



## “Design for Rejuvenation” 2019-2020



### Interior Design Scenario

*Written by professional members of the  
Interior Design Educators Council (IDEC)*

**Client Description:** Dr. Michele Robertson is a dermatologist with a large cosmedi-spa practice in Richmond, Virginia. She has decided to open a satellite location in a small (currently residential) property in a town about 30 minutes away. She is planning to provide cosmetic procedures two days a month in this location and have a massage therapist and esthetician run the office day-to-day, providing these services. Due to the importance of good nutrition in relation to healthy skin, she wants to provide a demonstration kitchen that might be used to teach a client how to prepare fresh food in a healthy way. This would be a nighttime activity to use the space after hours. Dr. Robertson has asked you to help her create a modern designed spa and treatment center, with this additional after hours use.

**Scope of Project:** Revising the provided house plan and, the student designer will:

1. Design and create an efficient, functional interior with multi-purpose spaces defined by the client.
2. Select finishes, furnishings and accessories that will create a relaxing, rejuvenating space.

The clients have requested that if necessary, all interior walls may be removed. The only load bearing walls are the exterior walls. The footprint of the original house, location of existing exterior doors, windows and the fireplace will remain in place. The client has provided an existing dimensioned floor plan, and a neighborhood plan to help the designer work within the current conditions.

**The Brand:** The client has asked your firm to develop a name for this property that conveys a relaxing rejuvenating, nature of this cosmedi-spa. In creating the brand, you should select a general color scheme and design a logo for the spa. This logo should appear in the reception area at a minimum. The color and finish palette should be reflected throughout the space

### **Program Requirements:**

- **Lobby:** The lobby should be a welcoming and calm environment with a reception desk and task chair, guest seating in a waiting area for four people, and a very small retail display space. The retail space will display bath and body products, dermatology products, and small accessories.
- **Massage Room:** The massage room should create a private and peaceful environment where a massage therapist will perform massages on one client at a time. A client disrobes and changes into spa garments before services, and may relax in the room for a short period of time after the treatment has been completed. The massage room shall include a minimum of a massage table, stool, sink with cabinet storage for towels, a chair, end table and a mirror.
- **Esthetician Treatment Room:** The esthetician treatment room should create a private environment where skincare or body treatments are performed by a technician. The technician also educates clients about treatment plans within this area. A client disrobes and changes into spa garments before services, and may relax in the room for a short period of time after the treatment has been completed. This room shall include a treatment table, stool, sink with cabinet storage for towels, chair, end table and a mirror.
- **Manicure/Pedicure:** The manicure/pedicure area does not require the same level of privacy as the massage room and esthetician treatment room. Provide one manicure station and one pedicure station with cabinet storage and a sink.

- **Client Restroom:** Provide an accessible restroom for use by the clients. This room should include a toilet, sink, grab bars and mirror. The design of the restroom shall comply with the universal design standards.
- **Staff Break/Demonstration Kitchen:** Provide a kitchen area that doubles as a break area for staff during the day and a demonstration kitchen by night. The kitchen should include a sink, refrigerator, oven, microwave, cabinet storage and sofa. A washer and dryer are also required in this area or nearby, to wash the towels used by the massage therapist and esthetician.
- **Staff Restroom:** Provide an accessible restroom for use by the staff. This room should include a toilet, sink, grab bars and mirror. The design of the restroom shall comply with the universal design standards.

#### **Existing Conditions:**

- **Neighborhood:** The neighborhood is currently being converted from residential to commercial properties and is in close proximity to the downtown area. There is limited parking in front of the building, but is in a walkable location and more parking is available in nearby blocks.
- **Architectural Details:** The existing details are typical of a “mid-century modern” house. Windows are 30” AFF (above finished floor). The width of the windows is 36” and the window style is to be determined by the student designer. The head height of the windows is 7’-8” AFF, with a ceiling height of 10’-0”. The clients want the gas fireplace to remain in place and to be a focal point in some area of the space. The style of the fireplace surround or mantle should be included by the student designer.
- **Doors:** The entry door is 3’-0” x 6’ - 8” tall with a 12” tall transom above. Current bedroom doors are 2’-6” wide. Bathroom door is 2’-4” wide and closet doors are 2’-0” wide. Many of the existing doors do not support universal design principles and will need to be modified for a commercial space.
- **Plumbing Wall:** Because of the cost for new plumbing connections, the clients would like all plumbing to be located within 10’ of the existing plumbing walls as shown on the plans.
- **Budget Purchases:** The clients are interested in purchasing reasonably priced new furnishings as well as used furnishings from consignment stores, Goodwill, Habitat for Humanity and other recycled products. Student shall create a budget for the lobby guest waiting area to include seating, end tables and accessories as designed.

**Kitchen and Bath:** The clients request the design include a new layout for a kitchen to support a two-person teaching experience and to also serve as a breakroom during the daytime hours for staff. New bathrooms should integrate universal design. A reliable source for clearances and layouts is the NKBA Planning Guide. The NKBA Planning Guidelines are available on the STAR Events Resources page on the National FCCLA website. To order the complete set of NKBA Kitchen and Bath Planning Guidelines call Customer Service at 1.800.The.NKBA (800.843.6522).

#### **Design Research:**

- Research information on spa and cosmedi-spa facilities for design requirements
- Research mid-century modern interior and exterior design to help determine the design style.
- All interior areas are to have a coordinated aesthetic through the use of materials and design elements.
- Daylighting is required to create a bright natural, healthy feel in the interior spaces.
- The useable space must be maximized by minimizing hallways.

## Design “Deliverables” (documents):

1. A maximum of three (3) 20”x30” boards should be prepared to meet the following design requirements.
  - a. **Spa Name, logo and design concept** – Create a spa name, logo, and develop a collage of interior design imagery including color schemes that will be used as inspiration for design and as a means of conveying design direction to the client.
  - b. **Project Objectives** – List the top three objectives for the project and include how they are being addressed (in bullet form, minimum 18-point font)
  - c. **Floor Plan (with Furniture)**- Develop a floor plan that is drawn to a consistent ¼” = 1’ scale with rooms labeled correctly, all architectural features indicated appropriately, and furniture arrangement displayed. Floor plans may be hand drawn or computer generated. Using correct scale is very important in order to understand measurements of areas where dimensions aren’t given, (i.e. furniture sizes).
  - d. **Rendered Elevation** - A full color, rendered interior elevation showing the area that includes the fireplace should be created. The drawing should include the architectural details, all furnishings, fixtures and accessories. (1/2” =1’0” for elevation). A 3D perspective drawing, with no scale, may be included, but is not required.
  - e. **Images of Furnishings, Accessories and Lighting** – Select images furnishings, accessories and lighting to indicate the interior style being recommended to the clients.
  - f. **Finishes** - Samples should represent the actual products, materials and selected for interior space and are to appear on the sample boards. Actual samples are not required, but may be included. Don’t include heavy or breakable samples.
  - g. **Organization, labeling and craftsmanship** - Clients need to be able to look at your design boards and easily understand the concept and application of your design. Boards should be organized by areas and all plans, finishes and images should be labeled.
2. **Client Invoice** - The clients have not established a budget at this time but would like the student designer to make reasonable recommendations. Create a budget for five different furnishings and/or accessories products that have been specified for the **waiting/reception area** that are shown on the sample board. Also include the time involved for selecting the furnishings/accessories. As a student designer your billable rate is \$50 per hour. Labor costs, installation, or shipping and handling fees will be billed at a rate of 10%. Calculate tax based on the state of Virginia’s current sales tax percentage. Taxes will be calculated on furnishings and lighting. Billable hours are a service and are not taxed. A sample invoice template can be found on the [STAR Events Resources Page](#).

## INDUSTRY RESOURCES:

Industry resources available to designers may provide the opportunity to obtain materials not available to the average consumer. Below are a few resources; there are many more to be discovered online.

### Spa Design Resources

- [http://www.ibbe.net/files/salonPlanningTips\\_newest.pdf](http://www.ibbe.net/files/salonPlanningTips_newest.pdf)
- <https://www.beautydesign.com>
- <http://www.spathery.com/education/>
- <https://www.entrepreneur.com/article/75152>
- <https://www.salonfurniture.com/>
- <https://www.dayspamagazine.com/>
- <https://www.absalonequipment.com/s-1-salon-design-and-space-planning.aspx>
- <https://www.dayspamagazine.com/spa-design-maximizing-small-space/>
- <https://www.dayspamagazine.com/spa-design-trends-for-2018/>

### Mid-Century Modern Design Style

- <http://blog.plushrugs.com/blog/2016/03/16/9-elements-of-mid-century-style/>
- <https://www.thespruce.com/things-you-should-know-about-mid-century-1391827>
- <https://dengarden.com/interior-design/A-Pocket-Guide-to-Mid-Century-Modern-Style>
- <https://blog.buildllc.com/2011/09/10-forgotten-lessons-of-mid-century-modern-design/>
- <https://www.curbed.com/2017/11/22/16690454/midcentury-modern-design-mad-men-eames>

### Universal Design Resource

- <http://www.nyc.gov/html/ddc/downloads/pdf/udny/udny2.pdf>
- <http://www.universaldesignresource.com/>

### Plumbing Fixtures and tile

- <https://www.us.kohler.com>
- <https://www.annsacks.com>

### Millwork and Reception Desks

- <https://www.spasalon.us/nail-equipment/receptionist-desks.html>
- <https://www.sohomod.com/reception-desks.html>

### Window Treatments

- <https://www.smithandnoble.com>

### Paint

- <https://www.benjaminmoore.com>
- <https://www.sherwin-williams.com>

### Wallcovering

- <https://wallsrepublic.com/collections/salon-spa-commercial>
- <https://www.wallsauce.com/us/commercial-work/salons-spas>

### Office Furniture

- <https://www.hermanmiller.com/>
- <https://www.steelcase.com/>
- <https://www.knoll.com/>

### Contract Fabrics

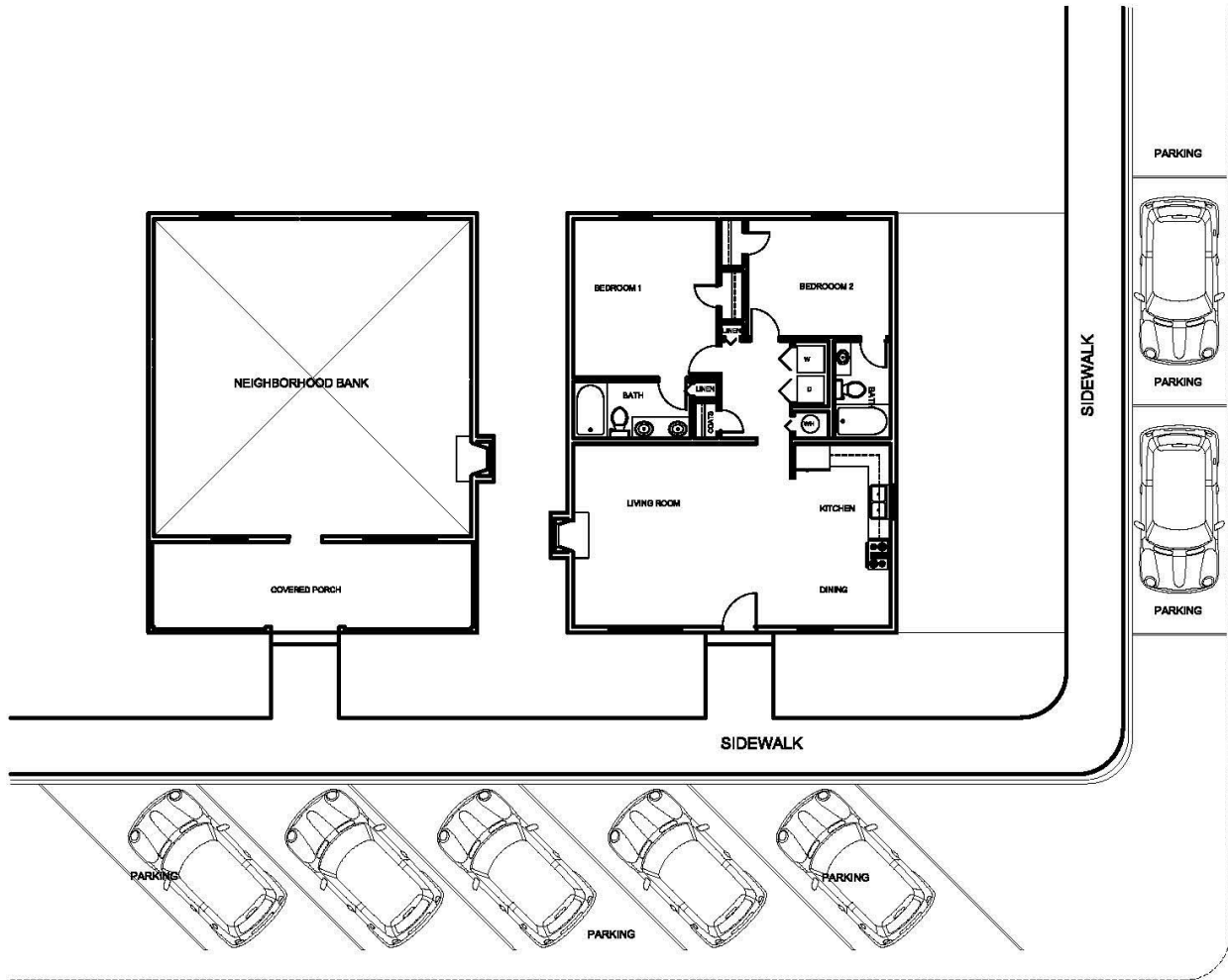
- <http://www.millikenspecialtyinteriors.com>
- <https://www.crypton.com>
- <https://www.knoll.com/shop/knolltextiles/hospitality>
- <https://fabricutcontract.com/fabric>
- <http://www.standardtextile.com/hospitality/products>

### Flooring

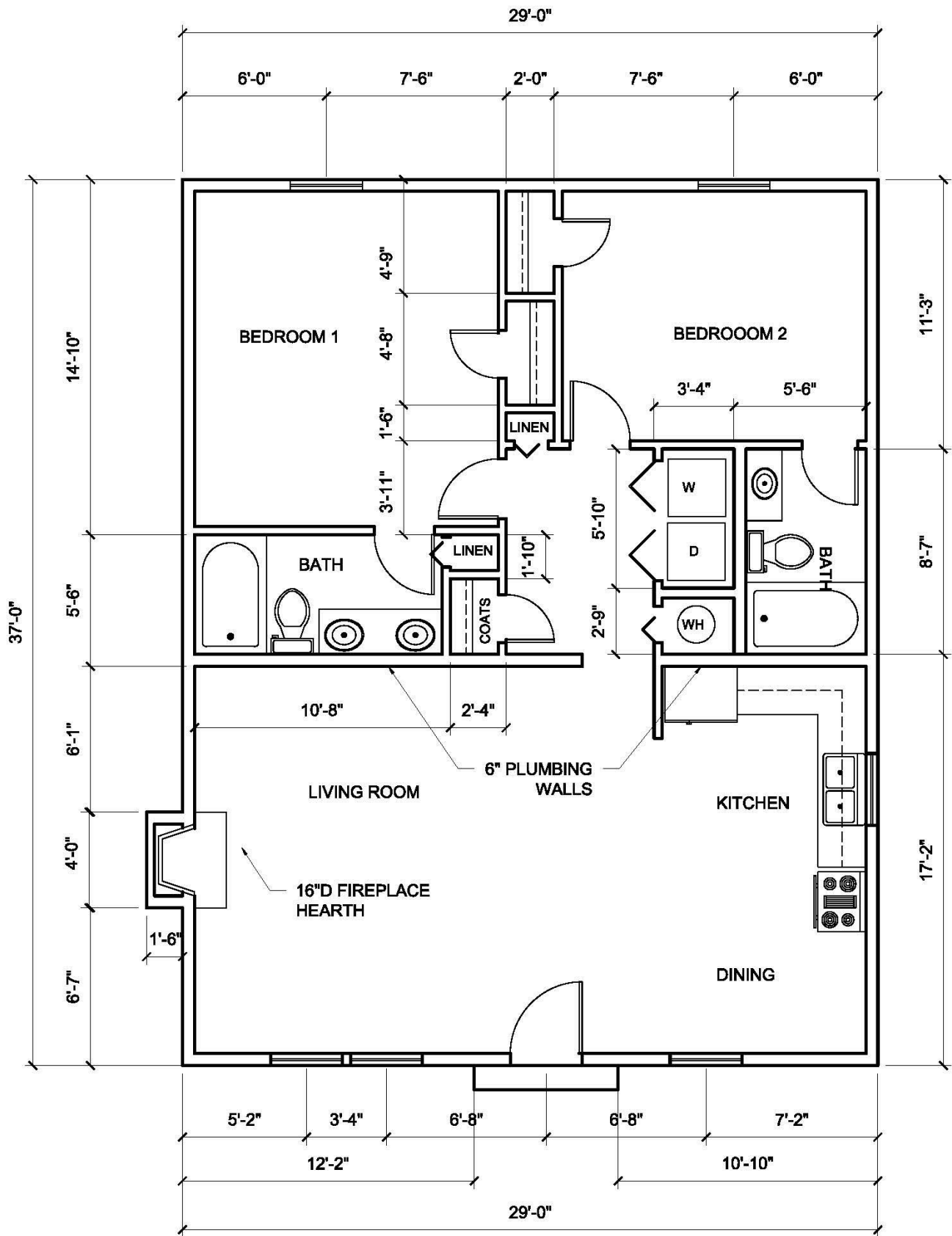
- <https://www.daltile.com>
- <https://www.armstrongflooring.com>
- [www.mohawkflooring.com/](http://www.mohawkflooring.com/)
- <https://floors.milliken.com › floors › en-us>

### Kitchen Cabinetry

- <http://www.kraftmaid.com>
- <https://www.willowlanecabinetry.com>



NEIGHBORHOOD PLAN  
NTS



**DIMENSIONED FLOOR PLAN**  
 3/16"=1'-0"