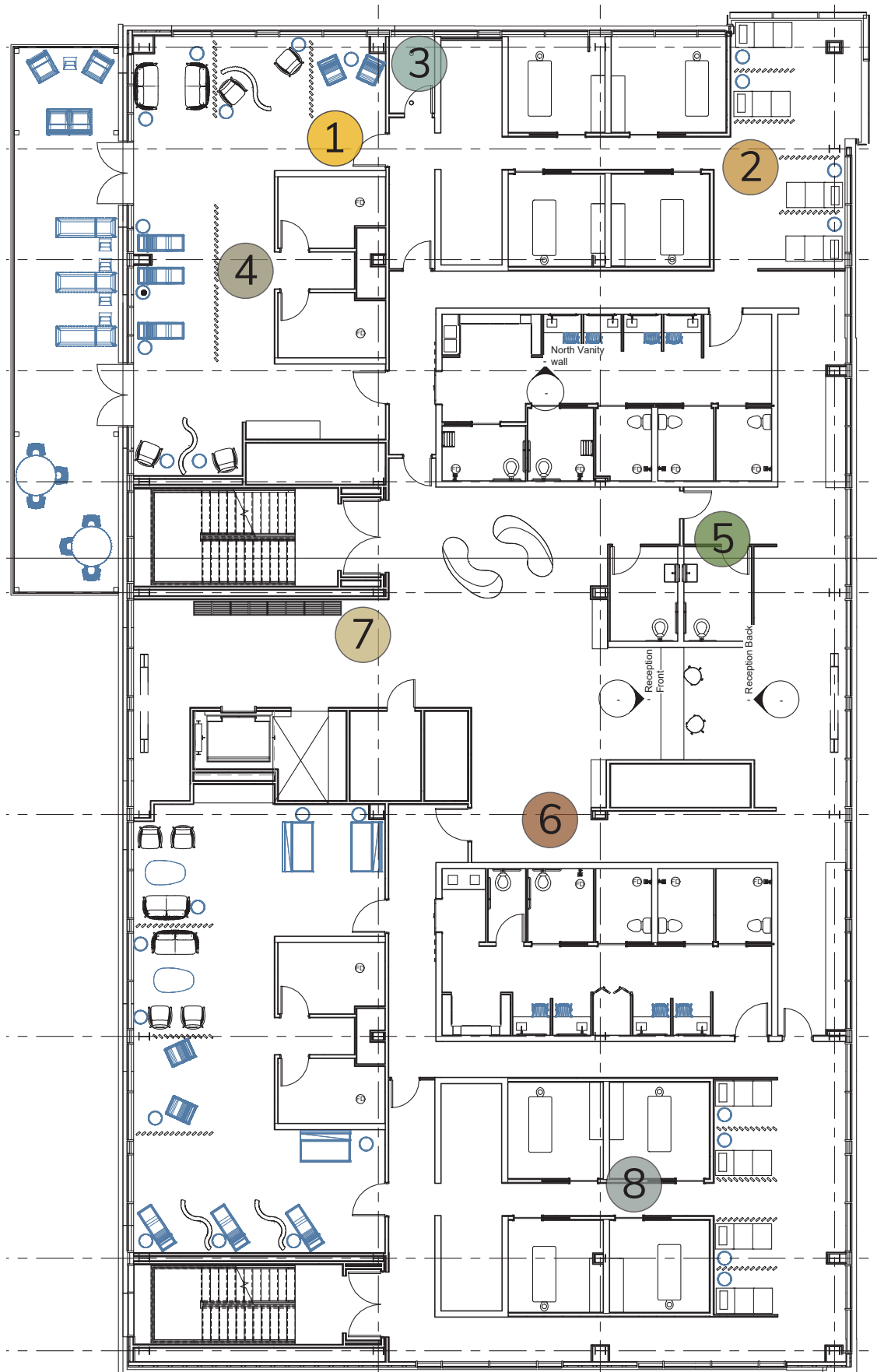
FLOOR PLAN

CHANGES

- 1 Sliding doors in the relaxation suites for reflection of locker room and egress.
- 2 Made the treatment rooms larger and more symmetrical.
- 3 Removed wall from storage space.
- 4 Sliding doors in the sauna/steam rooms for ADA compliance.
- 5 Turned one of the restrooms into a mothers room.
- 6 Added HVAC vents to the floor to reduce clutter on the RCP.
- 7 Added a green wall outside the elevators for wayfinding and wellness.
- 8 Changed the massage tables to rounded tables and added a chair in the treatment rooms.

CONSIDERATIONS

- Adding and adjusting spaces for ADA compliance and consideration.
- Code and egress compliance were big continuing considerations.
- Reducing visual clutter while still utilizing the space efficiently.
- The concern that one side had access to a balcony and the other did not. I had a hard time finding a way around that issue.
- Reducing and eliminating awkward or seemingly unplanned design flaws. For example, the treatment rooms in the upper right corner being aligned instead of disjointed and different sizes.



FLOOR PLAN

Casework for snacks and infused water as well as storage of supplies.

Green wall for wayfinding, biophilia, and concept motif illustration.

ADA accessible treatment room with more space for maneuvering

Casework for linen returns by user for provided towels, robes, and slippers.

Closet for laundry and storage for linens, chemicals, products, etc.

Vanity with storage for hair dryers, hair products, lotions, and cotton balls/Q-tips

Hidden door for access to mechanical closet for the sauna and steam room

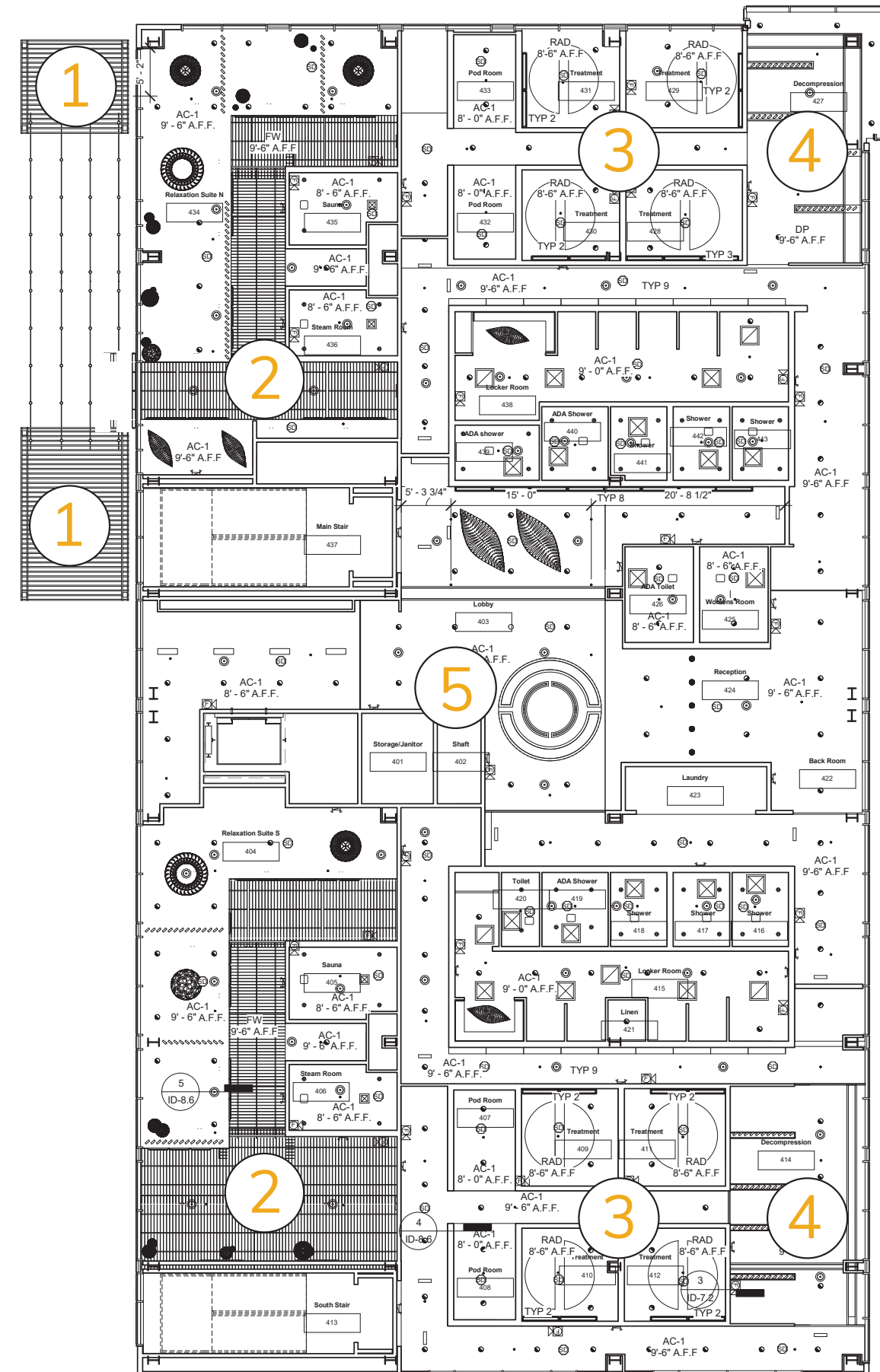
Molo textile wall. Flexible and portable for adaptable privacy.



RCP

- 1 Pergola over balcony
- 2 ARMSTRONG feltworks
- 3 ARMSTRONG Optima Radial
- 4 Swagged Knoll Drapery
- 5 Custom Chandelier

- The design of the ceiling was a way for me to create context within the spaces.
- The ceiling changes in the relaxation suite indicate privacy, circulation pathways, and help with acoustics.
- The ceiling in the treatment rooms are a motif that shows my concept of reflection and help with acoustic insulation.
- The swagged drapery in the decompression zones creates almost an ethereal, dream-like atmosphere.
- The luminaires I chose are natural and cast light like dappled sunlight on the floor of a forest.
- Finally, my custom chandelier is another embodiment of my concept of elemental reflection. Made of natural looking materials and following my motif.



NTS: Floor Plan



RECEPTION

CHANGES

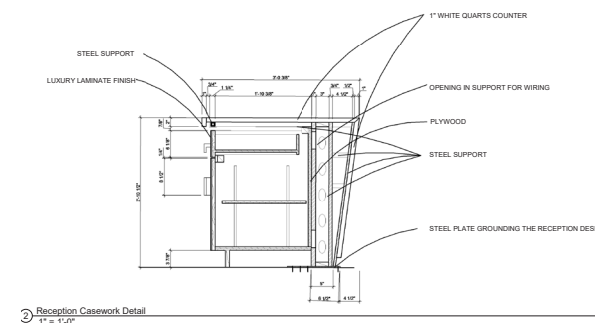
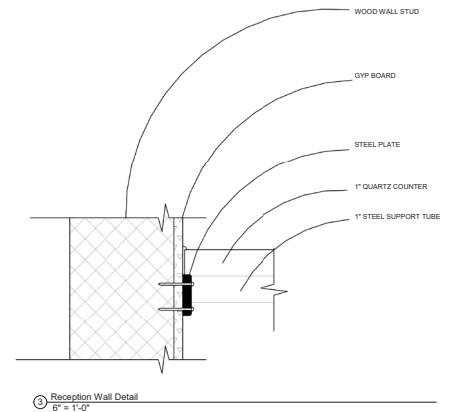
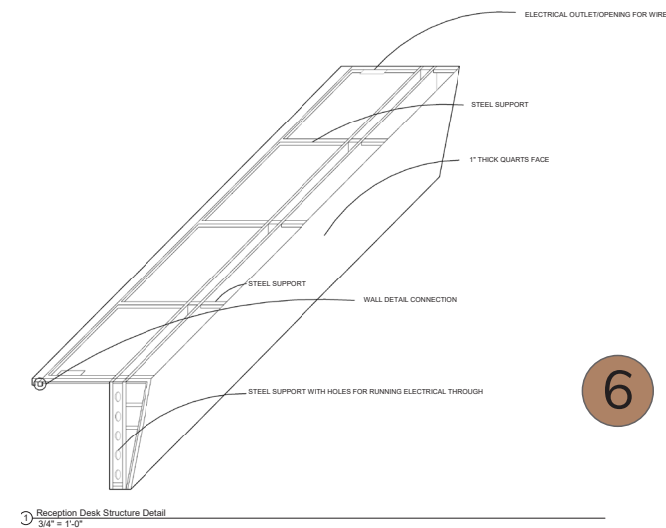
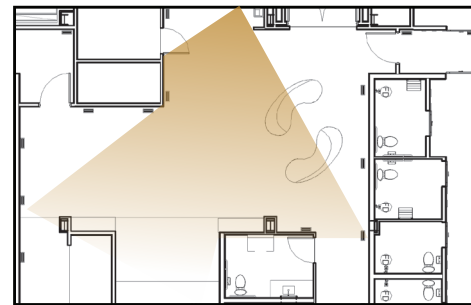


- 1 Changed the view to create a visually interesting and powerful view of the reception space.
- 2 Rendered the space and showed a scale figure.
- 3 Added wall base.
- 4 Added another two pendants to fill the overhead space better as per Professor Anderson's suggestion.
- 5 Added a cork wall and wall wash lights to help with wayfinding and add texture to the space.
- 6 Changed the reception desk to be more ADA accessible and structurally sound.



CONSIDERATIONS

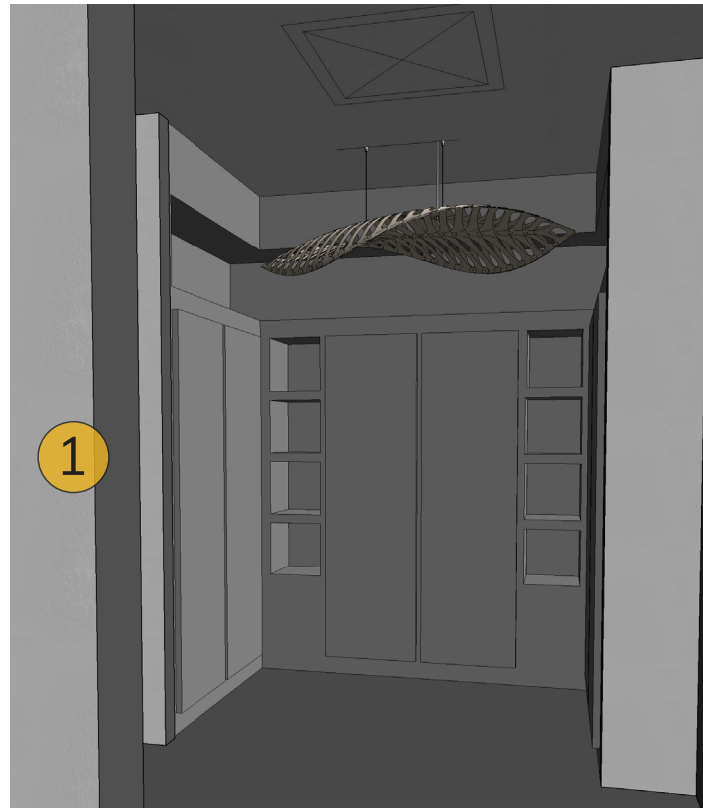
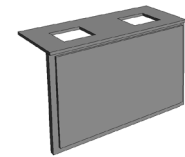
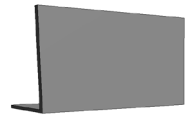
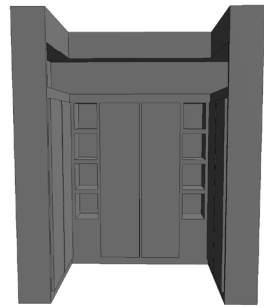
- Creating a first impression. I wanted to show users what they could expect. This space communicates high quality service without being overly fancy or seeming boujie.
- Materiality. I wanted to imply cleanliness and quality.
- Clarity. I wanted someone who had never been to the space to know exactly where to go when entering the space.
- Creating a sense of inclusion and welcome. I wanted the desk to be wide and minimally enclosed to communicate openness. I took advantage of the windows behind it to use light as a guiding feature.
- Symmetry and working within the grid to embody my concept of reflection.



GENERAL NOTES

1. CHECK WITH STRUCTURAL ENGINEER TO ENSURE THE CONSTRUCTION IS CORRECT.

LOCKER ROOM

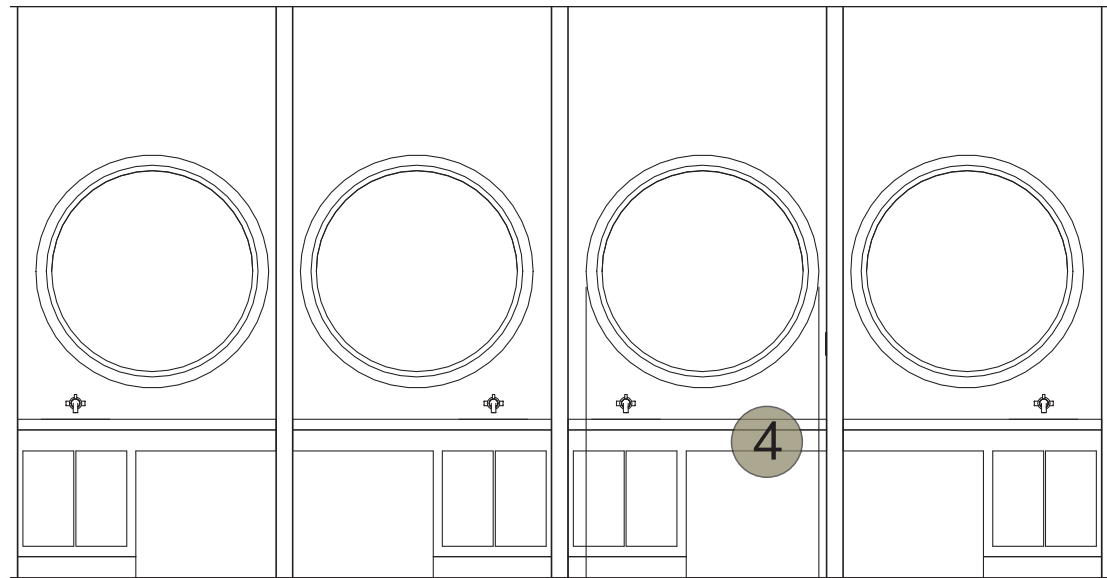


CHANGES

- 1 Changed the view to remove one of the walls to better show the space as a whole.
- 2 Rendered the space and showed a scale figure.
- 3 Added wall base
- 4 Changed one of the vanities to be accessible to a wheelchair

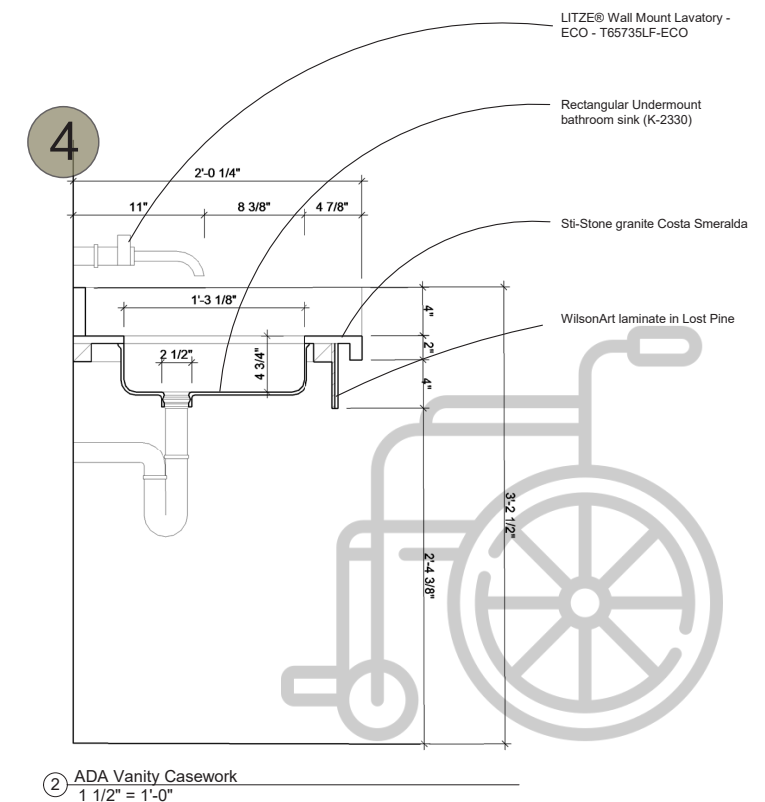


45



CONSIDERATIONS

- Visual and spatial privacy. I didn't want anyone redoing their makeup or their hair to feel like they were being watched, so I included partitions between individual vanities.
- Materials and cleanliness. I wanted to specify materials that wouldn't easily stain. Users may be coming back from their treatment with oils on their skin, maybe sweat from the sauna. The materials needed to be durable.
- Creating a sense of security. The lockers are opened only by their wristbands so they can store their personal belongings. I also created whole rooms for each individual shower and toilet for privacy and comfort.



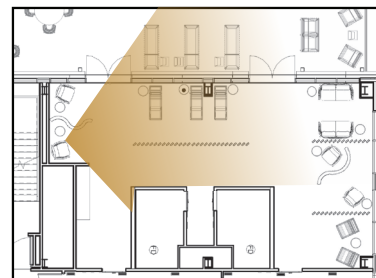
② ADA Vanity Casework
1 1/2" = 1'-0"

RELAX SUITE N



CHANGES

- 1 Added an exterior background that reflected a similar environment to the actual building.
- 2 Straightened the view so that the walls were vertical.
- 3 Rendered the floor and the walls.
- 4 Changed the angle of the view to include the molo partition.



46

CONSIDERATIONS

- Visual and spatial privacy. When speaking with Katie about my design intent, she suggested I think about ways I can give users more privacy. I wanted to allow control of personal privacy levels, so I thought about a manually rotating baffle wall and the molo textile walls.
- Materials and cleanliness. I wanted to specify materials that wouldn't easily stain. Users may be coming back from their treatment with oils on their skin, maybe sweat from the sauna. The materials needed to be durable.
- Creating a visually neutral, but comforting space to encourage true self reflection. I didn't want the suites to be overly stimulating or interesting because I wanted people to really look inward and sit with themselves.



CHANGES

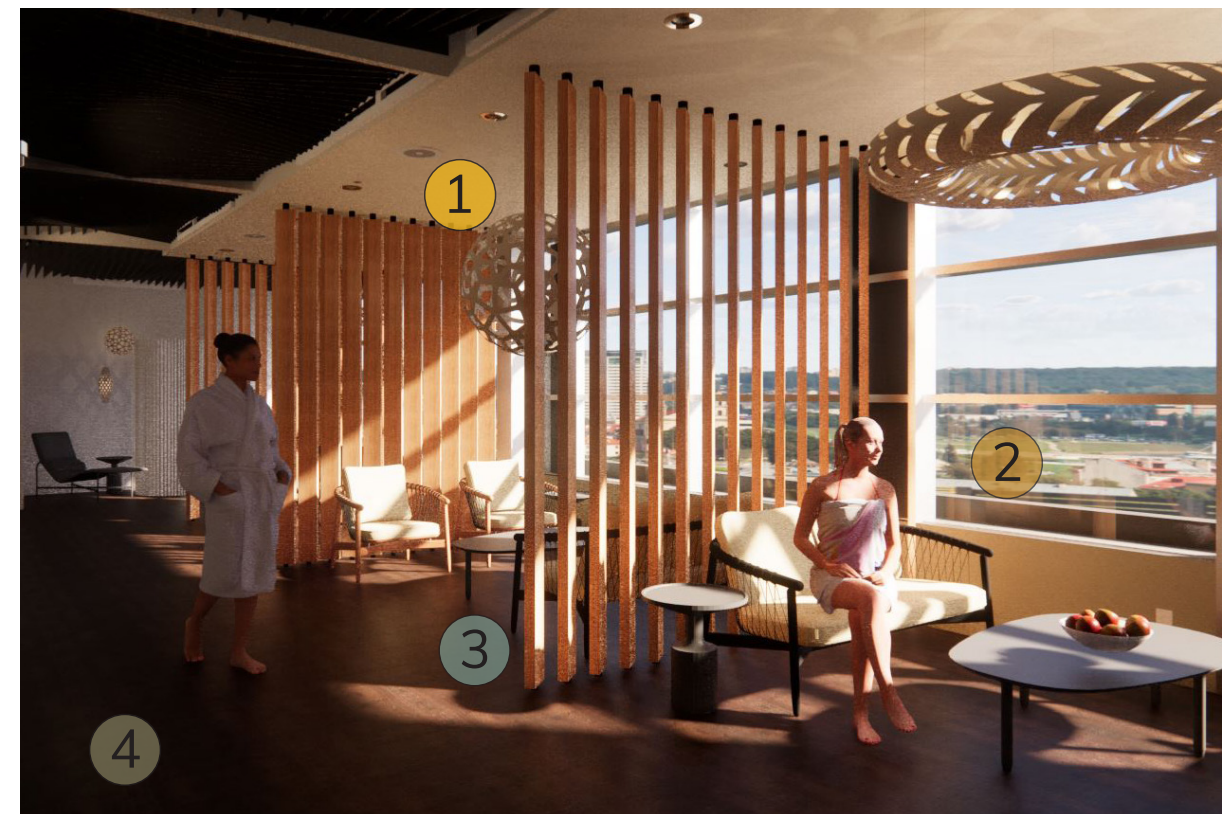
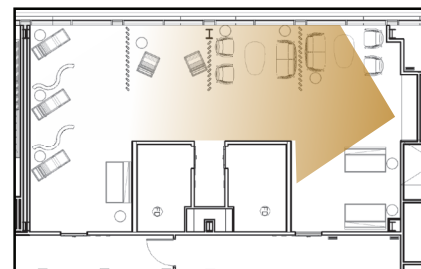
- 5 Rendered the feltworks ceiling to a neutral tone.
- 6 Changed the material of the rotating partition to be less warm.
- 7 Added wall sconces to lead users down the hallway and to bring in more variety of light
- 8 Changed the angle of the view again to show more important features and illustrate privacy.
- 9 Changed the time of day to reduce reflection on the floor and make the materiality more clear.

RELAX SUITE S



CHANGES

- 1 Changed the light fixture from glass to something more natural.
- 2 Straightened the view so that the walls were vertical.
- 3 Rendered the floor and the walls.
- 4 Changed the view point to be more powerful and illustrate the space better.



47

CONSIDERATIONS

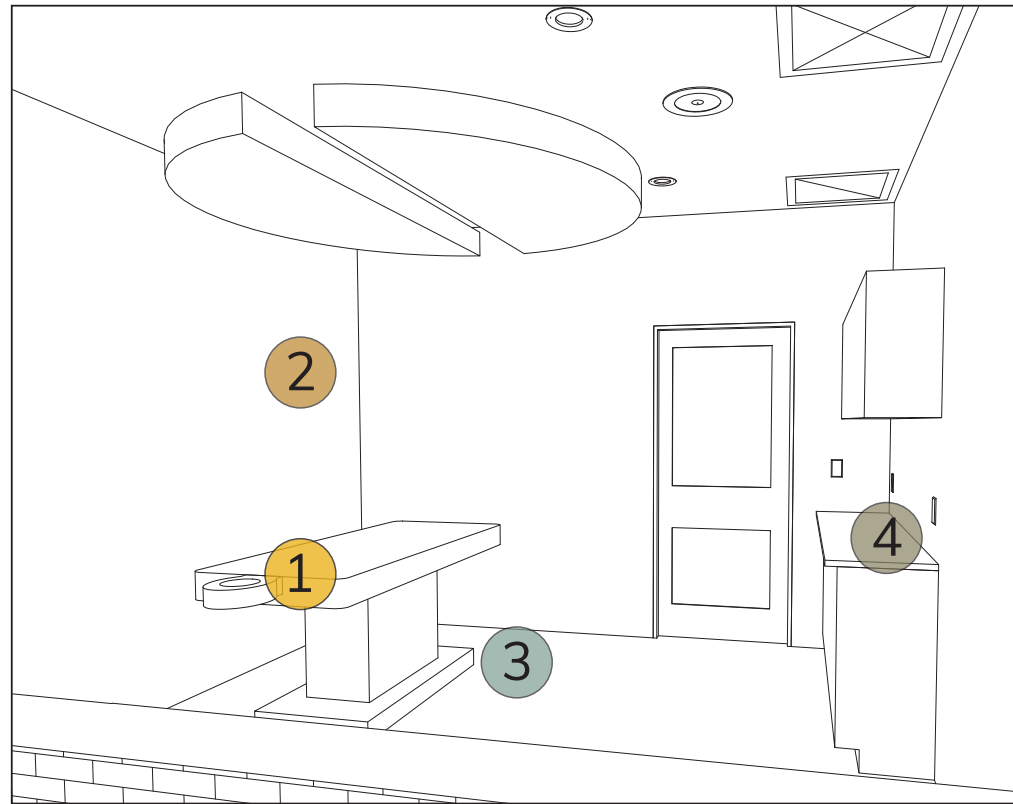
- Visual and spatial privacy. When speaking with Katie about my design intent, she suggested I think about ways I can give users more privacy. I wanted to allow control of personal privacy levels, so I thought about a manually rotating baffle wall and the molo textile walls.
- Materials and cleanliness. I wanted to specify materials that wouldn't easily stain. Users may be coming back from their treatment with oils on their skin, maybe sweat from the sauna. The materials needed to be durable.
- Creating a visually neutral, but comforting space to encourage true self reflection. I didn't want the suites to be overly stimulating or interesting because I wanted people to really look inward and sit with themselves.



CHANGES

- 5 Rendered the feltworks ceiling to a neutral tone.
- 6 Changed the material of the rotating partition to be less warm.
- 7 Added wall sconces to lead users down the hallway and to bring in more variety of light
- 8 Rendered the furniture materials to their correct specifications
- 9 Changed the Southern wall material to cork to add texture to the space and enable a darker profile if desired.

TREATMENT



CHANGES

- 1 Changed the massage bed to a rounded version.
- 2 Added rendering. I originally did not have a cork wall in the treatment rooms. I went to get a massage, and they had a textured wall that looked really nice in the room.
- 3 Added a rug for masseuse comfort.
- 4 Added a sink to the casework.



48

CONSIDERATIONS

- Visual and spatial clutter. When I went to Ted's massage space, there was not enough storage for machines and products which felt cluttered. When I went to Salon Essentials for a massage, the room had a lot of furniture with little circulation and felt cramped.
- Materials and cleanliness. I wanted to specify materials that wouldn't easily stain. I have been to massage places that gave great service but their space felt dingy because of the wear on their materials.
- Comfort of a height adjustable massage table for both the client and the provider. This is an electronic table. It is more accessible to those with different abilities and for the masseuses height and pressure preferences.



CHANGES

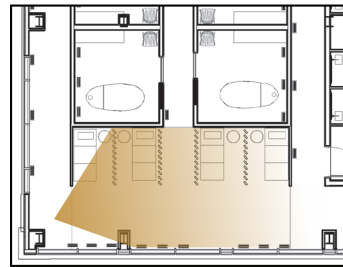
- 5 Added wall wash lights to emphasize and accent the texture of the cork wall.
- 6 I changed the material and grain of the pocket door to be more accurate.
- 7 Included a view of the ceiling for a better understanding of the space.

DECOMPRESS



CHANGES

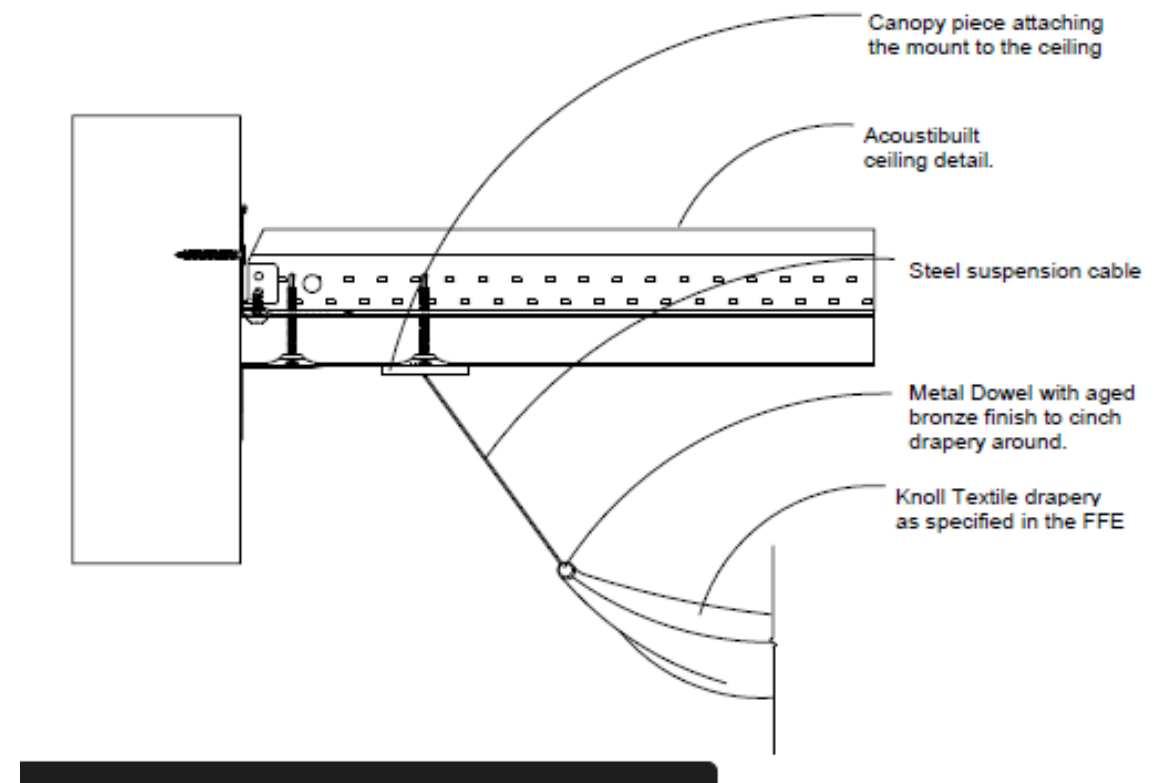
- 1 Changed the view to remove one of the walls to better show the space as a whole.
- 2 Added swagged drapery to the ceiling.
- 3 Added solar shades to the windows



49

CONSIDERATIONS

- Visual and spatial privacy. I wanted to give users a space to relax privately after their treatment without distraction or difference in energy.
- Materials and cleanliness. I wanted to specify materials that wouldn't easily stain. Users will be coming back from their treatment with oils on their skin. The materials needed to be durable.
- Giving users time to decompress and reacclimate. After treatment, the user is given the opportunity to continue resting in a quiet space so that they don't have to immediately get back to the real world and are able to process any extra stuff that came up during treatment



MATERIALS

Room No.	Room	Floor	Base	Walls				Ceiling	Ceiling Ht.
				N	S	E	W		
	Reception	BM	RB	P	P			GP	9'-6"
	Bathrooms	PT	RB	P	P	P	P	GP	8'-6"
	Laundry	PT	RB	P	P	P	P	GP	9'-0"
	Locker Room S	PT	RB	WC	PT	P	P	GP	9'-0"
	Locker Room N	PT	RB	PT	WC	P	P	GP	9'-0"
	Relaxation Suite S	CK	RB	WC	WW	P	W	GP & FT	9'-6"
	Relaxation Suite N	CK	RB	W	WW	P	W	GP&FT	9'-6"
	Sauna	WD	WD	WD	WD	WD	WD	WD	8'-6"
	Steam	WD	WD	WD	WD	WD	WD	WD	8'-6"
	Sensory Deprivation	CK	RB	P	P	WW	WW	GP	8'-0"
	Sensory Deprivation	CK	RB	P	P	WW	WW	GP	8'-0"
	Sensory Deprivation	CK	RB	P	P	WW	WW	GP	8'-0"
	Treatment room	CK	RB	WW	P	P	P	GP&RD	9'-6"
	Treatment room	CK	RB	WW	P	P	P	GP&RD	9'-6"
	Treatment room	CK	RB	WW	P	P	P	GP&RD	9'-6"
	Treatment room	CK	RB	WW	P	P	P	GP&RD	9'-6"
	Treatment room	CK	RB	WW	P	P	P	GP&RD	9'-6"
	Treatment room	CK	RB	WW	P	P	P	GP&RD	9'-6"
	Treatment room	CK	RB	WW	P	P	P	GP&RD	9'-6"
	Decompression S	BM	RB	P	P	W	WW	FT	11'-0"
	Decompression N	BM	RB	W	P	W	WW	FT	11'-0"
	Hallways	BM	RB	P	P	P	P	GP	9'-6"

Key
P = Paint
WC = Wallcovering
CT = Ceramic Tile
WD = Wood
PT = porcelain tile
CK = cork
GP GYP
FT felt
RD radial drop
BM bamboo
RB rubber
W Window
WW Wood wall

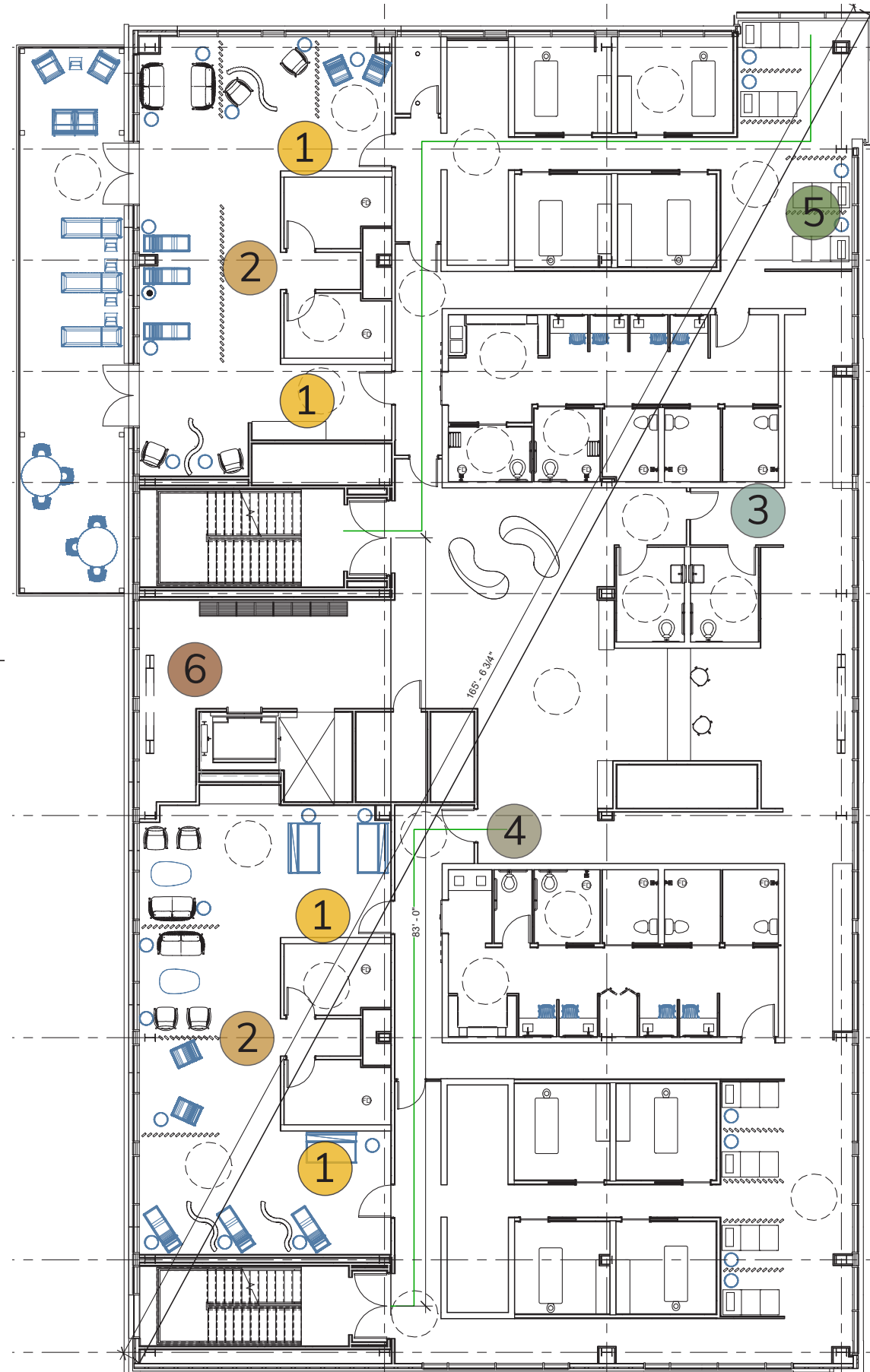
CHANGES

- 1 I didn't initially realize we had a raised floor system, so I had to change some of my floor selections.
- 2 The Sauna and steam room originally were all wood, but I decided it would be better to have cork in there instead for continuity between spaces.
- 3 Changed where I have cork flooring because of the raised floor system.
- 4 Changed my base from rubber to wood look for a more luxurious finish.
- 5 Instead of gyp board, I used ACOUSTIBuilt by armstrong.
- 6 I don't have a wood wall option anymore.
- 7 Added more rooms and their room numbers for clarity.

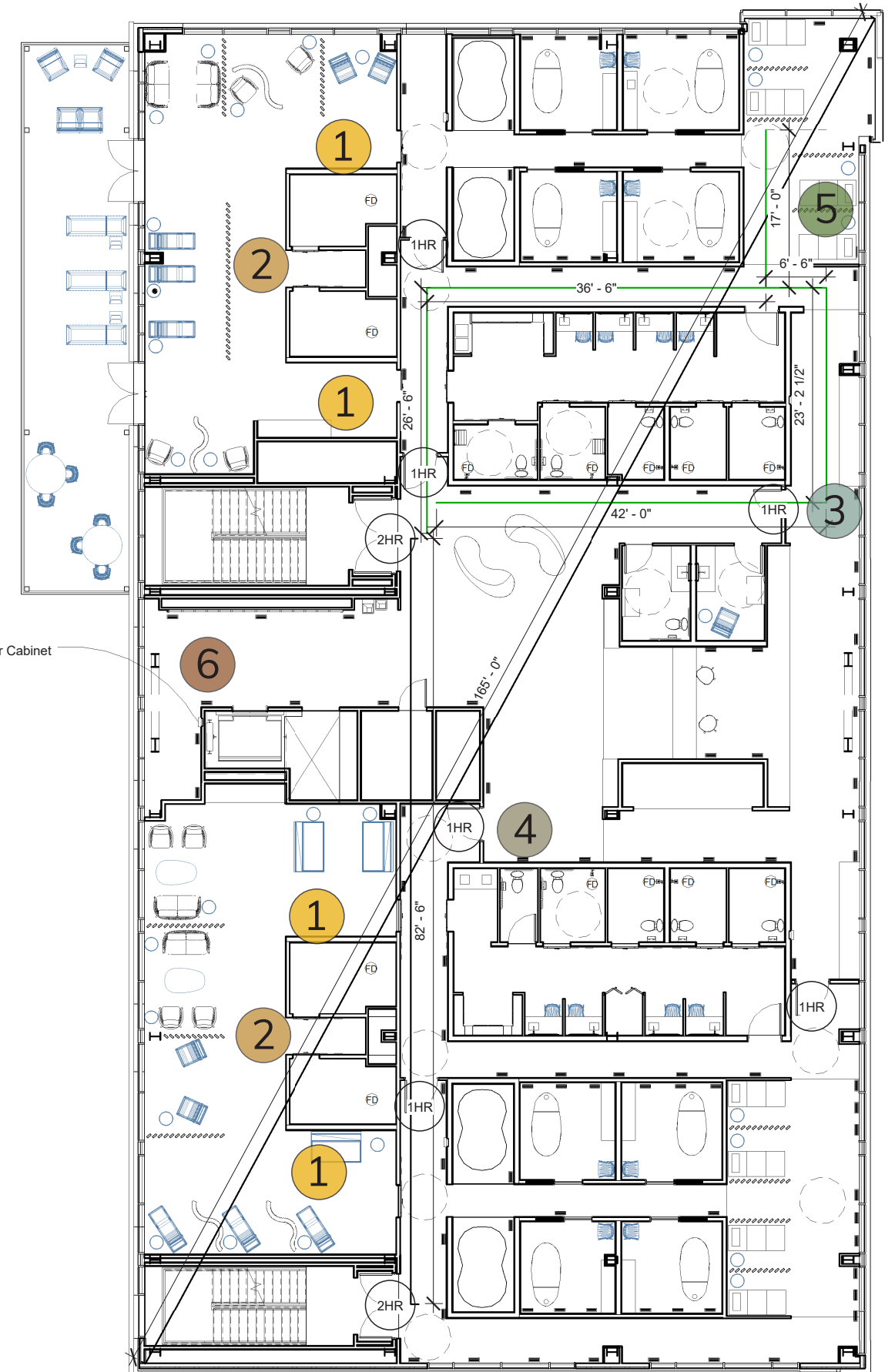
No.	Room	Floor	Base	Walls				Ceiling	Ceiling Ht.	Notes
				N	S	E	W			
403	Lobby	F3	B1	CK	W1	W1	W1	AC1	10'-10"	
424	Reception	F3	B1	W1	W1	W	W	AC1	9'-6"	
426	Bathroom	F1	B1	W1	W1	W1	W1	AC1	8'-6"	
423	Laundry	F3	B1	W1	W1	W1	W1	AC1	9'-0"	
415	Locker Room S	F1	B1	W5	WT	W2	W2	AC1	9'-0"	Wall tiles on the walls behind vanities
438	Locker Room N	F1	B1	WT	W4	W2	W2	AC1	9'-0"	Wall tiles on the walls behind vanities
439	Shower	F2	B1	CK	CK	W1	CK	AC1	8'-6"	On south and north walls only half is cork tile, the other half is gyp with w1
440	shower	F2	B1	CK	CK	CK	W1	AC1	8'-6"	On south and north walls only half is cork tile, the other half is gyp with w1
441	Shower	F2	B1	W1	CK	CK	CK	AC1	8'-6"	On East and West walls, only half is cork tile, the other half is gyp with W1
442	Shower	F2	B1	W1	CK	CK	CK	AC1	8'-6"	On East and West walls, only half is cork tile, the other half is gyp with W1
443	Shower	F2	B1	W1	CK	CK	CK	AC1	8'-6"	On East and West walls, only half is cork tile, the other half is gyp with W1
416	Shower	F2	B1	CK	W1	CK	CK	AC1	8'-6"	On East and West walls, only half is cork tile, the other half is gyp with W1
417	Shower	F2	B1	CK	W1	CK	CK	AC1	8'-6"	On East and West walls, only half is cork tile, the other half is gyp with W1
418	Shower	F2	B1	CK	W1	CK	CK	AC1	8'-6"	On East and West walls, only half is cork tile, the other half is gyp with W1
419	Shower	F2	B1	CK	CK	CK	W1	AC1	8'-6"	On south and north walls only half is cork tile, the other half is gyp with w1
425	Mother's Room	F3	B1	W2	W2	W2	W2	AC1	8'-6"	
404	Relaxation Suite S	F3	B1	W4	CT	W2	W	AC1 & FW	9'-6"	
434	Relaxation Suite N	F3	B1	W4	CT	W2	W	AC1 & FW	9'-6"	
405&435	Sauna	F2	CT	CT	CT	CT	CT	AC1	8'-6"	
406&436	Steam	F2	CT	CT	CT	CT	CT	AC1	8'-6"	
407	Sensory Deprivation	F2	B1	W3	W3	W3	W3	AC1	8'-0"	
408	Sensory Deprivation	F2	B1	W3	W3	W3	W3	AC1	8'-0"	
432	Sensory Deprivation	F2	B1	W3	W3	W3	W3	AC1	8'-0"	
433	Sensory Deprivation	F2	B1	W3	W3	W3	W3	AC1	8'-0"	
409	Treatment room	F3	B1	CK	W3	W3	W3	AC1 & RAD	9'-6"	
410	Treatment room	F3	B1	W3	CK	W3	W3	AC1 & RAD	9'-6"	
411	Treatment room	F3	B1	CK	W3	W3	W3	AC1 & RAD	9'-6"	
412	Treatment room	F3	B1	W3	CK	W3	W3	AC1 & RAD	9'-6"	
428	Treatment room	F3	B1	W3	CK	W3	W3	AC1 & RAD	9'-6"	
429	Treatment room	F3	B1	W	W3	CT	W3	AC1&RAD	9'-6"	
430	Treatment room	F3	B1	W3	CK	W3	W3	AC1&RAD	9'-6"	
431	Treatment room	F3	B1	W	W3	W3	CT	AC1&RAD	9'-6"	
414	Decompression Zone	F3	B1	W3	W3	W3	w	AC1&DP	11'-0"	
427	Decompression Zone	F3	B1	W3	W3	W3	w	AC1&DP	11'-0"	

Key
W4 = Wall paper
WT = porcelain wall Tile
F3 = Wood
F1 = porcelain tile
F2 & CT = cork
AC1 = ACOUSTIBUILT
FW = feltworks
RAD = radial drop
W1 = Light wall paint
B1 = Laminate Base
W = Window
W2 = Neutral wall paint
W3 = Green wall paint
DP = Swagged Drapery

CHANGES



- 1 Door swings in Relaxation suites were not up to code. in order to avoid doors swinging into hallways, I used barn sliding doors
- 2 The Sauna and steam room doors would have been difficult for a person in a wheelchair to open, so I changed them to sliding doors
- 3 I changed the door swing of a corridor door to meet egress code.
- 4 I added fire ratings to the appropriate doors.
- 5 Added the travel distance calculations.
- 6 Added fire extinguisher cabinets and fire alarm pulls



RISK

Throughout the process of this project, I have taken a couple of risks, some that I didn't realize were risks until I continued to work through my solution and found there were problems.

One of these risks was choosing to design a wellness center in an area where there are a lot of wellness services already provided. This is more a demand/business risk, though I believe it's one worth taking. In Manhattan, there is no business that addresses the holistic approach to wellness in one building, and the only full wellness center in Manhattan is geared toward people 50 and up. This is illustrated in figure one below, where I have mapped out the wellness services in the surrounding Manhattan area. Origins will fill a void by catering to people of all ages and lifestyles to help them meet their wellness goals in every aspect of their lives. I believe this is a measured risk that addresses a need not met already within the community.

Another risk I took was doing a spa in a space with an existing raised floor system. I didn't realize this would be as big of an obstacle as it is until later when I began to better understand raised floor systems. I realized that raised floor systems are not conducive to wet areas, and knowing I wanted showers and a steam room, I had to find a solution. I believe doing this is worth the risk because it allows me to maintain the original application of my theory, Maslow's Hierarchy of Needs. I used Maslow's Hierarchy to lay out the master plan where the spa is on the fourth floor. The first floor does not have a raised floor system which would make the application of a spa easier, however if I did the spa on the first floor, it would go against my application of theory. You can see how I applied Maslow's Hierarchy below in figure two. I have addressed this risk by removing the raised floor in the wet areas and building up a new floor to the height of the existing raised floor system. This is a risk for me because I am unfamiliar with raised floor systems and the level of detailing which will be necessary to explain what I am doing in these areas.

Finally, I took a risk by not separating the two sides of the spa by gender. This means that any person can use either locker room. I wanted to have a nearly symmetrical plan to embody my concept of reflection, so this was the best layout for that solution. Due to this space plan, one side has access to a balcony where the other does not, which is why I hesitated to separate the sides by gender. This is a social/user risk because some people may be uncomfortable with co-ed locker rooms. I accommodated and addressed that potential discomfort by deciding that Wednesdays were days for only women and Thursdays were days for only men. This way if someone were uncomfortable with the other gender in their space, they have the option to stay within their comfort zone.

PRINCIPLES MOST UTILIZED

#2 Flexibility in Use

How they want to use the amenities, and at what pace.

How they want to listen to music or interact with providers.

#3 Simple and Intuitive Use

My seating and furniture is simple to use. So is the app and wristband feature.

The circulation and sequence of use for the spaces is consistent and clear.

#6 Low Physical Effort

Having all important spaces close to the others, reducing walking distance.

Adjustable and ergonomic furniture.

#7 Size and Space for Approach and Use

Provided space in treatment rooms and locker rooms for assistive devices.

Provided clear sight lines to important features and spaces.

SERVICES

Skin Rituals

Free consultation with our estheticians when you book a facial to determine your skins needs and sensitivities

SIMPLE FACIAL

Double cleanse, tone, exfoliation, facial massage, serum and moisturizer applied

30 minutes \$35

DERMAPLANING FACIAL

Simple Facial plus manual exfoliation with a scalpel, leaving your skin radiant and glowing

60 minutes \$50

MICRODERMABRASION FACIAL

Simple Facial plus jade suction wand to deeply exfoliate

45 minutes \$50

MICRONEEDLING

Using microneedle technology to cause tiny abrasions on your skin promoting cell turnover. Targets acne, wrinkles, scarring, and enlarged pores

90 minutes \$100

CHEMICAL PEEL

Intense exfoliating action of targeted peel to combat acne, hyper-pigmentation, and signs of aging.

45 minutes \$55

TREAT YOURSELF FACIAL

Simple Facial folowed by dermaplaning and a mask treatment of your choice

90 minutes \$75

Get Away

SENSORY DEPRIVATION

A sensory deprivation tank, also called an isolation tank or flotation tank, is used for restricted environmental stimulation therapy (REST). It is a dark, soundproof tank that is filled with a foot or less of salt water.

30 minutes \$55
60 minutes \$100
90 minutes \$120

Body Care

SWEDISH MASSAGE

Promotes relaxation by releasing muscle tension.

30 minutes \$45
60 minutes \$80
90 minutes \$100

DEEP TISSUE MASSAGE

Uses sustained pressure to target the inner layers of your muscles and connective tissues.

30 minutes \$50
60 minutes \$85

ACUPUNCTURE

Traditional Chinese medicine in which thin needles are placed at specific points in the body to relieve pain.

30 minutes \$50
60 minutes \$85

THERAPEUTIC MASSAGE

Helps relieve pain, reduce stress, and work on a specific problem.

30 minutes \$45
60 minutes \$80
90 minutes \$100

RELAXATION MASSAGE

Gentle massage to de-stress, calm and relax the mind and body.

30 minutes \$45
60 minutes \$80
90 minutes \$100

HOT STONE MASSAGE

Smooth, flat, heated stones are placed on specific parts of your body to relieve tension and promote relaxation.

30 minutes \$45
60 minutes \$80

Elemental Origins

302 South 4th Street, Suite 400
Manhattan, KS 66502

785•685•4050

EXPERTS

PROFESSIONAL MENTOR



Katie Pohlman: Designer at Gould Evans
NCIDQ and LEED

EXPERT

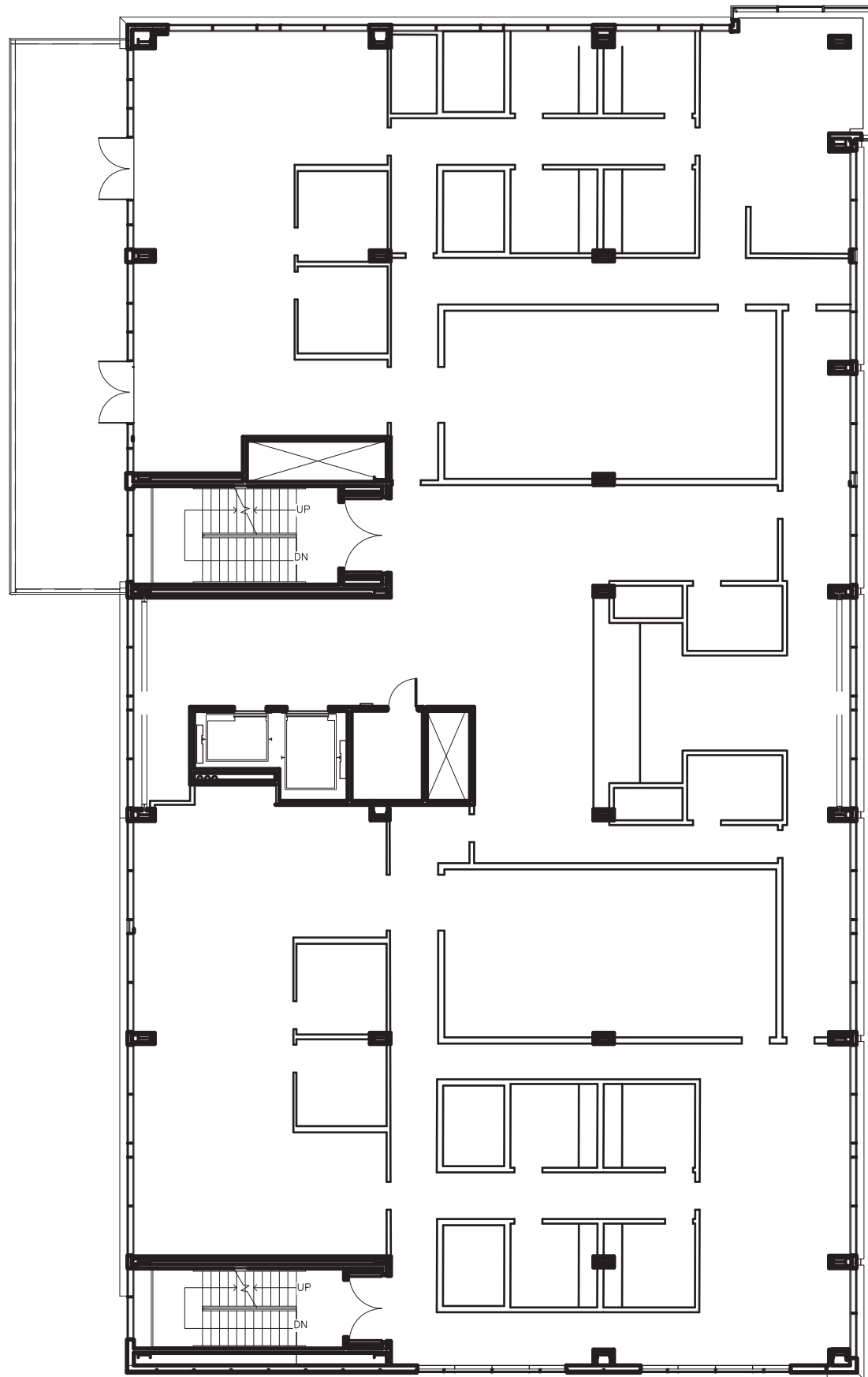


Ted: Owner at Gallery For Hair

Helped me understand space
requirements.
Gave me insights into the needs
of a service provider.

25% CRITIQUE

56



KATIE'S CONTRIBUTIONS

- Use seating that has multiple different heights with different levels of enclosure for privacy
- Master Plan has some issues, the community space on the 5th floor could be moved to the first floor for ease of access.
- Helped me to define architectural analysis

SUGGESTIONS

- Think about how light effects the scale of your space
- Barriers and screens for privacy
- More iterations of branding and names
- Start to craft the spaces more holistically
- Analyze other spaces and what works about them

50% CRITIQUE

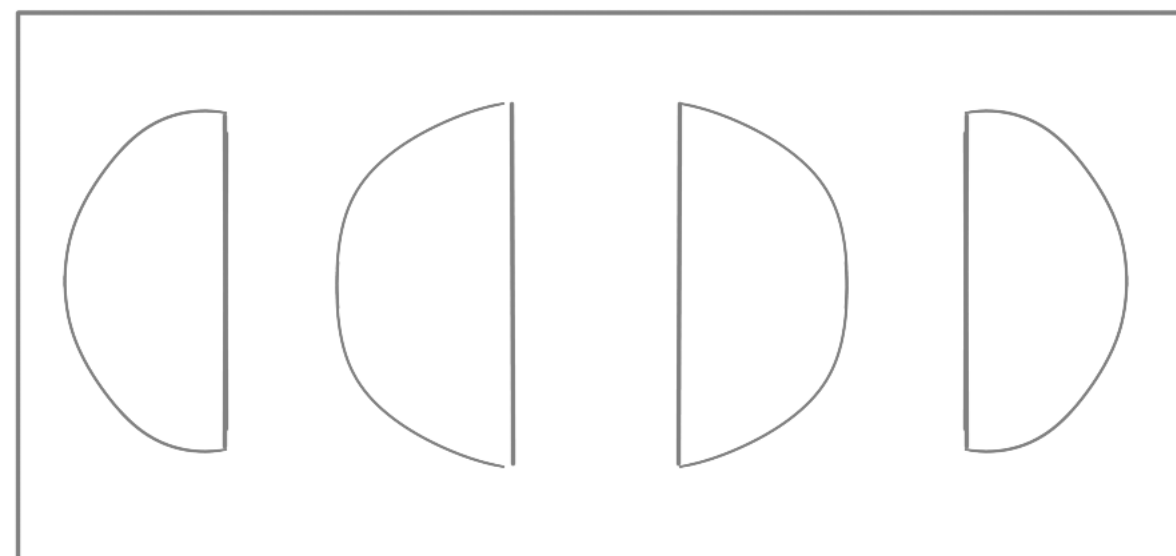


KATIE'S CONTRIBUTIONS

- Helped me to understand how to swag drapery for a ceiling design.
- Informed me about how thick walls need to be in order to house HVAC ducts
- Helped me to understand the raised floor system and suggested I could use the raised floor system to house HVAC
- Explained how to remove a raised floor system in wet areas

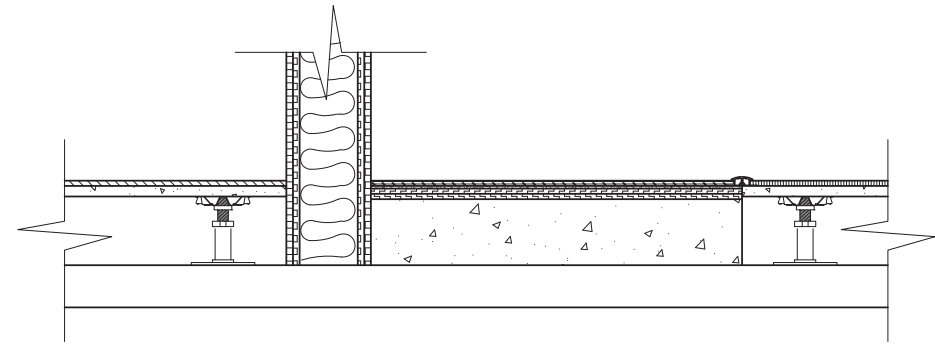
SUGGESTIONS

- Signage/graphics on the wall, maybe a greenwall
- Cut and hide walls to make 3D views better
- Readjust the 3D view of reception
- Use luxury laminate for casework, not wood
- Make sure that my 3D views are powerful



Green Wall Design

85% CRITIQUE



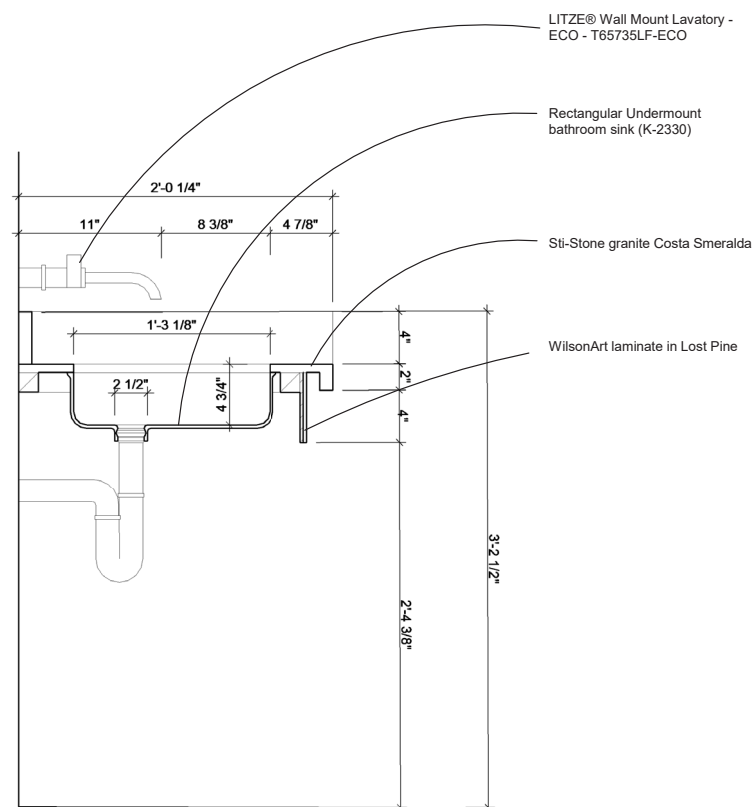
KATIE'S CONTRIBUTIONS

- Gave me advice on showing ADA compliance
- Let me know that I needed to show insulation within my walls
- Showed me how to build up a new floor from the raised floor system.

SUGGESTIONS

- Insulate pipes under the vanities
- Show the wheel chair accessibility with graphics

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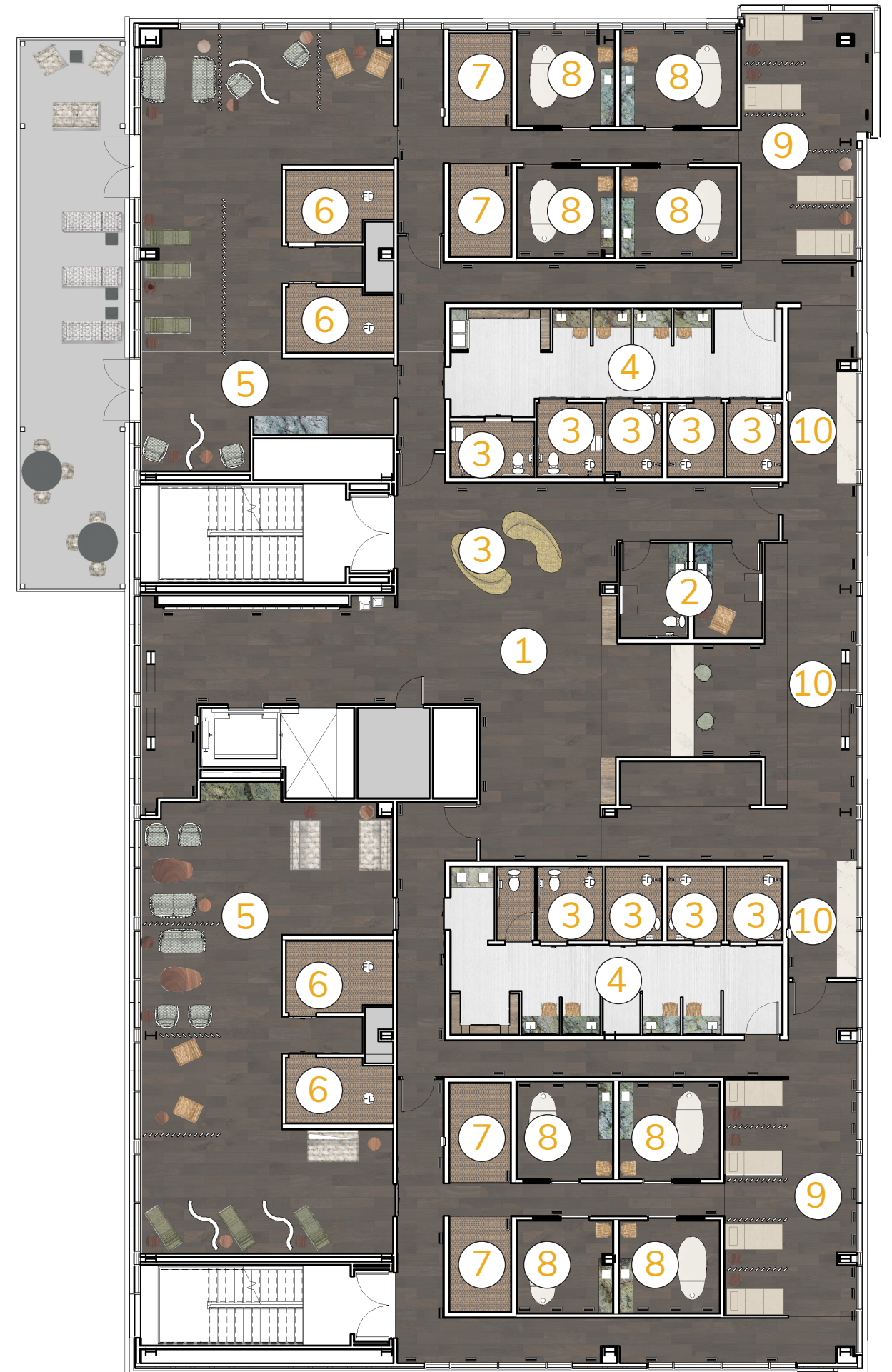




Final Solution

FLOOR PLAN

- ① Lobby
- ② Restroom and Nursing
- ③ Showers
- ④ Locker Room
- ⑤ Relaxation Suite
- ⑥ Sauna/steam room
- ⑦ Sensory Deprivation
- ⑧ Treatment Room
- ⑨ Decompression
- ⑩ Staff Area



WELL-BUILDING



Materials are simple and patterns are non-disruptive.

Thermal and lighting comfort is within the clients control w/ IoT.



There are two drinking fountains

There is also infused water in the relaxation suites



There is a lot of circulation space to promote movement

Sauna/Steam room help with blood circulation.



All walls are acoustically insulated

Materials were chosen to absorb sound

Quiet spaces are spatially isolated



Providing users control over their environment reduces stress.

Relaxation and Decompression spaces are provided for mental transitions.



There are healthy snacks like nuts, fruits, and chex mix available in the relaxation suites.



Lighting is controlled by IoT. Some spaces are user controlled, others are occupant sensors.

Most lighting is warm in temperature.



Ample ventilation throughout building

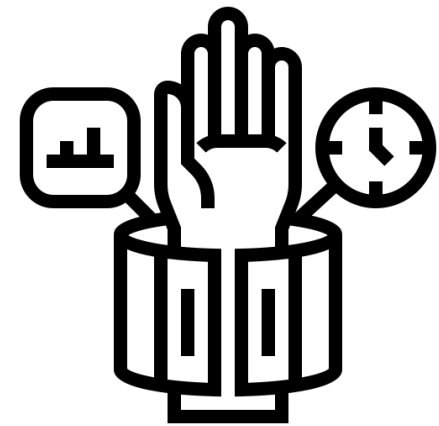
Green Wall in lobby to help improve air quality

Materials with low VOC's

CIRCULATION

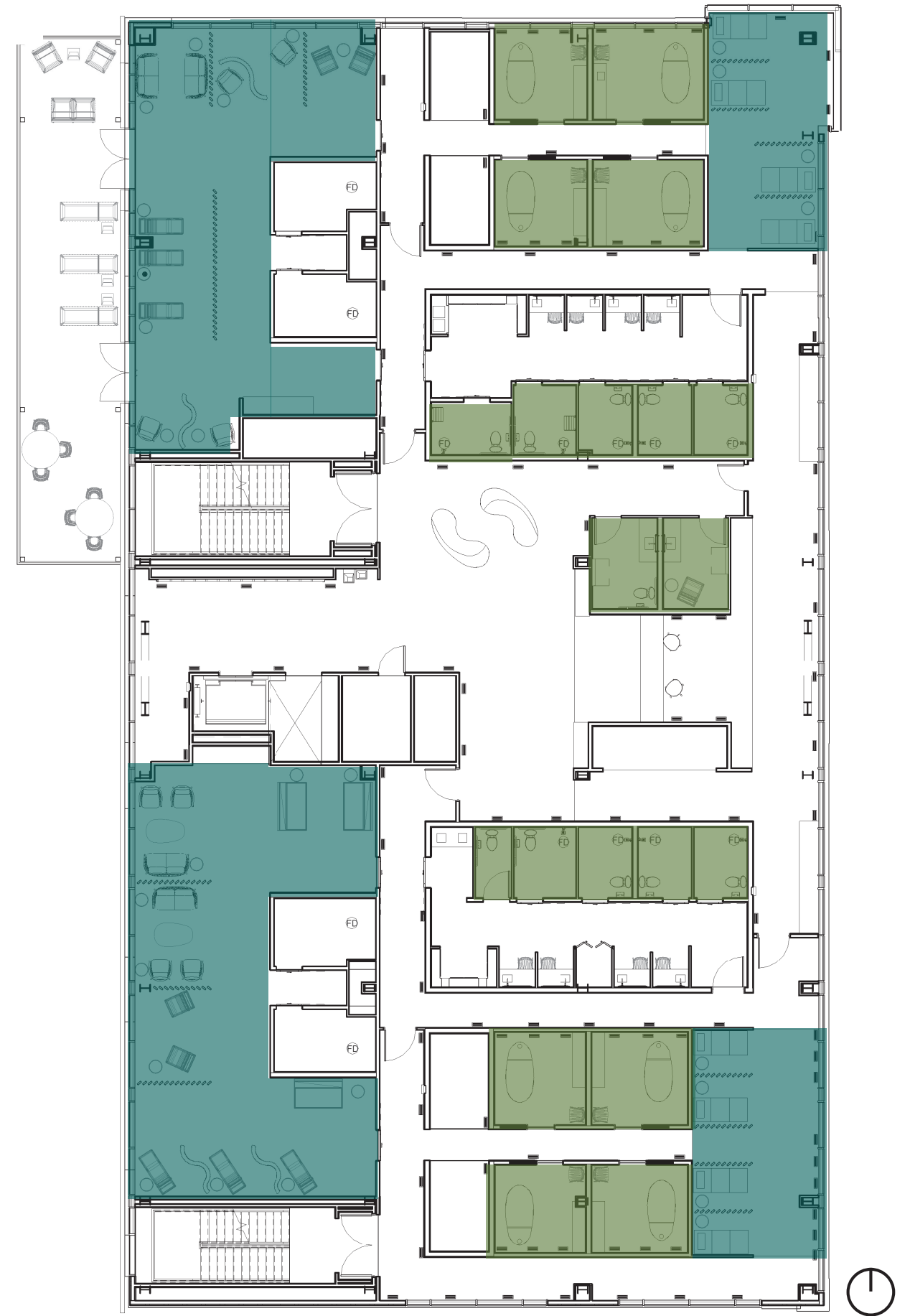


CUSTOMISATION

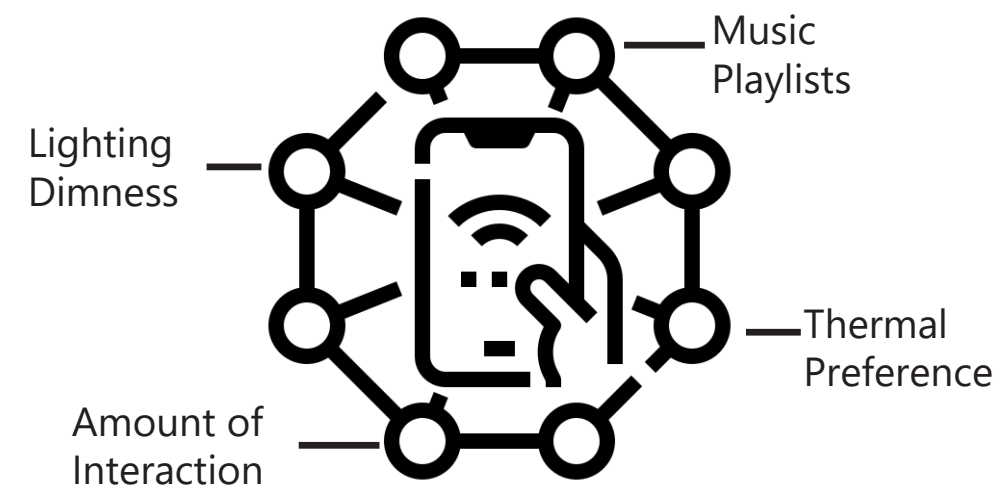


Custom Environment

Partial Custom Environment



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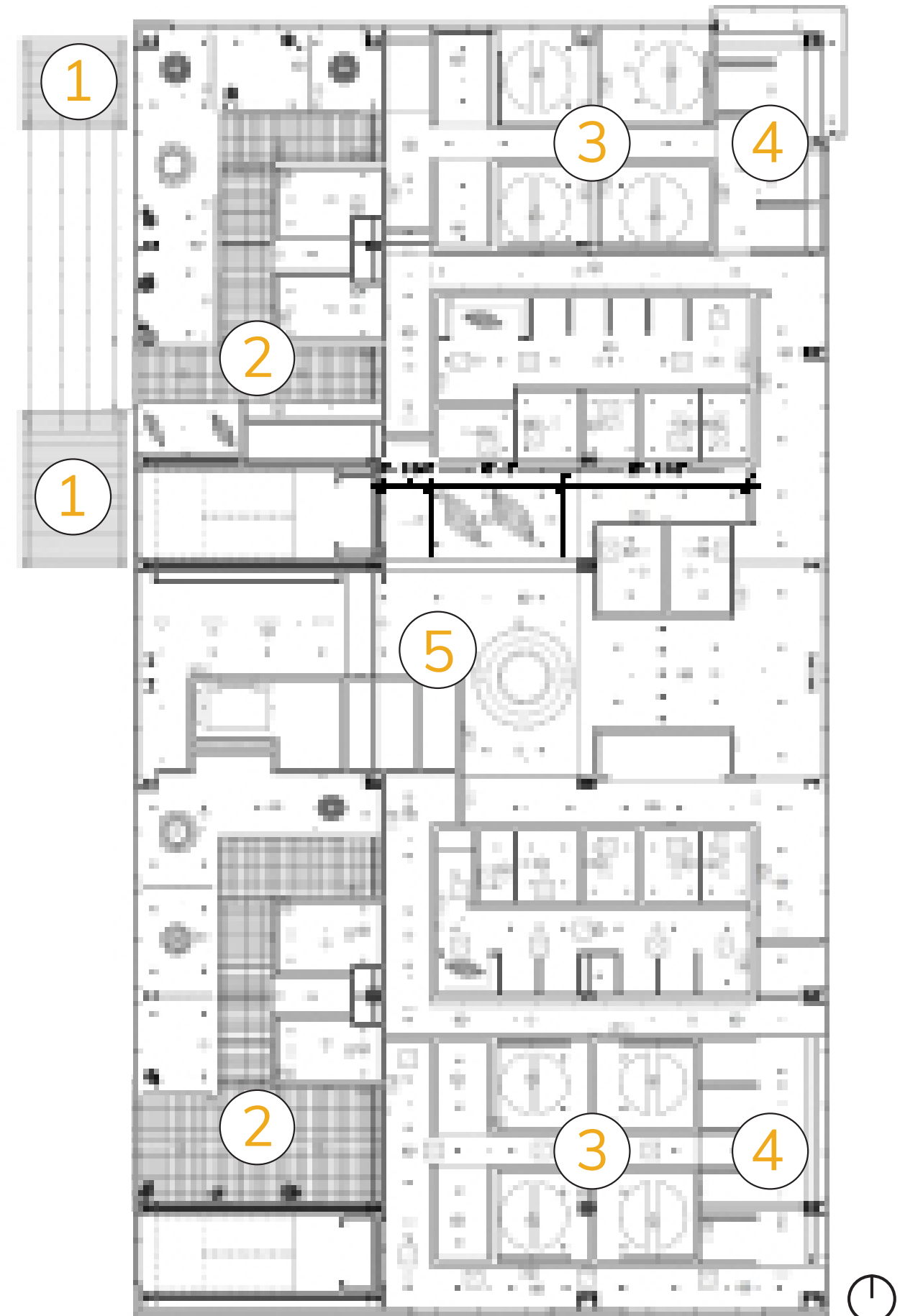


RCP

- ① Pergola over balcony
- ② ARMSTRONG feltworks
- ③ ARMSTRONG Optima Radial
- ④ Swagged Knoll Drapery
- ⑤ Custom Chandelier

64

- The design of the ceiling was a way for me to create context within the spaces.
- The ceiling changes in the relaxation suite indicate privacy and help with acoustics.
- The ceiling in the treatment rooms are a motif that shows my concept of reflection and help with acoustic insulation.
- The swagged drapery in the decompression zones creates almost an ethereal, dream-like atmosphere.
- The luminaires I chose are natural and cast light like dappled sunlight on the floor of a forest.
- Finally, my custom chandelier is another embodiment of my concept of elemental reflection. Made of natural looking materials and following my motif.



NTS: Floor Plan



Reception



- ① Cork tile wall
- ② Navicula Light
- ③ Product display
- ④ Custom reception
- ⑤ Custom Chandelier

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CONSIDERATIONS

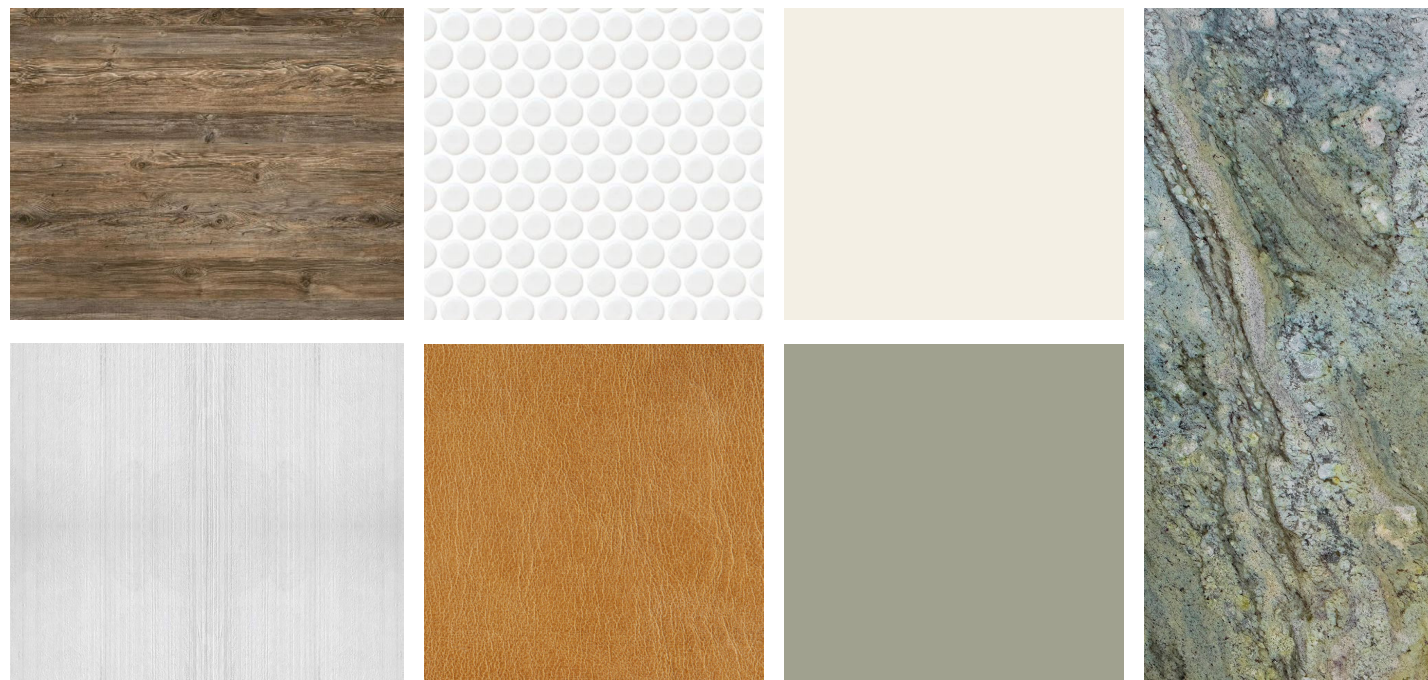
- Creating a first impression. I wanted to show users what they could expect. This space communicates high quality service without being overly fancy or seeming boujie.
- Symmetry and working within the grid to embody my concept of reflection.
- Creating a sense of inclusion and welcome. I wanted the desk to be wide and minimally enclosed to communicate openness. I took advantage of the windows behind it to use light as a guiding feature.

Locker Room



- ① Linen closet
- ② ADA vanity
- ③ Custom Lockers
- ④ Built-in shelves
- ⑤ Navicula Light

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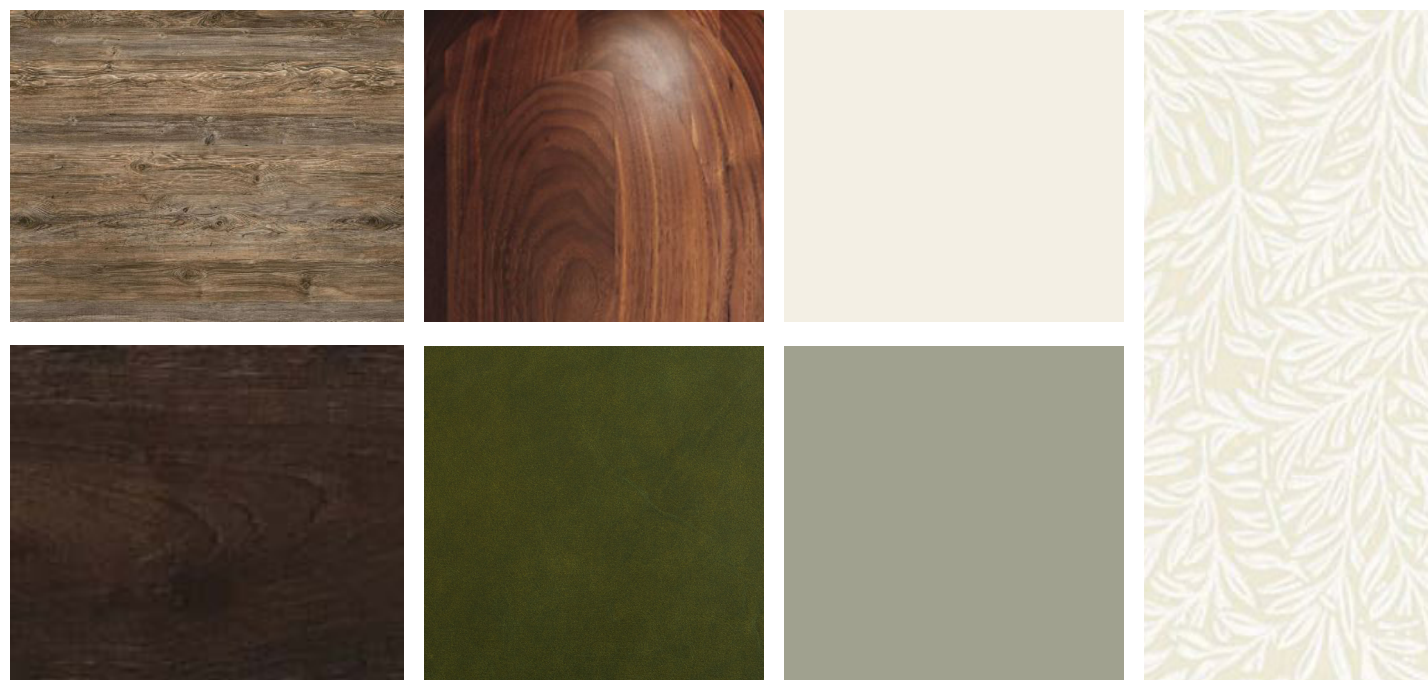
CONSIDERATIONS

- Visual and spatial privacy. I didn't want anyone redoing their makeup or their hair to feel like they were being watched, so I included partitions between individual vanities.
- Creating a sense of security. The lockers are opened only by their wristbands so they can store their personal belongings. I also created whole rooms for each individual shower and toilet for privacy and comfort.
- Materials and cleanliness. I wanted to specify materials that wouldn't easily stain. Users may be coming back from their treatment with oils on their skin, maybe sweat from the sauna. The materials needed to be durable.

Relaxation Suite



- ① Molo partition
- ② Coral Pendant
- ③ Koura Pendant
- ④ Rotating Partition
- ⑤ Armstrong Feltworks



CONSIDERATIONS

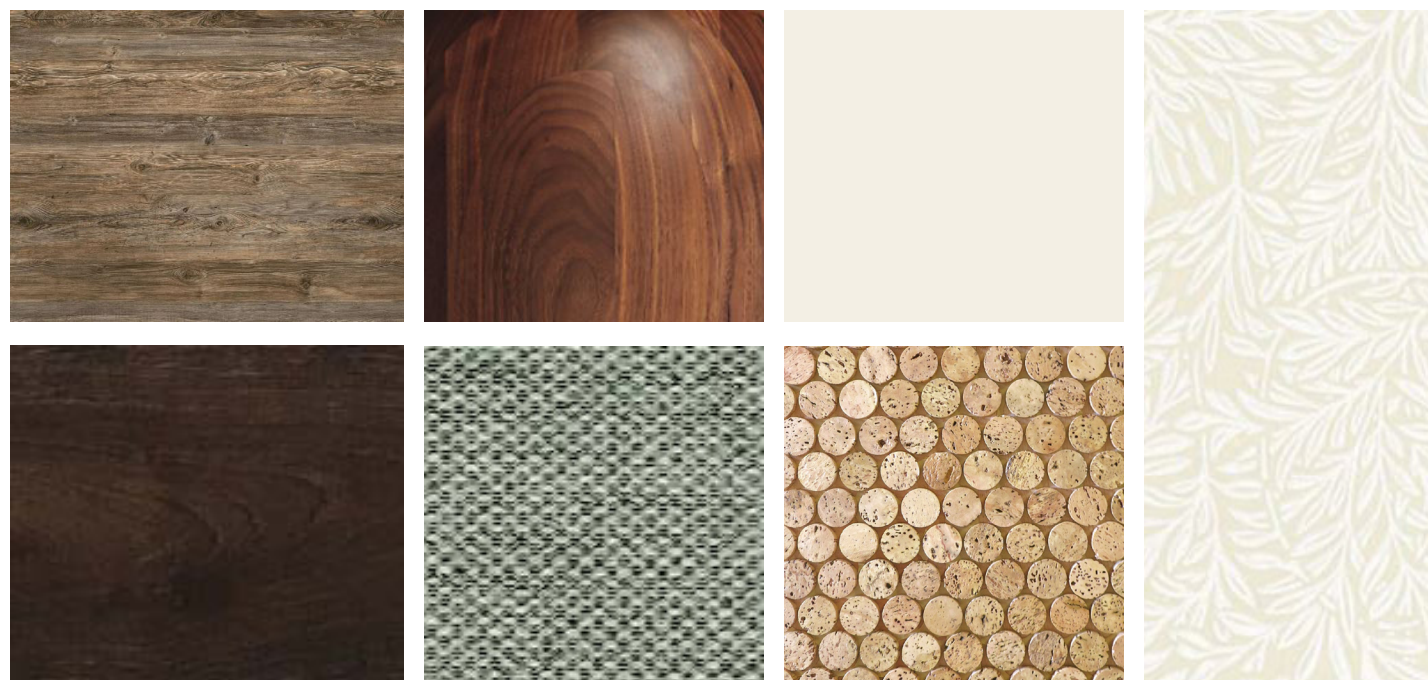
- Visual and spatial privacy. When speaking with Katie about my design intent, she suggested I think about ways I can give users more privacy. I wanted to allow control of personal privacy levels, so I thought about a manually rotating baffle wall and the molo textile walls.
- Materials and cleanliness. I wanted to specify materials that wouldn't easily stain. Users may be coming back from their treatment with oils on their skin, maybe sweat from the sauna. The materials needed to be durable.
- Creating a visually neutral, but comforting space to encourage true self reflection. I didn't want the suites to be overly stimulating or interesting because I wanted people to really look inward and sit with themselves.

Relaxation Suite



- ① Armstrong Feltworks
- ② Mortar wall sconce
- ③ Cork wall tile
- ④ Rotating Partition
- ⑤ Maru chandelier

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CONSIDERATIONS

- Visual and spatial privacy. When speaking with Katie about my design intent, she suggested I think about ways I can give users more privacy. I wanted to allow control of personal privacy levels, so I thought about a manually rotating baffle wall and the molo textile walls.
- Materials and cleanliness. I wanted to specify materials that wouldn't easily stain. Users may be coming back from their treatment with oils on their skin, maybe sweat from the sauna. The materials needed to be durable.
- Creating a visually neutral, but comforting space to encourage true self reflection. I didn't want the suites to be overly stimulating or interesting because I wanted people to really look inward and sit with themselves.

Treatment Room



1 Optima Radial Ceiling

2 Wall Wash Light

3 Cork Wall Tile

4 Height Adjustable Massage Table



Clutch Chair



Nilo Massage Table

CONSIDERATIONS

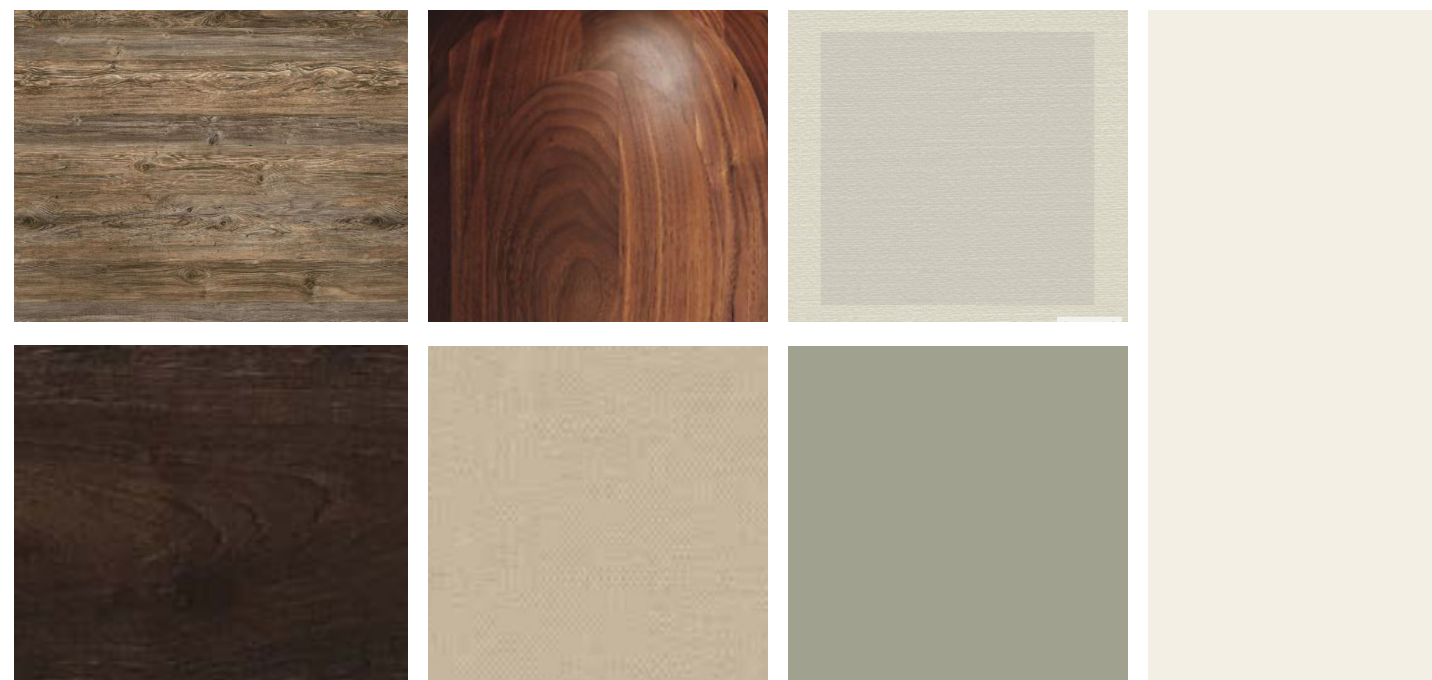
- Lighting: I really wanted the client to be able to control how dim or light they wanted the space. Obviously this would have to be within reason so that the treatment provider can still carry out tasks.
- Materials and cleanliness. I wanted to specify materials that wouldn't easily stain or wear down. No matter how clean a room is, if the materials look worn and dingey, it won't feel clean.
- Creating a neutral, comforting space to encourage true self reflection and relaxation. I wanted to create a space that would insulate and isolate users from the outside world. I did this through acoustic partitions, materials, and neutral colors.

Decompression



- ① Upholstered lounger
- ② Rotating partition
- ③ Swagged drapery
- ④ Wrapped beam
- ⑤ Solar shades

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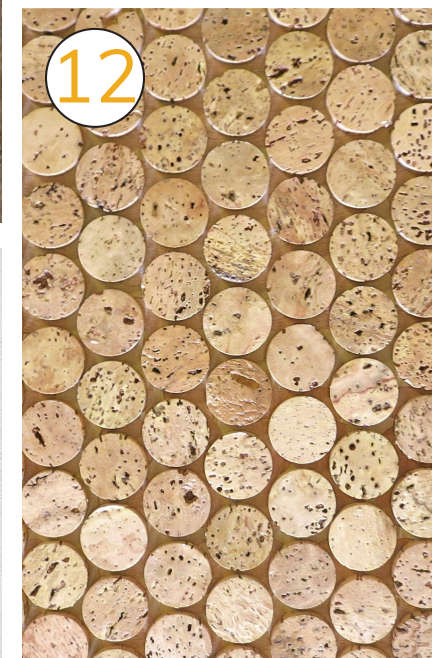
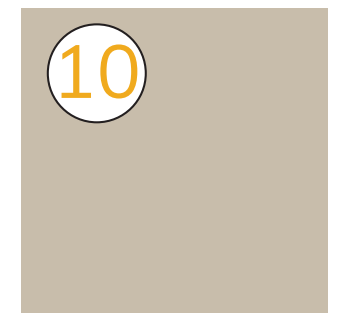
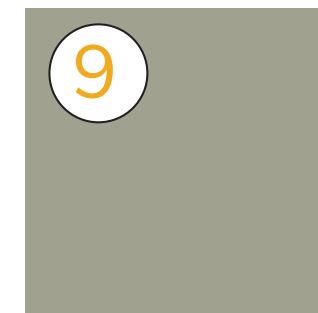
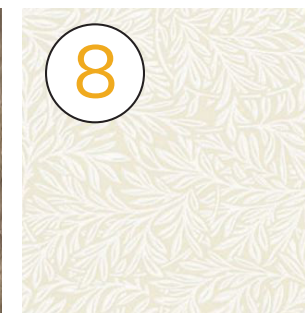
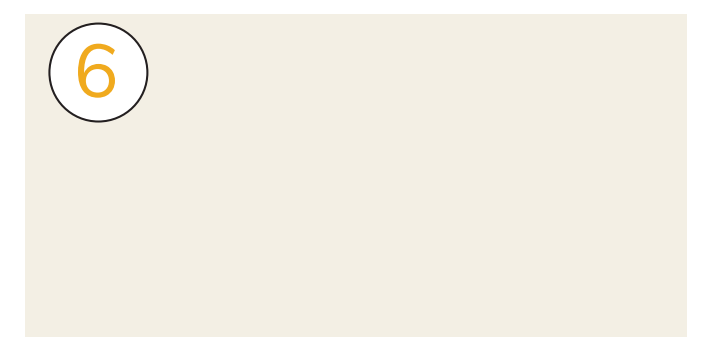
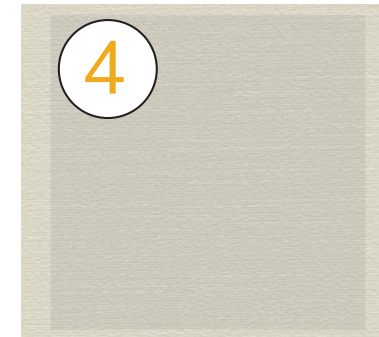


CONSIDERATIONS

- Visual and spatial privacy. I wanted to give users a space to relax privately after their treatment without distraction or difference in energy.
- Materials and cleanliness. I wanted to specify materials that wouldn't easily stain. Users will be coming back from their treatment with oils on their skin. The materials needed to be durable.
- Giving users time to decompress and reacclimate. After treatment, the user is given the opportunity to continue resting in a quiet space so that they don't have to immediately get back to the real world and are able to process any extra stuff that came up during treatment

MATERIALS

- ① ARMSTRONG Optima Radial
- ② ARMSTRONG Acoustibuilt
- ③ ARMSTRONG feltworks
- ④ Bewitched Knoll Drapery
- ⑤ Daltille Retro Rounds tile
- ⑥ Sherwin Williams- Whitetail
- ⑦ WilsonArt Laminate- Lost Pine
- ⑧ Schumacher wallpaper- Willow Leaf
- ⑨ PPG- Smoky Slate
- ⑩ Sherwin Williams- Naturalist
- ⑪ CasalGrande Porcelain- Bianco Cassero
- ⑫ Versacork- Pre-Finished Cork Tile
- ⑬ Stile Wood- Rovere Smoked Dark



TECHNOLOGY

Wearable Technology

The wearable healthcare technology market is on the rise. According to Insider Intelligence research, the number of health and fitness app users will stay above **84 million through 2022**.

Things like apple watches, fit bits, and health monitoring devices are in high demand, and though the specific kind of wristband that the spa would be using isn't an existing product yet, market projections show that it very well may be soon.

To the right, you can see the BellaBeat Leaflet. This is a form of smart jewelry on the market and aesthetically similar to what I would imagine for the spa



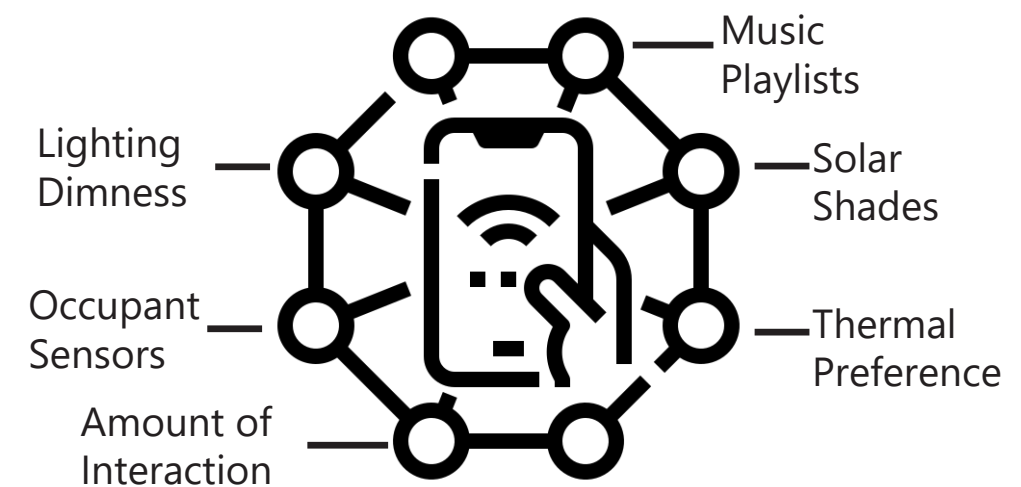
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Internet of Things

The internet of things will allow for the users to customize their experience through an app and the wearable technology mentioned above. An example of a brand of IoT would be HPE.

For this application, there would be two different sides. The personal profiles of the clients in which they could put their preferences for music, levels of interaction with their provider, thermal comfort, and lighting levels.

On the provider side, there would be things like occupant sensors in rooms, solar shade schedules, and intuitive booking/records keeping to reduce paper waste.



EBD

I used evidence-based design for the master plan of my building, the space layout, and the selection of the space type in the first place.

I chose to use Maslow's Hierarchy of Needs to inform the master plan of the building. I wanted to provide a center for the people of Manhattan that focused on helping them reach their full potential and meet their wellness goals on all levels, not just physical. I used Maslow's Hierarchy to determine what services would be provided on which floor and why. The first floor is a hydration and nutrition café paired with wellness consultation offices that would help new members create a plan to meet their personal goals and needs. The second floor would be a generic fitness center, solely focused on physical fitness and building strength. The third floor will be a yoga and meditation studio. It will focus on combining physical fitness with mental wellness while creating a sense of community and belonging through group classes. The fourth floor, which is the area of focus, will be a wellness spa. This floor will help to bring people into their own worlds and promote self-reflection and disconnection from external pressures and expectations. Finally, the fifth floor would be for therapy, helping people reach their fullest sense of wellness and hopefully reach self-actualization. This is represented graphically in Figure 1 below.

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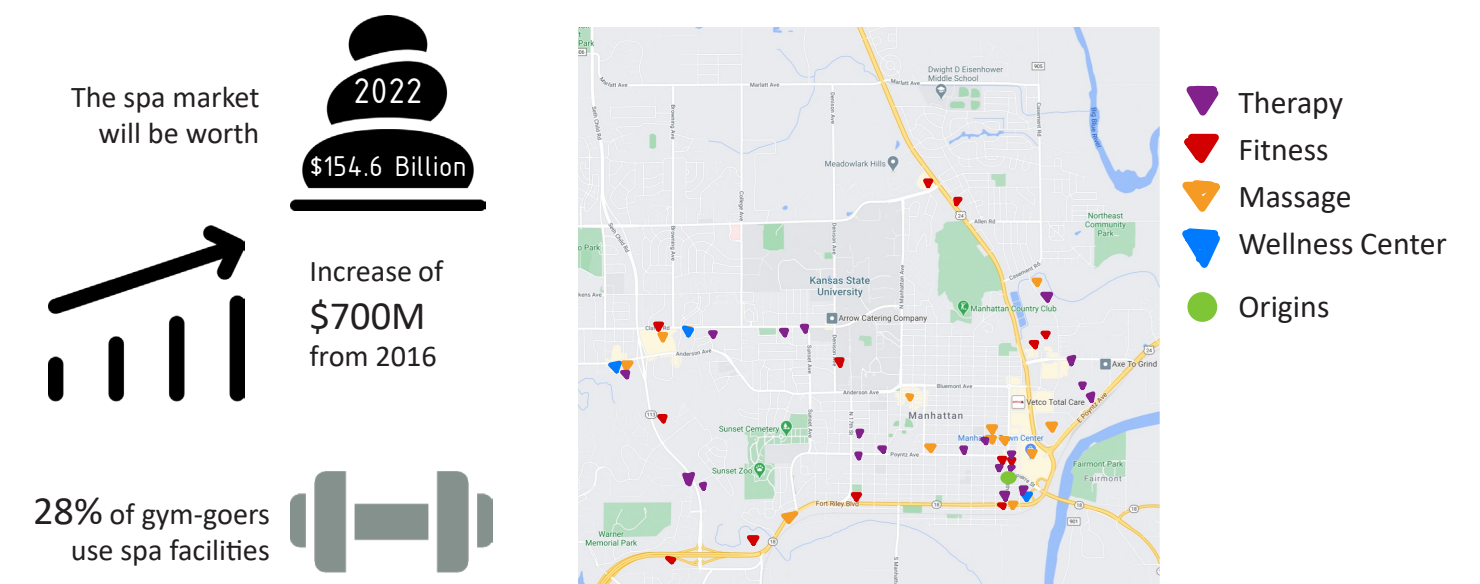
Figure 1

I used my knowledge and prior research of on-stage vs. off-stage and circulation patterns to inform the layout of my spa. I wanted to ensure security, privacy, and acoustic control of the most private spaces in the spa. I accomplished this by filtering users through the relaxation suite and allowing them visual and physical access to the treatment spaces only through a treatment provider, almost like a nurse coming into the waiting room to grab a patient. you can see this in figure 3. My prior research of autism helped me to understand that one way circulation is clearer and allows people to navigate a new environment more comfortably without any anxiety or uncertainty.



Figure 3

Finally, I used my research of the Manhattan demographics and market trends for wellness to assess whether the space type would be a good fit for the city and it's people. During my research I realized that there are a number of wellness service providers around Manhattan, but none have a holistic approach to personal wellness. The only one that I could find was very expensive, medically focused, and aimed toward people 40 and older. The Manhattan population has a high rate of obesity, and in Kansas, suicide increased 41% between 2009 and 2018 from 13.8 to 19.5 deaths per 100,000 population. This makes it more clear that the Manhattan population would benefit from another wellness resource that encompasses and plans for multiple aspects of an individuals wellness, not just one. Giving someone morphine does not fix the cause of the pain, it just treats the symptoms. The idea is that Origins Wellness Center will treat the symptoms and their cause too.



WELLNESS

My design supports and improves the users wellness through individual customization of their thermal, acoustic, and lighting environments, promoting privacy and introspection, and providing services that allow them to relax and reset.

Through my implementation of IoT and the custom building of a users profile on the app, the guests can customize their environment to their specific preferences. For example, the user can put in the type of music they like to listen to when relaxing and it will be saved to their profile. When they enter a treatment room, their playlist will begin playing. When they enter a shared space like the relaxation suite, their preferences will be added to a master playlist of every users preferences in that space. Their temperature preferences will also be documented on their profiles, this feature will be limited to the treatment rooms meaning that the HVAC will need to be a separate system in each of the 8 treatment rooms. Lighting preferences will also be limited to the treatment rooms, with limitations on how dark the space can be for treatment specialists.



Figure 1: IoT Wellness Features



Figure 2: Custom Environments

I promoted privacy and introspection by creating a shared space that has customizable levels of separation through rotating baffle partition walls. One can change how open or closed these baffles are, allowing for them to be comfortable while relaxing before and after treatments. I also decided that there will be a rule prohibiting phones from leaving the locker room once you have checked in and gotten changed. I want this to be a space for users to disconnect and truly engage in self-reflection. After treatment, there is a space the user can go called the decompression zone. This was another solution that allows the user to take a time out from life to really relax and readjust after a massage without feeling like they need to get up and get dressed so as not to inconvenience their provider or the next client.



Figure 3: Privacy Partition



Figure 4: No Phone



Figure 5: Time-Out

Last, the whole point of a spa is to provide services that promote personal wellness. I have been to a couple of massage places in Manhattan, many of them are in spaces that do not have acoustic separation between treatment rooms, have finishes that look old and worn down, or have their machines and equipment out in the open causing visual clutter. My design solution took acoustic insulation between treatment rooms seriously, separated high traffic zones from low ones, and used durable materials to keep the space looking new and clean. I provided ample storage in each room for equipment and machines so that there will be minimal visual clutter as well.

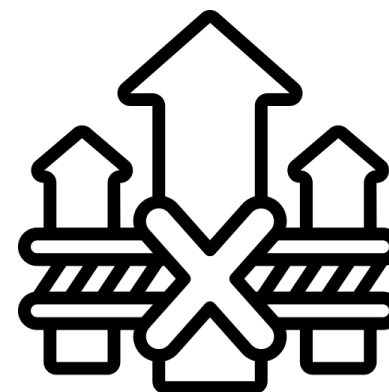


Figure 6: Acoustics

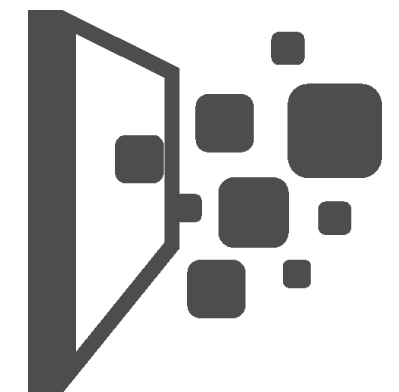


Figure 7: Reduce Visual Clutter

SUSTAINABILITY

My design responds to sustainability through material choices, energy saving lighting features, and reducing paper waste with online forms.

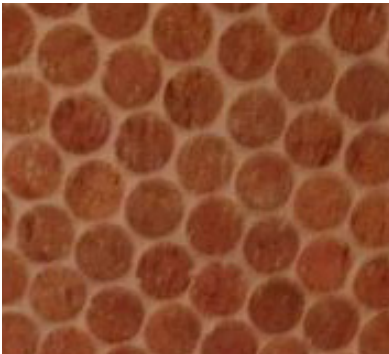
Most of the materials I chose are made of recycled content or sustainable resources. For example, I am using a WilsonArt laminate that is made of 34% Post-Consumer Recycled Wood Fiber Content and is Indoor Air Quality Certified to SCS-EC10.3-2014 v4.0. My flooring choices are FloorScore certified as well. I wanted to include a renewable resource in my selection, so I specified a cork tile from Versacork. Cork harvesting involves removing the bark from the tree by hand, this leaves the tree unharmed and allows it to continue growing so the bark will regenerate. The complete regeneration is a 9-year cycle. As the bark regrows, carbon from the atmosphere is stored in the cork cells, helping to purify the air. Many of my upholsteries are Green Guard and Green Guard Gold certified, as well as having SCS Indoor Advantage™ Gold status. Finally, I have used a green wall to help with air quality.



Manufacturer WilsonArt
Finish 16 casual rustic
Color Lost Pine
Dimensions 62" X 49"
Pattern N/A
Content 34% Post-Consumer Recycled Wood Fiber Content.
Sustainability Indoor Air Quality Certified to SCS-EC10.3-2014 v4.0

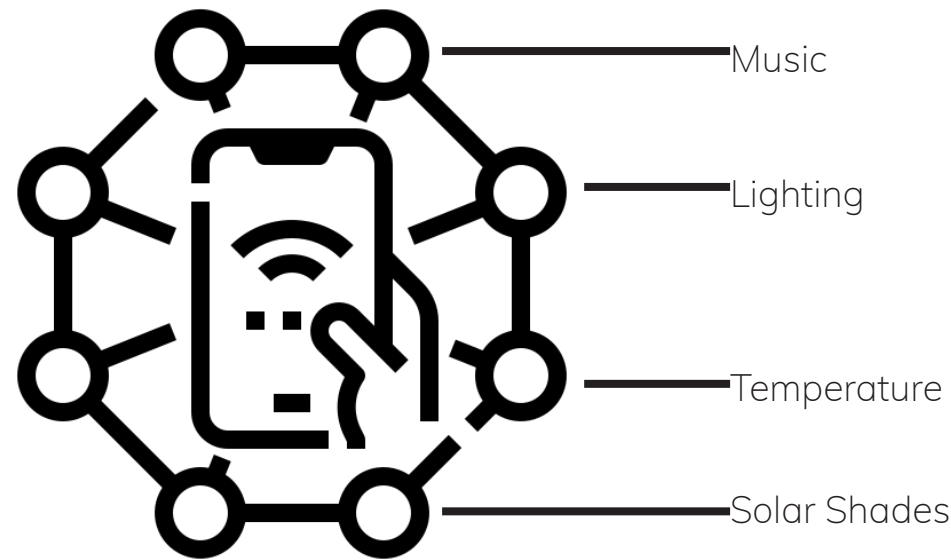


Manufacturer Knoll Textiles
Finish N/A
Color Hush
Dimensions 66 in.
Pattern N/A
Content 80% PES Trevira CS Polyester, 20% Flame Resistant Polyester
Sustainability Greenguard Certification, Clean Air Silver

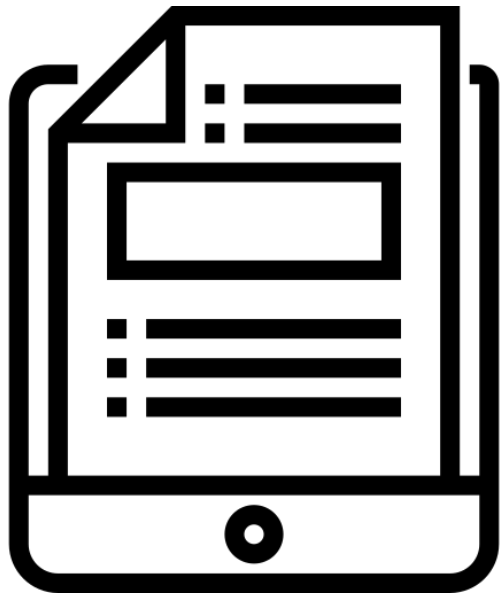
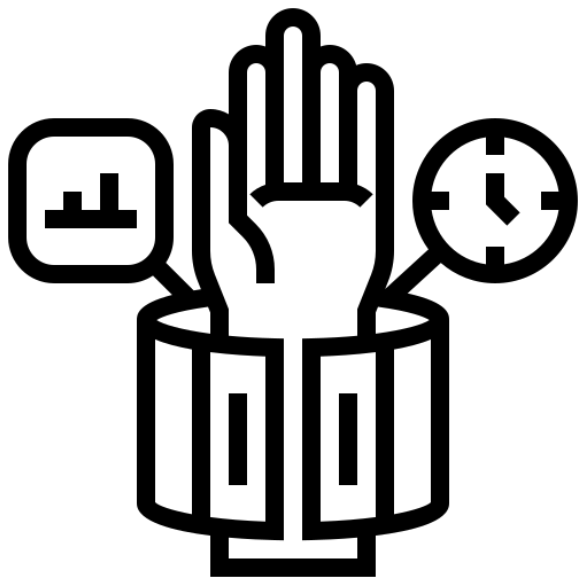


Manufacturer Versacork
Finish Prefinished (nano-ceramic urethane)
Color Pre-stained
Dimensions Sheet size: ¼" x 12" x 24"
Pattern Pre-finished penny tile
Content 100% natural cork
Sustainability Sustainably harvested, renewable resource

I have motion sensor lights in treatment rooms and hallways. I also have used my Internet of Things to allow the system to recognize when someone is occupying a space like the locker room or saunas. The wristbands that the guests will be given will communicate to the IoT that there is someone using the space, and if they are no longer in the space, the lights will turn off after a few minutes. Solar shades will also be specified on the windows to help control lighting and heating/cooling throughout the seasons.



An added benefit of the use of the IoT is that there is no need for paper forms that are so often used in spas to identify pain and build profiles. All of that will be done online through an app to personalize service and communicate needs. The clients will be able to build and edit their own profiles online, which will transfer to their wristbands at check-in. The treatment specialist will use a provided tablet to read up on their client and the clients needs. This effectively reduces paper waste in the spa.



Citations

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