

design
for
leisure

CASE STUDIES

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PALM HEIGHTS

Grand Cayman, Caribbean

Palm Heights in Grand Cayman offers a unique, open-air thermal spa experience with three distinct features—sauna, steam room, ice lounge—designed by Design for Leisure and custom-built by KLAFS, and a remarkable open-air hammam also designed by DFL and built and installed onsite.

What sets this project apart is its innovative use of customized shipping containers, which have been transformed into high-end wellness amenities.

The project exemplifies efficiency and eco-conscious design. The containers were fully fitted out in the KLAFS factory, ensuring a streamlined “plug-and-play” installation, with power, water, and drainage connections ready to be made on delivery. Each 160SF unit houses all necessary mechanical equipment while maximizing usable spa space. This forward-thinking approach not only minimizes onsite construction time, reducing critical path reliance, but also keeps all waste materials at the factory for responsible disposal with nothing added to the island landfill, highlighting how sustainable ingenuity can redefine the spa industry.

980SF Hydrothermal Area

Developer: Khalil & Kane Ltd

Creative Director: Gabriella Khalil

Spa Design Consultant: Design for Leisure



UNIVERSITY OF TEXAS: FOOTBALL TRAINING FACILITY

Austin, Texas

Design *for* Leisure partnered with the University of Texas football sports medicine staff to install a custom KLAFS sauna in the team's training facility, reinforcing the Longhorns' commitment to cutting-edge recovery. Completed just in time for the 2024 season, the sauna became an integral part of their performance and wellness strategy.

This approach follows a long tradition of sauna use in athletics. For example, back in 1924, Finnish athletes dominated the Paris Olympics and credited their success in part to the power of sauna bathing. Today, research continues to confirm its benefits, with more elite teams integrating saunas into their training and recovery routines.

90SF Custom KLAFS Sauna

Owner: University of Texas Football

Spa Consultant: Design *for* Leisure



WINSTAR SPA

Thackerville, Oklahoma

Incorporating the latest in immersive spa and wellness trends, the WinStar Spa, located in the Spa Tower of the WinStar World Casino and Resort, is an homage to modern spa and wellness design. The two-level spa features communal hydrothermal bathing and touchless technology at a size and scale designed to attract visitors from nearby Dallas/Ft. Worth and Oklahoma City urban markets.

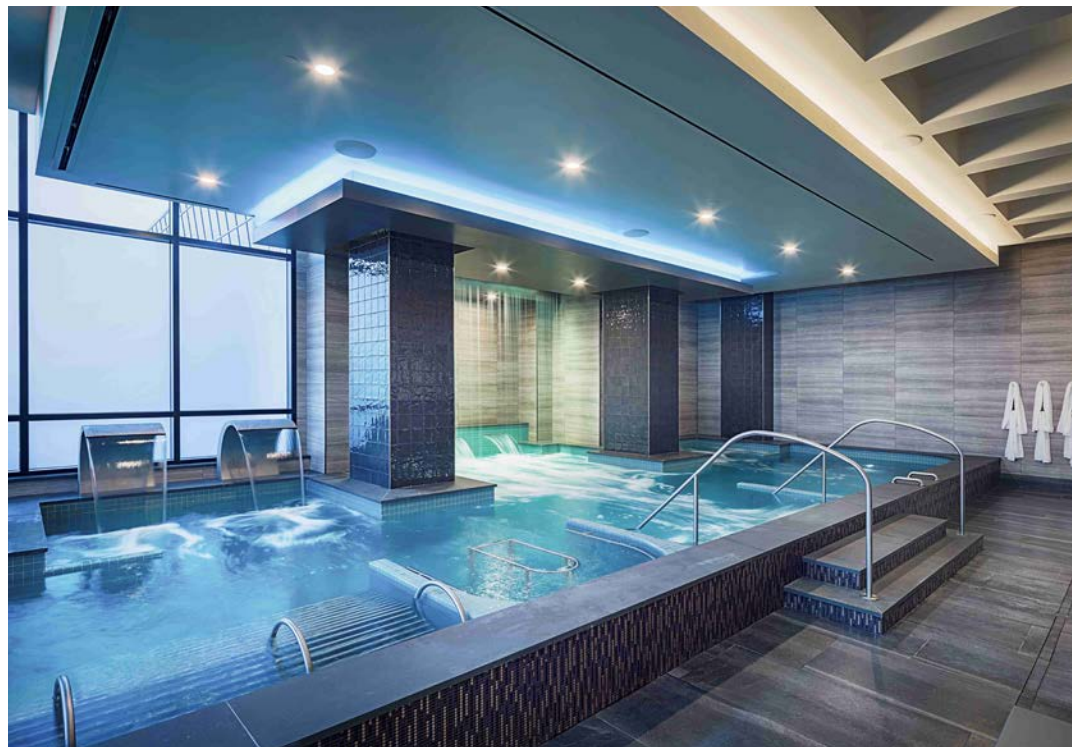
To provide a communal experience for groups and couples, WinStar Spa includes an amenity-rich coed hydrothermal area designed and built by DFL, in collaboration with Arch Amenities Group. Centered around a large hydrotherapy pool with Sommerhuber heated loungers located poolside, the area also includes a co-ed KLAFS sauna, rain walk, and bucket shower. In addition, there are also separate male and female saunas, steam rooms and ice lounges.

3,400SF Hydrothermal Area

Developer/Owner: Chickasaw Nation

Interior Design: HBG Design

Spa Consultant: Arch Amenities Group in collaboration with Design for Leisure



CEDAR SPA AT FOUR WINDS

South Bend, Indiana

One of the most important cultural elements in this spa's celebration of heritage is the red Cedar wood that is prominently featured throughout. Cedarwood is layered with custom stone and shimmering copper finishes—each representing elements culturally significant to the Pokagon Band of Potawatomi Indians—creating an otherworldly environment that is both luxurious and relaxing.

The 10,000 SF Cedar Spa features 1185 SF of traditional and unique spa therapies in a beautiful, biophilic space full of natural elements that promote relaxation, well-being, and healing, including steam rooms, saunas, vitality pools and separate lounges for women and men.

DFL also designed and built dedicated men's and women's aqua thermal areas situated adjacent to respective changing rooms, including heated loungers and glass-enclosed steam rooms and saunas.

1,185SF Hydrothermal Area

Developer/Owner: Pokagon Gaming Authority

Interior Design: HBG Design

Spa Consultant: Blu Spa with Design for Leisure



WORLD SPA

Brooklyn, New York

WORLD SPA is a 50,000-square-foot urban bathhouse featuring three floors of impeccably designed, traditional wellness treatments. The spa's developers successfully delivered on their vision to bring authentic hydrothermal bathing circuits from all over the world under one roof, allowing local New Yorkers and tourists alike to experience the benefits of true traditional bathing circuits.

The spa opened to great fanfare in early 2023 and boasts one of the largest coed hydrothermal bathing areas in all of New York, offering authentic bathing practices from around the world: from Russian Banyas and traditional Finnish saunas to a European bathing circuit that boasts one of the first-ever snow rooms seen in the U.S., there's also a salt inhalation room, a picture perfect infrared sauna, multiple Turkish and Moroccan hamams, Japan onsen pools and more.

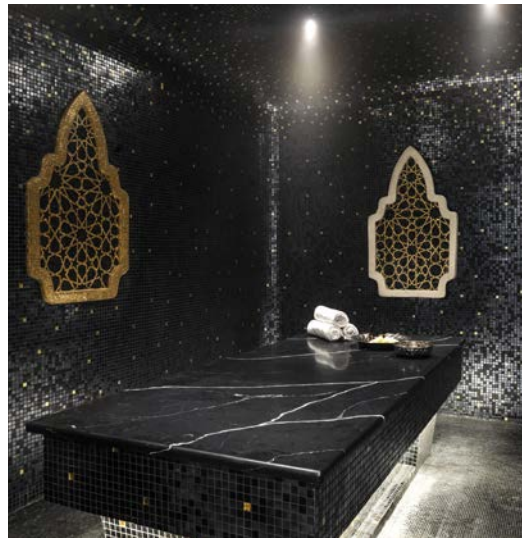
50,000SF Hydrothermal Area

Developer: BK Developers (Owner) & RYBAK Development

Architect: Zproket Architecture Planning Consultant

Interior Design: WORLD SPA Design Team

Spa Consultant: Design for Leisure



THE SPA AT FOUR SEASONS HOTEL AND RESIDENCES

Fort Lauderdale, Florida

Beautifully combining ancient holistic remedies with modern innovations, the spa's design is inspired by the waterways of Fort Lauderdale. Internationally renowned Tara Bernerd & Partners' interior design is mid-century-inspired, with gentle curves and beautiful finishes. In the spa, there's an interplay of marble, natural woods, rattan, antique brass, and pale linens, creating an environment of soothing luxury.

The spa features six treatment rooms and is equipped with luxurious hydrothermal amenities designed by DFL, including male and female areas with Himalayan salt-wall hybrid-heated saunas, aromatherapy steam rooms, revitalizing ice fountains, and multisensory experience showers with targeted water treatments that to massage the body.

1,300SF Hydrothermal Area

Developer/Owner: Four Seasons

Architect: Kobi Karp Architecture & Interior Design

Interior Design: Tara Bernerd & Partners

Spa Consultant: Design for Leisure



AWANA SPA RESORTS WORLD

Las Vegas, Nevada

Awana Spa at Resorts World features a wellness experience unavailable anywhere else in the United States: a grand-scale “event sauna” capable of seating up to forty people enjoying the theatrical art of Sauna Aufguss.

Inspired by European saunas that provide rejuvenation and space to gather for the shared goal of greater well-being, the theater-inspired sauna includes aromatherapy, choreographed music, lighting and dancing towels. Sauna Masters curate avant-garde social experiences.

DFL also designed a Rain Walk to cool down after the sauna. Another key feature for cold contrast therapy is Awana’s network of six vitality pools. DFL also designed the spa’s heated Crystal laconium, as well as the steam rooms and experiential showers in the male and female changing rooms.

360SF Event Sauna

Developer/Owner: Genting Berhad

Architect: Marnell Architecture

Interior Design: RVD

Sauna Specialists: Design for Leisure and KLAFS

Spa Consultant: Blu Spas with Design for Leisure



Awana’s theater-style sauna can seat forty and offers Sauna Master-curated experiences, including sauna aufguss.

FAIRMONT SPA CENTURY PLAZA

Century City, California

The Fairmont Century City, an iconic mid-century modern hotel, designed by famed architect Minoru Yamasaki and first opened in 1966, was completely reimagined for its 2021 re-opening, including the addition of the 14,000 square-foot Fairmont Spa Century Plaza.

A key feature of the spa, spans a massive amount of underground space, are DFL-designed bathing circuits for both male and female guests. Both areas include customized KLAFS saunas, aromatherapy steam rooms and specialized experience showers. The private female area is home to a multi-climate KLAFS Sanarium®, a patented, climate regulator that transforms a classic Finnish sauna into five different climate zones for unique flexibility for temperature and humidity levels, as well as a hammam and Himalayan salt inhalation room.

1,850SF Hydrothermal Area

Developer/Owner: Next Century Partners

Operator: Accor

Architect: Gensler

Interior Design: Yabu Pushelberg

Spa Consultant: Design for Leisure



CIVANA

Carefree, Arizona

CIVANA Resort Spa & Sanctuary invested around \$50m to transform and renovate the 189-bedroom Carefree Resort in Arizona, including the addition of a 20,000-square-foot spa with 29 treatment rooms and a full Aqua Vitality Circuit designed and built by Design for Leisure in consultation with Rianna Riego, architects 3rd Story and interior designer Mendil+Meyer. CIVANA's goal was to recapture the time-honored art of healing through water with a hydrotherapy thermal circuit of hot and cold pools, including a European-designed Kneipp hot/cold wading pool and Tepidarium therapeutic soaking pool and a multi-climate KLAFS SANARIUM®—the first installed in the continental U.S.—offering flexibility for operators to provide varied climates.

1,350SF Hydrothermal Area

Developer/Owner: CIVANA

Architect: 3rd Story

Interior Design: 3rd Story & Mendil+Meyer

Spa Consultant: Rianna Riego in collaboration with Design for Leisure



CIVANA's hydrothermal circuit focuses on the healing power of water and features various hot and cold water treatments, including a bracing cold deluge shower—a re-imagined take on a traditional “cold plunge”.

FAENA HOTEL

Miami Beach, Florida

The Faena Group did a complete renovation of the fabled Saxony Hotel in late 2015, including the installation of a South America-inspired spa, called Tierra Santa Healing Spa. Tapping into a trend for more communal spaces, the hydrothermal journey created by DFL for Tierra Santa is completely co-ed and designed to cultivate transformative healing by combining indigenous ingredients and state-of-the-art purifying wet spa areas, including a waterfall shower, a traditional Turkish-style hammam, a cleansing eucalyptus steam room, a hydrotherapy room for mud and scrub treatments, a sauna featuring beautifully-curved, handcrafted benches and walls made from Canadian Hemlock, an ice parlor for cooling and a tepidarium for final relaxation.

2,000SF Hydrothermal Area

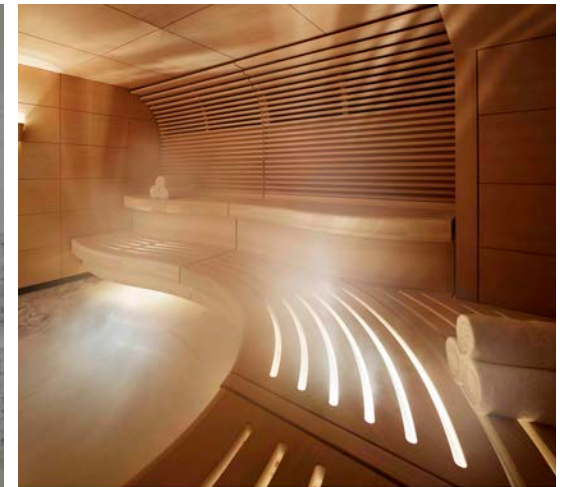
Developer: Faena Group

Owner: Faena Hotels

Architect: Revuelta

Interior Design: Bazmark

Spa Consultant: Inge Theron & Associates in collaboration with Design for Leisure



Photos courtesy of Faena Hotel, Miami Beach, FL. Photographer Nik Koenig.

CACHE CREEK RESORT

Brooks, California

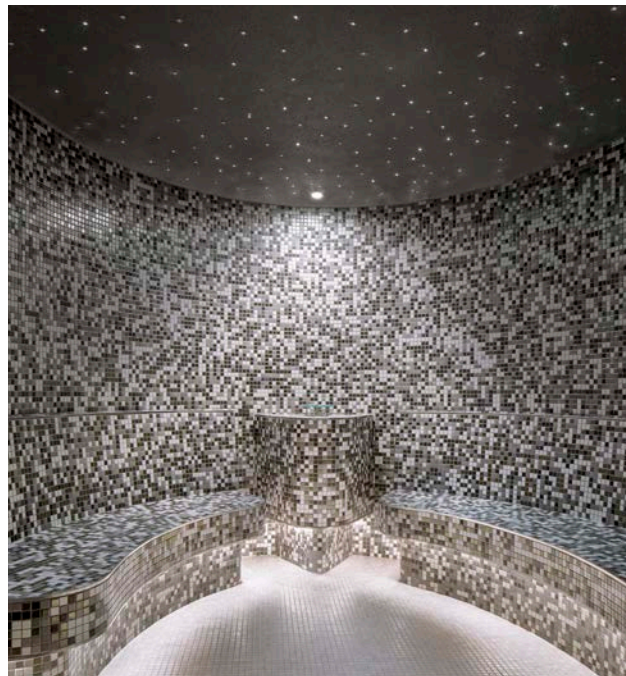
Re-imagined and remodeled in 2019, the newly-expanded Spa at Cache Creek Casino Resort is part of an \$200 million expansion project. The 12,000-square-foot spa includes 11 treatment rooms and hydrotherapy pools, and separate male and female steam rooms and saunas. A floor-to-ceiling Himalayan salt rock wall graces the wall behind heated loungers in the female relaxation area, while a floral-motif mosaic tile wall designed by artist Jen Garrido has pride of place behind the female hydrotherapy pool. The mosaic was awarded The National Tile Contractors Association award for Large Commercial Project of the Year.

1,616SF Hydrothermal Area

Developer/Owner: Yocha Dehe Wintun Nation

Architect/Interior Design: HBG Design Group, Inc.

Spa Consultant: Blu Spas in collaboration with
Design for Leisure



Top: Heated loungers line the wall outside of the steam room.

Bottom: Women's steam room with fiber optic lighting.

Photos courtesy of Peter Malinowski/InSite 2019.

CANYON RANCH SPA CLUB

Las Vegas, Nevada

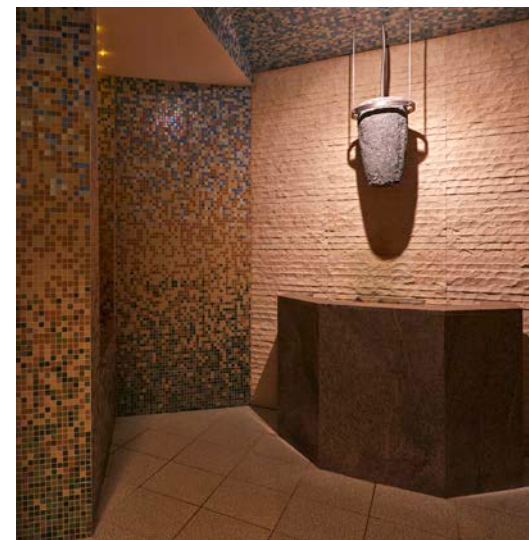
The centerpiece of the Canyon Ranch® SpaClub at The Ventian Resort—which lays claim to being the largest day spa in North America at 134,000 square feet—is Aquavana®, a suite of thermal spa cabins, tubs and aqua thermal bathing created by Design *for* Leisure. First opened in 2008, Aquavana was one of the first European-style builds in the U.S. and includes both a male and female hydrothermal circuit with a crystal steam room, experiential, multisensory rain showers, a Finnish sauna, herbal-infused laconium, a fully-equipped hydrotherapy pool with loungers and massage fountains, an igloo room for cooling down and a relaxation room. In addition, a co-ed relaxation area includes a salt grotto and wave dream room. Over ten years later, Aquavana continues to delight and thrill guests, showing that a commitment to top-of-the-line equipment and materials delivers significant ROI on a hydrothermal build.

5,300SF Hydrothermal Area

Developer/Owner: Las Vegas Sands, Inc.

Interior Design: RTKL

Spa Consultant: Design *for* Leisure



THE OMNI HOMESTEAD RESORT

Hot Springs, Virginia

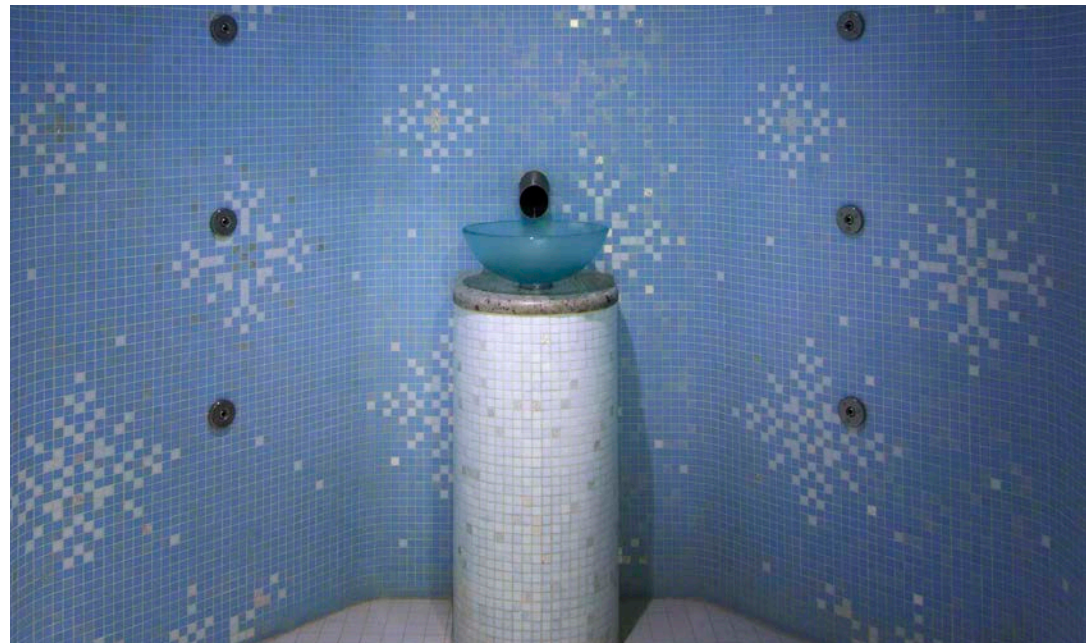
A project designed in conjunction with Canyon Ranch, the operators at the time of the build, The Omni Homestead Resort features a collection of European-style healing aquatic environments that enable guests to experience hot/cold contrast therapy through an aqua thermal journey that also taps into the property's vibrant, natural hot springs. The spa includes multi-sensory experiential showers with three different programs, a starlit herbal laconium for a gentle detox, an aromatic steam room infused with essential oils, a cold cabin with flaked ice for cooling the body and cold air to cool the lungs, and heated loungers are available to relax muscles between experiences. Outside, adjacent to the pool, guests enjoy a co-ed sauna.

2,200SF Hydrothermal Area

Developer/Owner: KSL Resorts

Architect/Interior Design: 3North

Spa Consultant: Canyon Ranch in collaboration with
Design for Leisure



QUA BATHS & SPA AT CAESARS PALACE

Las Vegas, Nevada

Qua Baths & Spa is an award-winning retreat from the hustle and bustle of the Las Vegas strip. Bathed in natural light, accented by smooth stone flooring, dark woods and cascading waterfalls, Qua's 50,000-square-foot spa includes a Roman Laconium, heated loungers and two igloo ice rooms designed and installed by *Design for Leisure* (the igloos were the very first of their kind and remain very popular). The spa has been open since 2007 and a full decade after it hit the strip, it won Best Luxury Spa in the City and was named one of the Top 100 Spas in America—a testament to how DFL-designed hydrothermal areas stand the test of time.

2,000SF Hydrothermal Area

Developer/Owner: Harrah's Entertainment

Interior Design: Allard Conversano

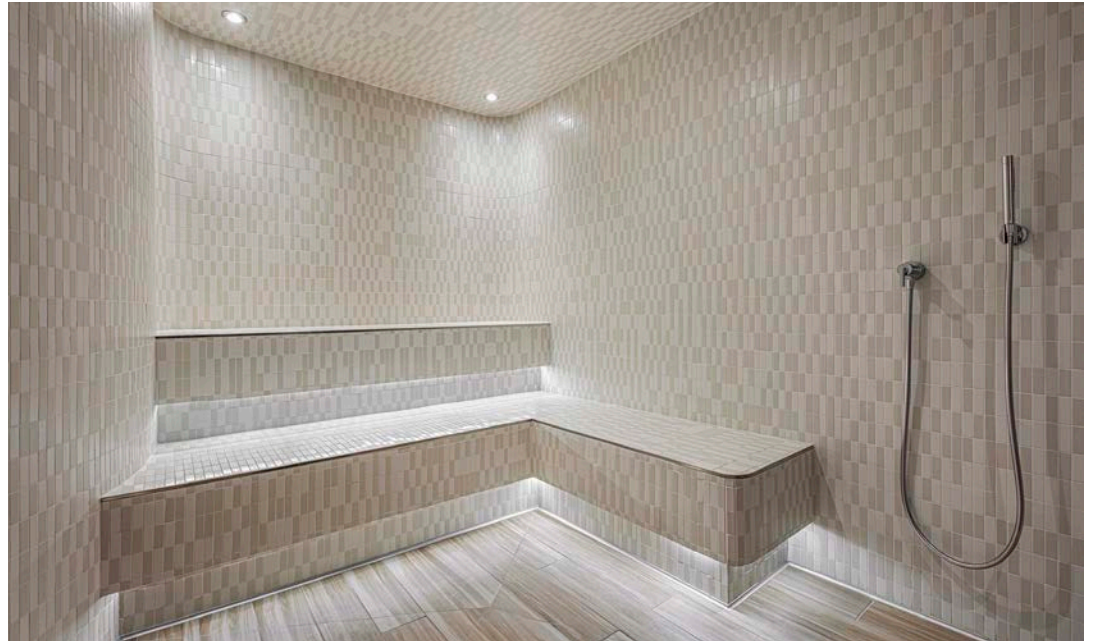
Spa Consultant: *Design for Leisure*



THE SPA AT PALMS

Las Vegas, Nevada

The final stage of a \$690 million renovation of the Palms Casino Resort in Las Vegas was unveiled in 2019 and included The Spa at Palms. The three-level oasis designed by Elle Concepts features fifteen unique spa treatment rooms, four skin care studios, two couples treatment suites, as well as a 4,600-square-foot hydrothermal area created in collaboration with Design for Leisure. For this project, DFL designed and installed two saunas and two steam rooms to serve male and female spa goers.



4,600SF Hydrothermal Area

Developer/Owner: The Penta Building Group/Station Casinos

Architect: Friedmutter Group

Spa Consultant: Elle Concepts in collaboration with Design for Leisure

CONDADO VANDERBILT

San Juan, Puerto Rico

The Condado Vanderbilt's historical significance dates back to 1919, when it was opened by the Vanderbilt family. Subsequently, Puerto Rico-based hospitality firm, IHE, expanded the hotel, adding on a spa with a 3,800-square-foot hydrothermal area for which DFL designed and built a large hamam and an adjoining steam room. In addition, DFL designed and built both male and female saunas and steam room, as well as a treatment room featuring an experience shower.

3,800SF Hydrothermal Area

Developer/Owner: International Hospitality Enterprises (currently owned by John Paulson)

Architect and Interior Design: Jorge Rosello

Spa Consultant: Alison Howland in collaboration with *Design for Leisure*



The Spa at Condado Vanderbilt Hotel is the only location in Puerto Rico offering the ritual of the hamam.

NIZUC HOTEL AND SPA

Cancun, Mexico

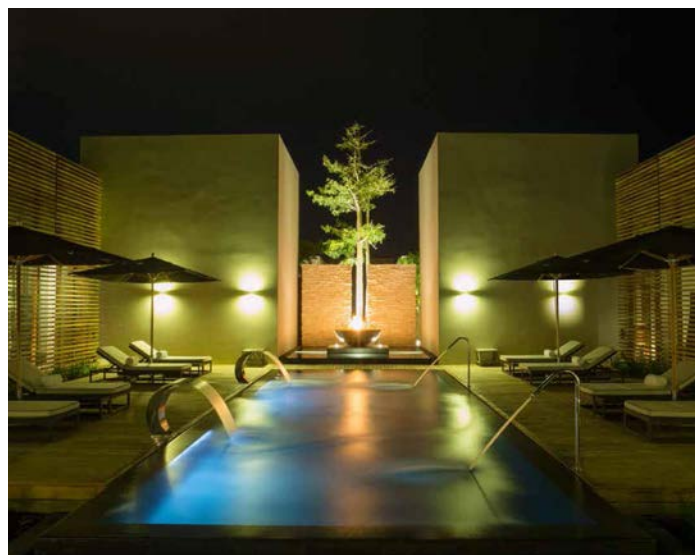
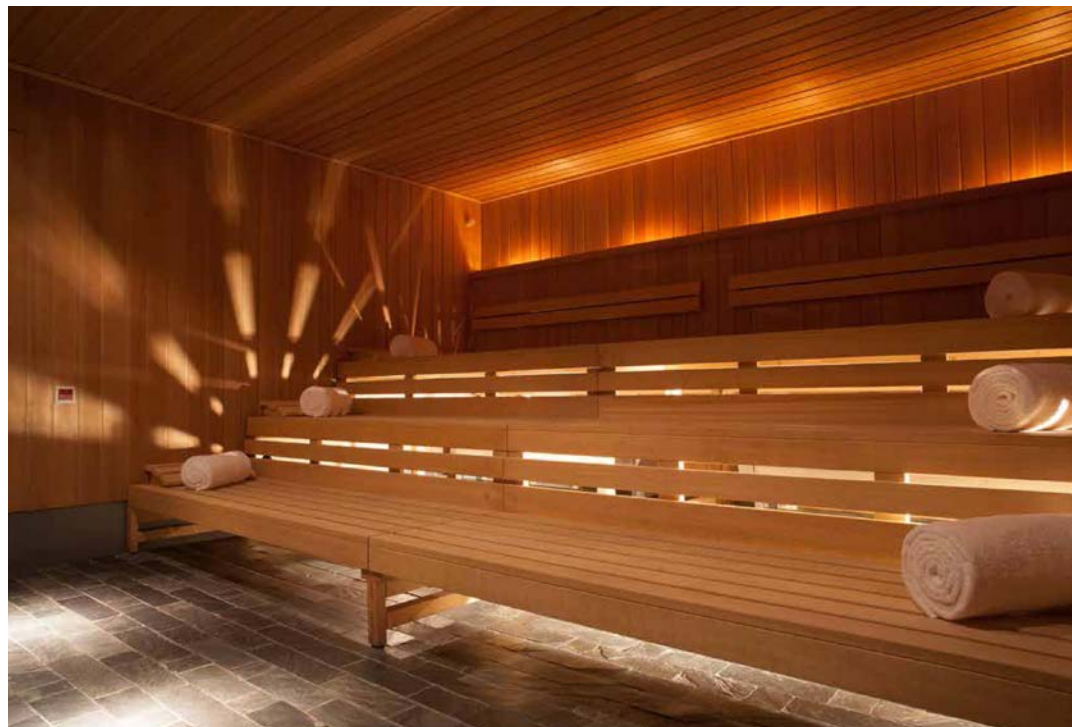
The first ESPA-branded spa in the Mexican Caribbean features a 30,000 square-foot spa with a hydrothermal experience designed and built by Design for Leisure. Though the Mayan-inspired treatments are lauded, Travel + Leisure gushed about the hydrothermal area: “The essential indulgence is the hour-long Thermal Experience—a five-step, guided hydrotherapy circuit. The progression alternates hot and cold to stimulate circulation (the order: steam room, ice room, sauna, cold shower, Jacuzzi, and freezing-cold soaking tub). Facilities are separated by gender (both men’s and women’s sides feature the entire circuit, for privacy), and the length of time spent at each step is completely customizable.”

3,000SF Hydrothermal Area

Developer/Owner: Brisas Group

Architect/Interior Design: Alejandro Escudero

Spa Consultant: ESPA in collaboration with Design for Leisure



Top: Sauna.

Bottom: Vitality pool with hydro-massage.

ZEMI BEACH HOUSE HOTEL & SPA

Anguilla, Caribbean

Zemi Beach House Hotel & Spa on Anguilla's world-famous Shoal East Bay Beach has been recognized by TripAdvisor Travelers' Choice Awards as one of the Top 25 Hotels in the Caribbean. The "swoon-worthy" hotel is also a Top 25 Luxury Hotel in the Caribbean and was recognized by Travel+Leisure's 2018 World's Best Awards as "Best Hotels in the Caribbean" for the second consecutive year. Within the award-winning resort is the 300-year-old Zemi Thai House Spa that features the island's only hammam (by Design *for* Leisure). The hammam includes a mud deck for cleansing scrubs and therapeutic mud applications. After a visit to the hammam, guests are invited to sample the spa's vitality pool.

500SF Hydrothermal Area

Developer/Owner: Goldstein Family

Architect: Adriano Vasconcelos

Interior Design: Iggy Olsson of Cuba-Fernandez Design

Spa Consultant: Vivianne Garcia-Tunon of Wonderflower in collaboration with Design *for* Leisure



Zemi Beach House Hotel & Spa **features the only hammam** on the island of Anguilla.

THE MAYBOURNE RIVIERA SPA

Roquebrune-Cap-Martin, France

The Maybourne Hotel Group collaborated with globally recognized artists, designers and architects to create its first French hotel: The Maybourne Riviera on the Cote d'Azur. Built into the cliffside on 14 levels, the hotel is a glass-enclosed masterpiece created by one of the leading architects working in France today, Jean-Michel Willmotte. The spa's interior design was led by Andre Fu and includes a hammam/steam room, sauna, experiential showers, and a wet treatment room built by DFL.

Fu said of the design: "The Maybourne Riviera is not merely about creating a contemporary destination that captures a retelling of the Riviera. It is about celebrating the azure sea and the boundless sky with a palette of porcelain white, sand, and mineral blue. Throughout the signature spa and the guest rooms, forms are fluid and organic, reflecting the meandering coastal lines of the Riviera."

1,100SF Hydrothermal Area

Developer/Owner: Maybourne Hotel Group

Architect: Jean-Michel Willmotte

Spa Consultant: Design for Leisure



THE SPA AT VILLA LA COSTE

Provence, France

This beautifully-designed spa is inspired by the naturalistic principles of Hong Kong-based interior designer André Fu who sought to blend the spa with its environment by using a natural waterproof plaster (tadelakt), white crystalline marble and wood that seamlessly flows with its surroundings. DFL worked closely under the direction and inspiration from spa consultant Greg Payne to bring Fu's vision to life. The spa's hydrothermal facilities include a sauna, two hammams, two dry floatation rooms, a vichy shower room and relaxation lounge.

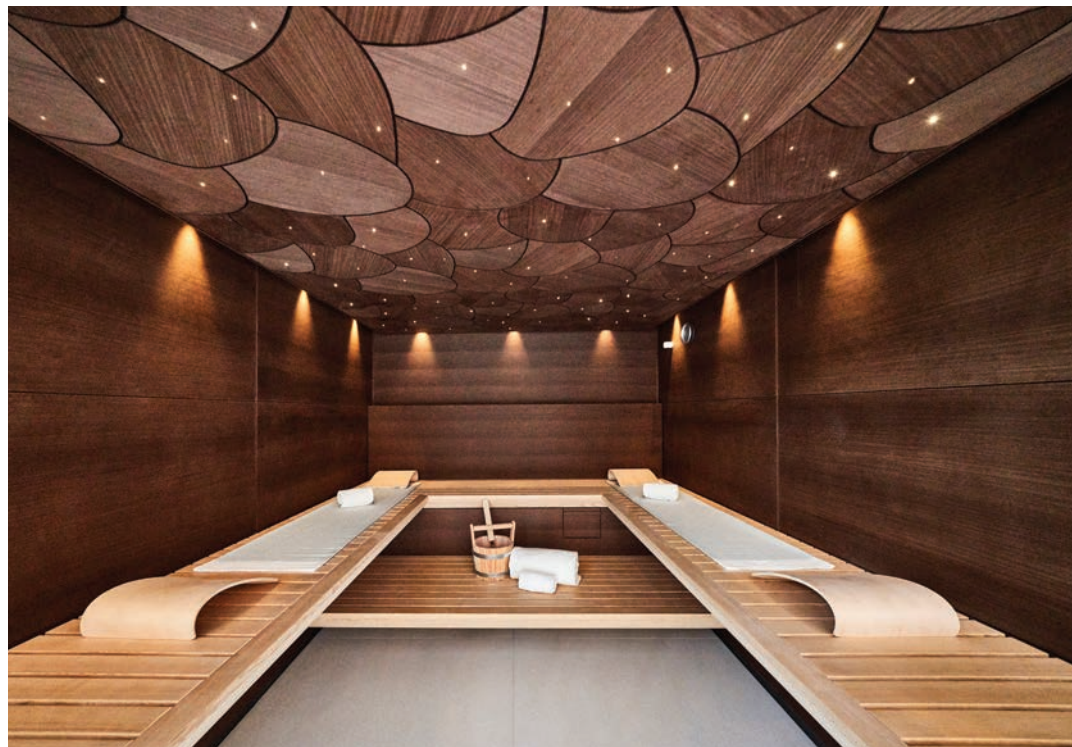
1,850SF Hydrothermal Area

Developer/Owner: Chateau La Coste

Architect: Malcom MacDonald

Interior Design: André Fu

Spa Consultant: Greg Payne in collaboration with
Design for Leisure



HOT SPRINGS MEDICAL & SPA HOTEL

Banya, Bulgaria

The privately-owned Hot Springs Medical & Spa Hotel in Banya is a jewel in the crown of the Kapitanov family, a Bulgarian-based hospitality group with no previous experience in the development or running of a spa. Since opening, the hotel and spa has been an enormous success, winning numerous awards and press accolades. The nearly 16,000-square-foot hydrothermal area boasts multiple DFL-designed saunas, a steam room, hamam, igloo, rain walk, two experience showers and an igloo.

15,950SF Hydrothermal Area

Developer/Owner: City General-One Ltd

Architect/Interior Design: Bularch Limited

Spa Consultant: ESPA in collaboration with
Design for Leisure



Traditional Turkish hamam
designed by DFL.

THE PEARL SPA AT FOUR SEASONS

Jumeirah Beach, Dubai

In addition to its 10 treatment rooms, The Pearl Spa at Four Seasons Resort Dubai features a dedicated hydrothermal circuit designed by DFL. The over 6,000 square feet includes a steam room, ice fountain, whirlpool, indoor lap pool, and an experience shower designed to transport guests far from the desert to a tropical rainforest. The year the property opened, it won the “Best Resort in Middle East & Africa” accolade from Gallivanter’s Guide.

6,300SF Hydrothermal Area

Developer/Owner: H&H Investment and Development

Architect of Record: DSA Architects

Concept Architect: WATG

Interior Design: BAMO

Spa Consultant: Kim Matheson in collaboration with
Design for Leisure



The gold encircled ice fountain (below) and whirlpool (above) are in keeping with Four Seasons Dubai’s interior design.



CREATING SPA & WELLNESS SOLUTIONS

Design *for* Leisure specializes in the design of award-winning hydrothermal spa and wellness environments. Headquartered in London (UK) and Austin, TX (USA) the company has been creating high-end, turnkey wet spa areas for both luxury homes and professional wellness projects for almost three decades. Clients include well-known hospitality and spa brands, such as Disney, Canyon Ranch, Caesars Palace, Four Seasons and Six Senses, as well as well-known architect groups, including Foster and Partners, Rogers Stirk Harbour + Partners, Bjark Ingels Group, Michael Graves and Thomas Heatherwick.



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