

ThermaLine Wellness Spa

Process Book

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Professor Sweny



Contents

Introduction...01

Who, What, Why, and How

Research...06

V.R.F., Interviews, Precedents, and Analysis

Programming...43

Overview, Clients, Users, Diagramming, and Conclusion

Building and Site...70

Overview, History, and Analysis

Concept Ideation...77

Urban Sanctuary and Rest, Renew, & Restore

Bubbles, Blocking, & Test-Fits...80

Bubbles, Blocking, Test-Fits, Spec. Notes, and Special Considerations

Code Compliance...89

LEED and Health, Safety, & Wellness

Space Planning and Diagramming...95

Safety, Health, Wellness, and Design Implementation

Schematic Design...120

Sketches, RCP Studies, and Materiality

Design Development...136

Plans, Views, Section, Detail, and Selections

Final Research Application...161

Thermal Pools, “City in a Forest”, Materiality, and Calm’s Integrated Technology

INTRODUCTION



Netflix's TV show, "Live to 100: Secrets of the Blue Zones", followed Dan Buettner as he traveled the globe to find where people live the longest and healthiest. In this series, he documented what the key was for a long and fulfilled life. Buettner examined lifestyle, diet, and social habits and compared them to how most people live around the world. (Blue Zones Documentary, n.d)

It was found that the individuals had...

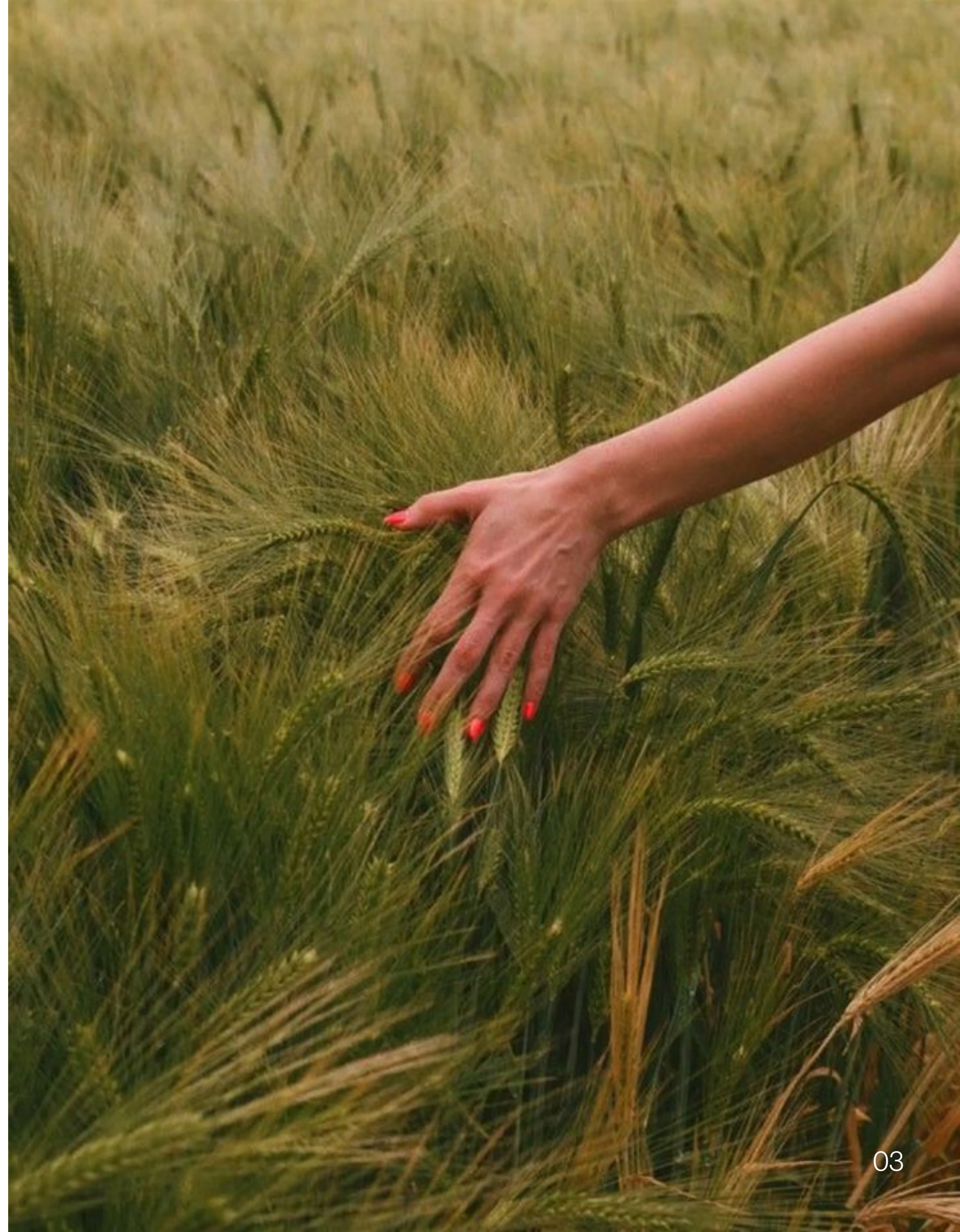
- (1) A strong sense of community involvement.
- (2) Meaningful relationships with friends and family.
- (3) Prioritized natural movement, rather than structured.
- (4) Ate whole food diets.
- (5) Lower signs of stress and inflammation.
- (6) A sense of purpose.

Longevity (noun)

A long duration of individual life.

(Merriam Webster)

fig. 2



Why is *longevity* important ?

Focus on physical activity and mental well-being.

According to the World Health Organization (WHO) (Physical Activity, 2024) and the American Heart Association (Health and Well-Being, 2024) . . .

- (1) 1/3 of the world's population (1.8 billion adults) are physically inactive.
- (2) There are many factors that determine one's ability to be active, such as economical, social, cultural, and environmental determinants.
- (3) When physical activity is integrated into everyday life, individuals can reduce their risk of non-communicable diseases, such as cardiovascular diseases, cancer, brain health, and more.
- (4) Movement of the body can relieve stress, anxiety, depression, and anger.

Longevity is tied directly to the care of the body and soul. . .

- (1) Personal fulfillment and growth.
- (2) Relationships.
- (3) Social connections.
- (4) Shared knowledge and experience.
- (5) Impact.



fig. 3

How can interior design support *longevity*?

Though interior designers can't make an individual live longer, there are some ways that designers can support the idea.

- (1) Uses of natural light.
- (2) Ergonomic furniture.
- (3) Air quality.
- (4) Biophilia.
- (5) Social design.
- (6) Color psychology.
- (7) Active design.
- (8) Convenient access to the outdoors.
- (9) Encourage connections.
- (10) Technology integration.



fig. 4



RESEARCH

Visual Research Framework

Longevity Research



“A Narrative Review Exploring the Similarities Between Cilento and the Already Defined ‘Blue Zones’ in Terms of Environment, Nutrition, and Lifestyle: *Can Cilento Be Considered an Undefined ‘Blue Zone’*”

V.L.R.

Author(s): Silvana Mirella Aliberti, Antonio Donato, Richard H W Funk, Mario Capunzo

Date: March 2024

Type of Publication: Article, National Library of Medicine

Summary:

This article takes a closer look at a region in Italy called Cilento, and compares the lifestyle of the civilians that live there to other Blue Zones around the world, such as Ikaria or Costa Rica. Studies done in the article showed that the Cilento is very similar to the Blue Zone areas that are both mentioned in Dan Buettner’s book and documentary.

“Several studies have confirmed that people who follow a Mediterranean diet have a lower risk of cardiovascular disease, metabolic syndrome, obesity, and cancer; lower rates of diabetes; and less cognitive dysfunction.” (Aliberti et al., 2024)

“A number of studies in the Cilento region have found that longevity is associated with the adoption of behaviors that are typical of rural areas. For example, Scelzo and colleagues found that those living in the rural hills of the area adopted a way of life that included hardwork, love of the land, family, and religion, which allowed them to maintain mental well-being and made them particularly resilient and optimistic.” (Aliberti et al., 2024)

“Cilento and the Longevity Blue Zones (LBZs) share several common factors, including a hilly altitude (ranging from 355 to 600 m), a mild climate throughout the year (with temperatures between 17.4 and 23.5 degrees celcius), traditional professions such as agriculture and animal husbandry, a predominantly Mediterranean or plant-based diet, and typical recipes based on legumes, tubers, vegetables, and EVOO. Additionally, strong intergenerational family relationships, religious devotion, and the desire to maintain social relationships within the community are also prevalent.” (Aliberti et al., 2024)



“Medical Myths: *All About Aging*”

V.L.R.

Author(s): Tim Newman, checked by Anna Guildford

Date: September 2020

Type of Publication: Article, Medical News Today

Summary:

“Medical Myths: All About Aging” debunks and further explains common myths about the subject of getting older. Some of the topics that are included in this article regard physical deterioration, older adults and the link of exercise, sleep, the brain, common cardiovascular diseases, smoking, and more. The purpose of the article is to clear the air about the inevitable process of aging, but what we can do to combat some earlier signs.

According to the World Health Organization-- “Between 2000 and 2050, the proportion of the world’s population over 60 years will double from about 11% to 22%.” (Newman, 2020)

“As the WHO explain, ‘increased physical activity and improving diet can effectively tackle as many of the problems frequently associated with old age.’ These problems include reduced strength, increased body fat, high blood pressure, and reduced bone density.”(Newman, 2020)

“Another study looked at individual attitudes to aging during late middle-age and how they might influence their overall lifespan. The authors concluded that ‘older individuals with more positive self-perceptions of aging, measured up to 23 years earlier, lived 7.5 years longer than those with less positive self-perceptions of aging.’ (Newman, 2020)

“In short, keeping active, eating right, and maintaining a positive outlook can often slow the physical deterioration associated with older age.” (Newman, 2020)



fig. 6

“Psychological Well-Being and Physical Health: *Associations, Mechanisms, and Future Directions*”^{V.L.R.}

Author(s): Rosalba Hernandez, Sarah M. Bassett, Seth W. Boughton, Stephanie A. Schuette, Eva W. Shiu, Judith T. Moskowitz

Date: October 2017

Type of Publication: Article, *National Library of Medicine*

Summary:

This article provided by the National Library of Medicine is about focusing on the positive effects of examining positive psychological traits that may enhance physical health and longevity, rather than the negative. Research done by the authors have shown the link between psychological well-being to outcomes like reduced mortality and lower incidence of chronic diseases.

“There is evidence that psychological well-being is related to improved prognosis and slower disease progression in people with a chronic condition. In a meta-analysis of 11 total studies, (Dubois et al. 2015), found multiple positive psychological constructs (e.g. positive affect, optimism) to confer a protective effect on rates of rehospitalization and mortality among cardiac patients. Each 1-SD increase in psychological well-being was associated with an 11% reduced risk for either rehospitalization or mortality.”
(Hernandez et al., 2017)

Regarding positive psychological well-being and longevity-- “For example, in a representative sample of people living in Germany (Wiestaud Colleagues 2011), demonstrated that both life satisfaction and positive affect (the PANAS) independently predict lowered risk of mortality in any of the models. This finding indicates that life satisfaction and positive affect may influence longevity through different pathways.” (Hernandez et al., 2017)



“Longevity-Ready Environments: *Rethinking Physical Spaces for Century-Long Lives*”

V.L.R.

Author(s): n/a

Date: n/a

Type of Publication: Article, *Stanford Center on Longevity*

Summary:

This article discusses the important role that the environment plays on longevity and the overall quality of human life. More specifically, the effects of COVID-19 on our daily lives and how we should reimplement our practices from then and continue them now. Some of the topics discussed in the article are air quality, our environment and green spaces, as well as our increased appreciation of social infrastructure and its effect on our daily lives.

Green and Outdoor Spaces-- “For example, according to a study from the Harvard School of Public Health, women living in areas with higher levels of green vegetation had a 12% lower rate of death compared with women whose homes had the lowest level of greenness. This is also an area of significant inequality; in the US, poorer neighborhoods have 25% less tree canopy on average than neighborhoods with very few people in poverty.” (n.a., 2021)

Infrastructure and Amenities-- “Community resources such as recreational, arts, and public safety amenities can also support healthy aging as they can help create a robust social structure and tend to be linked to stronger feelings of attachment to a community. However, as with transportation and housing options, they often can be less accessible to racial and ethnic minorities and people with lower incomes.” (n.a., 2021)

Construction Methods and Building Materials-- “Constuction methods and building materials themselves can have a significant impact on the environment and on human health. For example, some scientists are developing new construction materials that cut down on CO2 emissions compared to current materials, such as bendable concrete.” (n.a., 2021)



fig. 8

“Live to 100: *Secrets of the Blue Zones*”

V.L.R.

Author(s): Dan Buettner

Date: 2023

Type of Publication: Documentary, *Netflix*

Summary:

“Live to 100: Secrets of the Blue Zones” is a Netflix documentary series hosted by Dan Buettner, exploring the lifestyles and cultures of the world’s longest-living communities, known as Blue Zones. The series visits Okinawa (Japan), Sardinia (Italy), Ikaria (Greece), Nicoya (Costa Rica), and Loma Linda (California), uncovering the habits that contribute to longevity. It highlights key practices like plant-based diets, daily movement, strong social connections, a sense of purpose, and stress-reducing practices. The show emphasizes that longevity is not just about genetics but is deeply influenced by lifestyle choices and community support, offering viewers insights into how to integrate these practices into their own lives for a healthier, more fulfilling life.

“In Okinawa, they don’t even have a word for ‘retirement.’ Instead, they have this idea of ikigai, which means ‘the reason you get up in the morning.’ It might be tending to a garden, taking care of grandchildren, or teaching the younger generation. That sense of purpose doesn’t just add years to their life; it adds life to their years.” (Buettner, 2023)

“When you look at these Blue Zones, the common thread isn’t just diet or exercise—it’s the way their environments naturally nudge them toward healthy behaviors. They live in places where they’re expected to walk every day, where fruits and vegetables are abundant, where they have a reason to get up every morning, and where the people around them support a healthy lifestyle. They don’t live a long time because of willpower; they live a long time because their world sets them up for it.” (Buettner, 2023)

“In the Blue Zones, people don’t go to the gym or train for triathlons. They live in places where physical activity is naturally part of their day. They walk to visit friends, they garden, they cook, they do manual work even in old age. Movement is woven into the fabric of their lives. They’re not sitting for hours on end. It’s a reminder that it’s not about forcing yourself to exercise—it’s about designing a life where movement happens naturally, almost without thinking” (Buettner, 2023)



fig. 9

Key Takeaways

V.L.R.

The accessibility to whole and fresh foods lead to decreased risk of cardiovascular diseases, metabolic syndromes, obesity, and various kinds cancers.

Positive perceptions of aging lead to more years of life; individuals lived approximately 7.5 years longer than those with negative outlook.

Access to green spaces lead to lower rates of death.

Natural healthy behaviors create practices that are automatically applied to your daily life.

“Longevity *is not only about* **living longer**, *but it’s also about* **living well and living fully.**”

-Deepak Chopra

Increased physical activity and improved diet tackles many issues that are associated with older ages.

There is a strong link between psychological well-being to outcomes of mortality and chronic diseases.

Emphasis on community resources and social interactions are linked to stronger attachments to environment and individuals around you.

A sense of purpose creates excitement and reason of participation in the community.

First-Hand Research

Interviews with Lisa Carlson and Nancy Ma



Overview

Interview

Research Method: Interview

Amount of Interviews: 2

Questions Asked:

- (1) From a public health perspective, how does the built environment, particularly interior spaces, affect both physical and mental well-being?
- (2) In light of the COVID-19 pandemic and its impact on indoor environments, how has the relationship between longevity and interior design shifted? Are there new design considerations that have surfaced as a result?
- (3) What are the emerging trends in public health that you think interior designers should be aware of in order to promote well-being and longevity?
- (4) How do social determinants of health-- such as income, education, housing, and environment-- impact both longevity and mental well-being?
- (5) From your public health knowledge, is there a growing role for technology in helping people manage their overall health? Is there a way that technology could extend lifespans?

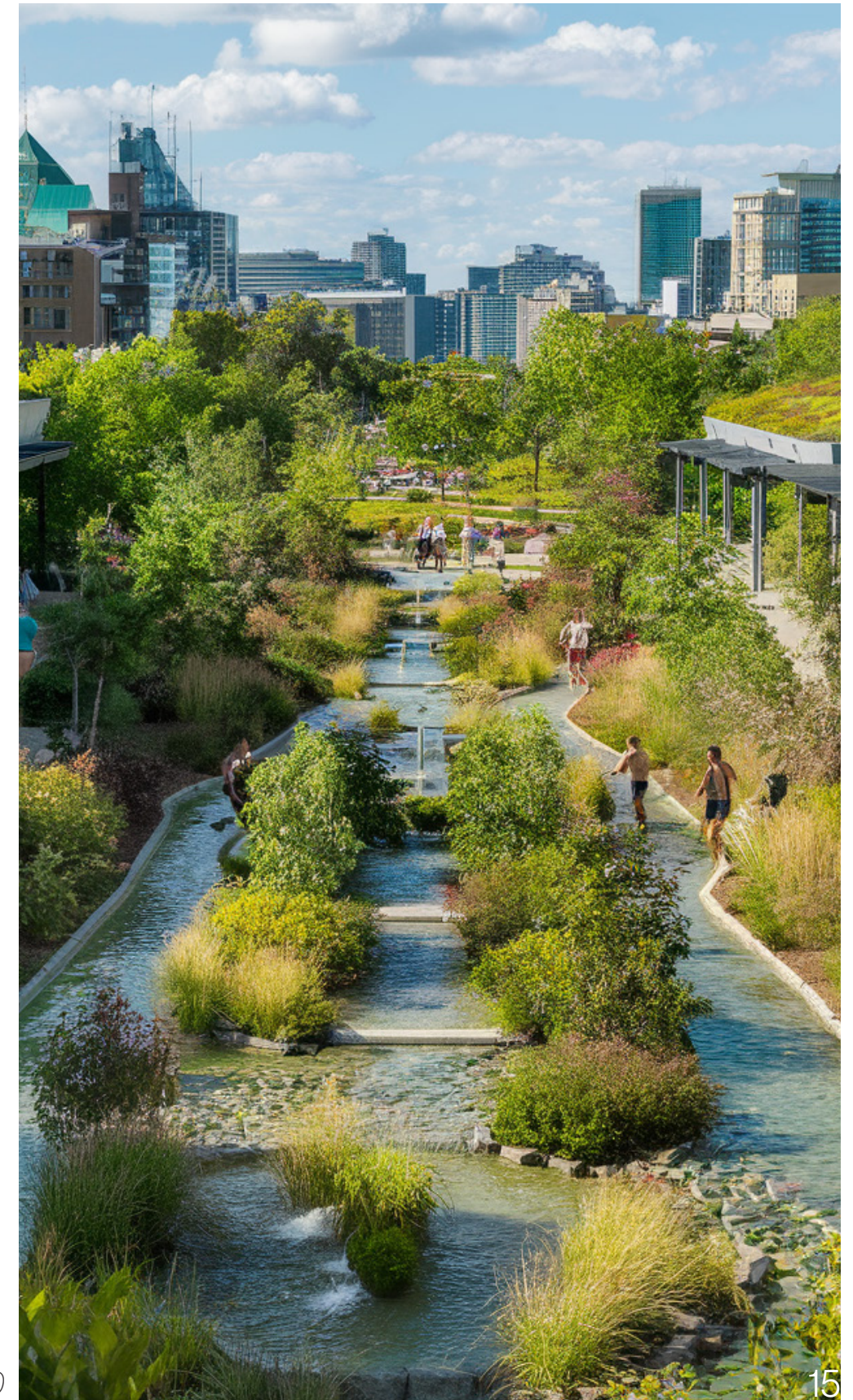


fig. 10

(1)



fig. 11

Name: Lisa Carlson
Place of Employment: Emory University
Occupation: Affiliated Instructor, Executive MPH Program; Executive Administrator for Research Programs and Operations in the Emory School of Medicine
Credentials: Former President of the American Public Health Association, MPH, MCHES
About: Carlson is passionate about advancing innovative research, supporting students, and emphasizing the importance of mental health within the broader scope of public health. As the former president of the American Public Health Association, she focuses on addressing social determinants of health and fostering cross-sector collaborations to tackle disparities and improve community well-being.

(2)



fig. 12

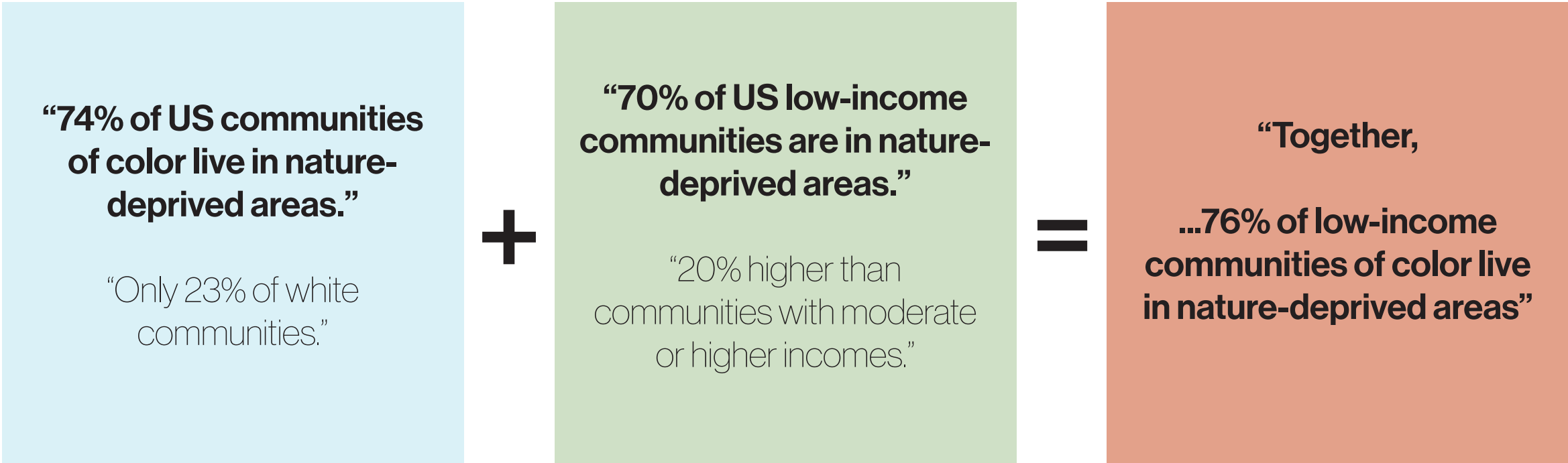
Name: Nancy Ma (Nan)
Place of Employment: Worcester Polytechnic Institute
Occupation: Assistant Professor of Architectural Engineering; Director of Laboratory for Healthy, Environmental, and Resilient Buildings (HERB-Lab)
Credentials: Ph.D., Associate AIA
About: Ma’s research focuses on combining architectural, environmental, and computational insights to create healthy, sustainable, and occupant-focused buildings, using a multidisciplinary approach that includes simulations, experiments, and field studies with both objective and subjective methods.

Key Points:

“...The social determinants of health are a really great thing to ask about because there’s been all this research about how your zip code actually is the biggest predictor of your health.”

“We know that people report that they have the best outcomes, sort of mental health and physical health outcomes, if they spend 120 minutes a week in nature... two hours... you spend two hours a week in nature, you have way better health outcomes, but people spend more than 90 percent of their time indoors... so when you’re thinking about spaces, and how do you make spaces healthy, people having access to nature is really important.”

“But we know... too... really importantly, that we have inequitable access to nature, so our trees, if you think about trees... trees that are planted have, I always say trees are part of the public health team, right...they clean the air, they filter the water, they do all these, they have habitats, they do all these things, but they also will... if you have better tree cover in an area... your area could be up to 10 degrees cooler than a similar part of the city that doesn’t have trees.”



Having immediate access to nature is key when regarding physical and mental well-being and its association to longevity.

When at least 120 minutes are spent outside a week, you have a better chance of having more positive health outcomes if ill.

Living in areas that have minimal tree canopies affect and lessen your life expectancy.

Nature benefits the planet by aiding in cleaner air, pure water, providing shelter for animals, and more.

It is important for all areas and individuals to have access to green space to support overall well-being.

Tree canopies can help lower the temperature in certain areas up to 10 degrees, which can affect physical and mental activity by increasing the ability to go outside.

Exposure to nature can help reduce the severity and chances of depression, cancers, stress, anxiety, and others.

Nature can positively affect social interactions, which leads to community building and increased relationships.

From a public health perspective, how does the built environment, particularly interior spaces, affect both physical and mental well-being?

Key Points:

“There is an important and widely adopted indicator that aims to quantify the health aspect of building environment performance called indoor environmental quality (IEQ). It is usually categorized into four aspects: indoor air quality, thermal comfort/safety, visual (luminous) comfort, and acoustic comfort.”

“For example, indoor overheating (particularly occurs in passive buildings or buildings without cooling services), and poor indoor air quality can increase the risks of morbidity and mortality, chronic lung diseases (e.g., asthma). Elevated CO₂ levels are associated with impaired cognitive performance and reduced productivity. Lighting can have both positive and negative effects by influencing the human circadian rhythm.”

Indoor Environmental Quality (IEQ) has four aspects: indoor air quality, thermal comfort/safety, visual (luminous) comfort, and acoustic comfort.

When people spend too much time indoors, it can cause adverse health outcomes, for example: indoor overheating leads to increased risks of morbidity, mortality, chronic lung diseases, and more.

Elevated CO₂ levels can lead to impaired cognitive performance and reduced productivity.

Lighting has both positive and negative effects due to its influence on the human circadian rhythm.

In light of the COVID-19 pandemic and its impact on indoor environments, how has the relationship between longevity and interior design shifted? Are there new design considerations that have surfaced as a result?

Key Points:

“Traditionally, ventilation has been seen as a way to bring fresh outdoor air into indoor spaces to maintain air quality. However, with the awareness of airborne transmission, there should be more emphasis on air distribution in indoor environments, specifically to prevent polluted air from entering the breathing zone of occupants and prevent cross-infection.”

“The need for adaptable living and working spaces has become a priority. Spaces that can be easily reconfigured to accommodate changing occupancy levels and social distancing requirements have caught more attention in the new design considerations. This adaptability extends to materials and finishes that are durable and easy to clean, reducing the potential for virus transmission.”

With the knowledge of airborne transmission, air distribution in interior spaces should be more strategically placed in a building.

Air distribution should focus on preventing polluted air from the breathing zone of occupants to prevent cross-infection.

Rising need for adaptable living and working spaces; furniture should accommodate occupancy levels and social distancing considerations of users.

Considering materials and finishes that can be easily cleaned, as well as durable in order to control and reduce virus transmission.

What are the emerging trends in public health that you think interior designers should be aware of in order to promote well-being and longevity?

Key Points:

“Adopting a holistic approach to IEQ involves understanding and addressing the interplay between different environmental factors such as air quality, lighting, noise, and thermal comfort. Instead of treating these factors as isolated variables, a holistic perspective considers how they interact and influence each other, and ultimately affect occupant health and well-being.”

“Design considerations for ergonomics, occupant behavior, and population needs to emphasize the importance of tailoring building designs to fit the ergonomic needs of occupants, their behaviors, and specific requirements of different groups such as children, the elderly, or those with disabilities... Smart systems can automate and optimize heating, ventilation, air conditioning, lighting, and even noise levels based on real-time data and user preferences.”

Integrating a holistic perspective considers how environmental factors interact and influence each other, affecting occupant health and well-being.

Integrated approaches ensure that changes in one aspect of the environment do not adversely impact each other.

Ergonomics, occupant behavior, and population needs to emphasize importance of tailoring designs to fit the needs of occupants, behaviors, and specific requirements of various group types.

Smart home technology is a forward-thinking approach that relies on real-time data and user preferences.

How do social determinants of health-- such as income, education, housing, and environment-- impact both longevity and mental well-being?

Key Points:

“Individuals with higher income levels often have better access to healthcare services and safer/resilient living conditions, which collectively contribute to longer life spans and better physical health. Education also plays a role by providing knowledge on health-promoting behaviors, further supporting a healthier lifestyle. Quality housing reduces exposure to environmental hazards like poor air quality and mold, which can influence physical health and stress levels, thereby affecting both longevity and mental well-being. Additionally, living in a healthy environment, free from pollution and with access to green spaces, can improve mental health by reducing stress and fostering social interaction.”

Income, housing, and the environment are some of the main factors that impact longevity and mental well-being.

Higher income levels tend to lead to access to quality healthcare, as well as healthier living conditions. This leads to longer life spans and better physical health.

The quality of housing effects humans positively by decreasing exposures to poor air quality, heavily influencing physical health and stress levels.

Being located in an environment that has minimal pollution and access to green spaces improves overall mental health by reducing stress, but increasing social interactions in your community.

From your public health knowledge, is there a growing role for technology in helping people manage their overall health? Is there a way that technology could extend lifespans?

Key Points:

“Smart homes equipped with AI can continuously monitor various parameters that affect indoor environments, such as temperature, humidity, air quality, and lighting.”

“Data from wearable sensors can be integrated with smart home systems to further personalize the living environment.”

“These air cleaning systems can be integrated into a smart home’s HVAC system, enabling automated control based on real-time air quality readings.”

AI can access various data sources within a space to create a personalized experience for users.

The use of technology can help regulate circadium rhythms and improve sleep quality.

Wearable sensors can be integrated into smart home systems to further enhance the experience within spaces by reading vitals and more.

Air cleaning systems can be incorporated into smart HVAC systems by analyzing temperature, air quality, filtration intensity, and need for increased ventilation.

Indoor Environmental Quality (IEQ) has four aspects: indoor air quality, thermal comfort/safety, visual (luminous) comfort, and acoustic comfort.

Air distribution should focus on preventing polluted air from the breathing zone of occupants to prevent cross-infection.

Rising need for adaptable living and working spaces; furniture should accommodate occupancy levels and social distancing considerations of users.

Integrating a holistic perspective considers how environmental factors interact and influence each other, affecting occupant health and well-being.

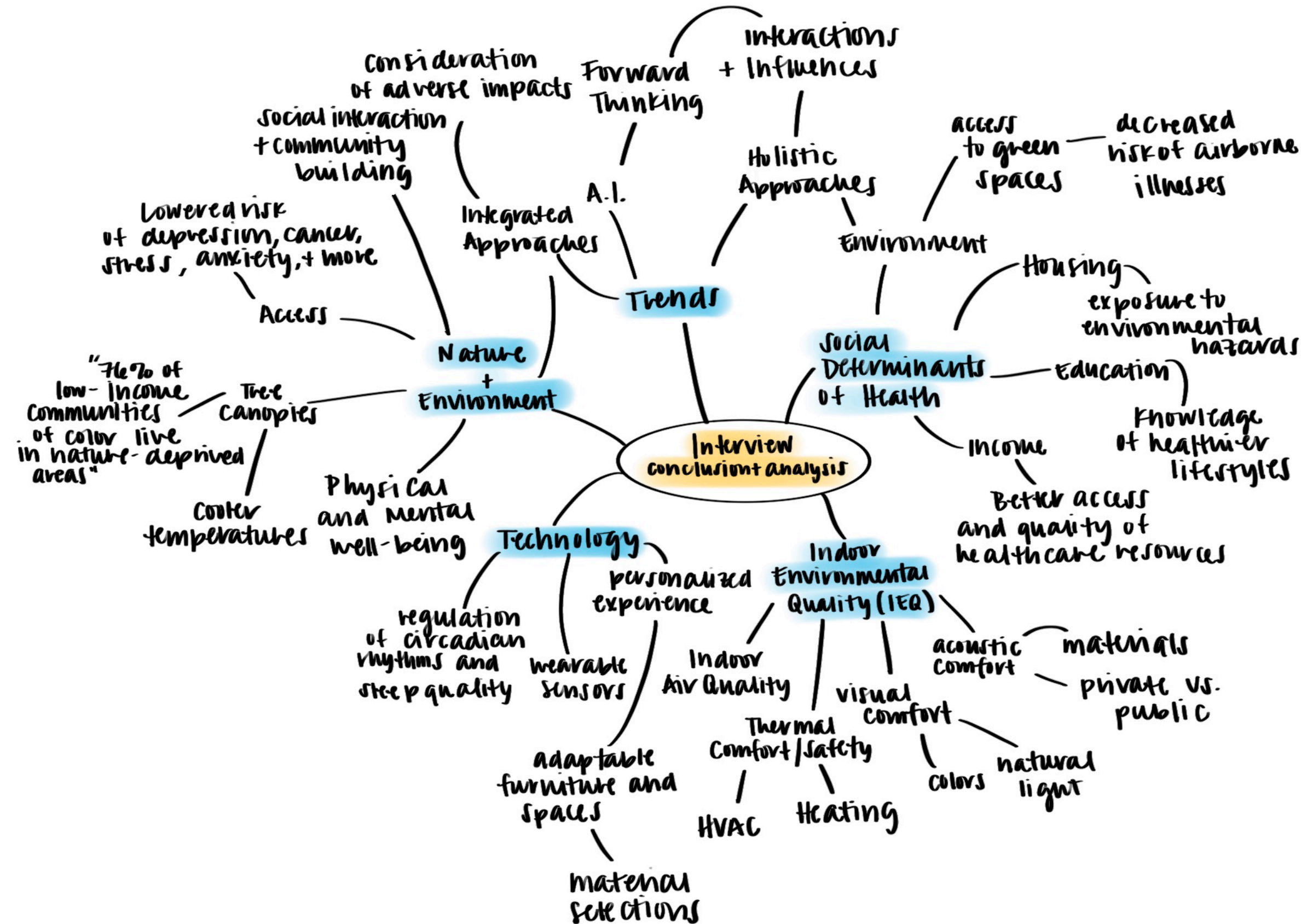
Higher income levels tend to lead to access to quality healthcare, as well as healthier living conditions. This leads to longer life spans and better physical health.

The quality of housing effects humans positively by decreasing exposures to poor air quality, heavily influencing physical health and stress levels.

The use of technology can help regulate circadium rhythms and improve sleep quality.

AI can access various data sources within a space to create a personalized experience for users.

Summary of Interviews, Mind Map



Precedent Studies

User Demographics, Client, & User Journey



(1)

fig. 13



Flor og Fjære, *Greenhouse*

(2)

fig. 14



Chicago Park District, *Headquarters and Fieldhouse*

(3)

fig. 15



Claude Michelet, *Multi-Purpose Space*

(4)

fig. 16



Dakar International Congress Center

Flor og Fjære

Precedents



Location: Stavanger, Norway

Type of Building: Greenhouse

Sq.Ft.: 43,055

Designers: Helen & Hard Architects

Year: 2022

Located on a large garden island in Stavanger, Norway, this greenhouse provides a home for both plants and individuals to gather. It is the home for unplanted food and flowers for the garden and also a place to meet and dine for locals and travelers. One of the aspects of longevity that relates to this specific project is the idea of gardening and its association with natural movements and sense of purpose in life.



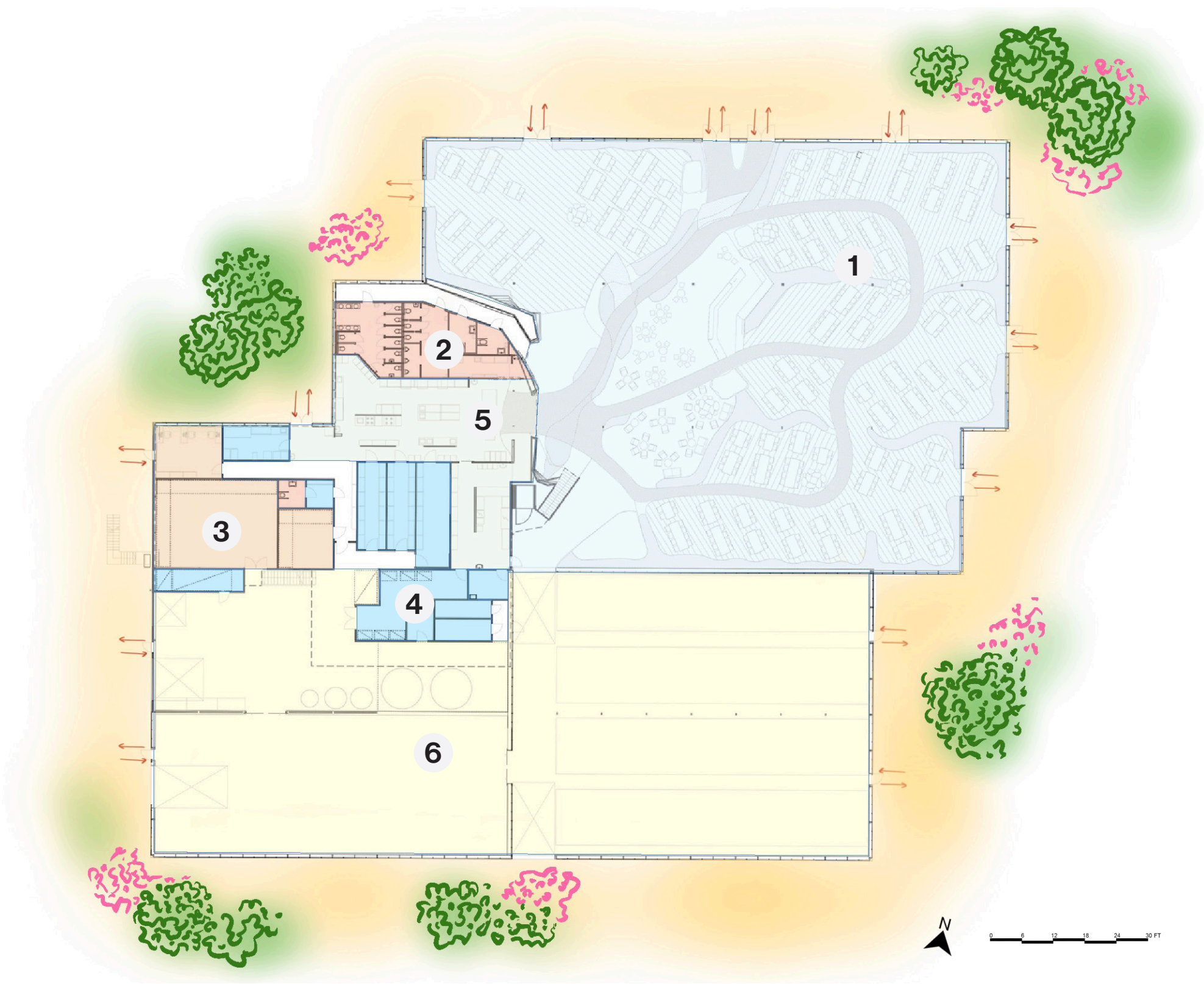
Floor Plan, First Level

Precedents

Legend:

- Main Greenhouse
- Restrooms
- Public
- Private Storage
- Private
- Misc.
- Entrance/Exit

- 1 Dining Room/Greenhouse
- 2 Restrooms
- 3 Meeting Rooms
- 4 Storage Closets
- 5 Kitchens
- 6 Misc.



Key Takeaways, Flor og Fjære

Precedents



fig. 20-22

Abundance of natural light encourages mental well-being within users and visitors in the space, while also being energy efficient.

The greenhouse is designed around the topic of biophilia; from the wood flooring, indoor waterfall feature, and plants.

The integrated path throughout the space encourages users to navigate the various zones both inside and outside.

It is important to use materials that absorb sound, especially due to the size of this space and intention of bringing the community and guests together.

Chicago Park District

Precedents



Location: Chicago, Illinois

Type of Building: Headquarters and Fieldhouse

Sq.Ft.: 79,975

Designers: John Ronan Architects

Year: 2023

The Chicago Park District Headquarters building is a prominent architectural landmark that both a headquarters office and a fieldhouse occupy. The fieldhouse part of the building houses a gymnasium, as well as fitness and club rooms for employees to use. This building was designed to allow the Chicago Park District staff to work in the middle of the city's nature in the place they serve. The building itself is round, marking its significance as a city civic center, but also to increase the air quality and natural light throughout the space.

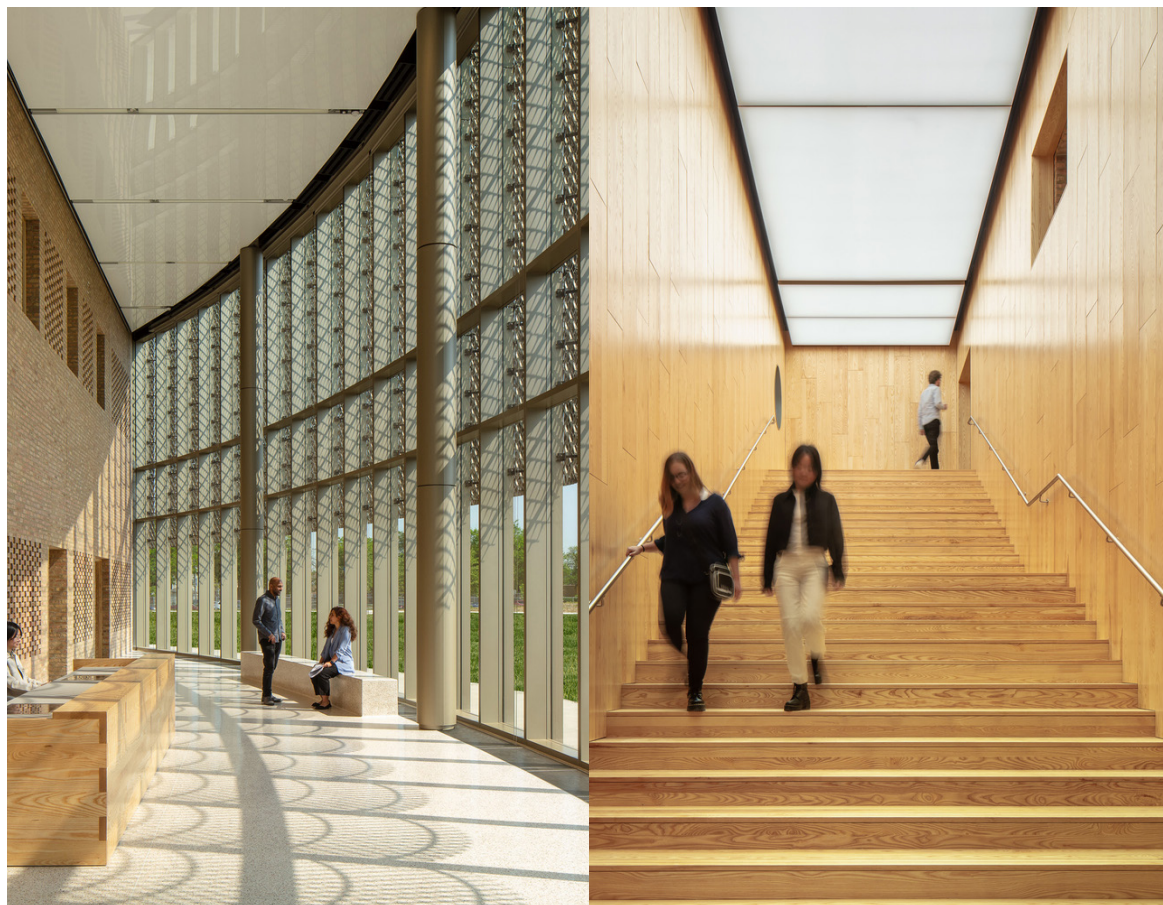
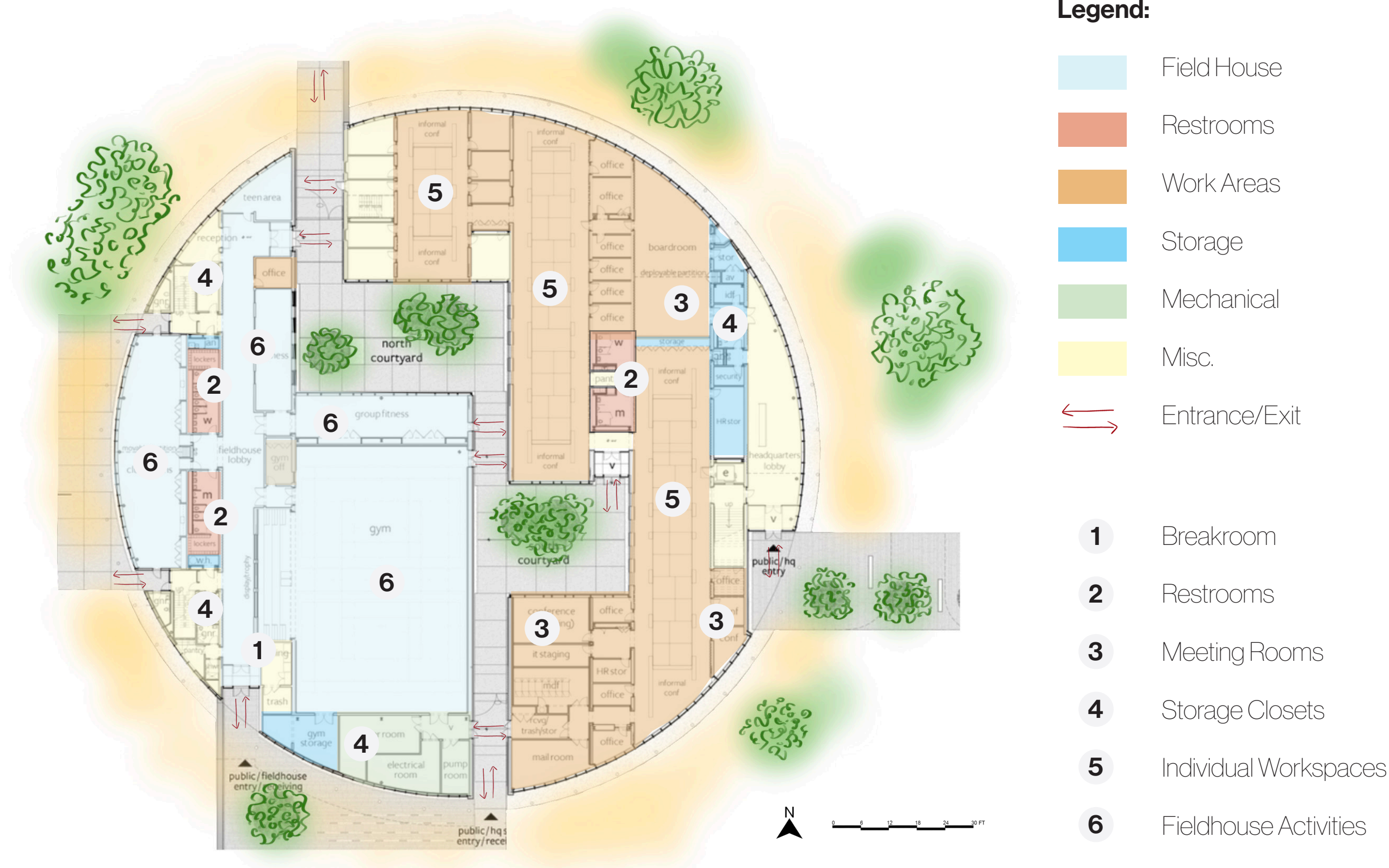


fig. 23-25

Floor Plan, First Level

Precedents



Floor Plan, Second Level

Legend:

- Field House
- Restrooms
- Work Areas
- Storage
- Mechanical
- Misc.
- Entrance/Exit
- 1

Breakroom
- 2

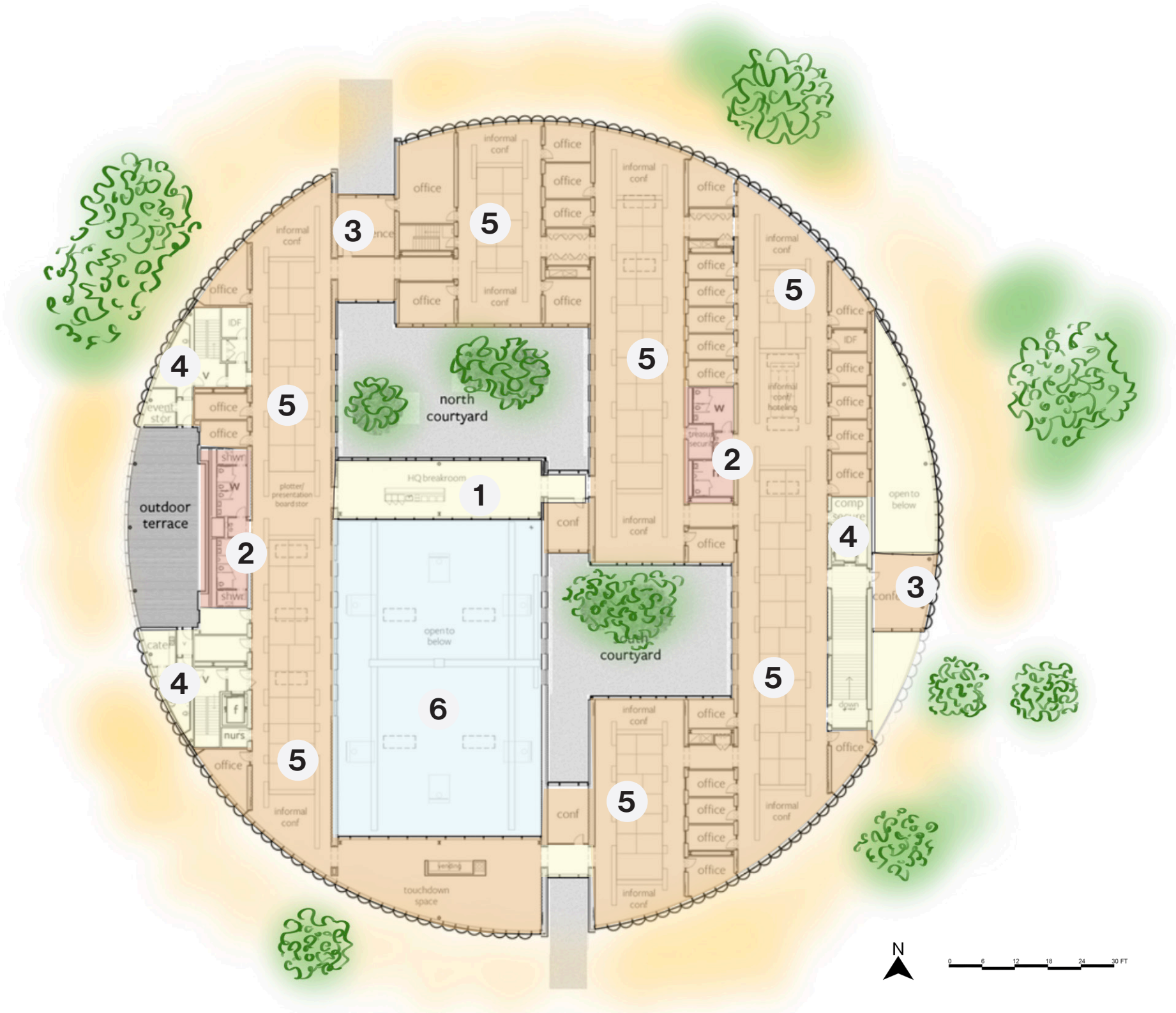
Restrooms
- 3

Meeting Rooms
- 4

Storage Closets
- 5

Individual Workspaces
- 6

Fieldhouse Activities



Key Takeaways, Chicago Park District

Precedents



fig. 26-28

Using large windows throughout a space can blur the line between indoor and outdoor environments which can positively impact both physical and mental health.

Integrating physical movement can decrease stress and anxiety levels, especially when it comes to workplace design.

The use of reclaimed materials can create a connection between users and their environment, such as the brick used throughout the space.

Including spaces such as lounges, meeting areas, gyms, and outdoor spaces can increase amount of collaboration and productivity.



Location: Brive-la-Gaillarde, France

Type of Building: Mixed Use

Sq.Ft.: 16,145

Designers: Faye Architectes & Associés

Year: 2023

Located in the middle of a neighborhood in the hills of Brive-la Gaillarde, France, this multi-purpose space encourages the community to come together. The name Claude Michelet comes from the author, who had a strong presence in the area. The interior of the building are versatile and are intended for most uses, making this space for everyone and every need.



fig. 29-31

Floor Plan, First Level

Precedents



Key Takeaways, Claude Michelet

Precedents



fig. 32-34

Using wayfinding strategies can help users navigate throughout a space without having to ask and can create a feeling of familiarity and independence.

Especially in spaces that don't have a specific purpose, it is important to include furniture that can easily be moved around and stored, yet still be comfortable.

Easy access to the outside environment can help productivity and mental well-being.

Minimizing the amount of artificial lighting is energy efficient and can allow users to focus and collaborate more effectively.

Dakar International Congress Center

Precedents



Location: Dakar, Senegal
Type of Building: Congress Center
Sq.Ft.: 175,128
Designers: Tabanlıoğlu Architects
Year: 2014

Located on the west coast of Africa, the Dakar International Congress Center is a place for gathering for individuals around the world, but also who are a part of the community. This space was inspired by the nature in Senegal, known for its longevity and presence throughout the country. I chose this building due to its strive to showcase the longevity of the surrounding environment through details and design, both inside and out of the building. This space promotes community gathering, through comfort, innovation, and presence.



Floor Plan, First Level

Legend:

- Storage/Mechanical
- Restrooms
- President Area
- Restaurant
- Auditorium
- Open Fairgrounds
- Meeting Space/Staff Areas
- Entrance/Exit
- 1

Storage/Mechanical
- 2

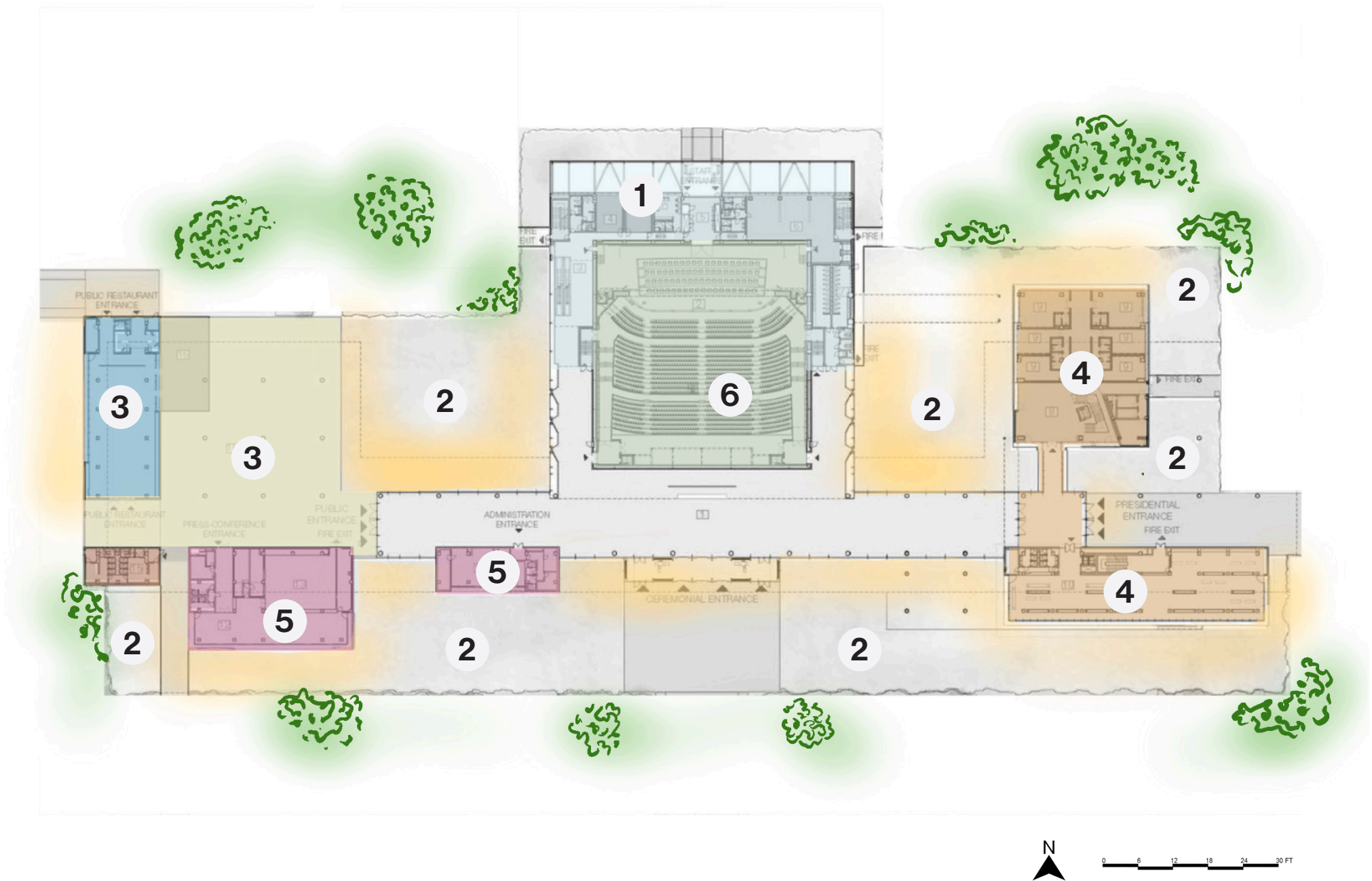
Water Around Building
- 3

Open Fairgrounds/Restaurant
- 4

President Area
- 5

Meeting Space/Staff Area
- 6

Auditorium



Key Takeaways, Dakar International Congress Center

Precedents



fig. 38-40

Implementing colors, art, and patterns that are associated with a certain area can effect the user's relationship with a space and can aid in community bonding.

The use of large floor-to-ceiling windows minimize the need for artificial lighting throughout.

Integrating sound absorbing elements can be effective for all users, especially in settings that are meant to encourage conversation and social interaction.

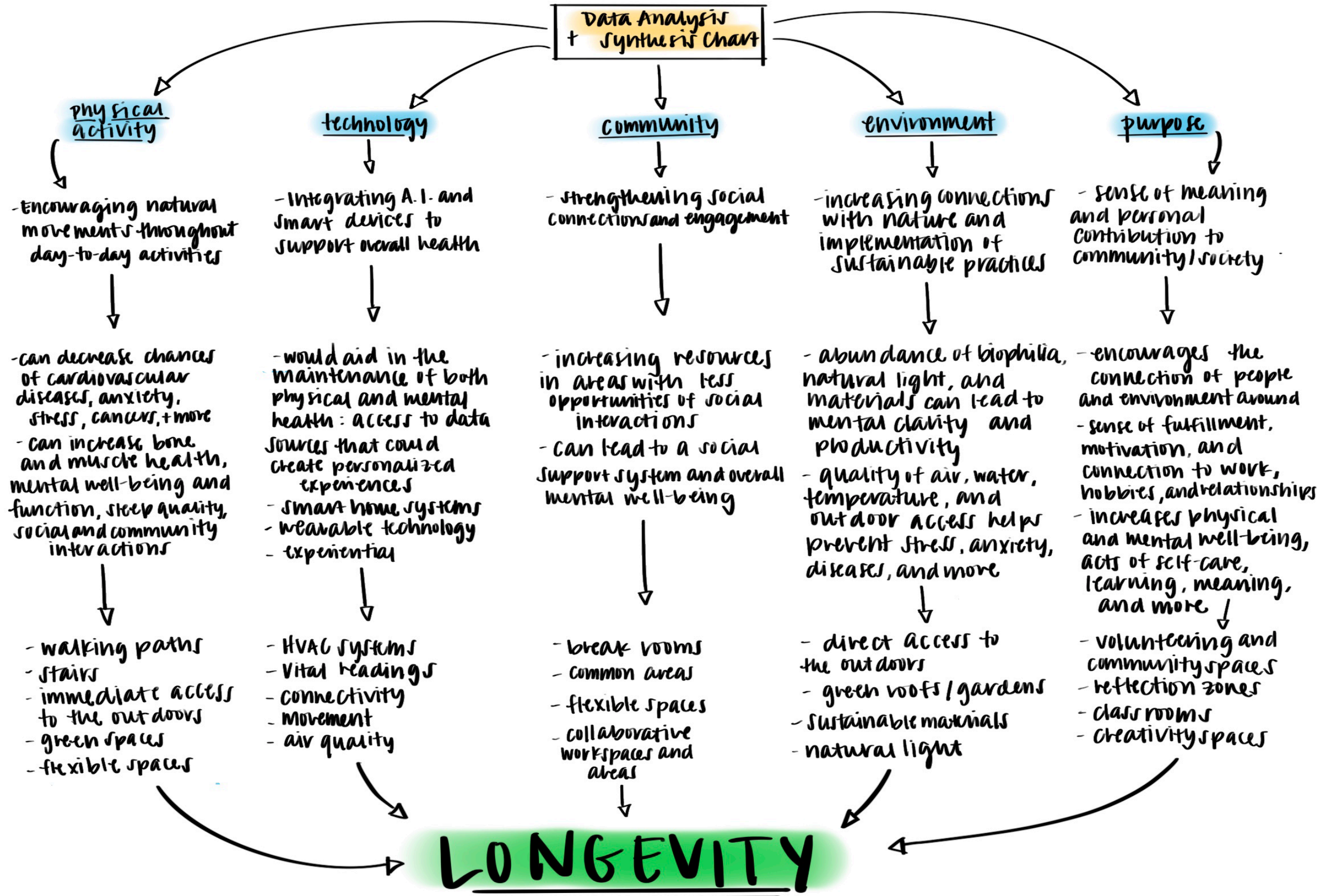
Using consistent materials throughout a space can help with wayfinding and defining public vs. private areas.


Data Analysis & Synthesis

Conclusion of Research



Data Analysis + Synthesis Chart





PROGRAMMING

Facility Overview

Overview of Wellness Spa



Facility Overview, Wellness Spa

Located in the middle of Atlanta, this **wellness spa** will offer an **escape** for **busy professionals** who seek a **balance** between **work and their physical and mental well-being**. Inspired by successful **European spas**, this facility will offer a wide range of services that focus on both the **body and mind**. Members can partake in the **natural thermal baths, saunas, hydrotherapy activities**, all aimed at the **detoxification** and **relaxation** of the body. In addition, this facility will target individual **mindfulness** and physical well-being with **individual and group** meditation spaces and an indoor-outdoor gym with optional training services. Whether you are looking to stay the whole day or visit after a busy workday, this wellness spa will cater to the needs of **all members** due to the services being **designed** around the **user's schedules**. This facility is a one-stop-shop for both physical and mental well-being practices right in the heart of the city, making it **accessible** and **convenient** for members.

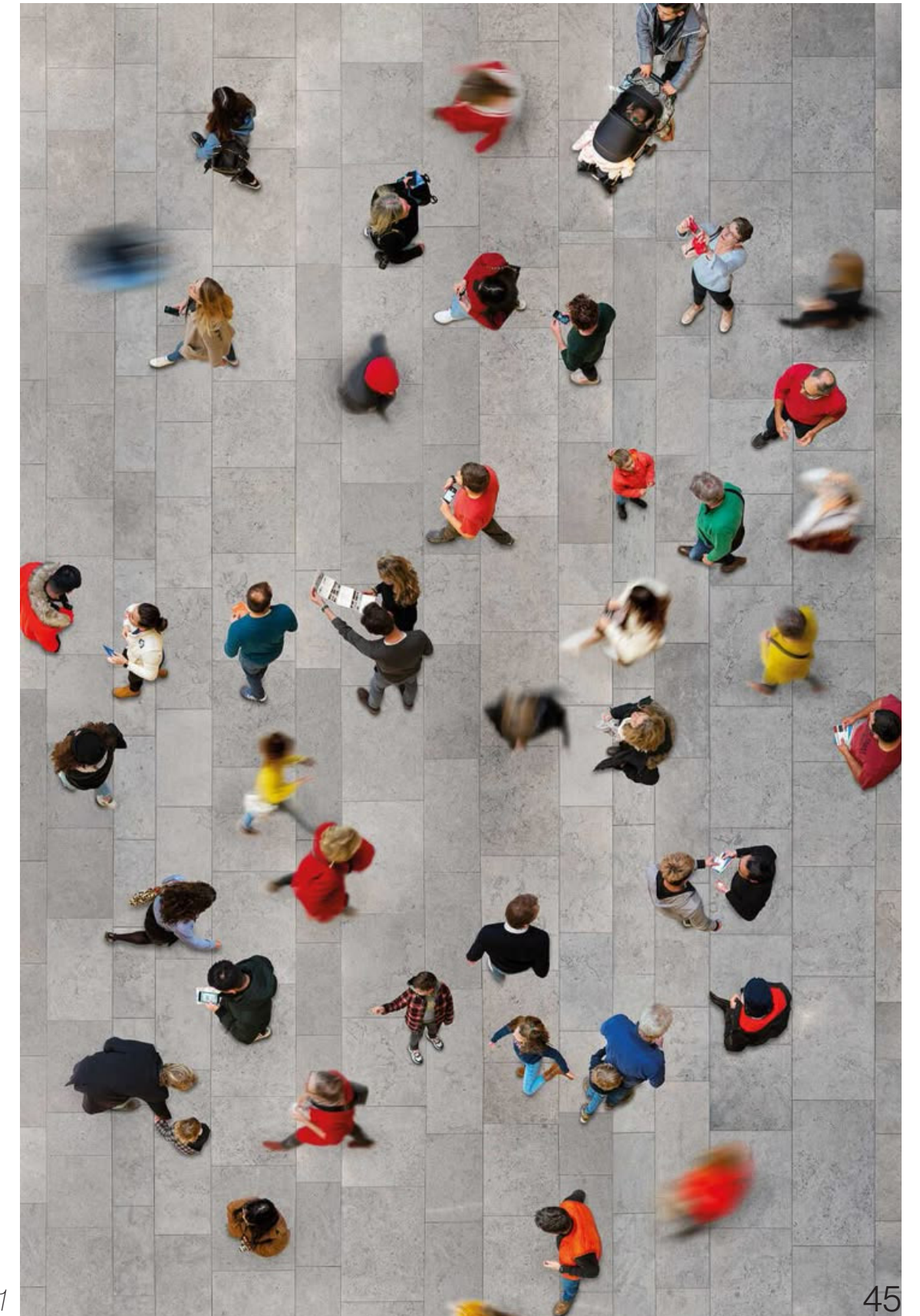


fig. 41

Client Profile

Overview, Clients, & Goals/Wants/Needs



(1)



Client: Calm

About: Founded in 2012 by Alex Tew and Michael Acton Smith, the Calm app has positively impacted over 150 million people around the world. The app was created from Tew and Smith’s personal struggles as working individuals, realizing that there were ways to navigate their fast-paced lifestyles. They created an accessible mental health tool, Calm, that allows individuals to slow down and prioritize their own well-being. Their resources are aimed to help stress management, provide better sleep habits, and to live an overall happier and healthier life.

fig. 42

(2)

7132

Client: 7132 Therme Vals

About: Located in the heart of the Swiss Alps, 7132 Therme Vals draws in visitors from all over the world due to their wellness services and architectural significance. Designed by Peter Zumthor, 7132 is built around the environment and the all-natural thermal springs that are located below the ground. These springs are known for aiding in mental and physical well-being due to their abundance of minerals and impact on vitality and inner peace. In addition to the thermal baths, 7132 provides other wellness services, such as saunas, hydrotherapy, and other exceptional spa treatments.

fig. 43

Calm, Michael Acton Smith

Clients



Representative: Michael Acton Smith-- Co-Founder of app

Type: Mental-wellness app that specializes in mindfulness and relaxation

Location: San Francisco, California

Year Founded: 2012-- by Alex Tew and Michael Acton Smith

Past Projects: Calm Health, Calm Schools Initiative, Calm Kids, and various partnerships (American Express, Kaiser Permanente, and more)

Budget: \$2-\$4 million

Mission Statement: "To make the world happier and healthier."

British entrepreneur, Michael Acton Smith, co-founded Calm due to his own experiences of feeling stressed and overwhelmed from his struggle with work-life balance. Recognizing the need for accessible mental health solutions, he partnered with Alex Tew and created the now, top rated wellness app there is today. Prior to the creation of Calm, Smith created the company Mind Candy, known for the popular children's game, Moshi Monsters.



Goals, Wants, + Needs, Michael Acton Smith

Clients

Goals:

- (1) Integrate Calm's technology throughout the space
- (2) Combine technology with physical and mental wellness strategies
- (3) Personalize experiences for all individuals and their needs
- (4) Allow members to continue Calm's services outside of the wellness spa



Needs:

- (1) Structure needs to support Calm's technology, internally and externally
- (2) Collaboration and communication with staff of center and local influencers
- (3) Quiet and isolated spaces
- (4) A way for members to provide feedback for improvement

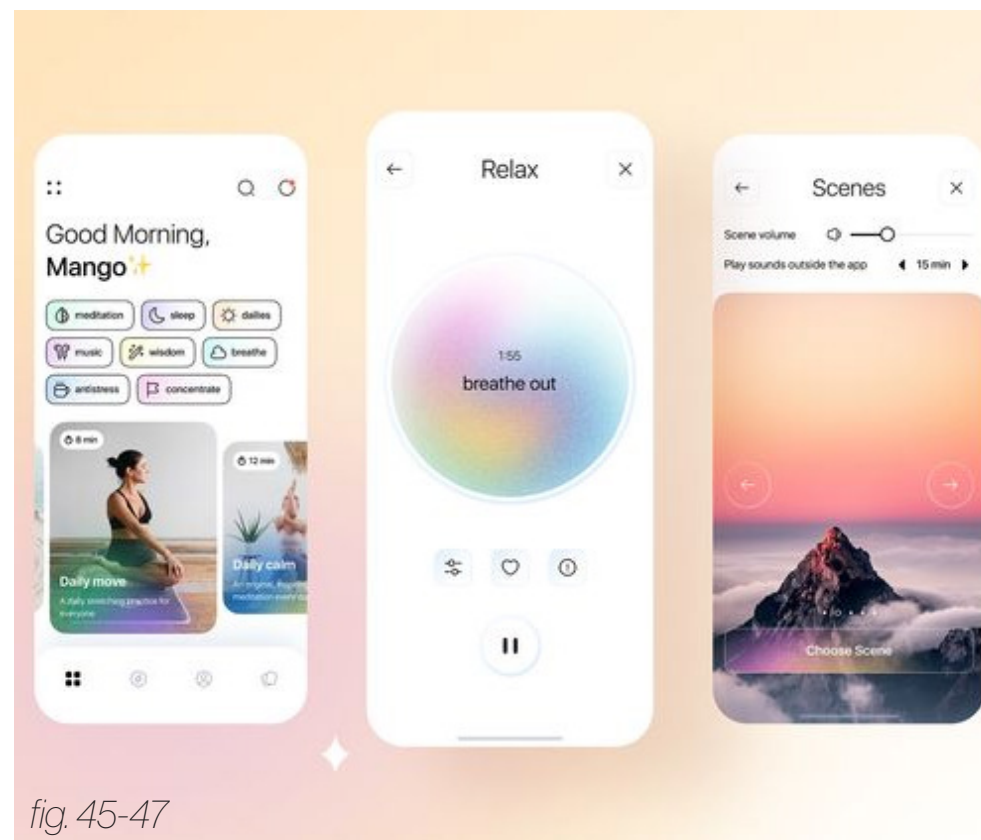


fig. 45-47

Wants:

- (1) Personalized and tailored options
- (2) Specific areas that use Calm's software, such as mindfulness pods
- (3) One-on-one meditation guidance for members
- (4) Integrated calming music around the wellness spa from the company



7132 Therme Vals, Remo Stoffel

Clients



Representative: Remo Stoffel-- Resort Investor, Owner

Type: Hotel and spa that is known for thermal baths and architectural elements

Location: Vals, Switzerland

Year Founded: 1996

Past Projects: Within the resort, they have enhanced wellness offerings by developing programs through partnerships with experts and influencers, including workshops, consultations, classes, and more

Budget: \$2-\$4 million

Mission Statement: Exclusive experiences, wellness and relaxation, connection to surrounding environment, and architectural excellence

Remo Stoffel is a Swiss entrepreneur that specializes in luxury real estate, such as 7132 Therme Vals. Growing up in Vals, Switzerland allowed Stoffel to understand and appreciate the town's mission of physical and mental well-being, which eventually caused him to be the owner of the resort in 2012. Since his ownership of 7132, Remo Stoffel has transformed the space to become a luxurious experience that specializes in wellness and architectural excellence.

7132

Goals, Wants, + Needs, Remo Stoffel

Clients

Goals:

- (1) Create a retreat in an urban setting
- (2) Mimic the serene and tranquil environment of 7132
- (3) Affordable, luxurious experience
- (4) Create an architectural destination



Needs:

- (1) Exceptional craftsmanship and materials throughout the whole space
- (2) Experienced professionals
- (3) Sustainable and environmentally friendly practices
- (4) Strong security and privacy



fig. 49-51

Wants:

- (1) Exclusive membership for busy and working individuals
- (2) Connection to nature
- (3) Incorporate building materials that are prominent in Atlanta and Georgia
- (4) Minimalist and simple interior design, resembling 7132



The Users

Demographics, About the Users, User Journey, & Empathy



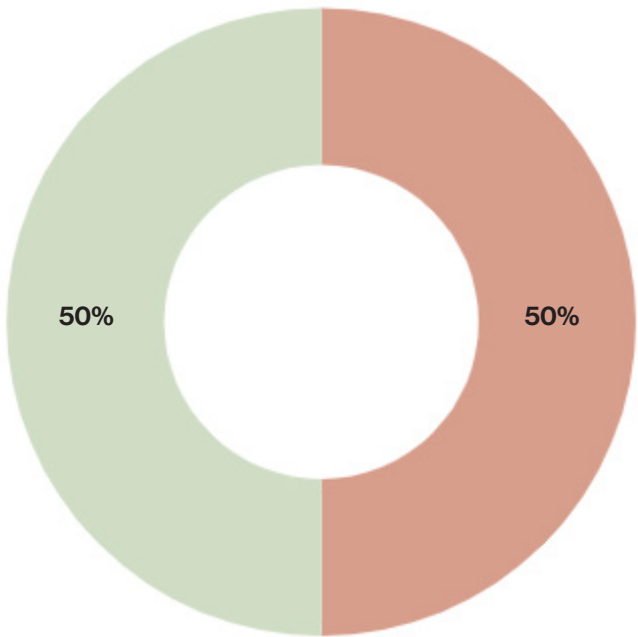
User Demographics

Users

Metro Atlanta (2024)

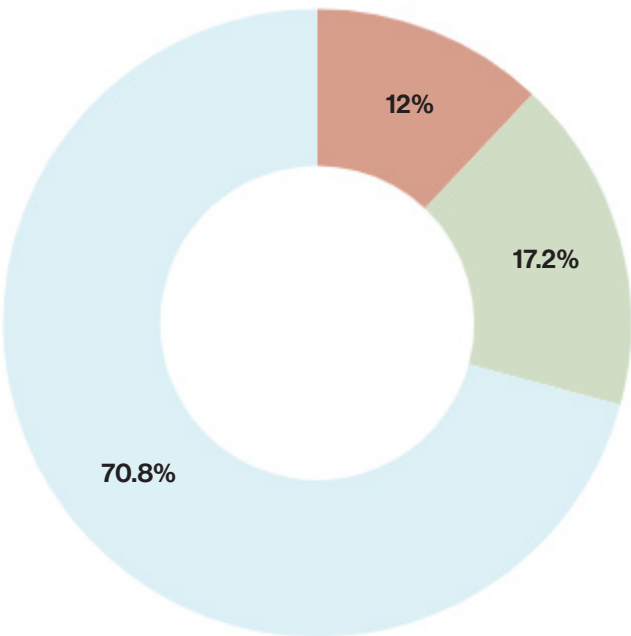
\$71,620

Average Annual Income
Per Household



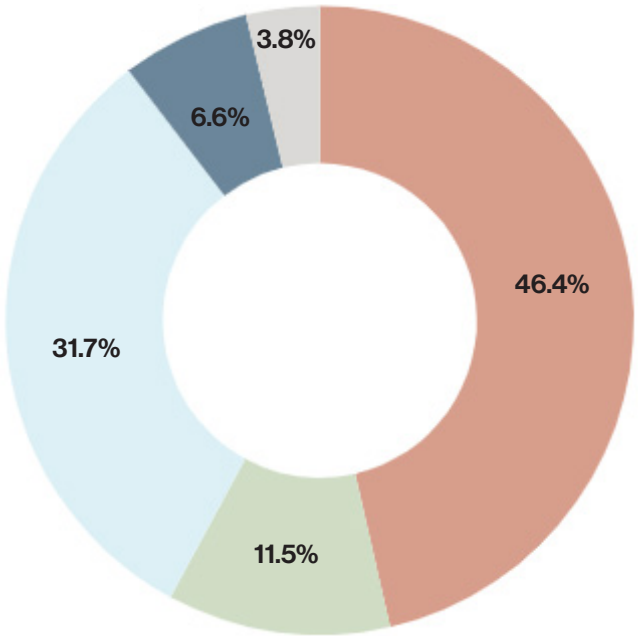
Education

Bachelors or Higher H.S. Diploma



Population

Under 18 65 and over 18-64



Race

Hispanic White Black
Asian Other



fig. 52



Overview: Staff of the Wellness Center

Host/Coordinators: As members enter the wellness center, the host and/or coordinators are the first people they see. Their roles are to assist members with navigating the spaces or offerings, provide tailored recommendations for the member's visit, and help manage the events calendar in the lobby.

Spa Specialists: This role is necessary due to the European spa amenities throughout the space. The specialists need to be experts in the hydrotherapy services and saunas, maintain the facilities, and guide guests on how the services should be used.

Meditation Instructors: In order to teach the members mindfulness, there will be meditation instructors. Their roles are to assist members to practice individual meditation, teach group meditation sessions, and manage Calm's technology in the meditation spaces.

Fitness Trainers: The fitness trainers will assist members in indoor and outdoor gym areas, tailor fitness programs for one-on-one sessions, and create fitness schedules for the coordinator to post on calendar in the lobby.

Facilities/Operations: This department of the wellness center are responsible for maintaining and cleaning the facilities, replenish items throughout, and assist other roles if necessary.

Part-Time Users

Overview: Members of the Wellness Center

Professionals with High-Stress Positions: The first users are individuals that come from fast-paced and high-pressure job positions. They may have trouble stepping away from work activities in order to focus on themselves.

Individuals with Limited Free Time: The second users have little time that is dedicated to their physical and mental wellness, whether it is due to work or personal life. This individual appreciates the wellness center's dedication of flexibility regarding the member's schedules.

Wellness Influencers: This user prioritizes their physical and mental well-being and practice it for a living. They improve individuals' lives through their knowledge and will come to wellness center to occasionally spread awareness and teach members on strategies for them to use.



fig. 54

(1)



User: Sam

About: Full-time user Sam, 32, is one of the hosts and coordinators at the wellness center. They greet each member with a warm smile, making everyone feel welcomed and supported throughout their wellness journey. Sam is always available to assist with any needs, providing an exceptional experience for the members and staff. They prioritize member satisfaction by managing any communications inside and outside of the center. Sam’s dedication to the member experience make their position the backbone of the wellness center’s exceptional service.

fig. 55

(2)



Client: Jo

About: Part-time user Jo, 45, is a professional in a high-stress job position. Jo’s daily priorities revolve around work and family, making little time for their own self-care. As Jo is a new member of the wellness center, they are found that they enjoy the thermal baths and individual meditation spaces. They appreciate the flexibility and personalization of experiences in the wellness center, as well as the friendly staff. Since joining only a month ago, Jo has noticed a reduction in their stress and anxiety levels, expecially when it comes to daily work priorities.

fig. 56

Full-Time Users, *Journey*

Sam arrives at wellness center and puts belongings away in staff lounge and heads to the front desk

Sam turns on Calm's ambient music radio and activates eucalyptus scent that circulates throughout

Once the relaxing atmosphere is set for both the staff and members, they start working on the daily wellness activity calendar located in lobby

As the first members start to arrive, Sam greets them with a familiar smile and asks if they need any assistance on today's journey

After a few hours of guests coming and going, Sam takes a walk around the facilities and takes care of any member issues that may have occurred

Eventually, Sam decides they are hungry and heads to the staff breakroom where they prepare lunch and people watch through the large floor-to-ceiling windows

After lunch, Sam prepares for a potential member walk-through and ensures calendar is up-to-date and communicates with other staff

Once the newly-decided member leaves the space, Sam gathers any paperwork and folds it to them, ensuring preparation and professionalism

Sam heads to the breakroom and gathers belongings on the way back from the facilities office, confirming work expectations of the day

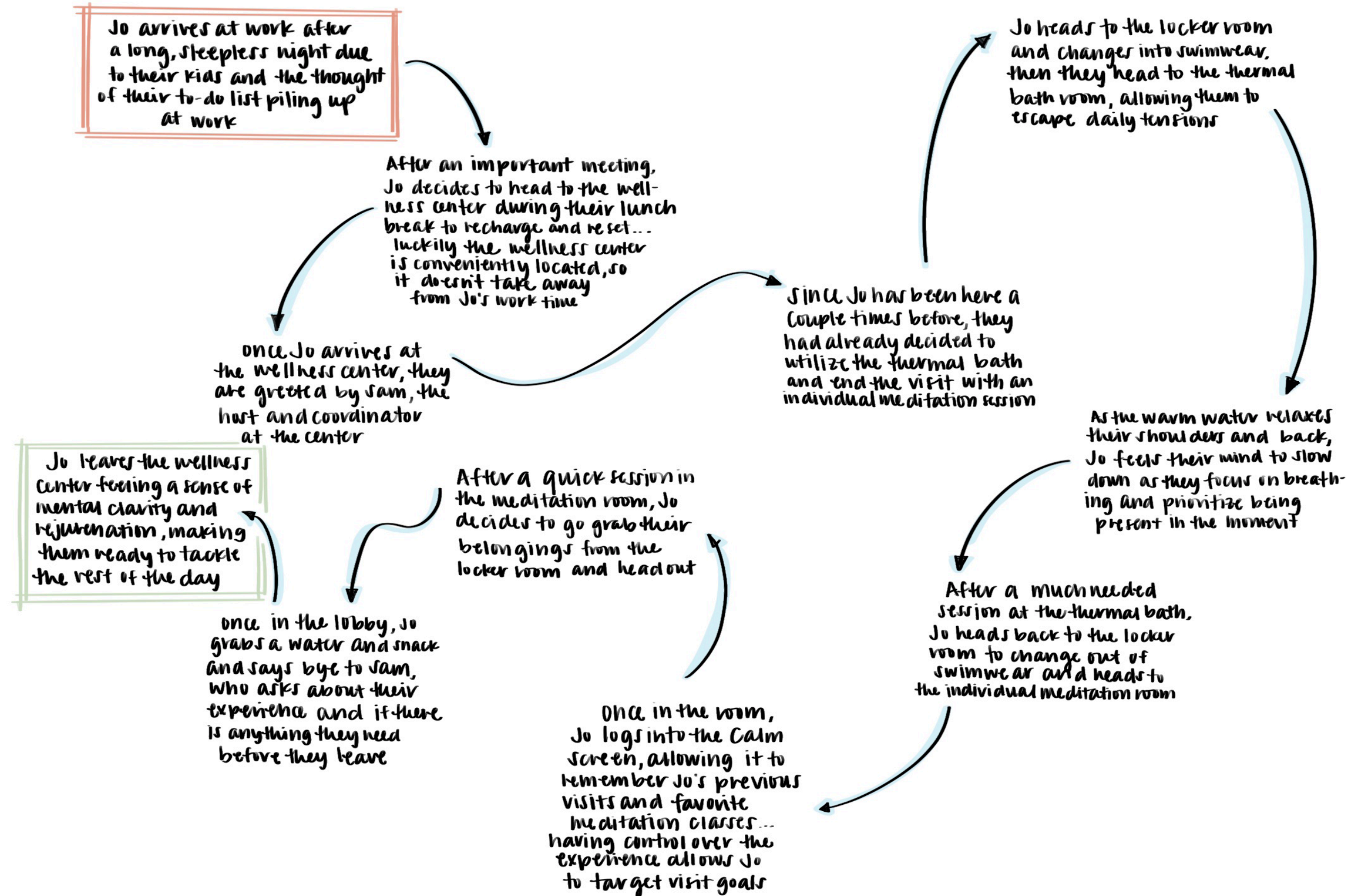
At this point in the day, Sam starts to prepare to go home and finishes any tasks not completed during the day

The perspective member arrives and Sam provides brief overview of important info then a tour of the facility, as well as introduces staff.

They turn off music and scents, log off computer, sign out, and finally head home for the night

Part-Time Users, *Journey*

Users





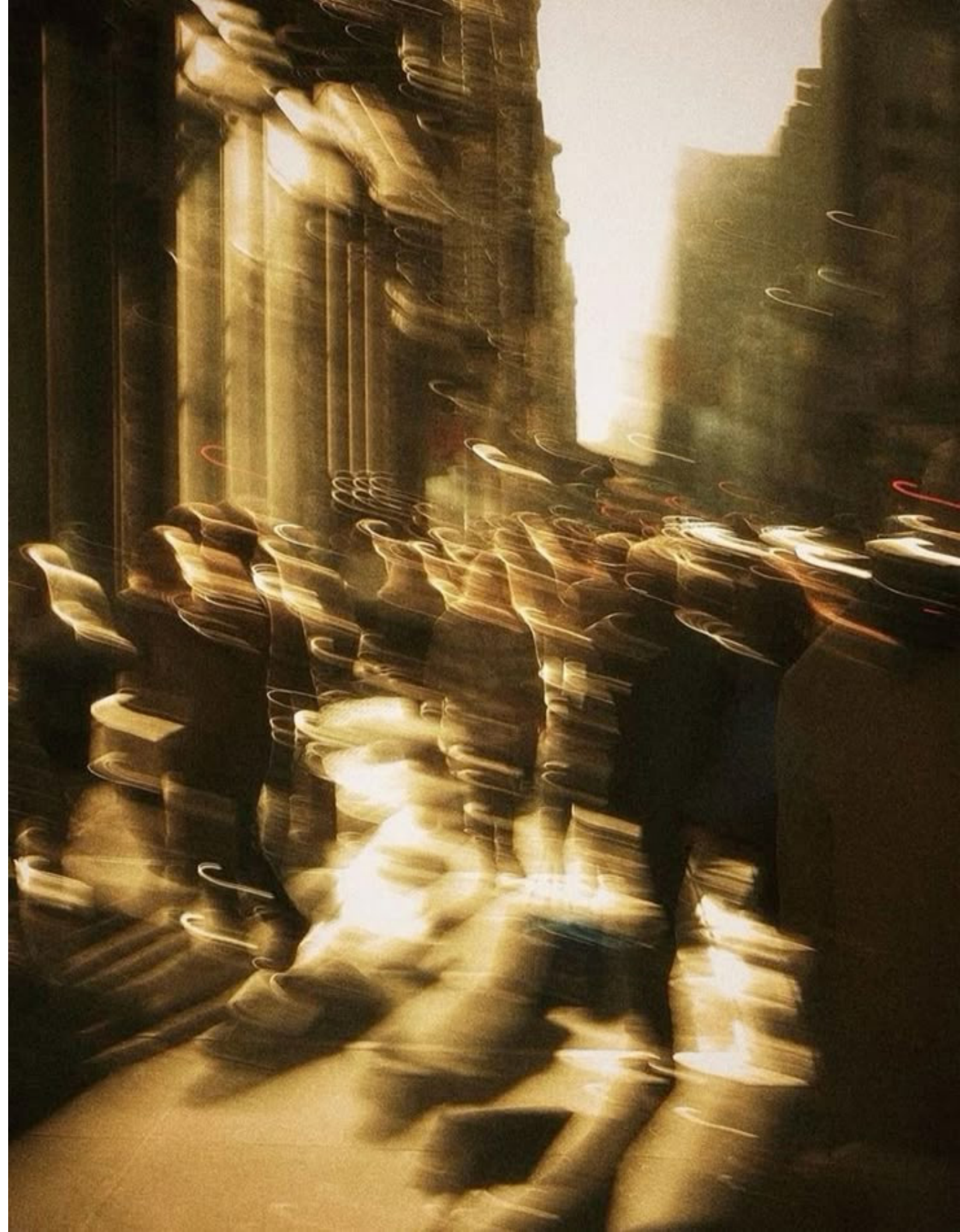
As we navigate today's **fast-paced** world, it is easy to get **immersed** in the feelings of **stress and anxiety**. This **wellness spa** is thoughtfully designed to offer **relief** for you from these **overwhelming** feelings. Individuals will be able to focus on both their physical and mental health in a **holistic** way with a **variety of services**. Whether it's through **thermal baths, hydrotherapy, saunas, physical movement, or mindfulness activities**, this place will allow you to take a **necessary pause** from the outside world and **focus on yourself**.

When we **prioritize** both our **body and mind**, we can **prevent burnout** from daily activities, **improve** mental clarity, **promote** better sleep, and **enhance** our overall **quality of life**. Providing a space that is designed around **busy individuals** forces the implementation of a **wellness routine** that **builds resilience**, a **strong sense** of inner peace, and **promotes** long-term physical and mental health. It is important to remember that **self-care isn't just a luxury but is a necessity for all**.

fig. 57

Adjacency Matrix

Overview & Diagram



Overview

Mental Wellness Spaces



Physical Wellness Spaces



fig. 58-61

Staff-Only Spaces



Member-Only Spaces



Adjacency Criteria Matrix

	ROOM NAMES	SQ. FT. NEEDS	PUBLIC ACCESS	DAYLIGHT/VIEWS	PRIVACY	PLUMBING	SPECIAL EQUIPMENT	GENERAL NOTES
	LOBBY / RECEPTION	600	Y	Y	N	Y/N	N	INCLUDES PRODUCT DISPLAY
	REFRESHMENTS / BREAK STATIONS	50	Y	Y/N	N	Y	Y	WATER / SNACK
	STAFF BREAK ROOM(S)	264	N	Y/N	Y	Y	Y	KITCHENETTE / STORAGE
	STORAGE	45	N	N	Y	Y/N	N	—
	MECHANICAL	100	N	N	Y	Y	Y	—
	LOCKER ROOM(S)	345	N	N	Y	N	Y	—
	RESTROOM(S)	280	N	N	Y	Y	N	INDIVIDUAL ROOMS
	THERMAL BATH(S)	2000	N	Y/N	Y/N	Y	Y	LARGER AND SMALLER POOLS
	SAUNA(S)	168	N	N	Y/N	N	Y	SMALLER AND LARGER GROUPS
	COLD PLUNGE THERAPY	150	N	N	Y	Y	Y	—
	INDIVIDUAL MEDITATION	120	N	Y	Y	N	Y	CALM TECHNOLOGY SCREEN
	GROUP MEDITATION	360	N	Y	Y/N	N	N	INSTRUCTOR
	INDOOR GYM	600	N	Y	N	Y	Y	EASY ACCESS TO OUTDOORS
	TRAINING AREA(S)	180	N	Y	Y	N	Y	ONE-ON-ONE
	LOUNGE	800	N	Y	N	Y	N	VARIETY OF SEATING OPTIONS

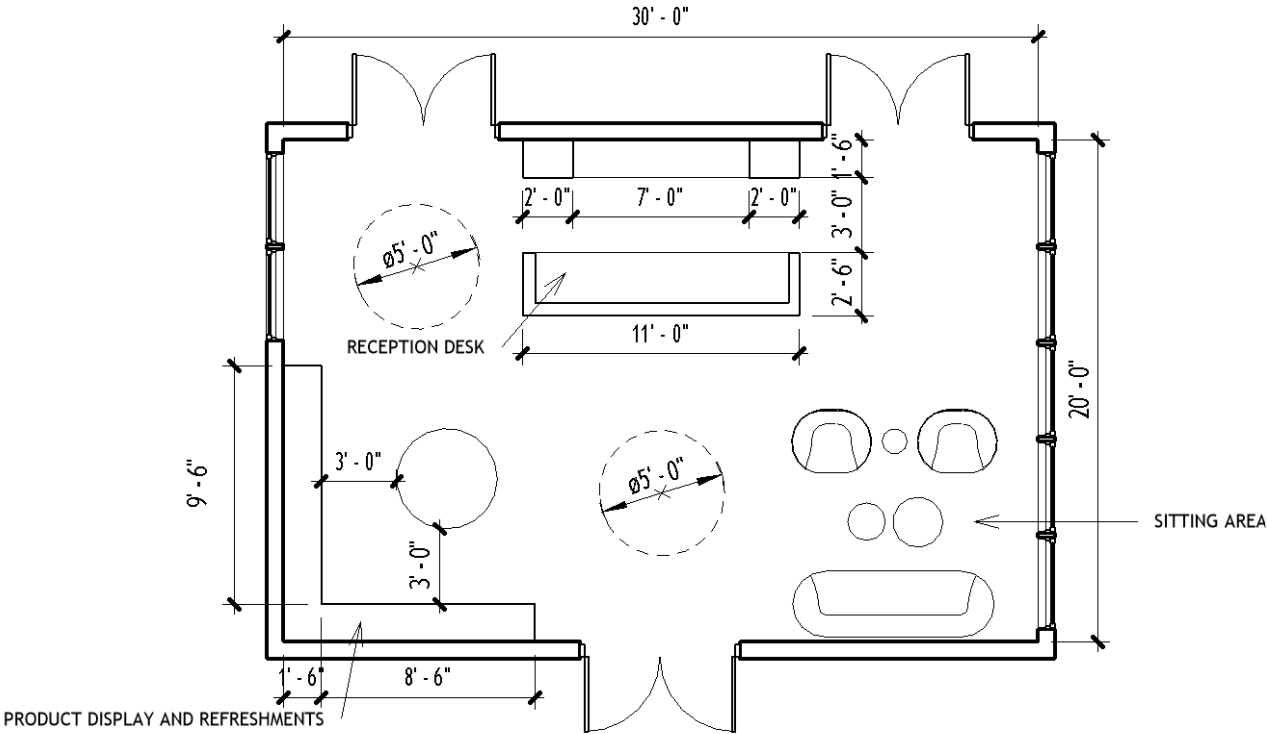
- LEGEND
- PRIMARY ADJACENCY
 - SECONDARY ADJACENCY
 - NO ADJACENCY

Prototypicals

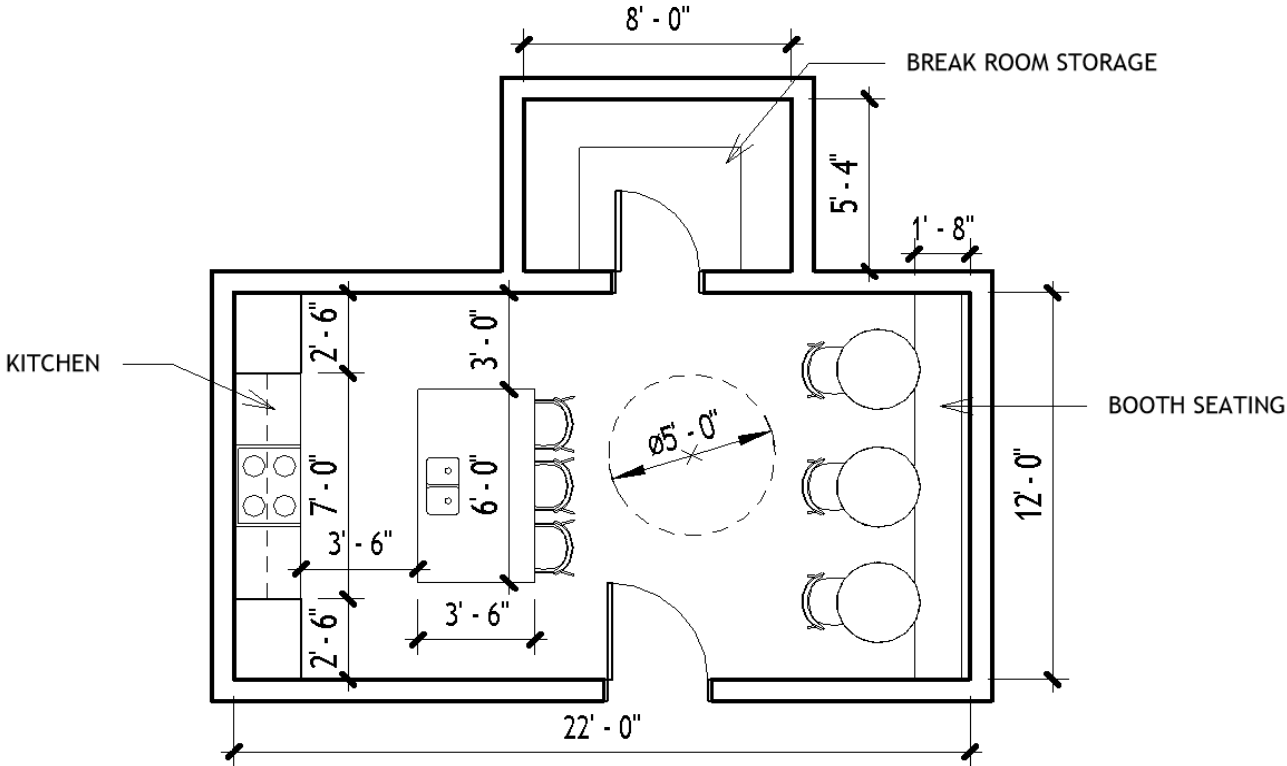
10 Spaces



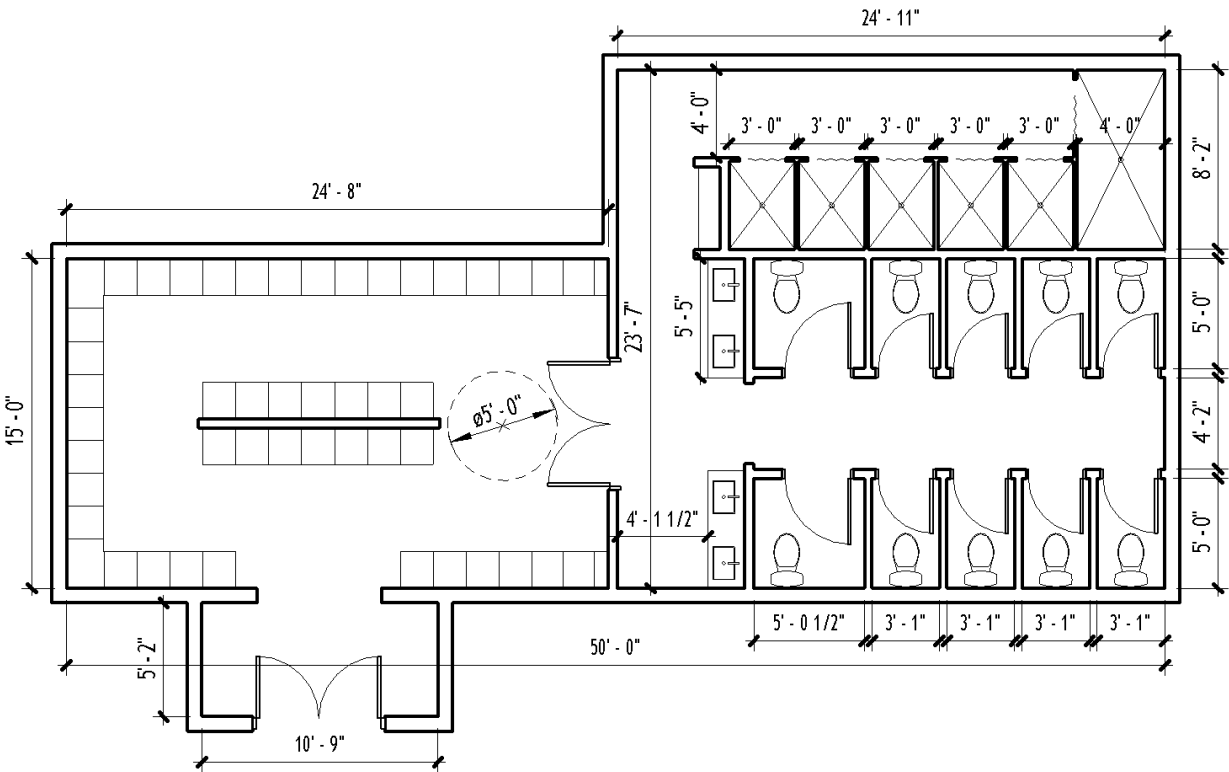
Prototypicals



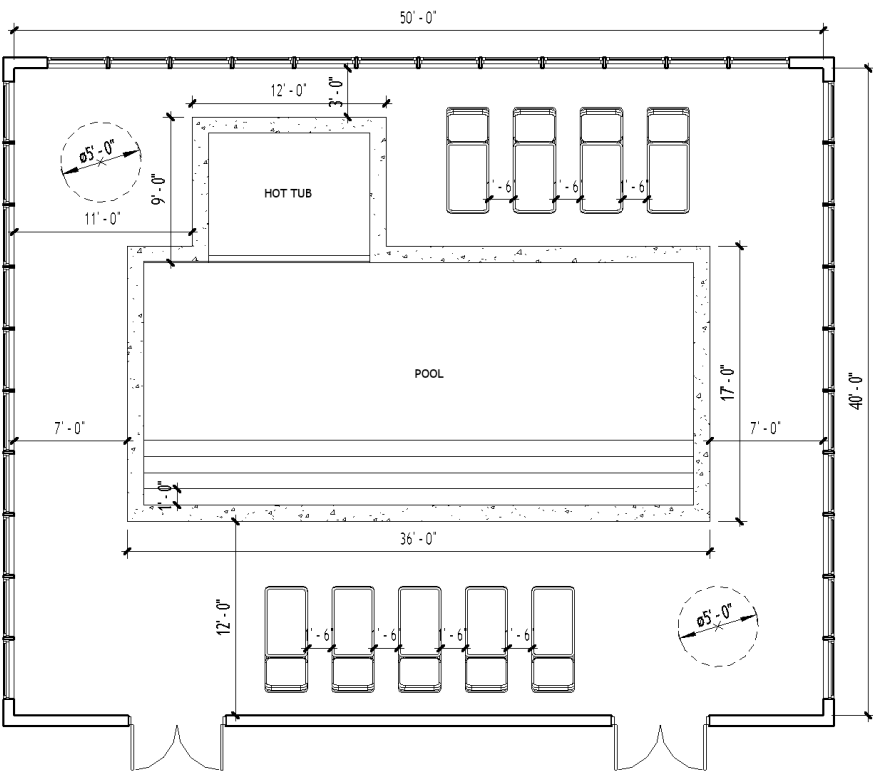
Lobby and Reception



Staff Lounge

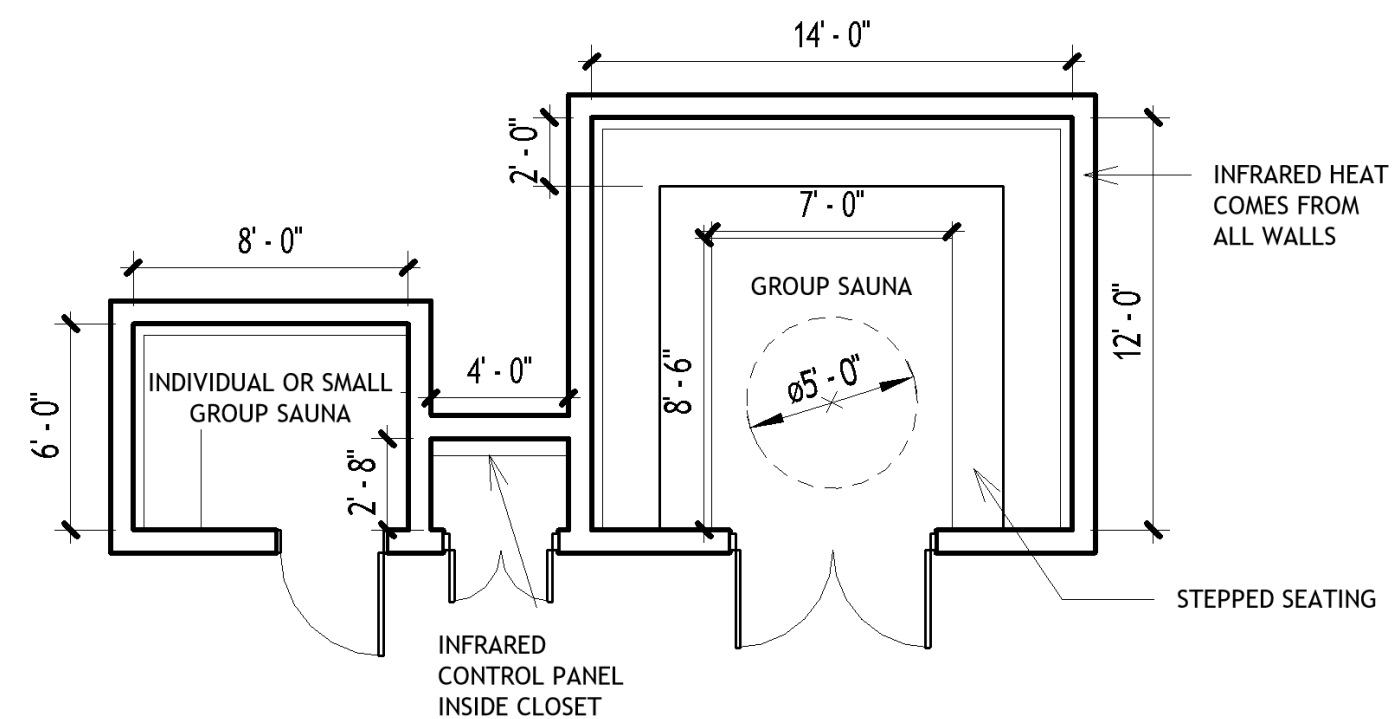


Locker Room

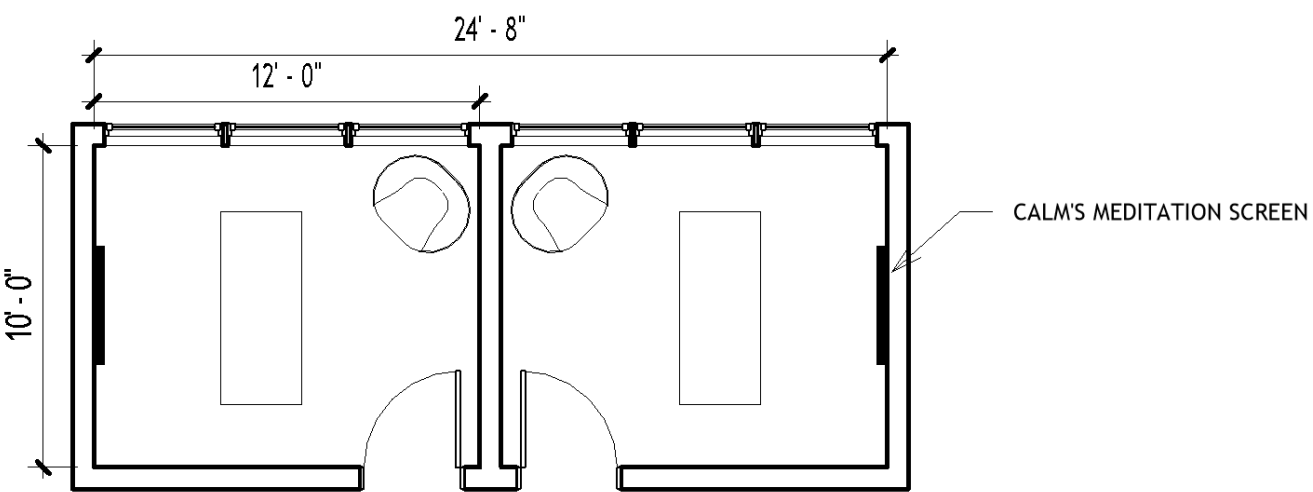


Indoor Thermal Pool

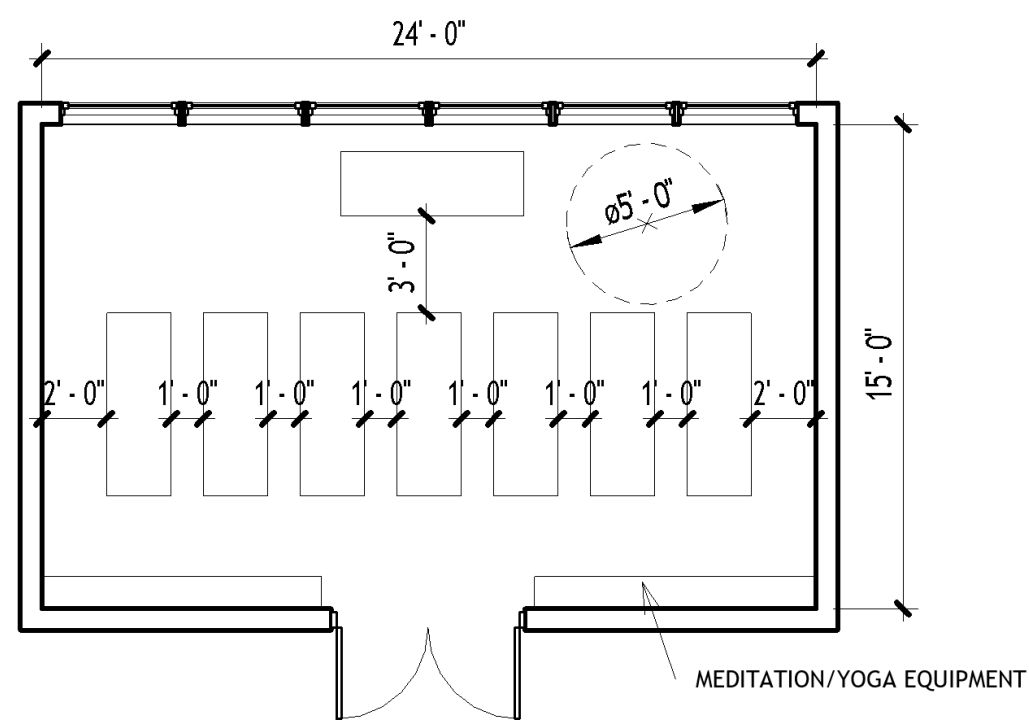
Prototypicals



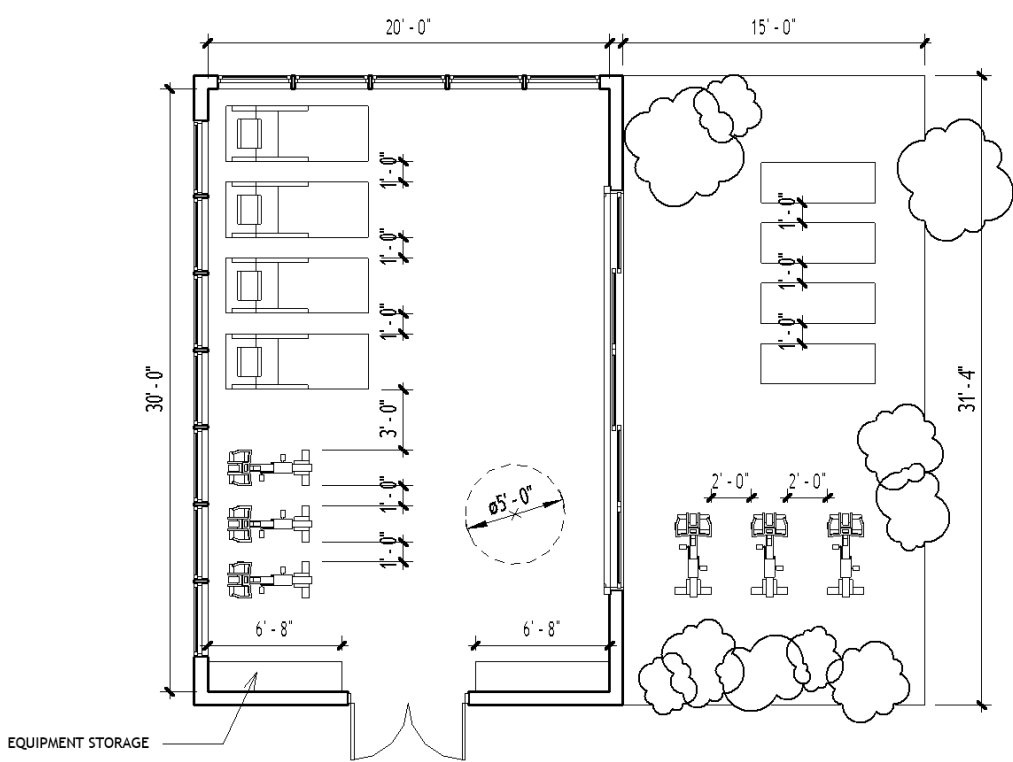
Saunas



Individual Meditation and Yoga Room

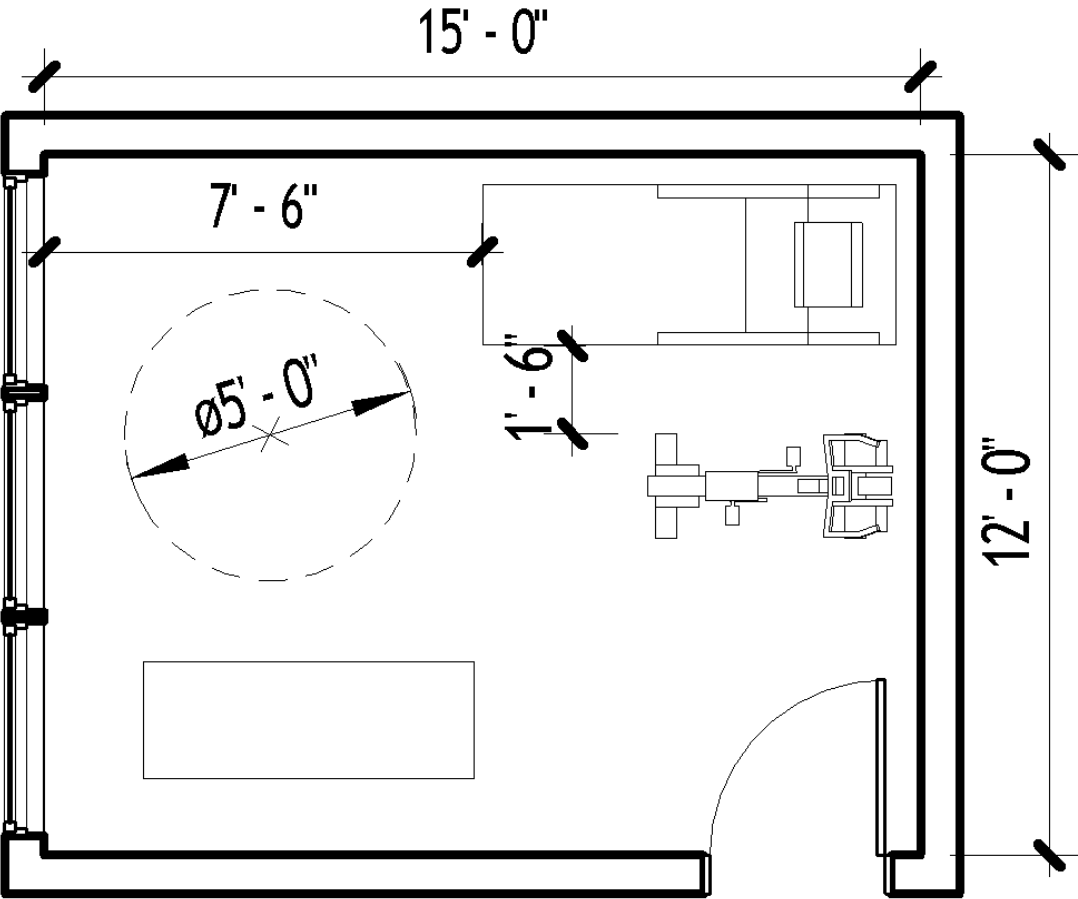


Group Meditation and Yoga Room

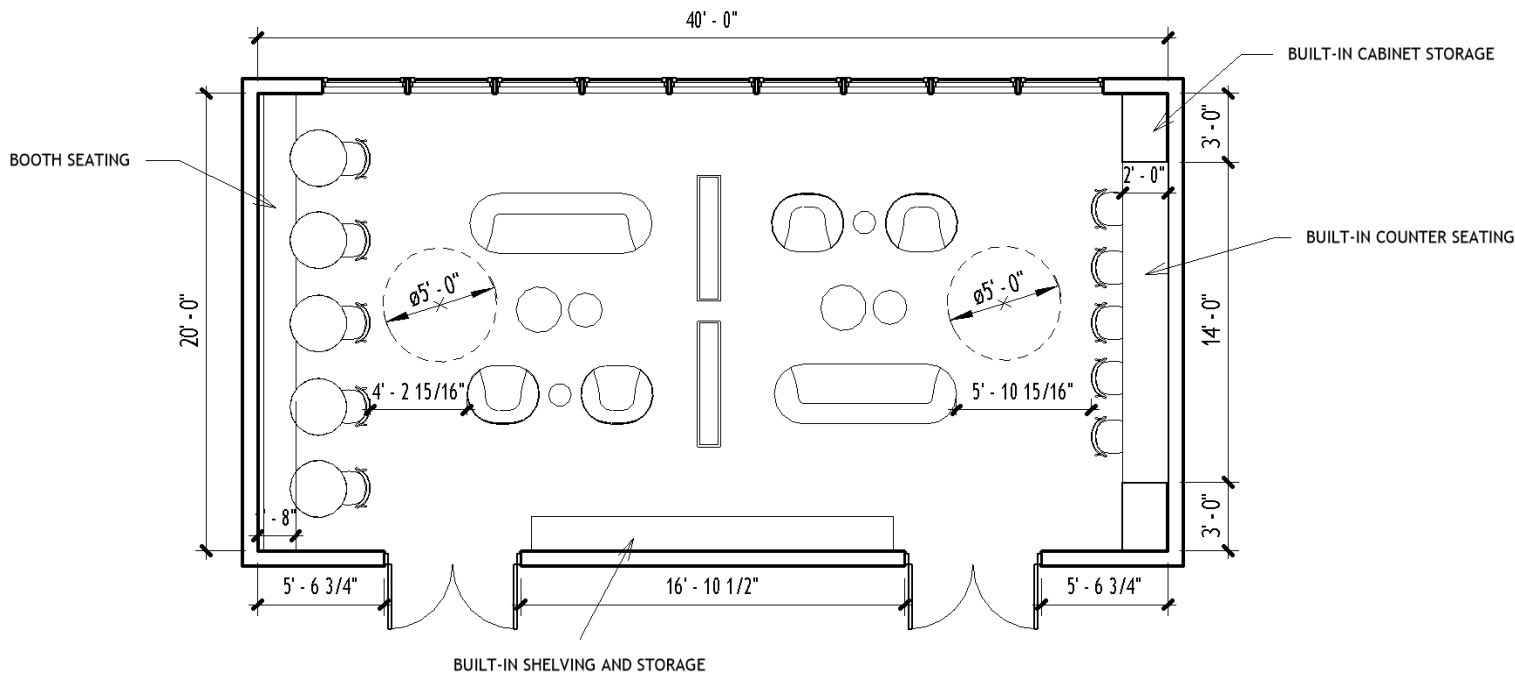


Indoor and Outdoor Gym

Prototypicals



Individual Training Room



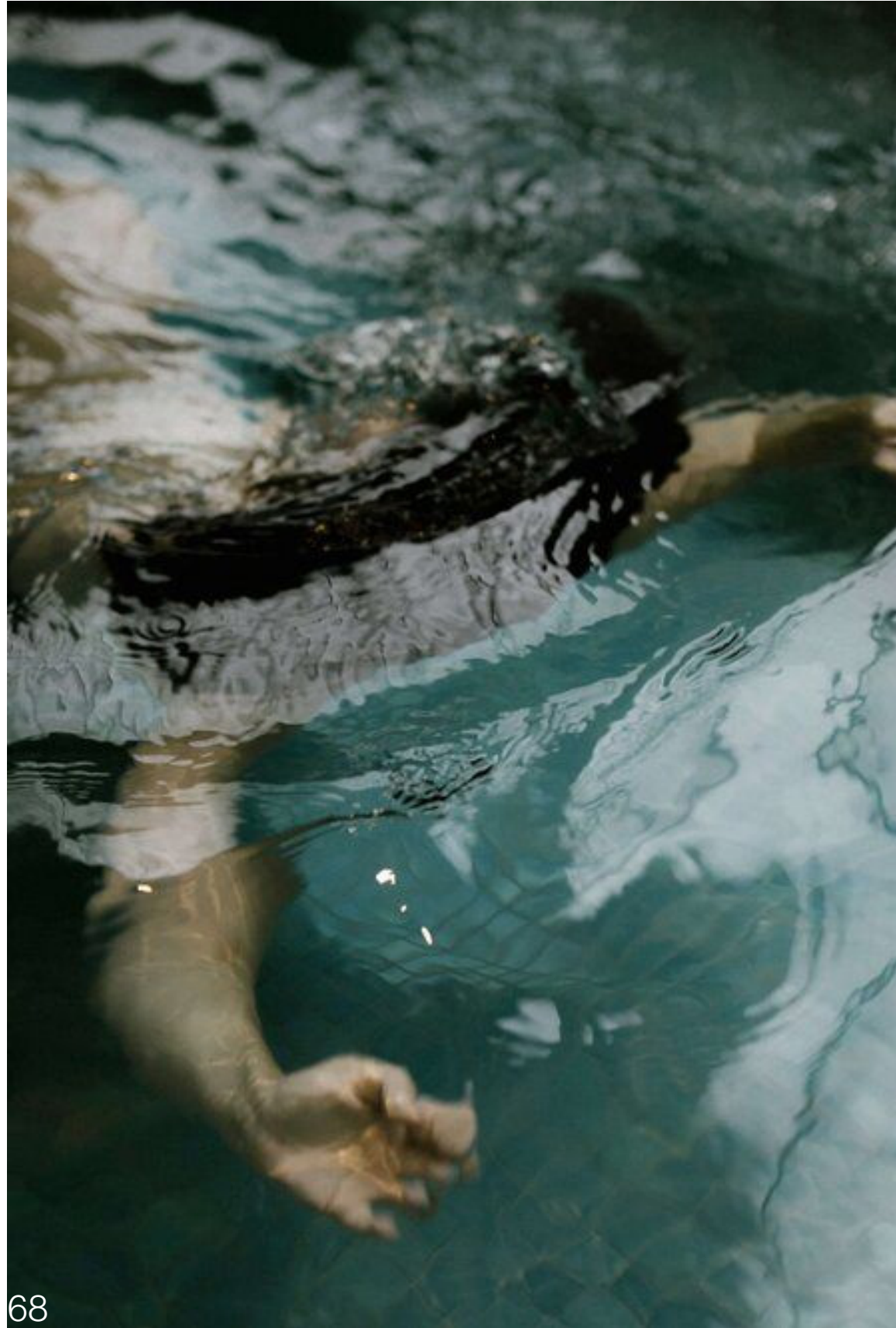
Lounge

Conclusion

Takeaways & Implementation into the Design



Key Takeaways



Self-Care Isn't Just a Luxury but is a Necessity: This wellness center is designed for busy individuals who prioritize work and others before themselves. When members slow down and focus on their mind and body, it will directly result in mental clarity, lowered stress and anxiety levels, a better quality of sleep, and overall, an understanding of mindfulness and how it can be implemented in work and life situations.

Modern vs. Traditional Spa Methods: With the collaboration of Calm and 7132 Therme Vals, new spa methods are created. Calm will bring their knowledge of implemented technology and personalization, while 7132 will enhance the spa's services, such as the thermal baths, saunas, and more.

Diverse Needs: Allowing members to personalize their experience will create a feeling of comfort for all, which assures physical and mental well-being.

Public vs. Private: Having spaces that cater to all members of the wellness center is a top priority. Creating isolated meditation spaces, saunas, and thermal baths lead to personal experiences.

Quality of Staff + Service: Members will feel more inclined to return to the wellness center when the quality of the staff and services are welcoming and attentive, especially when personal relaxation is needed and necessary.

Implementation into the Design

Natural and Locally Sourced Materials: Making it a priority for the materials used in the spaces to be sourced from local places will create a feeling of familiarity and connection to the environment. In European spas, such as 7132, most of the materials can be found in the region, making experiences more special for the guests and visitors.

Technology: Calm's technology will be integrated throughout the spaces which will aid in relaxation and personalization. Some of Calm's services will be seen in the individual meditation rooms, ambient sounds, as well as outside of the wellness center.

Accessibility: Considering layout design, ADA standards, entrances and exits, wayfinding, furniture arrangements, lighting, acoustics, elevators, stairs, etc. are pertinent to the success of the wellness center.

Customization of Experience: Allowing users to adjust lighting, volume, temperature, sounds, etc. depending on preferences, leading to a unique connection with the wellness center and their space.

Lighting: Throughout the space the lighting will differ and provide a sense of relaxation and personalization. In the saunas, thermal bath rooms, cold plunge areas, etc., the lighting will be dim and use limited artificial and natural light, similarly to 7132. In the meditation rooms and gym, the lighting will be natural and the members can customize the levels and temperatures to their preferences.



fig. 63

BUILDING & SITE

Site Overview

Building & Site



Address: 680 North Avenue NE Atlanta, Georgia 30308

Neighborhood: Old Fourth Ward

County: Fulton

Building: Signal House Apartments- 55+ Living

Year Built: 2023

Owned By: Jamestown LP- Real Estate Investment and Management

Attractions Nearby: Atlanta Beltline, Ponce City Market, Piedmont Park, Historic Fourth Ward Park, + various restaurants and apartments

History, Ponce de Leon Springs

Building & Site

At the **crossroads of Atlanta's Ponce City Market and the Beltline**, there once was a **thermal spring** that was discovered in the 1860s. It was named after the Spanish explorer **Juan Ponce de León** and his search for the **Fountain of Youth**. The springs were recognized by local physicians that praised its **healing and medicinal** properties. Over the years, Atlanta residents utilized the springs so frequently, doctors' offices and delivery services started to **sell the water**. Eventually, bus lines were created to **bring people** around the city to the springs to **experience the waters**. In 1903, the land was purchased, then converted to the **Ponce de Leon Amusement Park**, which was also known as the "**Coney Island of Atlanta**".



fig. 64

History, Ponce City Market

Building & Site



After about 20 years in service, the **Ponce de Leon Amusement Park** shut down and the land was sold to **Sears, Roebuck, and Co. of Chicago**. The company **built a large retail store and warehouse distribution center** on the 16-acres, which was conveniently located directly next to the **Southern Railway**. 64 years later in 1989, the Sears building shut down and was sold to **Mayor Maynard Jackson** in 1991. He turned the building into **city offices**, eventually naming it **City Hall East**. In 2010, the City of Atlanta sells the building to the real estate investment and management company, **Jamestown LP**. Acknowledging the history of the building and the soon construction of the **Beltline**, Jamestown decided **Ponce City Market** would become a **mixed-use development** that would house **apartments, offices, retail stores, restaurants, and more**. Currently in 2024, due to the success of the market, an additional 500,000 square feet of mixed-use space on the same property.

fig. 63

History, Atlanta Beltline

In 1999, Georgia Tech graduate student, **Ryan Gravel**, proposed the concept of the **Beltline** for his thesis in **Architecture and Urban Planning**. The idea sparked when he realized that the **railroad tracks** that **connected neighborhoods and businesses** around the city were no longer in use. Inspired by a trip to Paris, Gravel based his thesis project around the **revitalization** of the **railroad tracks** by creating a path, with the goal of **reconnecting the city**, which would also **support the environment** by **decreasing the need for cars** on the road. Though it was only a thesis project, the proposal spread around the city, grabbing the attention of the City of Atlanta's mayor, **Shirley Franklin**. In 2005, with the help of donors and attention, the Beltline started to be **developed**. Throughout the beginning of its construction, there were multiple delays that halted the project, such as the **Great Recession** and the **Beltline Tax Allocation District**. Fast forward to today, the Beltline is **continuing to grow** its **22 mile** long path, eventually stretching **33 miles** and **connecting over 40 neighborhoods**.

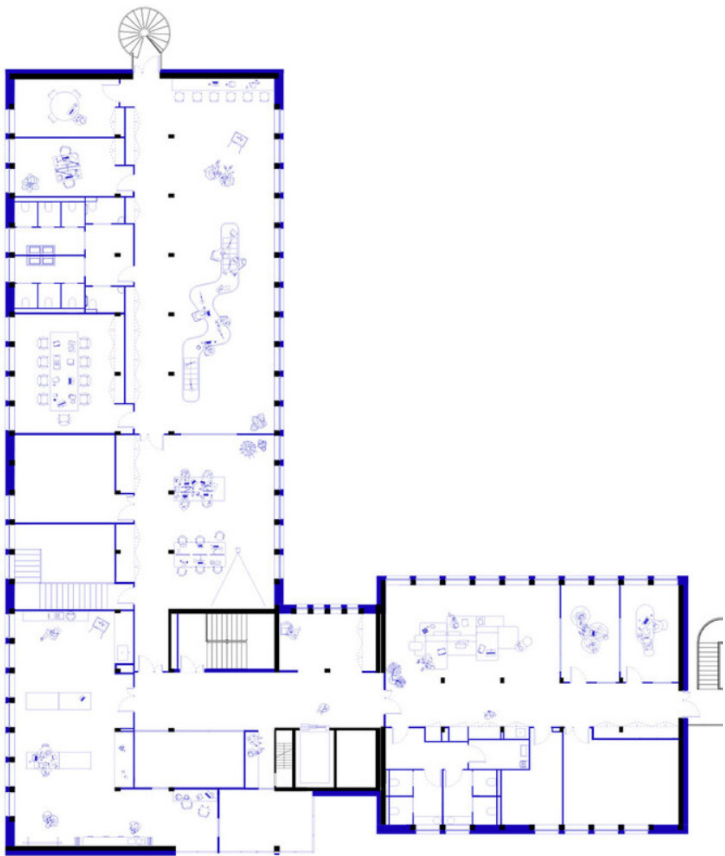


fig. 67

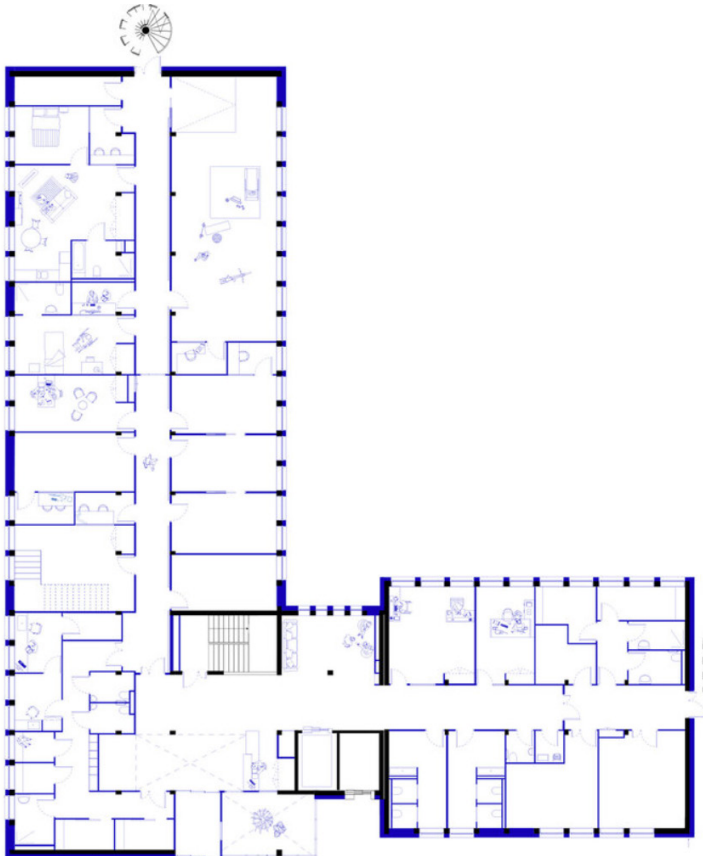
Building Overview



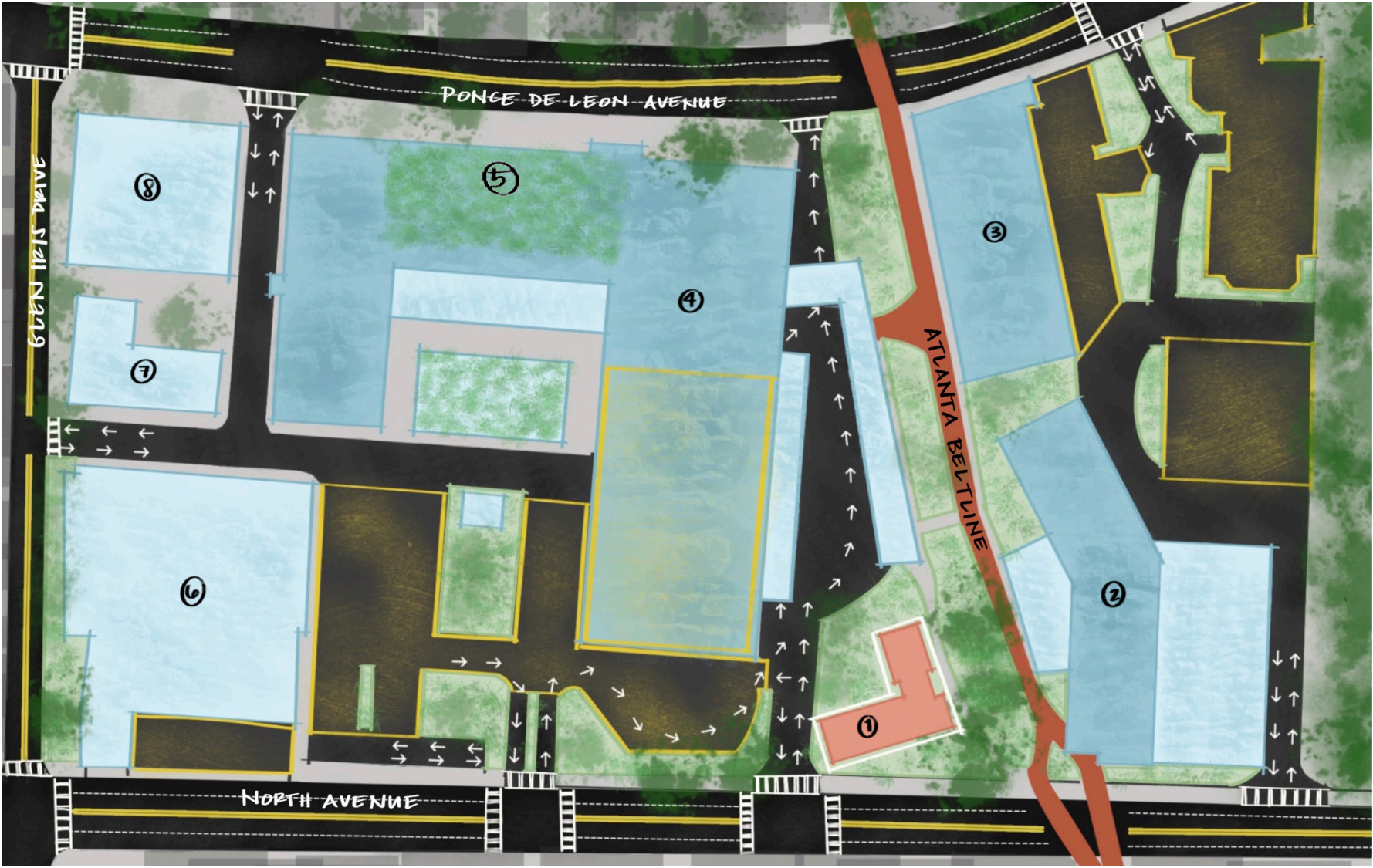
Name: Louis Pasteur Building
Location: Ivry-sur-Seine, France
Architects: Atelier Tequi Architects
Building: Research Center
Sq. Ft.: 16,630
Year Built: 2024



Floor One



Floor Two



Key:

- (1) Wellness Spa Site
- (2) Grocery Store and Apartments
- (3) Restaurants and Apartments
- (4) Ponce City Market- Main
- (5) Ponce City Market- Rooftop
- (6) Coffee Shop, Retail, and Winery
- (7) Retail
- (8) Retail and Apartments

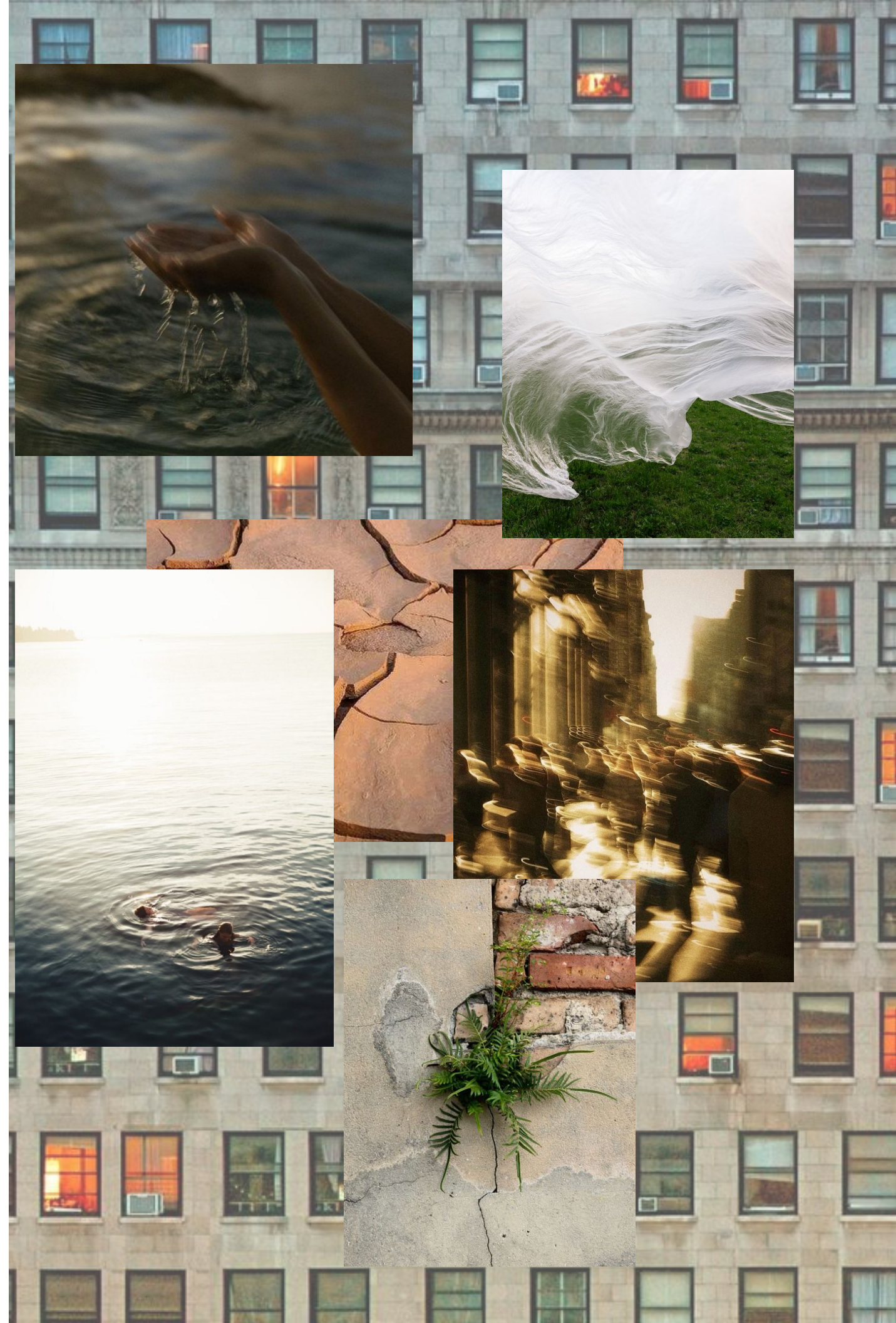
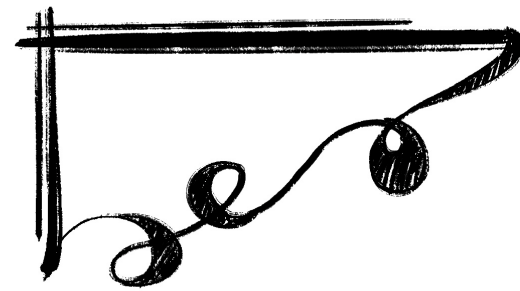
- Wellness Center Site
- Adjacent Buildings
- Semi-Adjacent Buildings
- Parking

CONCEPT IDEATION

Concept #1

Urban Sanctuary

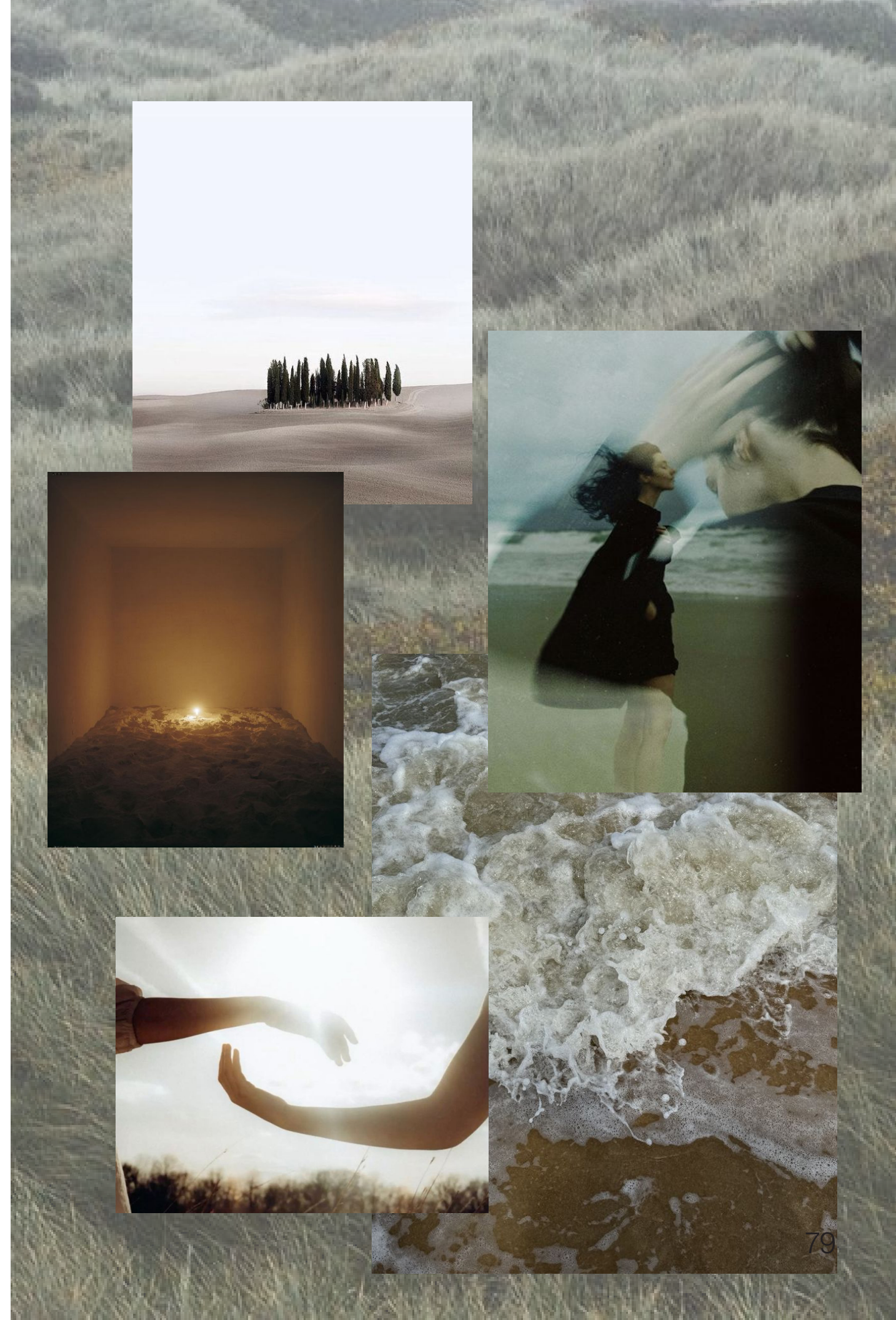
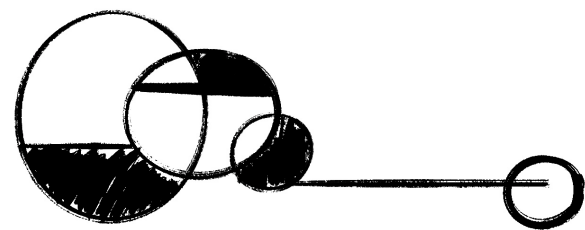
Urban Sanctuary is a restorative destination for **busy** individuals to escape from daily stressors, right in the heart of Atlanta. As we navigate this **fast-paced** world, it is important that we take time to **focus** on our **minds and bodies**. Inspired by successful European spas, **Urban Sanctuary** allows members to **immerse themselves** in well-being practices that **prioritize** the act of **slowing down, individual connection, and self-care**.



Concept #2

Rest, Renew, & Restore

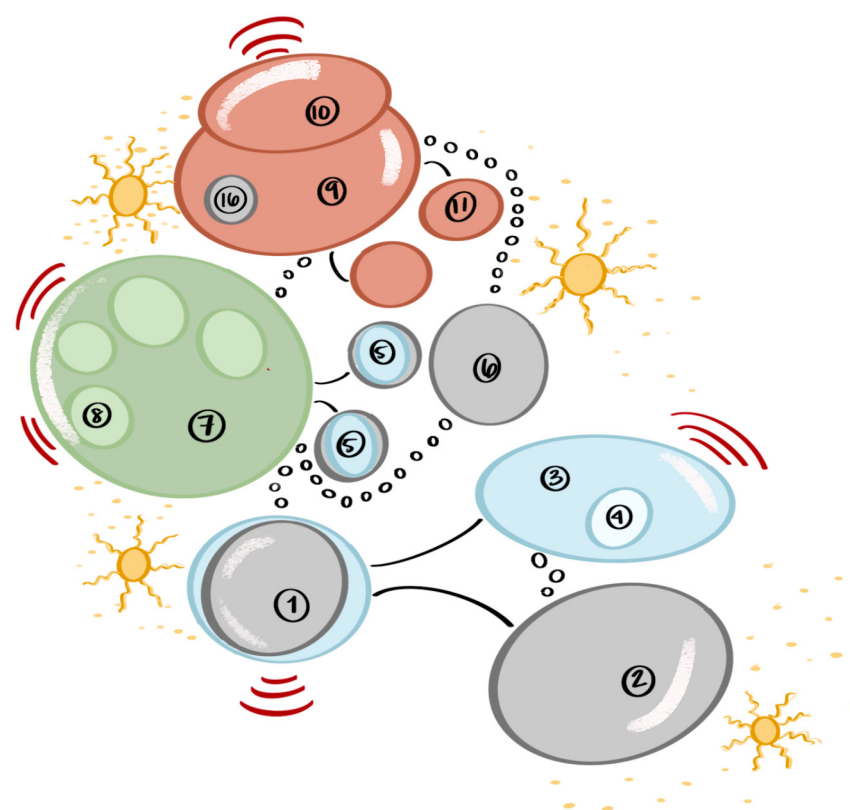
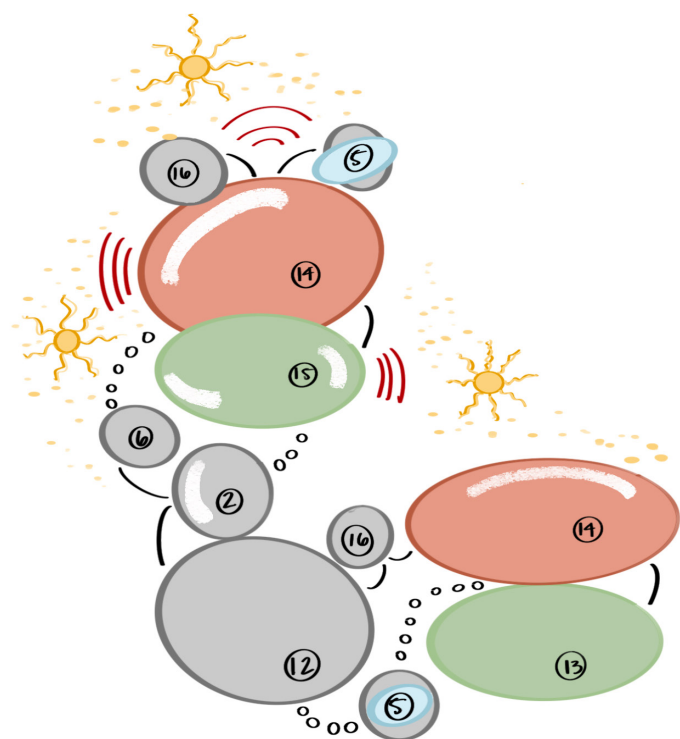
The three-fold philosophy of ***Rest, Renew, and Restore*** embodies the holistic ***journey*** to ***true wellness*** for oneself. ***Rest*** focuses on the foundation of ***letting go and pausing***, an essential beginning that leads to overall well-being. ***Renewing*** is the process of ***reconnecting*** with the ***mind and body***, as well as the actual ***practices*** that lead to ***wellness***. ***Restoring*** refers to an individual's practices outside of the wellness center, which leads to ***longevity and restoration***.





BUBBLES, BLOCKING, & TEST FITS

Bubble Diagram, Urban Sanctuary

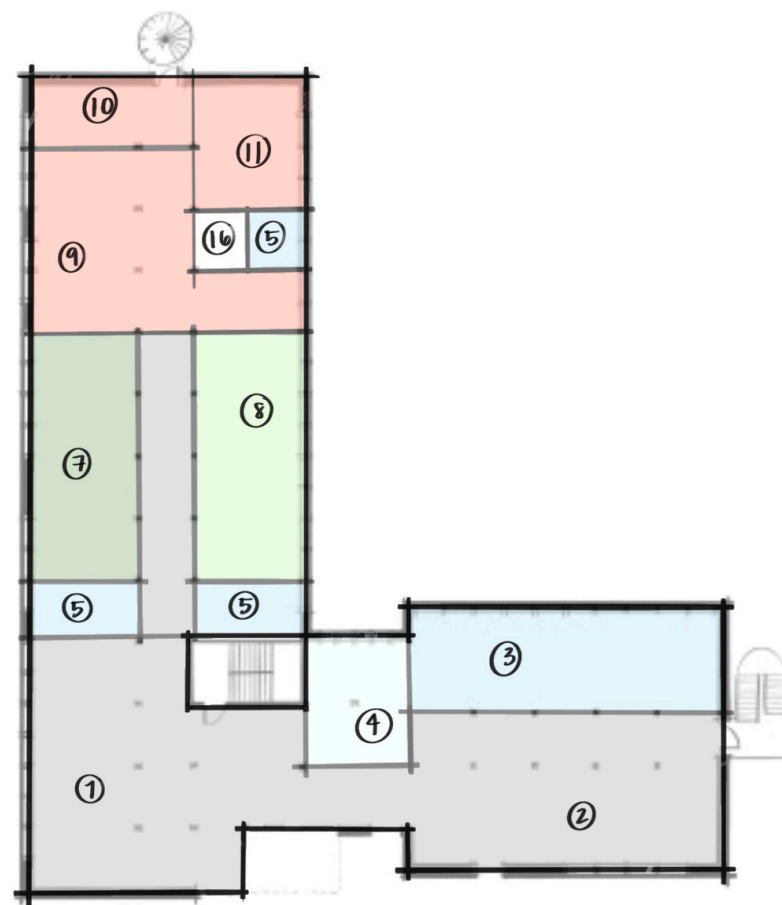


Floor One & Two:

- Mental Wellness Spaces
- Physical Wellness Spaces
- Staff-Only Spaces
- Member-Only Spaces

- (1) Lobby
- (2) Lounge
- (3) Staff Office
- (4) Staff Breakroom
- (5) Restroom
- (6) Refreshment Station
- (7) Group Meditation
- (8) Individual Meditation
- (9) Gym
- (10) Outdoor Gym
- (11) One-on-One Training Room
- (12) Locker Room
- (13) Saunas
- (14) Thermal Pools
- (15) Cold Plunge Rooms
- (16) Storage + Mechanical

Blocking Diagram, Urban Sanctuary

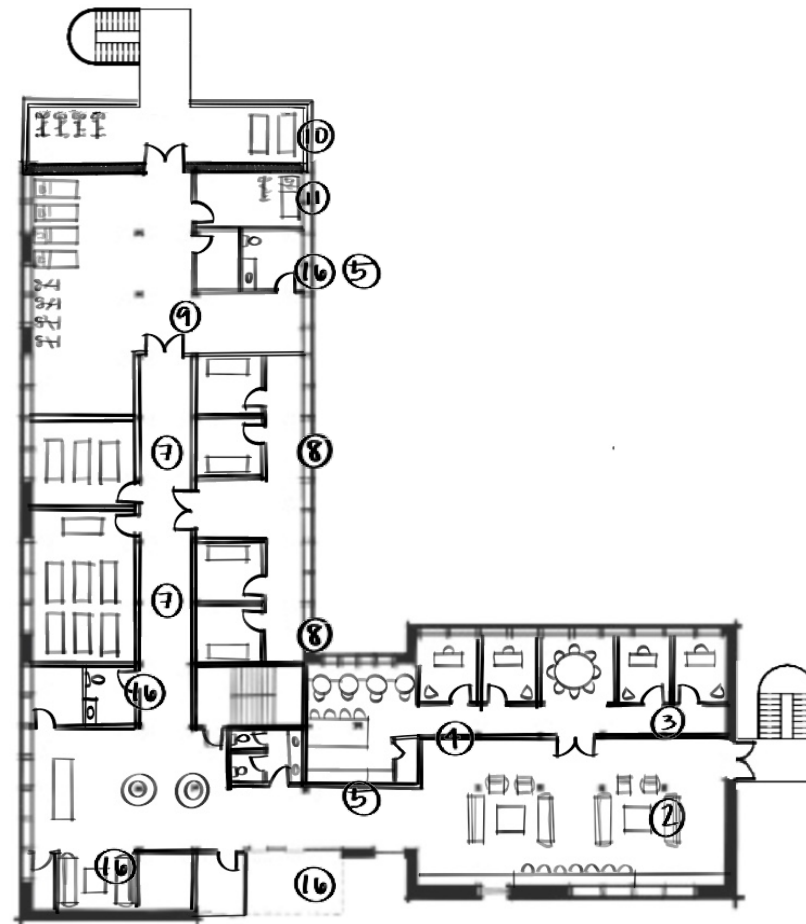
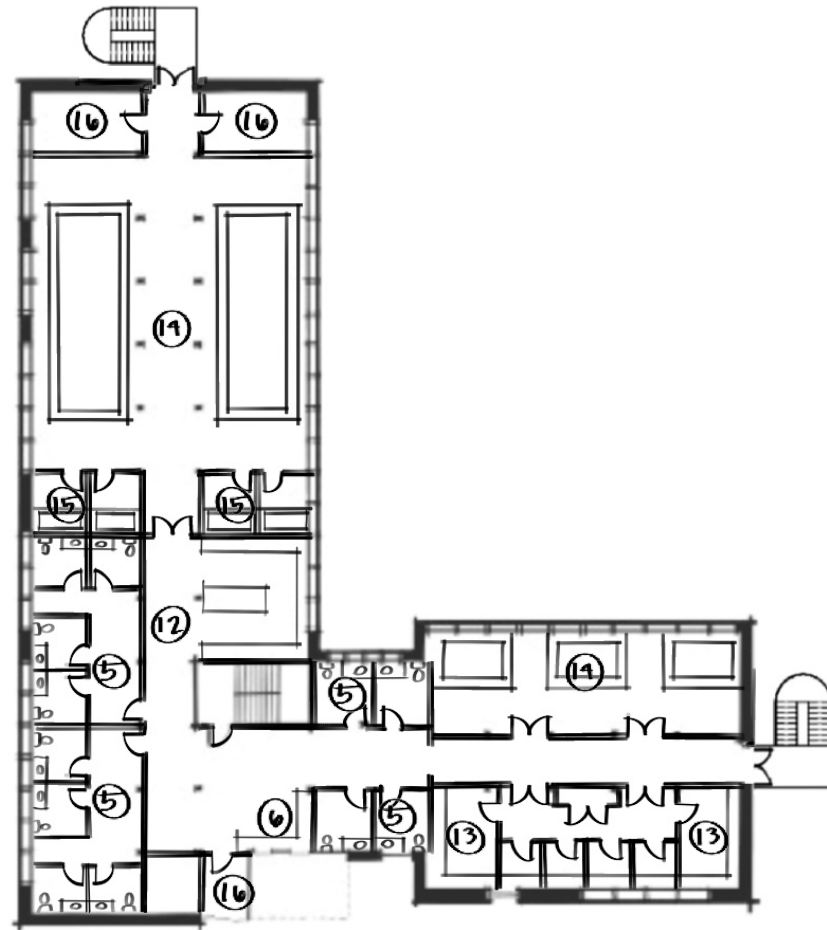


Floor One & Two:

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- Physical Wellness Spaces
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- (11) One-on-One Training Room
- (12) Locker Room
- (13) Saunas
- (14) Thermal Pools
- (15) Cold Plunge Rooms
- (16) Storage + Mechanical

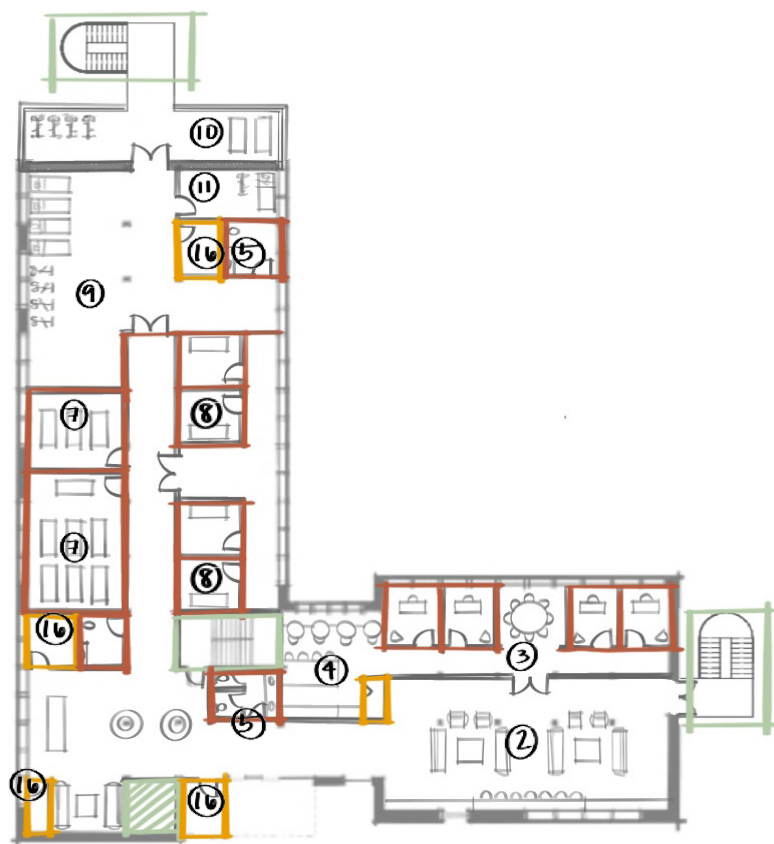
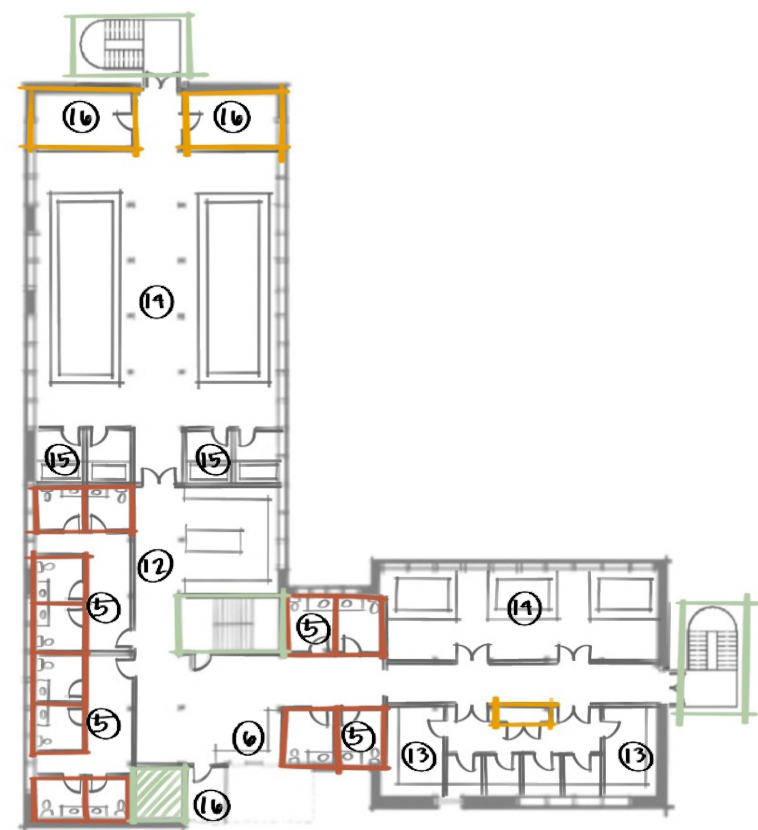
Test Fit, Urban Sanctuary



Floor One & Two:

- (1) Lobby
- (2) Lounge
- (3) Staff Office
- (4) Staff Breakroom
- (5) Restroom
- (6) Refreshment Station
- (7) Group Meditation
- (8) Individual Meditation
- (9) Gym
- (10) Outdoor Gym
- (11) One-on-One Training Room
- (12) Locker Room
- (13) Saunas
- (14) Thermal Pools
- (15) Cold Plunge Rooms
- (16) Storage + Mechanical

Special Notes and Considerations, Urban Sanctuary

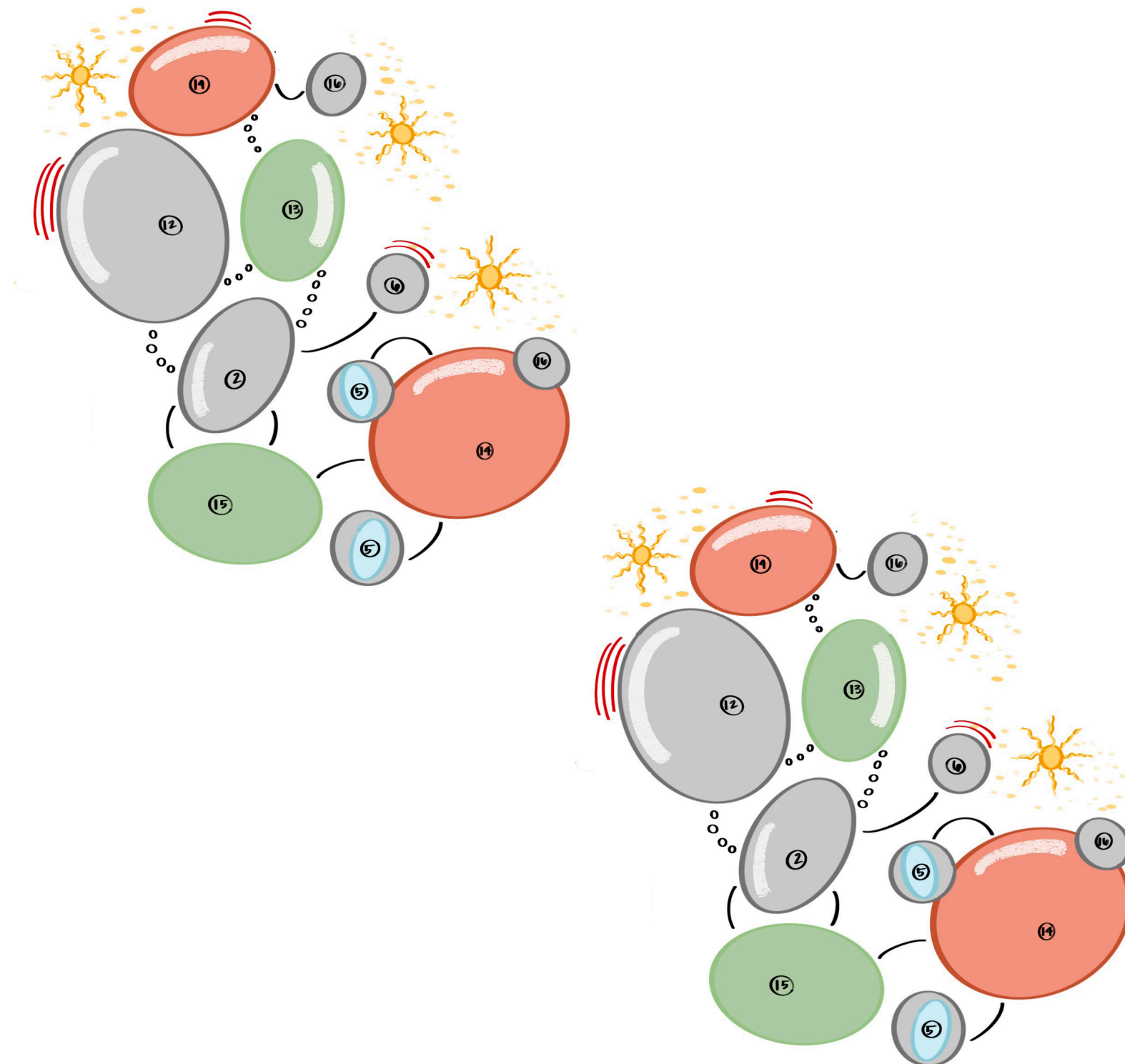


Floor One & Two:





- Storage & Mechanical Rooms
- Elevator, Exit Stairs, & Fire Stairs
- Acoustic Considerations & Walls

- (1) Lobby
- (2) Lounge
- (3) Staff Office
- (4) Staff Breakroom
- (5) Restroom
- (6) Refreshment Station
- (7) Group Meditation
- (8) Individual Meditation
- (9) Gym
- (10) Outdoor Gym
- (11) One-on-One Training Room
- (12) Locker Room
- (13) Saunas
- (14) Thermal Pools
- (15) Cold Plunge Rooms
- (16) Storage + Mechanical

Bubble Diagram, Rest, Renew, & Restore



Floor One & Two:

-  Mental Wellness Spaces
 -  Physical Wellness Spaces
 -  Staff-Only Spaces
 -  Member-Only Spaces
 - (1) Lobby
 - (2) Lounge
 - (3) Staff Office
 - (4) Staff Breakroom
 - (5) Restroom
 - (6) Refreshment Station
 - (7) Group Meditation
 - (8) Individual Meditation
 - (9) Gym
 - (10) Outdoor Gym
 - (11) One-on-One Training Room
 - (12) Locker Room
 - (13) Saunas
 - (14) Thermal Pools
 - (15) Cold Plunge Rooms
 - (16) Storage + Mechanical

Blocking Diagram, Rest, Renew, & Restore

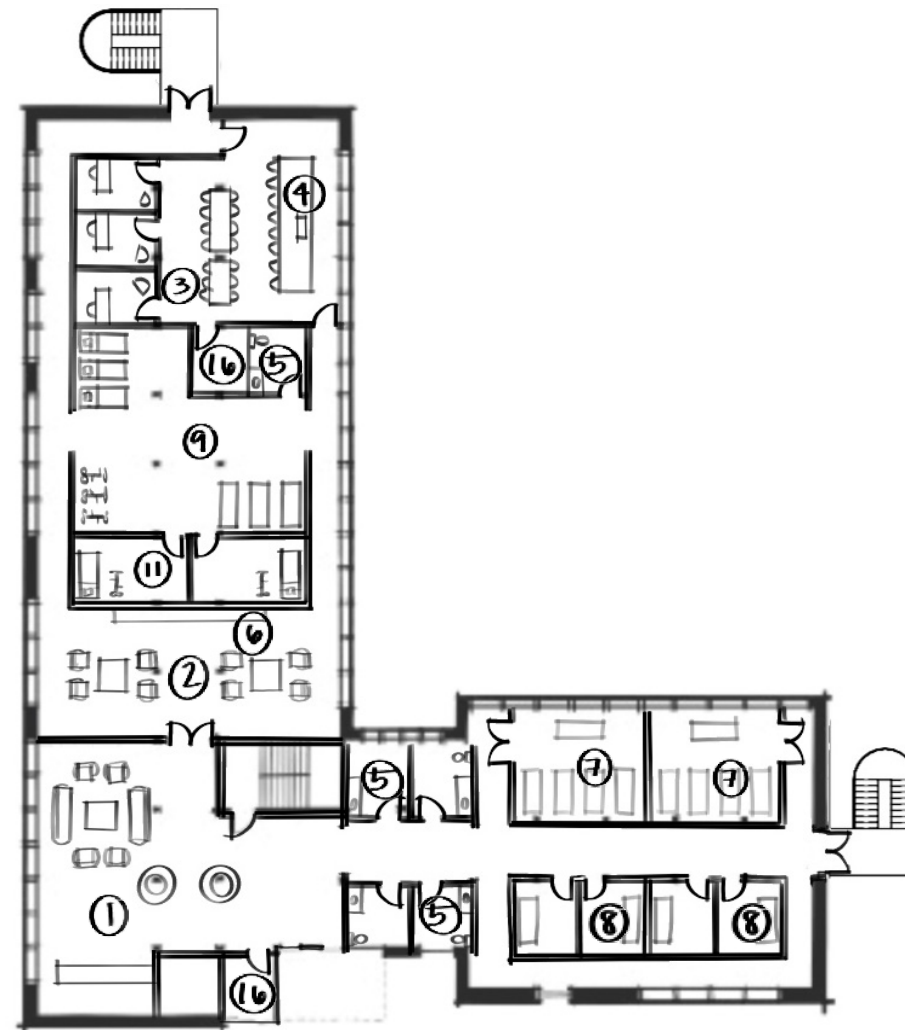
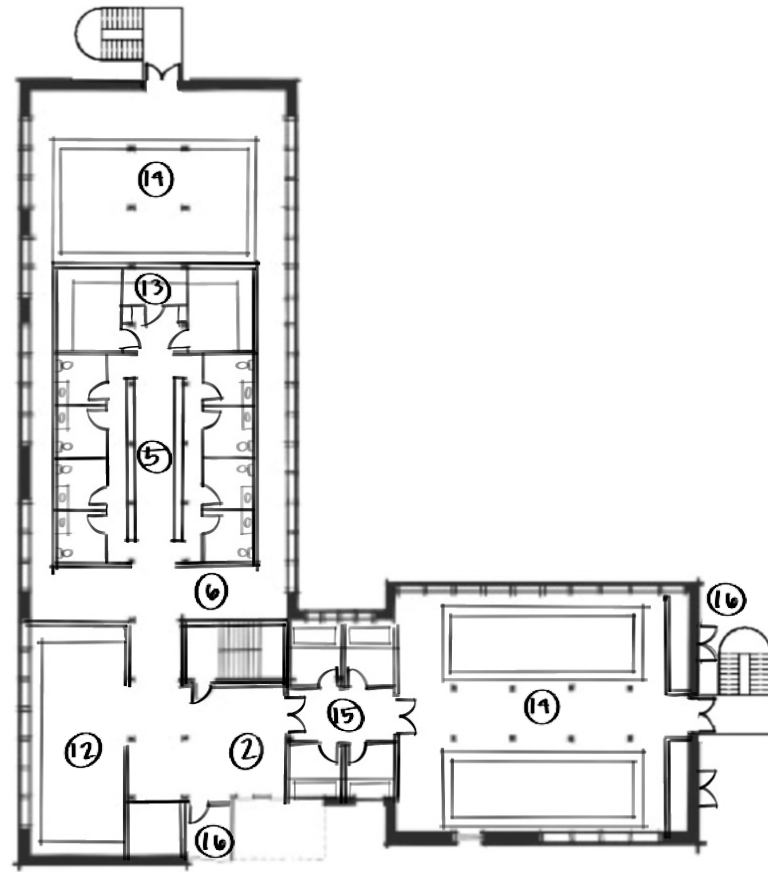


Floor One & Two:

- Mental Wellness Spaces
- Physical Wellness Spaces
- Staff-Only Spaces
- Member-Only Spaces

- (1) Lobby
- (2) Lounge
- (3) Staff Office
- (4) Staff Breakroom
- (5) Restroom
- (6) Refreshment Station
- (7) Group Meditation
- (8) Individual Meditation
- (9) Gym
- (10) Outdoor Gym
- (11) One-on-One Training Room
- (12) Locker Room
- (13) Saunas
- (14) Thermal Pools
- (15) Cold Plunge Rooms
- (16) Storage + Mechanical

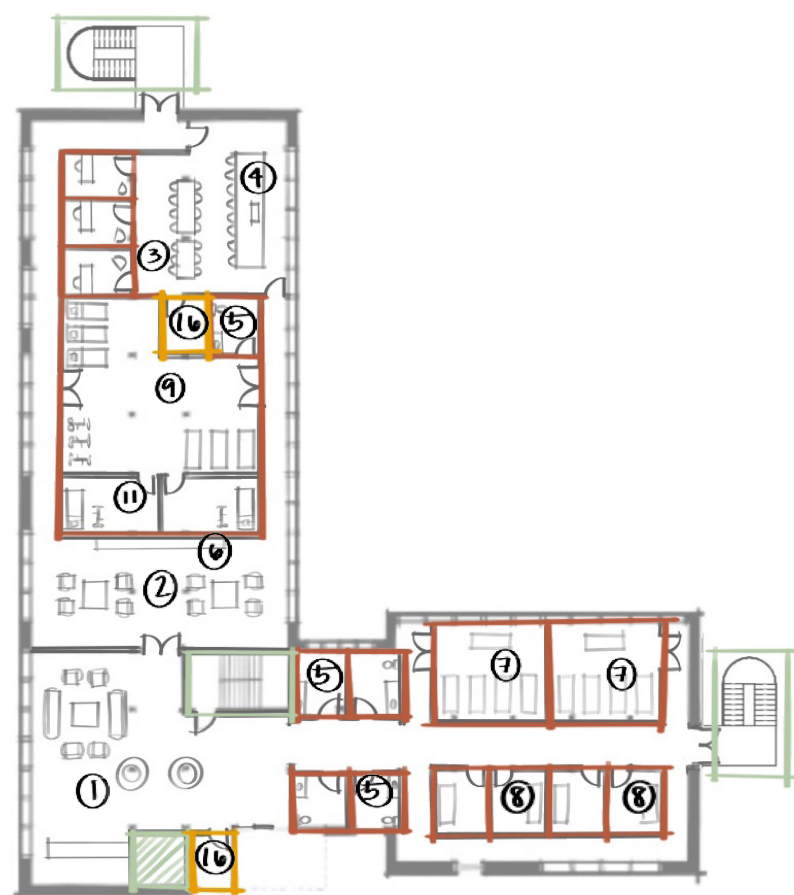
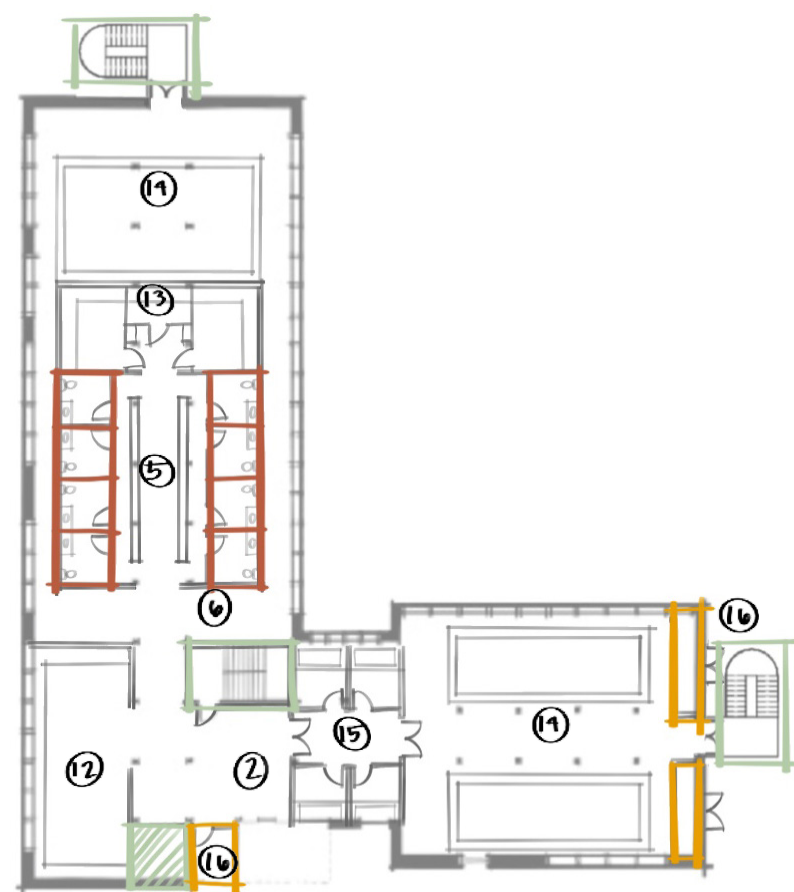
Test Fit, Rest, Renew, & Restore



Floor One & Two:

- (1) Lobby
- (2) Lounge
- (3) Staff Office
- (4) Staff Breakroom
- (5) Restroom
- (6) Refreshment Station
- (7) Group Meditation
- (8) Individual Meditation
- (9) Gym
- (10) Outdoor Gym
- (11) One-on-One Training Room
- (12) Locker Room
- (13) Saunas
- (14) Thermal Pools
- (15) Cold Plunge Rooms
- (16) Storage + Mechanical

Special Notes and Considerations, Rest, Renew, & Restore



Floor One & Two:

- Storage & Mechanical Rooms
- Elevator, Exit Stairs, & Fire Stairs
- Acoustic Considerations & Walls

- (1) Lobby
- (2) Lounge
- (3) Staff Office
- (4) Staff Breakroom
- (5) Restroom
- (6) Refreshment Station
- (7) Group Meditation
- (8) Individual Meditation
- (9) Gym
- (10) Outdoor Gym
- (11) One-on-One Training Room
- (12) Locker Room
- (13) Saunas
- (14) Thermal Pools
- (15) Cold Plunge Rooms
- (16) Storage + Mechanical



CODE COMPLIANCE

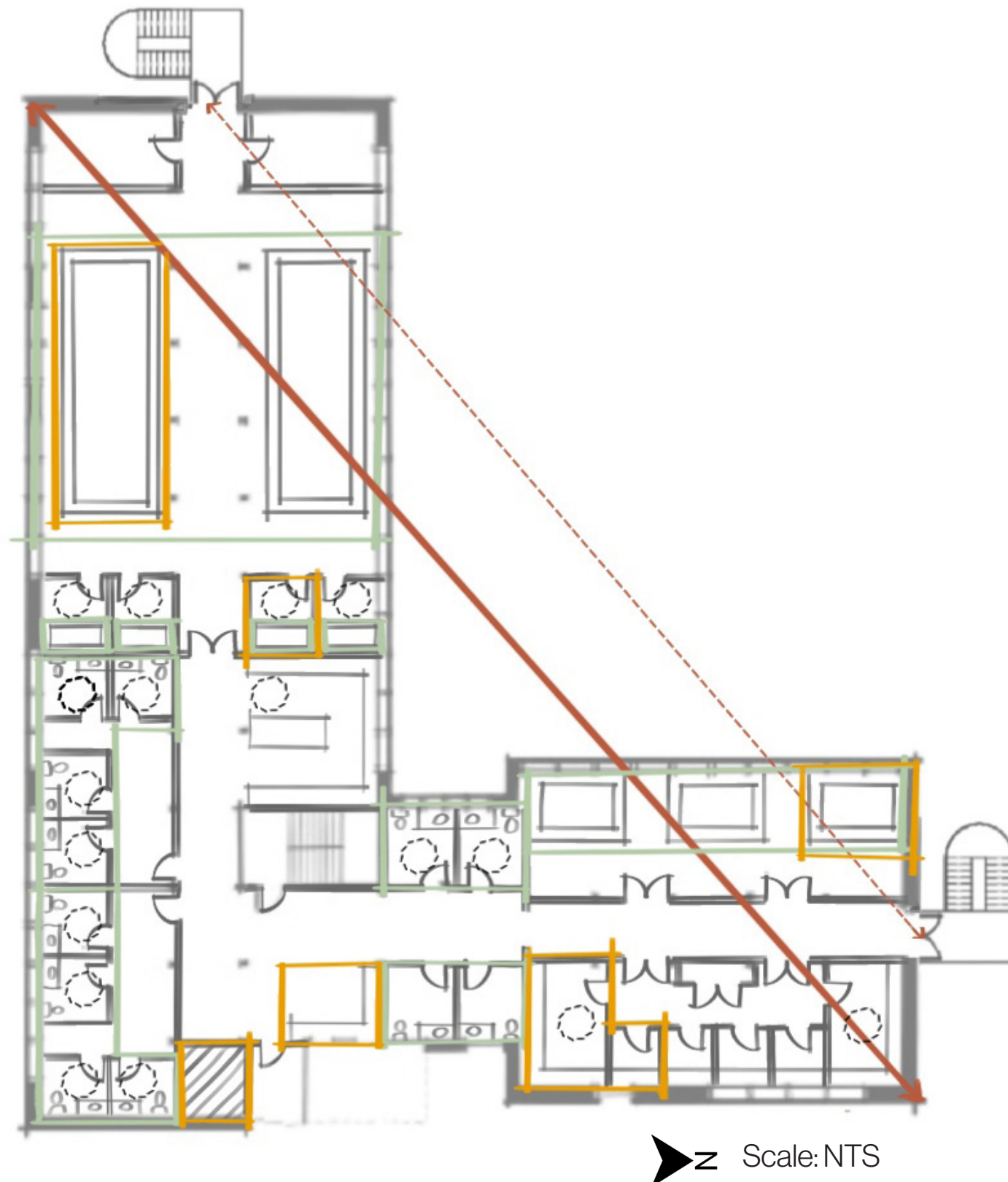


fig. 71

The **LEED rating system** is a way to praise **healthy** buildings that have a **positive impact** on our environment. LEED stands for “**Leadership in Energy and Environmental Design**” and is the most widely used rating system for buildings in the world. The LEED certification showcases **environmentally conscious** buildings by stamping either a **green, silver, gold, or platinum seal** on it to **recognize** the designer’s **sustainable achievement**.

LEED Strategies (are/will be) Seen in the Project:

- (1) Close proximity of public transportation and walking paths.
- (2) Use solar panels to provide electricity for the building.
- (3) Use local and sustainable materials throughout the structure and spaces.
- (4) Use plenty of natural lighting.
- (5) Consider thermal and accoustical elements.
- (6) Implement biophilia to increase air quality.
- (7) Use native landscaping to the area.
- (8) Be mindful of rainwater recycling.
- (9) Invest in high-performance windows to reduce heat and noise.
- (10) Prioritize indoor air purification.



Floor One:

Square Footage: **8,962**

Occupancy Classification: **A-3**

Unconcentrated Assembly: 8,962 sq. ft./50 sq. ft.= **179 people**

Health:

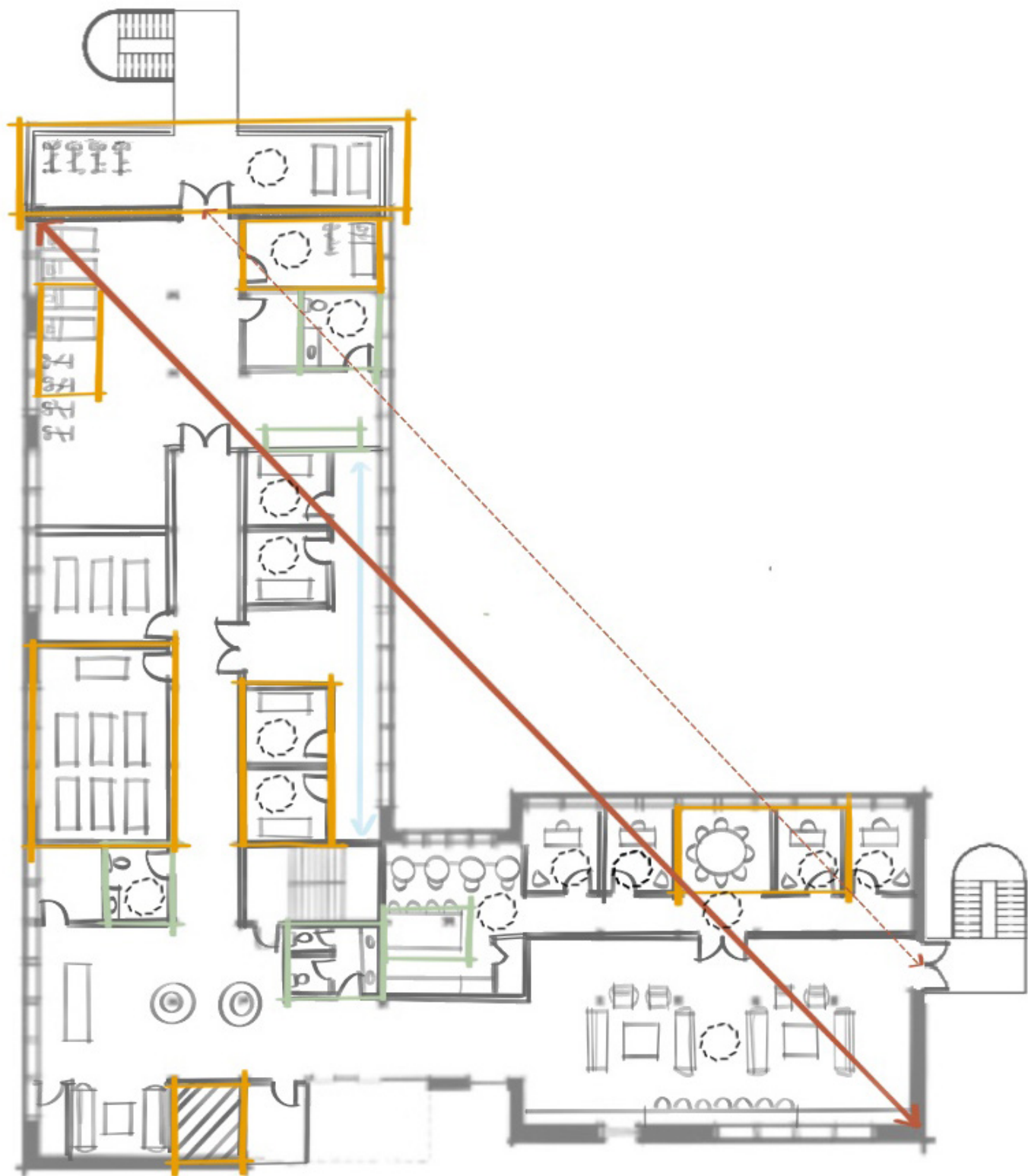
- (1) Toilets- 4 needed, 12 provided; shower included in restrooms
- (2) Sinks- 2-4 needed, 12 provided
- (3) All door widths are at least 36"
- (4) 60" wheelchair turning radius
- (5) Boxed rooms require plumbing

Safety:

- (1) 3 exits- 2 leading outside, 1 fire stair
- (2) Building corner to corner- 175'
- (3) 1/3 diagonal- 59'
- (4) Max exit distance- over 59' needed, 145' provided

Wellness:

- (1) Larger and smaller thermal pool sizes, larger and smaller sauna sizes, refreshment area, individual cold plunge room, + access to elevator



Floor Two:

Square Footage: **8,962**

Occupancy Classification: **A-3**

Unconcentrated Assembly: 8,962 sq. ft./50 sq. ft.= **179 people**

Health:

- (1) Toilets- 4 needed, 4 provided
- (2) Sinks- 2-4 needed, 5 provided
- (3) All door widths are at least 36"
- (4) 60" wheelchair turning radius
- (5) Boxed rooms require plumbing

Safety:

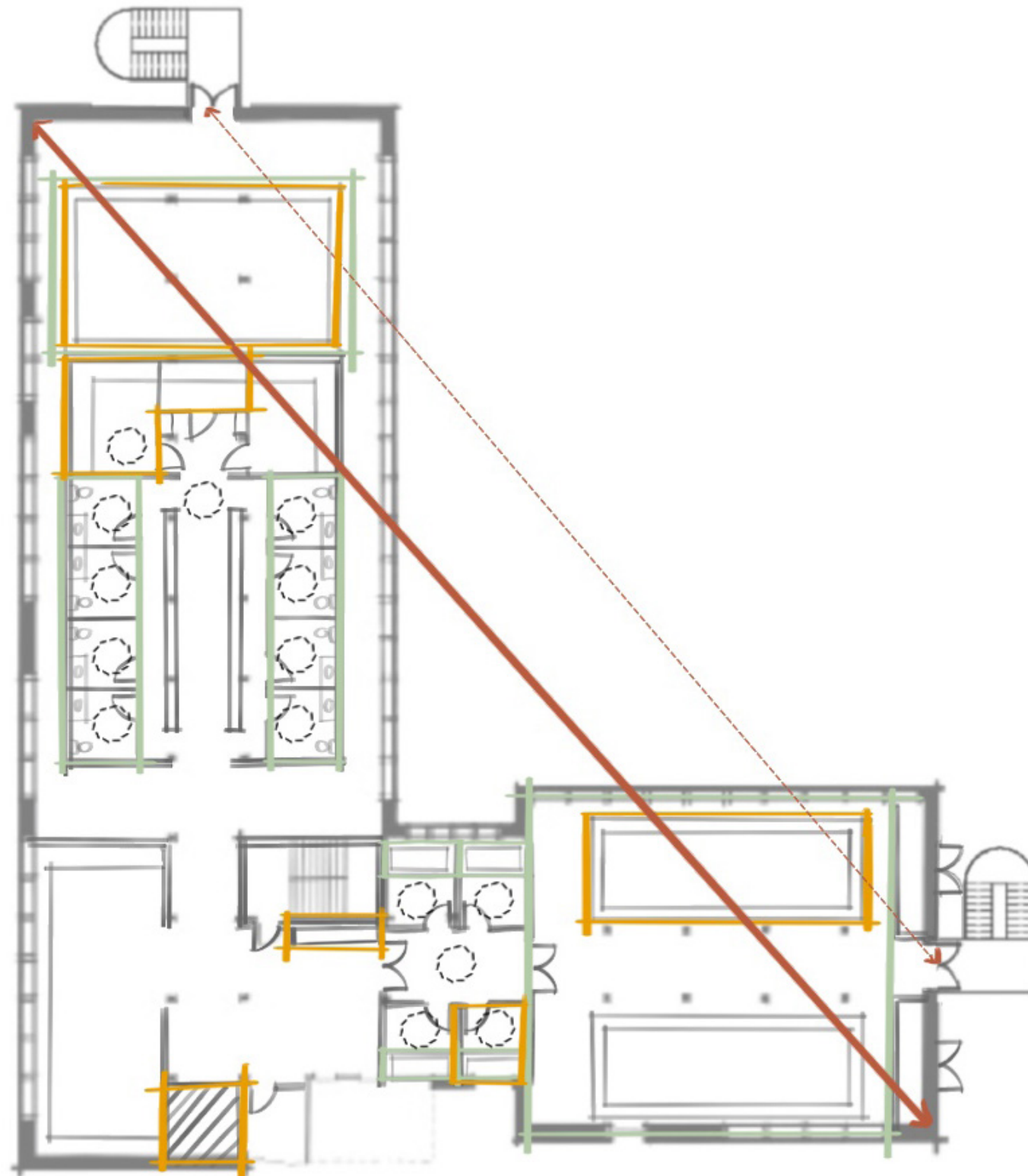
- (1) 3 exits- 2 leading outside to stairs, 1 fire stair
- (2) Building corner to corner- 168'
- (3) 1/3 diagonal- 56'
- (4) Max exit distance- over 56' needed, 139' provided

Wellness:

- (1) Outdoor gym, treadmills and stationary bikes, one-on-one training room, individual and group meditation rooms, individual and collaborative staff workspaces, + access to elevator

Health, Safety, and Wellness, Rest, Renew, & Restore

Code



➤ z Scale: NTS

Floor One:

Square Footage: **8,962**

Occupancy Classification: **A-3**

Unconcentrated Assembly: 8,962 sq. ft./50 sq. ft.= **179 people**

Health:

- (1) Toilets- 4 needed, 8 provided; shower included in restrooms
- (2) Sinks- 2-4 needed, 8 provided
- (3) All door widths are at least 36"
- (4) 60" wheelchair turning radius
- (5) Boxed rooms require plumbing

Safety:

- (1) 3 exits- 2 leading outside, 1 fire stair
- (2) Building corner to corner- 175'
- (3) 1/3 diagonal- 59'
- (4) Max exit distance- over 59' needed, 145' provided

Wellness:

- (1) Larger and smaller thermal pool sizes, larger and small sauna sizes, refreshment area, individual cold plunge room, + access to elevator

Floor Two:

Square Footage: **8,962**

Occupancy Classification: **A-3**

Unconcentrated Assembly: 8,962 sq. ft./50 sq. ft.= **179 people**

Health:

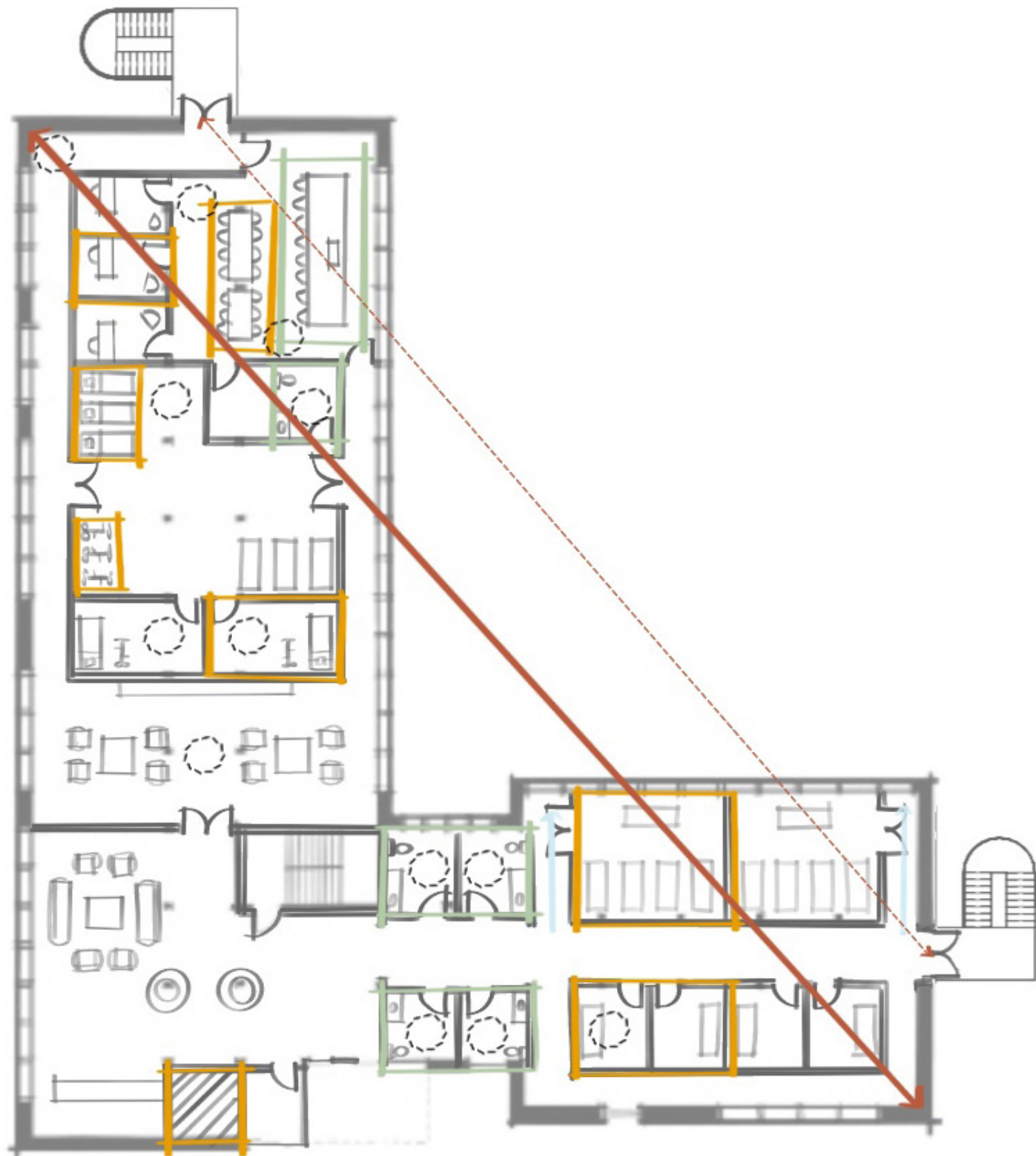
- (1) Toilets- 4 needed, 5 provided
- (2) Sinks- 2-4 needed, 5 provided
- (3) All door widths are at least 36"
- (4) 60" wheelchair turning radius
- (5) Boxed rooms require plumbing

Safety:

- (1) 3 exits- 2 leading outside to stairs, 1 fire stair
- (2) Building corner to corner- 175'
- (3) 1/3 diagonal- 59'
- (4) Max exit distance- over 56' needed, 145' provided

Wellness:

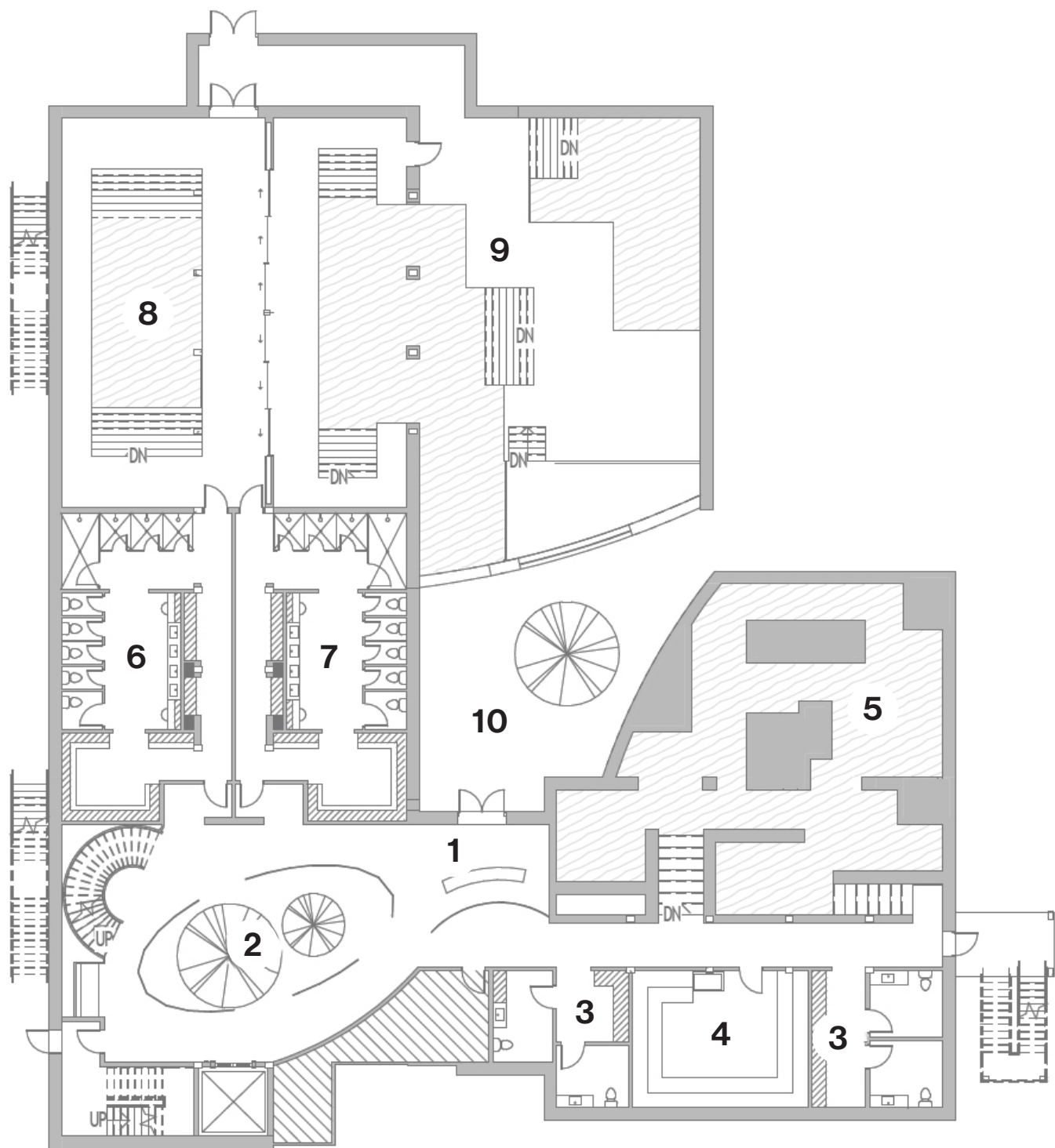
- (1) Treadmills and stationary bikes, one-on-one training room, individual and group meditation rooms, individual and collaborative staff workspaces, + access to elevator



➤z Scale: NTS

The background is a full-page image of marbled paper. It features a complex, organic pattern of swirling, vein-like lines in shades of olive green, grey, and cream. The texture is reminiscent of traditional hand-marbled paper used in bookbinding.

SPACE PLANNING & DIAGRAMMING



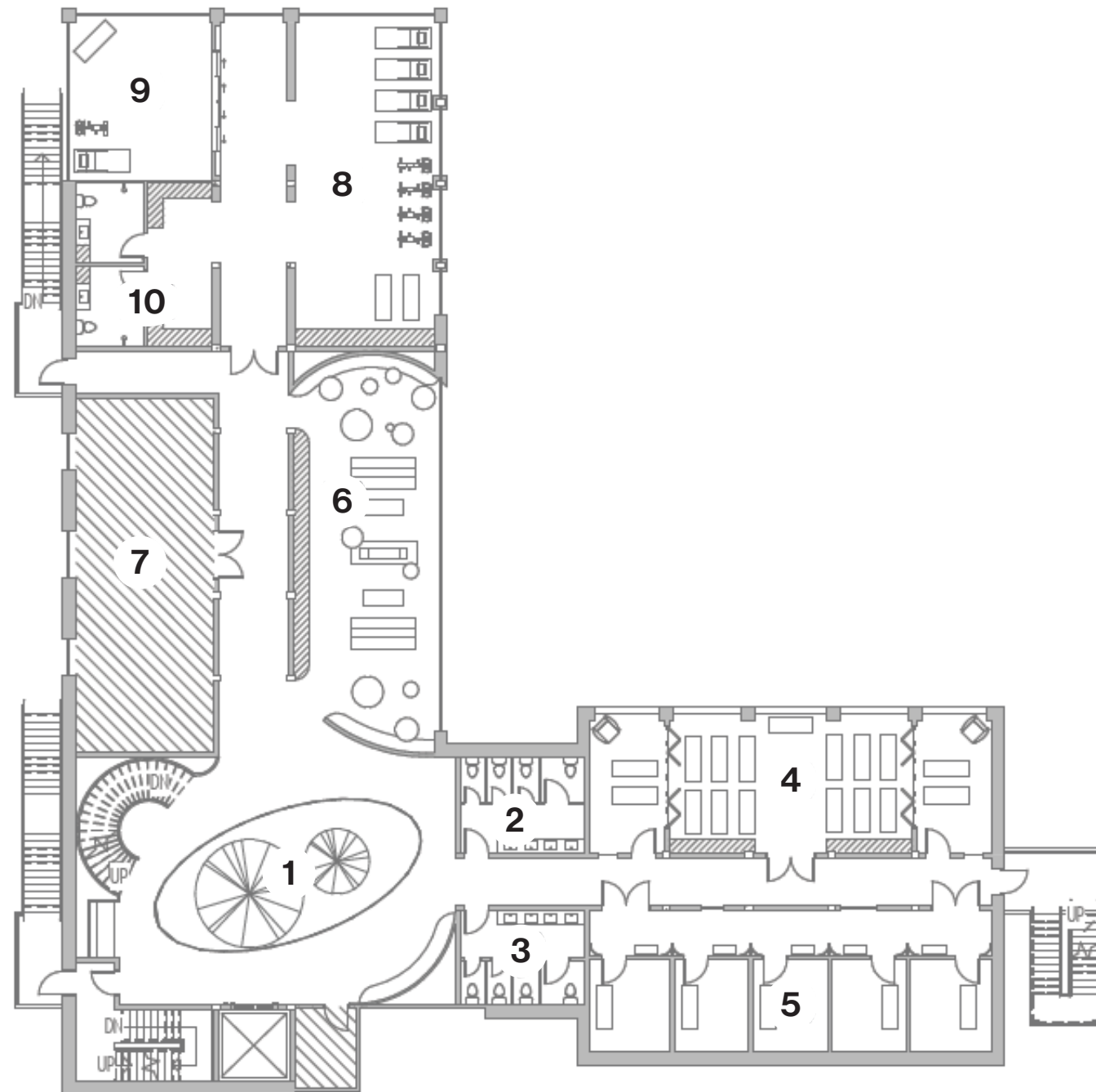
About:

The first floor of this building focuses on thermal activities that lead to both physical and mental wellbeing. Inspired by the Therme Vals resort in Switzerland, there are both private and less-private thermal bath areas. This allows the users to choose their journey, depending on the day. The less-private thermal baths include both indoor and outdoor pools that can be merged depending on the day. Located in the connecting area of all of the spaces is an indoor garden with two oak trees that reach all the way to the third floor.

Room Key:

- (1) Lobby and Reception
- (2) Indoor Garden
- (3) Private Restrooms and Locker Area
- (4) Sauna
- (5) Private Thermal Bath
- (6) Women's Locker Room
- (7) Men's Locker Room
- (8) Indoor Thermal Bath
- (9) Outdoor Thermal Bath(s)
- (10) Courtyard

Floor 2, Movement

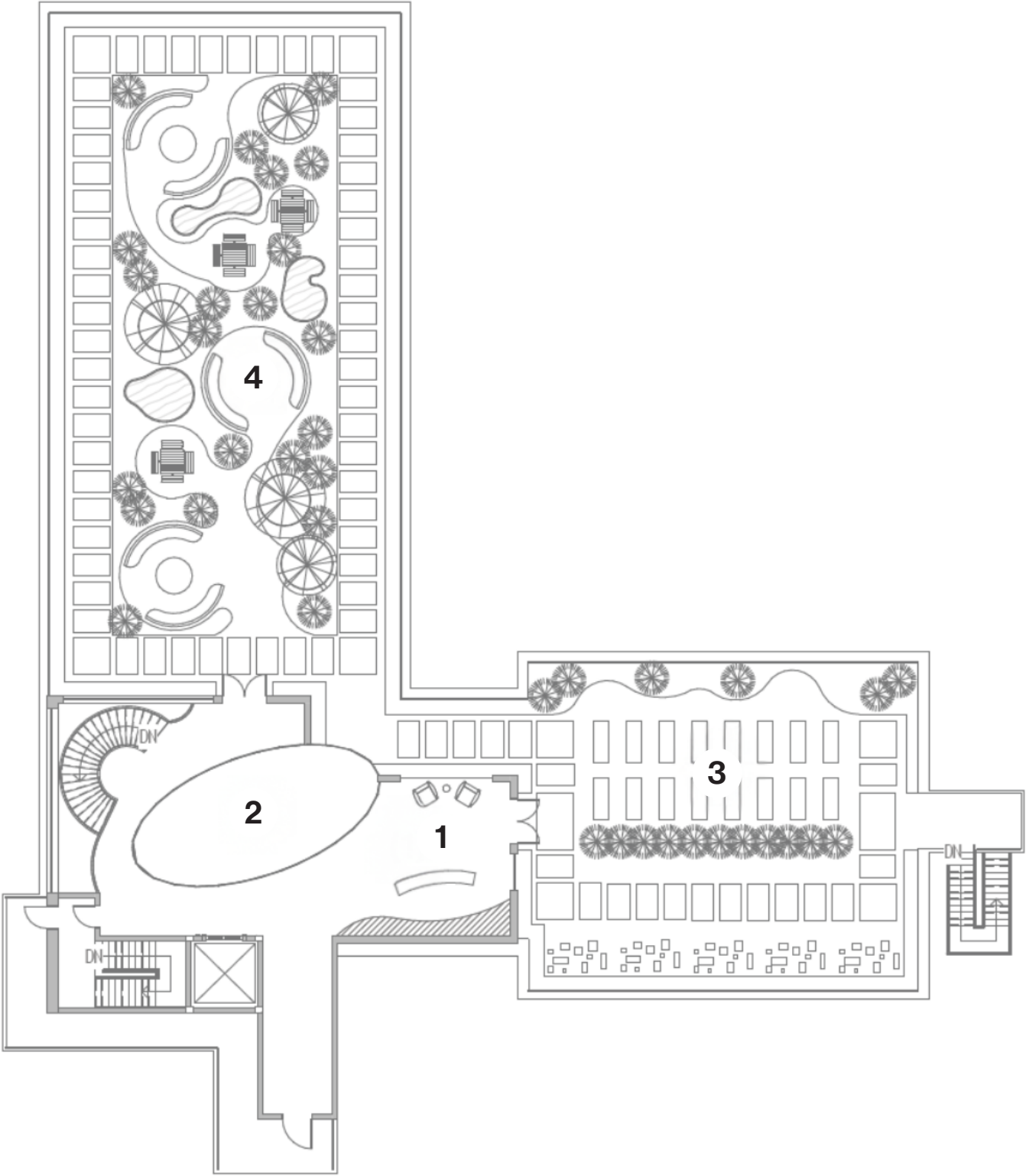


About:

The second floor of this building focuses on movement of the body and mind that lead to both physical and mental wellbeing. This floor is designed around natural light and views of the city and thermal baths. There are two distinct wings on this floor; physical exercise and mental relaxation. The two areas are separated, yet connected by the oak trees and lounge. The purpose of the second floor is to cater to a variety of needs, as users will occupy the spaces for different reasons. Both the fitness center and the group meditation rooms have the ability to become one large space or remain individual rooms.

Room Key:

- (1) Indoor Garden
- (2) Women's Restroom
- (3) Men's Restroom
- (4) Group Meditation and Yoga Rooms
- (5) Individual Meditation and Yoga Rooms
- (6) Lounge
- (7) Staff Office (N.I.C.)
- (8) Fitness Center
- (9) Individual Fitness Training Room
- (10) Private Restrooms and Locker Area



About:

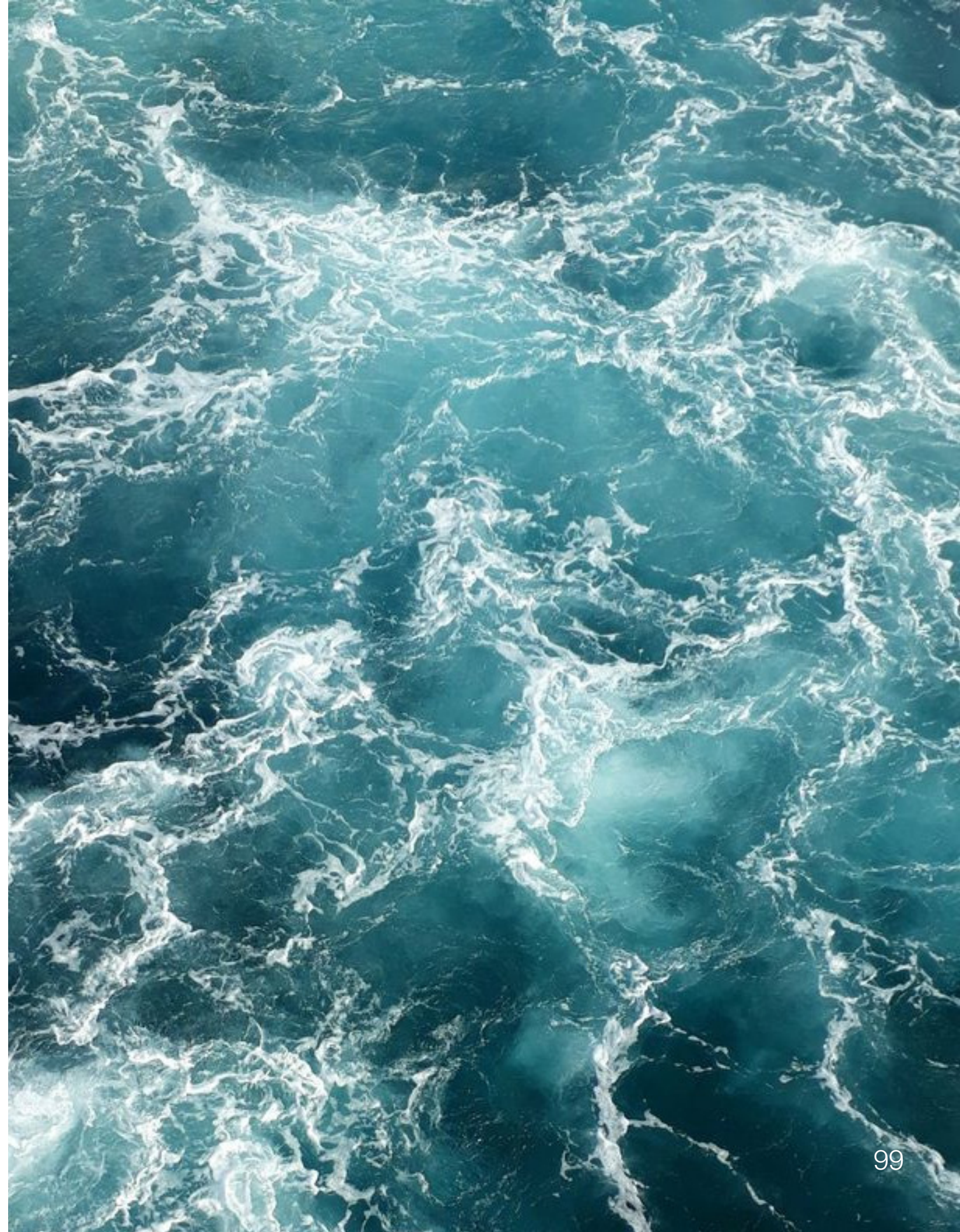
The third floor of this building focuses on outdoor activities that lead to both physical and mental wellbeing. This is the main floor, located at the same level as the Atlanta Beltline, allowing users to easily access the wellness center directly off of the path. From this floor, you will continue to see the oak trees rise from the first floor, allowing users to look all of the way down. Outside of the space is both the outdoor meditation area and a garden that includes benches, tables, and ponds that are surrounded by a perimeter path.

Room Key:

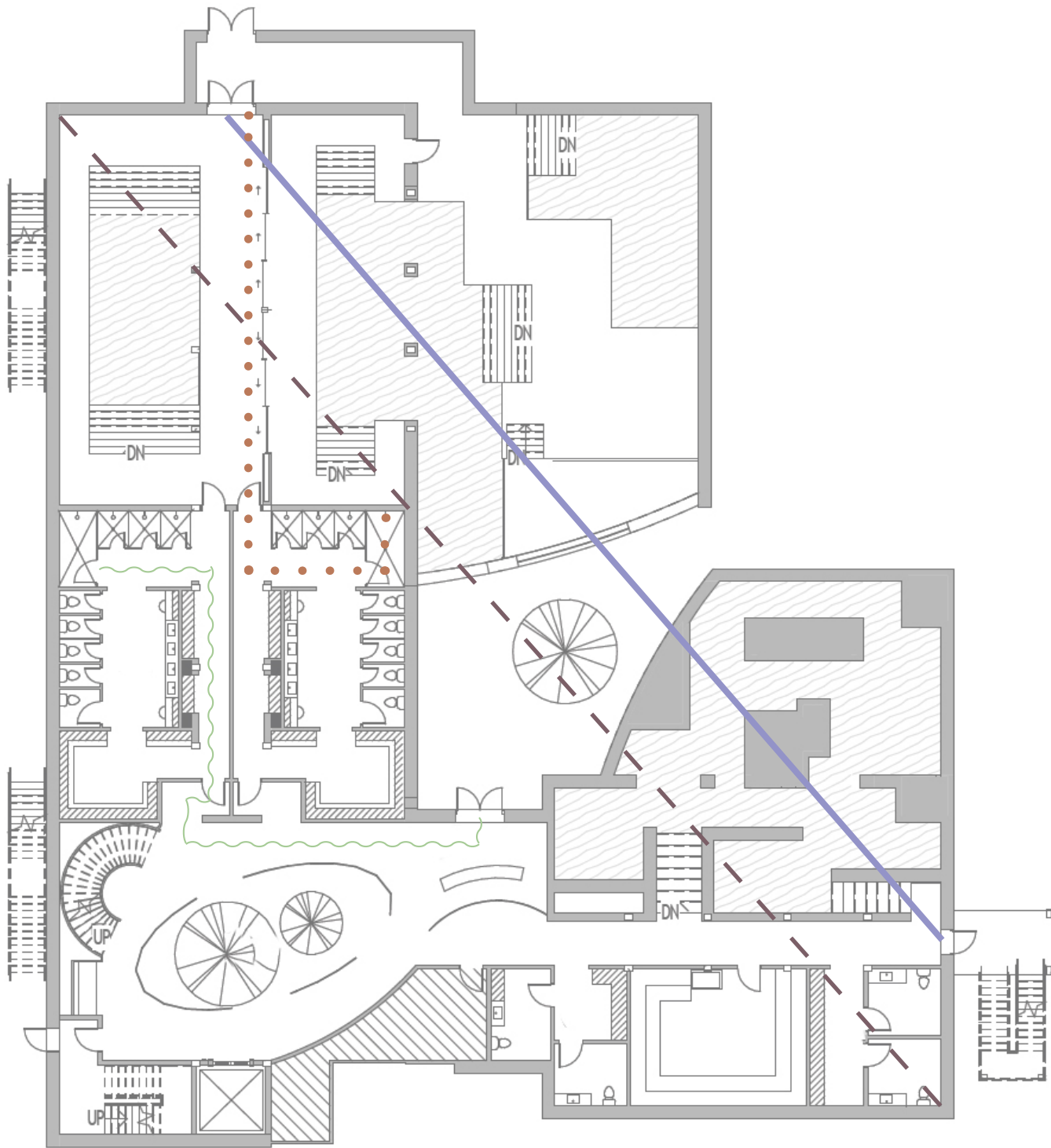
- (1) Lobby and Reception
- (2) Indoor Garden
- (3) Outdoor Meditation and Yoga
- (4) Outdoor Lounge

Floor 01, Thermal

Safety, Health, Wellness, & Design Implementation



Floor 1, Safety

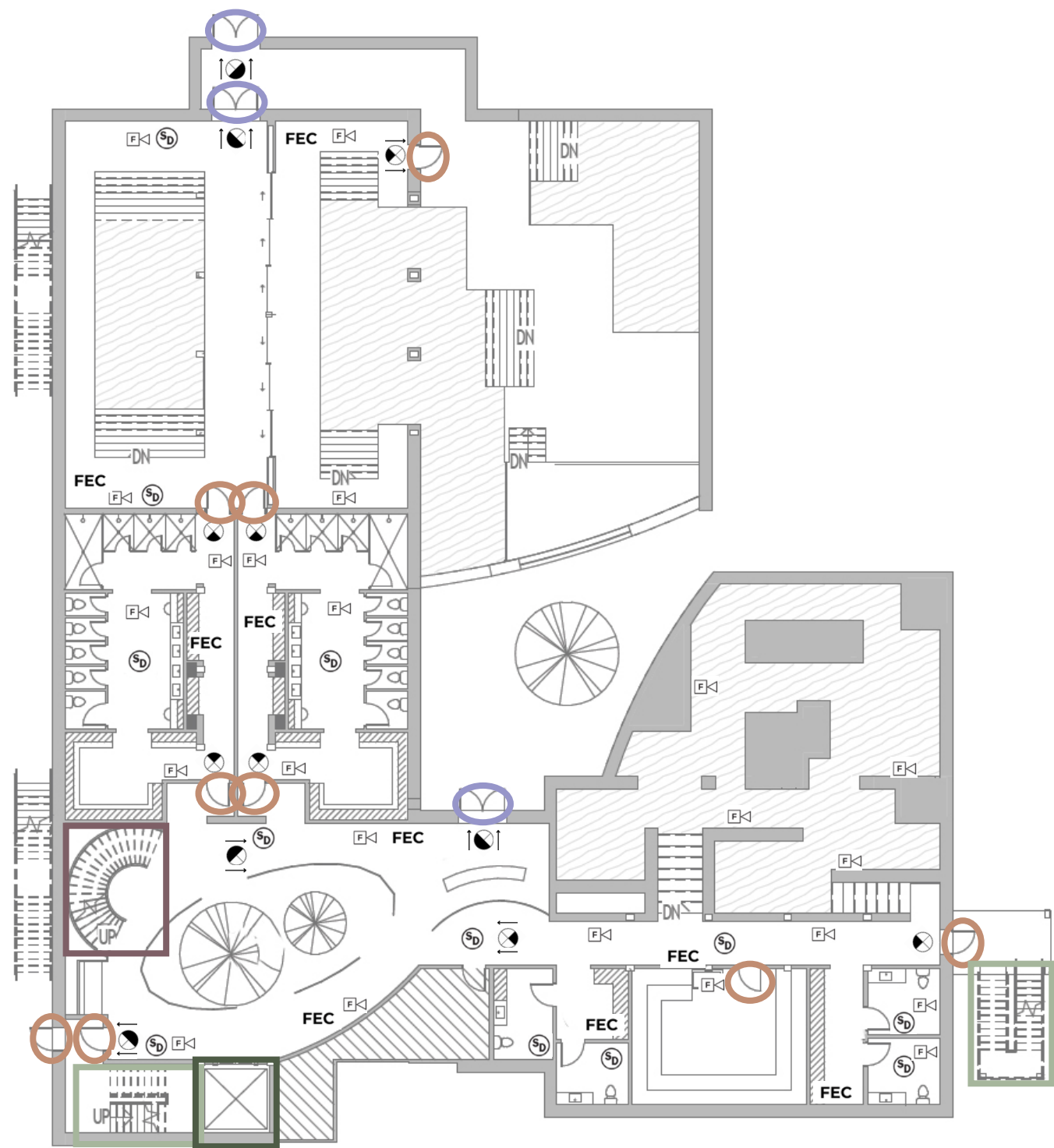


Building Type: Type II, Sprinklered
Square Footage: 6,822 sq. ft.
Occupancy Classification: A-3
Unconcentrated Assembly: 6,822 sq. ft. / 50 sq. ft.
= approx. 137 occupants

Measurements & Information:

- Building Corner to Corner: **175'**
- Max. Exit Distance: **145'**
- ... Max. Travel Distance: less than 250' required, **82' provided**
- ~ Max. Common Path: less than 100' required, **94'-4" provided**
- ||||| Max. Dead-End Corridor: **N/A**
- 1/3 Diagonal: **59'**
- # of Exits: **4** (3 lead directly outside, 1 leads to fire stair)

Floor 1, Safety



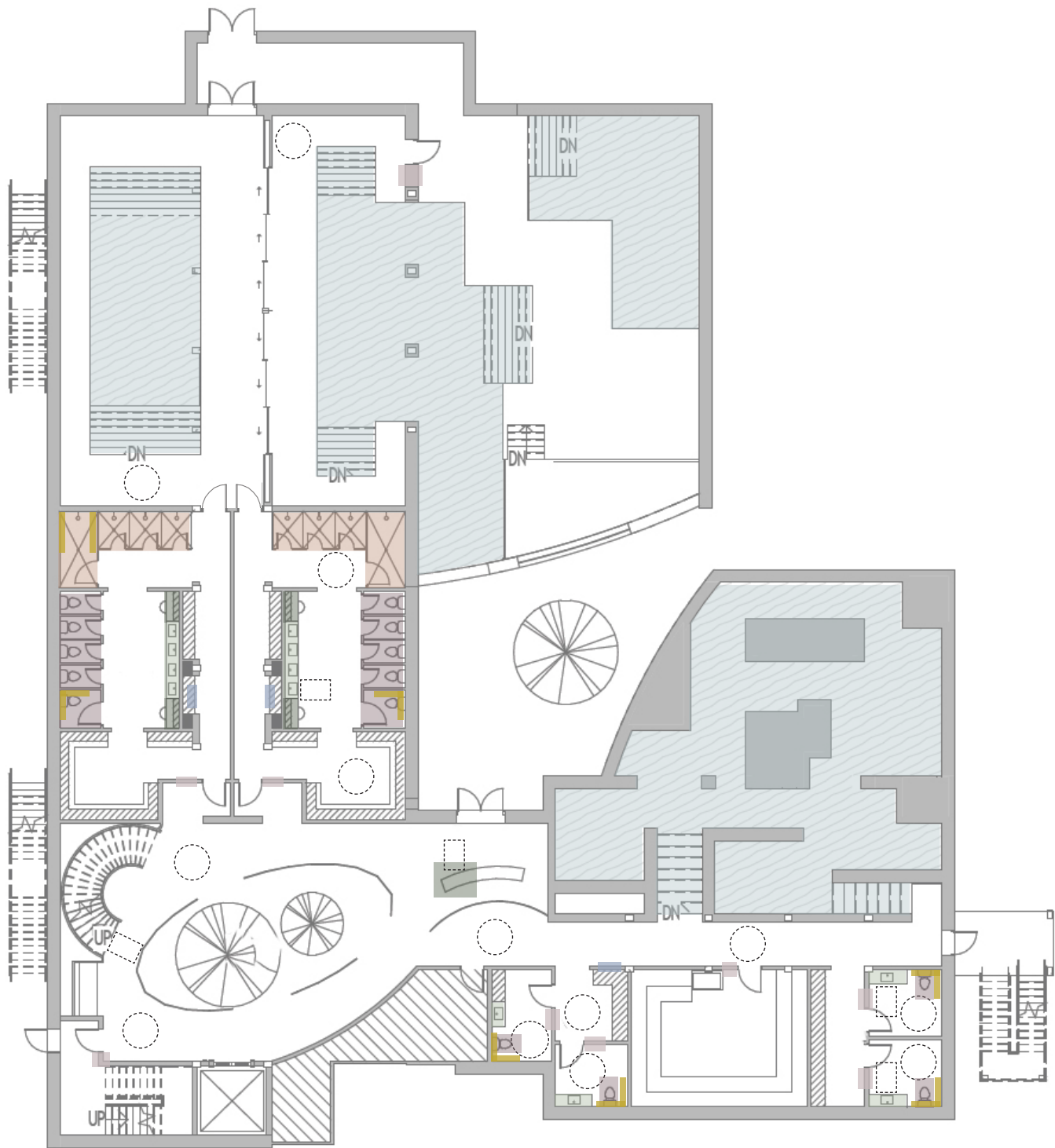
Key:

- Exit Signs
- Audio/Visual Alarms
- Smoke Detectors
- FEC** Fire Extinguisher Cabinets
- Single Egress Doors
- Double Egress Doors
- Fire Stairs
- Accessory Stairs
- Elevator

Measurements:

- Single Egress Doors- **36” wide**
- Double Egress Doors- **6’ wide**
- Single Non-ADA Restroom Stall Doors- **24” wide**
- Single ADA Restroom Stall Doors- **36” wide**
- Fire Stairs (both int. and ext.)- **4’ wide**
- Accessory Stair- **5’ wide**

Floor 1, Health



Occupancy Classification: A-3
Occupancy Load: 137 occupants
Square Footage: 6,822 sq. ft.

Measurements & Information:

- # of Sinks: **12**
- # of Toilets: **14**
- # of Showers: **8**
- # of Pools: **4**
- # of Water Fountains: **2**

ADA Design Implementations:

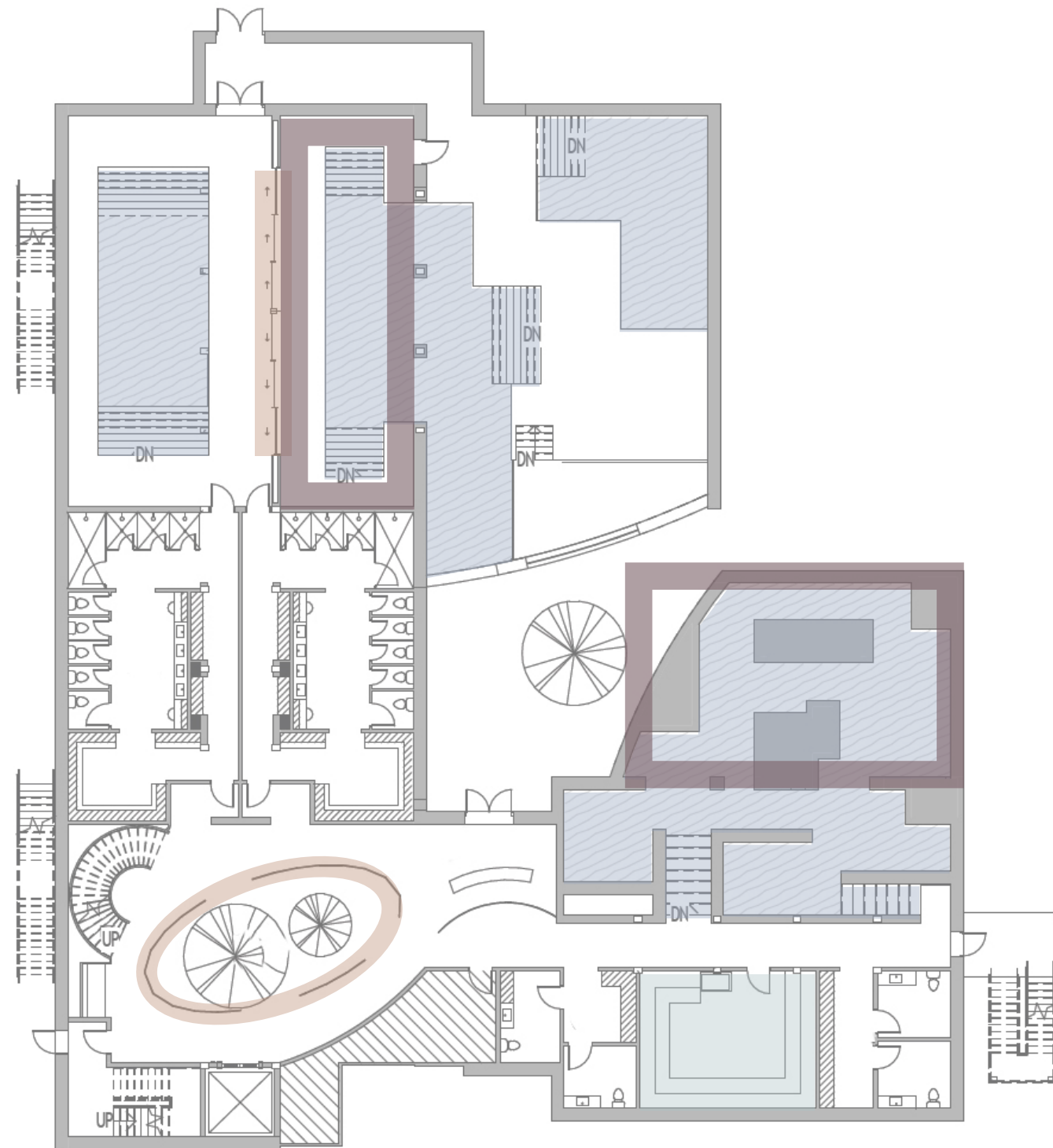
Clear Floor Space: **30" x 48"**
Wheelchair Turning Radius: **60"**

- Counter Height: **36"**
- Push/Pull: **12"/18"**
- Grab Bars

Accessible Entries (not exits):

Elevators: **1**
Doors: **2**

Floor 1, WELLness



WELL Building Standard Strategies Implemented:

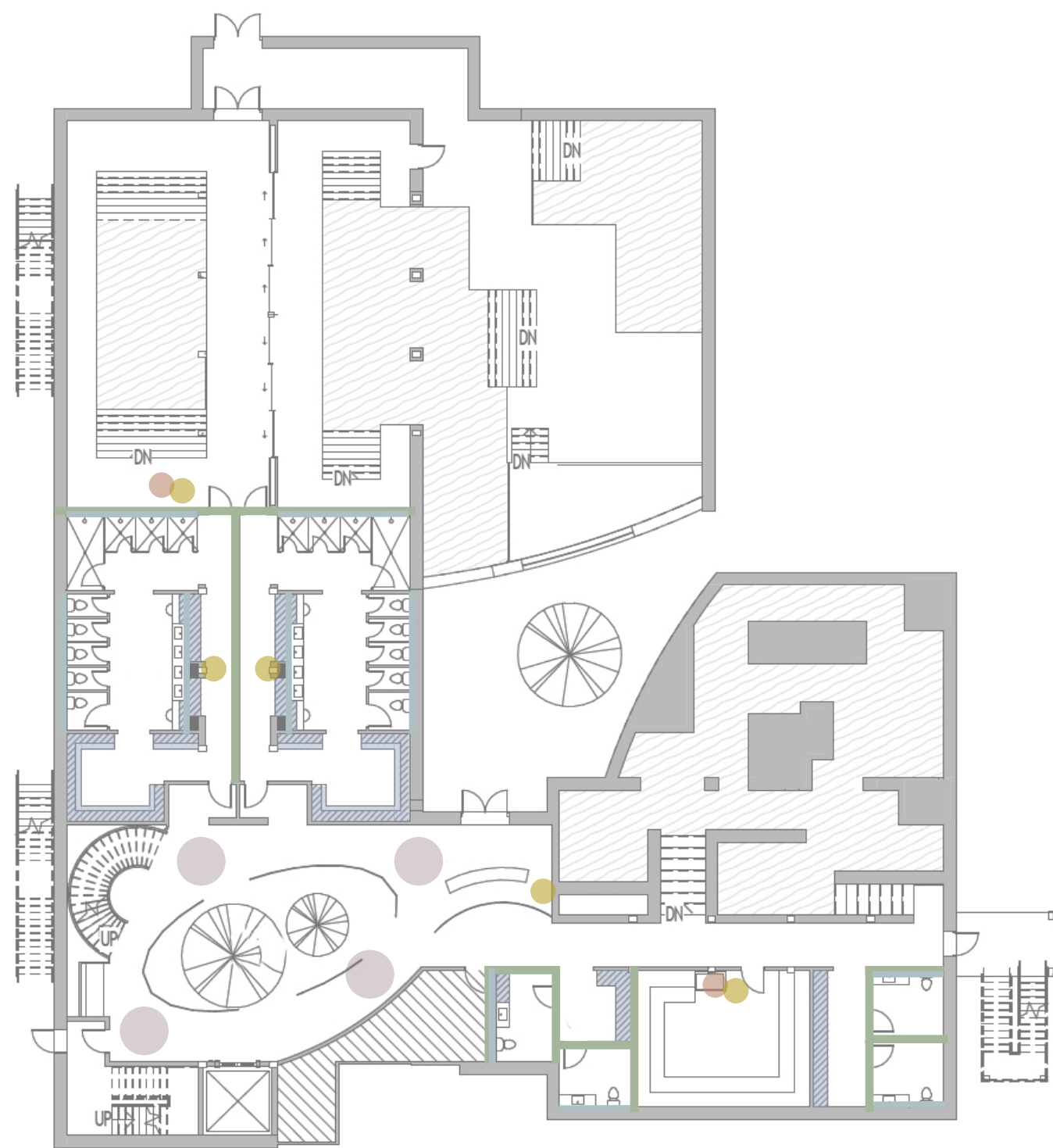
- (1) Smoke-Free Environment
- (2) HVAC Filters and Air Ventilation
- (3) Low VOC materials and paint
- (4) Active Design
- (5) Outdoor Fitness
- (6) Showers, Lockers, & Changing Areas
- (7) Fitness Center and Yoga/Meditation Rooms
- (8) Accessible by Walking and/or Public Transportation
- (9) Water and Snack Stations
- (10) Access to Nature
- (11) Natural Light
- (12) Quiet vs. Public Spaces

Key:

- Fitness: **Promoting Physical Health and an Active Lifestyle**
- Air: **Promoting Productivity and Internal Health**
- Light: **Promoting a Positive Mood and Sleep**
- Mind: **Promoting Mental Health and Reducing Stress**
- Water: **Promoting Hydration and Sustainable Water Practices**

Floor 1, WELLness

Diagramming

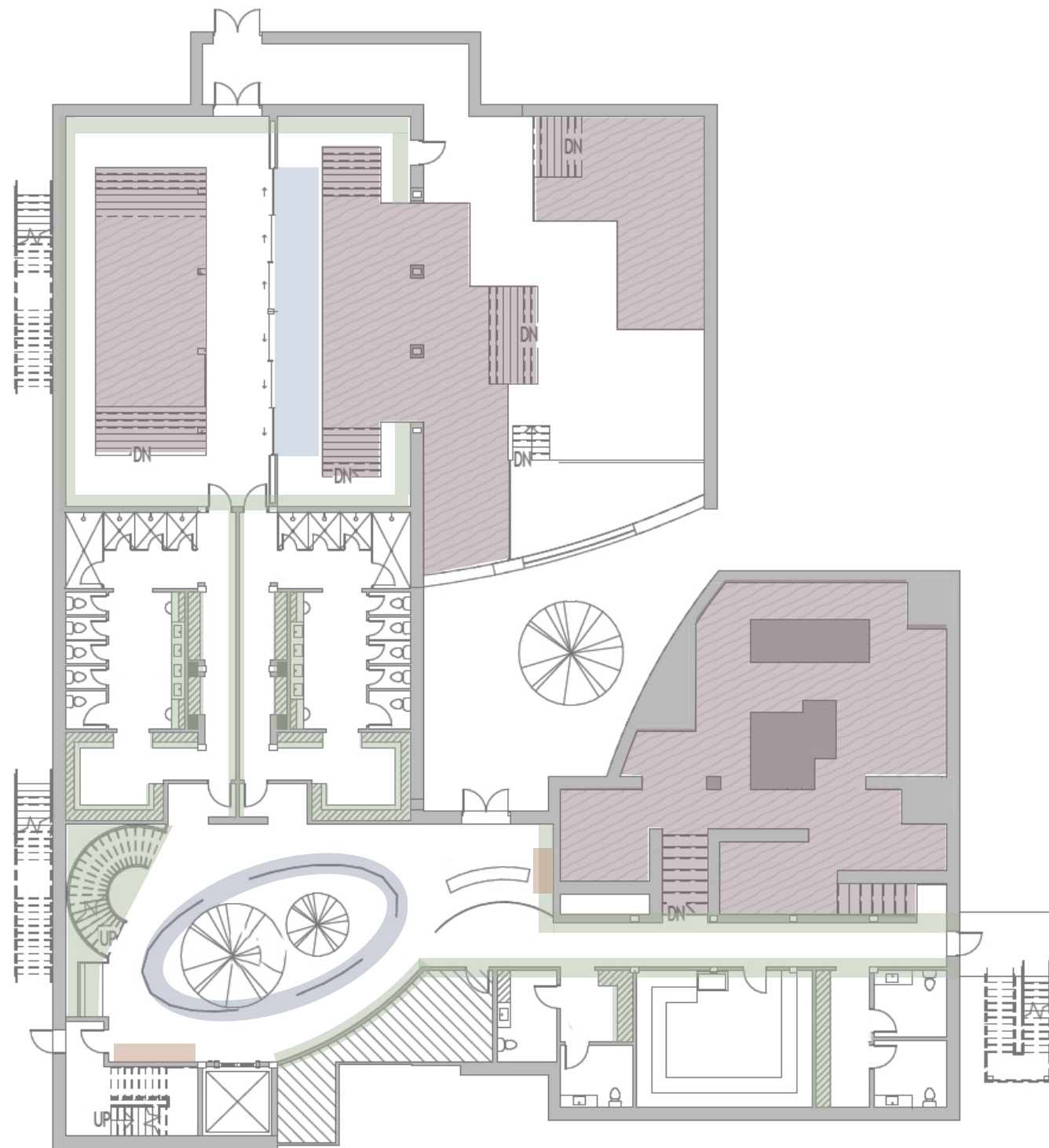


Key:

- Acoustic Walls
- Acoustical Treatments (opacity refers to amount of treatments)
- Acoustic Control
- Plumbing Walls
- Storage for Equipment
- Temperature Control

Floor 1, Design Implementation

Diagramming



Unique Design Features:

(1) Materiality

Incorporating materials that are native to Georgia, allow for user connection to environment, as well as prioritizing acoustics and sustainability.

- Ex. Granite, Oak, Red Clay, etc.

(2) Thermal Pools

Recognizing the natural springs that lay beneath the land and providing thermal properties to create a European-spa in Atlanta.

(3) Calm's Integrated Technology

Incorporating the Calm app's services on a bigger scale throughout the building.

- Ex. Ambient Music, Guided Meditation/Yoga Touchscreen, etc.

(4) Therme Vals Inspiration

Playing with Therme Val's unique architectural design throughout, especially in the spa areas.

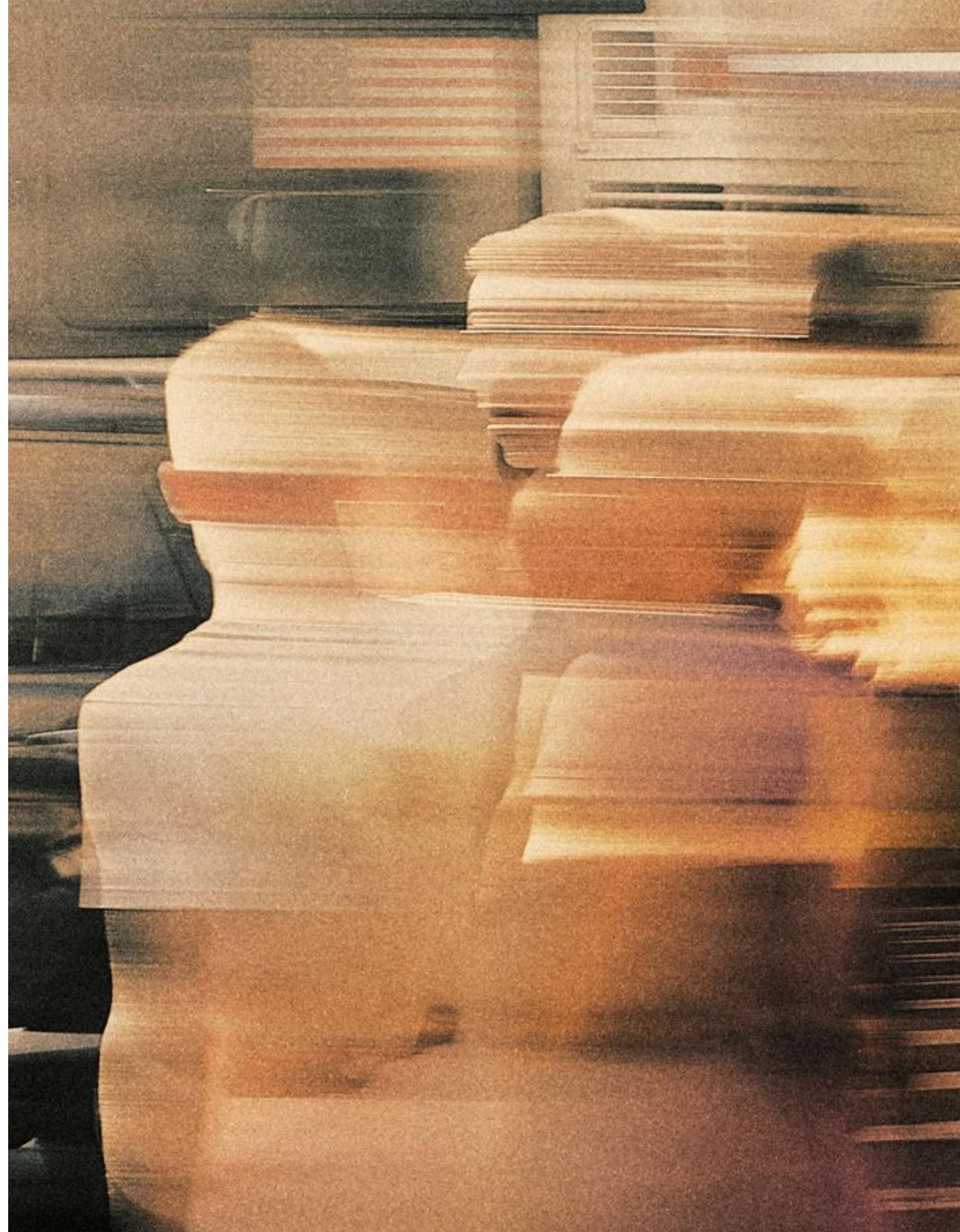
- Ex. Inside vs. Outside Spas, Private vs. Less-Private Spas, Stone Exterior, Green Roof, Extensive Curtain Walls, etc.

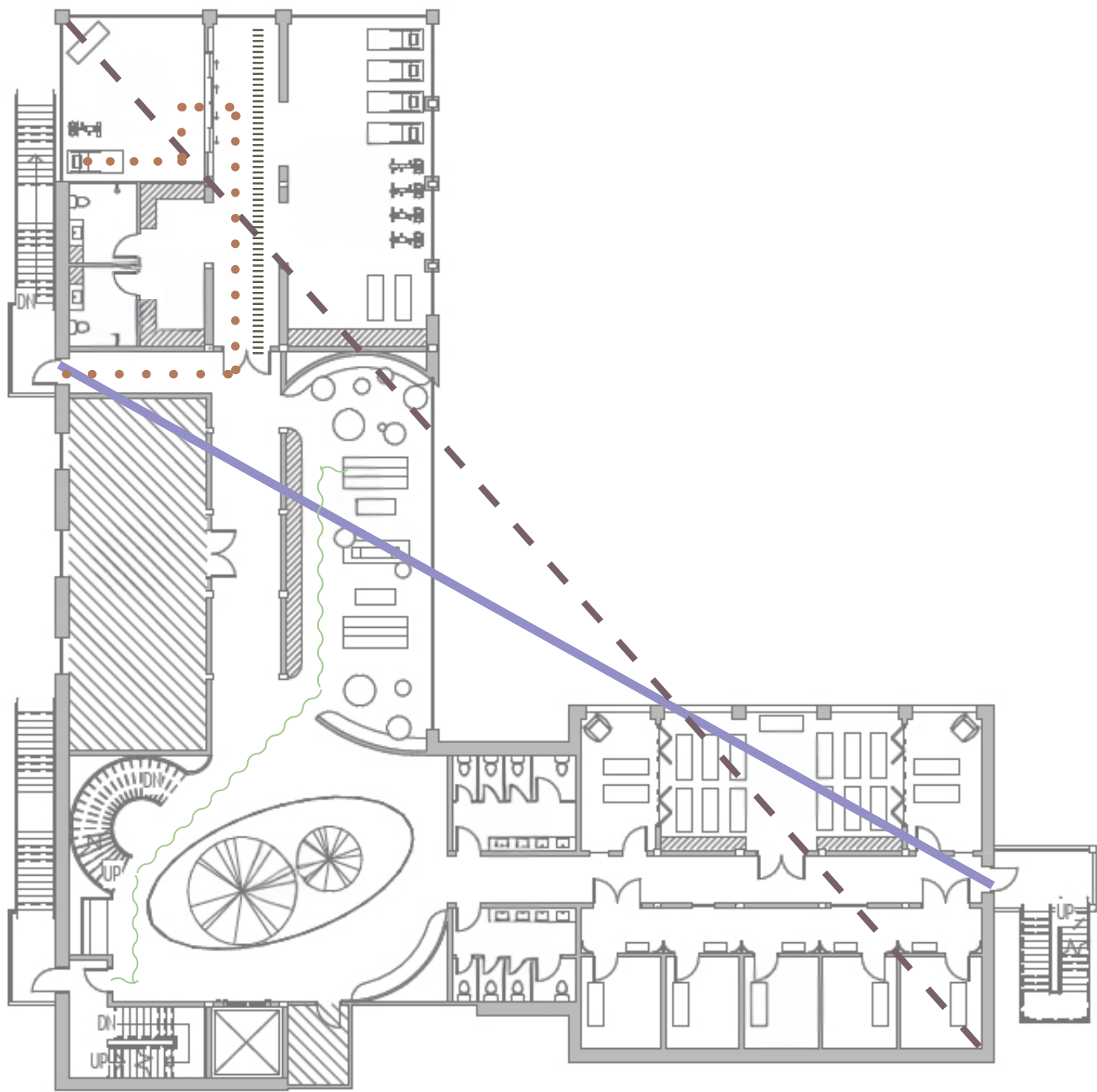
(5) Atrium and Views

Connecting all floors of the space by having a central garden with trees that grow to third floor. Second and third floors prioritize views of city and surrounding nature.

Floor 02, Movement

Safety, Health, Wellness, & Design Implementation

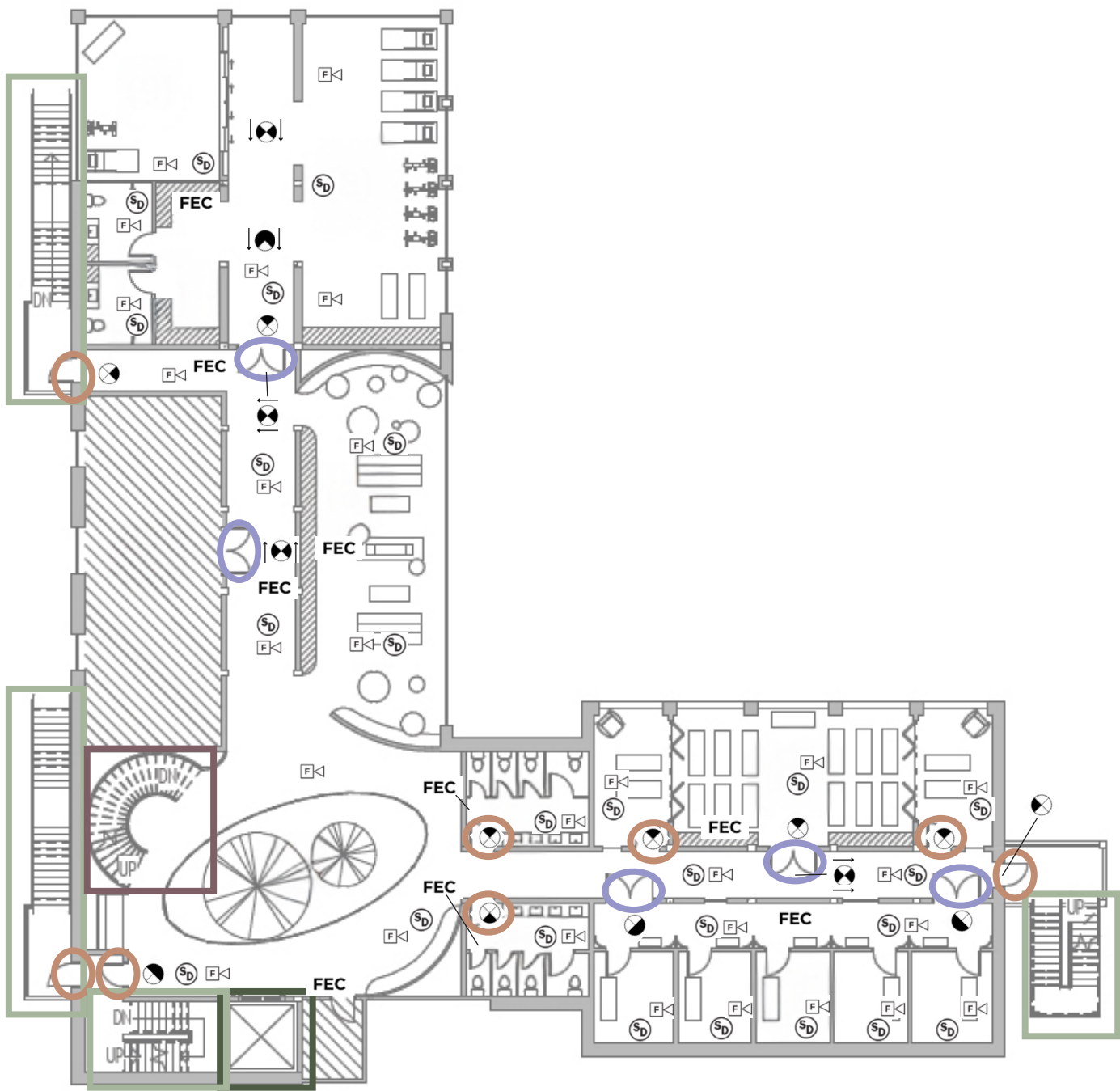




Building Type: Type II, Sprinklered
Square Footage: 7,620 sq. ft.
Occupancy Classification: A-3
Unconcentrated Assembly: 7,620sq. ft. / 50 sq. ft.
= approx. 153 occupants

Measurements & Information:

- Building Corner to Corner: **175'**
- Max. Exit Distance: **133'**
- Max. Travel Distance: less than 250' required, **81' provided**
- ~~~~~ Max. Common Path: less than 100' required, **77'-6" provided**
- Max. Dead-End Corridor: less than 50' required, **42'-8" provided**
- 1/3 Diagonal: **59'**
- # of Exits: **4** (3 lead to exterior fire stairs, 1 leads to interior fire stair)

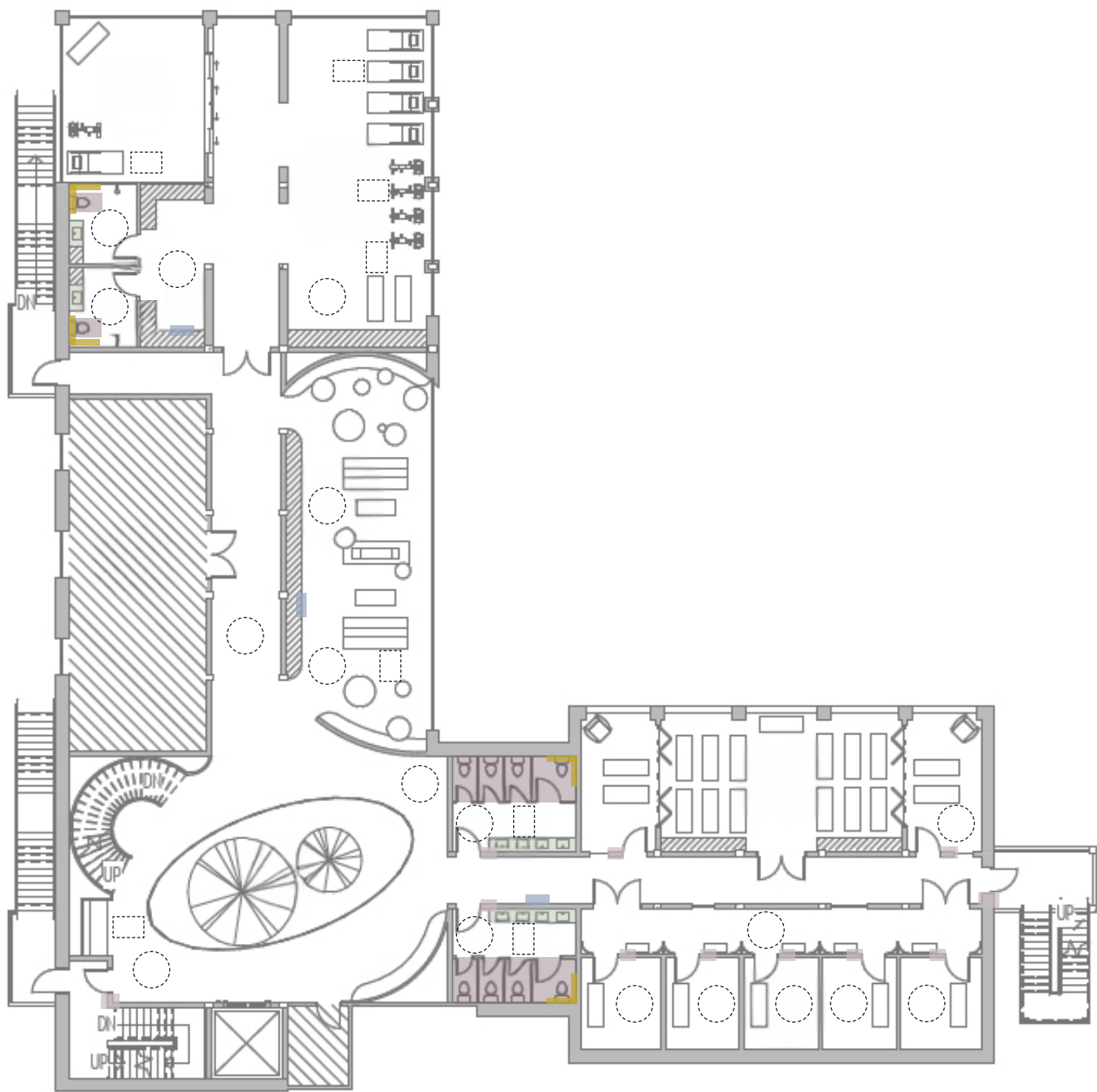


Key:

- Exit Signs
- Audio/Visual Alarms
- Smoke Detectors
- FEC Fire Extinguisher Cabinets
- Single Egress Doors
- Double Egress Doors
- Fire Stairs
- Accessory Stairs
- Elevator

Measurements:

- Single Egress Doors- **36" wide**
- Double Egress Doors- **6' wide**
- Single Non-ADA Restroom Stall Doors- **24" wide**
- Single ADA Restroom Stall Doors- **36" wide**
- Fire Stairs (both int. and ext.)- **4' wide**
- Accessory Stair- **5' wide**



Occupancy Classification: A-3
Occupancy Load: 153 occupants
Square Footage: 7,620 sq. ft.

Measurements & Information:

- # of Sinks: **10**
- # of Toilets: **10**
- # of Showers: **2**
- # of Pools: **0**
- # of Water Fountains: **3**

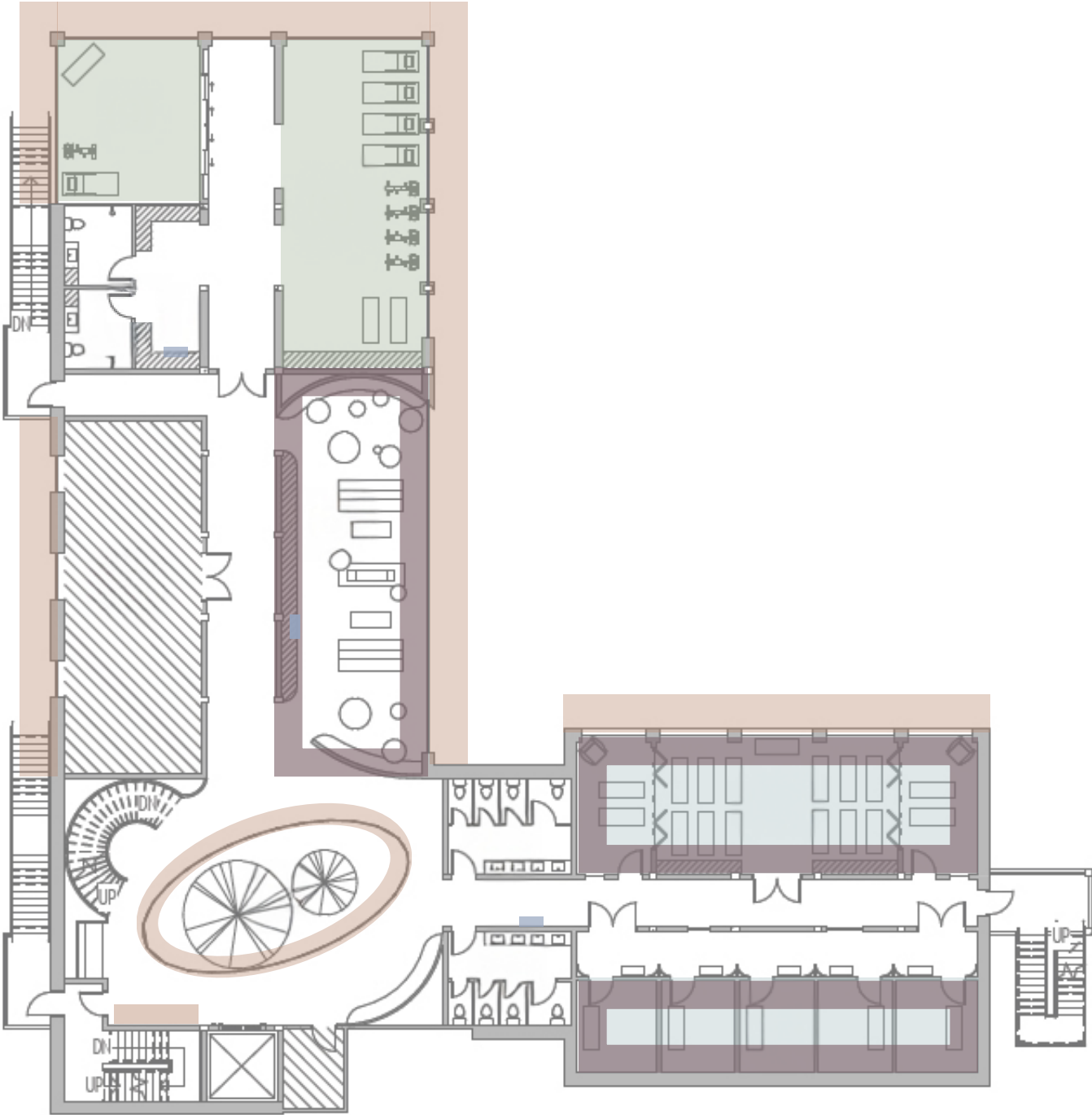
ADA Design Implementations:

Clear Floor Space: **30" x 48"**
Wheelchair Turning Radius: **60"**

- Counter Height: **36"**
- Push/Pull: **12"/18"**
- Grab Bars

Accessible Entries (not exits):






Elevators: **1**
Doors: **0**



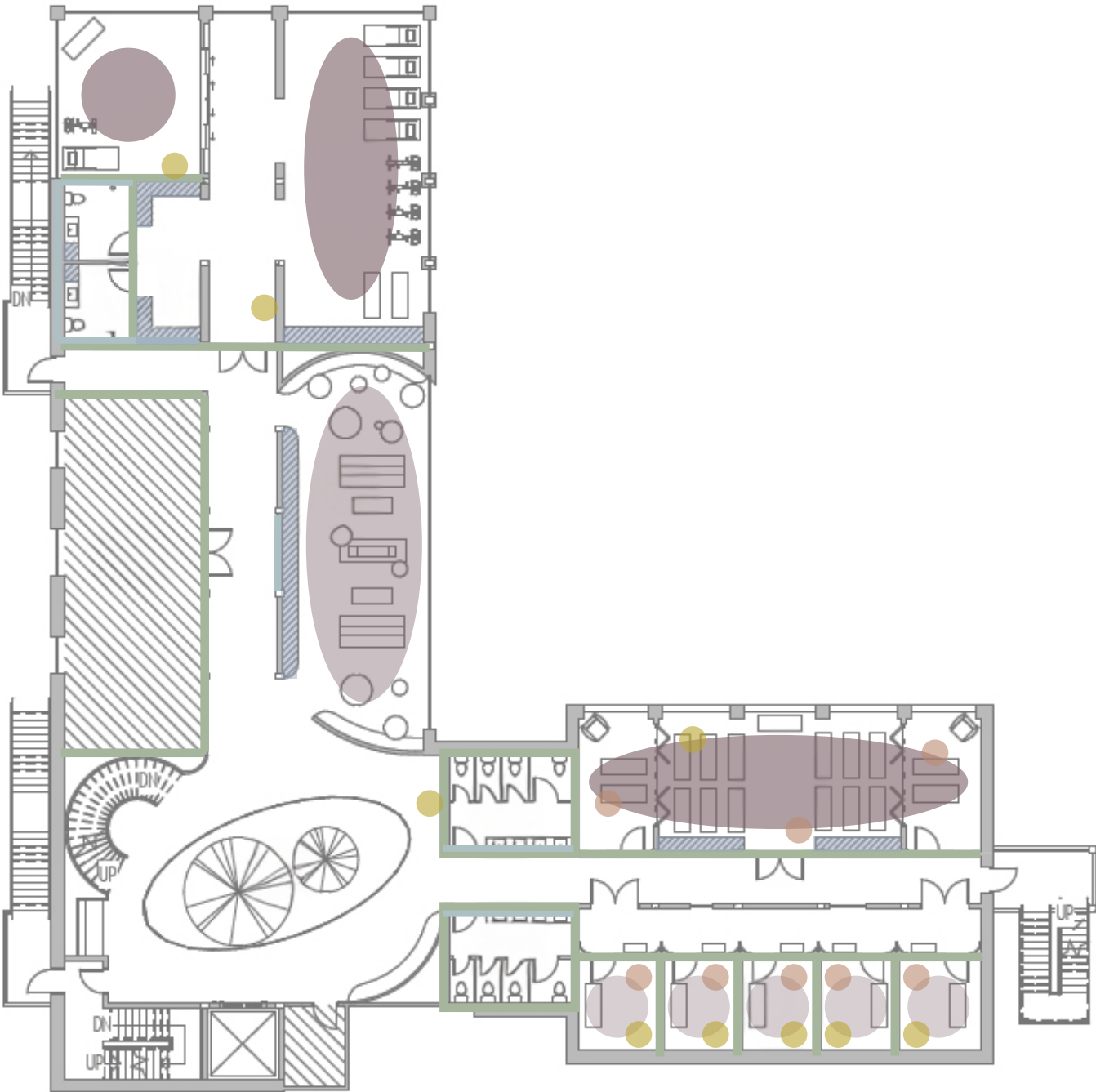
WELL Building Standard Strategies Implemented:

- (1) Smoke-Free Environment
- (2) HVAC Filters and Air Ventilation
- (3) Low VOC materials and paint
- (4) Active Design
- (5) Outdoor Fitness
- (6) Showers, Lockers, & Changing Areas
- (7) Fitness Center and Yoga/Meditation Rooms
- (8) Accessible by Walking and/or Public Transportation
- (9) Water and Snack Stations
- (10) Access to Nature
- (11) Natural Light
- (12) Quiet vs. Public Spaces

Key:

-  Fitness: **Promoting Physical Health and an Active Lifestyle**
-  Air: **Promoting Productivity and Internal Health**
-  Light: **Promoting a Positive Mood and Sleep**
-  Mind: **Promoting Mental Health and Reducing Stress**
-  Water: **Promoting Hydration and Sustainable Water Practices**

Floor 2, WELLness

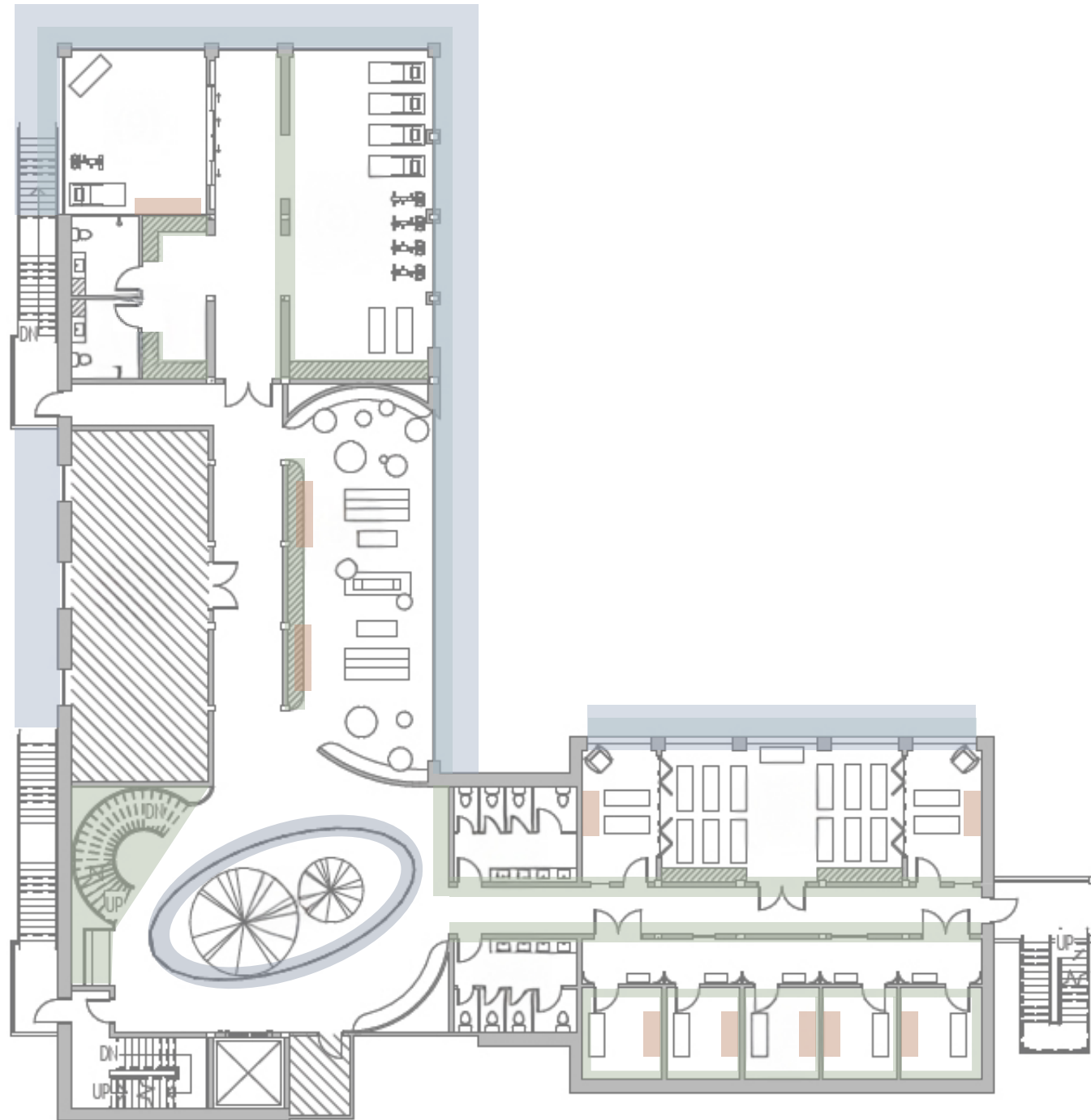


Key:

- Acoustic Walls
- Acoustical Treatments (opacity refers to amount of treatments)
- Acoustic Control
- Plumbing Walls
- Storage for Equipment and Users
- Temperature Control

Floor 2, Design Implementation

Diagramming



Unique Design Features:

(1) Materiality

Incorporating materials that are native to Georgia, allow for user connection to environment, as well as prioritizing acoustics and sustainability.

- Ex. Granite, Oak, Red Clay, etc.

(2) Thermal Pools

Recognizing the natural springs that lay beneath the land and providing thermal properties to create a European-spa in Atlanta.

(3) Calm's Integrated Technology

Incorporating the Calm app's services on a bigger scale throughout the building.

- Ex. Ambient Music, Guided Meditation/Yoga Touchscreen, etc.

(4) Therme Vals Inspiration

Playing with Therme Val's unique architectural design throughout, especially in the spa areas.

- Ex. Inside vs. Outside Spas, Private vs. Less-Private Spas, Stone Exterior, Green Roof, Extensive Curtain Walls, etc.

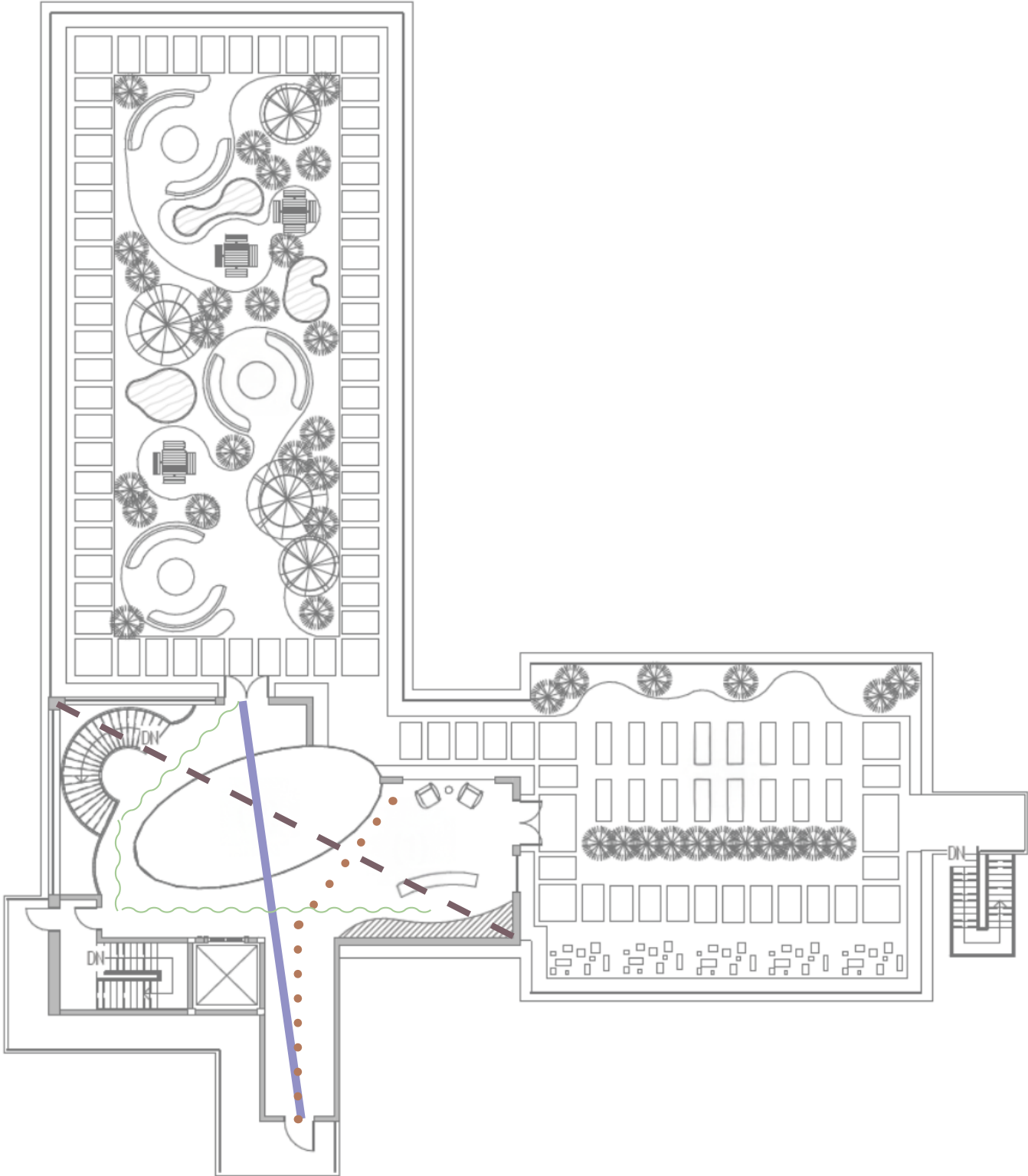
(5) Atrium and Views

Connecting all floors of the space by having a central garden with trees that grow to third floor. Second and third floors prioritize views of city and surrounding nature.

Floor 03, Air

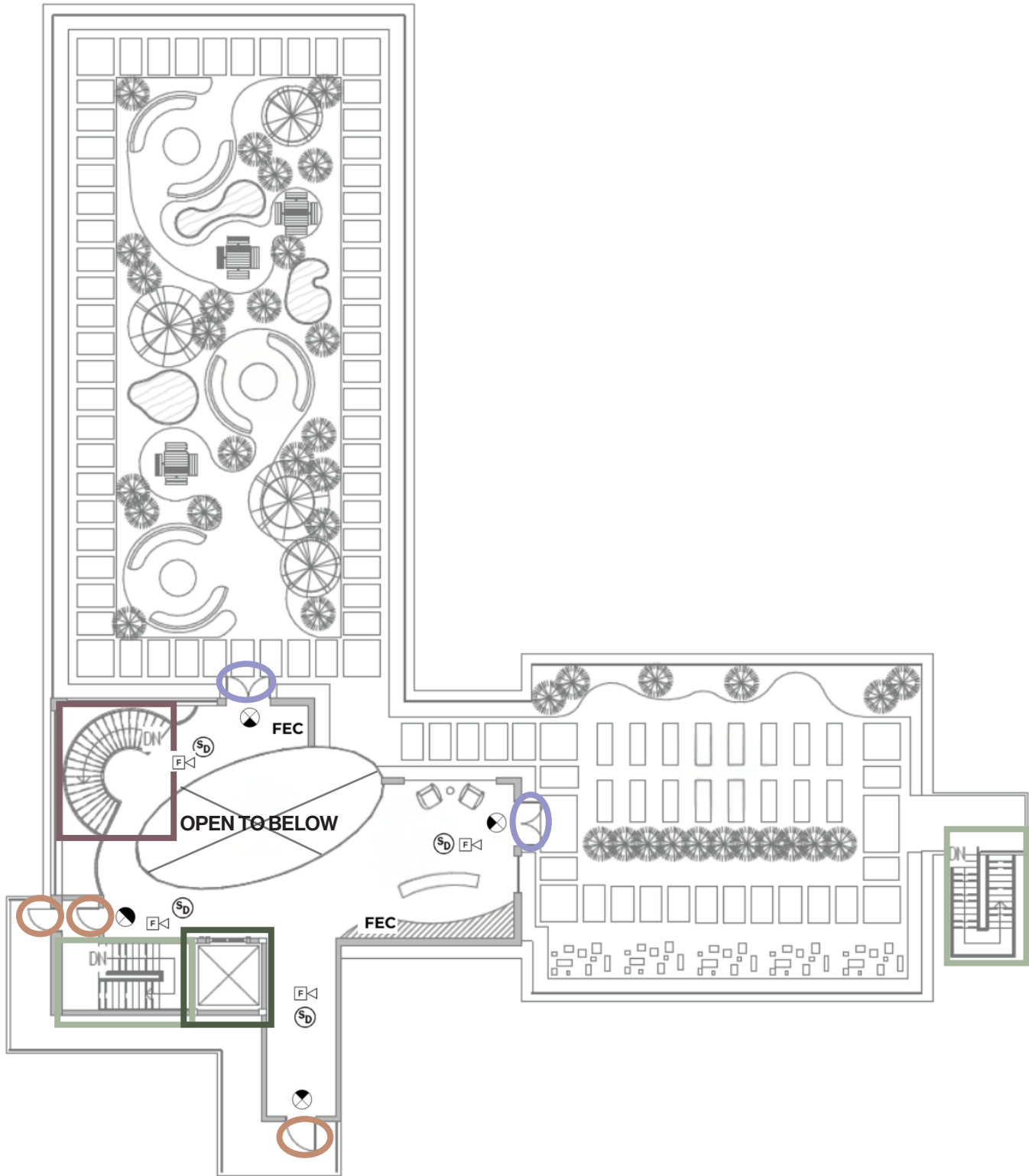
Safety, Health, Wellness, & Design Implementation





Building Type: Type II, Sprinklered
Square Footage: 1,622 sq. ft.
Occupancy Classification: A-3
Unconcentrated Assembly: 1,622 sq. ft. / 50 sq. ft.
= approx. 33 occupants

- Measurements & Information:**
- Building Corner to Corner: **69'-7"**
 - Max. Exit Distance: **57'-7"**
 - ... Max. Travel Distance: less than 250' required, **39'-3" provided**
 - ~ Max. Common Path: less than 100' required, **88' provided**
 - ||||| Max. Dead-End Corridor: **N/A**
 - 1/3 Diagonal: **23'-2"**
 - # of Exits: **4** (3 lead to exterior, 1 leads to interior fire stair)

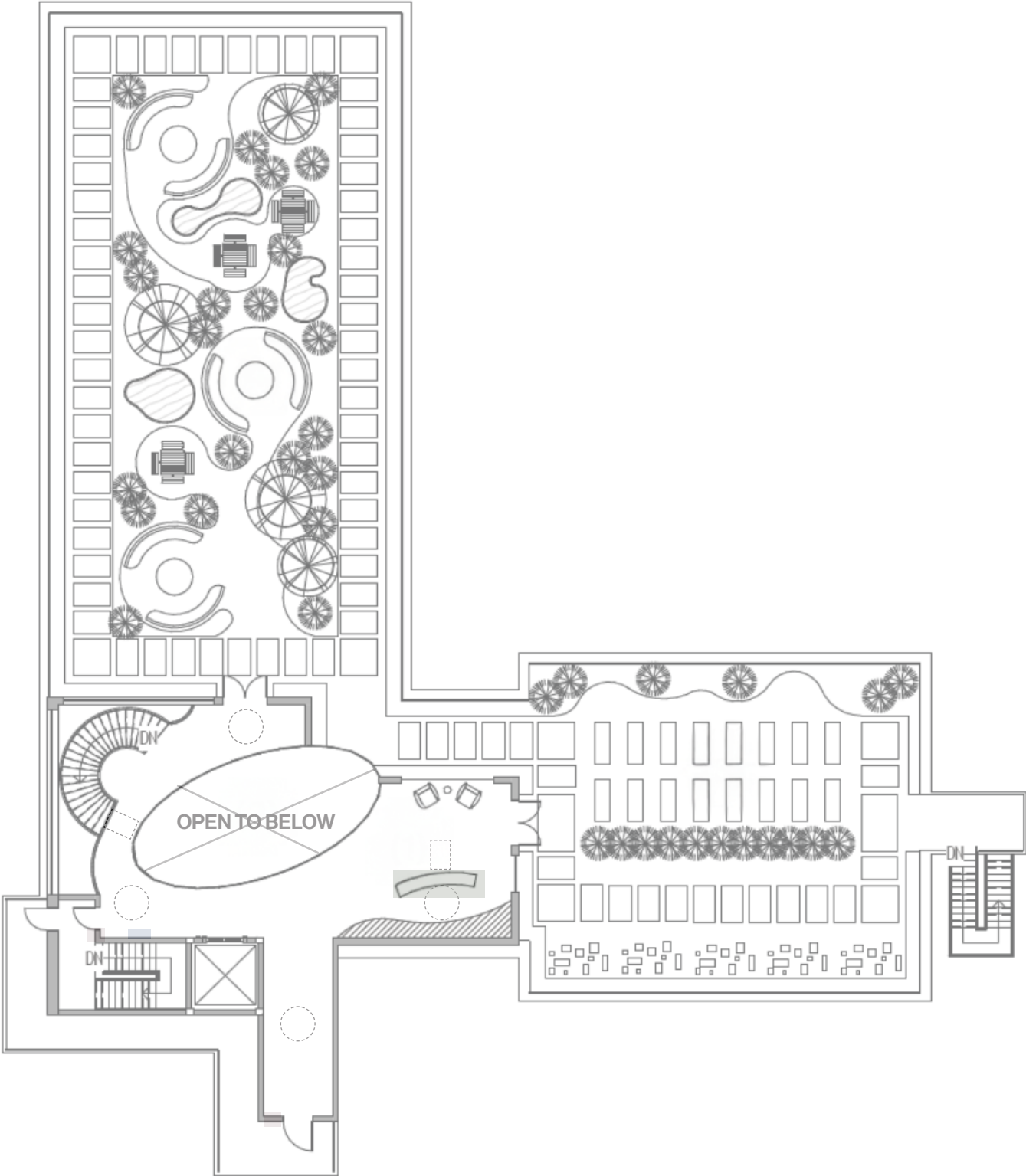


Key:

- Exit Signs
- Audio/Visual Alarms
- Smoke Detectors
- FEC Fire Extinguisher Cabinets
- Single Egress Doors
- Double Egress Doors
- Fire Stairs
- Accessory Stairs
- Elevator

Measurements:

- Single Egress Doors- **36” wide**
- Double Egress Doors- **6’ wide**
- Single Non-ADA Restroom Stall Doors- **24” wide**
- Single ADA Restroom Stall Doors- **36” wide**
- Fire Stairs (both int. and ext.)- **4’ wide**
- Accessory Stair- **5’ wide**



Occupancy Classification: A-3
Occupancy Load: 33 occupants
Square Footage: 1,622 sq. ft.

Measurements & Information:

- # of Sinks: 0
- # of Toilets: 0
- # of Showers: 0
- # of Pools: 0
- # of Water Fountains: 1

ADA Design Implementations:

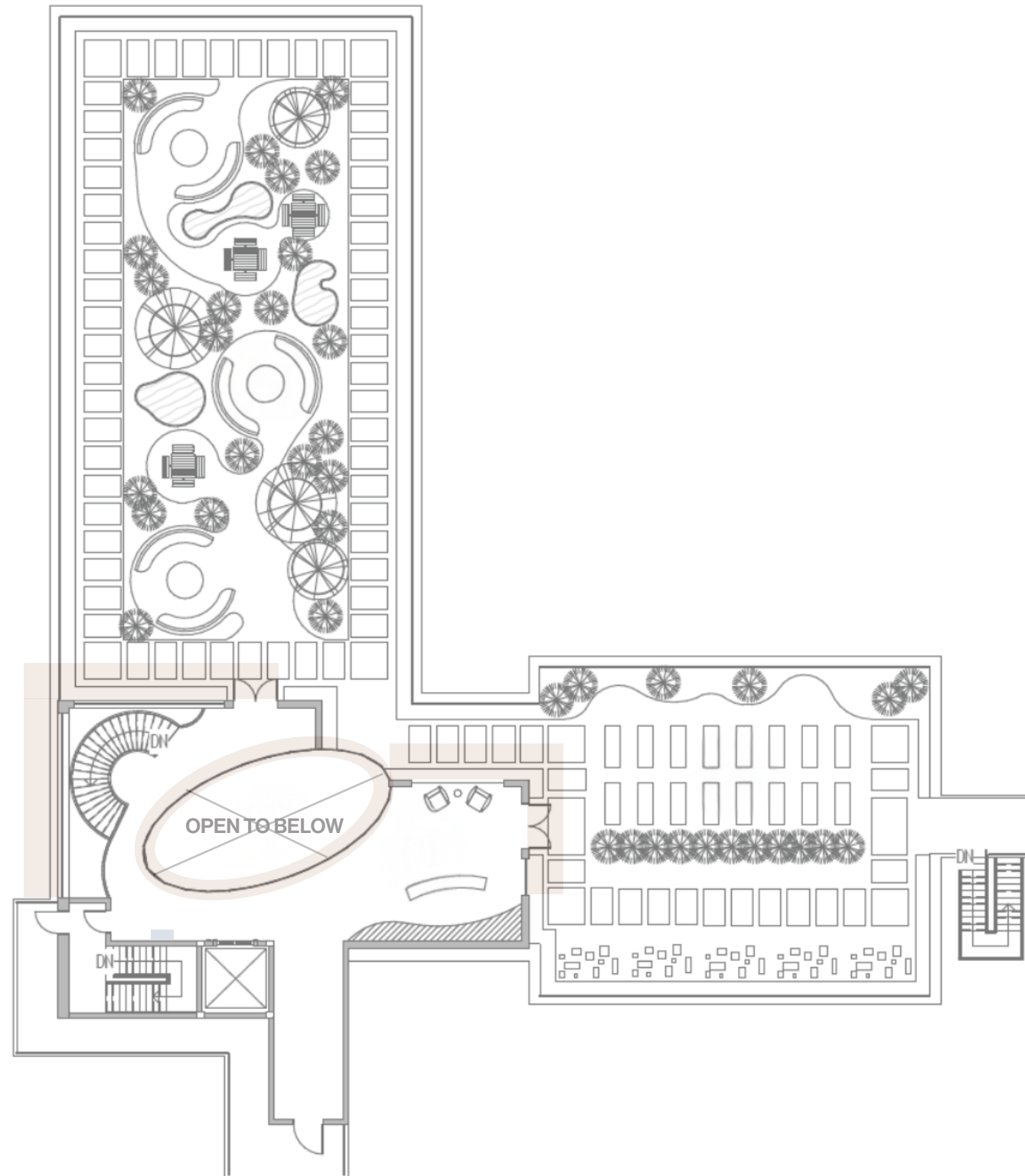
Clear Floor Space: 30" x 48"
Wheelchair Turning Radius: 60"

- Counter Height: 36"
- Push/Pull: 12"/18"
- Grab Bars

Accessible Entries (not exits):

Elevators: 1
Doors: 3






Floor 3, WELLness

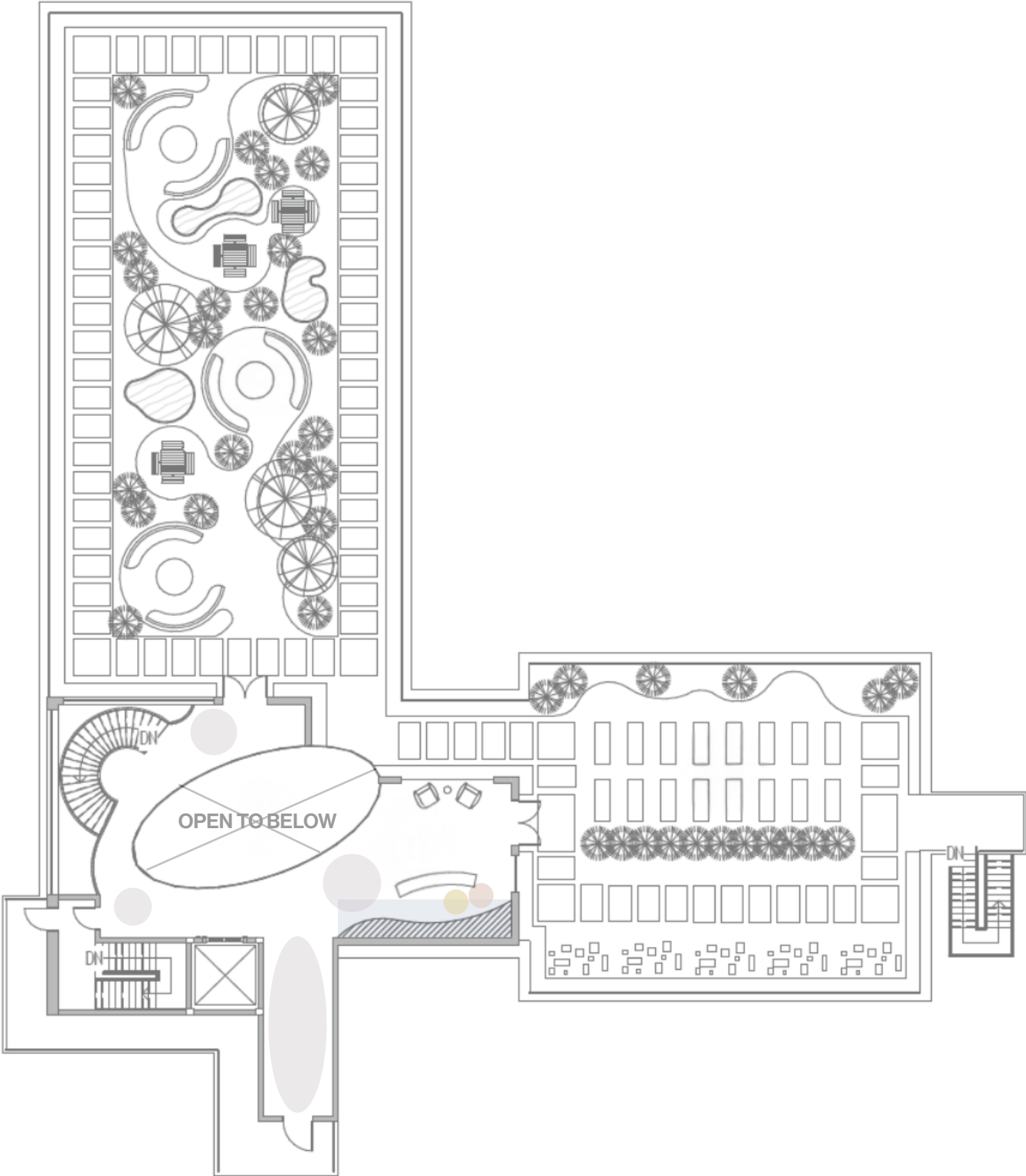


WELL Building Standard Strategies Implemented:

- (1) Smoke-Free Environment
- (2) HVAC Filters and Air Ventilation
- (3) Low VOC materials and paint
- (4) Active Design
- (5) Outdoor Fitness
- (6) Showers, Lockers, & Changing Areas
- (7) Fitness Center and Yoga/Meditation Rooms
- (8) Accessible by Walking and/or Public Transportation
- (9) Water and Snack Stations
- (10) Access to Nature
- (11) Natural Light
- (12) Quiet vs. Public Spaces

Key:

-  Fitness: **Promoting Physical Health and an Active Lifestyle**
-  Air: **Promoting Productivity and Internal Health**
-  Light: **Promoting a Positive Mood and Sleep**
-  Mind: **Promoting Mental Health and Reducing Stress**
-  Water: **Promoting Hydration and Sustainable Water Practices**

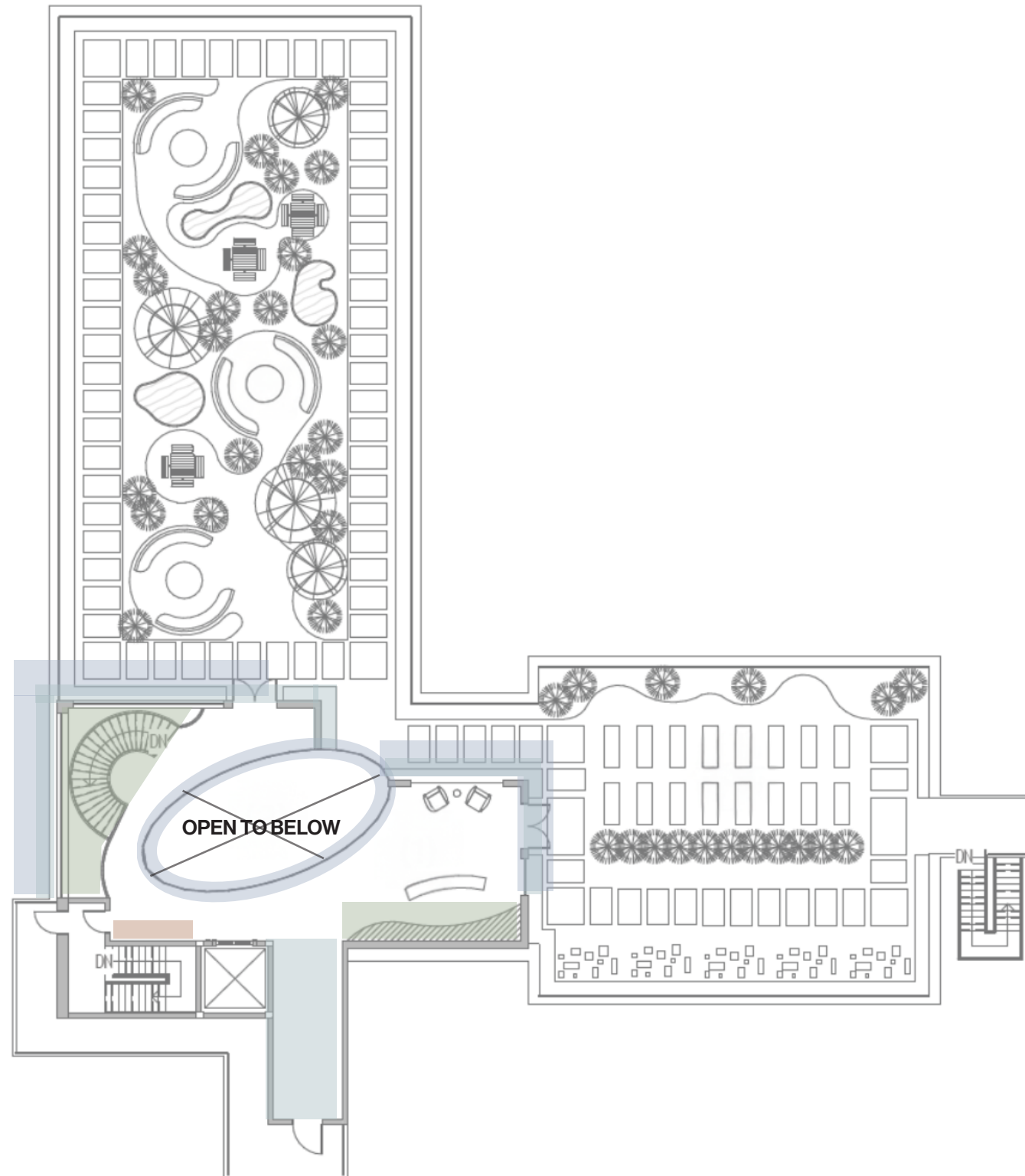


Key:

- Acoustic Walls
- Acoustical Treatments (opacity refers to amount of treatments)
- Acoustic Control
- Plumbing Walls
- Storage for Equipment
- Temperature Control

Floor 3, Design Implementation

Diagramming



Unique Design Features:

(1) Materiality

Incorporating materials that are native to Georgia, allow for user connection to environment, as well as prioritizing acoustics and sustainability.

- Ex. Granite, Oak, Red Clay, etc.

(2) Thermal Pools

Recognizing the natural springs that lay beneath the land and providing thermal properties to create a European-spa in Atlanta.

(3) Calm's Integrated Technology

Incorporating the Calm app's services on a bigger scale throughout the building.

- Ex. Ambient Music, Guided Meditation/Yoga Touchscreen, etc.

(4) Therme Vals Inspiration

Playing with Therme Val's unique architectural design throughout, especially in the spa areas.

- Ex. Inside vs. Outside Spas, Private vs. Less-Private Spas, Stone Exterior, Green Roof, Extensive Curtain Walls, etc.

(5) Atrium and Views

Connecting all floors of the space by having a central garden with trees that grow to third floor. Second and third floors prioritize views of city and surrounding nature.



SCHEMATIC DESIGN

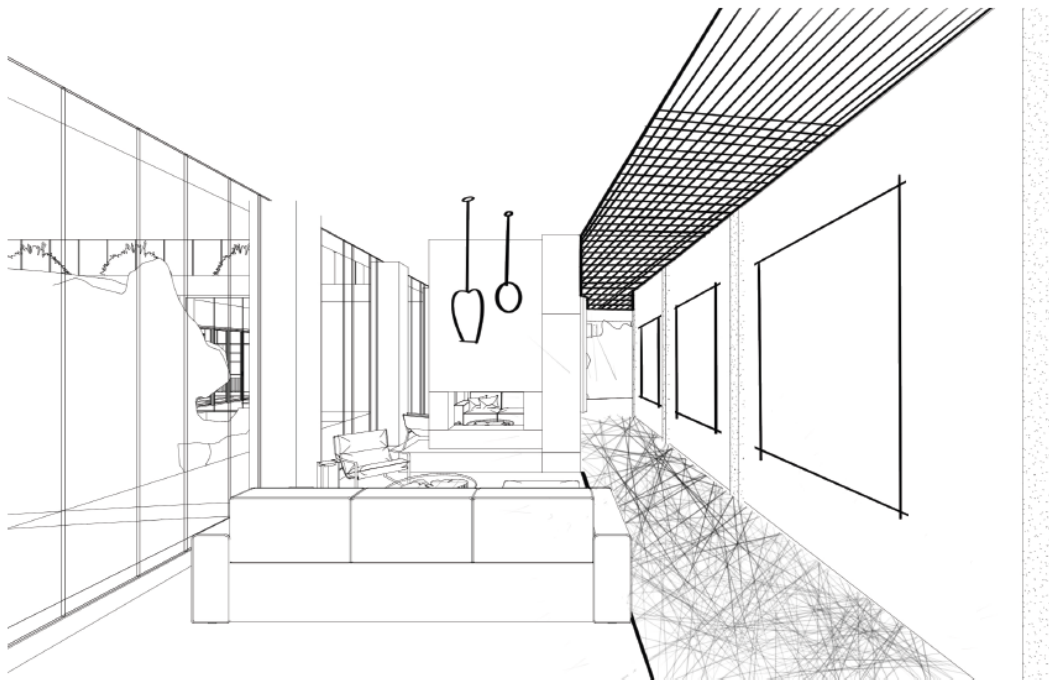
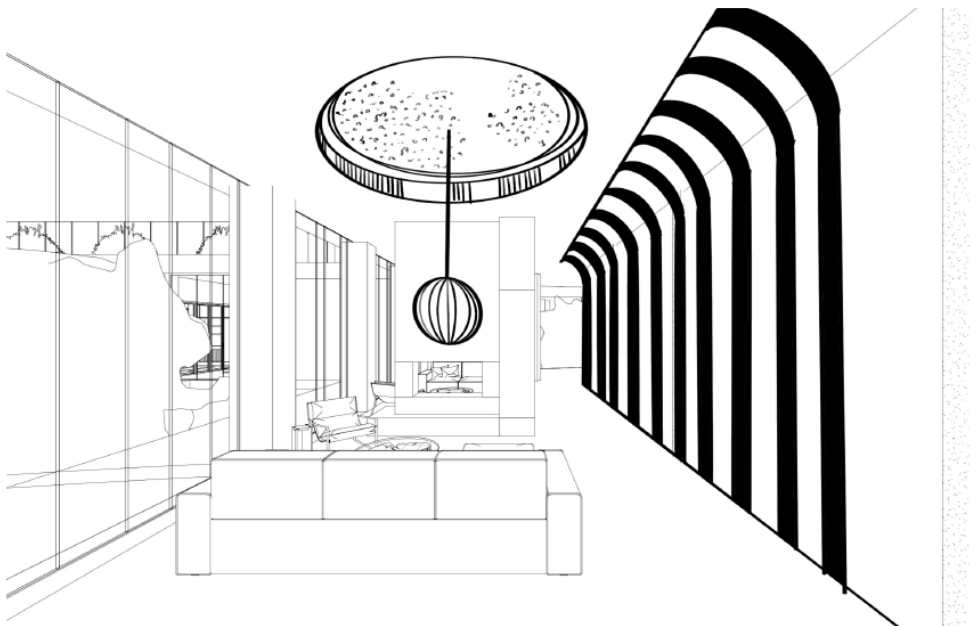
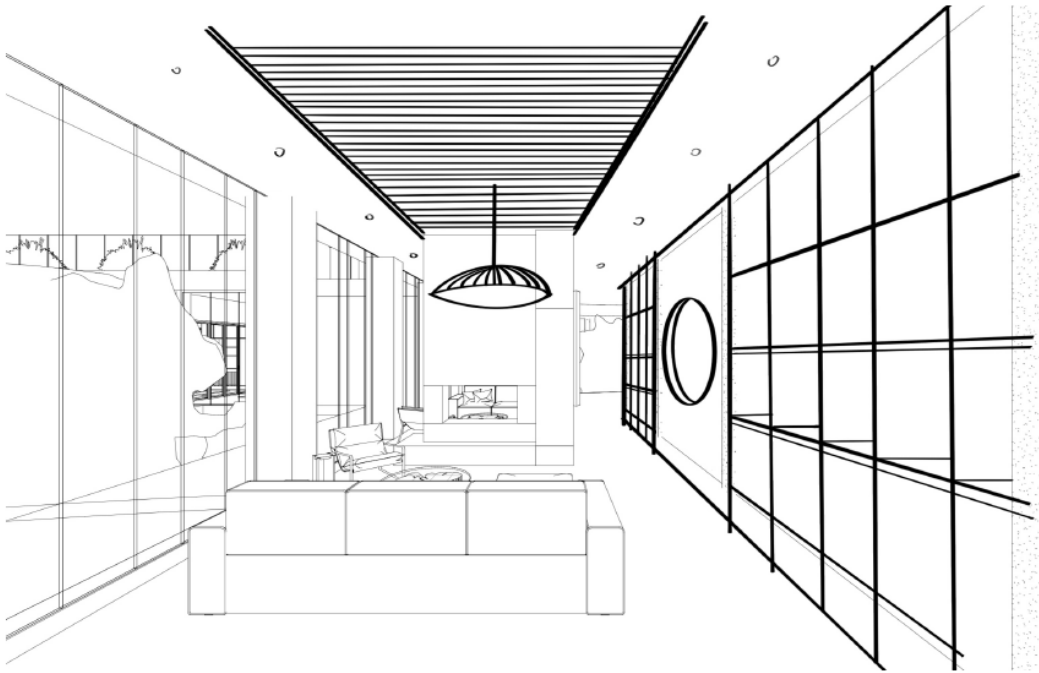
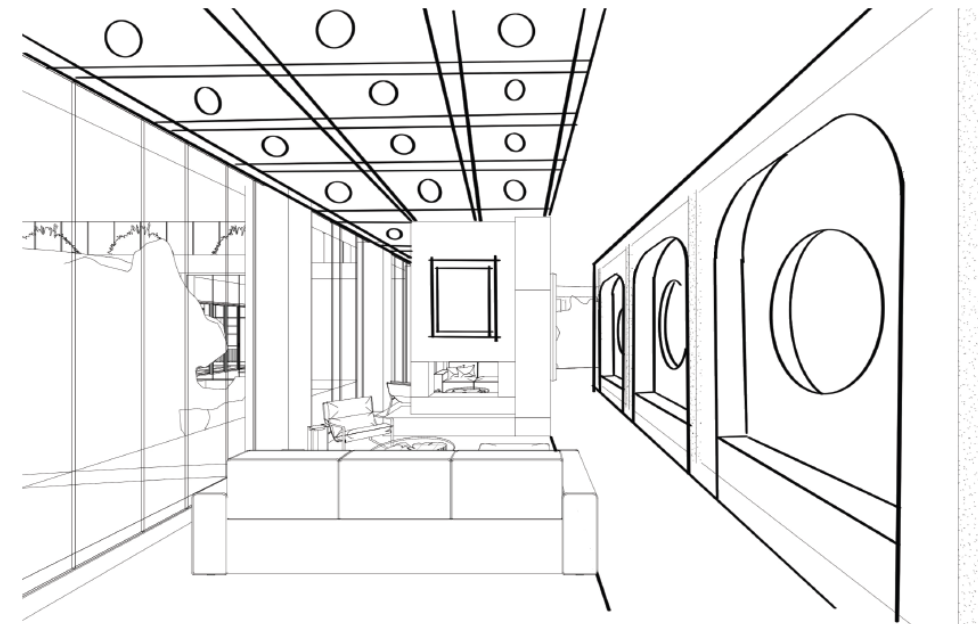
Volumetric Sketches

Development of 3-D Views



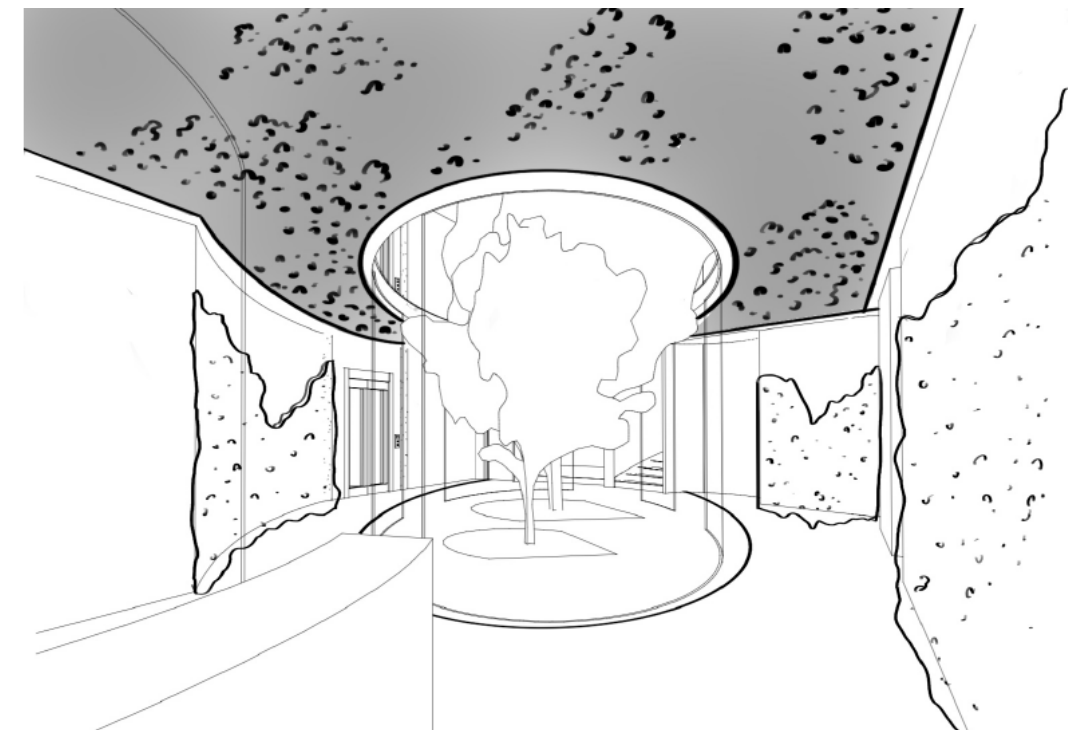
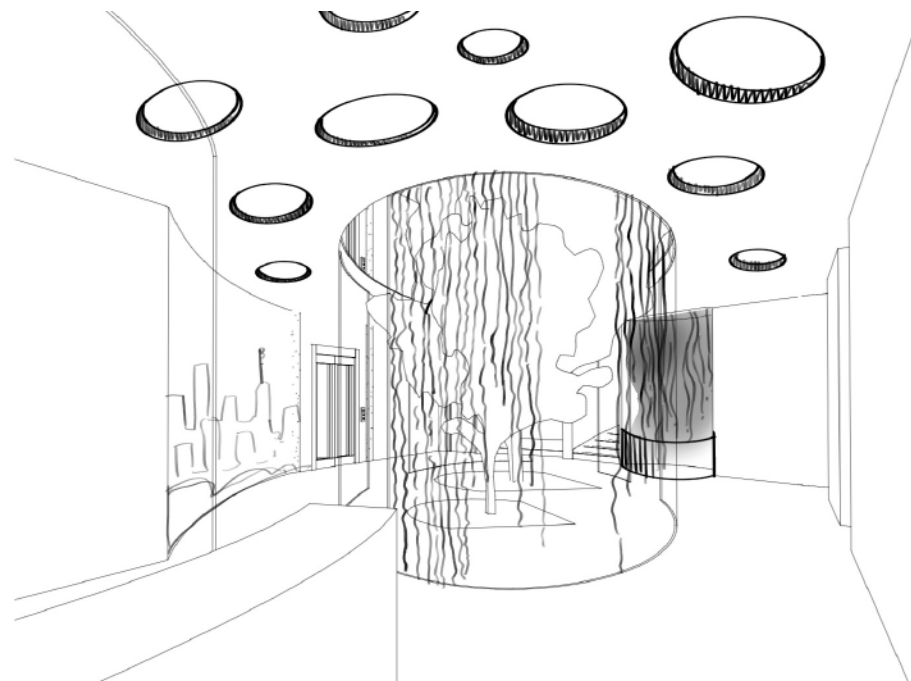
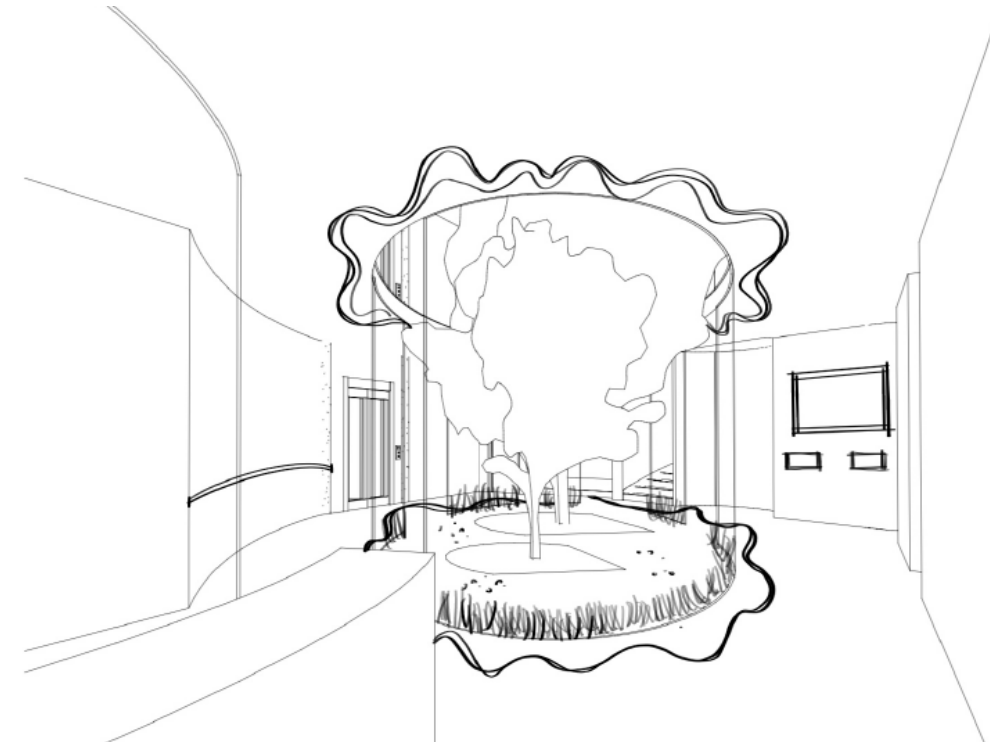
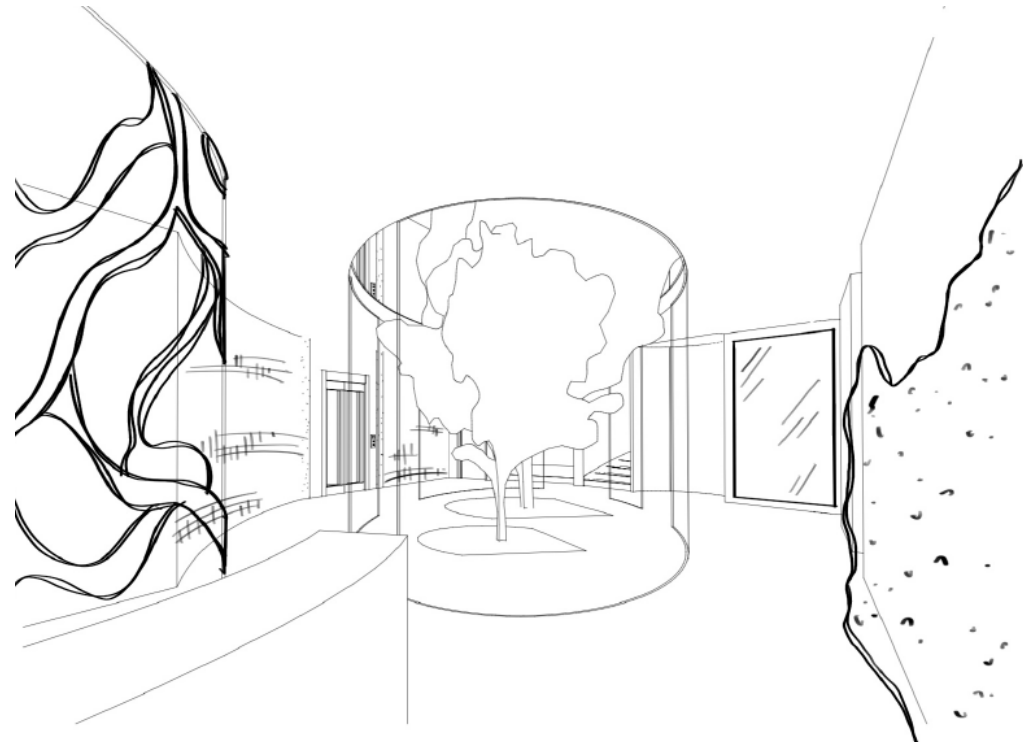
Lounge, 4 Sketches

Volumetrics



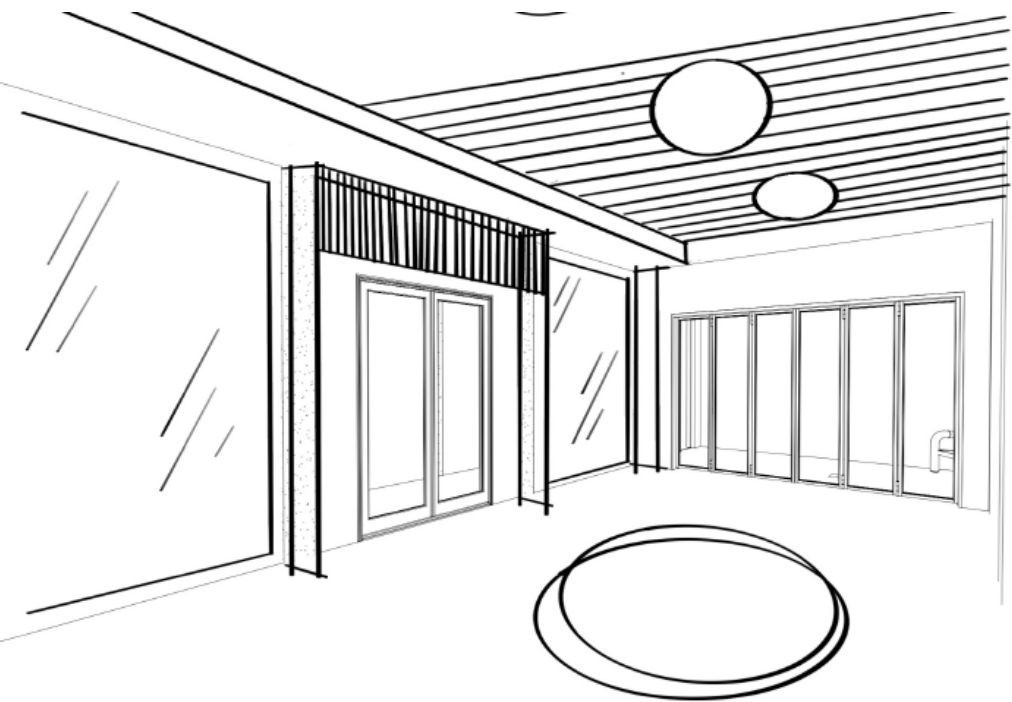
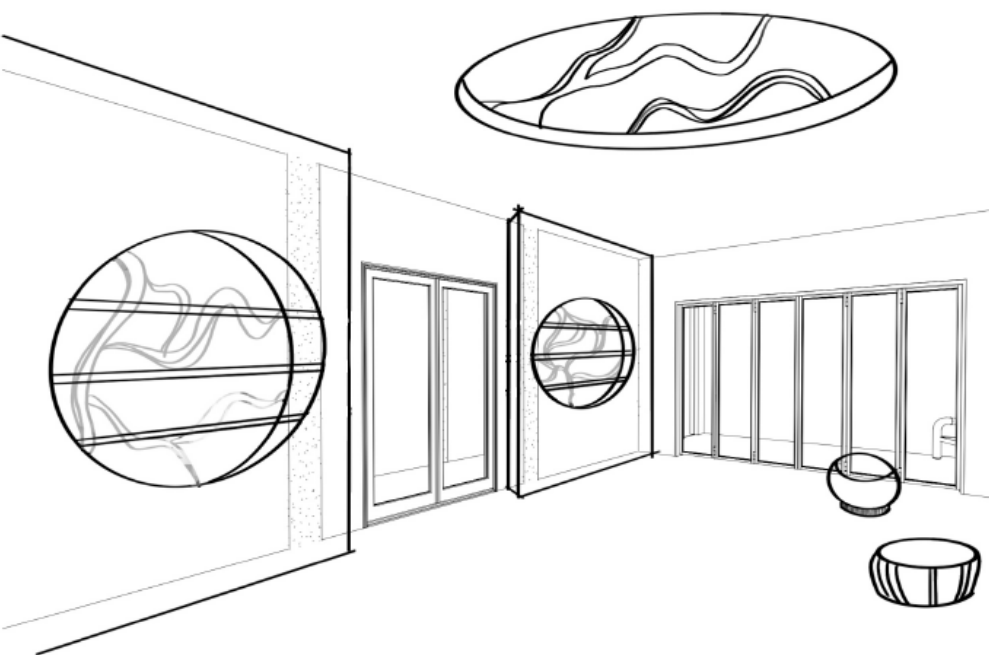
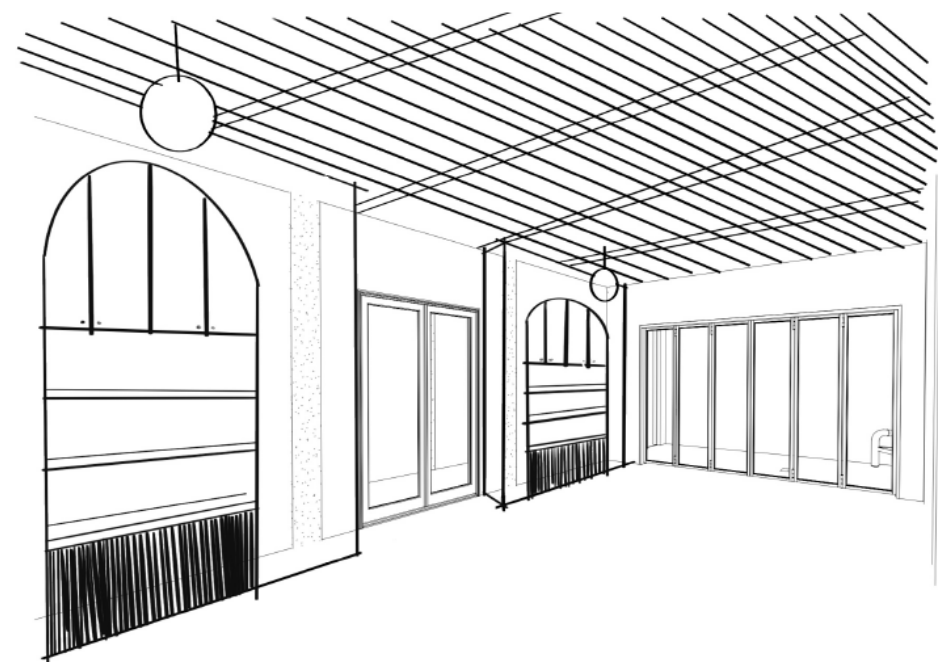
Lobby & Reception, 4 Sketches

Volumetrics



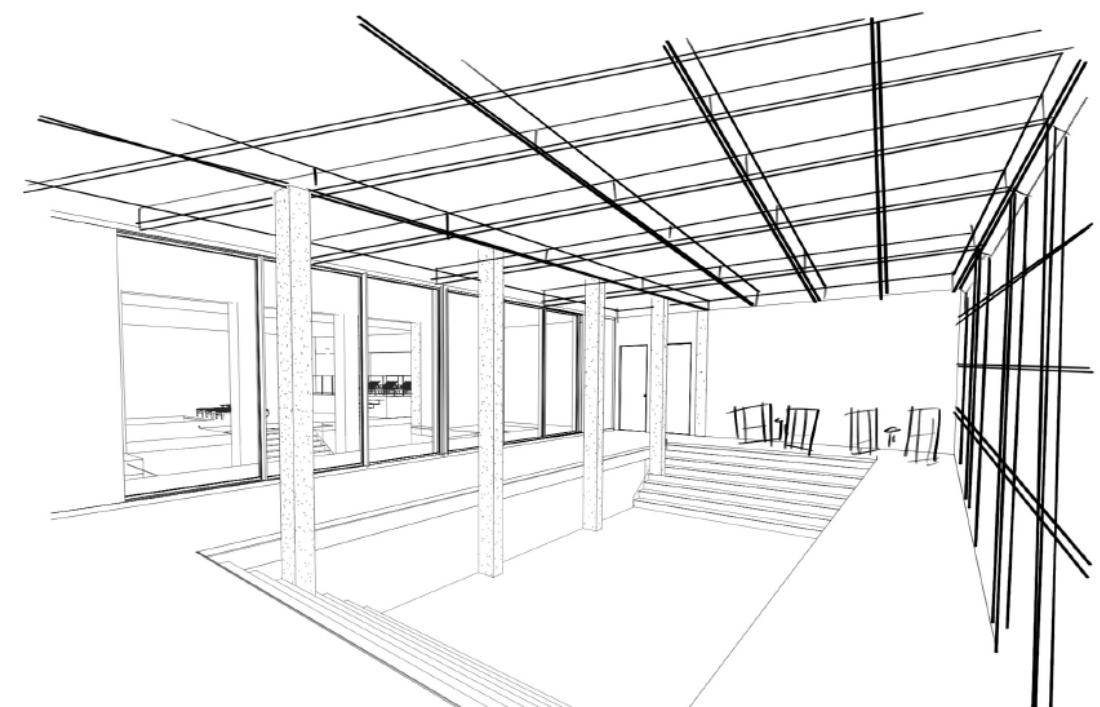
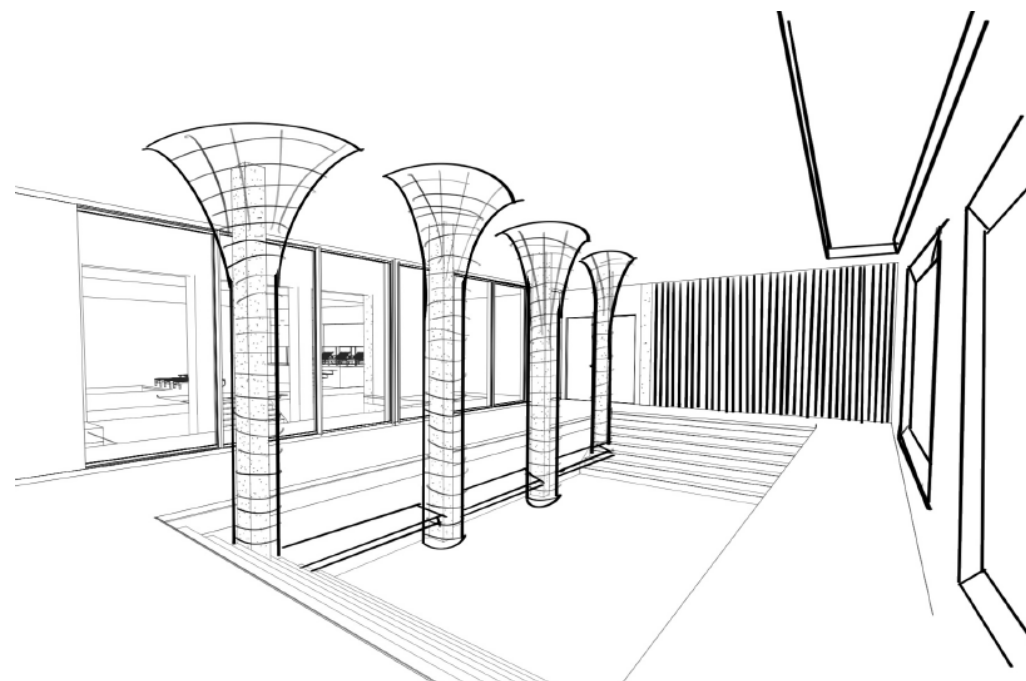
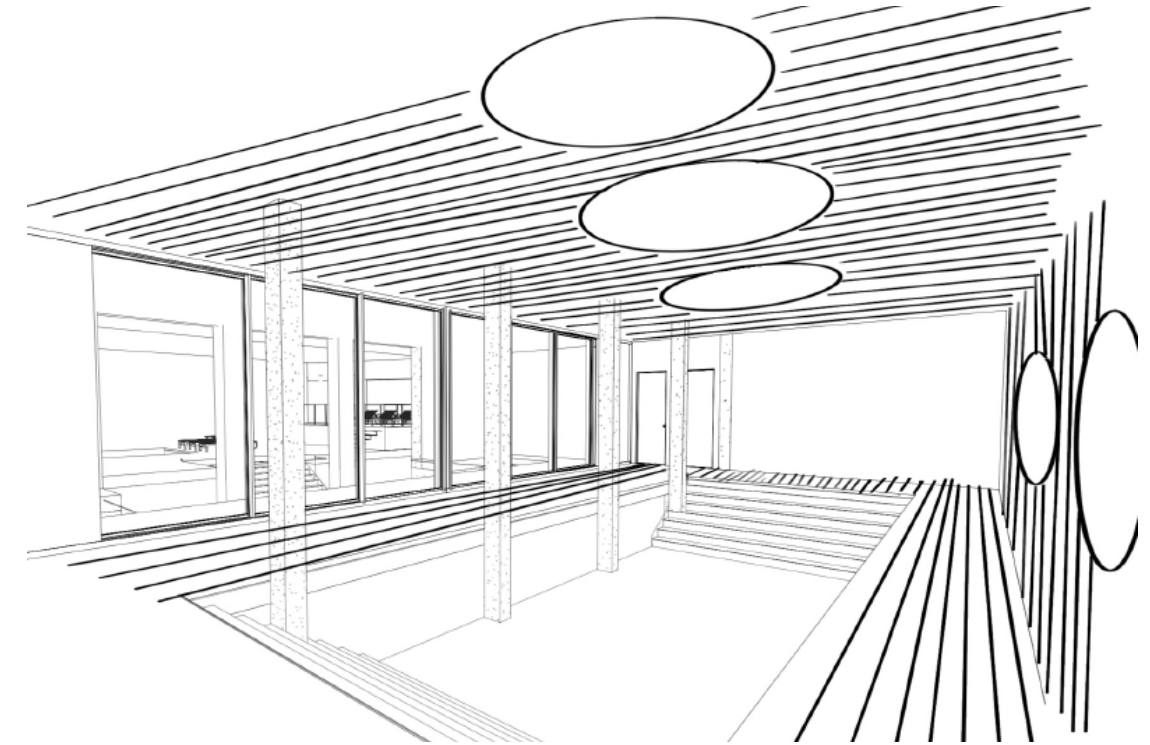
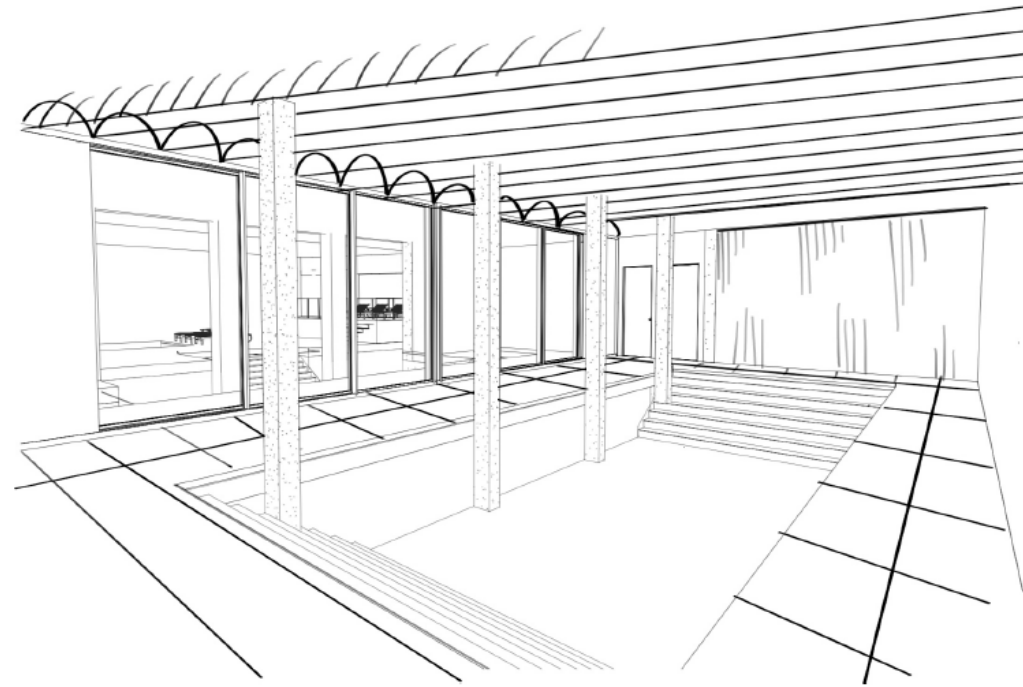
Yoga & Meditation Room, 4 Sketches

Volumetrics



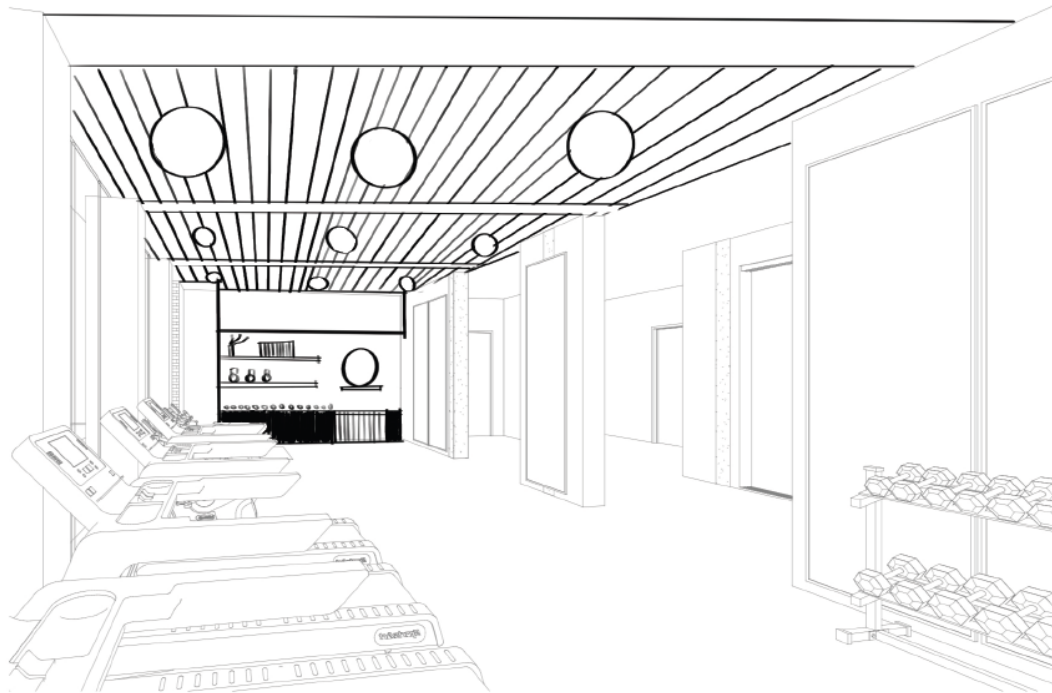
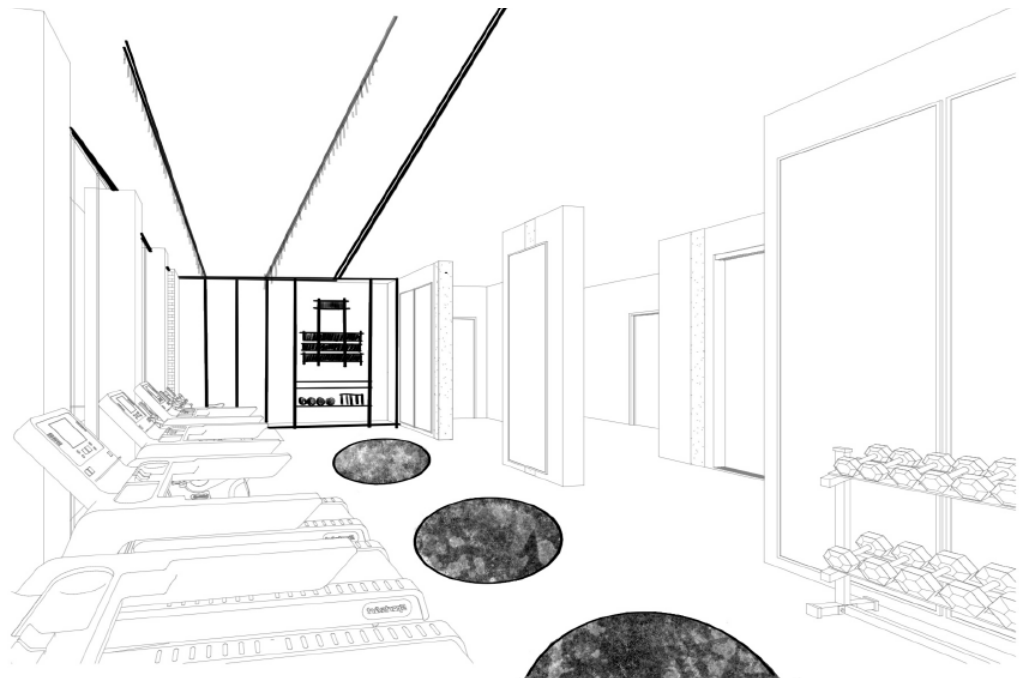
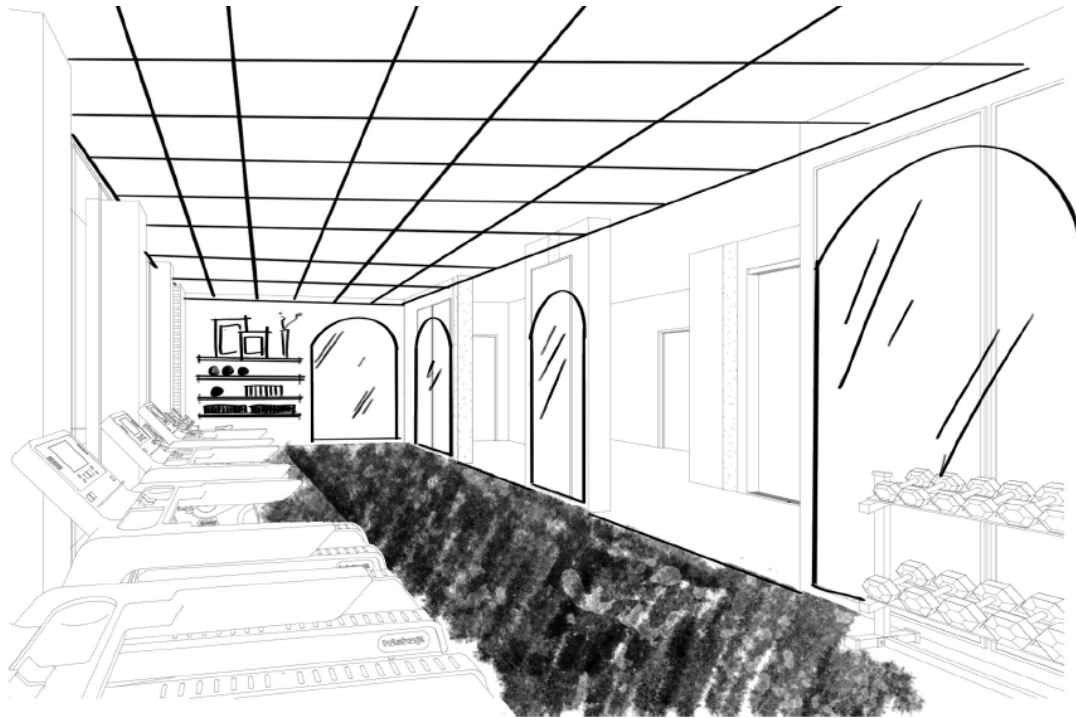
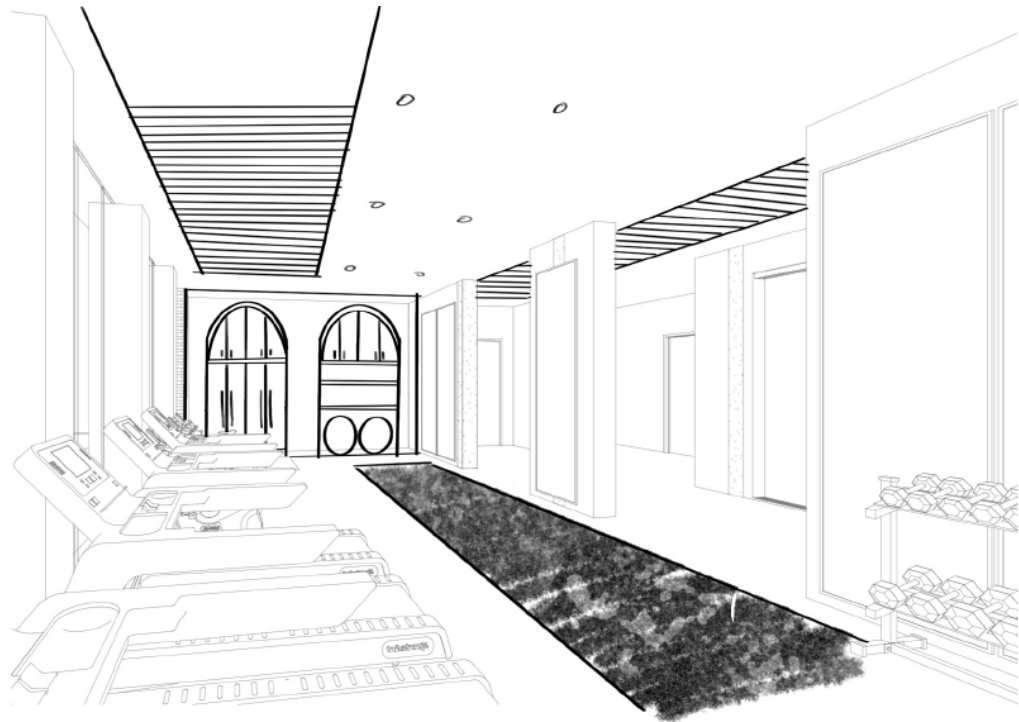
Indoor Thermal Pool, 4 Sketches

Volumetrics



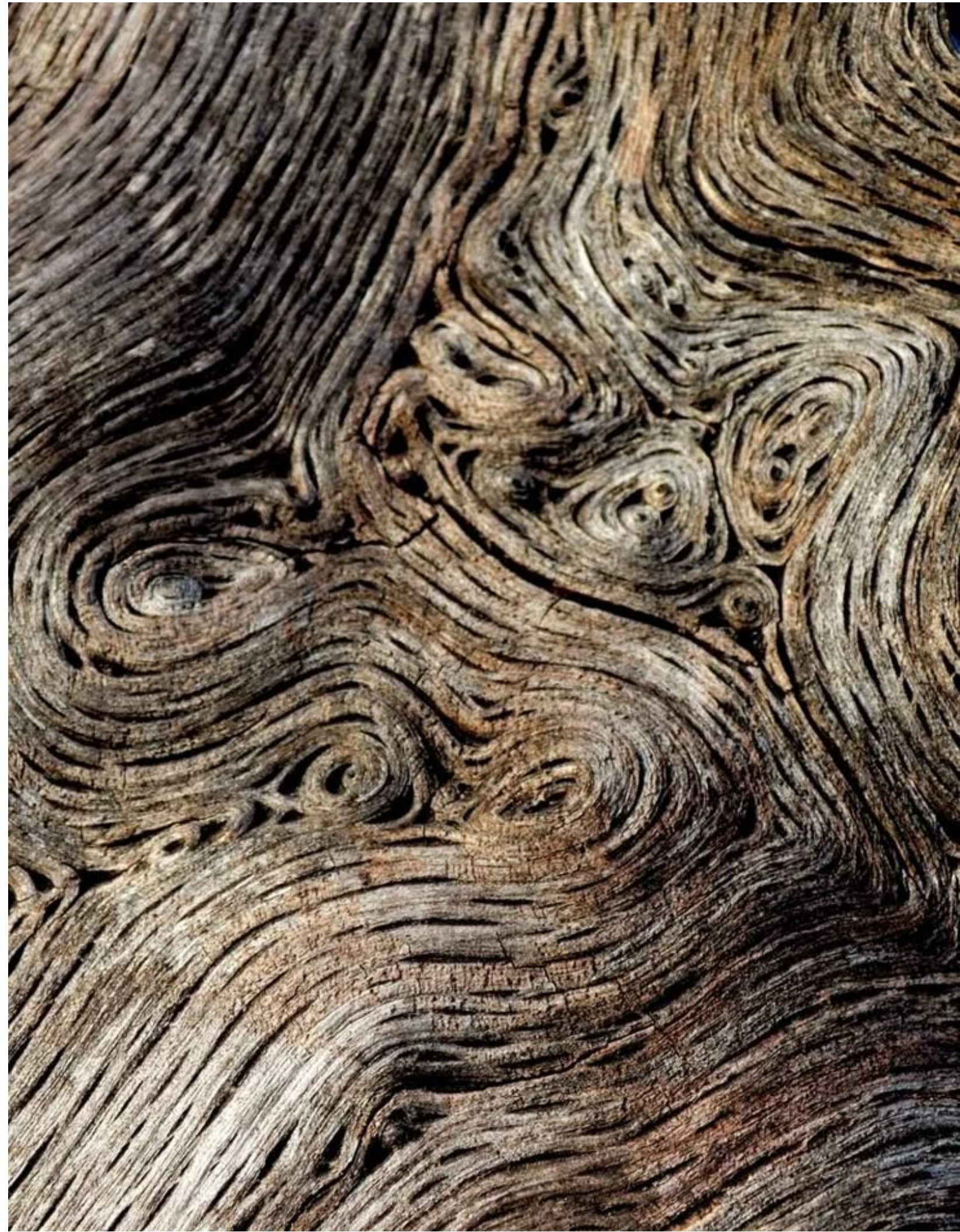
Fitness Room, 4 Sketches

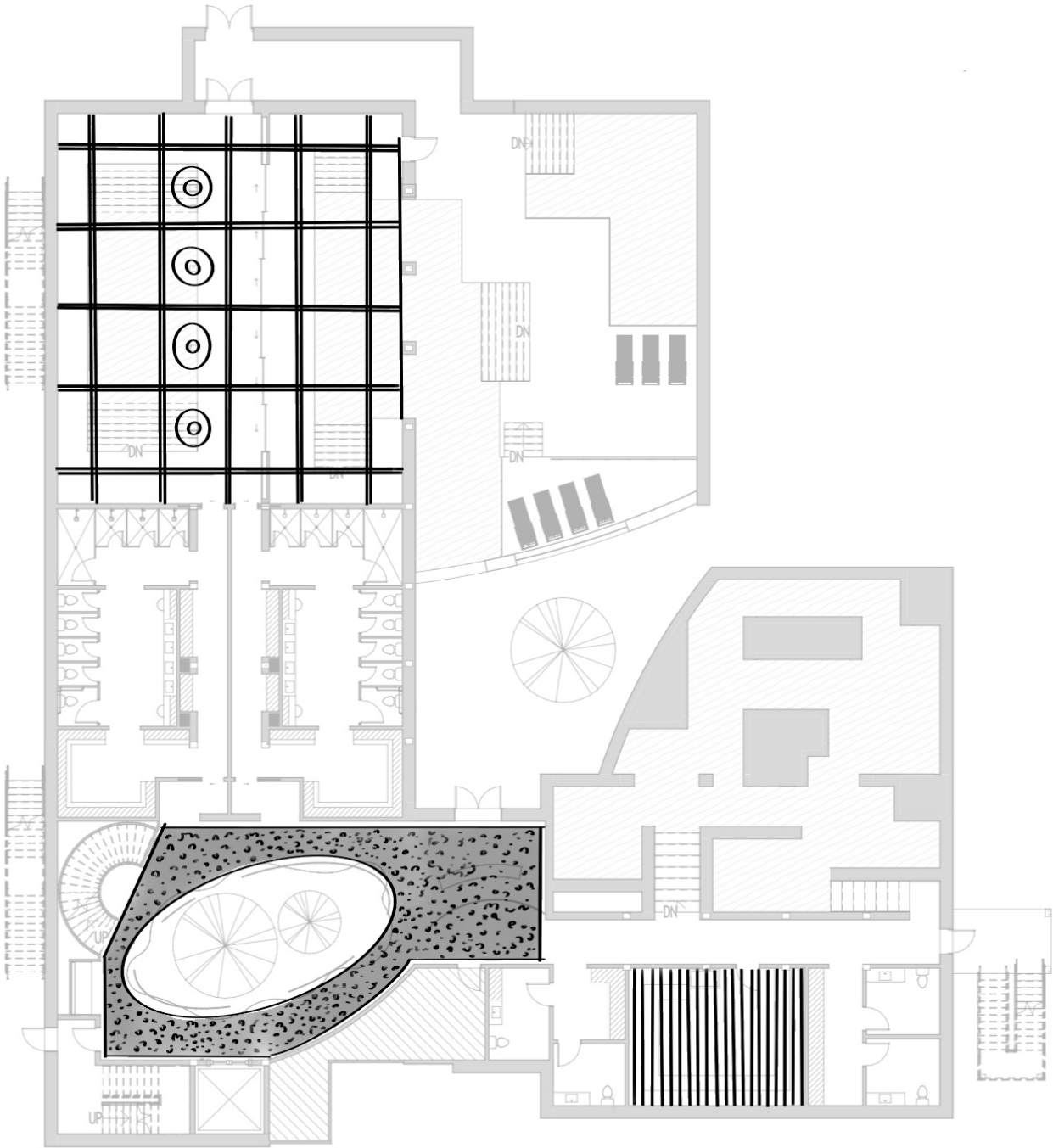
Volumetrics



RCP Studies

2 Iterations- First, Second, & Third Floors





Thermal Baths:

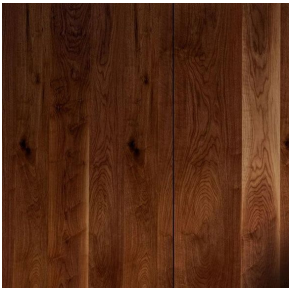
- (1) Gridded Ceiling with Back-Lit Panels and Rounded Columns
- (2) Ceiling: 11' high
- (3) Bottom of Beams: 10' high

Lobby/Reception:

- (1) "Water" Panels
- (2) Ceiling: 11' high
- (3) Bottom of Panels: 10'-6" high

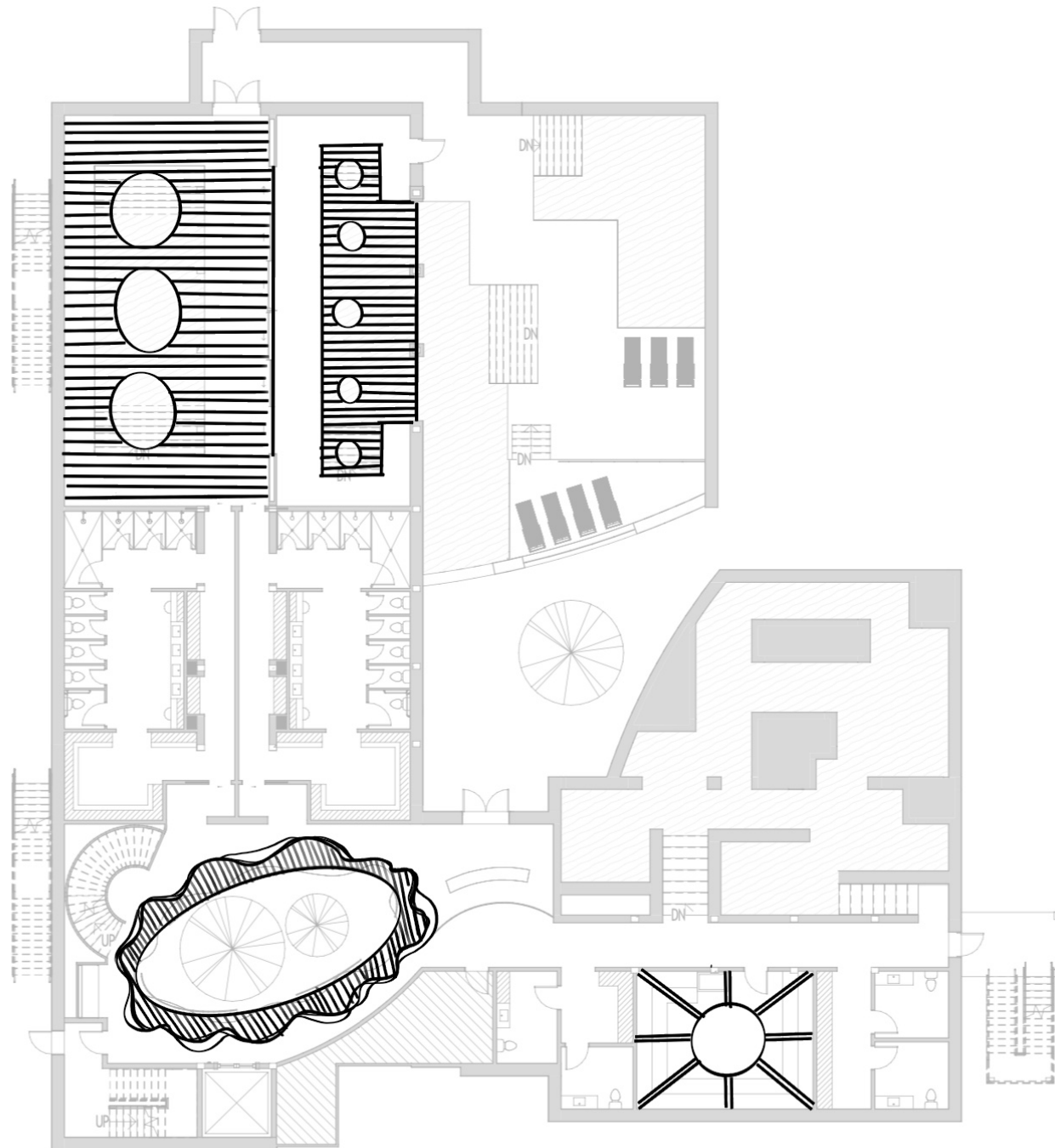
Sauna:

- (1) Slatted Ceiling
- (2) Ceiling: 10' high
- (3) Bottom of Slats: 9' high



First Floor, #2

RCP Iterations



Thermal Baths:

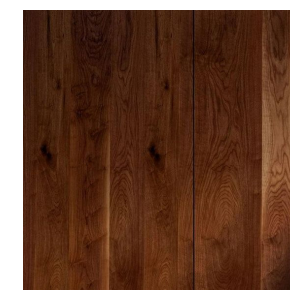
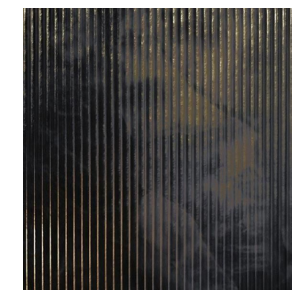
- (1) Slatted Ceiling with 3 Circle Back-Lit Cut-Outs
- (2) Ceiling: 11' high
- (3) Bottom of Beams: 10'-6" high

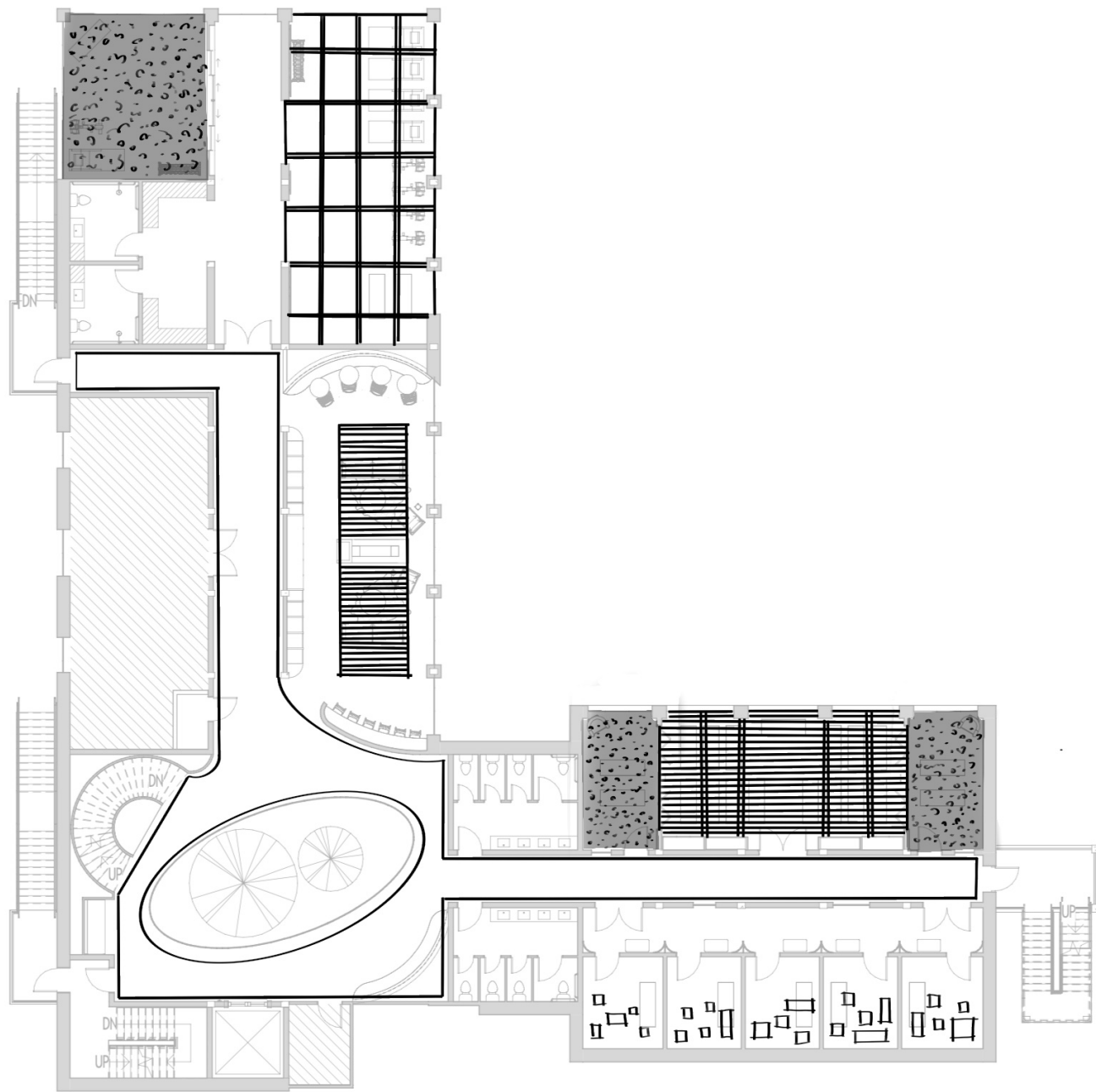
Lobby/Reception:

- (1) Organic Stepped Ceiling
- (2) Ceiling: 11' high
- (3) Bottom of Panel: 10'-6" high

Sauna:

- (1) Back-Lit Cut-Out Circle with Beams
- (2) Ceiling: 10' high
- (3) Bottom of Slats: 9' high





Thermal Baths:

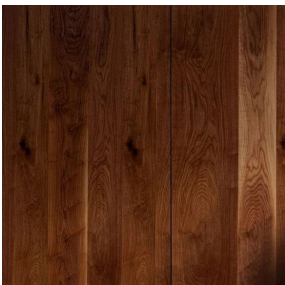
- (1) Slatted Ceiling with 3 Circle Back-Lit Cut-Outs
- (2) Ceiling: 11' high
- (3) Bottom of Beams: 10'-6" high

Lobby/Reception:

- (1) Organic Stepped Ceiling
- (2) Ceiling: 11' high
- (3) Bottom of Panel: 10'-6" high

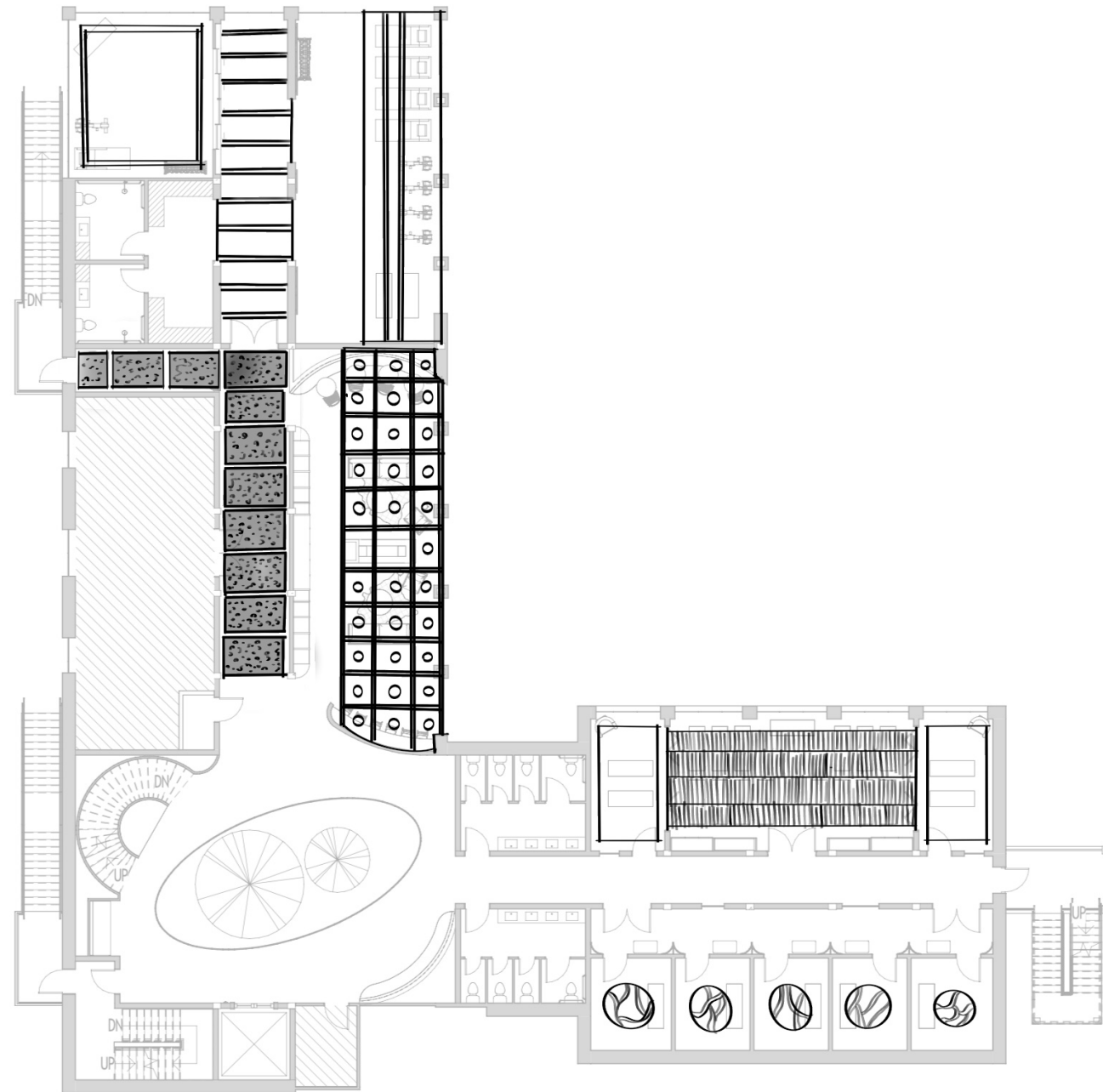
Sauna:

- (1) Back-Lit Cut-Out Circle with Beams
- (2) Ceiling: 10' high
- (3) Bottom of Slats: 9' high



Second Floor, #2

RCP Iterations



Fitness Center:

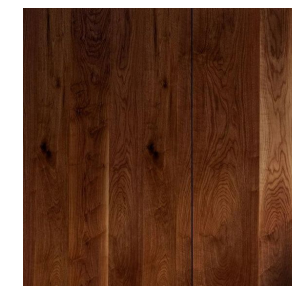
- (1) Drop-Down Ceiling with Linear Lighting
- (2) Ceiling: 11' high
- (3) Bottom of Drop-Down: 10' high

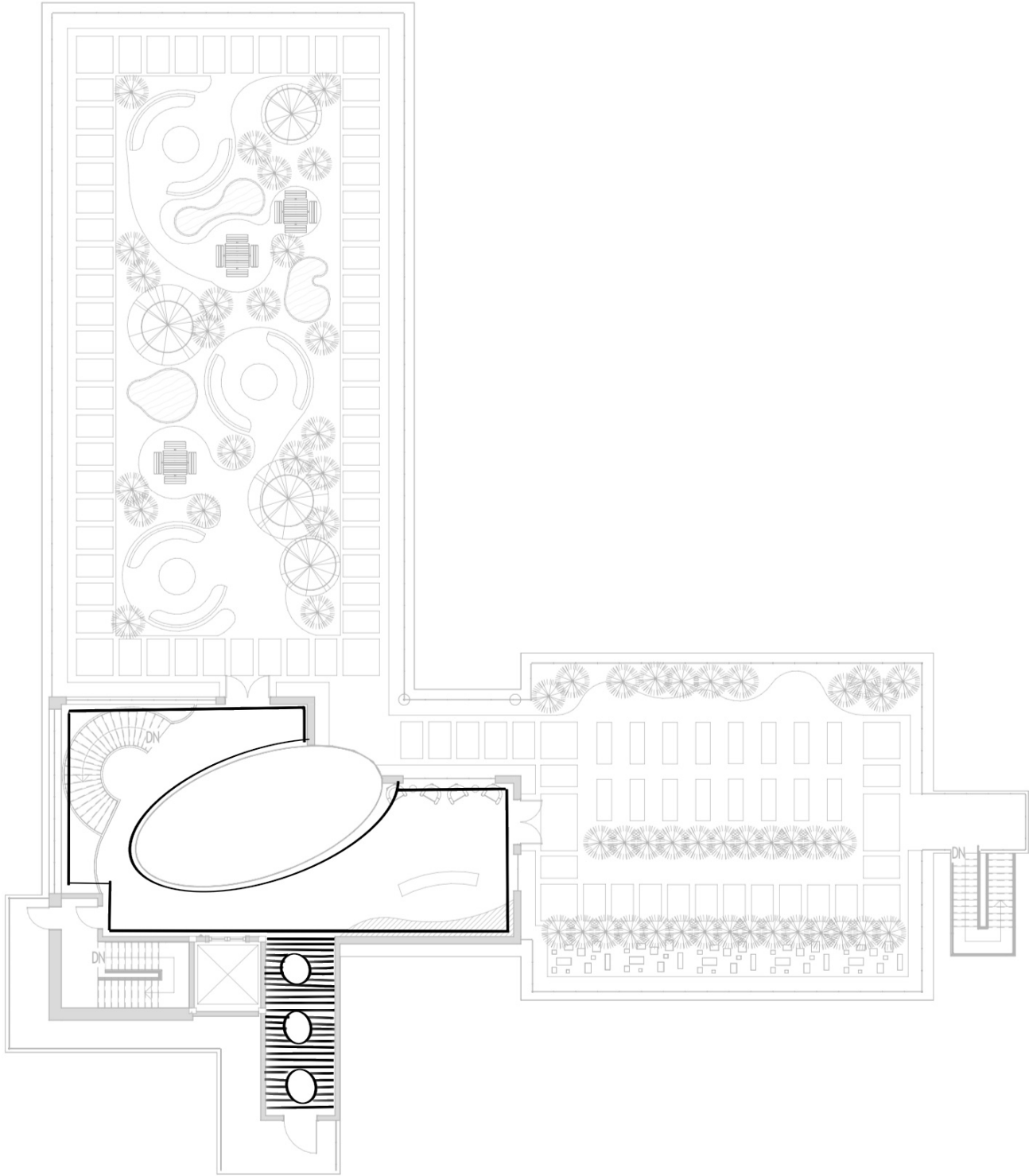
Lounge:

- (1) Gridded Ceiling with Globe Pendants
- (2) Ceiling: 11' high
- (3) Bottom of Beams: 10' high

Yoga/Meditation Room:

- (1) Draped Ceiling
- (2) Ceiling: 11' high
- (3) Bottom of Slats: 9'-6"



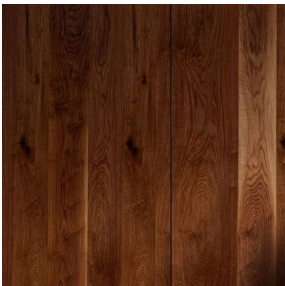


Entrance Hallway:

- (1) Slatted Ceiling with Back-Lit Circle Cut-Outs
- (2) Ceiling: 10' high
- (3) Bottom of Beams: 9' high

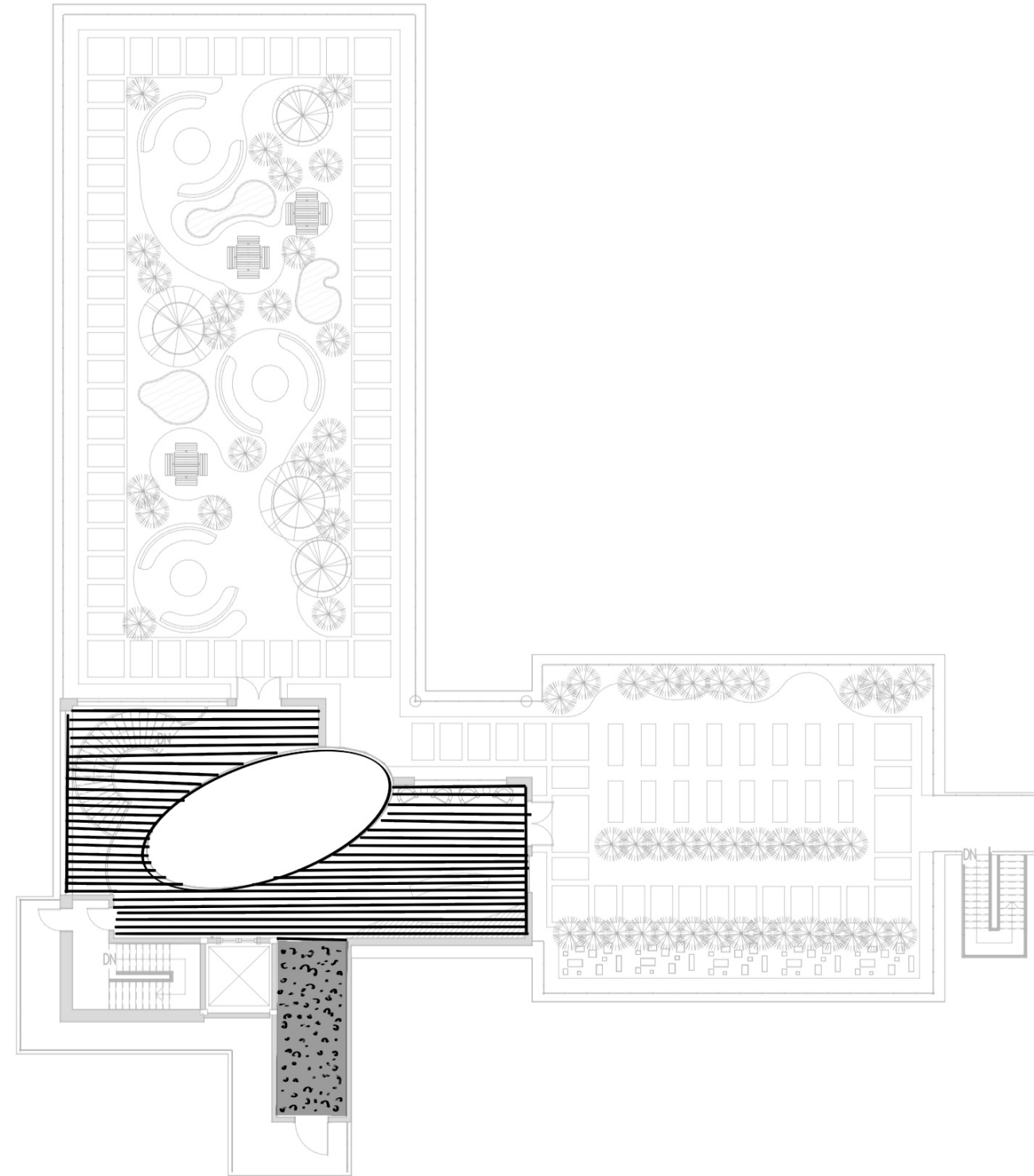
Main Reception:

- (1) Gypsum Ceiling
- (2) Ceiling: 11' high



Third Floor, #1

RCP Iterations

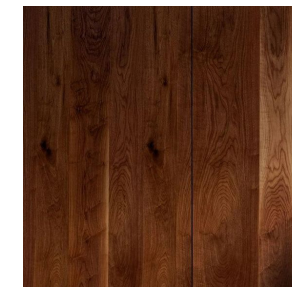


Entrance Hallway:

- (1) "Water" Panels
- (2) Ceiling: 9'-6" high
- (3) Bottom of Panels: 9' high

Main Reception:

- (1) Slatted Ceiling
- (2) Ceiling: 11' high
- (3) Bottom of Beans: 10'-6"



Materiality

Early In-Progress Development



Materiality Board



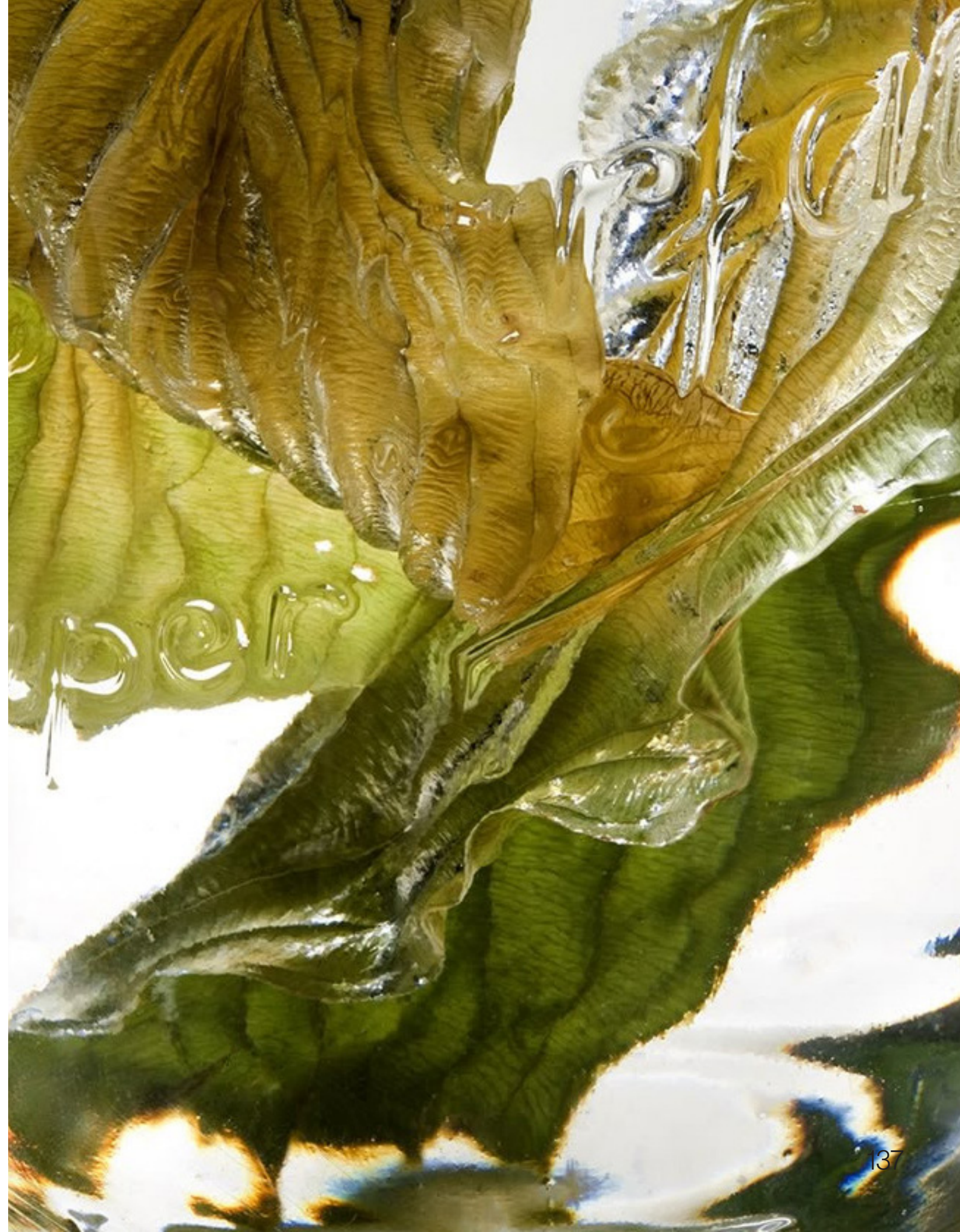
- (1) Stigma Brown Paper Geometric Wallpaper
- (2) Stainless Steel Wave Panel
- (3) Zellige Tiles- Green
- (4) Ruter Army Green Handtufted Rug
- (5) Macchia Antica Countertop
- (6) Matelasse Roscoe Fabric
- (7) Panbeton Shui Concrete Panel
- (8) Marrakesh Stripes in Travertine Tile
- (9) Walnut Paneling
- (10) Houndstooth Pattern Leather Upholstery

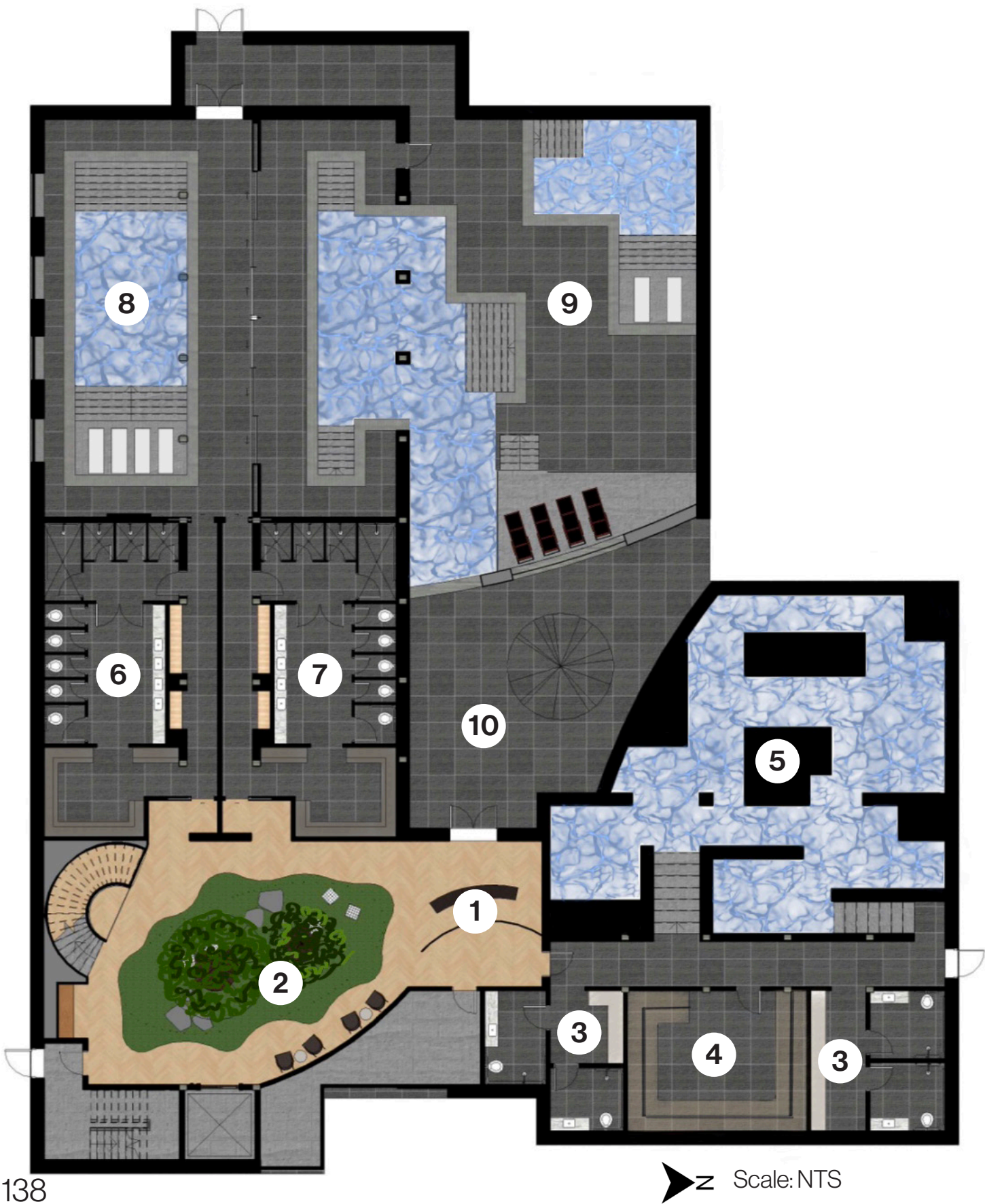


DESIGN DEVELOPMENT

Final Plans

Floor Plans and RCPs



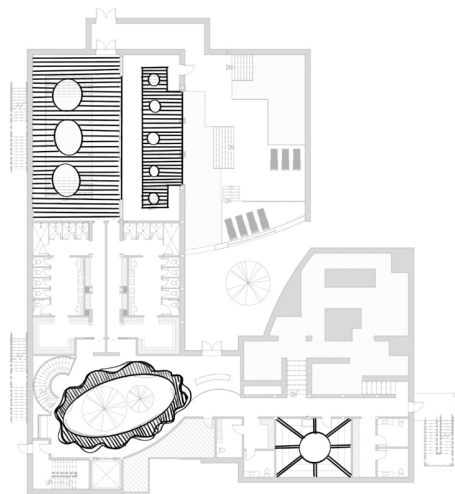
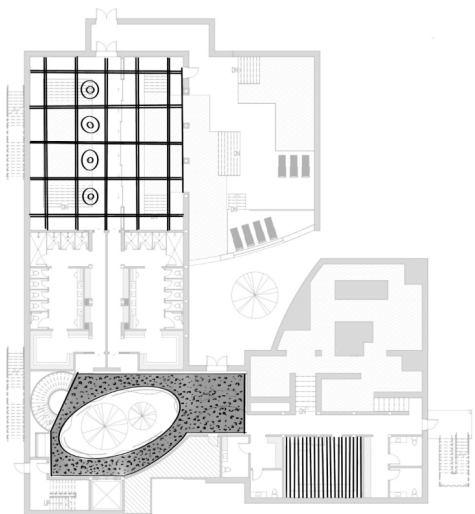
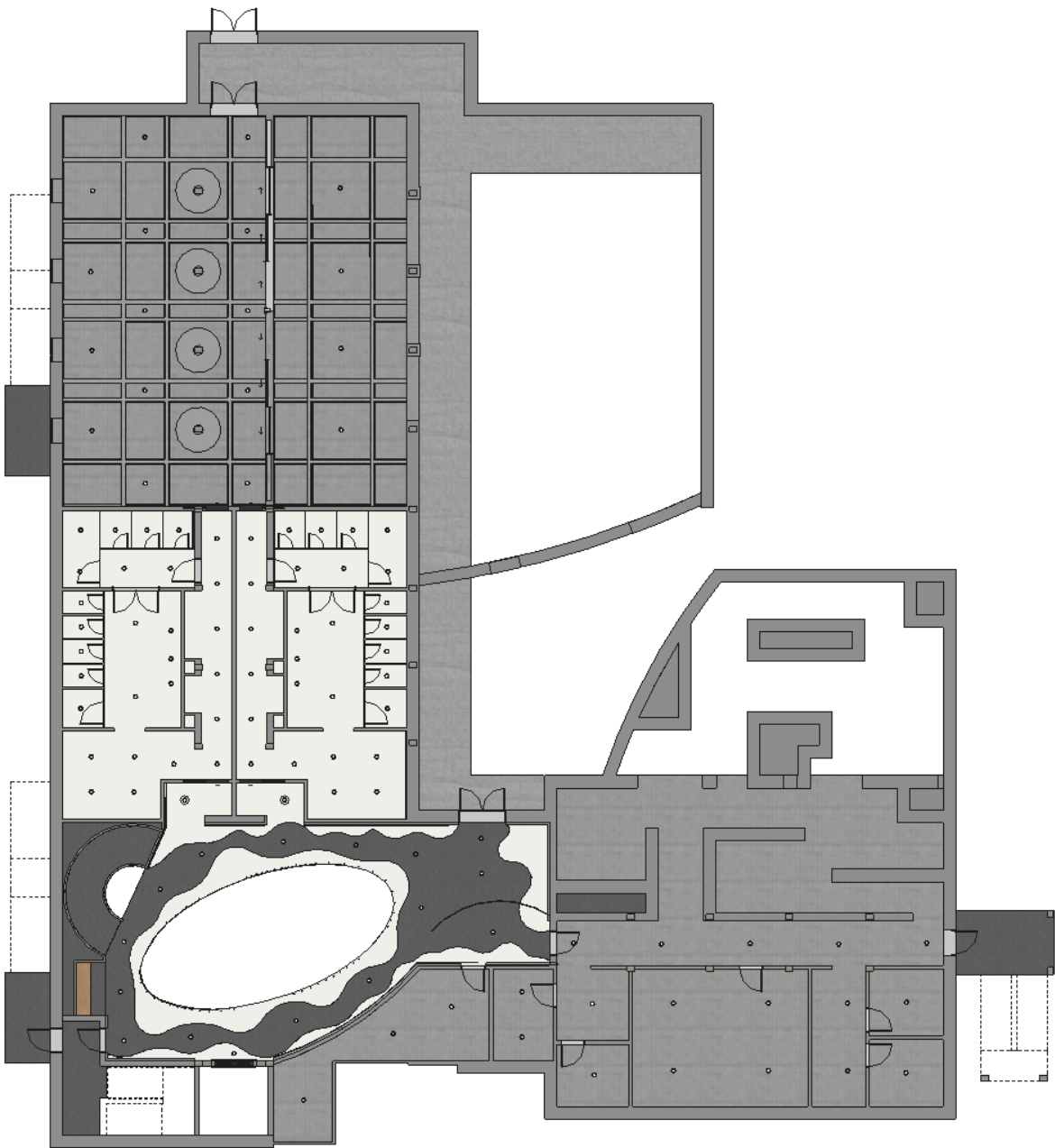


About:

The first floor of this building focuses on thermal activities that lead to both physical and mental wellbeing. Inspired by the Therme Vals resort in Switzerland, there are both private and less-private thermal bath areas. This allows the users to choose their journey, depending on the day. The less-private thermal baths include both indoor and outdoor pools that can be merged depending on the day. Located in the connecting area of all of the spaces is an indoor garden with two oak trees that reach all the way to the third floor.

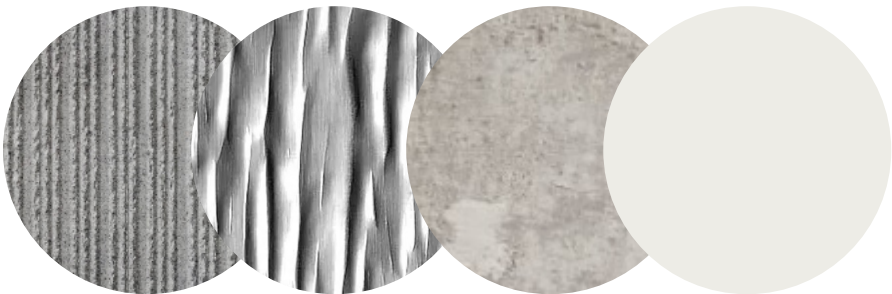
Room Key:

- (1) Lobby and Reception
- (2) Indoor Garden
- (3) Private Restrooms and Locker Area
- (4) Sauna
- (5) Private Thermal Bath
- (6) Women's Locker Room
- (7) Men's Locker Room
- (8) Indoor Thermal Bath
- (9) Outdoor Thermal Bath(s)



Materiality:

- (1) Sherwin Williams- Pure White Paint
- (2) Concrete
- (3) Granite
- (4) Stainless Steel Panel

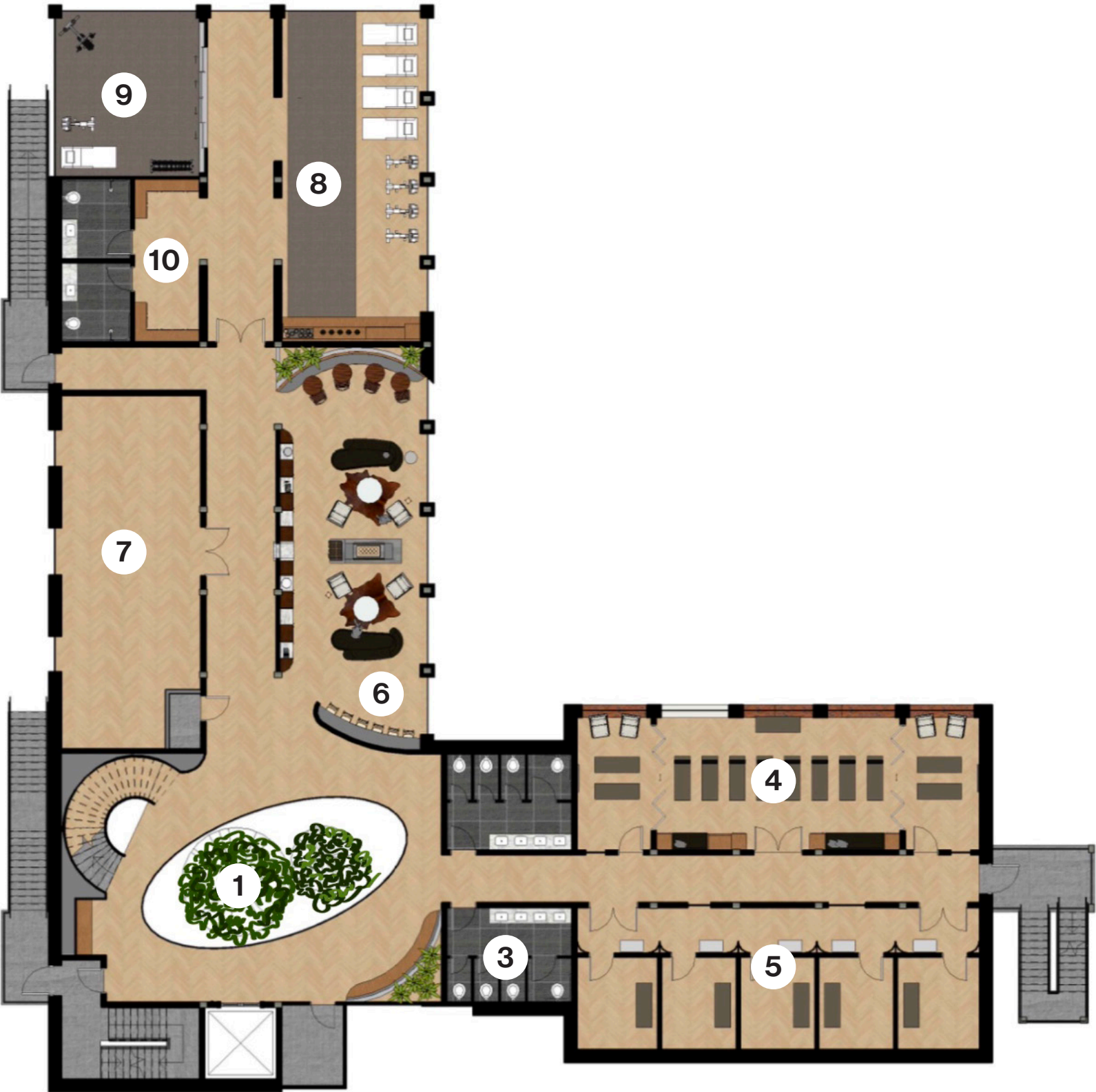


Lighting:

- (1) Strip Linear LED Light
- (2) Recessed Can Light
- (3) Pendants

Heights:

- (1) Overall: 11'-0"
- (2) Bottom of Beams & Models: 10'-6"36

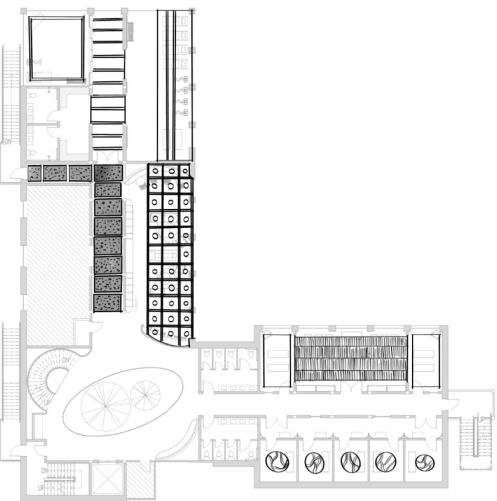
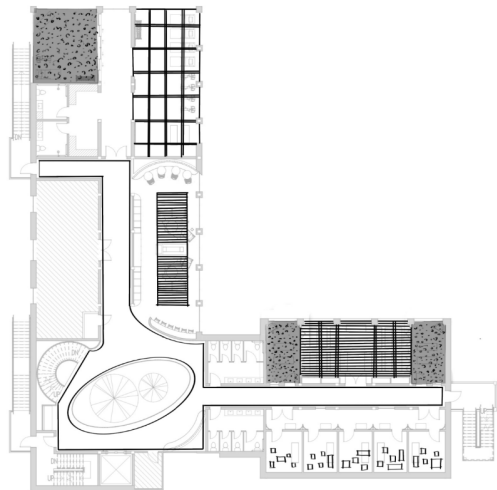
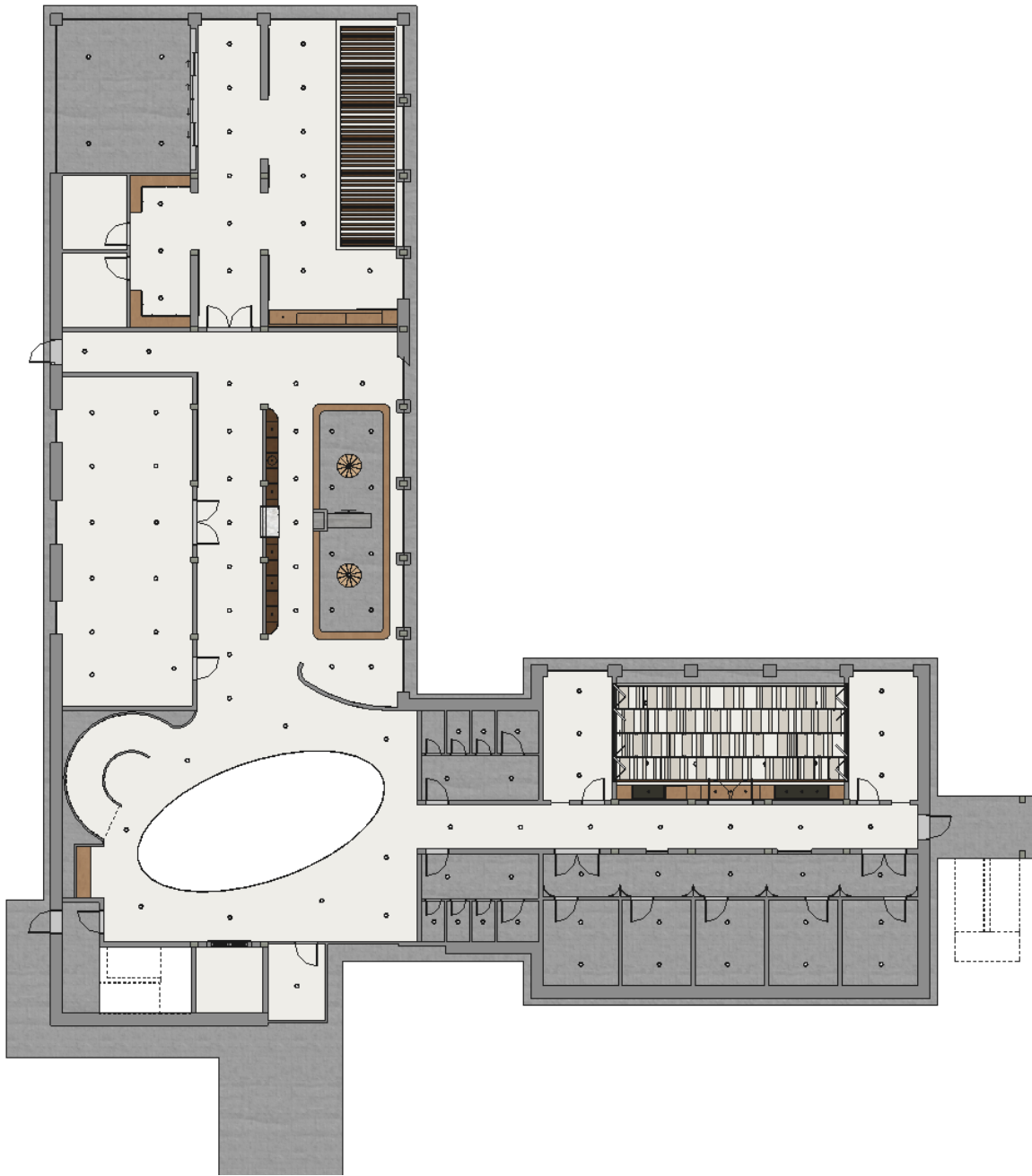


About:

The second floor of this building focuses on movement of the body and mind that lead to both physical and mental wellbeing. This floor is designed around natural light and views of the city and thermal baths. There are two distinct wings on this floor; physical exercise and mental relaxation. The two areas are separated, yet connected by the oak trees and lounge. The purpose of the second floor is to cater to a variety of needs, as users will occupy the spaces for different reasons. Both the fitness center and the group meditation rooms have the ability to become one large space or remain individual rooms.

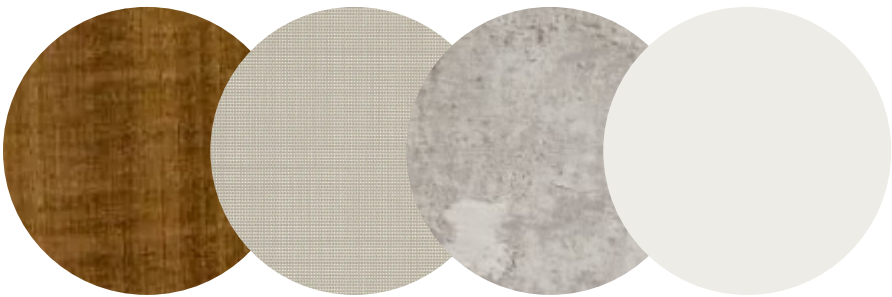
Room Key:

- (1) Indoor Garden
- (2) Women's Restroom
- (3) Men's Restroom
- (4) Group Meditation and Yoga Rooms
- (5) Individual Meditation and Yoga Rooms
- (6) Lounge
- (7) Staff Office (N.I.C.)
- (8) Fitness Center
- (9) Individual Fitness Training Room
- (10) Private Restrooms and Locker Area



Materiality:

- (1) Sherwin Williams- Pure White Paint
- (2) Concrete
- (3) Linen Panels
- (4) Laminate Wood- Stowe



Lighting:

- (1) Strip Linear LED Light
- (2) Recessed Can Light
- (3) Pendants

Heights:

- (1) Overall: 11'-0"
- (2) Bottom of Beams & Models: 10'-6"

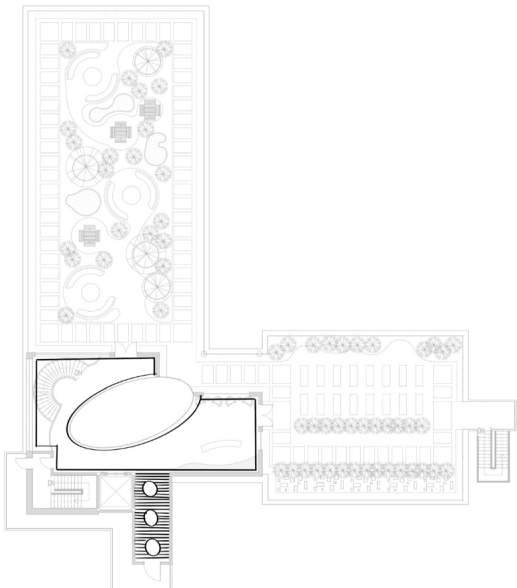
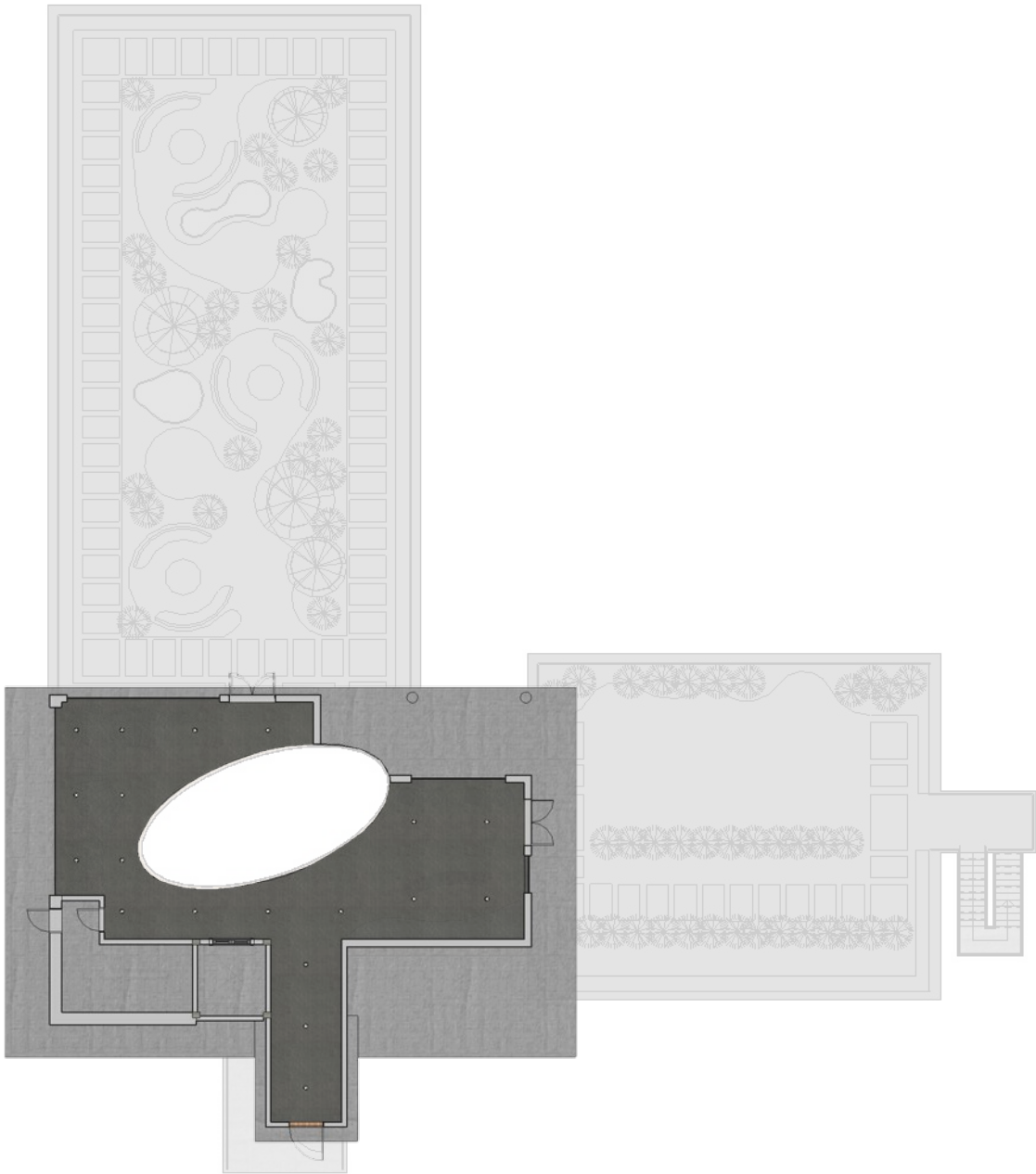


About:

The third floor of this building focuses on outdoor activities that lead to both physical and mental wellbeing. This is the main floor, located at the same level as the Atlanta Beltline, allowing users to easily access the wellness center directly off of the path. From this floor, you will continue to see the oak trees rise from the first floor, allowing users to look all of the way down. Outside of the space is both the outdoor meditation area and a garden that includes benches, tables, and ponds that are surrounded by a perimeter path.

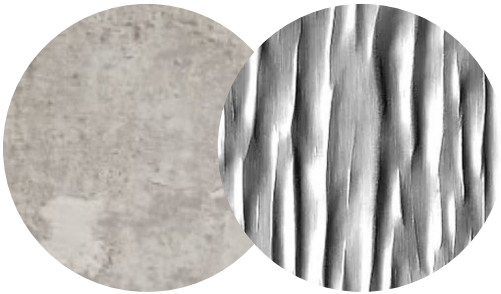
Room Key:

- (1) Lobby and Reception
- (2) Indoor Garden
- (3) Outdoor Meditation and Yoga
- (4) Outdoor Lounge



Materiality:

- (1) Concrete
- (2) Stainless Steel Panel

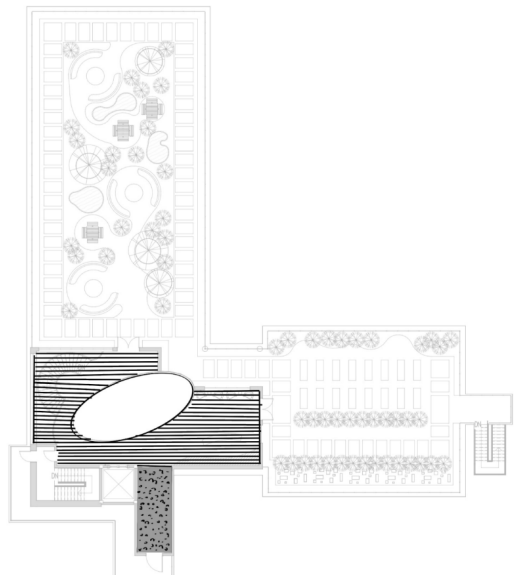


Lighting:

- (1) Strip Linear LED Light
- (2) Recessed Can Light

Heights:

- (1) Overall: 11'-0"
- (2) Bottom of Beams & Models: 10'-6"



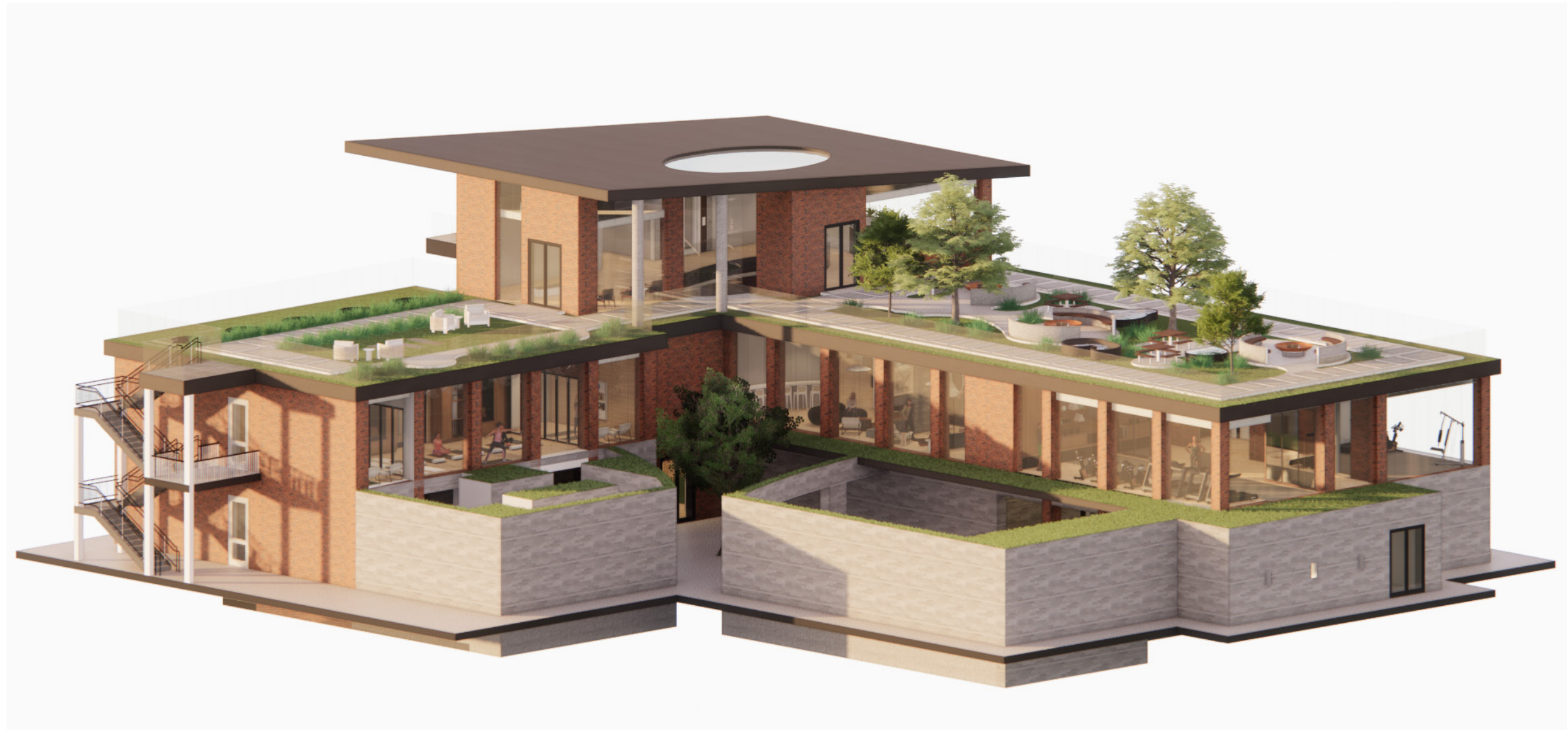
Rendered Views

Perspectives, Elevations, Sections, & Detail



Exterior View

Views





Floor 1, Indoor Thermal Pool

Views





Floor 2, Fitness Center

Views



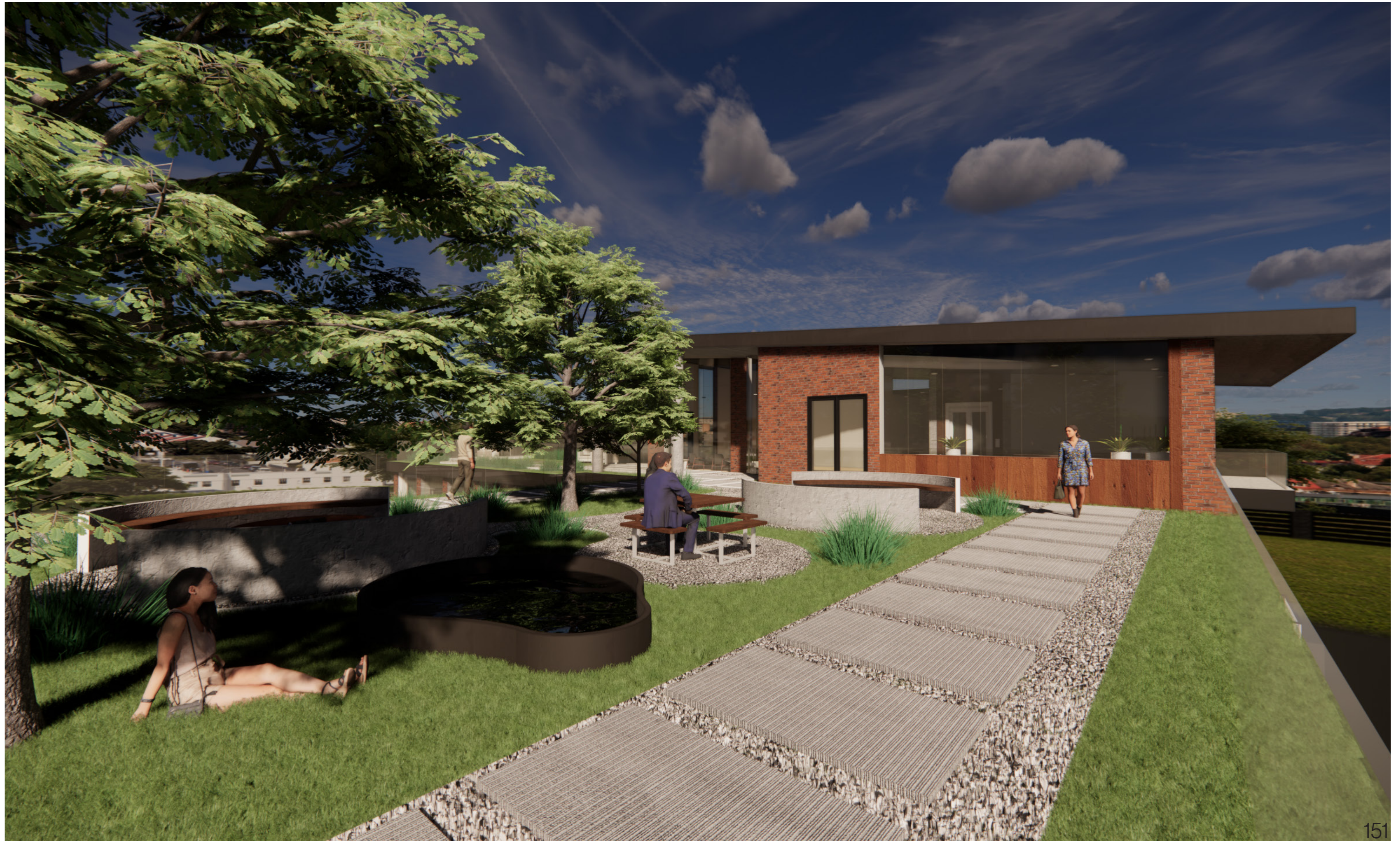
Floor 2, Yoga & Meditation Room

Views



Floor 3, Rooftop Garden

Views

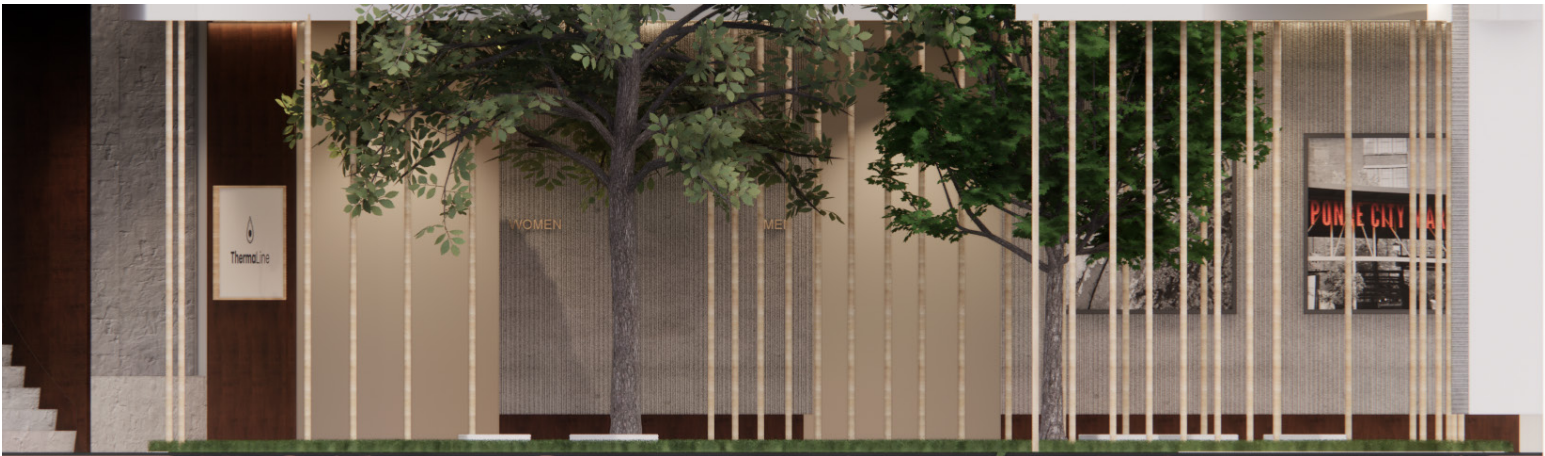




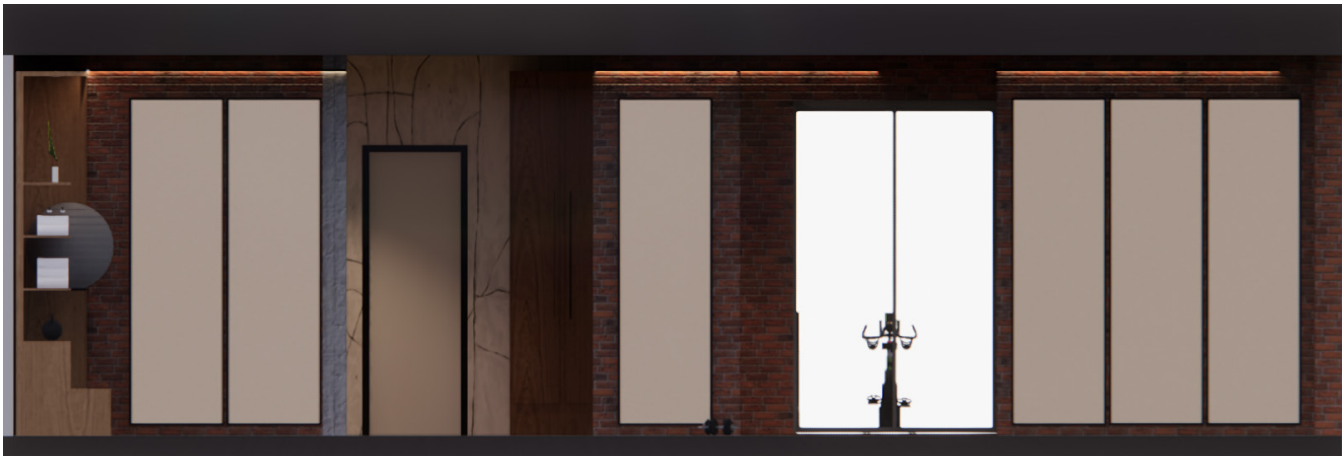
Yoga & Meditation Room



Lounge



First Floor Reception & Atrium



Fitness Room

Building Section

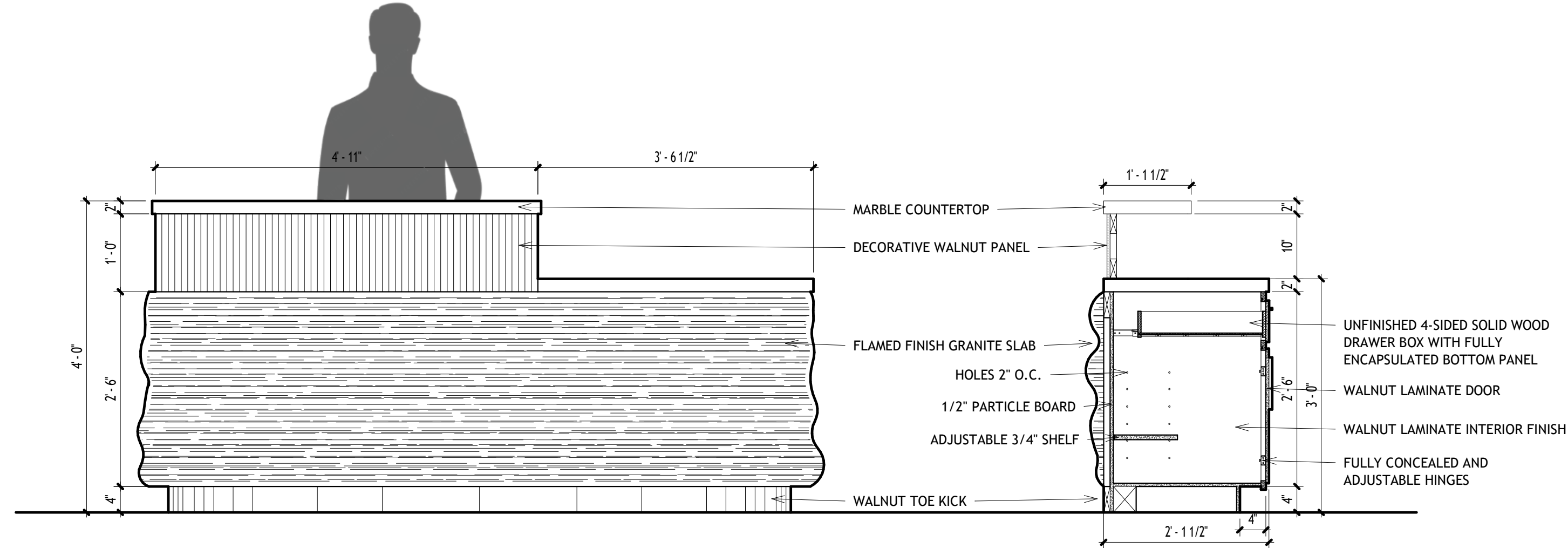
Views



Interior Section

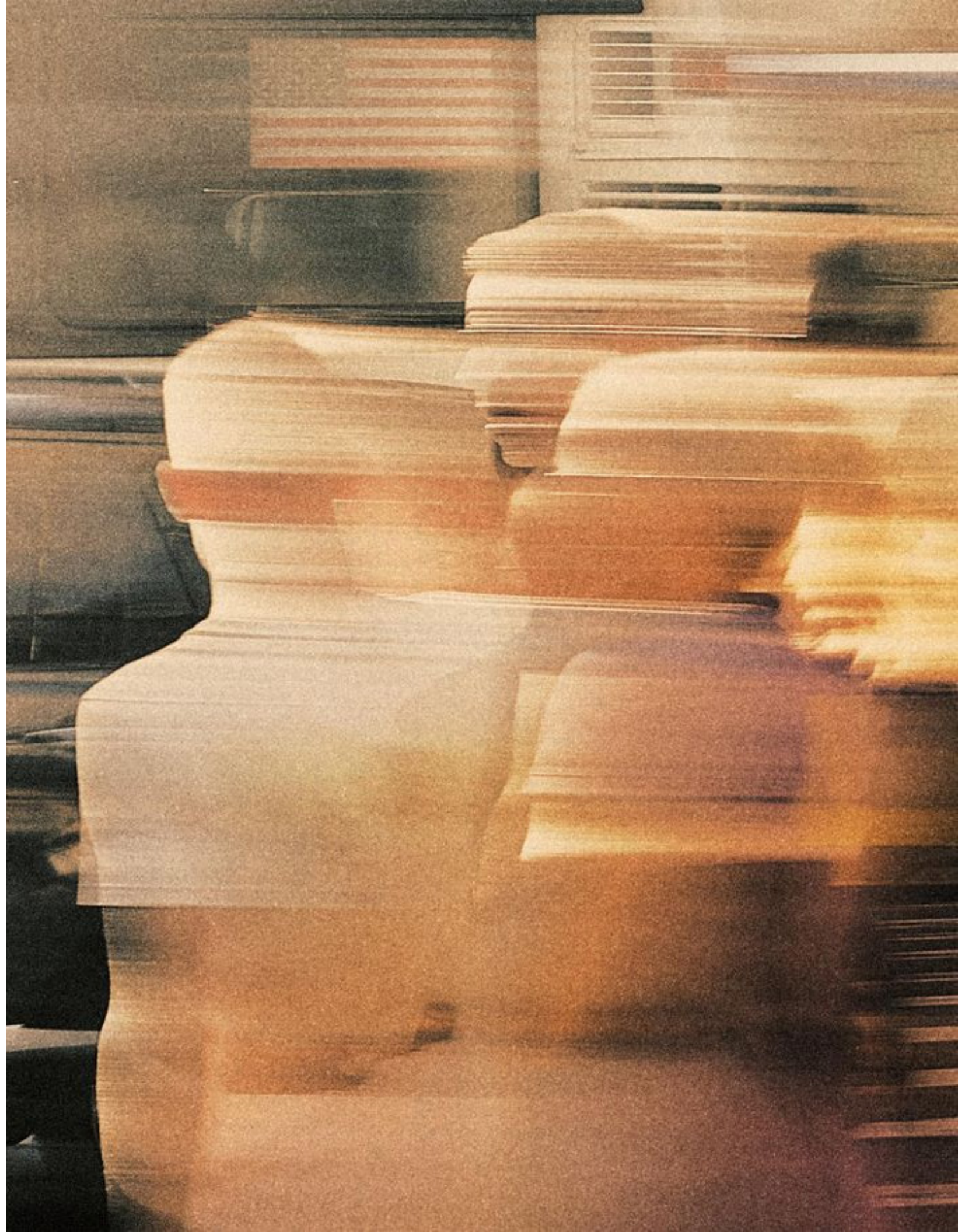
Views





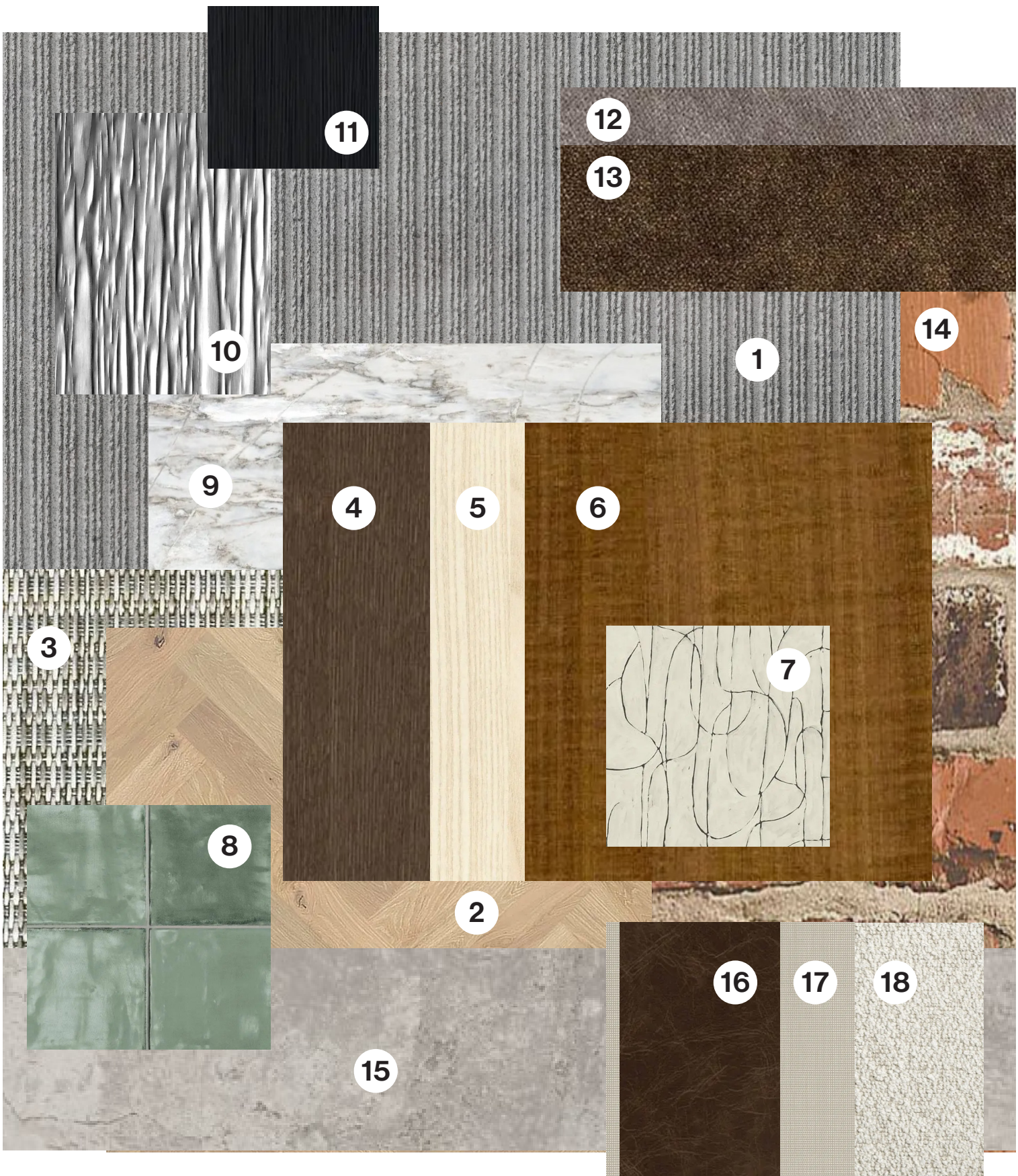
Final Selections

Materiality & Furnishings



Material Board

Selections



- (1) Granite Siding
- (2) Lago Devero Herringbone
- (3) Infinity Luxury Woven Vinyl
- (4) Prarie Oak
- (5) Bianco Oak
- (6) Stowe Laminate
- (7) Boulder Beach Wallpaper
- (8) Cinque Tile
- (9) Quartz Slab
- (10) Stainless Steel Sheet
- (11) Black Metal Sheet
- (12) Vienna Velvet
- (13) Vintage Velvet
- (14) Distressed Brick
- (15) Concrete
- (16) Durango Leather
- (17) Linen Panel
- (18) Boucle



Name: Infinity Luxury Woven Vinyl
Brand: Teak Supreme Solids
Color: Fossilstone
Notes: Acoustic, Commercial Use



Name: Lago Devero Herringbone
Brand: Monarch Plank
Color: Devero HB
Notes: LEED Compliant, Commercial Use



Name: Granite
Brand: n/a
Color: n/a
Notes: n/a



Name: Stone Slab
Brand: HanStone Quartz
Color: Matterhorn
Notes: LEED Compliant, Commercial Use



Name: Boulder Beach Mural
Brand: Mitchell Black Wallpaper & Textiles
Color: Off White Linen
Notes: Low VOC, Commercial Use



Name: Velvet
Brand: James Dunlop Textiles
Color: Vienna
Notes: Commercial Use, Heavy Duty



Name: Velvet
Brand: James Dunlop Textiles
Color: Vintage
Notes: Commercial Use, Heavy Duty



Name: Durango
Brand: Barbarossa Leather
Color: Walnut
Notes: Commercial Use, Seating



Name: Prairie Oak
Brand: Laminart
Color: n/a
Notes: Commercial Use, Veneer



Name: Laminate Wood
Brand: Lab Design Laminates
Color: Bianco Oak
Notes: Cabinetry, Commercial Use



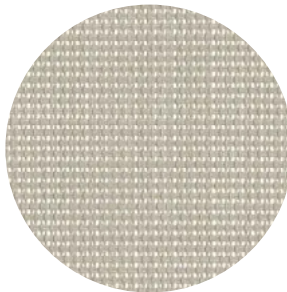
Name: Laminate Wood
Brand: Lab Design Laminates
Color: Stowe
Notes: Cabinetry, Commercial Use



Name: Distressed Brick
Brand: n/a
Color: n/a
Notes: n/a



Name: Cinque
Brand: Platform Surfaces
Color: Mint Tea
Notes: LEED Compliant, Commercial Use



Name: Screen Linen
Brand: Coulisse
Color: Shifting Sand
Notes: Commercial Use



Name: Sole Boucle
Brand: James Dunlop Textiles
Color: Seasalt
Notes: Commercial Use, Heavy Duty



Name: Concrete
Brand: n/a
Color: n/a
Notes: n/a



Name: 1CS
Brand: Rigidized Metals Corporation
Color: Stainless
Notes: Commercial Use, Ceiling



Name: Metal Sheet
Brand: Formica
Color: Black Linework
Notes: Commercial Use, LEED Compliant



- (1) Cowhide Rug
- (2) Arrow Lounge Chair
- (3) Haven Bench Sofa
- (4) Liang Wicker Lounge Chair
- (5) Outdoor Teak & Faux Cement Side Table
- (6) Rue Sunset Marble Side Table
- (7) Aldora Round Ottoman
- (8) Milo Pouf
- (9) Lulu Jardarn Floor Lamp
- (10) Strohl Round Area Rug



RESEARCH APPLICATIONS

Research Applications



Thermal Pools

Located in the heart of the Swiss Alps, 7132 Therme Vals draws in visitors from all over the world due to their wellness services and architectural significance. Designed by Peter Zumthor, 7132 is built around the environment and the all-natural thermal springs that are located below the ground. These springs are known for aiding in mental and physical well-being due to their abundance of minerals and impact on vitality and inner peace. In addition to the thermal baths, 7132 provides other wellness services, such as saunas, hydrotherapy, and other exceptional spa treatments.



“City in a Forest”

Atlanta has been coined the name “City in a Forest” due to its abundant tree canopy, which covers more than 48% of the metropolitan area — surpassing cities like Denver, Los Angeles, and Chicago. The city is home to numerous green spaces, including Piedmont Park and the Beltline. To preserve and expand its urban forest, Atlanta enforces strict ordinances that regulate tree removal and promote conservation efforts.

- (1) Using wood laminates and veneers
- (2) Native tree species such as oak and walnut

fig. 72-73

Research Applications



Materiality

My project emphasizes the use of native materials specific to Atlanta and the Georgia landscape. Inspired by Therme Vals, which incorporates locally sourced quartzite from the Swiss Alps to create its thermal spas, my design will utilize granite, which is an abundant material in Atlanta. It is a resource that is commonly seen as curbs, on buildings, and other places throughout the city. Additionally, I will incorporate oak and walnut, as they are wood species that thrive in Georgia’s soil.

I am also incorporating materials that are usually seen along the Beltline and around the Ponce City Market development. Those materials include wood, distressed brick, concrete, and black metal. By using locally sourced materials and blending in with the surrounding environment, it will help my project to connect to the area and concept.



Calm’s Integrated Technology

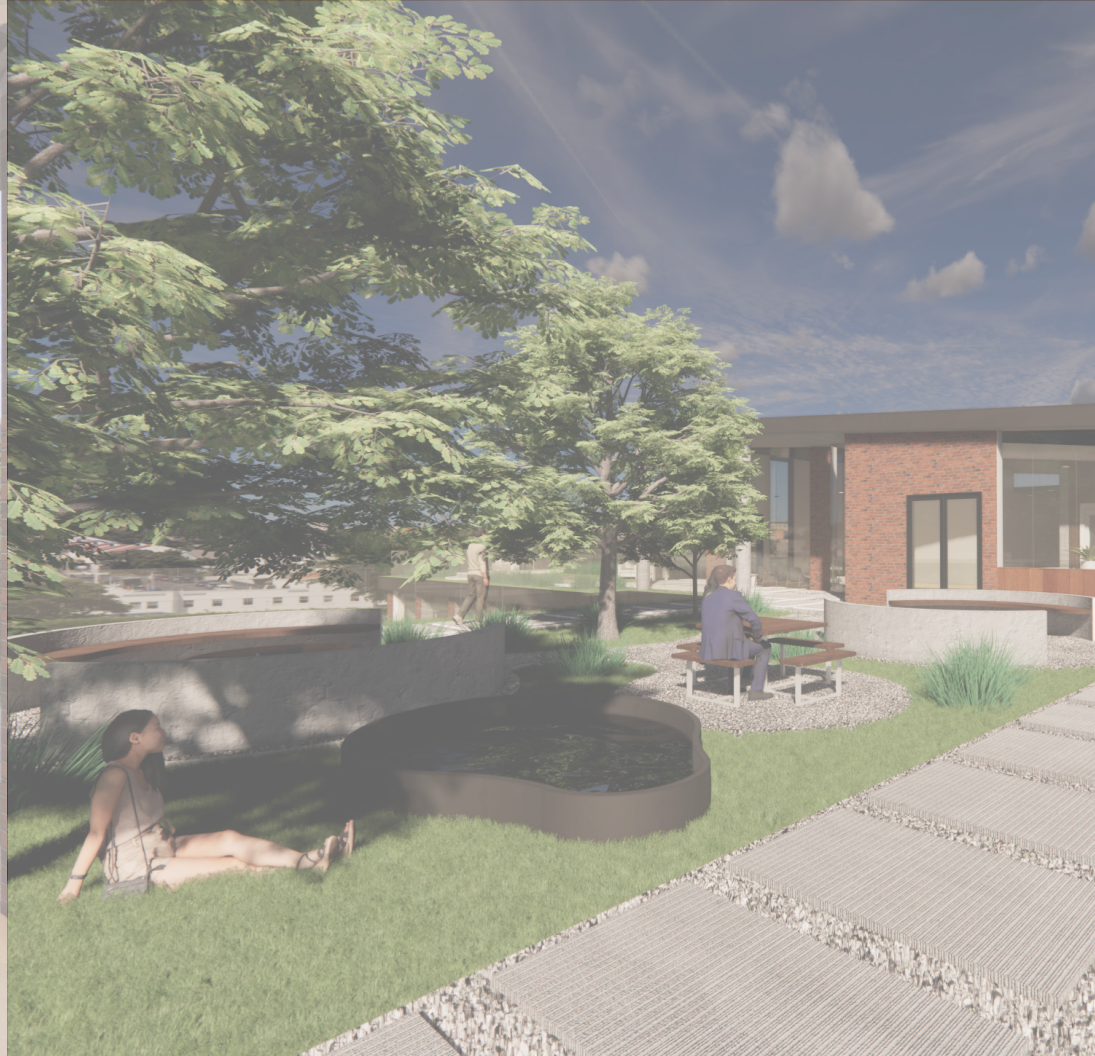
Founded in 2012 by Alex Tew and Michael Acton Smith, the Calm app has positively impacted over 150 million people around the world. The app was created from Tew and Smith’s personal struggles as working individuals, realizing that there were ways to navigate their fast-paced lifestyles. They created an accessible mental health tool, Calm, that allows individuals to slow down and prioritize their own well-being. Their resources are aimed to help stress management, provide better sleep habits, and to live an overall happier and healthier life.

- (1) Calm smart screens in yoga & meditation rooms
- (2) Free app membership for members when not utilizing spa

fig. 74-75

THANK YOU

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INDS 480, Capstone I & II
Fall 2024 & Winter 2025
Professor Sweny



ThermaLine



RESOURCES

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