



Work to Live

Creating spaces with wellness in mind

Dream Team

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Nature's Way

Utilising biophilic design to help a project bloom

INSPIRING
PROJECT
CREATIVITY

NESTWELL / SIEGER DESIGN



Christian and
Michael Sieger,
Sieger Design

Based on twelve principles of design for wellbeing, the wellness themed hotel bedroom program Nestwell aims to define a new approach to hospitality. German studio Sieger Design has incorporated these guidelines to develop a spa suite concept called 'Re-Charge'.

The design brings together key trends from sustainability, health maintenance and relaxation. The bathroom area is one central theme of the 60-80 sq m spa suite and makes the regenerative power of

water a therapeutic experience. The multifunctional space offers a dry and wet zone with a high level of design and functional quality in a compact space. The zones are separated from one another with a glass wall. Instead of a bathtub, there is a horizontal shower, which saves space and turns the primal power of flowing water into a relaxing experience. The guest can enjoy a range of water delivery options while lying or sitting comfortably on a heated bench, as well as making use of various spa functions.

To complement the regenerative effect of the spa area, a large mirror is integrated into a wall element in the middle of the suite and, among other things, serves as an always-on physical and digital programmable screen for fitness videos – to exercise in the privacy of your room. Thanks to a luxury foldaway massage bed, which looks like a wall cabinet when not in use, the area in front of the mirror can be transformed into a private spa for soothing treatments within a few seconds.

The sleeping area and bathroom in the spa suite are separated by sliding partitions, enabling business travellers to enjoy their breakfast with guests in a neutral area. From here, the separate WC can be accessed freely, without a view of the bed or bathroom. Additional comfort comes in the form of a kitchen unit with water dispenser for filtered drinking water and equipment for preparing tea or small meals.





A key component of the 'Re-Charge' concept is the bio adaptive and circadian lighting system, which follows daytime rhythms and has a positive impact on health. The energy efficient LED light can be operated on both sides of the double bed and can be adjusted so as not to disrupt a partner's sleep. High-quality doors and walls with good soundproofing protect against external noise.

Motti Essakow, Co-Founder of Nestwell, said: "The solution is about a multi-level approach to design, as

well as about a multi-dimensional view of what we actually mean by wellness, and how that translates into a hotel room design."

As improved indoor air quality is conducive to a great night's sleep and rest, clean, oxygen-rich air generated by an efficient air filtration system increases the quality of the stay. Depending on the location and time of year, underfloor heating or a high-performance cooling system ensure a pleasant ambient temperature, and humidity is also

regulated. The wooden floor is warm underfoot and is sustainable, just like all the natural materials used in the suite.

"I want to see the same quality I have at home in the hotel," adds Christian Sieger. "In my experience, there were no hotel rooms that met my demands for comfort and furnishing. With the Nestwell spa suite, we want to bridge this gap and make the stay as pleasant, inspiring and relaxing as possible for business travellers."