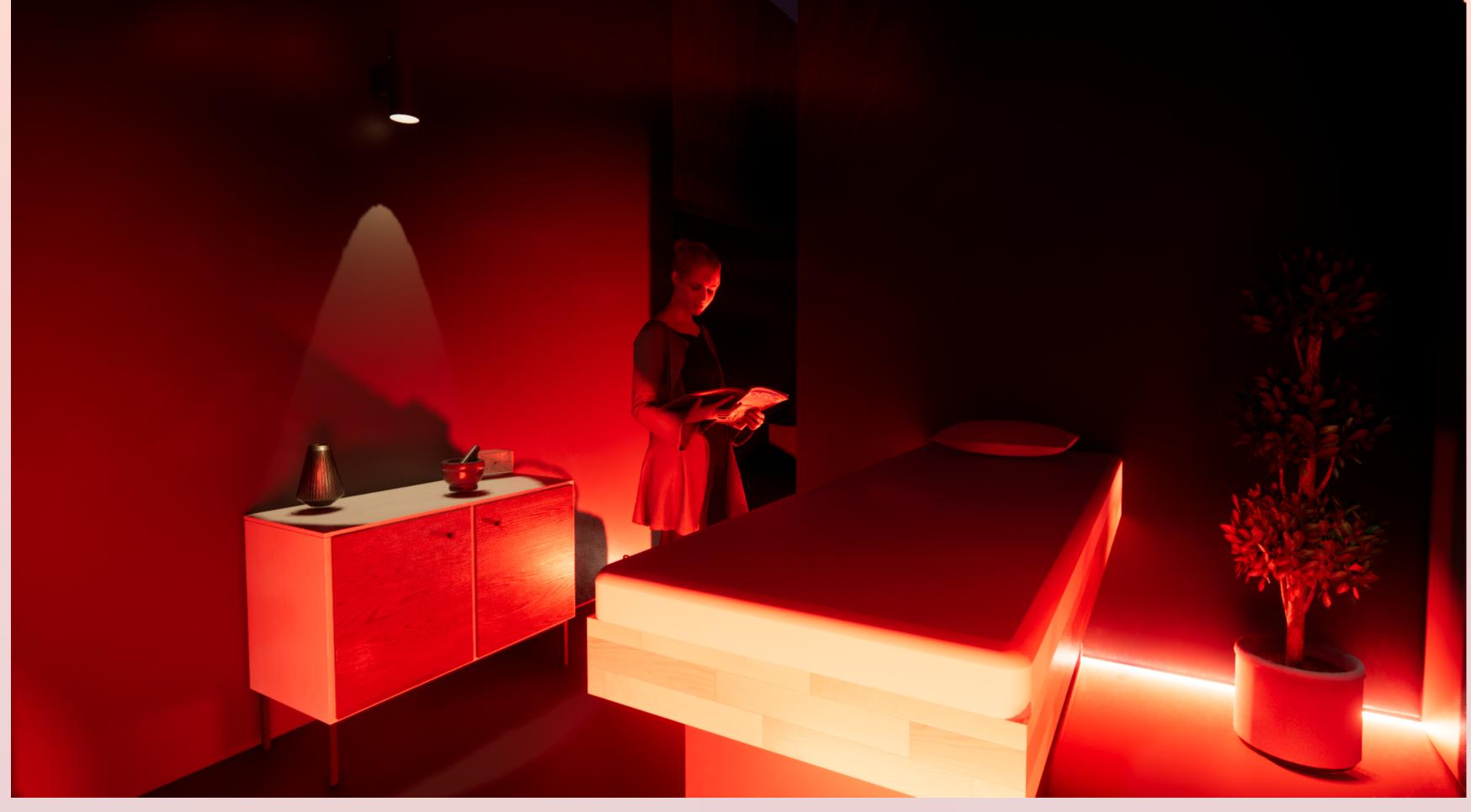


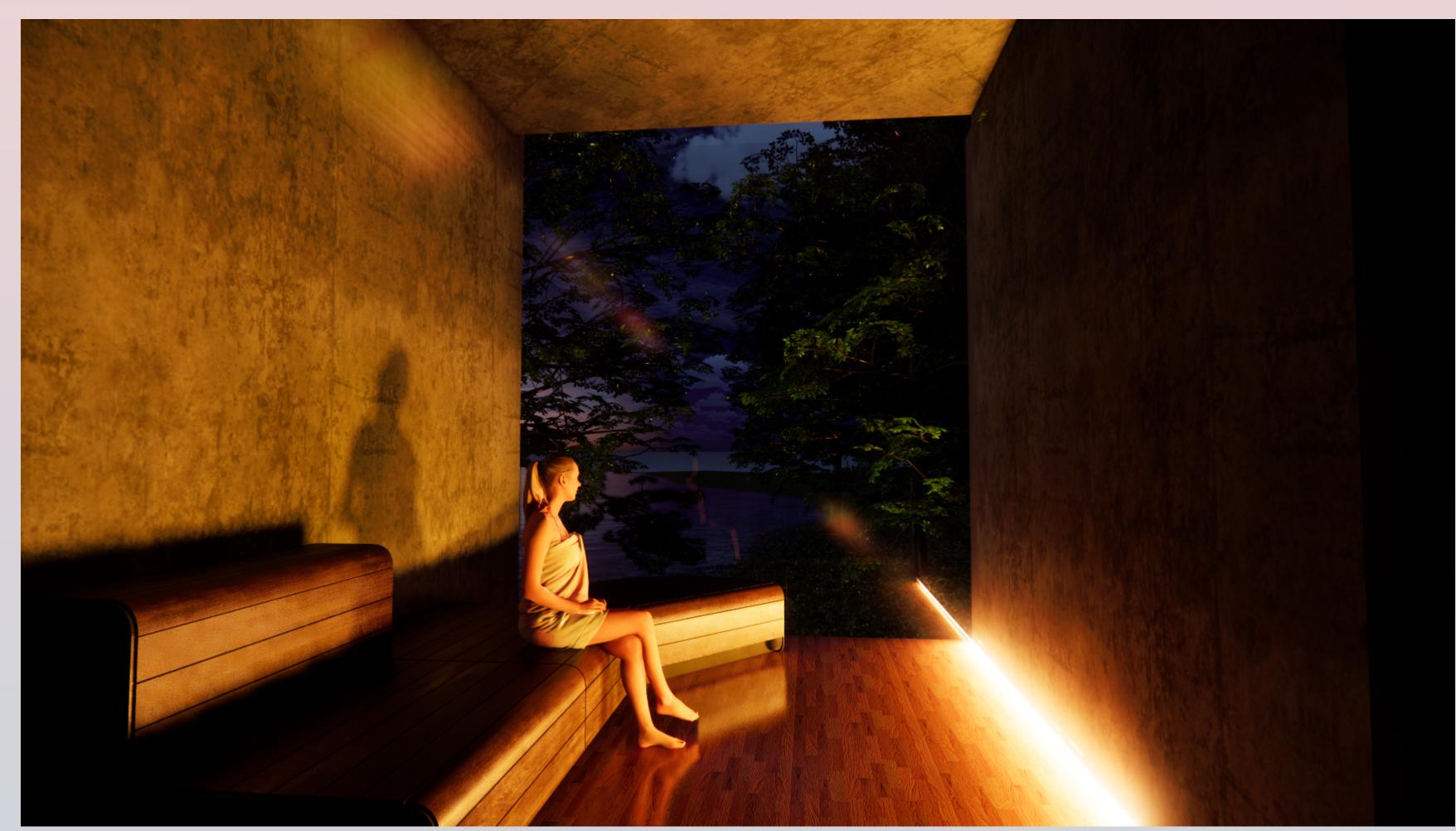
Thermal Bath

A dark place that holds a deep energy and is close to the earth, the thermal bath is a place to practice intensive chromotherapy and release heavy blockages held within. The pool is simple and shallow, with lounge chairs elevated in the back for extra comfort.



Private Spa Room

The Health Center includes two intimate spa rooms that each feature a single massage table for full body massages and other spa treatments while practicing intensive chromotherapy.



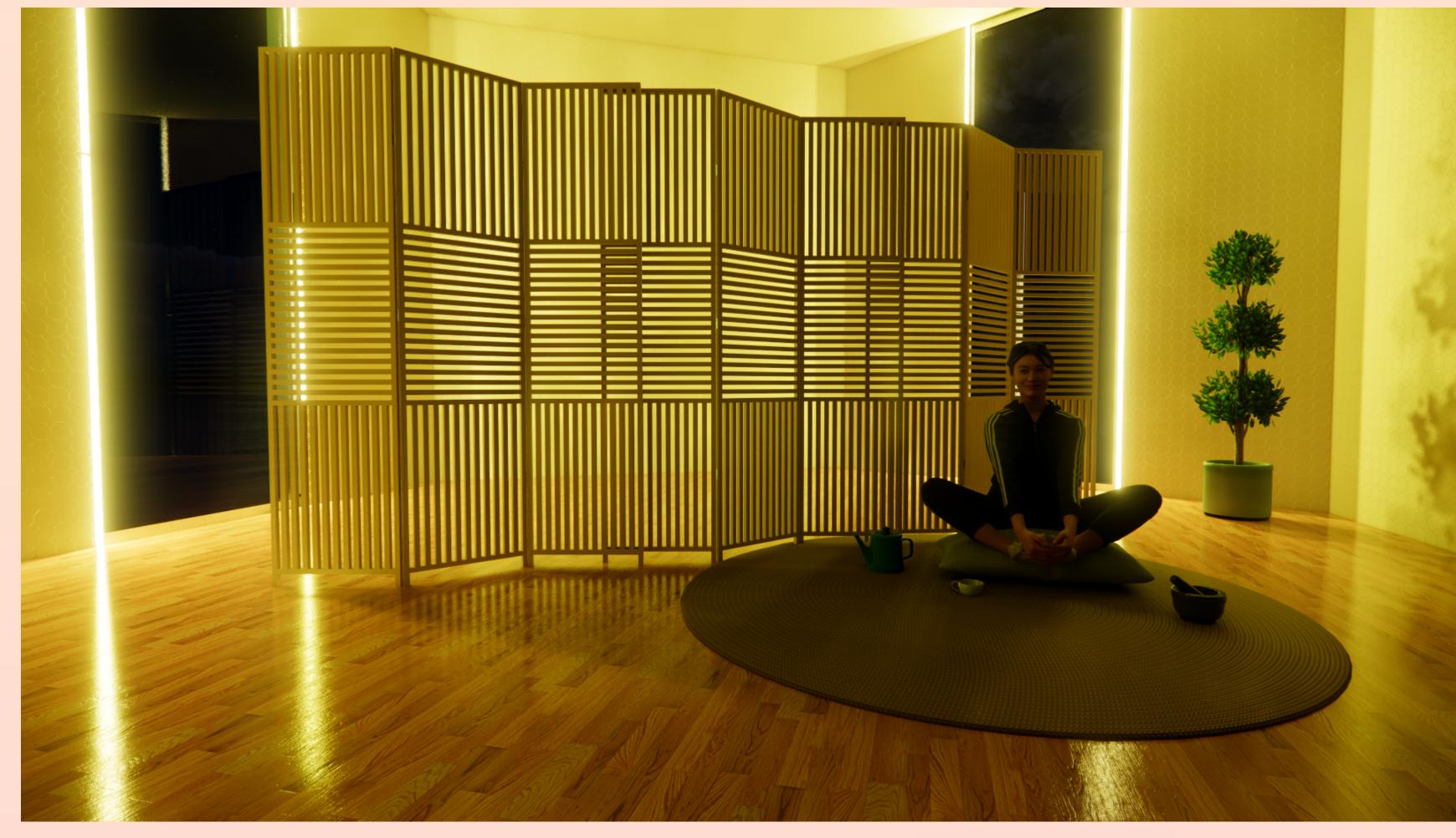
Sauna

Nestled among the river trees is a sauna, secluded from the rest of the world. This space is where the intensity of chromotherapy varies the most, and is heavily controlled by the users.



Yoga Studio

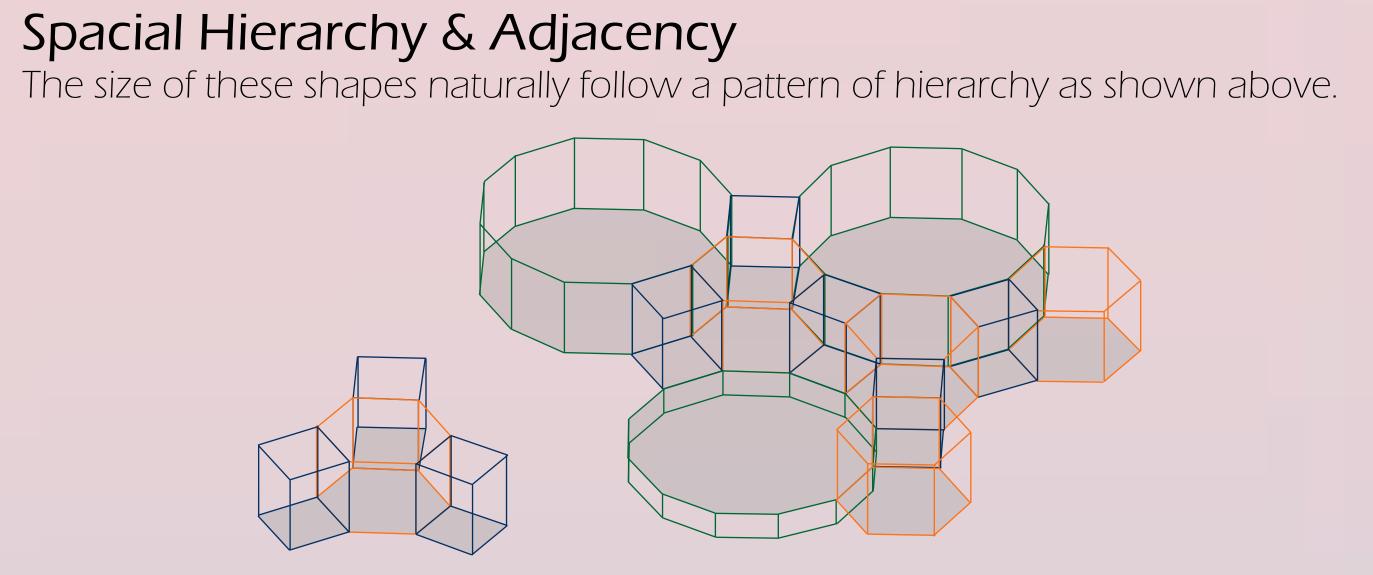
The yoga studio provides a light energy with the open space, hardwood floors, and large windows. The open space allows for large yoga classes and space for the interactive yoga classes. The intensity of chromotherapy changes with the class types.



Tea Room

The tea room features a simple design that allows flexibility of the space, to adapt to the event taking place. The space is often used for causal lounging during the day and ceremonial purposes at night. The intensity of chromotherapy changes with the events.

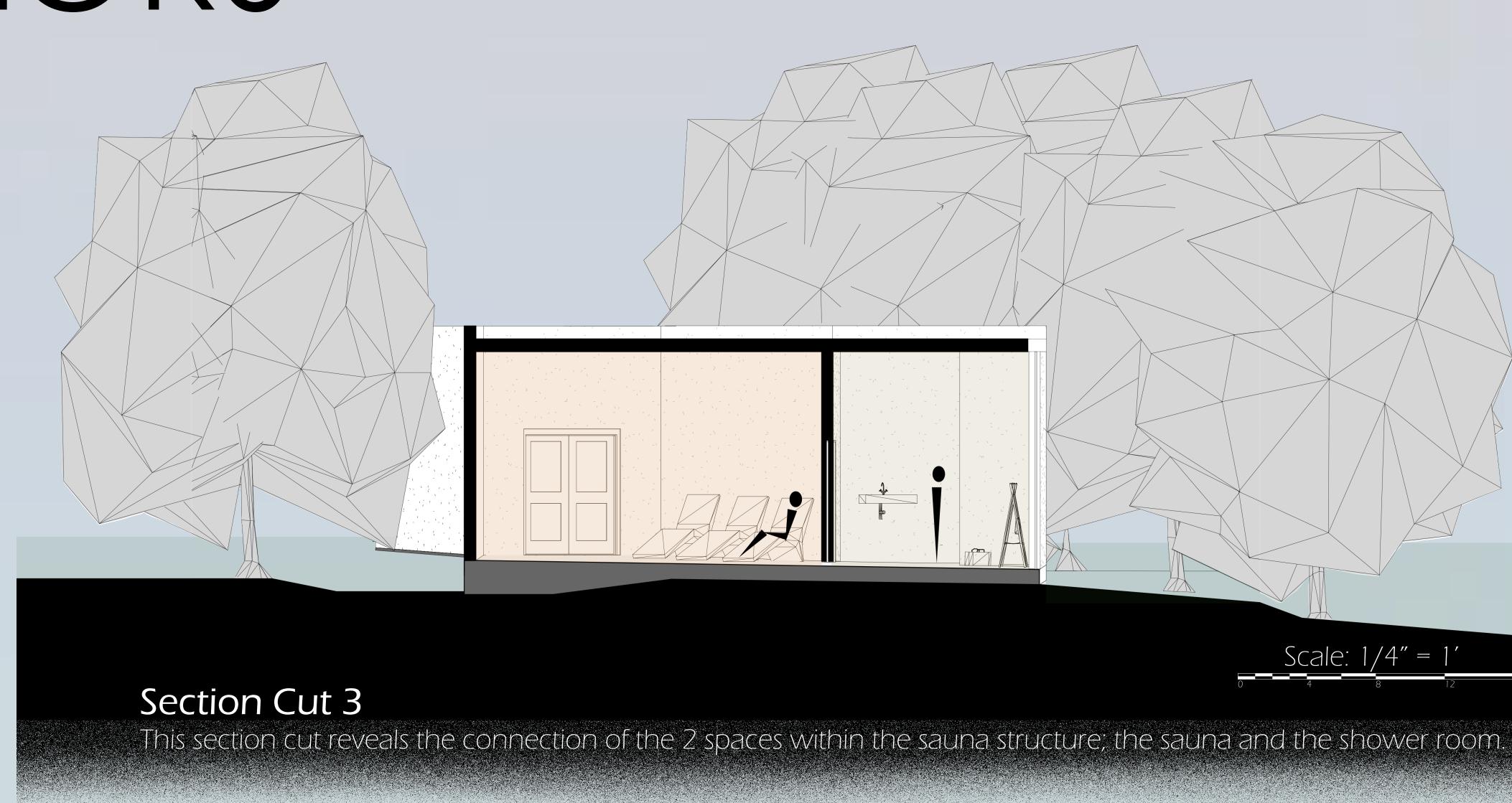




Space Filling Geometry
The design of the Health Center was based off of a 3/6/12 sided pattern.

HEALING WITH COLORS

In response to the thesis question of, 'what role does architecture play in facilitating healing environments?' I designed a Health Center where the main aspect is the implementation of chromotheapy. The term chromotherapy can be defined as using the energy produced by colored lights to bring the body back to balance. The Health Center is a rather small facility, containing the main spaces of an indoor spa pool with additional massage rooms within, a yoga studio, a tearoom, a sauna, and an outdoor garden. The listed spaces allow for various activities to take place and share the common feature of LED lighting where the users can control the color based on their reason for visiting the center. Each of the spaces share the focus of restoring balance to the mind, body and soul, but each does so in their own way. The guests will have premeditated guidance as to how to apply, and other details beforehand. Some spaces are intensive while others are moderate, but the main intention is to provide the guests full access and control based on their individual needs.



- Thermal bath •

- Spa rooms (2) •

Changing rooms (2)

Toilets (2)

Changing rooms (2) - Yoga studio •

Kitchen

Tea room

Toilet (1) -Front office -

Shower/toilet -

Laundry room -

Outdoor garden /

Sauna -

Front desk/reception -

Scale: 1/8" = 1' First Floor 0 4 8 12 16

The Health Center is approximately 5,000sf, designed upon a single level which gives the facility an intimate, secure feeling. The more intimate the space, the deeper into the trees that space lays. This is also true for the intensity of chromtherapy being practiced within that spaces as well. Although some spaces ensure hierarchy over others, each unit is essential to the overall success of the working building.

