



Origins

Manhattan's Holistic
Health Resource

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Project Summary

SUMMARY

This project's purpose is to provide a place for people to go and focus on multiple aspects of their wellness: physical, mental, and emotional. There is no place in Manhattan that is affordable and accessible to all people in Manhattan and Fort Riley that provides a well-rounded wellness plan. The goal would be to improve mental, emotional, and physical health in the community by providing an affordable space that is focused solely on wellness.

Manhattan, Kansas is home to students, families, teachers, workers, military personnel, and business owners. Many of these people struggle with mental health, there is a high suicide rate here. This clinic would address their unique needs, not only helping them change their mental health, but giving them the tools to customize their wellness plan to become truly WELL-rounded.

PROCESS

During the pre-design phase of this project, I researched trends in the wellness industry, the needs of Manhattan's community, and the current services provided in Manhattan. I used Dezeen to look at different spas across the world and some of my own experiences at spas as guidance for decision making in spatial relationships and needs.

DESIGN CONSIDERATIONS

The site at which Origin is set to be built is in an existing building off the corner of 4th and Pierre in downtown Manhattan, Kansas. The building is approximately 50,000 square feet. Each floor of the building is approximately 10,600 square feet and are connected by 2 sets of stairs and 2 elevators.

The floors will be arranged based on Maslow's Hierarchy of needs, each floor moving up toward growth and self-actualization.

The first floor will focus on meeting the basic needs of food, hydration, and feeling secure.

The second floor will focus on physical wellness only.

The third floor will focus on meeting social and emotional needs with physical needs as well.

The fourth floor will focus on making time for yourself and self-reflection.

The fifth floor will focus on helping individuals grow emotionally and mentally to reach their full potential.

Code Summary

Building Location:	4th and Pierre St.
Authority having Jurisdiction:	City of Manhattan
Building Code:	IBC 2018
Fire Code:	IFC 2018
Accessibility Code:	ADAAG 2018
Energy Code:	IECC 2009
Mechancial Code:	IMC 2018
Plumbing Code:	IPC 2018
Electrical Code:	NEC 2017
Building Construction Type:	1A.
Sprinklered:	Yes.
Primary Occupancy Types:	A-2, M, B, R-2.
Total Square Footage:	53,000 sqft.

Overall Square Footage

Square Footage Summary for Master Plan

Floor	Function(s)/ Occupancy	Total SF	Notes
First Floor	Restaurant/Assembly (A-2) or Business	10,080	if the café on this floor is < 750 sf it will be B, if it is >750 sf it will be A-2
Second Floor	Assembly A-3	10,063	
Third Floor	Assembly (A-3)	10,080	
Fourth Floor	Spa (B) or Assembly A-3	10,400	
Fifth Floor	Therapy offices (B) and Seminar(A-3)	10,368	
Total SF for Building		50,991	

Floor One: Wellness Guides and Cafe/bar

Square Footage Summary for First Floor: Bar and Café with admin

Room/ Area	Qty	Net SF	Total Net SF	Notes
Lobby/reception	1	500	500	
Waterclosets	2	300	600	
Wellness offices	6	100	600	
Nutrition Café	1	450	450	
Hydration Bar	1	450	450	
Nutritionist offices	4	100	400	
Breakroom	1	500	500	
Kitchen	1	600	600	
Seating	1	2,200	2,200	
Total Net SF for			6,300	
Efficiency Factor			1.60	Establish an efficiency factor between 1.3 - 1.6
Total for Use Type			10,080	

Programmatic Statement

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.

Occupancy Type

Business
Assembly 2

Floor Two: Fitness and Physical Therapy

Square Footage Summary for Second Floor: Fitness Center

Room/ Area	Qty	Net SF	Total Net SF	Notes
Locker rooms	2	800	1,600	
Physical Therapy offices	3	200	600	
Waterclosets	4	60	240	
Workout floor	1	4,500	4,500	
Total Net SF			6,940	
Efficiency Factor			1.45	Establish an efficiency factor between 1.3 - 1.6
Total for Use Type			10,063	

Programmatic Statement

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.

Occupancy Type

Business
Assembly 2

Floor Three: Yoga/Barre/Aerial

Square Footage Summary for Third Floor: Yoga/barre

Room/ Area	Qty	Net SF	Total Net SF	Notes
Locker Rooms	2	600	1,200	
Yoga/barre studios	4	1,500	6,000	
Total Net SF			7,200	
Efficiency Factor			1.40	Establish an efficiency factor between 1.3 - 1.6
Total for Use Type			10,080	

Programmatic Statement

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.

Occupancy Type

Assembly 2

Floor Four (Focus): Spa

Square Footage Summary for Fourth Floor: Spa

Room/ Area	Qty	Net SF	Total Net SF	Notes
Lobby/reception	1	2,008	2,008	The restrooms, sales floor, and laundry are included in the lobby/reception space.
Relaxation suite	2	1,138	2,272	
Massage/facial rooms	8	110	880	
Sauna	2	85	170	
Steam room	2	85	170	
Decompression zone	2	375	750	
Locker rooms	2	597	1,194	
Sensory deprivation room	4	69	276	
			6,768	
Total Net SF				
Efficiency Factor		1.55	Establish an efficiency factor between 1.3 - 1.6	
Total for Use Type			10,490	

Programmatic Statement

This is the Area of Focus, it will be a spa for wellness and relaxation. The goal on this floor is to promote reflecting inward on thoughts, feelings, and behaviors. To promote reflection and comfort with being alone with oneself.

Occupancy Type

Business
Assembly 2

Plumbing Fixtures					
Waterclosets		Lavatories		Drinking Fountains	Service Sinks
M	F	M	F		
6	6	4	4	2	1

Floor Five: Mental Health

Square Footage Summary for Fifth Floor: Therapy offices

Room/ Area	Qty	Net SF	Total Net SF	Notes
Reception/lobby	1	230	230	
Waiting	1	420	420	
Waterclosets	2	350	700	
Private therapy offices	8	200	1,600	
Rentable private rooms	8	150	1,200	
Seminar space	2	1,500	3,000	
Total Net SF			7,150	
Efficiency Factor			1.45	Establish an efficiency factor between 1.3 - 1.6
Total for Use Type			10,368	

Programmatic Statement

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.

Occupancy Type

Business
Assembly 2

Floor of Focus: Program

Square Footage Summary for Fourth Floor: Spa

Room/ Area	Qty	Net SF	Total Net SF	Notes
Lobby/reception	1	2,008	2,008	
Relaxation suite	2	1,138	2,272	
Massage/facial rooms	8	110	880	
Sauna	2	85	170	
Steam room	2	85	170	
Decompression zone	2	375	750	
Locker rooms	2	597	1,194	
Sensory deprivation room	4	69	276	
Total Net SF			6,768	
Efficiency Factor			1.55	Establish an efficiency factor between 1.3 - 1.6
Total for Use Type			10,490	

Reception

Programmatic Statement	A space where new visitors can go to check in, get information, schedule appointments, or pay bills.	
Code/Regulatory Requirements: IBC 2015	1006.2.1: Maximum Common Path of Travel, 100ft. 1017.2: Exit Access Travel Distance, 200 ft. 1006.3.1: Two Exits per floor. 1105: Must comply with Accessible Entrances. 1111: Must comply with Accessible Signage. ADA 2018	
Number of Rooms	1	
Activities	1. Check in/out 2. Schedule appointments 3. Pay balance 4. Provide Information	
Space Requirements	Net sqft:	1558 sf
	Ceiling Height:	9'-6"

Reception

Location and Design Considerations	<ul style="list-style-type: none">1. Visible from elevator and stairs2. Close to entry to locker rooms3. Centrally located in plan	
Furniture/Fixtures/Equipment	<ul style="list-style-type: none">1. Reception desk2. Desk chair3. Storage for filing4. Computer5. Shelving for Products	
Special Requirements: Material Selections	Flooring:	Wood flooring
	Walls:	Painted Gyp, neutral color. Wallpaper
	Ceilings:	ACOUSTIBuilt
	Doors:	N/A
	Windows:	Untreated
	Casework:	Quartz counter and laminate casework underneath the counter

Reception

Environmental Conditions

Acoustical: No special requirements
STC Rating: 35
Lighting: General illumination throughout
Footcandles: 20-40

**Special Requirements:
Mechanical/Electrical**

HVAC: Standard, occupancy sensor for energy conservation
Electrical: Excessive outlets for computers and related technology, must comply with Chapter 27 of the IBC.
Technology: wifi and IoT. Docking station for guest wristbands.

Occupancy

Type: Assembly
Factor: 15
Load: 34

Locker Room

Programmatic Statement	A space in which guests can store their personal belongings, change their clothes, use the restroom, shower, and do their hair/makeup after an appointment.	
Code/Regulatory Requirements: IBC 2015	1006.2.1: Maximum Common Path of Travel, 100ft. 1017.2: Exit Access Travel Distance, 200 ft. 1006.3.1: Two Exits per floor. 1105: Must comply with Accessible Entrances. 1111: Must comply with Accessible Signage. ADA 2018	
Number of Rooms	2	
Activities	1. Place personal items in lockers 2. Change/undress 3. Use the bathroom 4. Shower 5. Do makeup/hair	
Space Requirements	Net sqft:	597 sf
	Ceiling Height:	9'-0"

Locker Room

**Location and Design
Considerations**

- 1. Close to reception
- 2. Close to relaxation suite
- 3. Close to decompression zone

**Furniture/Fixtures/
Equipment**

- 1. Lockers with codes
- 2. Showers
- 3. Bin for dirty towels and robes
- 4. Vanities with storage
- 5. Shelving for towels and products

**Special Requirements:
Material Selections**

- Flooring: Porcelain tile for durability
- Walls: Gyp and cork tile for showers, porcelain tiles for vanity walls
- Ceilings: Gyp
- Doors: Solid core, sliding, swing, and barn
- Windows: N/A
- Casework: Granite counters with laminate casework

Locker Room

Environmental Conditions

Acoustical:	High insulation for privacy and comfort
STC Rating:	50
Lighting:	General illumination throughout, vanity lights, and water proof luminaires
Footcandles:	20-40

**Special Requirements:
Mechanical/Electrical**

HVAC:	Standard, occupancy sensor for energy conservation
Electrical:	Standard, more around the vanities, must comply with Chapter 27 of the IBC.
Technology:	wifi and IoT. Speakers.

Occupancy

Type:	Assembly
Factor:	50
Load:	26

Relaxation Suite

Programmatic Statement	A lounge area for before and after treatments with long lounge seats, couches, and chairs. There is complimentary infused water and healthy snacks.
Code/Regulatory Requirements: IBC 2015	1006.2.1: Maximum Common Path of Travel, 100ft. 1017.2: Exit Access Travel Distance, 200 ft. 1006.3.1: Two Exits per floor. 1105: Must comply with Accessible Entrances. 1111: Must comply with Accessible Signage. ADA 2018
Number of Rooms	2
Activities	1. Relax before and after appointments 2. Allows for time for reflection 3. Eat small snacks 4. Hydrate with infused water
Space Requirements	Net sqft: 1138 sf Ceiling Height: 11'-0"

Relaxation Suite

**Location and Design
Considerations**

- 1. Direct visual and spatial connection to locker rooms
- 2. Close to treatment rooms
- 3. Lots of natural lighting
- 4. Multiple seating options and privacy variations

**Furniture/Fixtures/
Equipment**

- 1. Counterspace for infused water and snacks
- 2. Chairs and couches
- 3. Chaise Longes
- 4. Side tables and coffee tables
- 5. Privacy screens and partitions

**Special Requirements:
Material Selections**

- | | |
|-----------|---|
| Flooring: | Wood flooring |
| Walls: | Neutral paint gyp, wood mural, movable privacy partitions |
| Ceilings: | ACOUSTIBuilt, beams encased in rough wood, and Armstrong felt works |
| Doors: | Solid core, window in them sliding barn |
| Windows: | Treated with solar shades |
| Casework: | Granite counter with laminate casework |

Relaxation Suite

Environmental Conditions

Acoustical: No special requirements
STC Rating: 50
Lighting: General illumination throughout
Footcandles: 20-40

**Special Requirements:
Mechanical/Electrical**

HVAC: Standard, occupancy sensor for energy conservation
Electrical: Standard, must comply with Chapter 27 of the IBC.
Technology: wifi and IoT. Speakers for music.

Occupancy

Type: Assembly
Factor: 15
Load: 147

Sensory Deprivation Rooms

Programmatic Statement	A room in which a person floats in a tub and there are no sounds or light or sensations. Helpful for people with PTSD, sensory issues, and anxiety.		
Code/Regulatory Requirements: IBC 2015	1006.2.1: Maximum Common Path of Travel, 100ft. 1017.2: Exit Access Travel Distance, 200 ft. 1006.3.1: Two Exits per floor. 1105: Must comply with Accessible Entrances. 1111: Must comply with Accessible Signage. ADA 2018		
Number of Rooms	4		
Activities	1. Float 2. Hang robe and take off shoes. 3. Redress		
Space Requirements	Net sqft:	69 sf	
	Ceiling Height:	8'-0"	

Sensory Deprivation Rooms

**Location and Design
Considerations**

- 1. Next to treatment rooms
- 2. Close to relaxation suite
- 3. Acoustically isolated

**Furniture/Fixtures/
Equipment**

- 1. Royal Spa float pod
- 2. Hooks for towels

**Special Requirements:
Material Selections**

- Flooring: Cork flooring for minimal slip
- Walls: Gyp board, painted black
- Ceilings: Gyp board, painted black
- Doors: N/A
- Windows: N/A
- Casework: N/A

Sensory Deprivation Rooms

Environmental Conditions

Acoustical: High acoustic insulation
STC Rating: 60
Lighting: Wall sconce, indirect. On a timer for 5 minutes and then will turn off until appointment is finished
Footcandles: 0-20

**Special Requirements:
Mechanical/Electrical**

HVAC: Separate system, calibrated to personal preferences of user.
Electrical: Standard, must comply with Chapter 27 of the IBC.
Technology: wifi and IoT. Timed lighting. Water heat regulator

Occupancy

Type: Business
Factor: 100
Load: 4

Treatment Rooms

Programmatic Statement	Rooms in which guests go for their appointments. Massage, acupuncture, or facial treatments.
Code/Regulatory Requirements: IBC 2015	1006.2.1: Maximum Common Path of Travel, 100ft. 1017.2: Exit Access Travel Distance, 200 ft. 1006.3.1: Two Exits per floor. 1105: Must comply with Accessible Entrances. 1111: Must comply with Accessible Signage. ADA 2018
Number of Rooms	8
Activities	1. Undress and redress 2. Recieve treatment 3. Consultation with professional 4. Material/equipment storage 5. Washing hands
Space Requirements	Net sqft: 100-140 sf Ceiling Height: 9'-0"

Treatment Rooms

**Location and Design
Considerations**

- 1. Close to relaxation suite
- 2. Close to decomposition zone
- 3. Visually sheilded
- 4. Not accessible to guests unless with a provider

**Furniture/Fixtures/
Equipment**

- 1. Counter with sink and storage
- 2. Stool for service provider
- 3. Massage table
- 4. Facial Chair
- 5. Shelving for personal clothes and shoes

**Special Requirements:
Material Selections**

- | | |
|-----------|---------------------------------------|
| Flooring: | Wood flooring |
| Walls: | Gyp painted neutral and cork tile |
| Ceilings: | ACOUSTIBuilt painted neutral |
| Doors: | Solid core |
| Windows: | Black out shades where applicable |
| Casework: | Granite counter and laminate casework |

Treatment Rooms

Environmental Conditions

Acoustical: Adequate acoustical separation between wall partitions. Material selection to support acoustical separation

STC Rating: 60

Lighting: General illumination throughout

Footcandles: 20-40

**Special Requirements:
Mechanical/Electrical**

HVAC: Separate, connected to IoT to determine user preference

Electrical: Standard, must comply with Chapter 27 of the IBC.

Technology: wifi and IoT. Speakers.

Occupancy

Type: Business

Factor: 100

Load: 1

Decompression Zone

Programmatic Statement	An area where guests are taken after their treatment/appointment where they can relax and be in a quiet place before going back to the relaxation suite or the locker room.		
Code/Regulatory Requirements: IBC 2015	1006.2.1: Maximum Common Path of Travel, 100ft. 1017.2: Exit Access Travel Distance, 200 ft. 1006.3.1: Two Exits per floor. 1105: Must comply with Accessible Entrances. 1111: Must comply with Accessible Signage. ADA 2018		
Number of Rooms	2		
Activities	1. Lay down and relax 2. Breathe 3. Drink water		
Space Requirements	Net sqft:	373	sf
	Ceiling Height:	11'-0"	

Decompression Zone

**Location and Design
Considerations**

- 1. Close to treatment rooms
- 2. Close to second entry to locker rooms
- 3. Privacy shields between chaise longues

**Furniture/Fixtures/
Equipment**

- 1. Chaise Longes
- 2. Visual and acoustic separation through drapery
- 3. Side tables for water

**Special Requirements:
Material Selections**

- Flooring: Wood flooring
- Walls: Painted gyp
- Ceilings: ACOUSTIBuilt and swagged drapery, beams encased in rough wood
- Doors: N/A
- Windows: Equipped with solar shades
- Casework: N/A

Decompression Zone

Environmental Conditions

Acoustical: No special requirements, drapery will be acoustic material
STC Rating: 35
Lighting: General illumination throughout
Footcandles: 20-40

**Special Requirements:
Mechanical/Electrical**

HVAC: Standard, occupancy sensor for energy conservation
Electrical: Standard, must comply with Chapter 27 of the IBC.
Technology: wifi and IoT. Speakers.

Occupancy

Type: Assembly
Factor: 15
Load: 53

Sauna

Programmatic Statement	A small room designed as a place to experience dry heat sessions		
Code/Regulatory Requirements: IBC 2015	1006.2.1: Maximum Common Path of Travel, 100ft. 1017.2: Exit Access Travel Distance, 200 ft. 1006.3.1: Two Exits per floor. 1105: Must comply with Accessible Entrances. 1111: Must comply with Accessible Signage. ADA 2018		
Number of Rooms	2		
Activities	1. Sit 2. Sweat 3. Hang robe		
Space Requirements	Net sqft:	85 sf	
	Ceiling Height:	9'-0"	

Sauna

**Location and Design
Considerations**

- 1. In relaxation suite
- 2. Centrally located
- 3. Next to steam room

**Furniture/Fixtures/
Equipment**

- 1. Hooks for robes
- 2. Small rack for shoes
- 3. Bench for seating

**Special Requirements:
Material Selections**

- Flooring: Cork tile
- Walls: Cork Tile
- Ceilings: ACOUSTIBuilt
- Doors: Double pane glass, solid core
- Windows: N/A
- Casework: N/A

Sauna

Environmental Conditions

Acoustical: No special requirements
STC Rating: 35
Lighting: General illumination throughout
Footcandles: 20-40

**Special Requirements:
Mechanical/Electrical**

HVAC: Separate, specialized ventilation system that helps to circulate the heat put off
Electrical: Standard, must comply with Chapter 27 of the IBC.
Technology: wifi and IoT. Speakers.

Occupancy

Type: Business
Factor: 100
Load: 2

Steam Room

Programmatic Statement	A space where new visitors can go to check in, get information, schedule appointments, or pay bills.		
Code/Regulatory Requirements: IBC 2015	1006.2.1: Maximum Common Path of Travel, 100ft. 1017.2: Exit Access Travel Distance, 200 ft. 1006.3.1: Two Exits per floor. 1105: Must comply with Accessible Entrances. 1111: Must comply with Accessible Signage. ADA 2018		
Number of Rooms	2		
Activities	1. Sit 2. Unrobe 3. Steam 4. Sweat		
Space Requirements	Net sqft:	80 sf	
	Ceiling Height:	9'-0"	

Steam Room

**Location and Design
Considerations**

- 1. In relaxation suite
- 2. Centrally located
- 3. Next to sauna

**Furniture/Fixtures/
Equipment**

- 1. Hooks for robes
- 2. Small rack for shoes
- 3. Bench for seating

**Special Requirements:
Material Selections**

- Flooring: Cork tile
- Walls: Cork Tile
- Ceilings: Armstrong ceiling tile rated for wet areas
- Doors: Double pane glass, solid core
- Windows: N/A
- Casework: N/A

Steam Room

Environmental Conditions

Acoustical: No special requirements
STC Rating: 35
Lighting: General illumination throughout
Footcandles: 20-40

**Special Requirements:
Mechanical/Electrical**

HVAC: Separate, specialized ventilation system that helps to circulate the heat put off
Electrical: Standard, must comply with Chapter 27 of the IBC.
Technology: wifi and IoT. Speakers.

Occupancy

Type: Business
Factor: 100
Load: 2