

WELLNESS AND LUXURY SPA

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ABSTRACT

Spas have a long history; they have been traditionally visited in order to acquire medical benefits and as now forth seen spas are made for refreshment and calmness of the mind and body for oneself respecting the needs. In the last few years hoteliers have realized the various benefits of a spa facility, one of the biggest advantages is that it can bring revenue to the hotel due to which a significant increase in the opening of both hotel spas and destination Spas are still in progress. This scenario has led to the magnificent rise in the interior design sector for Spa design. Along with the fundamental requirements combined with the latest technologies, the interiors of the spa acts as one of the major factors in providing the desired experiences inside the spa, be it located in luxury hotels, resorts or areas like airports. The intend of this paper is to provide an interior design solution for a spa with a fusion of Moroccan and contemporary style. Along with considering the requirements, the minute details of design proposal like design style, fonts, colours and textures, size and proportions, motives and patterns, materials and surface finishes, joinery and fastening have been worked out with an effort to create the design solution which can provide an everlasting harmonious experience and memories

KEYWORDS: Spa, Wellness, Design, Interiors, Fitness, Soothing, Hotel.

1. INTRODUCTION

Improving the nature of wellbeing and spa administrations, just as quality all in all, is a consistent cycle of business action. It is focused on improving the degree of administrations, the nature of their arrangement, the improvement of the components of creation and the quality framework. Presently, the wellbeing and spa administrations quality is a significant component of productivity and benefit of wellbeing and spa resorts. That is the reason authorities should give consistent consideration to the nature of administrations. Everybody ought to be occupied with quality: from the top of the wellbeing and spa resort to the particular entertainer. All cycles to guarantee, plan, safeguard quality must be incorporated into an administration framework. This reality makes it pressing to apply new market-arranged methodologies for dealing with the retreats. In this way, the writer of the article proposes a system for planning wellbeing also, spa measures dependent on wishes, requirements and chances of customer. There are numerous medicines discovered in a day spa: such as regular back rub, stone treatment, sauna and whirlpool medicines, hot mud showers, and makeovers. Notwithstanding troublesome financial occasions, there are individuals that will make an opportunity to unwind, and are eager to organize their spending realizing that a sound body and psyche are a more important venture than getting a second line of work.

1.1. AIM

- To be able to enhance my knowledge and working skills on spas and its basic use to encourage people so that they are flexible with the benefits of soaking in a spa. It is a medium of stress reduction which should now be accepted, psychologically and culturally by setting up a visualization of a flexible spa which can provide both mental wellness and body fitness through a designed plan, adding up a distinct & unique feature to the spa's and recreational areas.

1.2. PROJECT JUSTIFICATION

A serene atmosphere featuring relaxed and beautiful people all of whom ostensibly got the way by living the spa life. Spa is to have a good well priced, wowing effect. It provides a relaxing environment to the body and mind with the enhancement to its design and plan layout providing a much calm and spaced out view. A work that completely views for ideas regarding a modern spa but with a pinch Islamic/Moroccan culture added with a little natural hint in order to keep it soothing to the eye.

1.3. OBJECTIVE

The performance objectives of a spa are quality, speed, dependability, flexibility and cost.

Function and purpose: A spa should satisfy the function thus meeting the purpose. The Form and style of design should be aesthetic and proportional once the users utilize the space.

The methodology will include surveying and documenting; examining materials and methods of construction,

- ❖ analyzing the structure,
- ❖ its design,
- ❖ defects and their causes;
- ❖ prescribing remedial measures;
- ❖ preparing items of work,
- ❖ estimating;
- ❖ allocating funds for restoration;
- ❖ supervision and monitoring of the works

1.5. SCOPE

- To create a perfect recreational ambience by making a connection of the performance with the outside world and giving the flexibility and relaxation to change it accordingly through interior design so that people tends to visit there more. Design plans are essential when it comes to balancing design with operational needs.
- Providing space plan to optimize seating with proper furniture layout, material selection, insulation and detailing as per required to bring the luxury of a spa to fulfil.
- Designing something that breathes a new life with memories within its old body that inspires warmth & vitality. Also, it delivers sustainable, social and economic profits to the world

METHODOLOGY

The hierarchy principle is to identify the levels of processes subordination from the most elementary to the more complex ones, which are completed as a set of previous level processes. At the same time, processes of a higher level have a completely different qualitative content. Considering this philosophy, and its utilization by any wellbeing and spa resorts, and its reasonable application will permit them to explain the primary assignments, for example,

1. Study of standards and literature study along with some of the physical cases
2. Creating a brainstorming decisively based on the project:
3. Developing mood and colour theme boards
4. Evolving concept sheets and its ideas
5. Developing its layout and interiors

As a rule, hierarchical plan implies the turn of events and usage of undertakings to support administrative work. There are perplexing and nearby authoritative plan. Complex plan includes the advancement of a bunch of measures to improve the administration contraption exercises, its structure and staff, authoritative and working conditions.

PROJECT BRIEF AND ANALYSIS

The project is mainly about Spa and its design, to accomplish a well-furnished and developed view for a luxury spa. My design is to ensure that the Spa is provided with all the necessary commodities and it looks forward to every minute detail. Yet, ensuring a positive impact for both sides of the spa: the spa and the tourist. According to the design styles that are chosen to be worked upon are basically royalty of Moroccan, simplicity of Contemporary and a hint of natural essence to make the theme look much more deliberate and exceptional. On one edge, visitors can look forward to a naturally aesthetic atmosphere where, thanks to the ideal choice and mix of material textures, colors, surfaces, music, lighting and scents, every place comes to life and radiates calming energy.

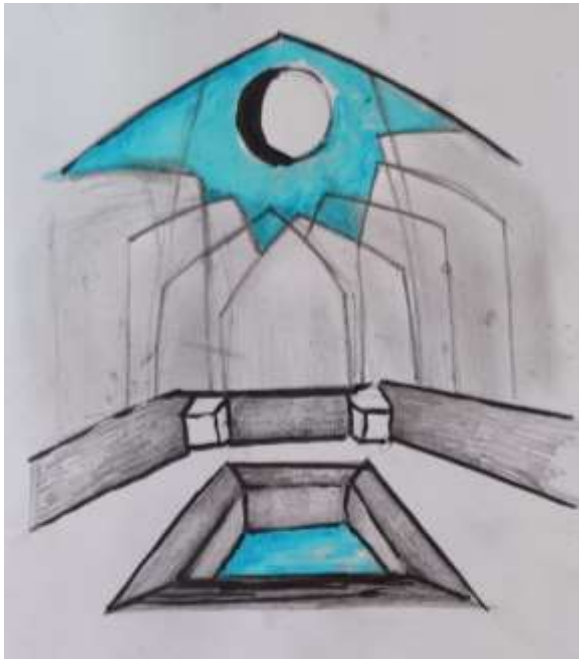
This thesis aims to analyze the capabilities, dangers, hazards, prospects and obstacles of spa and wellness.

The aim of this paper is to shed light on recent events developments and problems.

Some of the operational needs required to be satisfied in a spa are to be kept in clear vision. These are some of the points that are kept in mind while designing the layout in order to gratify the clients with all basics for better commiseration. Certain methodologies eventually create a balance within the spa, such as to begin with the finer details,

- the total space allotted for the spa
- The number of lockers in a dressing room,
- Minimum space required for saunas and steam rooms to handle the full number of visitors, right down to the space required around a treatment table in order to administer an operation. And comes with its own experience and method, and both must be combined to build the optimal room within the spa design parameters.
- The minimum requirement for back-of-house facilities required for the successful operation of a spa. The amount of movement that must be added around the spa buildings, including the halls, is yet another way of solving a problem. Since these rooms do not generate revenue directly, they are often ignored or decreased, but only to the detriment of the guest experience and ease of operation. Combining the experience of leading times for customized solutions and equipment procurement with marketing campaigns, product development, and the time taken for effective recruiting.

- Placement of room in the optimum place and orientation in relation to the sun in order to assure natural illumination to the largest amount of rooms
- To place and design the layout as such that the spaces are in the optimum place and its orientation in relation to the views
- Accessibility here is referring to the distance between the main street and the entrance of the building in order to minimise the access to the building
- The objective is to establish the minimum distance between rooms to optimise the circulation spaces.
- Efficiency
- The size of the room refers to some size pattern or standards based on the building type.
- Geometric composition: The rooms must be inside a larger geometric form, sized following aesthetic intentions
- 3D shape here defines the possible configuration of space distribution as linear, central, U shaped, L shaped etc.



A CONCEPTIONAL VIEW OF A BATH



A HAMAM BATH VIEW



A PATHWAY TOWARDS THE SPA



A VIEW FOR OUTER SITTING

CONCLUSION

A person goes to a Spa in order to relax, and yet to sooth the body and mind where the interiors is somewhere directly or indirectly responsible. A design plan and its surrounding plays a major role for places to relax. The design layout plays a contrasting yet soothing role for both the clients and the workers with proper equipment's, material selection, color selection and keeping a check on both the customer and workers' comfort.

- A brief design layout so that the areas are well maintained
- Designing a space by utilizing both the positive and negative areas
- Genuine use of materials that satisfies the need of the room
- Comfortable color palate
- Proper lighting so that it brings up the ambience of the room
- Proper usage of circulation and movement area

Also the above mentioned nine requirements are considered during the plan layout creation, so now the problem is to put together the rooms following at least some of them

Big efforts are made for solving the problems and to make the spa a better criterion to be looked upon for relaxation be it through its designing or as a comfort zone for a ray of happiness.

Finally, the conversion of the concept drawings into some real design is what makes a spa design successful

RESEARCH SCOPE AND DELIMITATION

A major limitation of this report, which was beyond the jurisdiction of the investigator, was that there was a large time limit. Not too many plausible researches were available as well. There are also different websites and views about the proper definition of spa and health, as well as the absence of figures.

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