

The background image shows a minimalist wellness center. On the left, there is a dark wood sauna with a glass door and a vertical metal handle. To the right, a lounge area features several light-colored wooden slatted chairs with black cushions. Large windows with dark curtains are visible in the background, letting in natural light. The floor is made of large, light-colored stone tiles. The overall aesthetic is clean, modern, and serene.

# FLUIDRA

## **WELLNESS CENTER DISTRIBUTION**

A guided example

# WELLNESS CENTER DISTRIBUTION

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01

INTRODUCTION

Wellness spaces are oases for clients looking for relaxation and escape from day-to-day concerns. They are also an opportunity to treat or recover from health issues, thanks to the healing power of water and water treatments.

This is why including a wellness center in a hotel or health center is an excellent addition guaranteed to enhance visitors' experience and attract new clients to the facilities. Wellness centers elevate hotel rankings and make them a more attractive destination for a vacation or weekend away.

This guide will cover how to layout the wellness center through a real-life example that includes top tips for successful installation and maintenance.

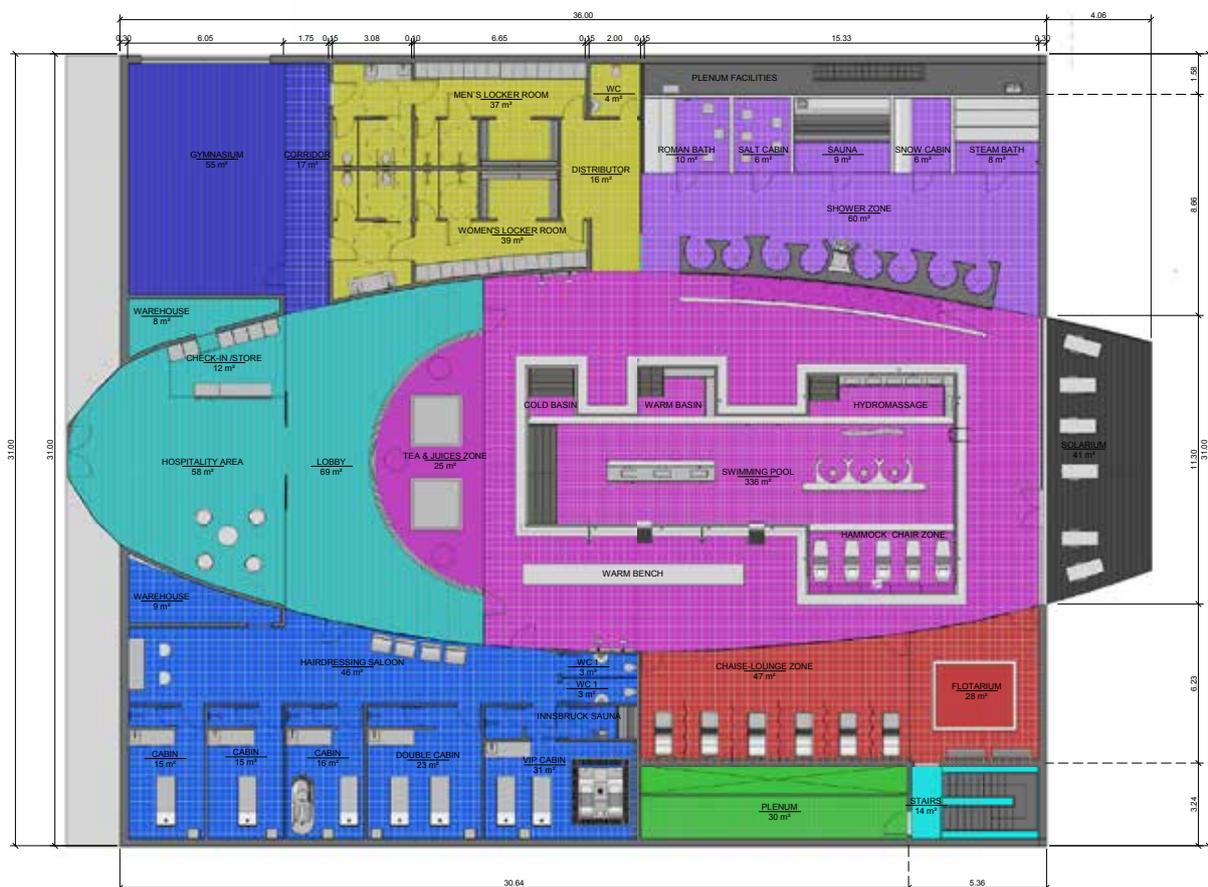


Image 01: Program overview.

# 02

## KEY CONSIDERATIONS

### **What to look for when preparing the installation of a wellness center**

Wellness centers can be found in many different buildings and settings, so their location and internal set-up can vary considerably. However, the layout principles below apply to any model and are evident in the model we are covering in this example.

#### **Access**

Depending on the building where the wellness center is located, visitor access will need to be easy and available (including disabled access via ramps or lifts).

The wellness center is best placed on its own floor, which usually is either a top floor commanding spectacular views, or a first floor or basement that immerses the visitor completely into the spa atmosphere.



## Flow of customers

Design considerations need to keep in mind that there will be a decent number of customers moving through the center at any given time. Both visitors and the staff need to be able to move freely and without crowding certain spaces. Moreover, the circulation of other hotel or facility guests and staff needs to be considered. The best approach is to create a circuit that ensures the flow of people through the facility.

## Privacy

Users of a wellness center will be looking to relax in private, without having to worry about other people walking in or seeing them from the outside. This needs to be factored in when designing the location and the construction elements of the wellness center.

Privacy and personalized care areas should also be considered, as well as the distribution of changing rooms, various pools etc.

## Visual appeal of the construction

The center's architectural elements should blend in and match the building's overall design. Moreover, any internal barriers and walls should be as seamless as possible, to ensure no visual barriers disrupt how the guest sees the space.

As mentioned, guests can enjoy the views of the surroundings through the strategic positioning of the wellness center. For example, a center in a seaside location should take advantage of the shoreline views and include wide open glass panels and windows that enhance the user experience. On the other hand, centers located in cities can either incorporate views across the cityscape or avoid them by reducing the visual access to the outside world.

## Independent operation

Is the wellness center going to run as an independent business or will it always be fully integrated with the rest of the building? This is an interesting question to consider, as it may influence the decision on location and architecture.

For example, if a wellness center is built within a hotel but on a top floor, it is possible for it to be run independently and have an independent brand. Should the hotel change hands, the wellness center can continue to operate separately.

**This is even more important when it comes to wellness centers in shopping malls, since the center is part of a group of businesses using the same space.**

## Interior design

The concept of the wellness center is interlinked with the idea of escapism, creating a bubble of wellbeing within any setting. This is why the interior design should be fully focused on helping guests achieve this feeling of escape and relaxation.

The best ways to accomplish this is by incorporating warm, natural tones with subdued lighting into the décor. Using natural light where possible, as well as decorative plants and warm wood tones that blend with tiles and metal materials, will also help.

Finishing touches for a wellness center can include the overall hotel or center branding and coloring.

### **Energy efficiency and sustainability**

Any new building needs to address energy efficiency and sustainability requirements. The entire wellness-center experience is connected with water, the efficient use of water and recycling are important elements of the design.

Solutions need to factor in maintenance costs and return on investment. This will influence the choice of water treatment and heating systems.



**Solutions need to factor in maintenance costs and return on investment.**

## 03

## EXAMPLE OF A WELLNESS CENTER IN AN EXCLUSIVE URBAN HOTEL

### Creating an ideal wellness space within the hospitality industry

The following example shows how a wellness center taking into account all the top considerations can be incorporated into an exclusive urban hotel. Approximately 1000 m<sup>2</sup>, this center will be installed on a separate floor and cover the following elements:

- Hallway / Reception area
- Changing rooms
- Temperature areas
  - Heat experiences: Sauna / Steam Room / Roman Baths / Salt Booth
  - Cold experiences: Ice Booth / Ice Fountain
  - Experience showers
    - Overhead mist shower with chromotherapy
    - Hot and cold shower with chromotherapy
    - Scottish shower with chromotherapy
    - Overhead hot and cold shower with chromotherapy
- Water area
  - Water features
  - Air features
  - Air beds and loungers
  - Cold pool
  - Footbath
  - Spa
  - Heated bench
- Relaxation area
  - Relaxation loungers
  - Flotarium
- Treatment area
  - Treatment rooms
  - Beauty treatment area
  - Tubs
  - Hairdressing area
- Gym
- Pump room

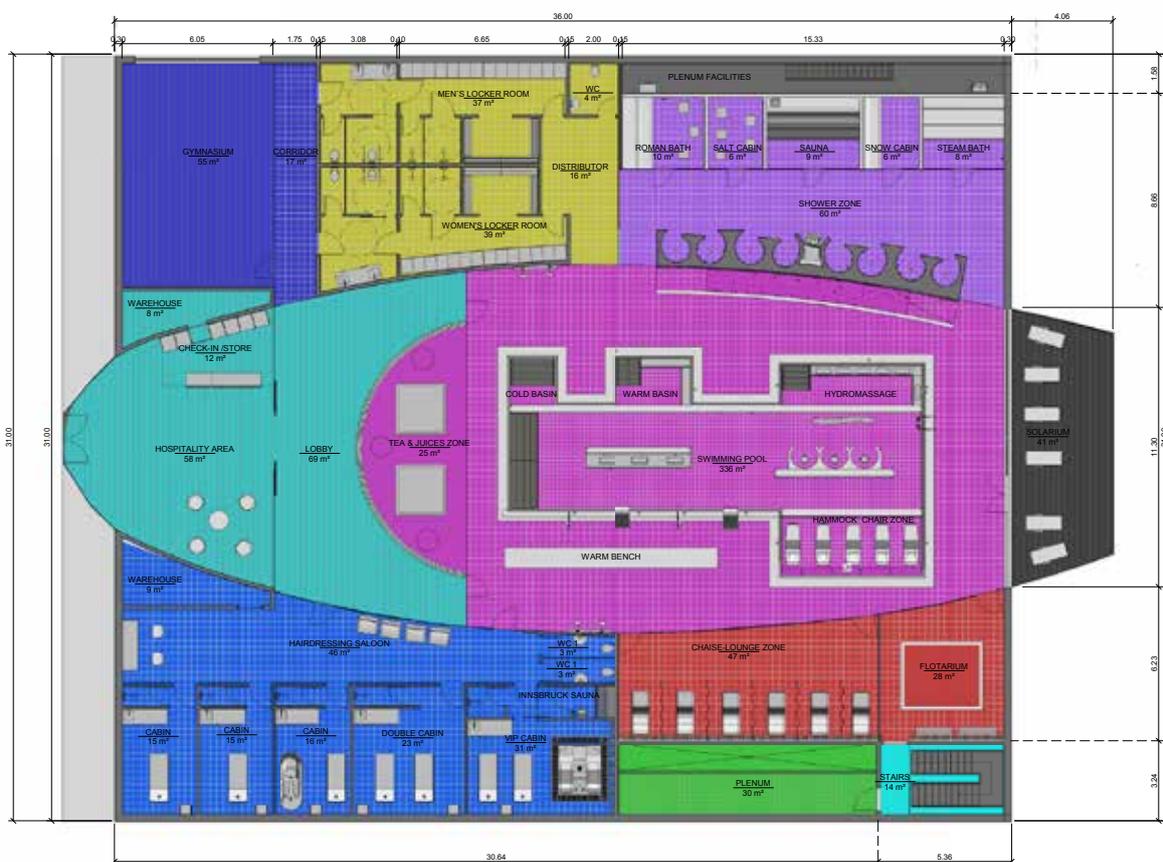
### 3.1 Dividing the space

Ideally, the wellness center will be divided into two distinct areas: the wellness area itself and a separate section for related services.

In this example, the **wellness area** is located as far away from the entrance as possible, in order to ensure quiet and privacy. This also gives the visitors the best views outside.

The wellness area includes the water area, temperature areas, relaxation area and the flotarium.

While still relevant for the wellness center, the **related services area** is kept separate. This includes the reception, treatment rooms, the gym and the changing rooms.



#### Key to spaces:

- |  |   |
|--|---|
| <span style="display:inline-block; width:15px; height:15px; background-color:blue; border:1px solid black;"></span> GYMNASIUM AREA   | <span style="display:inline-block; width:15px; height:15px; background-color:black; border:1px solid black;"></span> SOLARIUM ZONE      |
| <span style="display:inline-block; width:15px; height:15px; background-color:cyan; border:1px solid black;"></span> HOSPITALITY AREA | <span style="display:inline-block; width:15px; height:15px; background-color:magenta; border:1px solid black;"></span> TEMPERATURE ZONE |
| <span style="display:inline-block; width:15px; height:15px; background-color:yellow; border:1px solid black;"></span> LOCKERS AREA   | <span style="display:inline-block; width:15px; height:15px; background-color:darkblue; border:1px solid black;"></span> TREATMENT ZONE  |
| <span style="display:inline-block; width:15px; height:15px; background-color:green; border:1px solid black;"></span> PLENUM ZONE     | <span style="display:inline-block; width:15px; height:15px; background-color:cyan; border:1px solid black;"></span> STAIRS AREA         |
| <span style="display:inline-block; width:15px; height:15px; background-color:red; border:1px solid black;"></span> RELAX ZONE        | <span style="display:inline-block; width:15px; height:15px; background-color:magenta; border:1px solid black;"></span> WATER ZONE       |

Image 02: Program overview.

The model has used the following surface areas:

WELLNESS FLOOR	
Room	Surface area
GYM	54.88 m <sup>2</sup>
RELAXATION AREA	46.63 m <sup>2</sup>
PLENUM SPACE	29.58 m <sup>2</sup>
WOMEN'S CHANGING ROOM	37.42 m <sup>2</sup>
MEN'S CHANGING ROOM	39.34 m <sup>2</sup>
FLOTARIUM	27.09 m <sup>2</sup>
TEMPERATURE AREA	117.84 m <sup>2</sup>
VIP BOOTH	30.56 m <sup>2</sup>
DOUBLE BOOTH	23.22 m <sup>2</sup>
BOOTH	16.00 m <sup>2</sup>
BOOTH	15.21 m <sup>2</sup>
BOOTH	15.47 m <sup>2</sup>
TREATMENT AREA	46.47 m <sup>2</sup>
RECEPTION/SHOP	11.52 m <sup>2</sup>
JUICE/TEA BAR	24.52 m <sup>2</sup>
HALLWAY	68.61 m <sup>2</sup>
WAITING AREA	59.70 m <sup>2</sup>
SUN DECK	41.08 m <sup>2</sup>
WATER AREA	338.84 m <sup>2</sup>
CORRIDOR	16.93 m <sup>2</sup>
<b>Total</b>	<b>1060.91 m<sup>2</sup></b>
PUMP ROOM	
PLENUM SPACE	32.40 m <sup>2</sup>
ACCESS TO PUMP ROOM	11.36 m <sup>2</sup>
STORE ROOM	12.11 m <sup>2</sup>
PUMP ROOM	529.58 m <sup>2</sup>
<b>Total</b>	<b>585.45 m<sup>2</sup></b>

Figure 01: descriptive table of the surface used in the design of a wellness center.

## 3.2 The different spaces within a wellness center

### Characteristics and examples of each space

In our example, the wellness center has been built with a central section surrounded by adjacent rooms. The central entrance, along with the hallway and a main room including the swimming pool and the pool basins, is the first section a visitor will notice. This can be seen from the hallway as well and displays the natural flow of activity and traffic.

Using different height levels for the central space also contributes to a general flow, while design elements such as soft curves and shapes help create an overall calm and fluid look.

The left-hand side of the hallway leads to the gym and the changing rooms, which are both wheelchair accessible.

The water area includes the temperature experience area as well.

Finally, on the right-hand side of the design, there is a waiting area, a relaxation space, the treatment rooms, and the Flotarium.

To take full advantage of the exterior space as well, this example has also included a sun deck outside the swimming pool area.

The final touch is the maintenance area, kept out of sight of guests, on the floor below the wellness center and directly accessible through the aisles of the water area.

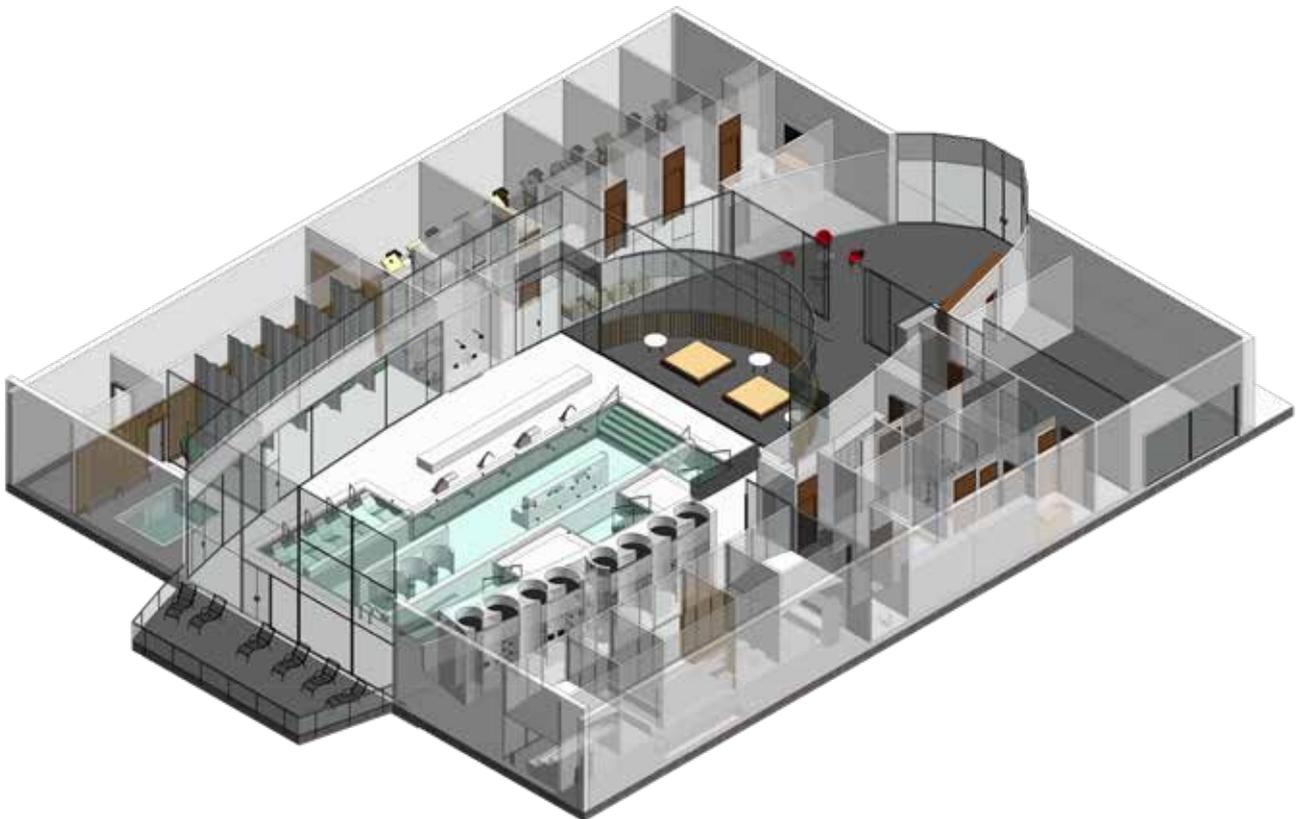


Image 03: Axonometric drawing of the project.

### 3.3 Traffic and space within the wellness center

Water is the core of the wellness center, which is why every other section is located around it and gravitates around the pool. The distribution of spaces such as treatment rooms, temperature areas, etc. is done strategically in order to allow each section to work independently or in relation to the central water feature.

Here is how the surface areas has been split in this example:

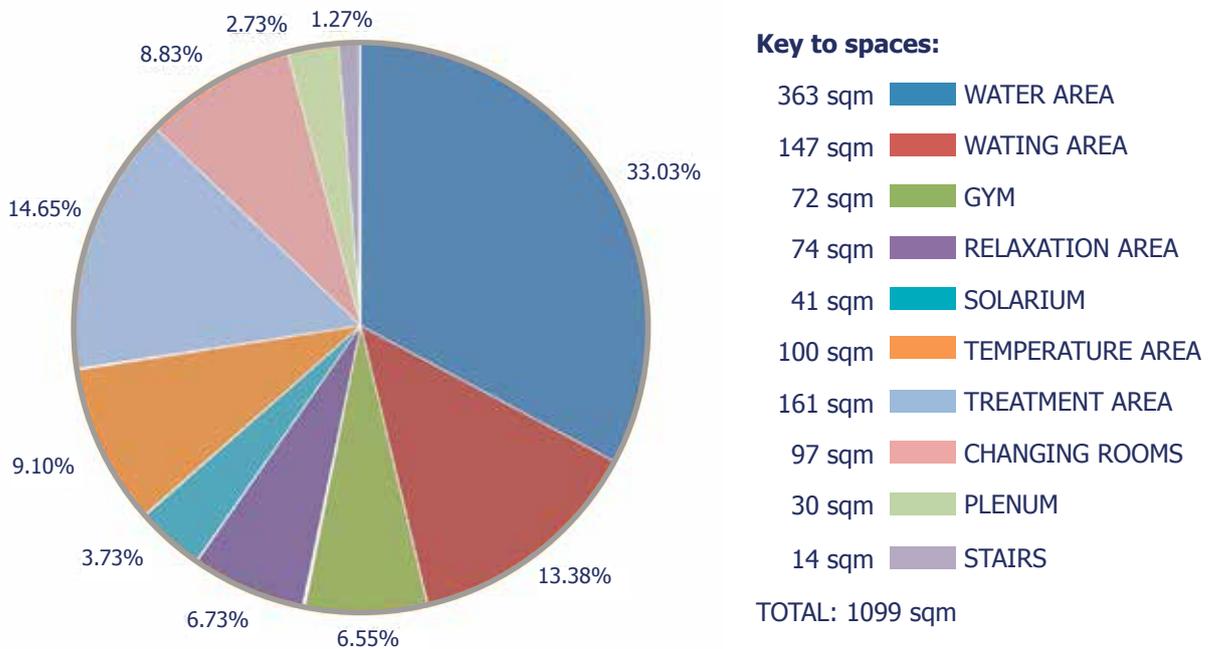


Figure 02: Proportion of the total surface used for each wellness area.

Visitors will access the wellness area via reception, where staff members will welcome them and describe the various spaces within the center as well as possible circuits and treatments on offer.

Possible routes for visitors then include:

#### Treatments only

Customers interested only in specialized treatments will enter the treatment area directly from reception. There, they will have access to hairdressing, hand and feet treatments, as well as private booths (one with a hydromassage tub and a double one with sauna and spa).

The treatment area features its own restrooms and each booth has a shower. Guests who are only coming for beauty treatments or private booths do not need to pass by the general changing rooms.

Visitors will always need an appointment to access the treatment area.

#### Gym only

Hotel guests looking to use the gym facilities exclusively can enter the center via reception, either directly or through the changing rooms. Access to the gym is free of charge for all hotel guests.

### Water and temperature areas

Those customers of the wellness centers who wish to use the water and temperature areas will pass through reception, where a staff member will keep track of occupancy levels to prevent overcrowding.

Access to these areas is subject to guests wearing swimwear, so they can either dress in their swimwear in their hotel rooms or change in the changing rooms first.

### Combining water and temperature areas with a treatment

These two sections are directly connected for users who have also reserved an individual treatment.

### Relaxing after using the gym

After using the gym, guests who wish to unwind in the water area can do so by going in via the changing rooms, where they can change into swimwear before entering that section.



Image 04: Example of a water area.

Overall, the design of this model wellness center is for a multi-purpose facility that adapts to various requirements while combining high-quality services, stylish design, and a relaxing and discrete atmosphere.

This example has a maximum capacity of 65 users at any given time. For this surface area, we recommend this number to ensure comfort and tranquility for all users. Moreover, since the wellness center is situated in a hotel, it is estimated that only 30% of users will go through changing rooms, which has influenced its size (10-12 people at a time). Finally, the changing rooms and the entire wellness space have been adapted for reduced mobility users.

### 3.4 Reception and shop

This model includes a reception area to the side of the main entrance, over a surface of 12 m<sup>2</sup> and including an 8 m<sup>2</sup> storeroom.

A shop has been included behind the reception desk. Guests can purchase various wellness items as well as supplies including towels, dressing gowns, etc.

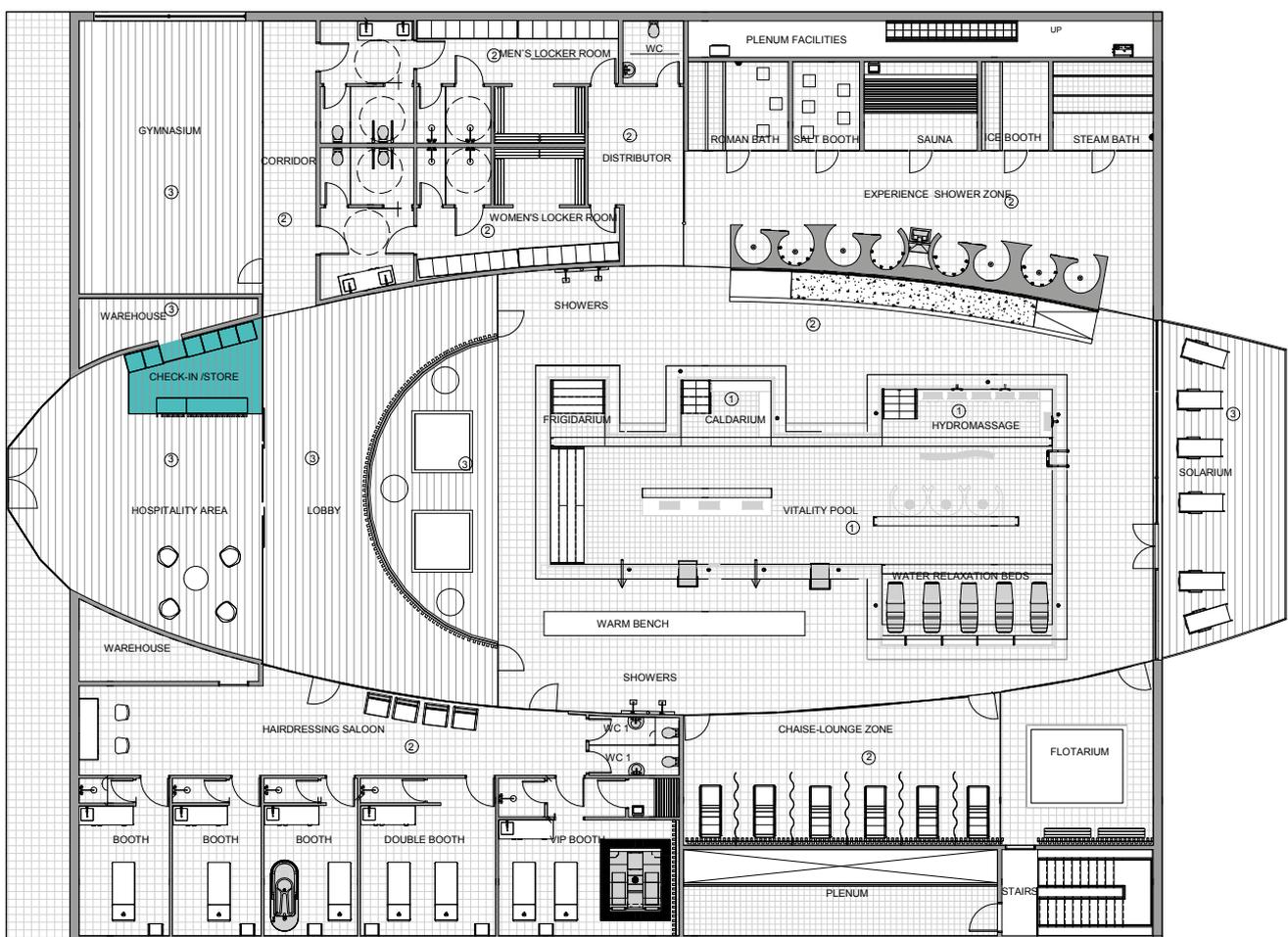


Image 05: Location of the reception/shop area.

Image 06: Example of a wellness reception.

**We have included wooden flooring and a warm design for the hallway and reception space to create a welcoming feel for visitors.**

### 3.5 Waiting area

As guests step into the waiting area, they will be greeted by comfortable furnishings and a warm, relaxing atmosphere. This area is part of the hallway but creates a separate space without the distractions of people coming and going through reception.

The waiting area covers 59.7 m<sup>2</sup> and serves both as an entrance to the wellness space and as a space where staff can keep track of those entering and leaving. There is direct access to the treatment area from here, as well as to the changing rooms and the water area for those ready to jump straight in.

As with reception, the waiting area features wooden flooring and a warm, calm atmosphere. Walls are either glass or with a smooth, painted finish.

Image 07: Location of the waiting area.

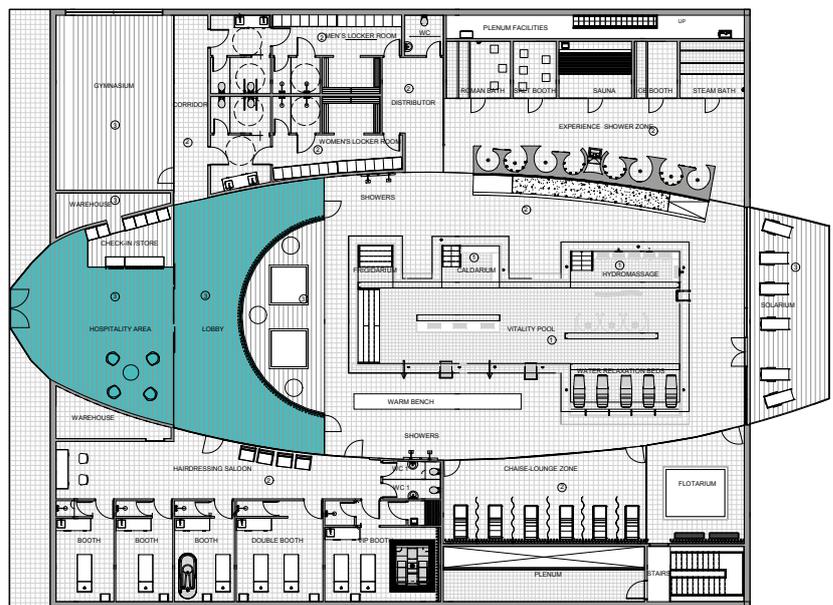


Image 08: Example of a direct access to the spa.



### 3.7 Relaxation area

The relaxation area can be found on the right-hand side of the building. It features six Pure loungers, each in its own private space separated from the others by curtains in a quiet, exclusive area.

To reach the relaxation area, guests will come from the water area through a glass entrance that leads into a private, tranquil space for unwinding.

In total, this area covers 47 m<sup>2</sup>. A dropped ceiling provides soundproofing, ensuring complete silence. The flooring matches the one around the pools in the water area, with Odra-colored non-slip stoneware tiles measuring 48.8 x 48.8 x 1 cm.

Image 11: Location of the relaxation area.

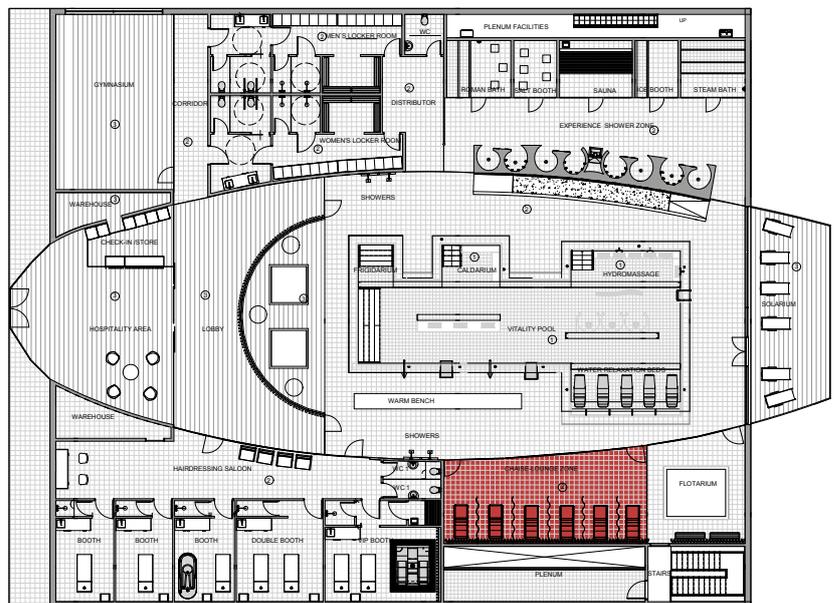


Image 12: Example of a relaxation area.

### 3.8 Flotarium

Next to the relaxation area, guests can enjoy the Flotarium room, whose flotation chamber has been designed to isolate the senses and create a feeling of weightlessness. Water density emulates that of the Dead Sea thanks to use of Epsom salts (magnesium sulphate).

This room covers 27 m<sup>2</sup> with a direct access to the maintenance area.

Because of the higher level of maintenance required for this room, direct albeit discreet access has been provided to the maintenance area.

Image 13: Location of a Flotarium.

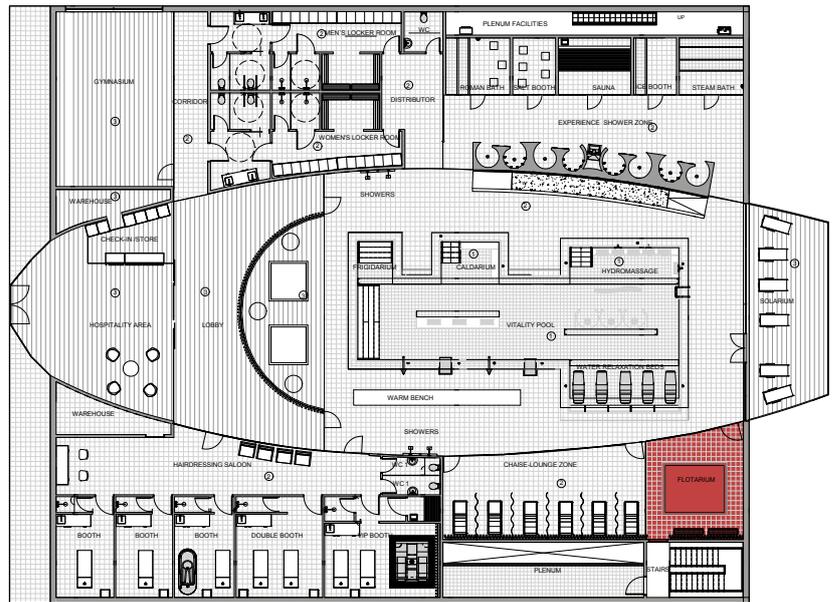


Image 14: Example of a flotarium.



### 3.10 Changing rooms

The two changing rooms (male and female) feature two showers each, a changing area and lockers for valuables and personal items. Each changing room covers approximately 38 m<sup>2</sup>.

From the changing rooms, visitors can access the water area through a corridor, in the same way as towards the gym.

The changing rooms are split into two areas: on the one hand, the toilets (also open to the communal areas of the wellness center); on the other hand, the changing rooms themselves. Both toilets and showers are adapted for people with reduced mobility.

The changing rooms offer perfect privacy as they are designed to not be visible from any other part of the wellness center.

The walls and flooring will match the water area: Ocra-colored non-slip stoneware tiles. Finally, there are continuous dropped ceilings adapted to the humidity levels.

Image 17: Location of the changing rooms.

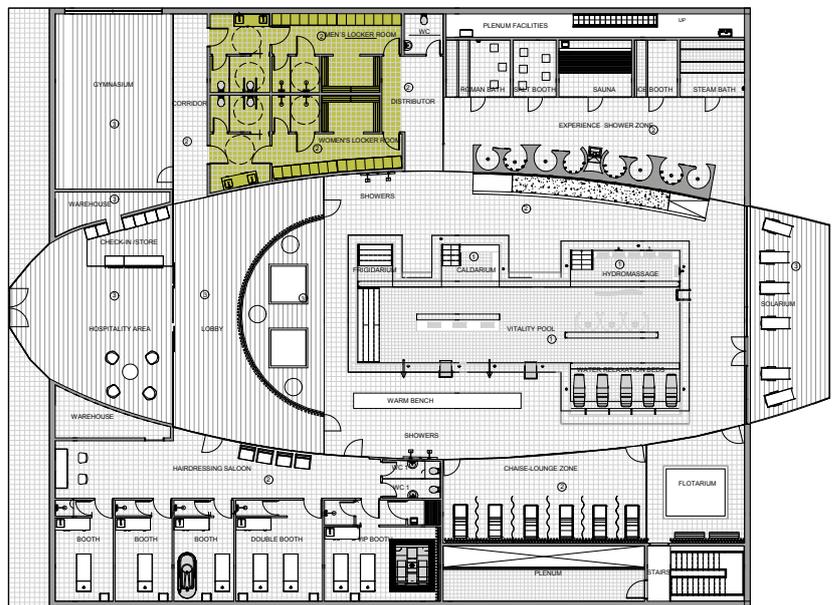
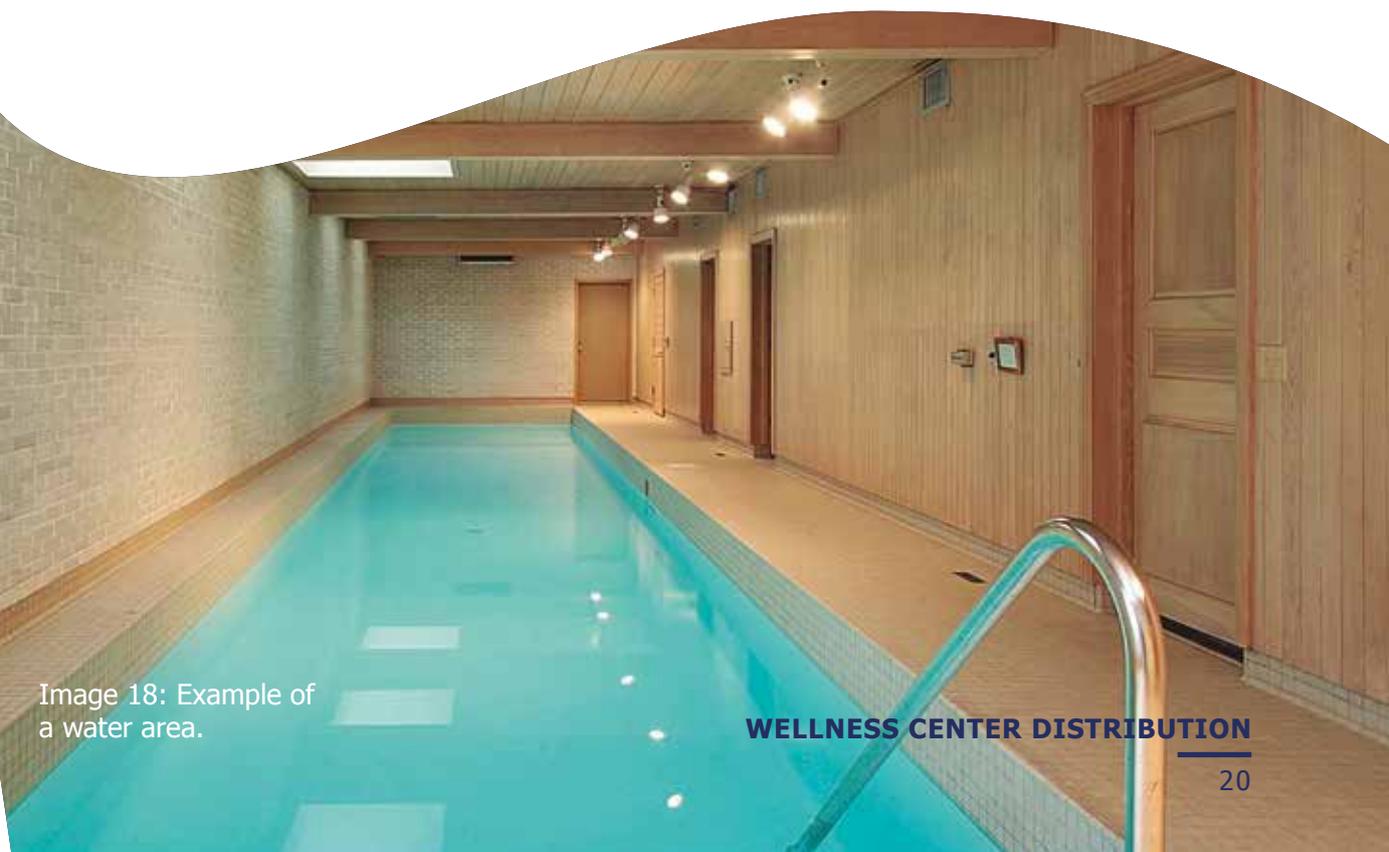


Image 18: Example of a water area.



### 3.11 Temperature area

In the temperature area, visitors will have a choice of indulging in either the heat or cold area (or both) and will also have access to showers.

#### Heat elements

In the hot part of the temperature area, guests will have access to the:

- Sauna
- Steam room
- Roman bath
- Salt Booth

Image 19: Location of the temperature area.

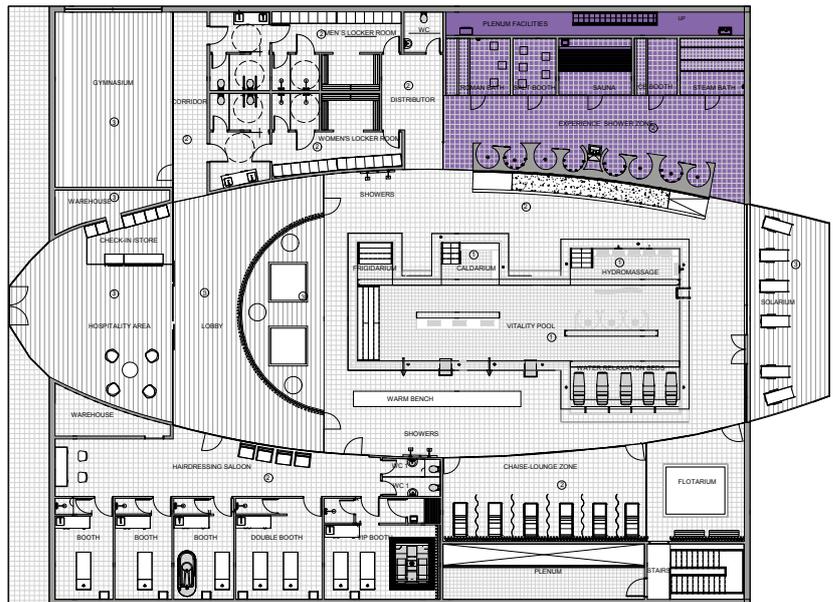


Image 20: Example of a sauna.

## Cold elements

In the cold section, guests will find the:

- Ice booth
- Ice fountain

## Experience showers

The final element is the different types of showers:

- Overhead mist shower with chromotherapy
- Hot and cold shower with chromotherapy
- Scottish shower with chromotherapy
- Overhead hot and cold shower with chromotherapy



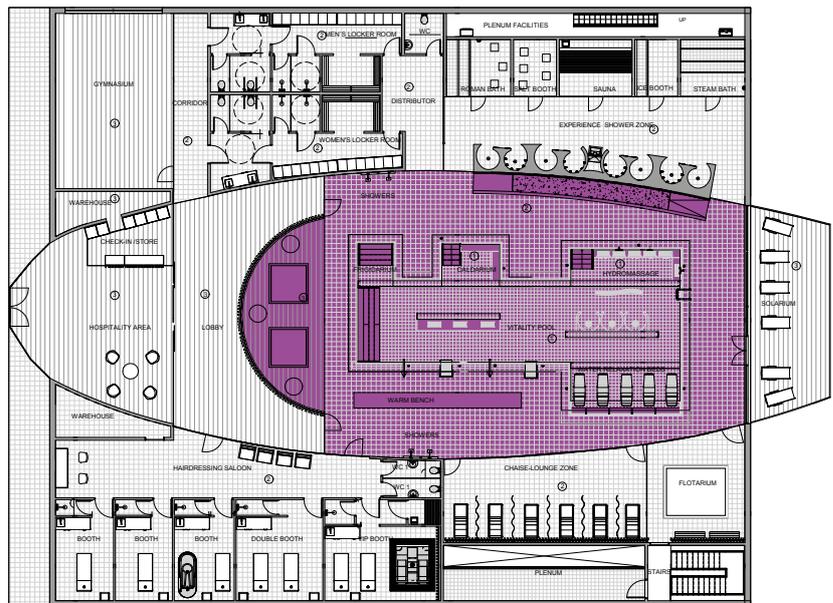
Image 21: Example of an experience shower area.

### 3.12 Water area

The core of the wellness center is the water area: designed as the most important part of the wellness circuit, it sits at the center of the building. Any well-designed wellness program starts in the water, allowing the body to fully relax and become more receptive to any subsequent treatments.

In this example, the water wellness area features different pools, as in the following image:

Image 22: Location of the water area.



The pools include:

- **Frigidarium**
  - A cold-water pool that measures 1.90 x 1.80 m and has a temperature of 14°C
- **Caldarium**
  - A hot-water pool that measures 1.90 x 3.00 m and has a temperature of 45°C.
- **Hydromassage pool**
  - This tub measures 1.60 x 5.65 m and has 6 seats. Water temperature is maintained between 35 and 38°C in the pool basin and there are various massage elements, jets and mini jets, massage nozzles and vertical massage devices.
- **Vitality pool**
  - The main pool measures 3.95 x 16.55 m and has a water temperature of 32 to 34°C.
  - There are several spaces: 3 pools surrounded by water jets closest to the relaxation area, as well as 2 waterfalls and a hydromassage bench. In the area closest to the wall, there is a section with water currents, hot tubs and bubble snakes.

Additional elements in this area include:

### **A hydromassage bench**

The pool with air beds measures 2.05 x 5.65 m and includes 5 seats.

### **A heated bench**

Without having to leave the water area, guests can rest on a heated bench (located between the pool basin with its water features and the relaxation area) to relax or stretch out overlooking the pool.

### **Pediluvium**

This footbath can be found between the water area and the temperature area.

### **Juice and tea bar**

Between the hallway and the pool, we have included a bar with refreshments for guests. This is on a slightly raised platform above the pool area and has wood paneling. There are a number of ottomans on which to relax with a beverage.

The materials chosen for the area match the rest of the project. The flooring around the basins is covered in Odra-colored non-slip stoneware tiles measuring 48.8 x 48.8 x 1 cm. This same stoneware also covers the walls, up to the spot where vertical wood paneling takes over. Wood has also been used in the juice and tea bar. Finally, the different pool basins are tiled with silk-finish white tiles.

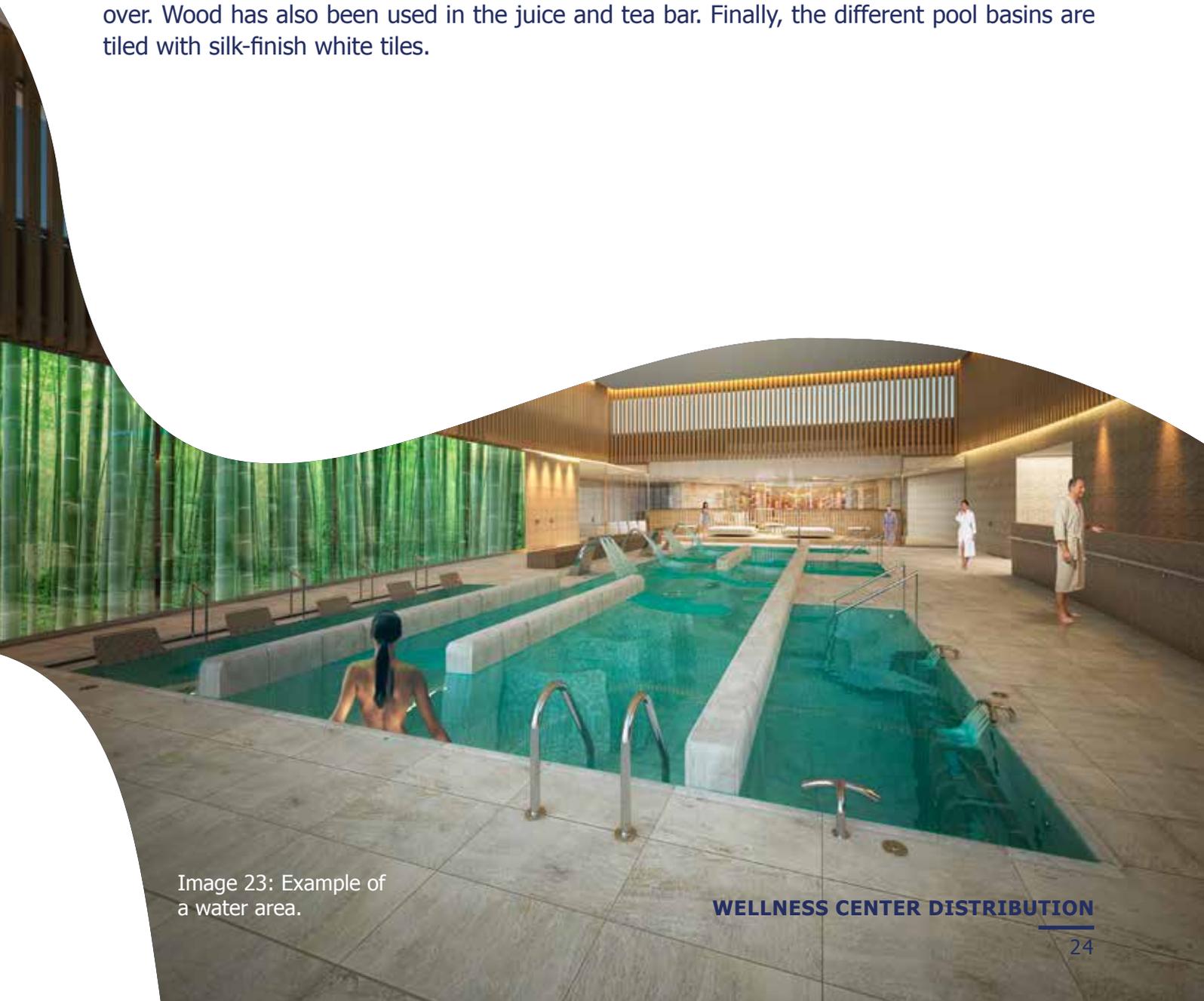


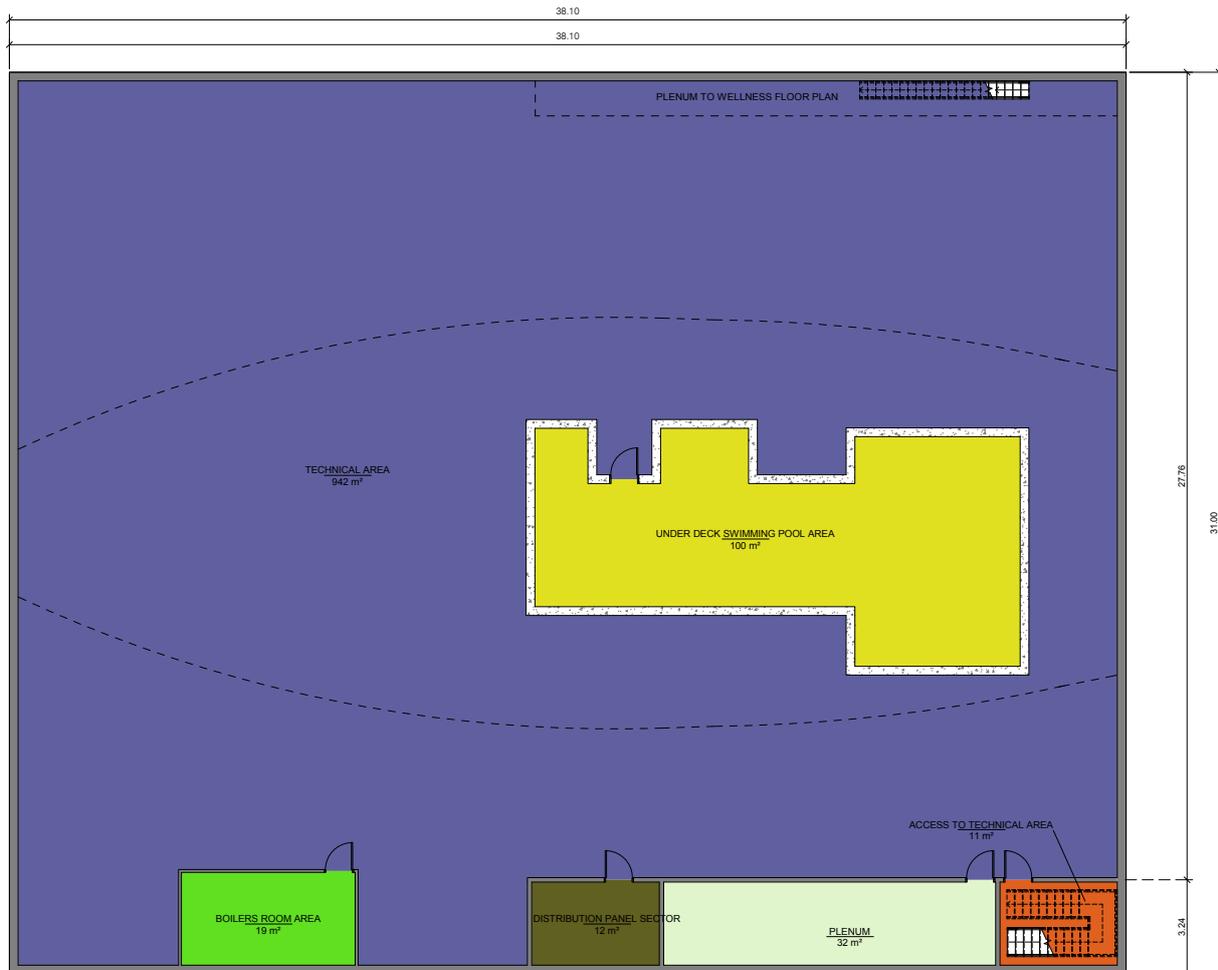
Image 23: Example of a water area.

### 3.13 Technical maintenance room

The pump room is located on the floor below the wellness area. This allows maintenance staff to work uninterrupted at any time, without disturbing the guests in the wellness center.

There are two entrances to the pump room from the wellness center: one at the back of the temperature area and another at the back of the relaxation area and Flotarium.

Since the Flotarium requires additional maintenance, it features a direct access door to the maintenance room.



**Key to spaces:**

- ACCES TO TECHNICAL AREA
- BOILERS ROOM AREA
- DISTRIBUTION PANEL SECTOR
- PLENUM
- TECHNICAL AREA
- UNDER DECK SWIMMINGPOOL AREA

Image 24: Example of Technical maintenance room.

# 04

## CONCLUSION

This model for a wellness center addresses the key considerations that need to be analyzed before building such a center, either independently or within a hotel or other structure.

### **Access**

This model has been placed on its own floor to allow easier access for guests without disturbing the rest of the hotel, as well as separate access for maintenance.

Access is also adapted for mobility reduced customers.

### **Flow of customers**

The design in this model factors in several flows of customers, depending on their interests and on whether they access the center from the hotel or not. At reception, staff gives guests directions to the right area.

### **Privacy**

This design takes into account the need for privacy in changing rooms and treatment rooms, evidenced in where these have been located and the way they have been decorated.

### **Visual appeal**

This model is for an urban hotel and has made use of the views and outdoor space available next to the pool area to enhance the customer experience in the wellness center.

### **Independent operation**

Since this center is part of a hotel, it has been designed with hotel guests in mind. However, it can also be accessed independently because it is located on its own floor and has its own reception staff.

## Interior design

The flow of customers has influenced the choice of design throughout this model. The materials used are influenced by both the practical nature of their purpose and their aesthetic considerations.

Finally, great care has been taken to soundproof the facility to minimize disturbance to guests outside the wellness center, but also inside from one area to another.

The interiors chosen here are warm, natural, light and contemporary. Lighting is subdued and wood tones have been used in the relaxation and reception areas.

## Energy efficiency and sustainability

The entire design has been built with durable, energy-saving materials to ensure efficiency and a good return on investment.

Moreover, the water treatment and heating systems included are highly efficient and innovative. The recovery circuit includes a hot gas-water plate heat exchanger that will provide the power required for heating and hot water completely free of charge.

Completely silent coolers are designed to cover all requirements for the wellness circuit and deliver the best energy performance. All services will be heated from a central heating system that feeds off the cooling system's heat recovery circuit.

A primary circuit will provide additional heat, feeding into various closed heating circuits which (thanks to heat exchangers) make it possible to increase the temperature of the preceding heat circuits in the heat recovery system. The system will also feed the tanks for storing hot running water.



Another crucial element in a wellness space is dehumidification. The purpose-built unit will control humidity levels in the pool area.

A heat recovery unit will also be installed for air conditioning. An enthalpic heat exchanger will be used to recover part of the hot air extracted to mix it with the fresh air from the outside.

As far as the pool water is concerned, there will be a heat exchanger so that the purification circuits of each pool can be heated or cooled.

This solution naturally also has a solar heating system for producing hot running water. The hot running water will be produced by means of two heat exchangers in series and a third one in parallel that will provide hot running water for the showers, wellness area and pool.

All of these measures ensure optimal energy efficiency and sustainability for the wellness center.



The background of the page is a close-up photograph of a tree trunk's cross-section, showing the natural wood grain and several prominent vertical cracks. Two large, semi-transparent teal circles are overlaid on the image. The first circle is on the left side, and the second is on the right side, partially overlapping the first. The text is centered within the first teal circle.

"This information contains general recommendations that must be taken into consideration on a case-by-case basis. This information is not an instruction manual and cannot be considered as such for any purpose. Any implementation or installation to be made must be made by a professional and under the appropriate guidelines. In this regard, each user is responsible for the application it makes of the information contained herein. Fluidra will not be responsible for its use. Consequently, under no circumstances will Fluidra be liable or responsible for any claim, damages or loss that may arise as a consequence of the use of this information".

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