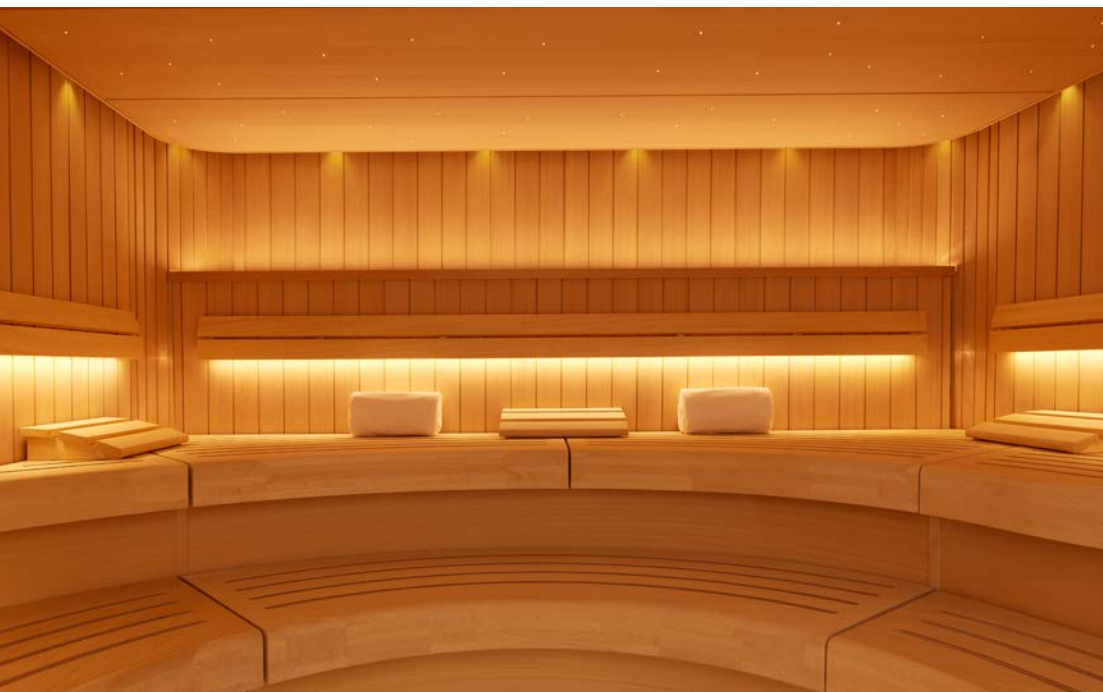


# Hydrothermal Spa & Wellness Specialists

Over 30 years of designing and building award-winning solutions.





# We Make Spa Visions a Reality

**LUXURY DOESN'T JUST HAPPEN,  
IT'S CAREFULLY CRAFTED.**

Design *for* Leisure (DFL) works with all stakeholders—owners, operators, architects/designers and spa consultants—to develop a spa and hydrothermal area that fits the budget, desired results and available space. For both residential and commercial builds, we focus on creating environments that will stand the test of time. Our philosophy is that “you get what you pay for,” DFL strives to ensure clients are happy for years after the installation.

For commercial clients, we keep a keen eye on ROI and profitability, while at-home wellness design is focused more on personalized experiences that the whole family can enjoy.



Cedar Spa at Four Winds Casino, South Bend, IN



# We Know Hydrothermal

Design *for* Leisure's hydrothermal specialists work closely with clients, interior designers, architects and/or builders to make every unique spa vision a reality. Our experts ensure that all plans meet the technical requirements, building codes and applicable regulations when building for environments subject to extreme heat and water.



## OUR UNIQUE HYDROTHERMAL EXPERTISE

- Comprehensive understanding of the specific space requirements for thermal rooms, pools, and baths, as well as the intricate behind-the-scenes equipment necessary for their operation.
- Expertise in designing layouts that optimize the flow of bathers and staff, ensuring a seamless and enjoyable experience for all.
- Knowledge of specialized materials and construction techniques that can withstand the challenging conditions of excessive water, humidity, and heat.
- Experience in minimizing noise emissions and addressing potential water egress issues to create a tranquil and safe environment.
- Adherence to local building codes and ADA standards, ensuring compliance in both commercial and residential projects.
- Guidance on sustainable and environmentally-friendly building practices, as well as recommending renewable energy options.



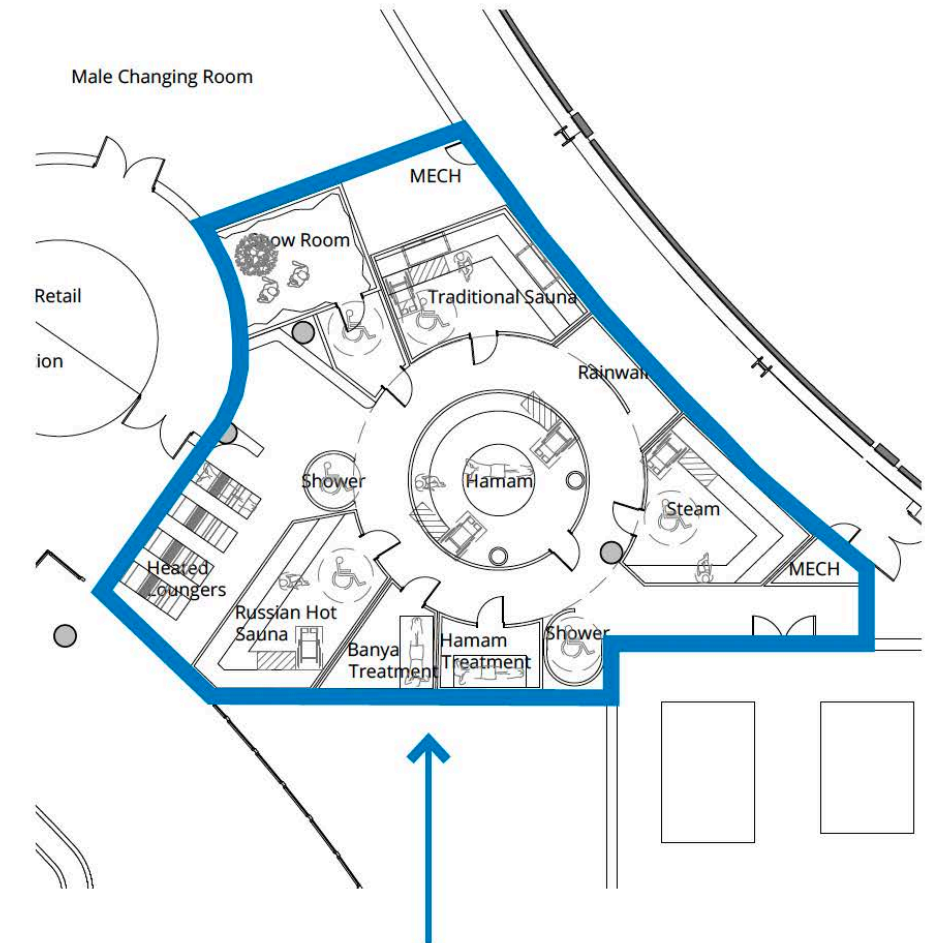
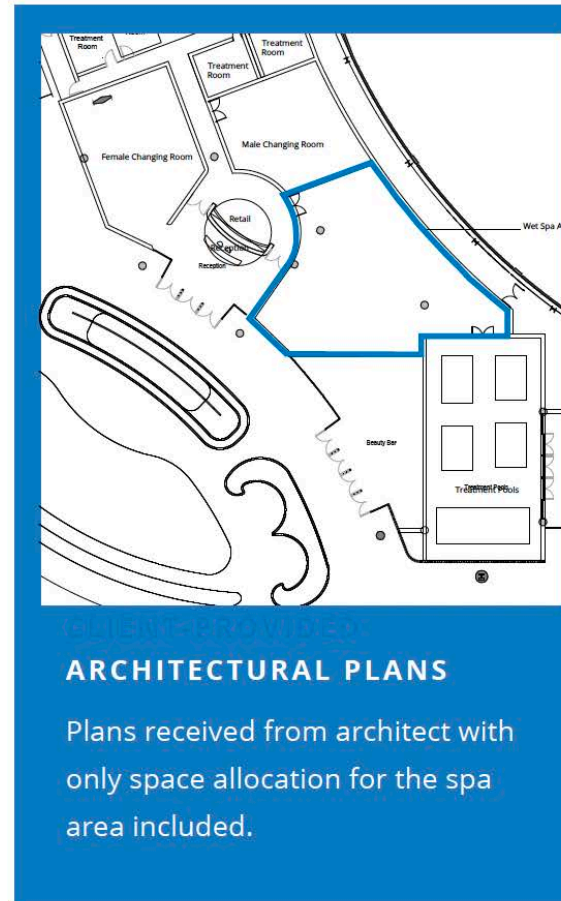
Without the technical knowledge of a hydrothermal specialist during the planning and design stages, common mistakes can be made that will ultimately cost the project time and money.

# We Know Design

Our DFL Design Studio specializes in residential and commercial design. We are dedicated to collaborating with all stakeholders, including owners, operators, architects, and designers, to create a spa and hydrothermal area that fits the budget, achieves the desired results, and utilizes the available space.

For successful hydrothermal design, it is essential to adhere to the established design principle: form follows function. As a highly specialized company, we have a deep understanding of how to blend design aesthetics with the engineering requirements necessary for incorporating hydrothermal experiences. Working closely with the client, we will develop the project through drawings, renderings, and supporting documentation to ensure a smooth transition when preparing a project for operation.

Please refer to the [DFL Design Guide](#) to learn more about our design process.







## Supply & Build Services

In addition to extensive design services, we also provide installation and building services in North America and the Caribbean. All DFL rooms, cabins, and pools are prefabricated using the highest-quality building materials, guaranteeing durability and minimal environmental impact. Our products arrive on site ready for “plug-and-play” installation, and our team oversees the entire installation process, collaborating with local and specialized subcontractors to ensure a seamless project execution.

Trust DFL to bring your hydrothermal bathing area vision to life with expert precision and quality craftsmanship.

# DFL Partner Suppliers

Our partners are world leading spa & wellness suppliers with exceptional expertise in creating high-quality, luxury European-style bathing circuits.

**aquaform**

**DORN  
BRACHT**

**HyGRO**MATIK® SPA

**iSO**  
*Benessere*



**Kemitron**  
Experience and Health with System

OFFICIAL PARTNER OF

**KLAFS**

**KOHLER**®

**LUX ELEMENTS**®  
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**luxe pools**

**SOMMERHUBER**  
Keramik Manufaktur Steyr 1491

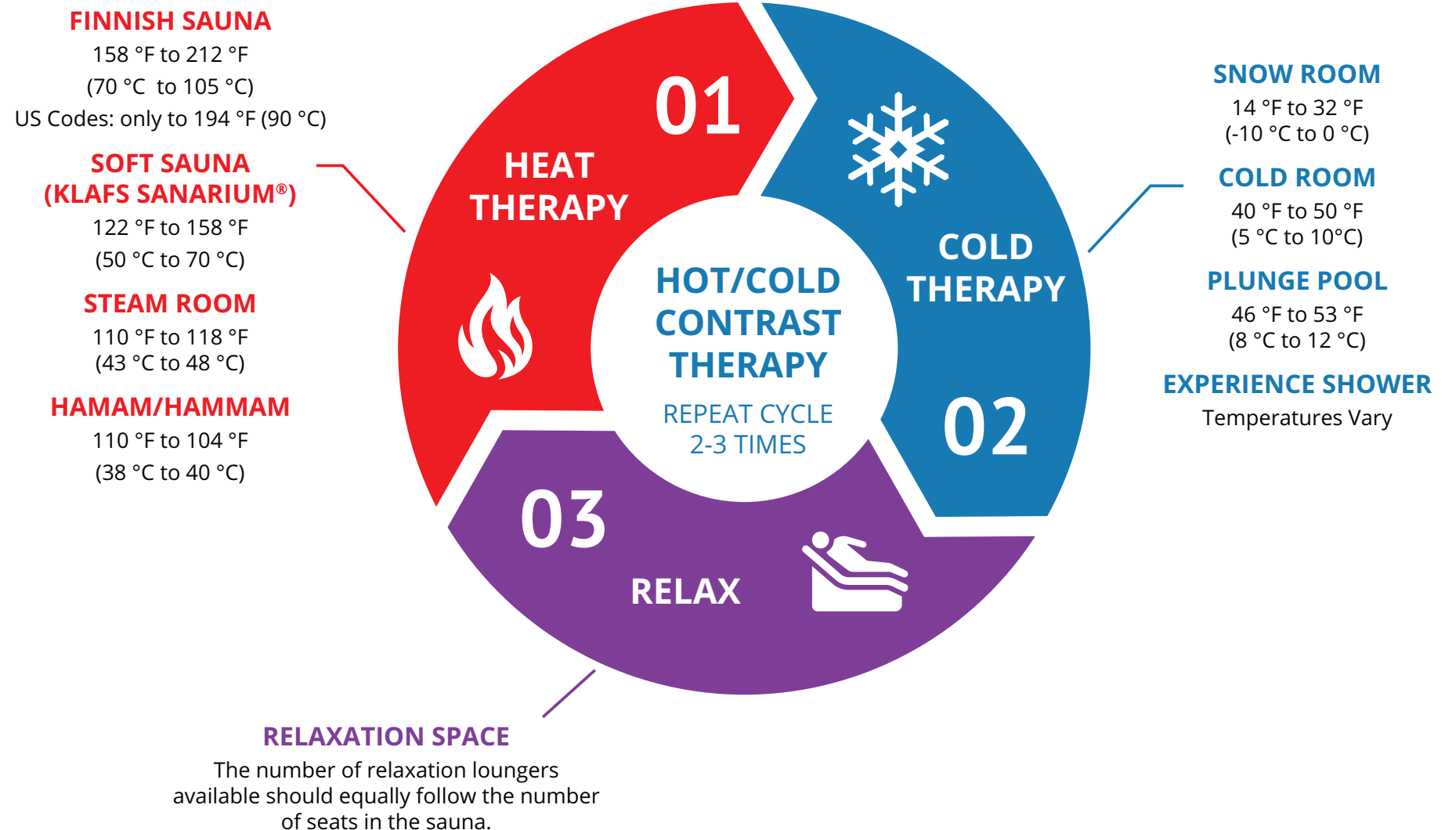
**TECHNOALPIN**®

**UNBESCHIEDEN** HYDRO  
Baden-Baden THERAPIE

# We Craft Custom Hydrothermal Journeys

## FROM HOT TO COLD & EVERYTHING IN BETWEEN

Whether you are working on creating a hydrothermal circuit for a commercial venue or a private residence, you'll want to familiarize yourself with the diverse range of thermal cabins and hydrotherapy pools that DFL is expert in creating. This comprehensive brochure showcases the popular cabins and experiences for integrating hot and cold therapies, rest and recovery spaces/experiences, and the proven benefits of communal/social wellness into any hydrothermal area.



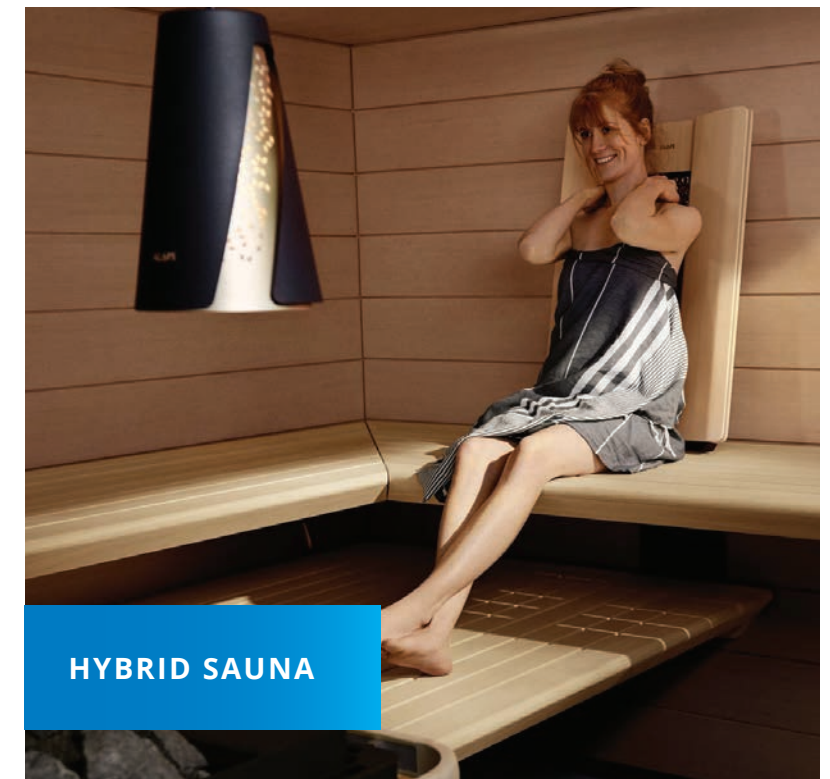


## HEAT THERAPY (HOT & DRY)

# Saunas

Our custom saunas are known for their luxurious design and custom details, including curved benches, under-bench heaters, specialty lighting, and sound systems. Crafted from luxurious woods and embellished with glass fronts and doors, our saunas adhere to strict design principles established by international sauna organizations, ensuring an unparalleled sauna bathing experience based on the traditional Finnish sauna ritual.

DFL is the exclusive partner for KLAFS custom saunas in the U.S., collaborating with clients and their design teams to deliver bespoke wellness solutions expertly crafted by KLAFS artisans in Germany.







The Maybourne Riviera Spa, Riviera, France

## HYBRID SAUNA WITH INFRARED THERAPY

For those seeking the therapeutic benefits of infrared (IR) therapy, hybrid saunas offer a “best of both worlds” solution, enabling users to alternate between traditional high-heat Finnish sauna bathing and targeted longwave infrared-C radiation therapy via a comfortable backrest.



KLAFS Sauna with InfraPLUS Backrest

## FINNISH SAUNA

DFL partners with sauna experts KLAFS to create custom sauna solutions for any project. KLAFS saunas are entirely customizable with various exterior and interior wood finishes, custom wood millwork, including curved benches, and an array of lighting choices. DFL can design and install a custom sauna to virtually any shape or size—whether it serves 1-2 people in a private residence or dozens of people in a communal space—and to complement any style.

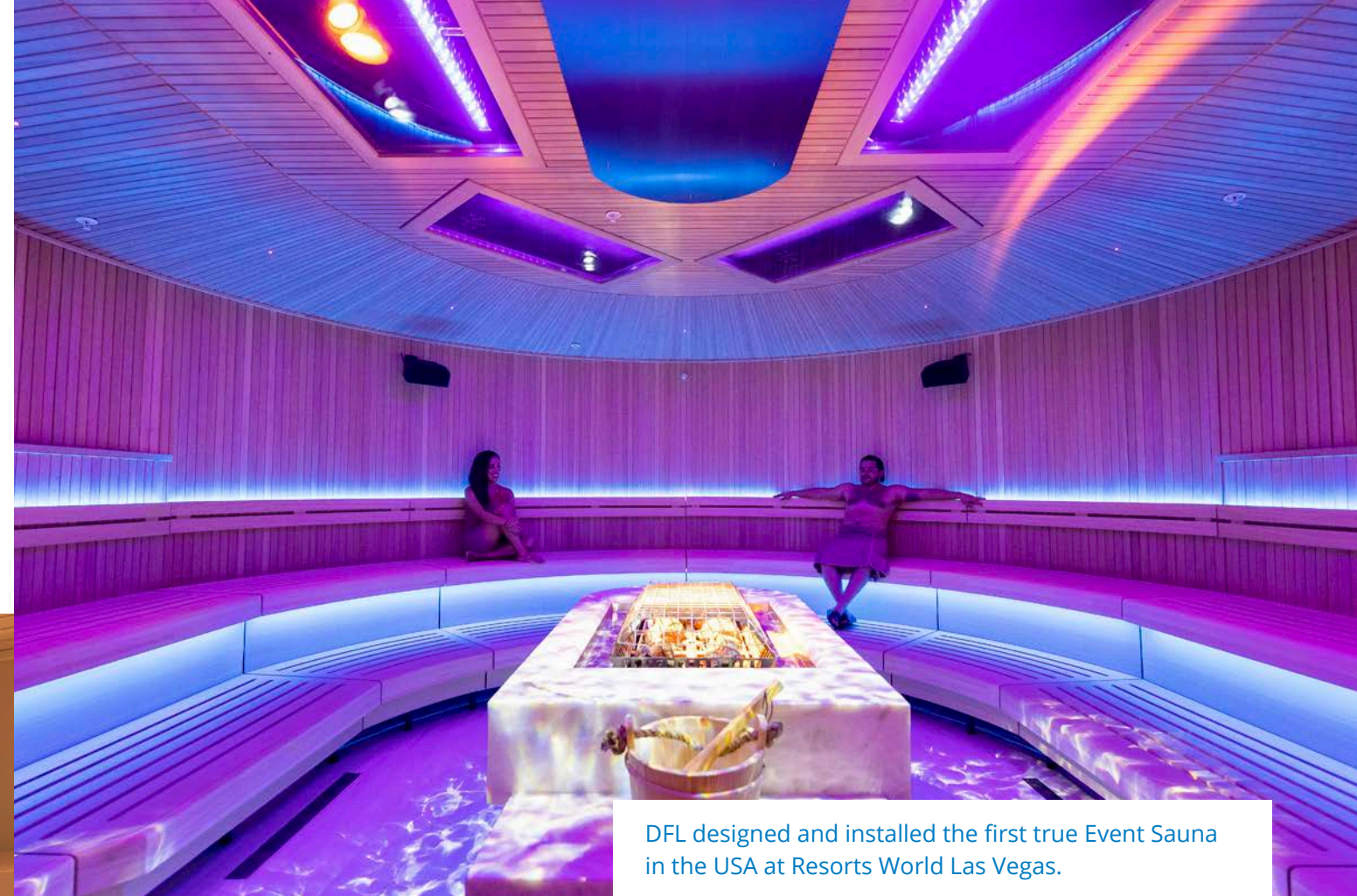


## SOFT SAUNA

KLAFS' Sanarium technology offers five climate zones in one sauna: traditional Finnish sauna, tropical steam room, soft steam sauna, aromatherapy experience, and warm air sauna. This provides a unique flexibility for both private and commercial use.



CIVANA Resort Spa & Sanctuary, Carefree, AZ



DFL designed and installed the first true Event Sauna in the USA at Resorts World Las Vegas.

## EVENT SAUNA

With social wellness being the heart and soul of any hydrothermal bathing circuit, there is an increasing demand for large event saunas. These saunas encourage a sense of community and connection through guided group sessions, in-sauna entertainment. They can accommodate 10 to 100 people for a shared sauna experience.



## HEAT THERAPY (HOT & HUMID)

# Steam Room

DFL's custom steam rooms are designed with the utmost care, ensuring that they won't disappoint with anemic steam output or a drip, drip, drip from the ceiling. All our thermal rooms stand out for their luxurious, custom-designed details. Steam rooms are typically tiled or stone and reach temperatures between 42 °C and 48 °C (110 °F to 118 °F) with 100% humidity. Aromatic essential oils can be added to create a multisensory experience.







HEAT THERAPY (WARM & HUMID)

## Hamam/Hammam

DFL has created award-winning hamams, including this one at Miami's Faena Hotel. A traditional hamam, whether Turkish or Moroccan in style, is considered a place for cleansing. These steamy rooms will often include a heated "belly stone" as a centerpiece, where attendants scrub and clean bathers. This can also take place in private, smaller hamam treatment rooms.

In a communal hamam, basins (called kurnas) are available for washing and rinsing and there will be plenty of bench space for bathers to await treatments or to simply relax and socialize.



## RELAX

# Relaxation Spaces

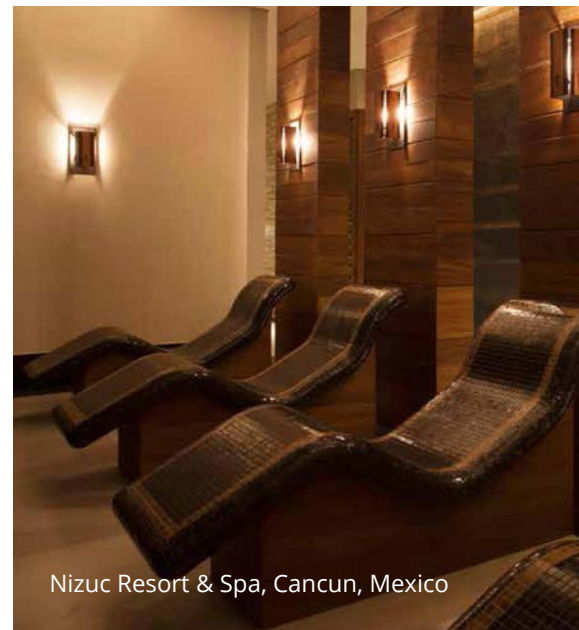
Relaxation spaces are a vital component of any hydrothermal build, yet they are often overlooked. These spaces act as a central hub for bathers to rest and rejuvenate between hot and cold cycles, allowing them to fully immerse themselves in the bathing journey.

DFL's hydrothermal expertise ensures that all bathers will have the opportunity to relax between hot/cold cycles, completing this crucial stage in the bathing journey. Relaxation spaces are welcomed by bathers for both warming up the body prior to entering the high heat of a sauna or steam room and for cooling down the body after a hot cycle.

Whether you opt for relaxation spaces with cushioned loungers (such as KLAFS SWAY Sleep Lounger) or the more traditional, heated tile recliners or benches (or a combination of both), working with DFL ensures that relaxation is an essential part of any holistic bathing



Courtesy of our partner KLAFS



Nizuc Resort & Spa, Cancun, Mexico



Courtesy of our partner KLAFS

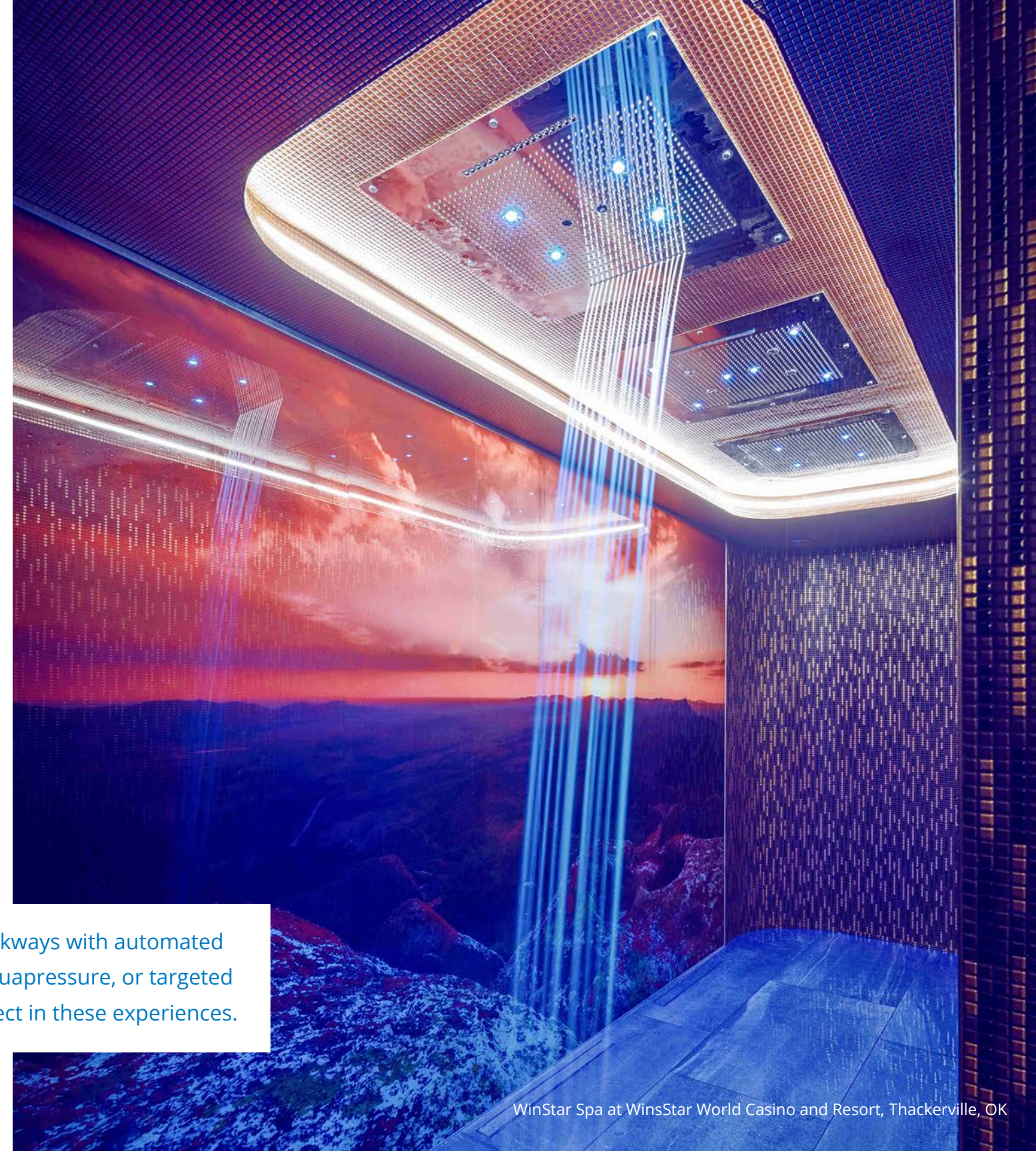


## COLD THERAPY (COOL DOWNS)

# Rain & Drench Experiences

Rain & Drench Experiences (also known as “experience showers”) can serve as convenient alternatives to other cool down areas while also serving a very important hygienic function of cleansing off the body between sweat experiences. These features should be peppered throughout a hydrothermal spa area, and can offer a multisensory experience that combines water, sound and scent or evoke a feeling of cold shock in the form of a bucket or deluge shower. Regardless of the style chosen, showers should not be relegated to the locker room only, they need to be accessible to guests before and after they use the hot and cold features in a spa.

Rainwalks guide bathers through tunnels or walkways with automated programs for an active, engaging cool down. Aquapressure, or targeted water massage, can also be applied to great effect in these experiences.





## COLD THERAPY

# Cold Immersion

Cold immersion is an age-old tradition in hydrothermal bathing. The Finns are among the first known to actively use hot and cold contrast therapy as part of their cleansing ritual. After spending time in a hot sauna, bathers would leave the cabin, sweating profusely, for a “roll in the snow” that not only cooled them down but also cleansed the dirt from their bodies.

DFL introduced one of the first-ever ice rooms to the US market at Caesars Palace Qua Baths & Spa, generating the headline: “It’s Snowing in Las Vegas.”

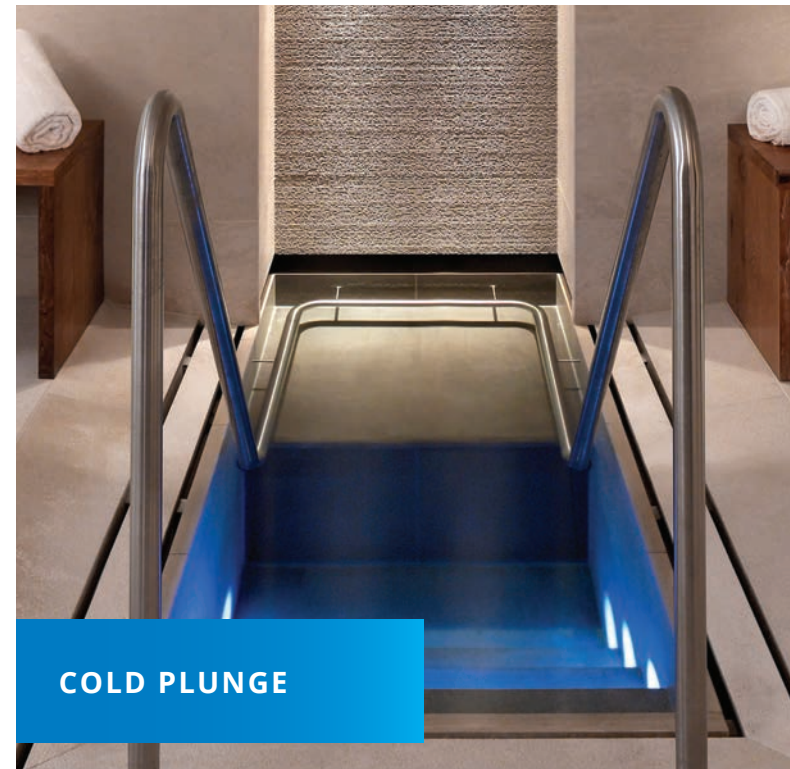
The tradition may have evolved out of a basic need to cool down and get clean, but the invigorating properties of hot and cold contrast therapy have lived on and been shown to promote heart health, improve circulation and reduce blood pressure.



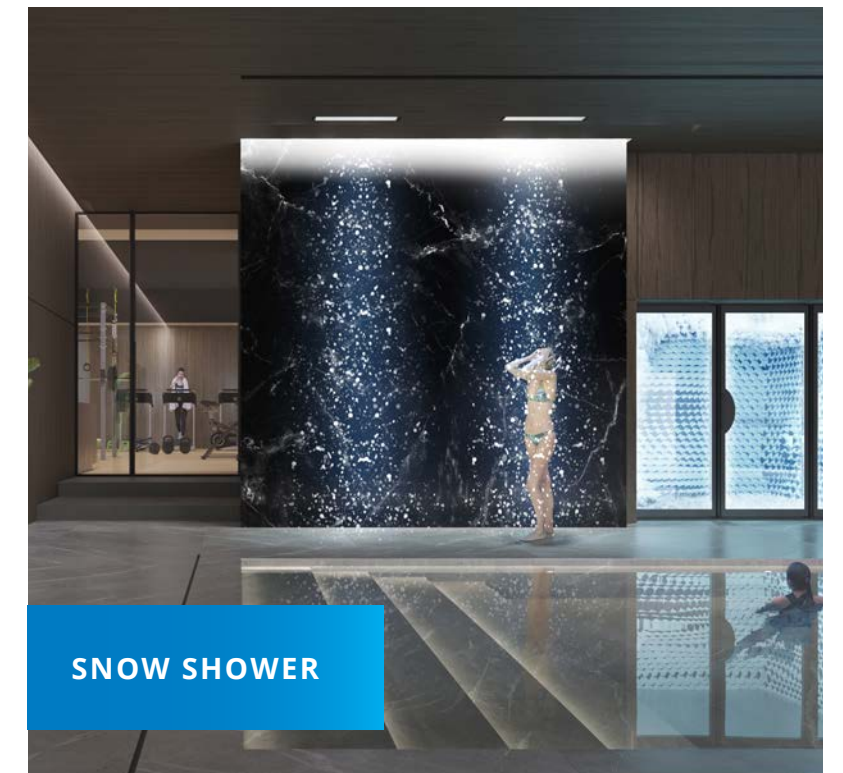
COLD ROOM



SNOW ROOM



COLD PLUNGE



SNOW SHOWER





Courtesy of our partner KLAFS

## COLD ROOM

A cold room offers a refreshing counterpoint to heat therapies. Typically maintained at temperatures just above freezing, these rooms can be empty or house a plunge pool, ice bath or snow shower. The purpose of this space is to stimulate circulation and provide a full thermal contrast experience.

## COLD PLUNGE

Cold plunge pools and stand-alone ice baths are among today's most requested features. Chilled to very low temperatures, a cold plunge pool enables full-body cold water immersion to help with recovery, stimulate the nervous system, enhance circulation, and provide a therapeutic contrast to heat treatments.



Courtesy of our partner KLAFS (Aurelio)





Courtesy of our partner TechnoAlpin

## SNOW SHOWER

The sensation of melting snow on the skin is another alternative for bathers looking to cool down after a hot cycle. Snow showers are either open or closed areas where a continuous snowfall can be generated by pushing a button. The benefit of modern snowfall technology is that snow can be produced regardless of a room's ambient temperature; freezing temperatures are not required.



Courtesy of our partner TechnoAlpin

## SNOW ROOM

The snow room is a modern alternative and is considered a gentler option to the “shock” that comes from plunging into icy waters after a hot sauna or steam room. Advances in refrigeration technology mean that it's now possible to replicate the traditional “roll in the snow” in any hydrothermal facility. Snow rooms offer another benefit: snow simply makes people happy, bringing out their playful, inner child.





WinStar Spa at WinStar World Casino and Resort, Thackerville, OK

## HYDROTHERAPY

# Specialty Pools

DFL's dedicated aquatic engineering specialists focus on bringing water wellness into the hydrothermal design and build, whether via a hydrotherapy pool, cold plunge or a pool operating as a traditional Japanese onsen. Noteworthy pools by DFL include the largest hydrotherapy pool in the US at the WinStar Spa in Oklahoma, which opened in 2023.

Hydrotherapy offers a wide array of health and wellness benefits, whether combining soothing water temperature with jets and other features for self-massage (known as hydrotherapy or vitality pools); using a shock of cold water to stimulate blood circulation (cold plunge pools); or using the advantage of water for low-impact exercise—the weightlessness of a person's body in water means swimming offers the only way to exercise without a harsh impact on the skeletal system.



## SPECIALTY TREATMENTS

# Infrared Therapy

The therapeutic benefits of targeted longwave infrared-C radiation therapy are valued for its unique ability to penetrate deep into the body's tissue, providing muscle relaxation, stimulating blood flow and reducing inflammation.

And, while infrared therapy is often offered within a sauna-like room, this is not a requirement at all. Instead, infrared treatments can be effectively administered through free-standing, comfortable loungers, backrests and benches. This can be preferable to sitting in the confines of the sauna for the 30-40 minutes of exposure that is needed to deliver the benefits of infrared heat.

## Targeted Infrared Treatments from KLAFS

**InfraPLUS Backrest** can be added to any KLAFS sauna to deliver a "best of both worlds"



**InfraPLUS Smart Seat** can fit into any wellness suite or bathroom, delivering a pleasant heat application that takes up minimal space.



## SPECIALTY TREATMENTS

# Halotherapy/ Salt Treatments

Salt therapy has grown steadily in popularity in recent years and, thanks to its efficacy, continues to be a mainstay in modern spas. DFL works with halotherapy providers to create the ideal atmosphere for this passive treatment which is achieved through inhaling finely powdered salt that is released into the air via a salt aerosol device or as a saline solution from a nebulizing brine vapor.

The temperature (68 °F to 73 °F) and humidity levels (40% to 60%) of the room are designed to optimize the inhalation of the salt and provide a comfortable and relaxing atmosphere.



Courtesy of our partner ISO Benessere



# The DFL Difference

Design for Leisure was founded in 1991 in London. After more than a decade of creating high-end, turnkey wet spa areas for hotels in Europe, Asia and the Middle East, DFL was tapped by luxury spa and wellness leader Canyon Ranch in 2003 to design and build its Miami and Las Vegas spas, ultimately resulting in the opening of a US office in Austin, TX.

Beyond our 30+ years of hydrothermal expertise, our team holds a wealth of knowledge about the global wellness market. We are actively involved with the Global Wellness Institute (GWI) and our CEO Don Genders proudly chairs the organization's Hydrothermal Initiative, which is responsible for establishing wet area building guidelines for the spa and wellness industries.

## FAST FACTS



### Global Leader for 30+ Years

DFL has designed and built unforgettable—yet culturally relevant—hydrothermal journeys on four continents (and dozens of countries). Today, Design for Leisure is the leading hydrothermal design and building specialist in the U.S. and around the globe.



### 5-Star Quality

We're committed to delivering 5-star, European-crafted wellness journeys that seamlessly merge the health benefits of ancient bathing practices with modern design, materials and technology.



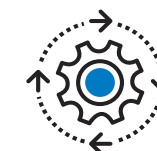
### 500,000+ Sq. Ft.

We have designed and built over 500,000SF of hydrothermal areas, including Finnish saunas, Russian banyas, soft saunas, infrared rooms, steam rooms, Turkish hamams, Moroccan hammams, laconiums, tepidariums, hydrotherapy pools, snow rooms, ice rooms, experience showers, plunge pools and more.



### Award Winning

DFL has designed and created countless award-winning hydrothermal projects, including Faena Saxony Hotel and Spa, Four Seasons, Nizuc Hotel and Spa, Zemi Beach Boutique Hotel and Spa, Canyon Ranch, and many more.



### Built to Last

DFL's projects are both designed and built to stand the test of time. We proudly point to properties that opened as far back as 2008, including the Beverly Wilshire in Beverly Hills, CA; Qua Spa at Caesars Palace Las Vegas, NV; and the Carillon in Miami, FL, which continue to operate in their original format nearly 20 years later.



### Trusted Partner

DFL's expertise in the latest design trends and the best materials, products and equipment to use in areas that are exposed to extreme temperatures and water makes DFL the trusted partner for many of the world's leading wellness and luxury destination brands.





# Creating spa and wellness solutions.

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