



Nick Sadler, managing director of motive8, discusses the key considerations when designing home spa facilities for your self-build or renovation project

The ideal starting point for creating a home spa facility is having a blank canvas. But, regardless of what stage the build phase it is at, the first thing to consider is the needs of the end user. We need you to tell us why you want a home spa or gym and who is going to be using it. Will it just be adults, or will your children have access to it? If so, how old are they? Who is using the new space will ultimately define what it becomes.

In the initial meeting we will have a chat so that we can get a real idea of what you are looking for and go over some plans. If you have older children wanting to use the facilities, it's best if they are included in this initial meeting, as ultimately the space needs to suit all of the users. Creating private facilities are our favourite type of projects because everyone has completely different ideas about how they want it to look and what they want to get out of it. Our job is to then take that vision, translate it, add to it and produce a solution that fits the brief for every user and hopefully one that exceeds your expectations.



**Key trends**

If 'Keeping up with the Joneses' is important to you, then there are a few key trends emerging. Infrared saunas are a great new product, for example. Compared to traditional Finnish saunas, they heat up very quickly making them ideal for a home environment. They also have great respiratory benefits and help with post-workout recovery / de-stressing. Ice fountains, snow rooms and salt rooms are also becoming

increasingly popular in order to achieve an all-encompassing wellbeing experience at home.

The popularity of swimming as a form of exercise has grown massively in recent years and there are numerous types and styles of pools available. If you don't have the space for a full size 20-25m pool to get your lengths in, then you can consider products like a swimming treadmill or an endless pool.



Do you even want to swim in your pool? Sounds daft but some people like them purely for aesthetic effect or to relax in rather than exercise. Some people have installed them simply to add value before they sell their home and never even use them themselves!

Aside from ensuring the pool is aesthetically pleasing, there are a number of legal and safety implications that need to be considered. When designing pool systems, we need to make sure your system meets various standards, like those detailed within the Pool Water Treatment Advisory Group (PWTAG).

You also always need to consider the worst-case scenario. For example, if you are looking to install any kind of water feature and have small children, their safety is paramount so we may look to install a hard pool cover instead of a generic soft one.

If you are having a sauna, we will ensure the correct shut off is installed or timed door locks are used to avoid children from entering unsupervised by accident. As a designer, we must always have health and safety at the forefront of our minds when helping you make a decision, particularly because in a home gym scenario the facilities will be used unsupervised.

**Bespoke gyms**

As consultants, we rarely see home spas installed without some form of gym or exercise room alongside it. Our experts have designed hundreds of bespoke gyms. We can recommend specific gym equipment based on your goals and make sure the layout will work within your home. You'd be surprised what you can fit into a relatively small space, with keys items such as folding treadmills and cable machines that allow you to perform hundreds of exercises in a comparatively small footprint. We can also accommodate the need for the gym space to be dual purpose – for example sharing the area with a home office.

We aim to be as transparent as possible every step of the way, explaining the pros and cons of all the various options, advising you on alternative or better solutions and making sure you are fully up to speed with what we are proposing. There is nothing worse than getting halfway through the project and finding out that you are feeling uncomfortable with where the concept is heading.

**Certain considerations**

With all projects, there are certain considerations that must be taken into account. If you are adding a new building in your back garden or extending your home in any way to make space for the facilities, you may need to apply to your local council for planning consent ■

Contact us on 0800 028 0198 or [info@m8group.co.uk](mailto:info@m8group.co.uk) for a free consultation