



# Internal Connection

## Design Intent

To create connections that promote mental well-being and emotional stability through the exploration of contrast, balance, and repetition

## Point Of View

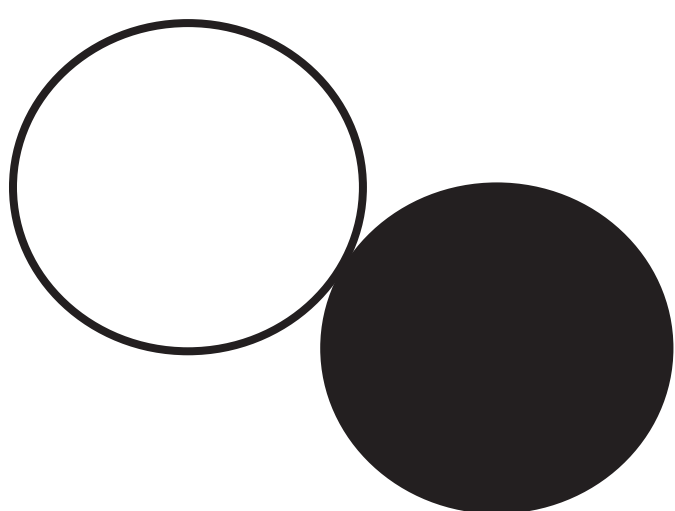
My design intent is to create a place where people can find mental and emotional stability. A place where stress, anxiety, and worries are cared for and resolved. I will do this by exploring the idea of connection through contrast, balance, and repetition. To help people explore their senses and previous connections in order replace the negative emotional response with a positive one. Balancing the negative aspects of life with the positive should improve one's mental well-being

## Project Vehicle

This Wellness Retreat is place where people that struggles with mental health in any way, can learn to cope with daily life adversities and find mental and emotional well-being. The focus of the retreat is to explore both the positive and negative aspects of life, learn to balance the two, and repeat this new understanding throughout each day. This is a positive experience that betters the lives of those who come and get help by relaxing the mind through therapy and physical restoration.

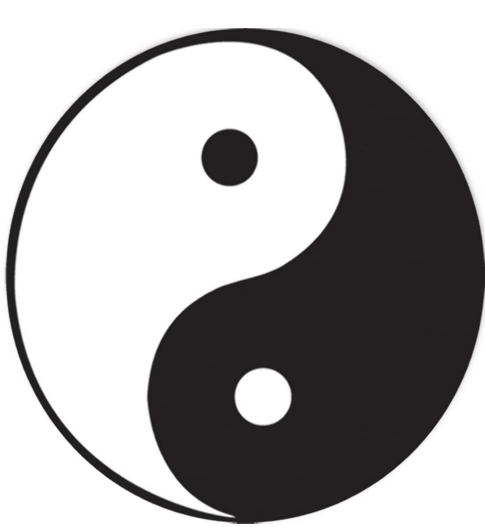
### Contrast

To present two or more opposing elements for better comparative understanding



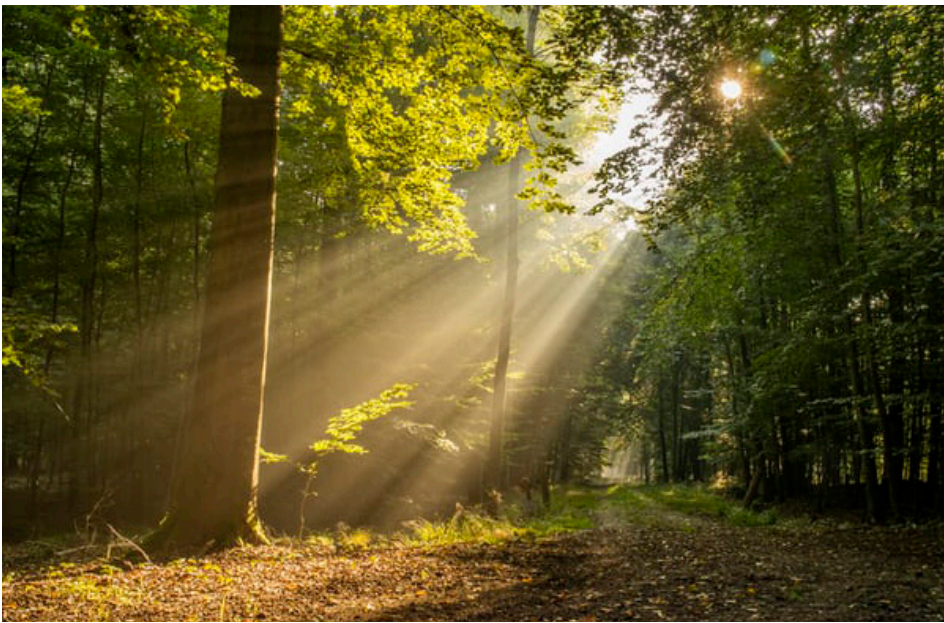
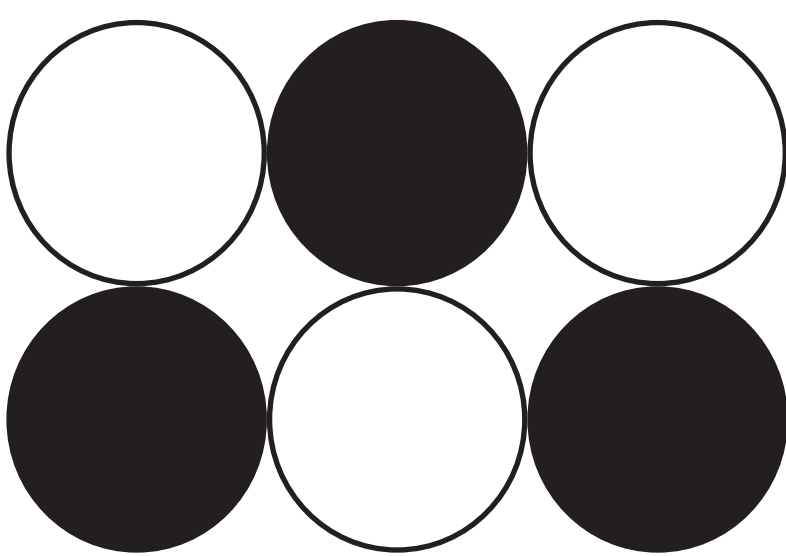
### Balance

Contrasting elements work together to create a state of equilibrium. One does not outweigh the other but co-exist in harmony.



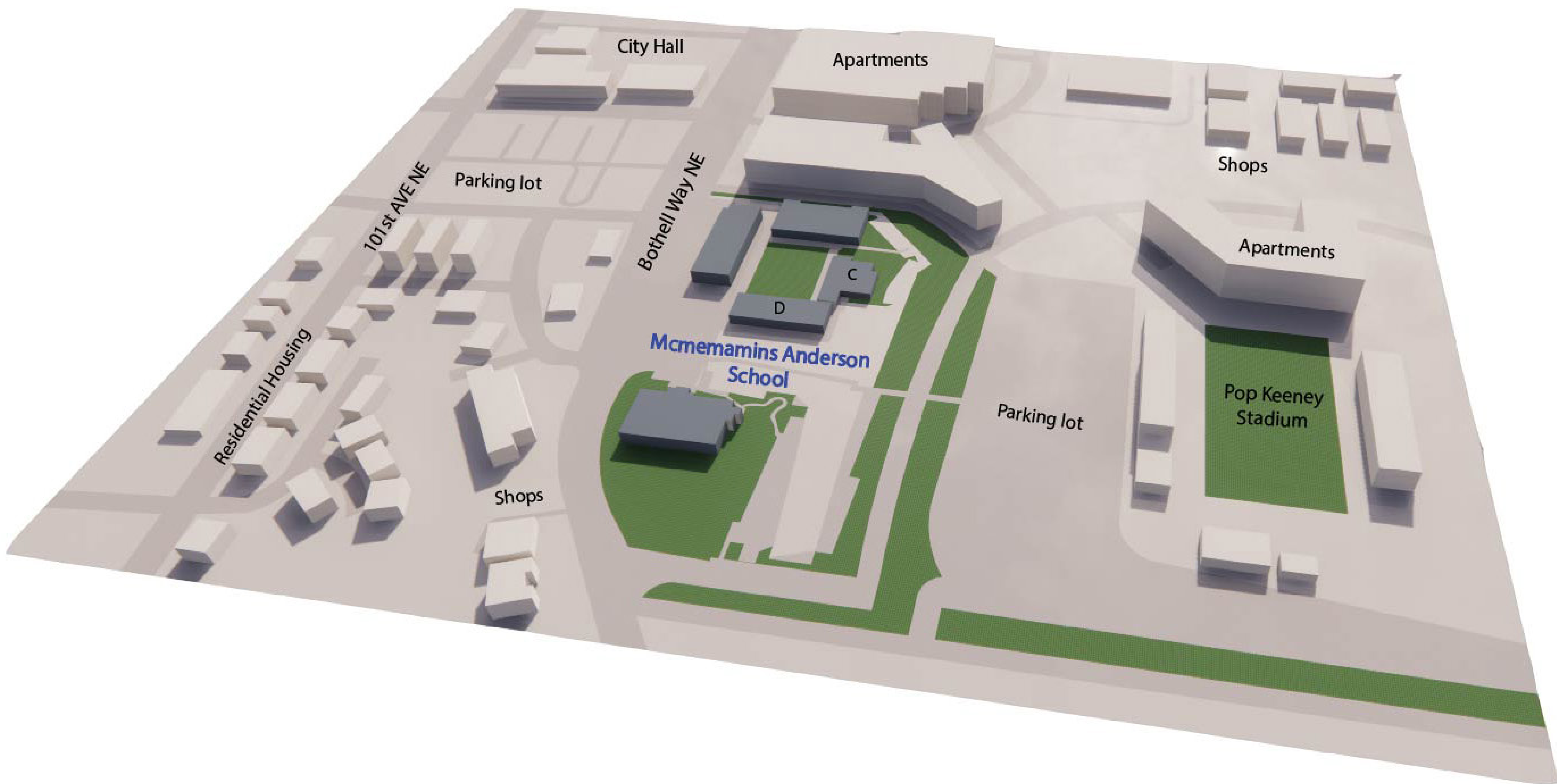
### Repetition

To experience a feeling, process, or action multiple times to create a sense of understanding



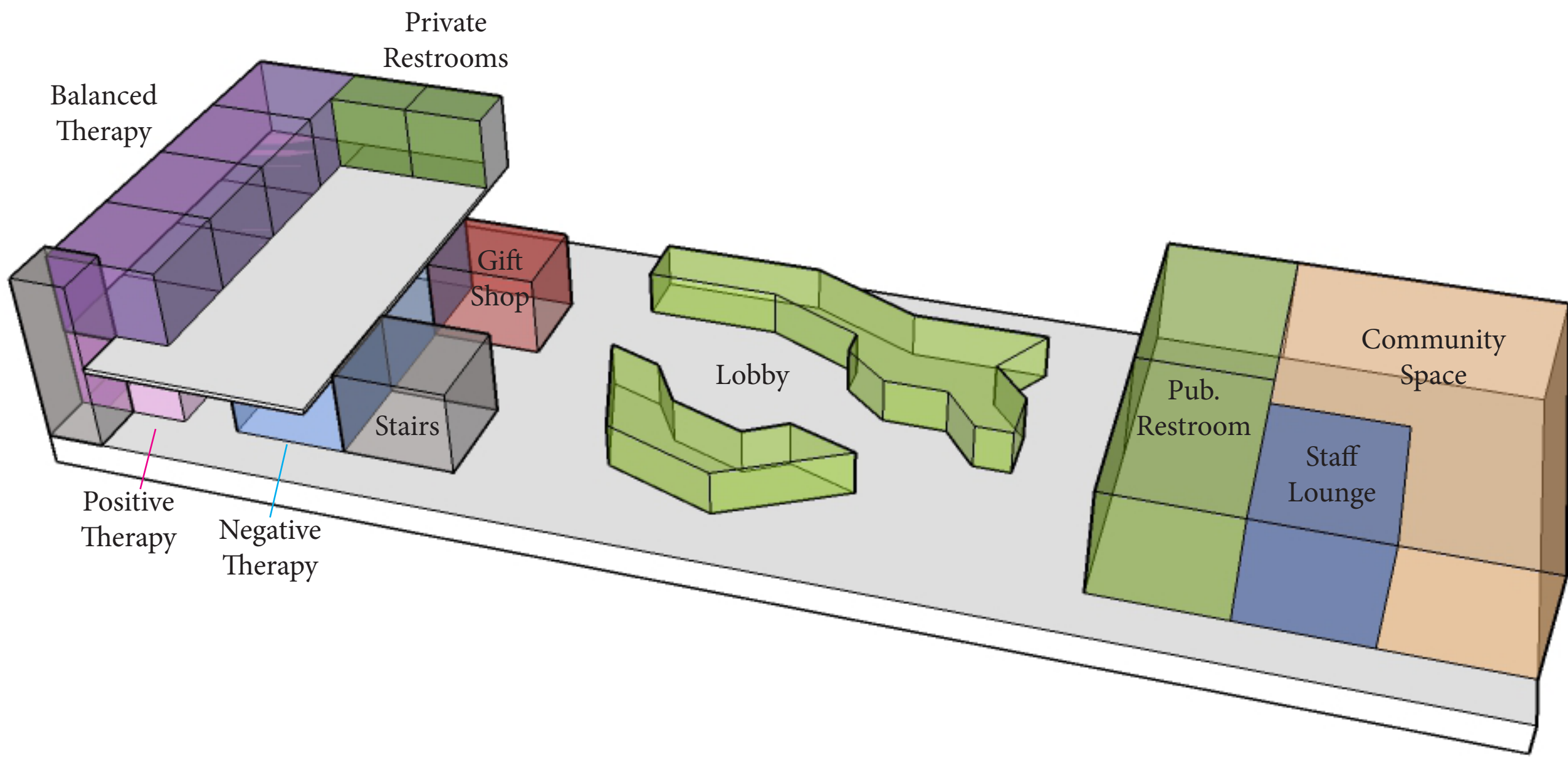
## Site Plan

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## Block Diagrams

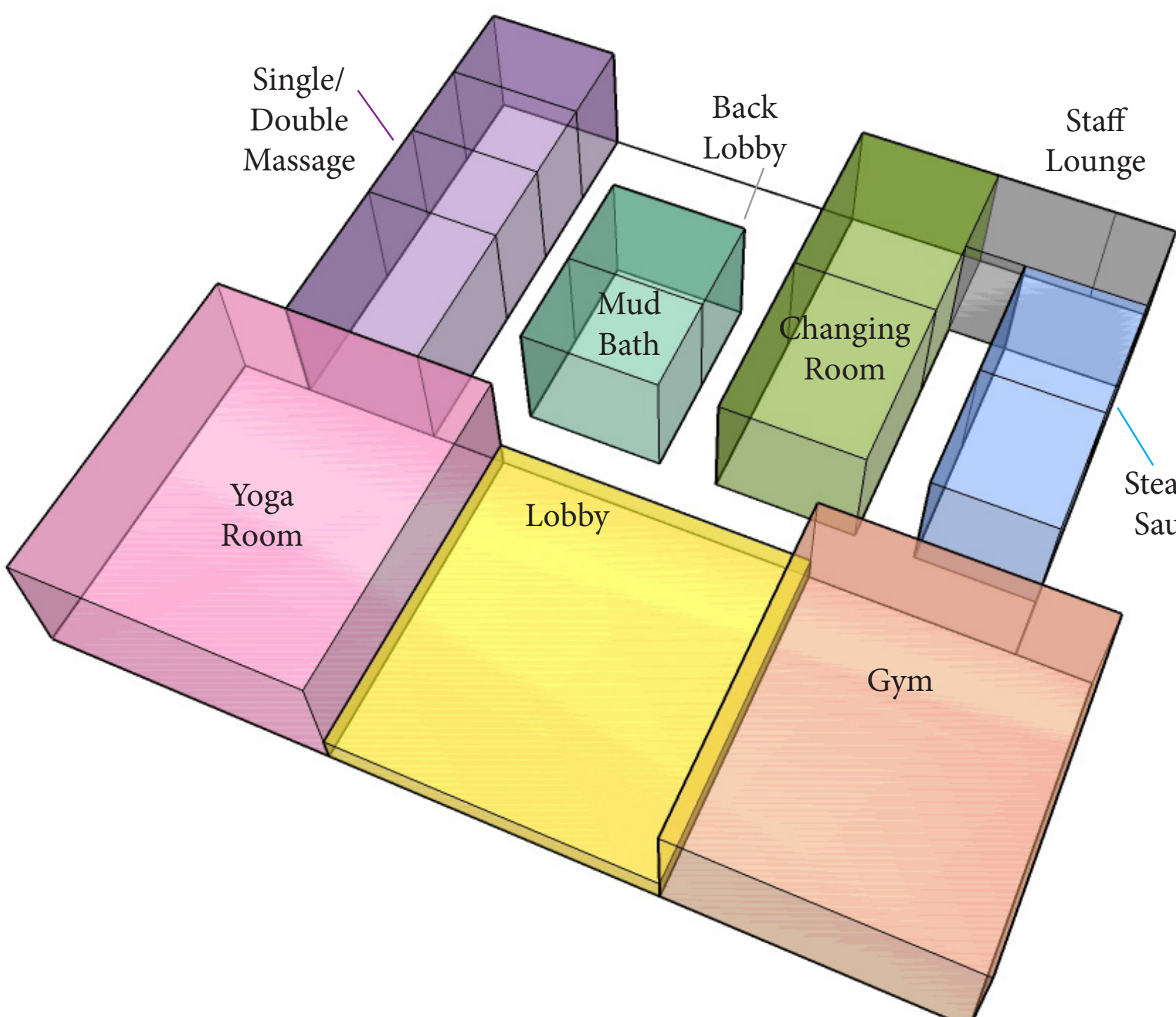
### Therapy



#### Programmatics

- Lobby/Check-In/Waiting area- 3,100sqft
- Gift Shop- 140sqft
- Rooms focused on negative emotions - 140sqft each
- Rooms focused on positive emotions - 140sqft each
- Rooms focused on the combination of both emotions - 140sqft
- Community/Group Space- 1,015sqft
- Public restrooms - 245sqft each  
Private restrooms -
- Storage/Staff Lounge- 225sqft
- Stair and Elevator

### Spa

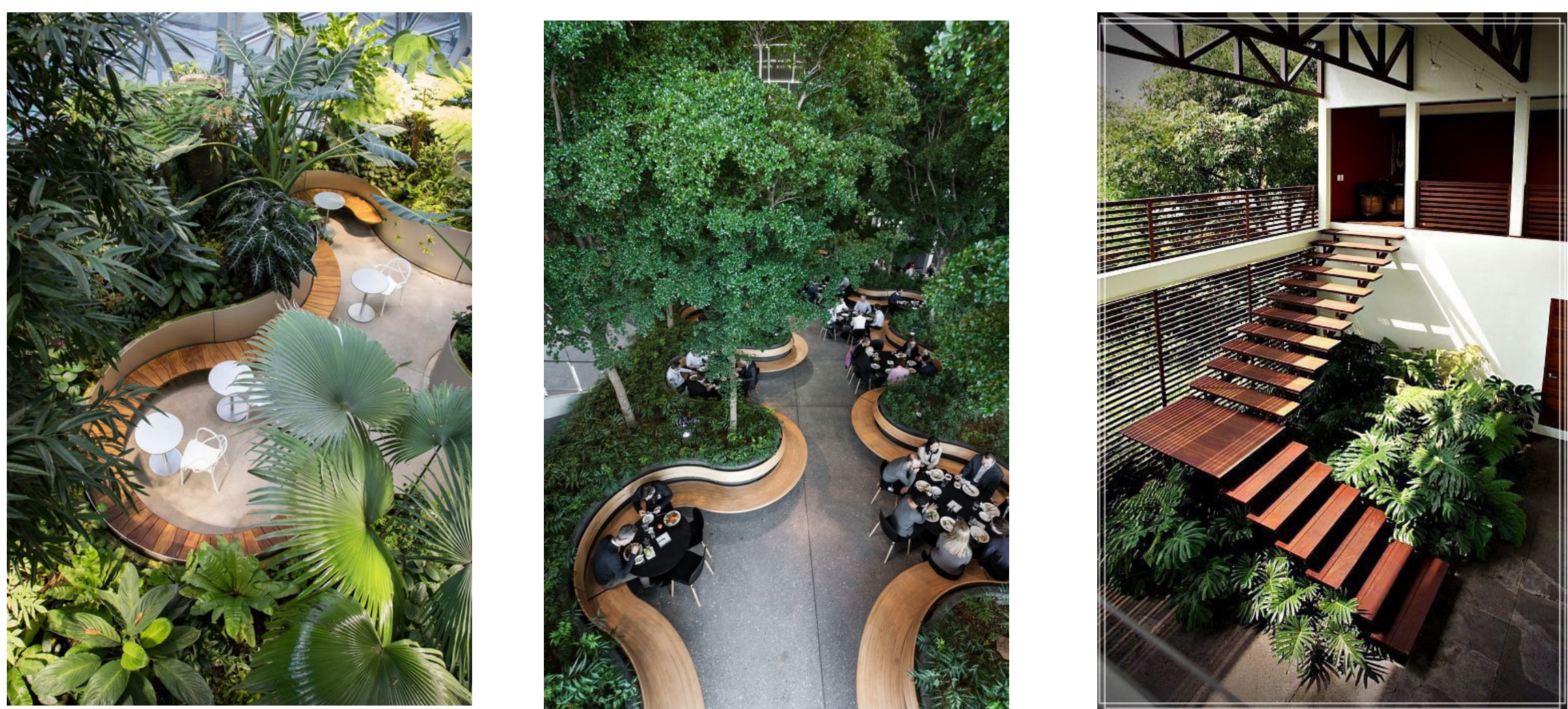


#### Programmatics

- Lobby/Chek-in/Waiting area - 1,200sqft
- Indoor yoga/meditation room- 1,050qft
- Gym- 1,050sqft
- Single massage rooms - 120sqft each
- Double massage room - 224sqft
- Mud Bath room - 123sqft each
- Back Lobby - 220sqft
- Changing room/Restrooms - 264sqft each
- Steam and Sauna room - 160sqft each
- Staff lounge/Storage - 120sqft



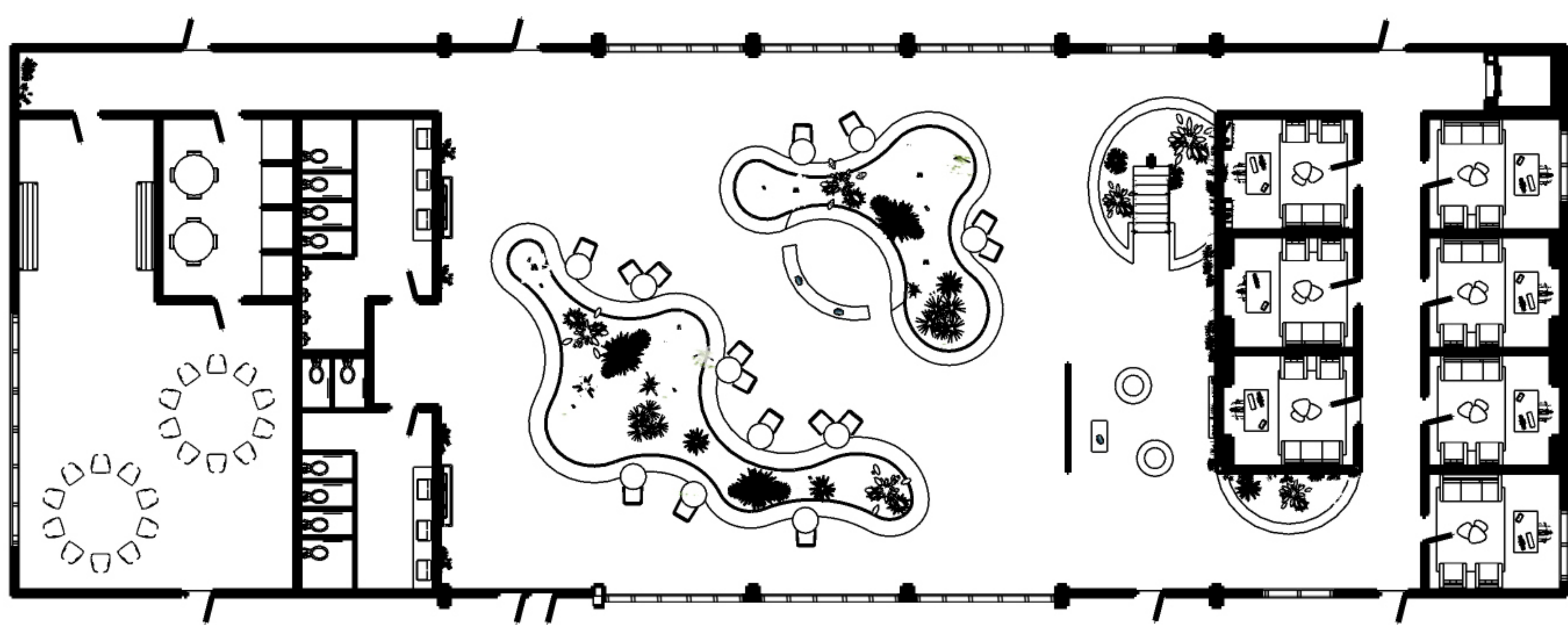
# Therapy - Building D



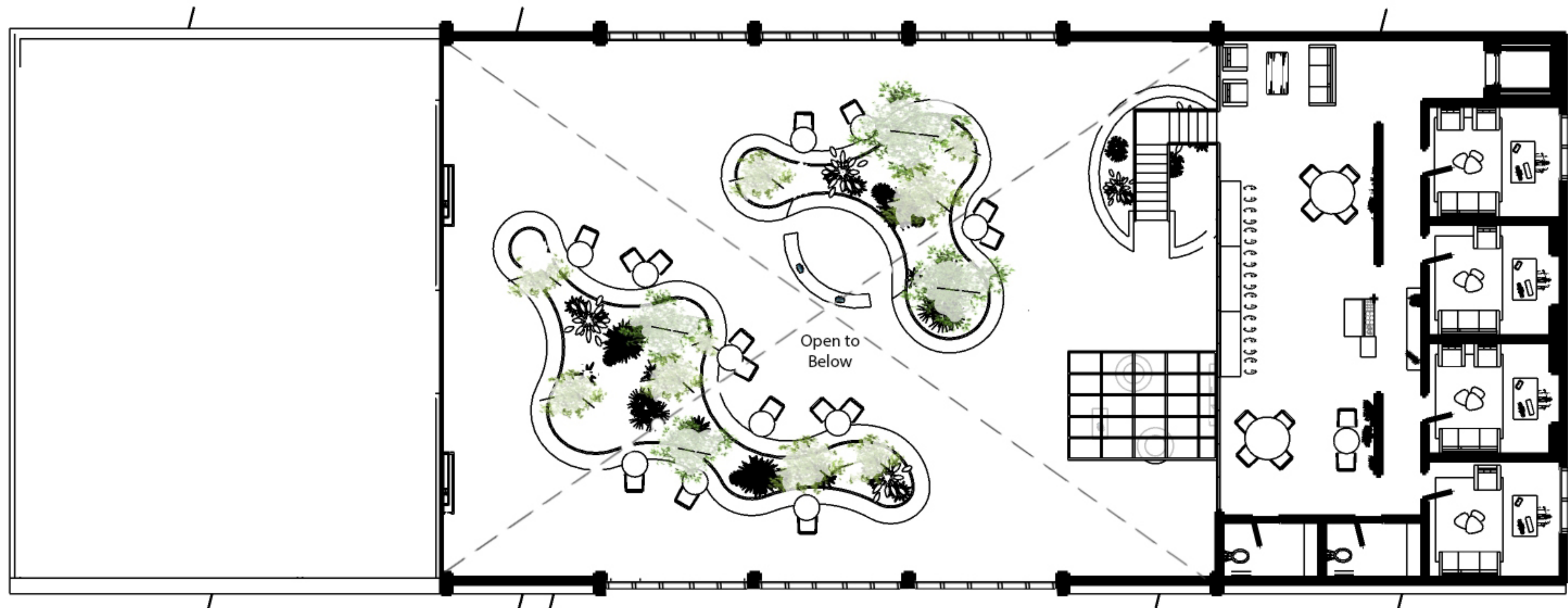
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First Floor Plan - 1/8" Scale



Second Floor Plan - 1/8" Scale



Cross Section - 1/4" Scale



Longitudinal Section - 1/8" Scale



## Perspectives

Main Entrance - Lobby entrance view from parking lot.



Check-In Counter - Close up view of check in desk and surrounding seating



Gift Shop - Open glass space for purchasing goods



Stairs - Access to second floor and secondary seating



Therapy Room - Space to express ones-self and create new connections towards healing

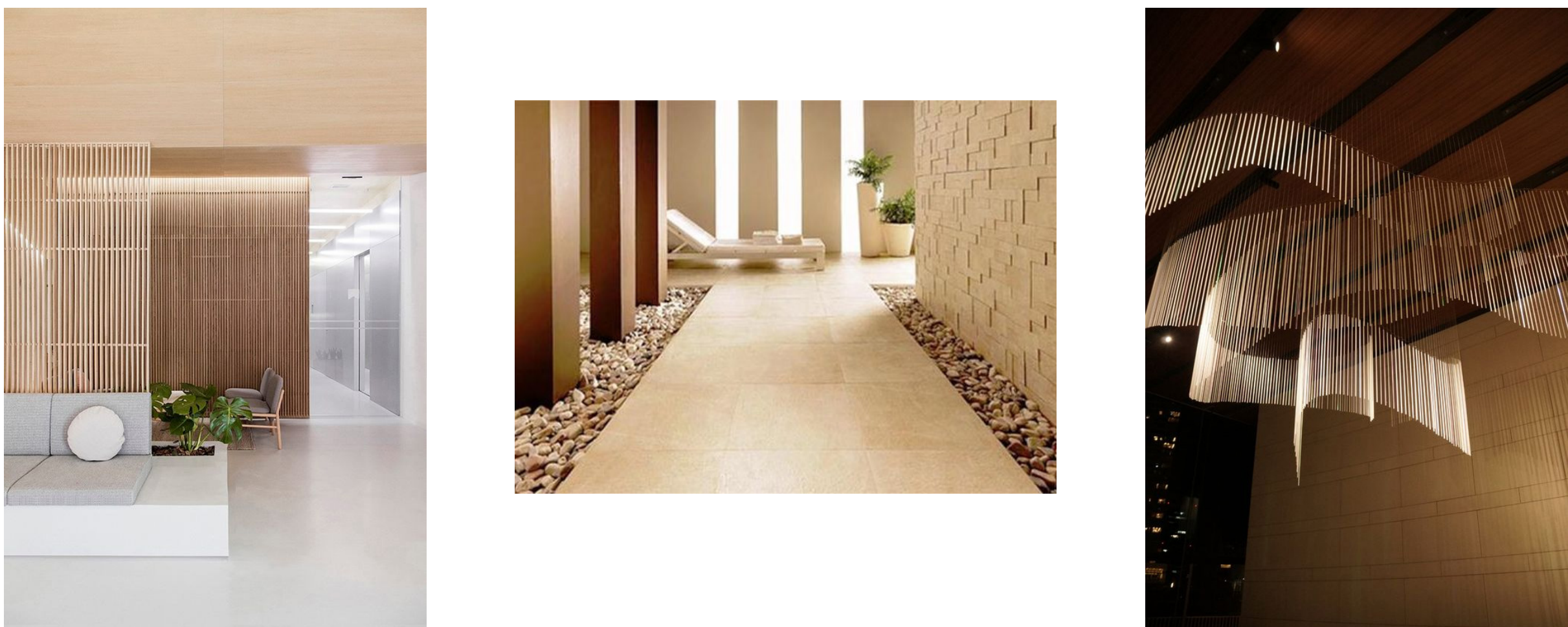


Cafe - Second floor cafe area and divider from therapy rooms





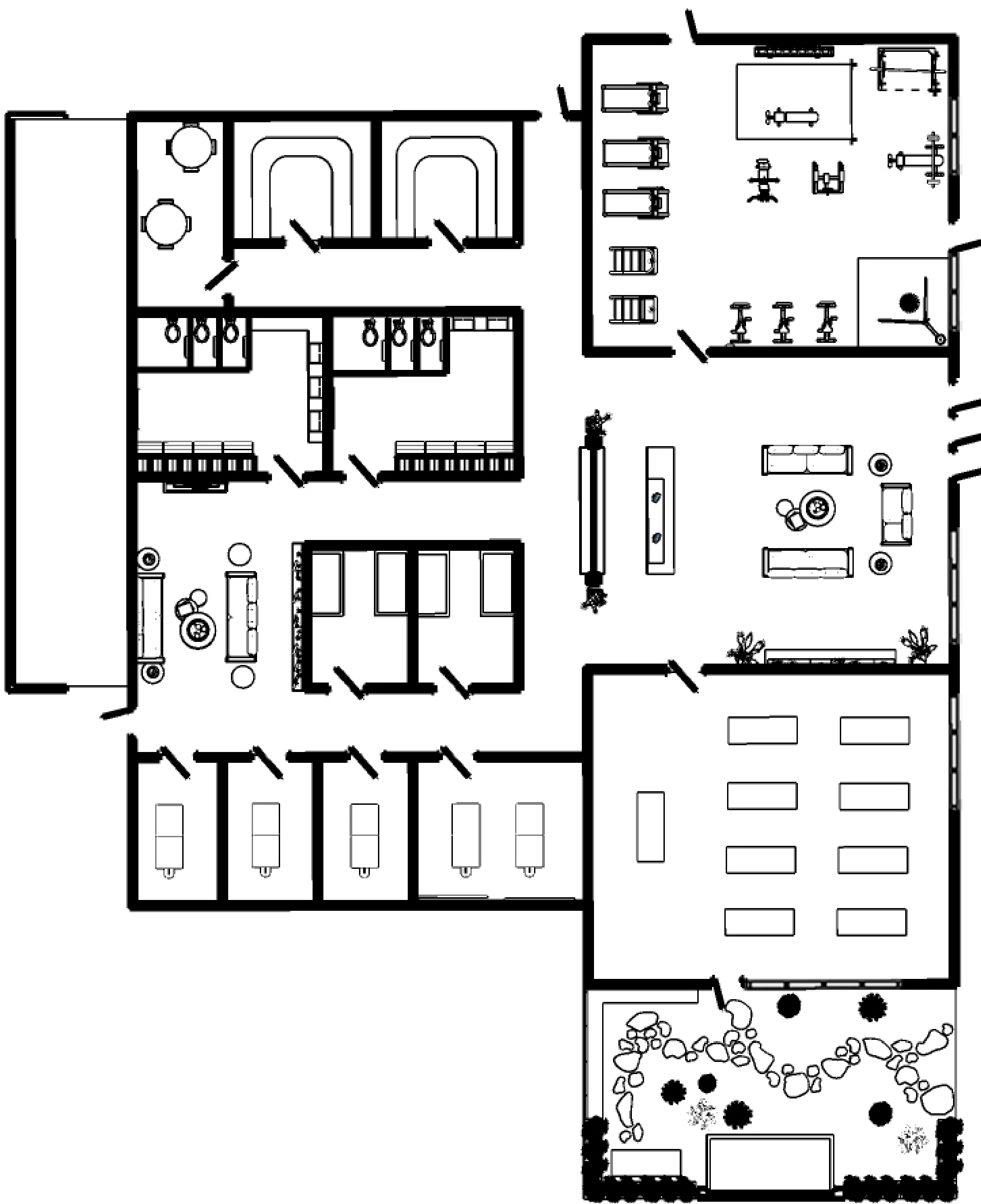
Spa - Building C



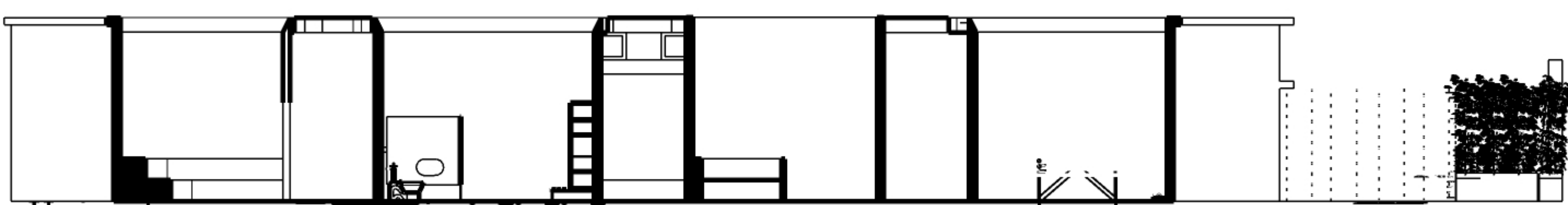
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First Floor Plan - 1/8” Scale



Cross Section - 1/8” Scale



Longitudinal Section - 1/8” Scale



Perspectives

Main Lobby- Lobby entrance from central courtyard, Check-in desk, and shopping area



Back Lobby - Waiting room between the changing rooms and massage rooms



Gym - Fully equipped workout room with exit doors to courtyard



Yoga Studio - Studio used for yoga and meditation classes, with access to side courtyard



Massage Room - Doubles massage room



Side Courtyard - Secluded courtyard outside of yoga studio, with access to central courtyard

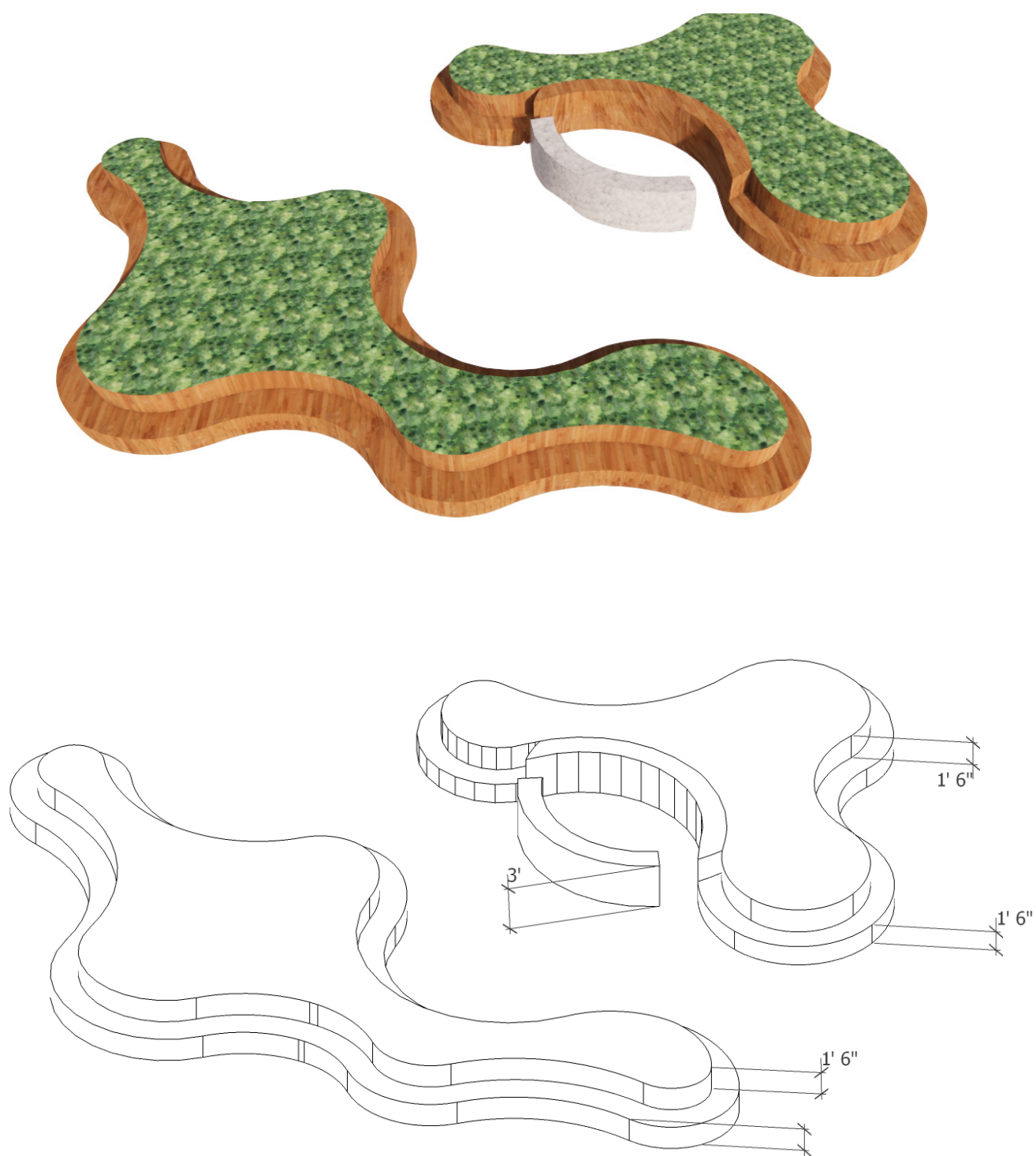
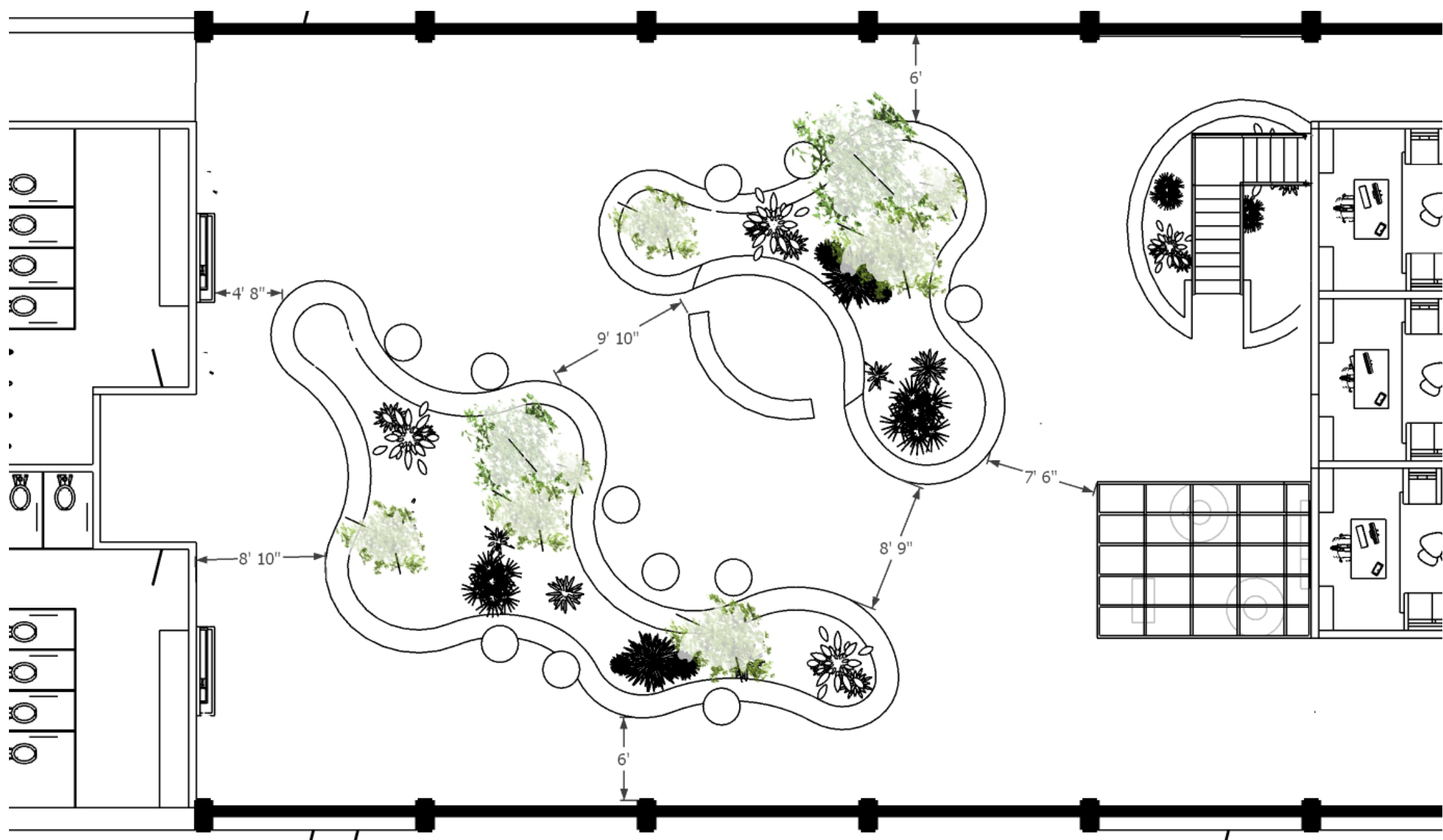




Design Details

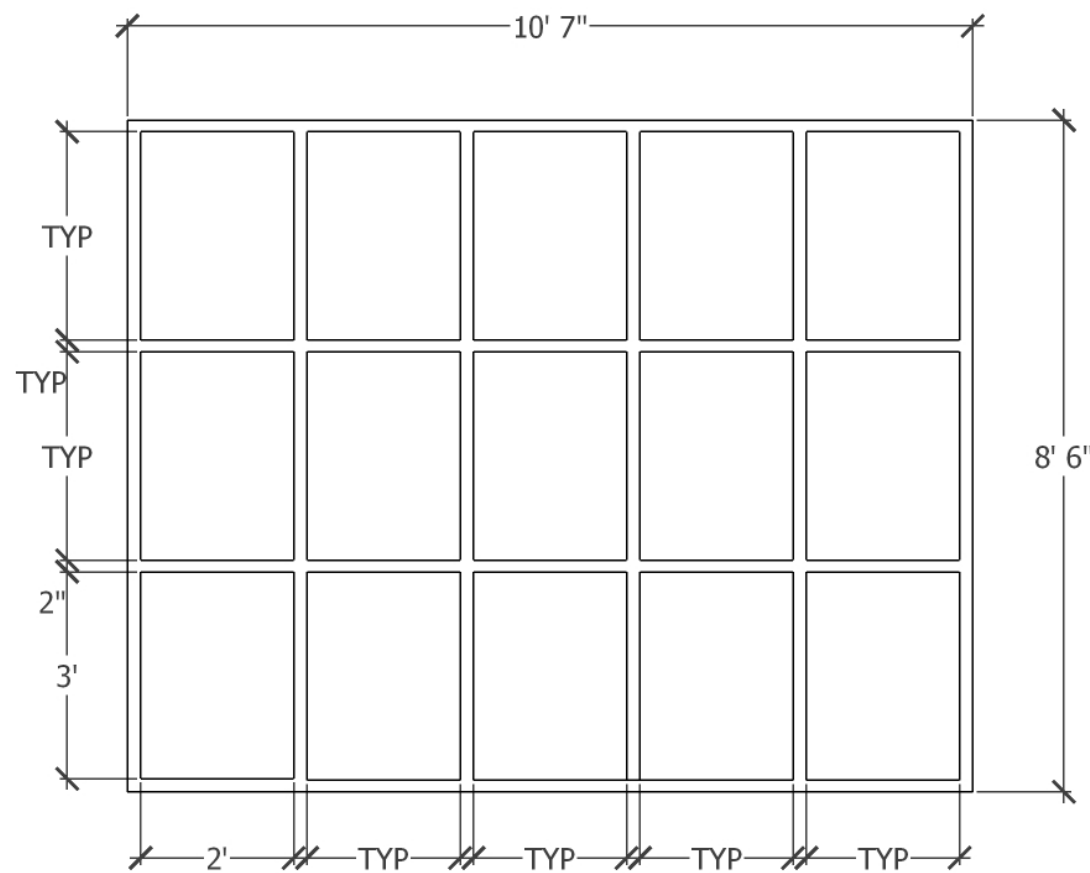
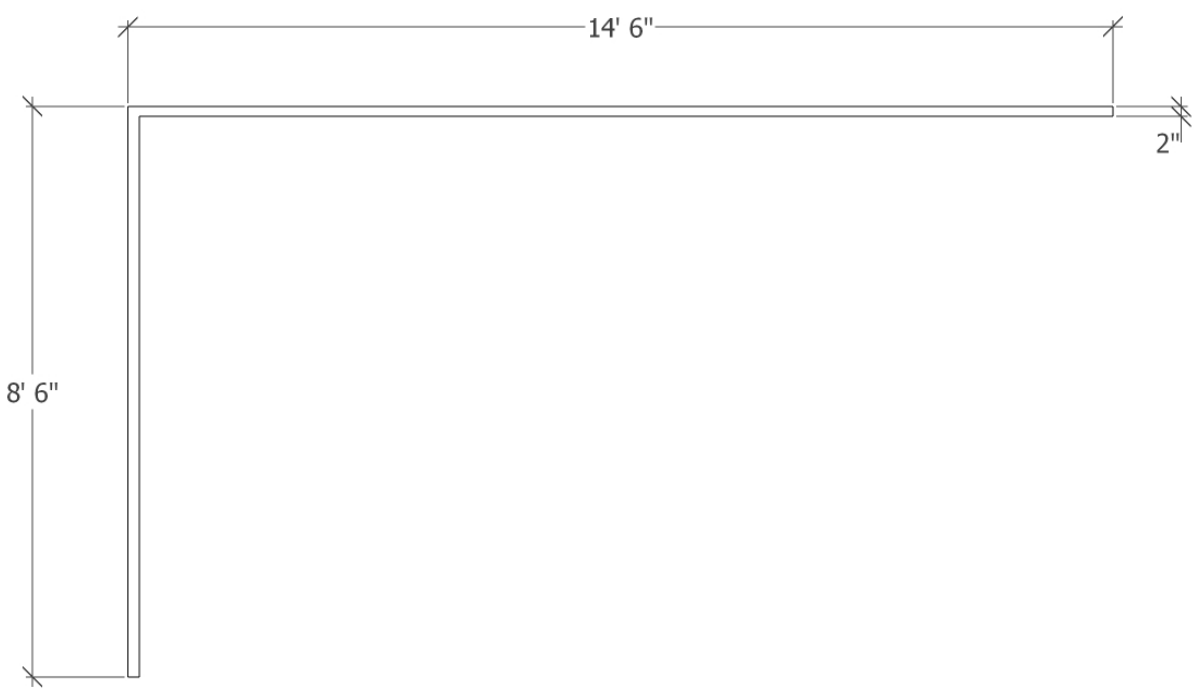
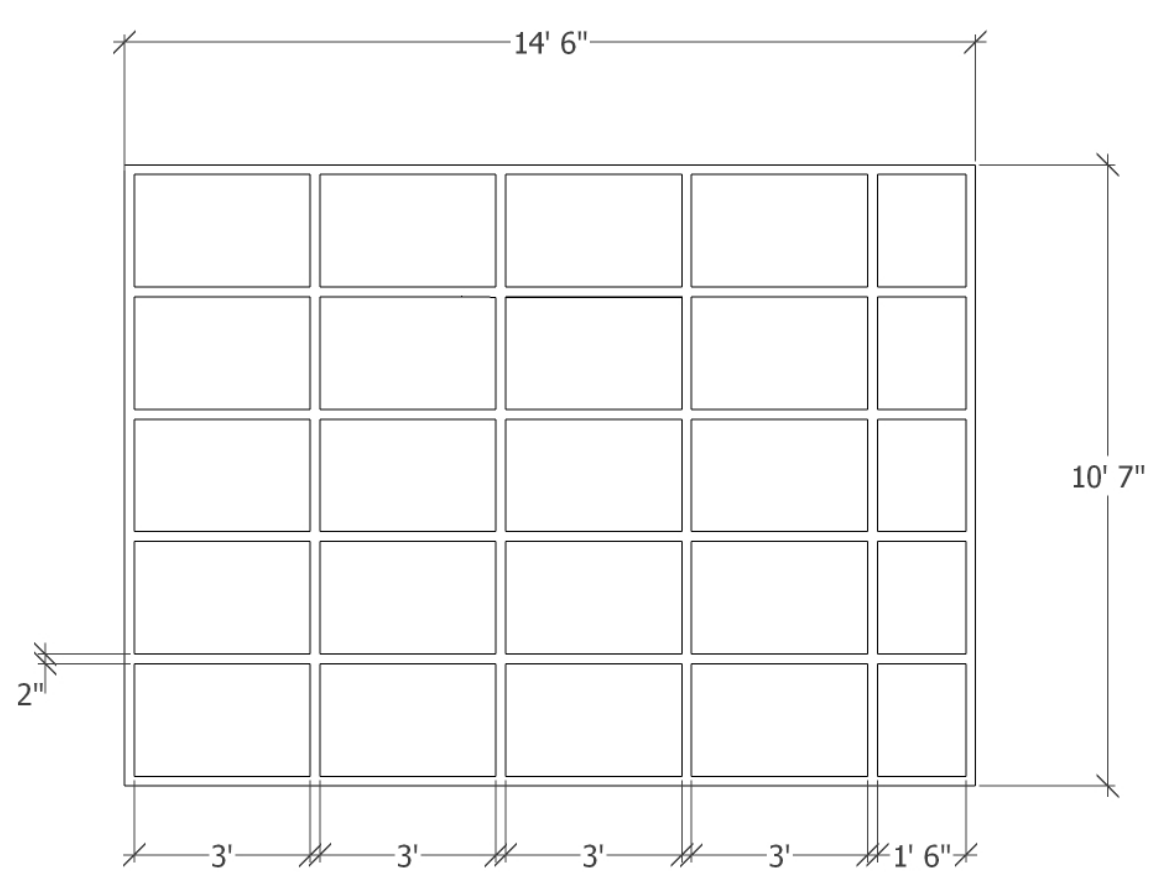
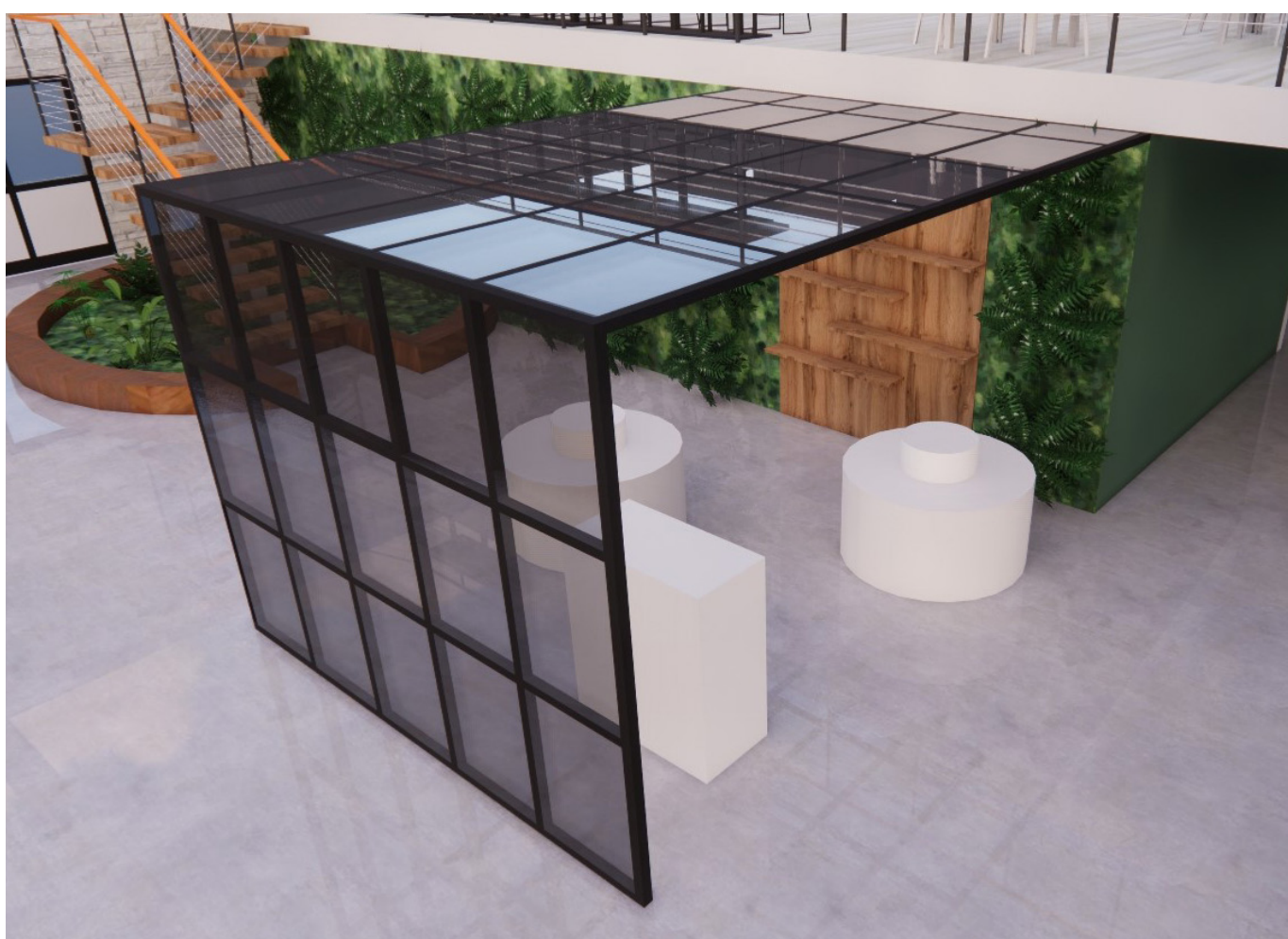
D- Front desk & Landscape Feature

- Wood Bench
- Quartz Front Counter
- Artificial Grass & Plants
- Strip undermount lighting



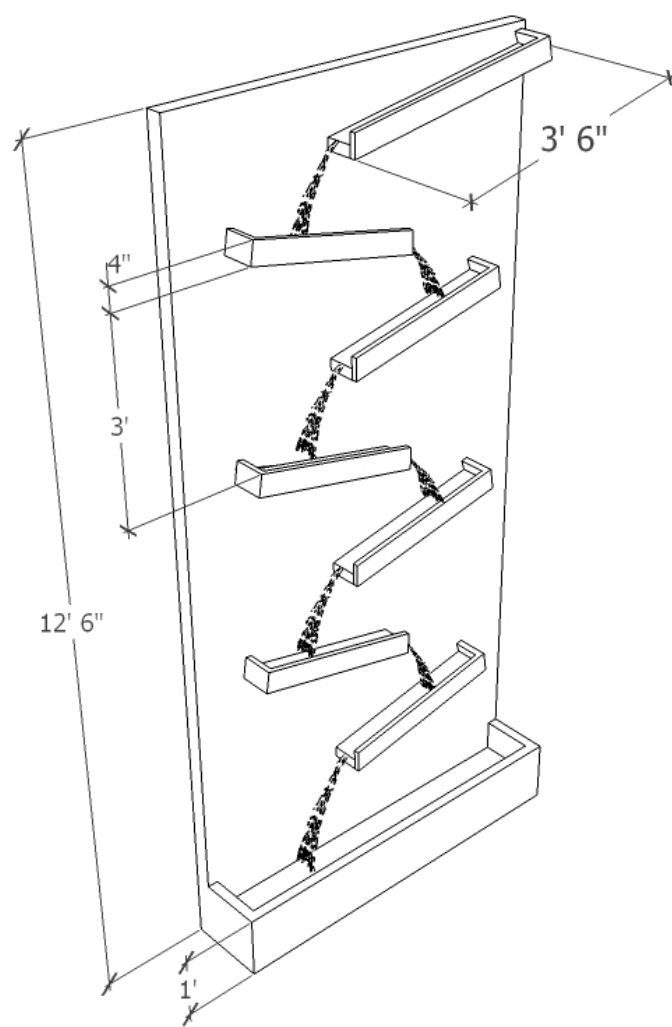
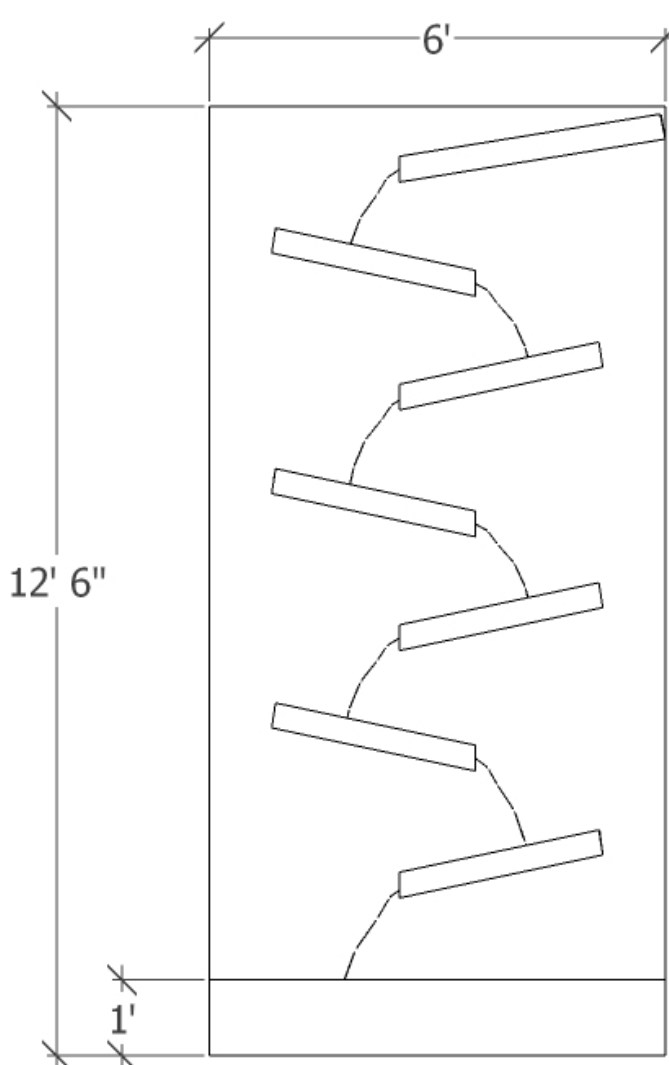
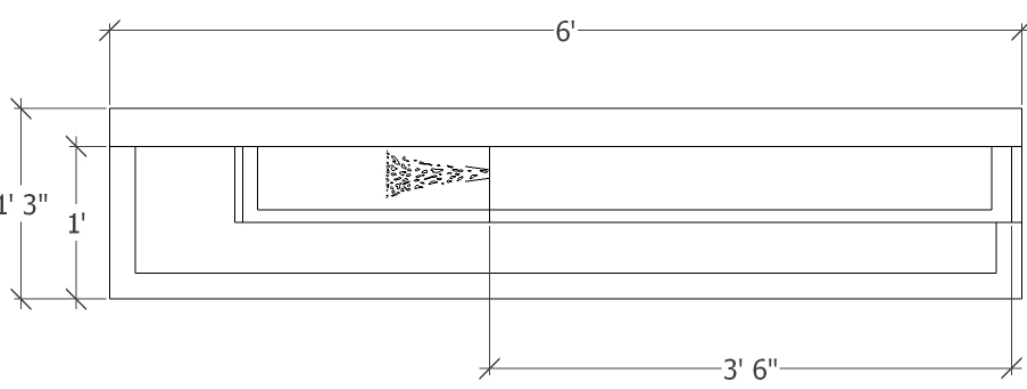
Gift Shop Glass Wall

- Black Iron Molding
- Glass Panels



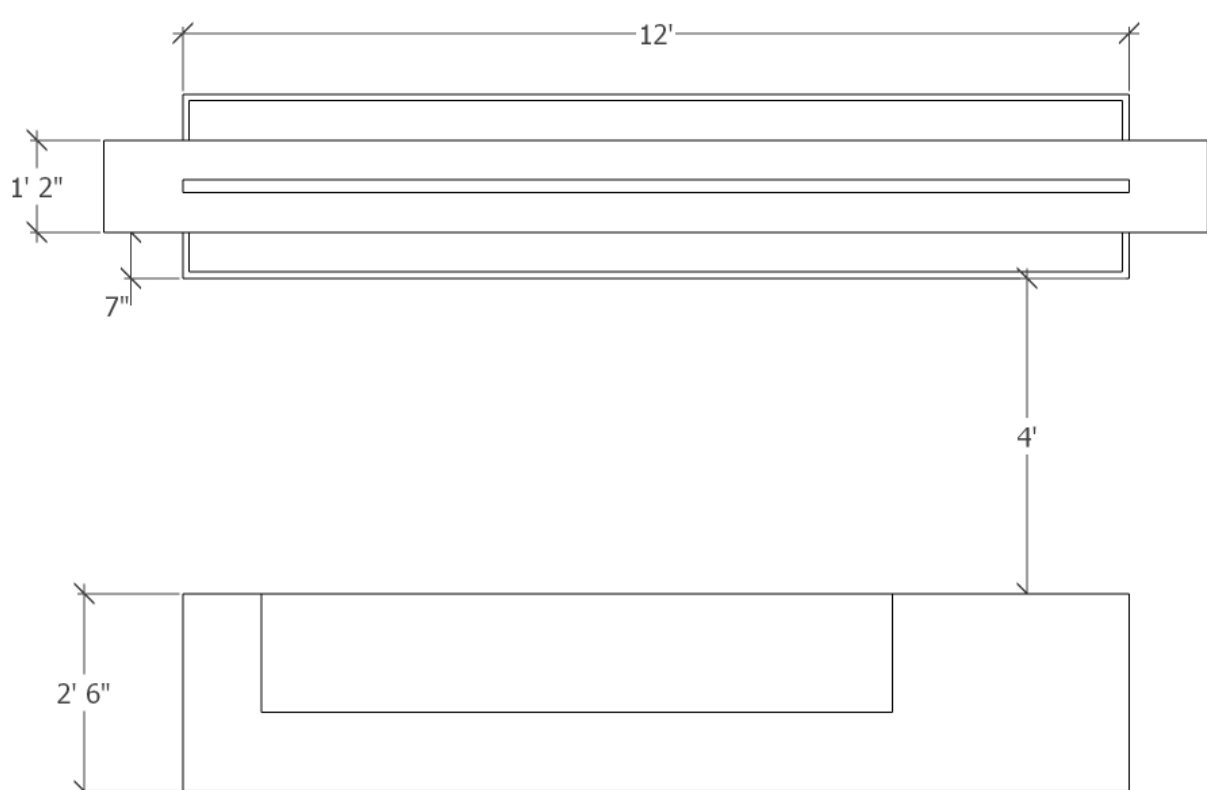
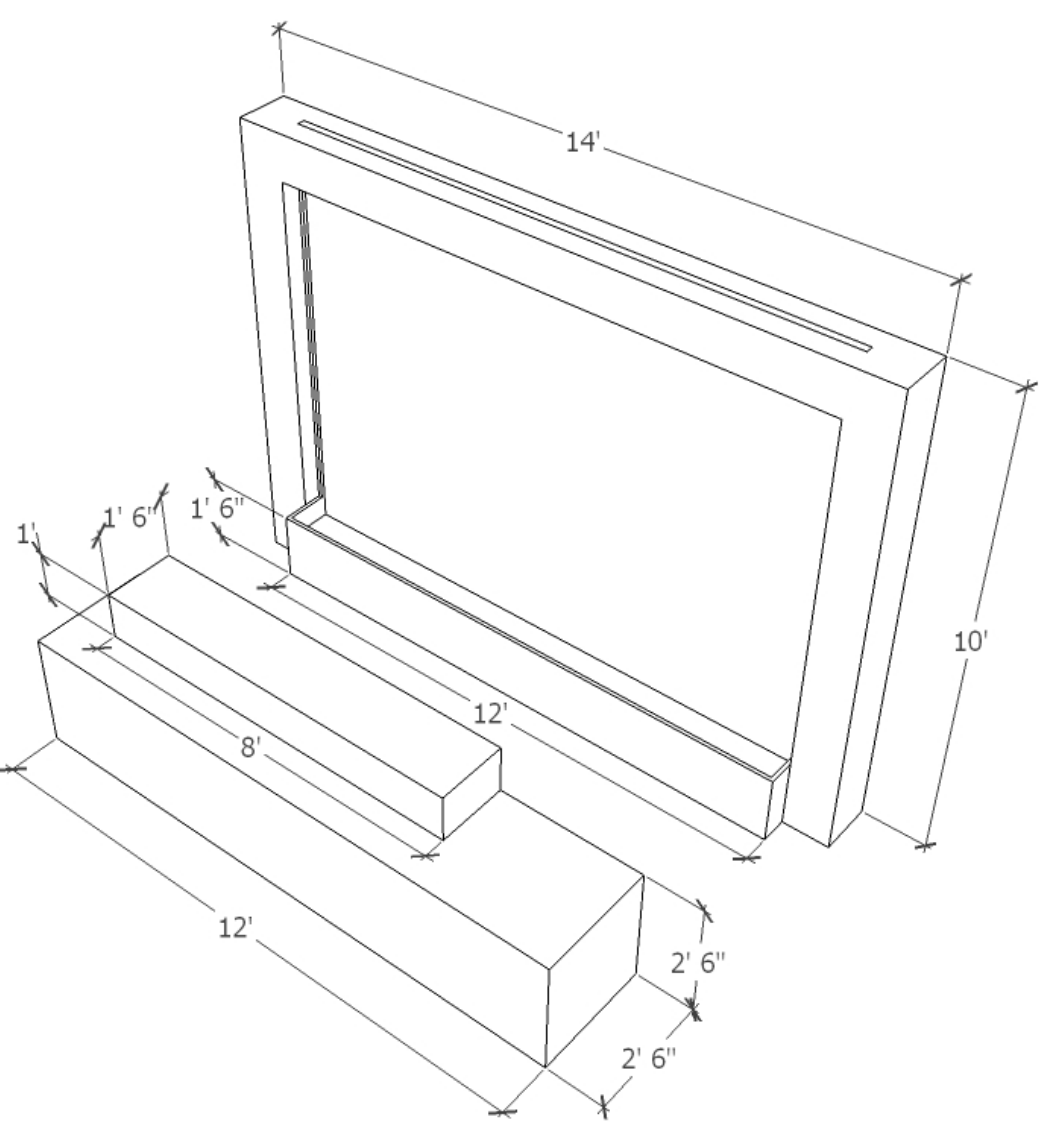
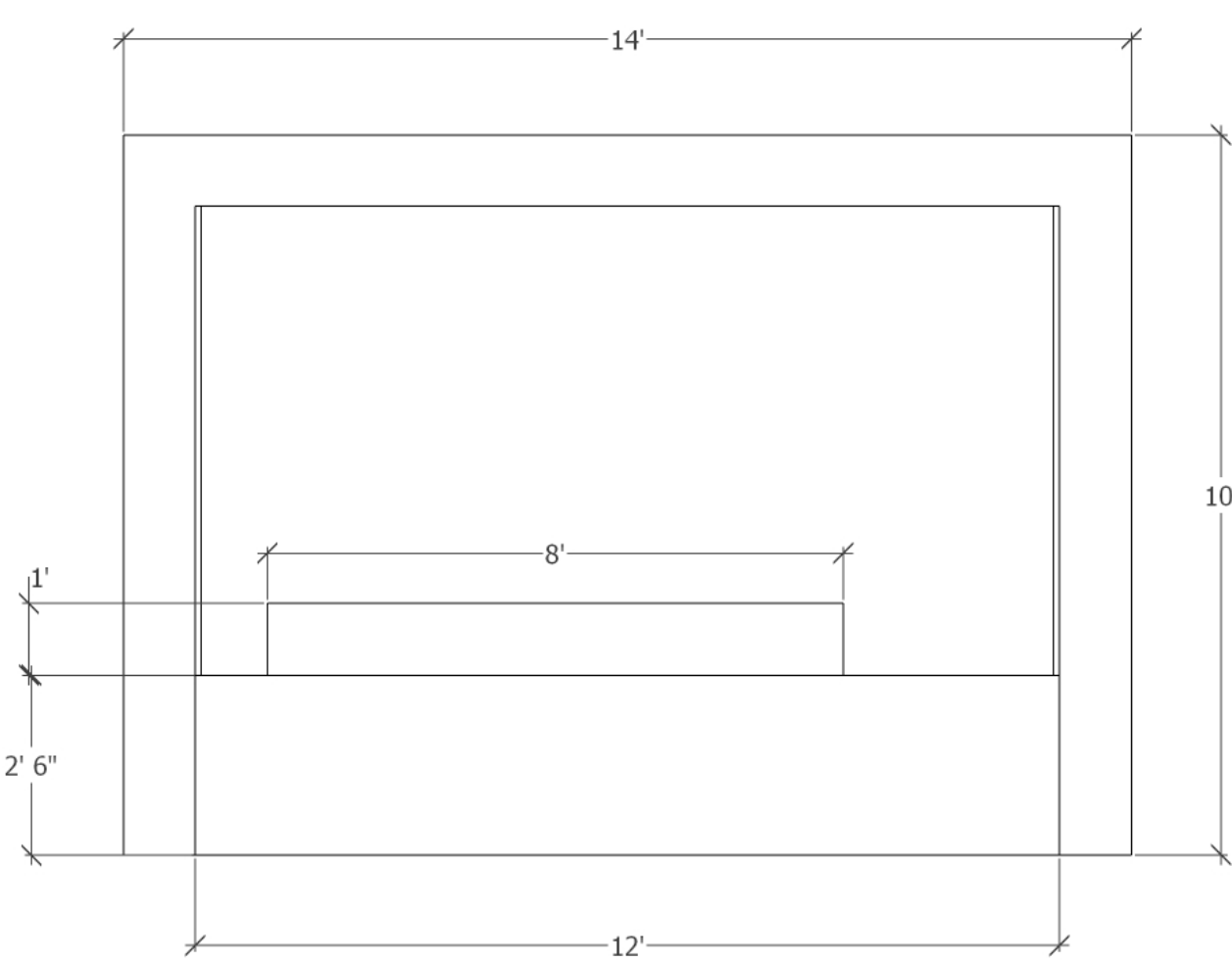
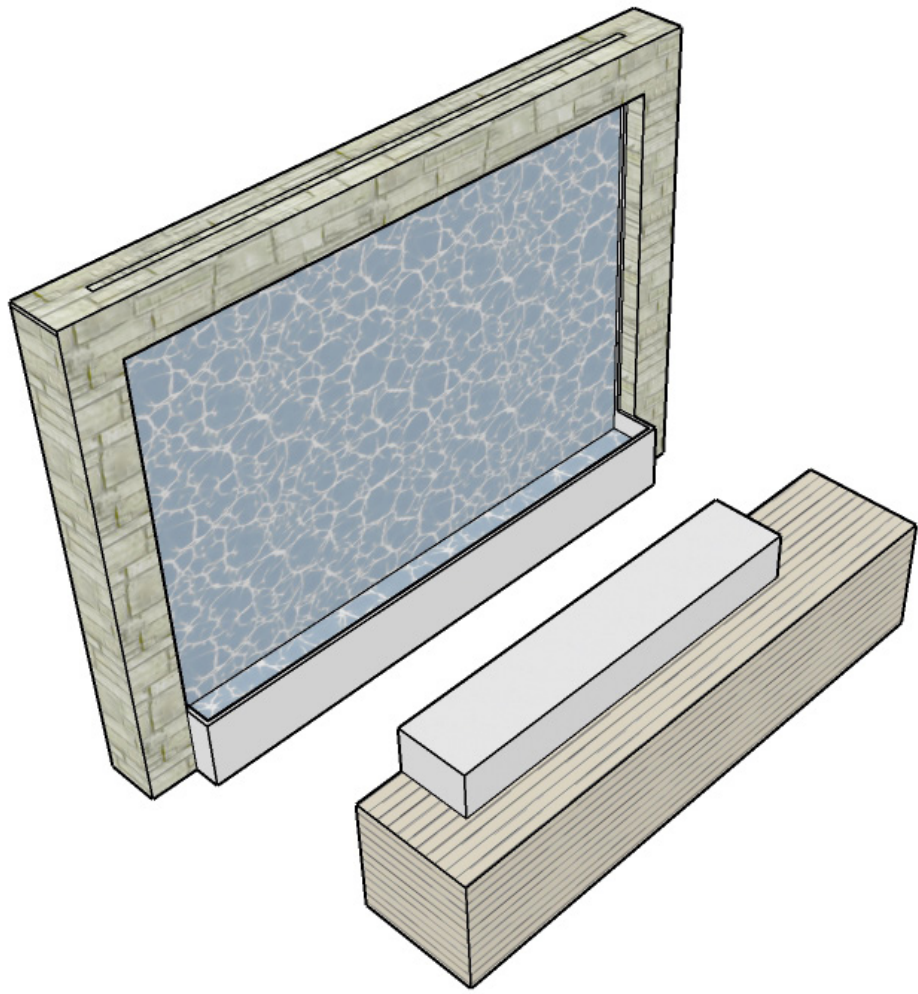
Waterfall Wall

- Wood Paneling
- Wood Spouts
- Wooden Base



C- Front desk & Water Feature

- Wood planks
- Quartz Countertop
- Stacked Stone
- Glass water fall center



Ceiling Detail & Lighting

- Regular wall framing
- Painted
- Strip lighting around interior curves

