



SMART SPAS

AS SANCTUARIES OF WELLNESS, SPAS HAVE ASSUMED AN ALL-NEW DEFINITION IN PANDEMIC TIMES. AND, THE REQUIREMENT FOR LARGE SPACE FOR A SPA IS PASSE.

BY BINDU GOPAL RAO

A spa is the abode of tranquility and rejuvenation. And for a designer, making a spa design work involves experimentation of colours, textures, accessories, and fixtures that spell luxury and comfort.

PRODUCT PROFILE

Colston has a whole range of wellness products that includes Infrared Sauna Room Cabins which are personalised sauna stations with adaptive chromotherapy lighting. The Colston Outdoor Alpha Pool is a marvel of technology, combining hot tub and swimming pool features in one modular installation. "Our outdoor pools, with temperature and pressure control, are perfect for personalised swimming routines. And our hydro-massage tubs are perfect for all ages to indulge in relaxing



1. Della Spa design sensibilities have ensured compact spas that are luxurious and help maximise the revenues potential.

2. Gaurav Malhotra, MD India and Regional Key Accounts Asia, Hansgrohe Group.

3. Della Spa reflects the ethos that wellness has become an important part of hospitality.

hydrotherapy to accompany spa treatments," says Anil Ahuja, Director, Colston Bath and Spa Pvt. Ltd. The Indian bathroom has evolved into a lifestyle and wellness space. "The concept of individualisation has come into focus, factors such as ergonomics of a product play an essential role. At Hansgrohe, we also have innovative showers with multiple spray modes. For example, the Rainfinity shower range with PowderRain spray that cocoons your body in thousands of micro-fine droplets," says Gaurav Malhotra, MD, India & Regional Lead, Key Hospitality Accounts.

DESIGN DETAILS

The aesthetic and functional coexistence of spa design concepts translate a design narrative that is inviting and indulgent. "At I'm D'sign, we craft the experience of spa facilities with character and challenging aesthetics, function and performance that completes the whole of a spatial matrix. In the functional and performance-based spheres of spa design, these design experiments are made to thrive in real-time. Long-standing setups, cost efficiency and energy sustenance are fused with the very vision of the project," says Dhruva Kalra, Principal Architect, I'm D'sign. Varun Baweja - Founder & Interior Designer, Varun Baweja Designs, adds, "The most essential product for a great home spa would be a hot tub. A pressure balance shower system ensures different types of relaxing showers. Chandeliers for lighting can give your spa a relaxing ambience. Sound systems and dehumidifiers can be used to enhance the ambience of your spa and noise cancellation glass will block the outside noise." For added luxury, you can even go for sauna rooms.

WELLNESS MATTERS

Specialisation in design for wellness is coming of age. A lot of emphasis is being given to wellness in the entire hospitality sector. Trends now are hi-tech, contemporary, and more in sync a zen-like environment. Jimmy Mistry, Founder, Della Group, explains, "Our approach towards

wellness spaces has been very compact right from the beginning. Some of the brands within India and globally have dedicated spaces of 70,000-100,000 square feet with barely 10-12 wellness treatment rooms. At Della hospitality, our design sensibilities have allowed us to create very compact yet luxurious spas, maximising revenue potential. Our spa is less than 3,000 square feet with seven treatment rooms and yet earning the same revenue as a 70,000 square feet spa."

TREND CHECK

Inclusion of crystals and calming rocks, provision of green areas and skylight for bringing in nature indoors are trending in spa design. "Ink washed wood and lime washed walls are trendy and don't retain heat. Back lit salt stone walls can be used for their respiratory and aesthetic benefits. Fresh flowers, candles, and diffusers



4. RainTunes from Hansgrohe is a personal pampering program integrated with emotional intelligence.

5. Colston products offer world class design and quality, both in terms of aesthetics and functionality.

6. Jimmy Mistry, Founder, Della Group.

7. Dhruva Kalra, Principal Architect, I'm D'sign Studio.



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8. The most essential product for a great at-home spa would be to get a hot tub. Courtesy Varun Baweja Designs.

9. Hansgrohe Rainfinity Showers come with a PowderRain spray that cocoons your body in thousands of micro-fine droplets, having a rejuvenating effect.

10. Varun Baweja, Founder & Interior Designer, Varun Baweja Designs.

with Greek sculptures for accessorising your spa space are in. Mixing wood and stone in a material palette keep it natural yet luxuriously calming. Whirlpool water tubs, wall waterworks, fake inbuilt waterfalls, and Infrared heating which heats your body and not the room are in demand. Antique metal is a huge trend for fixtures that is here to stay. Sound bath systems for relaxing effects in your spa are also a good idea," says Baweja. Sensory deprivation tanks, for instance, which operate on a modern personalised pod system, are a popular feature globally. More intensive spas use LED light therapy to stimulate cell growth subdermally and encourage skin renewal through hydro-exfoliation.

NEW TALES

In recent times, the originality of the spa spaces and the wellness character is expressed by natural material palettes, locally sourced elements, and other attributes of sustainable practices. Pristine, laser-cut glass with or without stain, geometric framed mirrors, polished marble or granite floors, premium terrazzo backdrops, luscious recliners, fluid metallic tables, assorted ottomans and other luxe details construct a parallel to the naturalistic trends, with innovative industrial products challenging the

regularities of spa design. New age spa fixtures leverage multi-tasking, flexibility, smart control, and a strong aesthetic aspect. Smart fixtures with advanced controls like temperature adjustments and multi-sensorial stimulation enrich the spa experience. To complement these, the visual appeal is uplifted by freestanding soaks, centralised spa station, elevated lounge tubs, copper or gold-finished faucets, natural stone sinks and other contemporary design derivations. The light fixtures range includes LED lights, chandeliers, or wall sconces and white or coloured light with back-lit mirror accents, under cabinet lights and overhead luminaires.

MAKING THE SPACE WORK

A spa room can be made in a space as small as 25 sq. ft with a steam room and seating space; by making ways for nature to come in through the ceiling or the walls. You can also include single seater tubs for a smaller space and there is always room for light and sound systems to create your spa room. "You create a common area in spas as a part of the room instead of separate changing rooms, showers and locker spaces for him and her separately. One'd rather have suites, self-contained with shower cubicles and steam cabins. If there is space, then go for a jacuzzi and toilet facilities," says Mistry. Spa spaces and nooks are quite small and yet can be used effectively to showcase a range of products and services. Whether it is collectibles, artisanal miniatures, or tapestry backdrops, it can be designed to work with ergonomic chairs, downsized side tables and singularised shelving, etc. To maximise the look and feel of the space, sheer can be introduced with glass windows or metal curtains, breathing spaces can be instilled by convertible or interlocking furniture, illusion can be projected by mirrored or reflective light-hued walls and more architecturally significant theories can be brought in. **AB**

WEBSITES:

- **Della Resorts:** www.dellaresorts.com
- **I'm D'sign:** www.imdsign.rmdk.in/index.html
- **Colston Bath and Spa:** www.colstonconcepts.com
- **Hansgrohe:** www.hansgrohe.in