



LUXELIFE WELLNESS

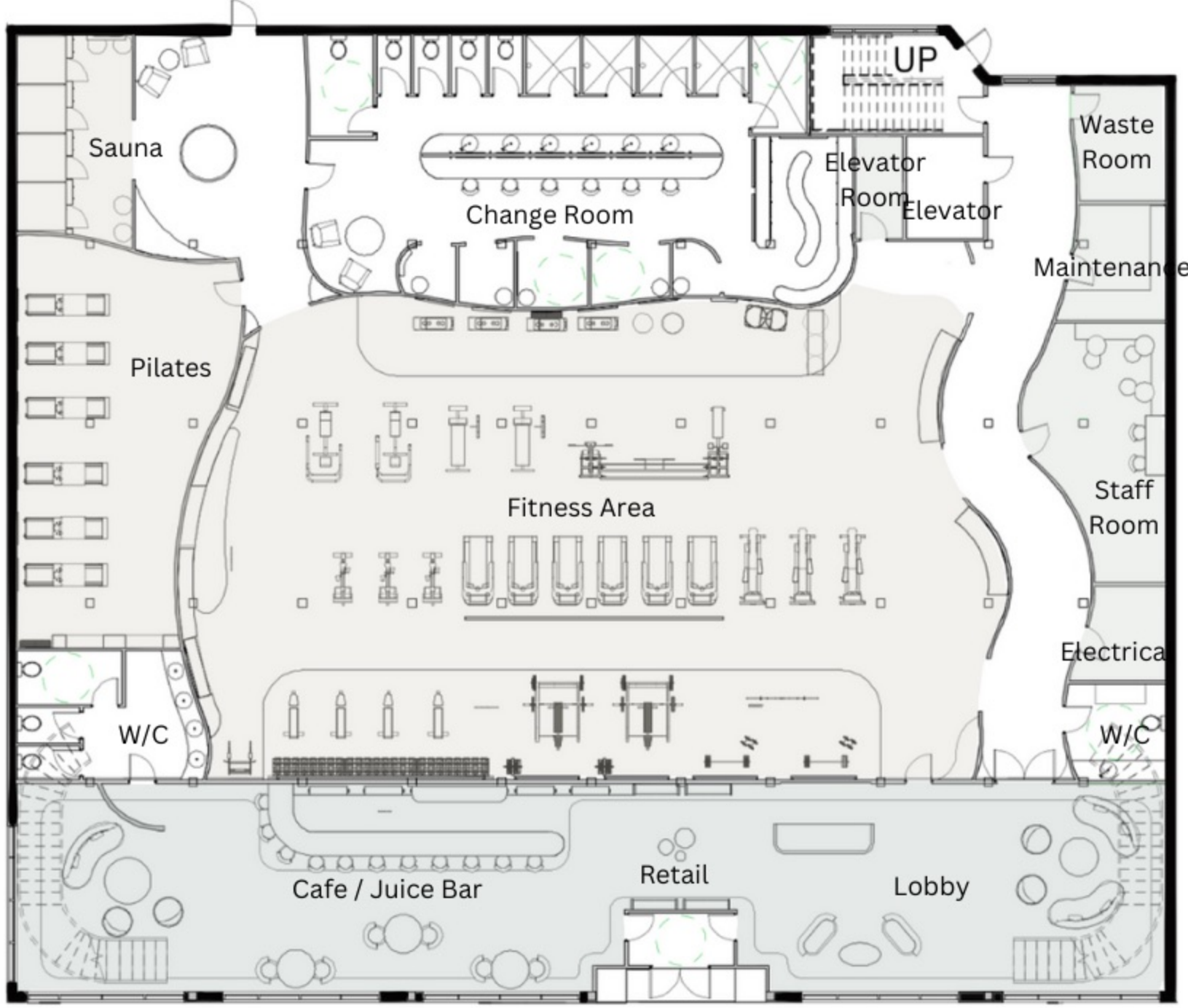
HANNAH HAYES

Thesis goal: A ground-breaking venture aimed at empowering women through holistic wellness.

The mission: To revolutionize women's health in downtown Toronto by crafting an unparalleled Women's Wellness Centre at 21 Ossington Avenue. Nestled amidst the vibrant cityscape, this urban oasis seamlessly blends fitness and mindfulness, catering to the diverse needs of women aged 16 to 50.

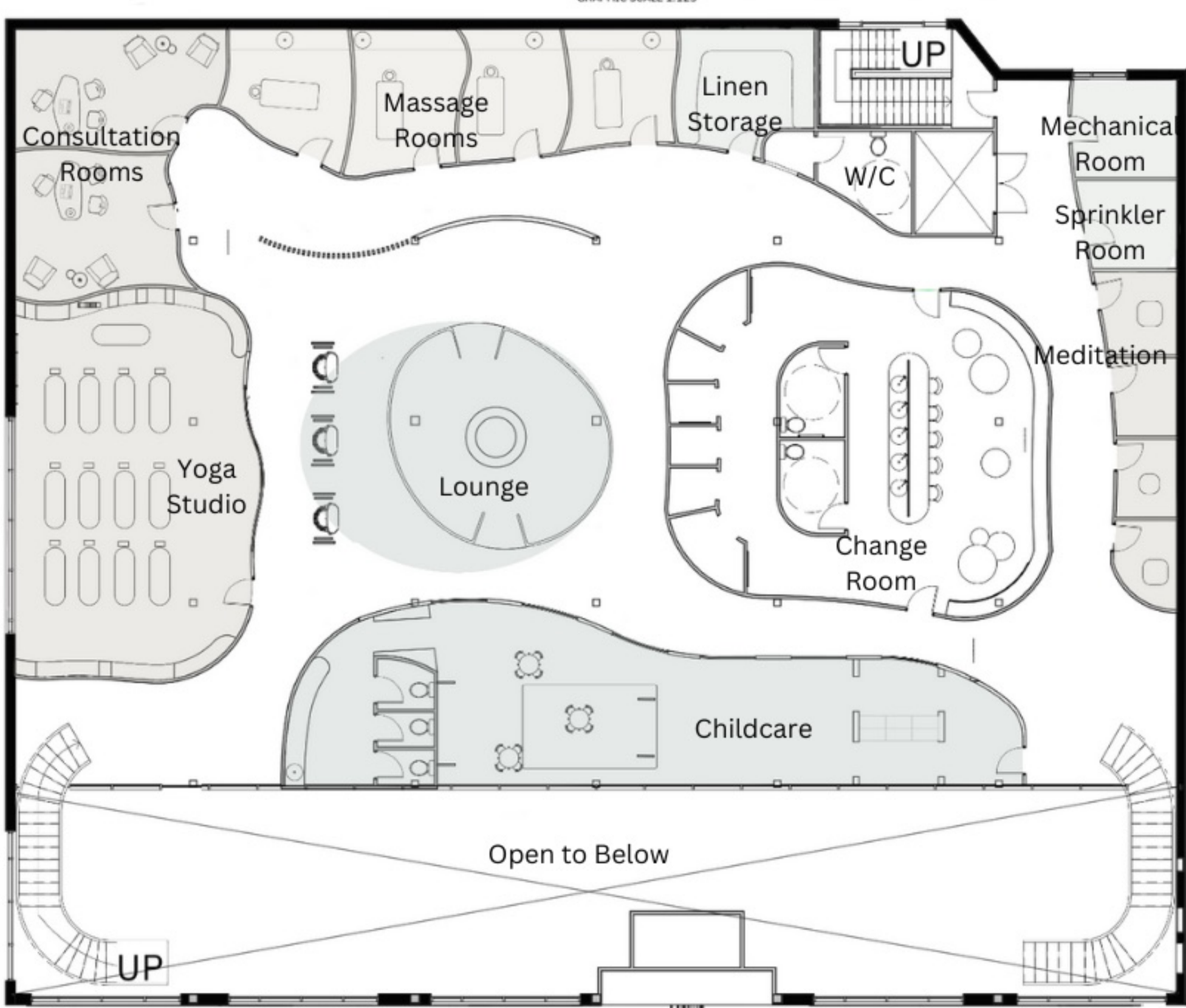
The vision extends beyond physical health, it's pioneering a haven where women can thrive emotionally and mentally. From cutting-edge fitness facilities to serene mindfulness spaces, it's curating an inclusive environment that nurtures overall well-being.

Main Floor Plan



- Main Floor: 10,857sqft**
- Upper Floor: 8374.4sqft**
- Cafe/Juice Bar: 1,140sqft
- Lobby: 800sqft
- Change Room: 456sqft
- Upstairs Lounge: 1,369sqft
- Yoga: 460sqft
- Massage Room: 110sqft
- Sauna: 252sqft
- Childcare: 391sqft
- Gym: 680sqft

Upper Floor Plan



GRAPHIC SCALE 1:125

- Physical Wellness
- Mental Wellness
- Emotional & Social Wellness
- Staff

EMPOWER YOUR WELLNESS

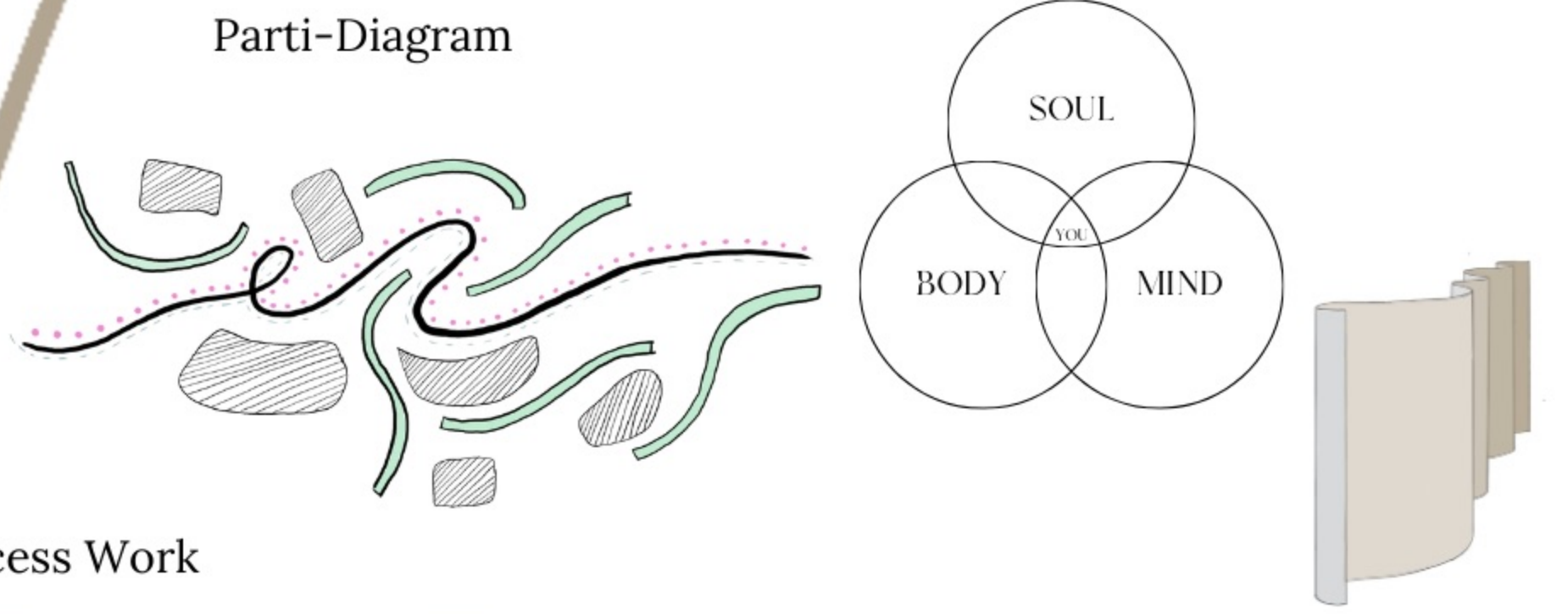


CELEBRATE YOUR STRENGTH

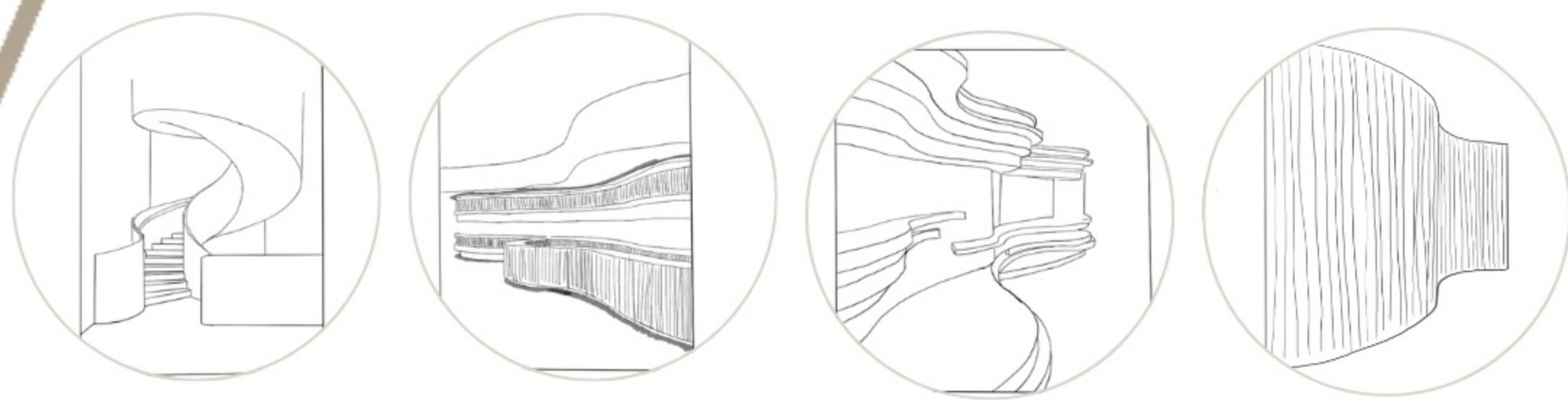
Concept

The soft curves in our design mimic the gentle flow of water, symbolizing adaptability and strength. These waves illustrate the interconnectedness of mind and body, fostering a sense of calm and introspection. Each curve embodies a different aspect of well-being, reminding us to embrace life's fluctuations with grace, just as water adjusts to its environment.

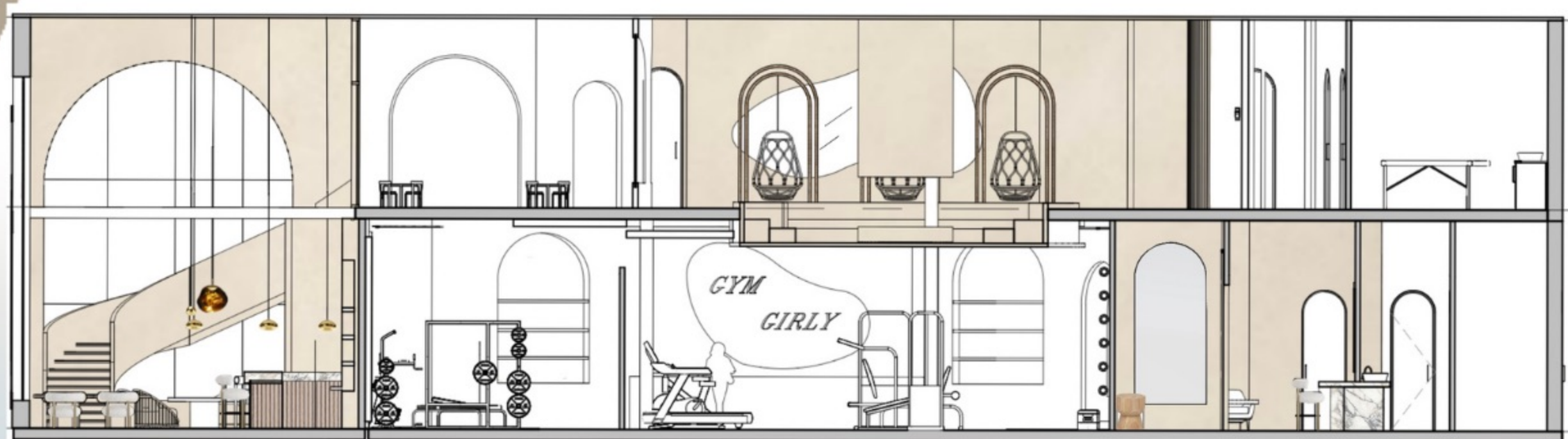
Parti-Diagram



Process Work



Site Section



NURTURE YOUR BODY, MIND & SPIRIT



LUXELIFE WELLNESS

Choosing a Women's Wellness Centre as the topic for my thesis project was a natural decision fueled by both personal passion and a desire to make a meaningful impact. As someone who values fitness and self-care, I've experienced firsthand the transformative effects of prioritizing personal health. Moreover, being a strong advocate for women's rights and empowerment, I recognize the crucial role that spaces like LifeLuxe Wellness play in fostering a sense of community and support among women.

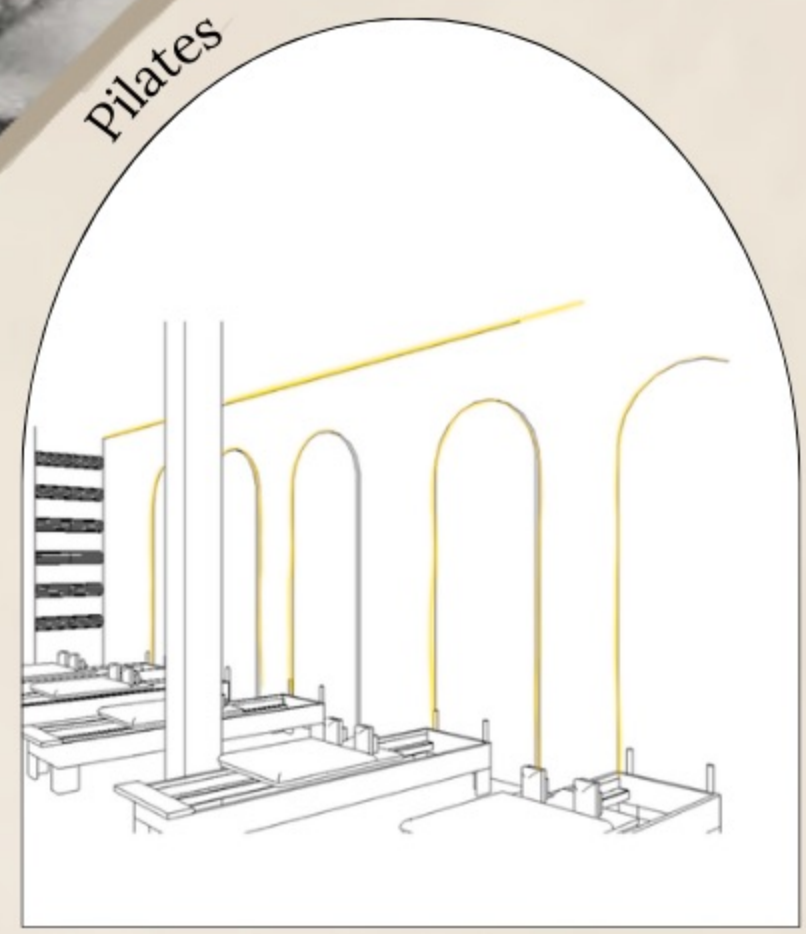
By delving into the design and functionality of LifeLuxe Wellness, I provide insights that can inspire similar initiatives and contribute to creating more inclusive and supportive environments for women everywhere. Ultimately, my choice reflects my commitment to promoting health, empowerment, and solidarity among women, making it a deeply meaningful and rewarding topic for my thesis project.

Relax & Rejuvenate - Unwind in Blissful Heat, Letting Tension Melt Away, Renew your spirit.

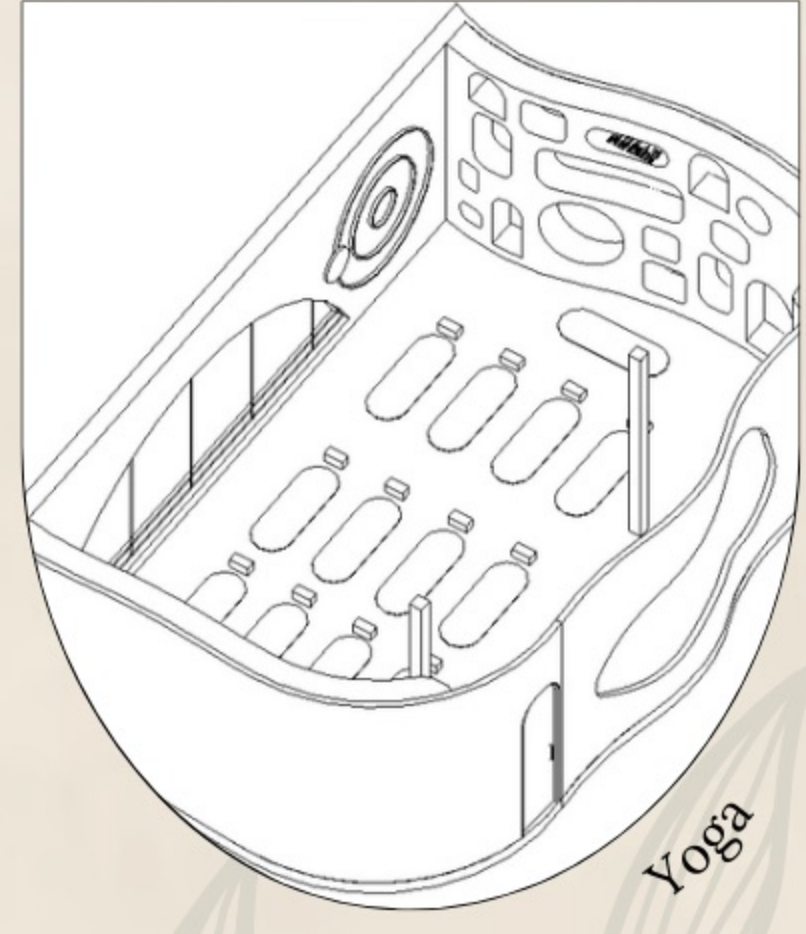
Welcome Home - Where Serenity Begins and Wellness Flourishes, Step into Tranquility.

Elevate Your Experience - Tranquil Retreat Above, Where Comfort Meets Tranquility, Unwind in Style.

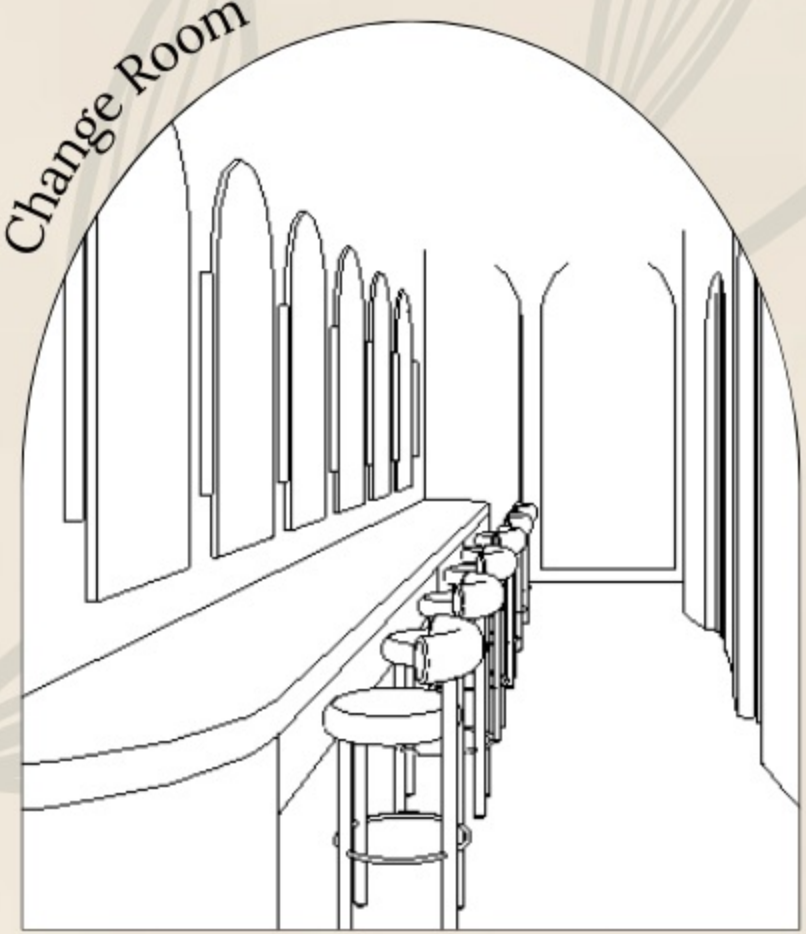
Sip & Savor - Indulge in Nourishing Delights and Energizing Elixirs, Awaken Your Taste Buds.



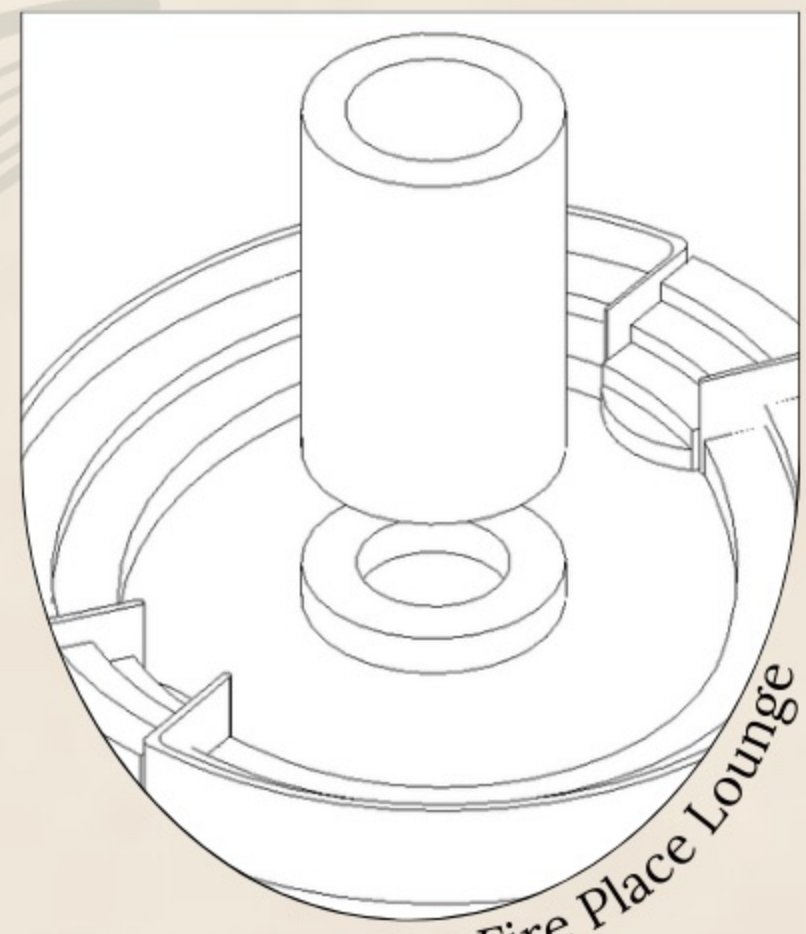
Pilates



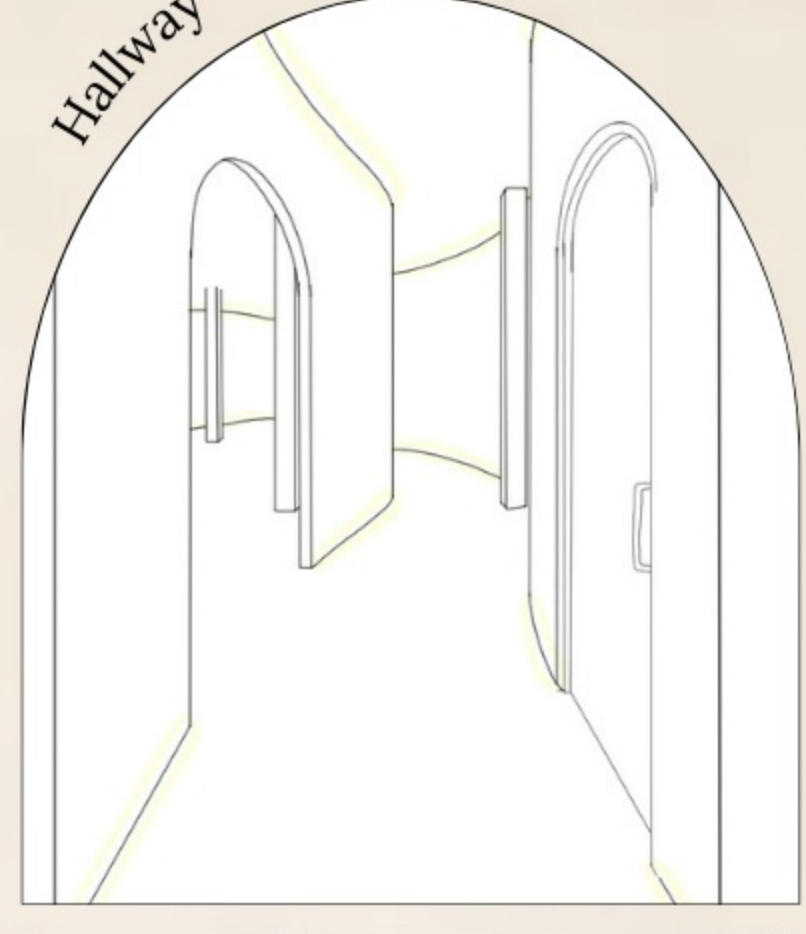
Yoga



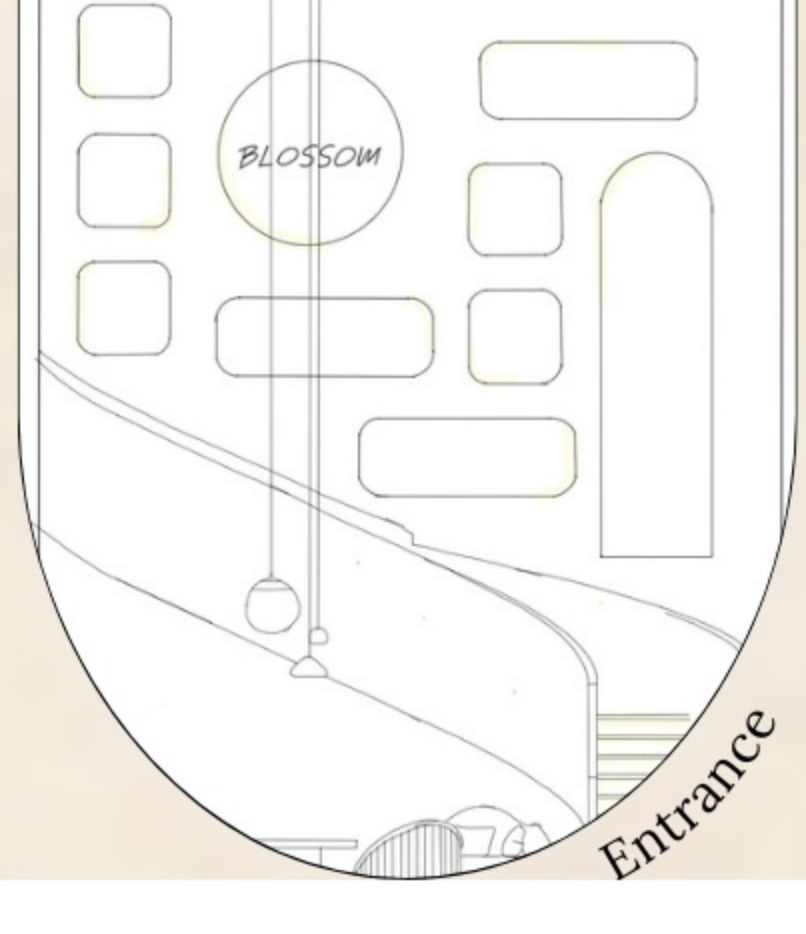
Change Room



Fire Place Lounge



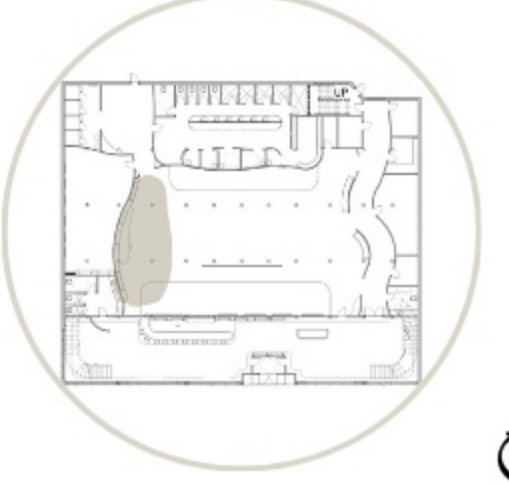
Hallway



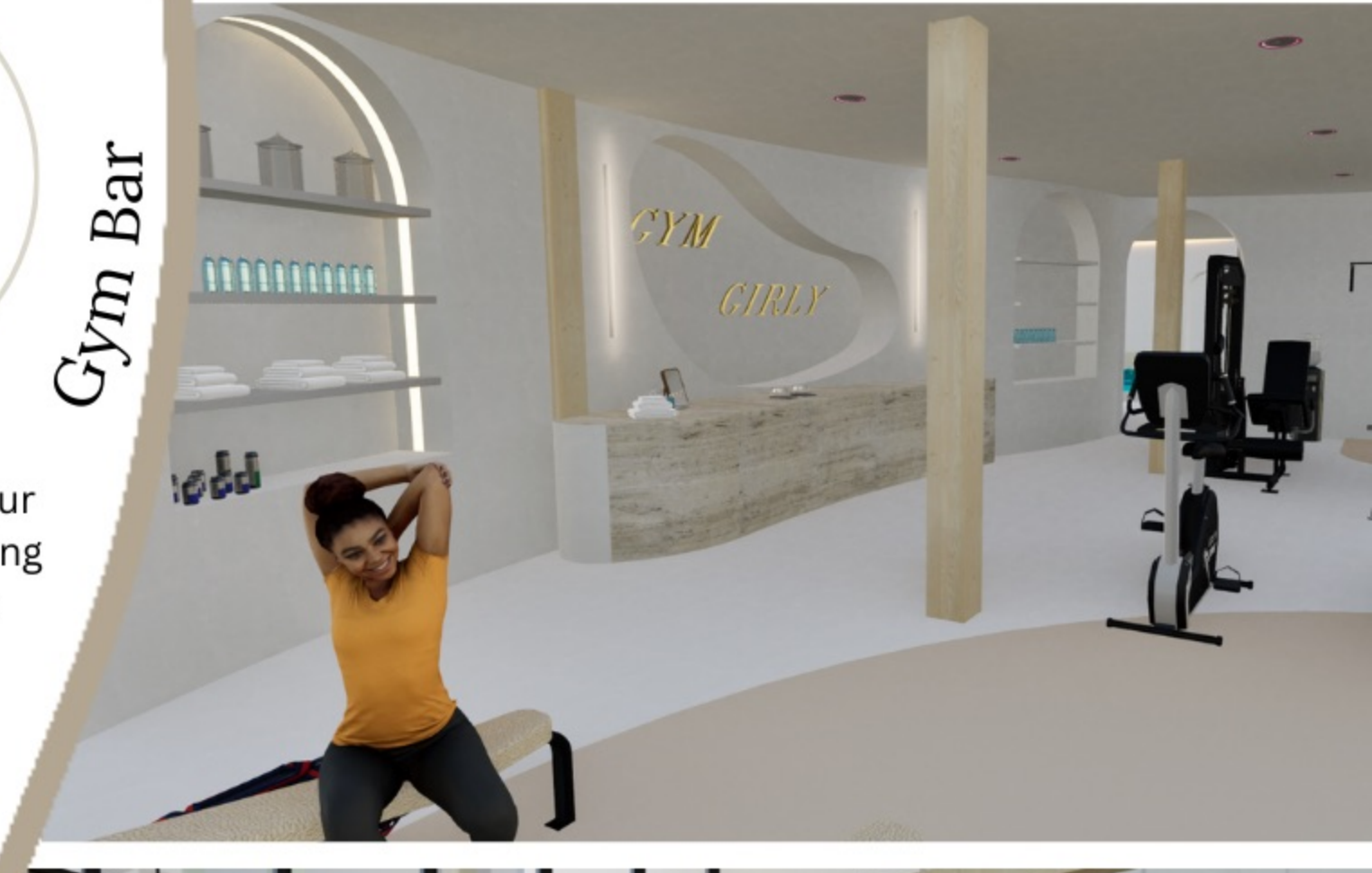
Entrance



Sauna



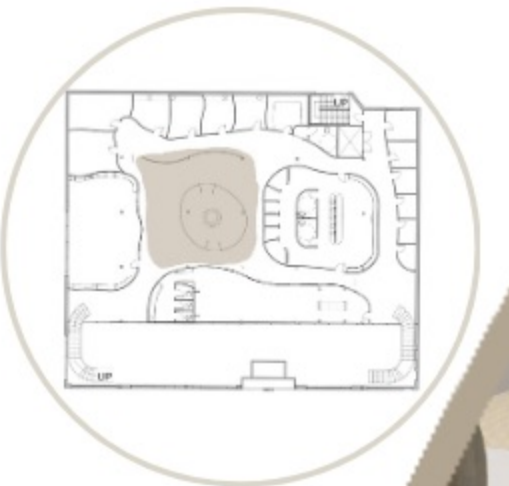
Gym Bar



Fuel Your Fitness - Energize Your Workout Journey with Refreshing Hydration and Nutrient-Rich Supplements, Boost Your Performance.



Lobby/Entrance



Second Floor Lounge

