

# Concept Statement

Kintsugi Spa is located in Weaverville, NC, just outside of Asheville. This day spa provides a holistic approach to Multiple Sclerosis (MS) treatment.

The spa is designed to emphasize the idea of overcoming setbacks through the art of Kintsugi, where broken pottery is salvaged by mending with precious materials. The philosophy of this art form suggests transformation, optimism, and resilience. It's transformative because an object becomes even more beautiful and unique from breakage. It's optimistic because it changes our perception of imperfection by showing a new possibility, and it's resilient because it shows the capacity to withstand difficulties.

These ideas are shown through the design by architectural features like the living wall which rewards movement through the visual transformation of its cracks. Integrating natural elements into the interior of the spa in a sustainable way invigorates the psyche. And resilience is shown by many examples of salvaged and restored furnishings which have their own sense of beauty and history.

A chronic disease, like MS, can leave a person feeling as if their life is in pieces, and they don't know how to put it back together. Kintsugi Spa provides a holistic toolkit that enables patrons to begin managing their symptoms and start piecing their lives back together.

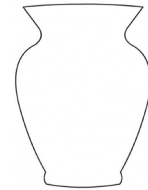


Weaverville, NC Population: 4,693

# Logo



KINTSUGI SPA



A metaphor for the body, mind, and spirit.



Symbolizes movement and freedom.



# The Clients



## PATRICIA & CHRISTOPHER HELF

Patricia and Christopher Helf recently celebrated their seventh wedding anniversary. They are excited to embark on a new adventure in their lives.

Dr. Patricia Helf was inspired to complete her residency in neurology, as her favorite aunt had suffered from multiple sclerosis. Dr. Helf is passionate about helping people with MS learn to manage their symptoms and move forward in their lives. Besides medicine, Dr. Helf developed a passion for Eastern Philosophy and Japanese poetry when she spent several years of her adolescence in Okinawa, where her mother was stationed in the military. Her experiences in Japan have lent themselves to her holistic approach and eco-consciousness.

Christopher Helf, PT, is a native of Asheville. He is driven to help people with MS regain their physical and emotional independence through movement. He is inspired by watching clients transform from scared and anxious into confident and motivated individuals. Aside from physical therapy, Christopher enjoys ceramics and is researching the use of clay as a sensorimotor art therapy for reducing symptoms and stress in patients with MS.

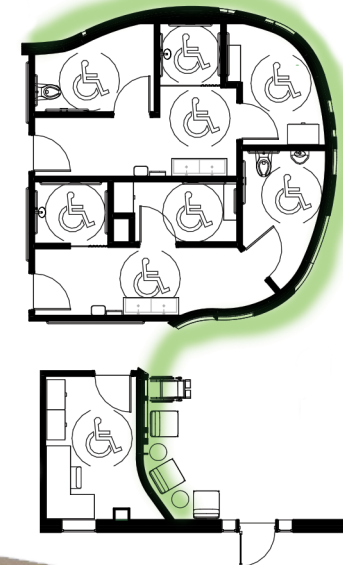


# Living Wall



## LIVING WALL PLAN VIEW

SCALE 1/16" = 1'-0"



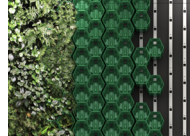
The living wall begins in the lobby and its kintsugi "cracks" grow with greenery as one follows it deeper into the spa until it becomes a solid green wall in the exercise area. This transformation rewards movement, acts as a visual cue to guide the way to other spaces in the spa and can even be used by a physical therapist as a way to motivate a patron in their benchmarks for progress. Living walls improve air quality, reduce stress, improve mood, provide noise reduction, and encourage biodiversity.

W3



BETON STUCCO  
NATURAL GREY

W14



GROWUP GREEN WALL  
MODULAR SYSTEM



DRACAENA JANET  
CRAIG COMPACTA



AGLAONEMA SILVER  
BAY



FERN BUTTON

PATHOS N JOY

PATHOS NEON

## Furniture

■ SUSTAINABLE ■ SALVAGED/RESTORED

MESSAGE ROOM, REST AREA, & WASHROOMS

TAG	MANUFACTURER	DESCRIPTION	SIZE	SUM
BD1	ISA	Electric Spa Bed in Natural Teakwood with Cream Leatherette, Custom Size	37"h x 48"w x 78"l	2
CB1	West Elm	Delphine Buffet Polished Marble Top Feather Gray Woodgrain	28"h x 63"w x 18"d	2
CH1	Thayer Coggin	Milo Baughman Walnut Lounge Chair, c1960, Reupholstered in Faux Teddy Bear Sherpa Fabric	30"h x 23.25"w x 25"d	2
T1	Herman Miller	George Nelson Swag Leg Side Table with White Wooden Top and Metal Base, c1960	21.5"h x 28.5"w x 28.5"d	2
CH2	Thayer Coggin	Milo Baughman Swivel-Tilt Lounge Chair with Walnut Base and Reupholstered in Medium Gray Cotton Velvet, c1970	27.75"h x 28"w x 29"d	2
CH3	Greenington	Currant Chair in Caramelized Bamboo	30.39"h x 19.68"w x 22"d	2
T2	Industry West	Natura Coffee Table with Thin Piece of End Grain Oak Atop an Iron Panel	11.8"h x 29.5"w x 26"d	1
D1	Custom	Wall-Mounted Drop-Down Workbench/Desk in Amber Bamboo Plywood	52"h x 36"w x 66"d	1
L1	The Sort It Out	Stash Digital 4 Door Locker in White Steel	76"h x 15"w x 18"d	2
B1	Urban Wood Goods	Urban Loft Reclaimed Douglas Fir Wood Top Bench with Hairpin Steel Legs	18"h x 36"l x 13"d	2

## MESSAGE ROOM



## REST AREA



## WASHROOMS



A drop-down workbench in the rest area allows Christopher to do clay & ceramic art therapy sessions with patrons.



# Rendered Floor Plan

SCALE 1/8" = 1'-0"



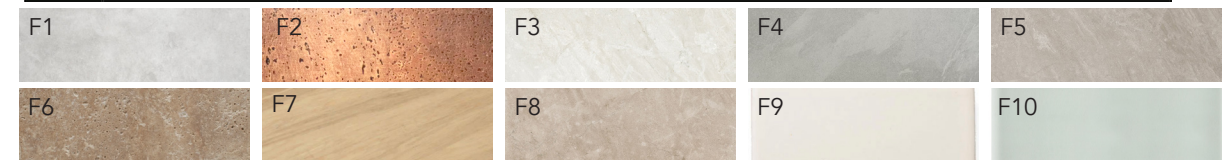
RESIDENTIAL SPACE: 1,046 SF

# Finishes

SUSTAINABLE

## FLOORING

TAG	MANUFACTURER	DESCRIPTION
F1	Custom	Poured Concrete Polished -120 Grit Resin Pad with Anti-Slip Densifier Treatment & Finished with Clear Non-Skid Sealer
F2	Jelinek Cork Group	Harmony Glue Down 24x24 Cork Flooring
F3	Crossville Inc Tile	Portugal Velho White Porcelain Stone 12x24 Field Tile, Anti-Slip
F4	Tilebar	Fordham Grigio 12x24 Gray Matte Porcelain Tile, Anti-Slip
F5	Crossville Inc Tile	Portugal Venho Verde Porcelain Stone 24x24 Field Tile, Anti-Slip
F6	Nest Tile	Walnut Travertine Tumbled Exterior Pool Paver 12x12 Tumbled Finish in Brown, Anti-Slip
F7	Plyboo	Stiletto Veranda Strand Bamboo Flooring 5x72
F8	Crossville Inc Tile	Portugal Grand Rose Porcelain Tile 12x24 Field Tile, Anti-Slip
F9	Fireclay Tile	Gardenia 4x8 Matte Non-Reflective Glaze, Anti-Slip
F10	Fireclay Tile	Salton Sea 3x6 Glossy



## WALLS

TAG	MANUFACTURER	DESCRIPTION
W1	Sherwin Williams	Soothing White ProMar 200 Zero VOC Interior Latex Paint
W2	Sherwin Williams	Mindful Gray ProMar 200 Zero VOC Interior Latex Paint
W3	Stucco Italiano	Beton Stucco Mineral Plaster in Natural Grey
W4	Sherwin Williams	Fresco Cream ProMar 200 Zero VOC Interior Latex Paint
W5	Sherwin Williams	Mannered Gold ProMar 200 Zero VOC Interior Latex Paint
W6	WOW	Enso Deco 9MM 5x5 Porcelain Tile in Kintsugi Ivory
W7	Fireclay Tile	Sparrow Matte 3x12 Glass Tile
W8	Cambria	Berkshire Brass Quartz Slab with Brass Veins on Marbled White
W9	Sherwin Williams	Oyster Bay ProMar 200 Zero VOC Interior Latex Paint
W10	Urban Evolutions	Curved Slat Wood Wall Panel in White Oak
W11	Plyboo	Flat Grain Bamboo Plywood in Amber
W12	Plyboo	Flat Grain Bamboo Plywood in Natural Finish
W13	NuMetal	High Pressure Laminate in Brushed Brass
W14	Growup	Custom Green Wall Modular System
W15	Fireclay Tile	Salton Sea 6x6 Glossy



## COUNTERTOPS

TAG	MANUFACTURER	DESCRIPTION
C1	Cosentino	Silestone Faro White
C2	Cambria	Berkshire Brass Quartz Slab with Brass Veins on Marbled White
C3	Custom	Salvaged Walnut Slab with Epoxy-Resin Kintsugi Design



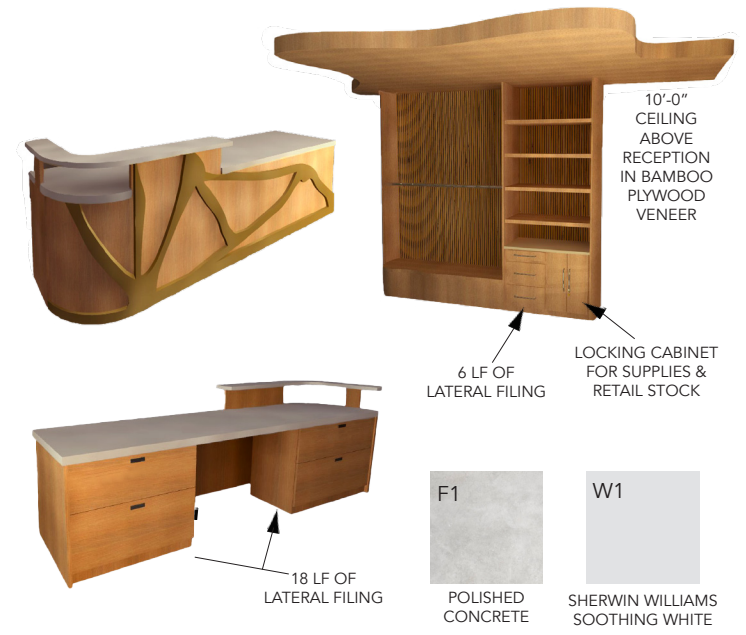
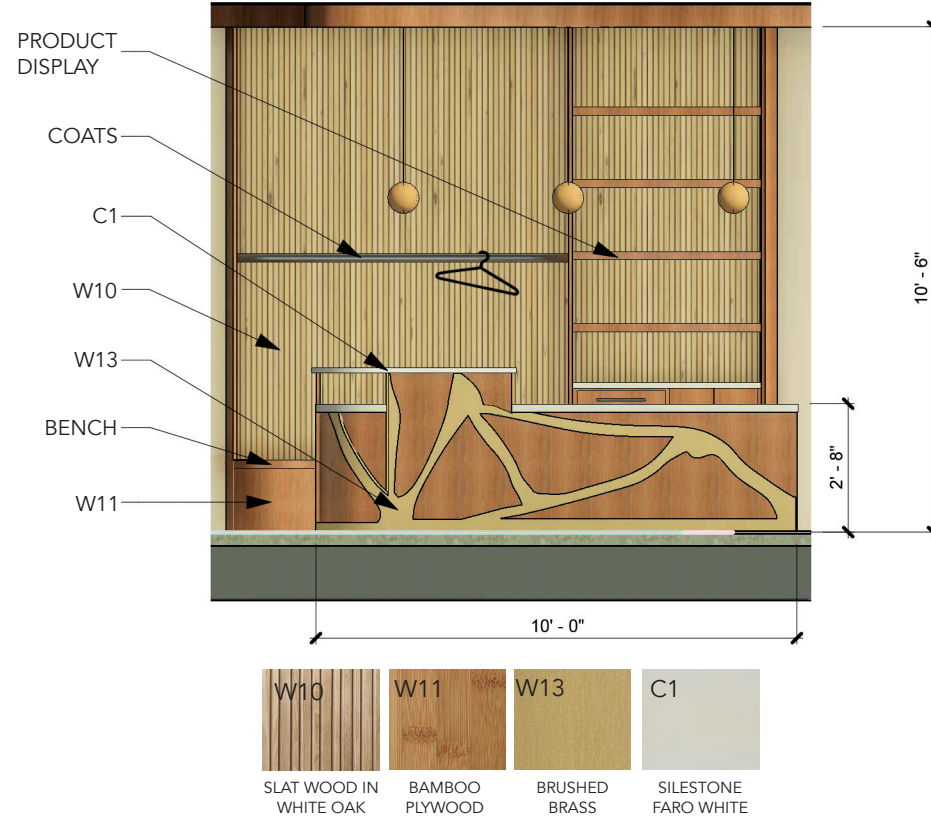


# Lobby & Reception



## RECEPTION ELEVATION

SCALE 1/4" = 1'-0"



## LOBBY



# Furniture

SUSTAINABLE SALVAGED/RESTORED

LOBBY & RECEPTION, CONSULTATION ROOM, & BOOKKEEPER'S OFFICE

TAG	MANUFACTURER	DESCRIPTION	SIZE	SUM
CH4	Knoll	Reupholstered Florence Knoll Model 65 Chrome Slipper Lounge Chairs, c1960	31"h x 28"w x 27"d	3
T3	Herman Miller	Bella Side Table – High in White	19.3"h x 17.7"w x 17.7"d	2
CH5	Knoll	Knoll Desk Chair in Reupholstered Saddle Leather/Suede, Vintage Swivel Base, c1980	31.5"h x 25.5"w x 24.5"d	1
CH6	Vitra	A117 Desk Chair in Tan Leather by Charles & Ray Eames, c1990	35.43"h x 22.83"w x 25.59"d	1
D2	West Elm	Greenpoint Desk with Return in Natural Oak Veneer & Steel Legs in Dark Bronze	29.5"h x 72"w x 48"d	1
CB2	Rebrilliant	Pandora 5-Drawer File Cabinet in Bone White Metal	64"h x 30"w x 15"d	2
D3	Herman Miller	Writing Desk in Walnut by George Nelson c1950s	29.35"h x 72.5"w x 33.75"d	1
T4	Herman Miller	Nelson Pedestal Side Table with Black Base & Walnut Veneer Top	21.5"h x 17"d	1
CH7	Herman Miller	Eames Black Leather Desk Chair, 2001	32"h x 23"w x 23"d	1
CH8	Thayer Coggin	Milo Baughman 951 Design Classic Chair Black Leather	32"h x 23"w x 23"d	1
L1	Litfad	Wood Floating Bookcase Contemporary Style Wall Mounted in Natural Pine	46.5"h x 4.7"w x 31.5"l	2
D4	Custom	Reception Desk in Bamboo Amber Plywood with Brushed Brass Kintsugi Design & Silestone Top	29"h x 120"w x 30"d	1

Many pieces of furniture at Kintsugi Spa are restored or salvaged, which is not only eco-friendly but gives the space a sense of being grounded in history. Our restored pieces have been carefully selected to reflect resilience, not only as physical objects, but also in their ideas, as most of these designs are still being made today or influencing contemporary furniture. Likewise, the spa's goal is to give patrons a design for living with MS that helps them move forward and lasts throughout their lives.

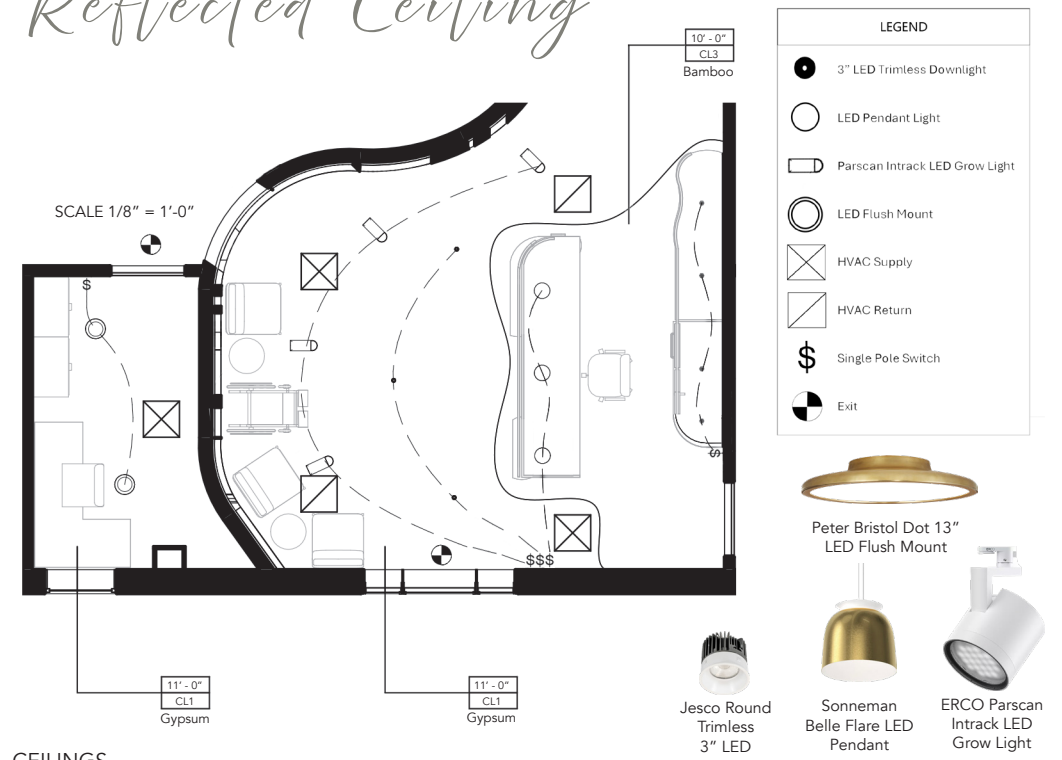
## CONSULTATION ROOM



## BOOKKEEPER'S OFFICE



# Reflected Ceiling



## CEILING

TAG	MANUFACTURER	DESCRIPTION
CL1	Sherwin Williams	Extra White ProMar 200 Zero VOC Interior Latex Paint
CL2	Sherwin Williams	Nurture Green ProMar 200 Zero VOC Interior Latex Paint
CL3	Plyboo	Flat Grain Bamboo Plywood Veneer



# Exercise & Pool

## EXERCISE

F2

HARMONY GLUE  
DOWN CORK  
FLOORING 24x24

F1

SHERWIN WILLIAMS  
SOOTHING WHITE

W10

URBAN EVOLUTIONS  
SLAT WOOD WALL  
PANEL IN WHITE OAK

## POOL

F2

HARMONY GLUE  
DOWN CORK  
FLOORING 24x24

F6

WALNUT TRAVERTINE  
EXYERIOR POOL PAVER  
12x12 ANTI-SLIP

F10

FIRECLAY TILE SALTON  
SEA 3x6 POOL TILE

W15

FIRECLAY TILE SALTON  
SEA 6x6 WALL TILE

W13

BRUSHED BRASS ON  
KINTSUGI DESIGN FOR  
GLASS WALL







# Furniture

■ SUSTAINABLE 
 ■ SALVAGED/RESTORED

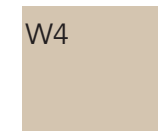
## LIVING ROOM & DINING

TAG	MANUFACTURER	DESCRIPTION	SIZE	SUM
CH9	Thayer Coggin	Milo Baughman Drop In Sofa with Chrome & Reupholstered Knubby Cream and Brown Textured Fabric	32"h x 29"w x 72"d	1
CH10	Dunbar Furniture	Edward Wormley for Dunbar 4872A Mid Century Brass Leg Lounge Chairs, c1960s	32.5"h x 28.5"w x 34"d	2
T5	Herman Miller	Eames CTW-3 Coffee Table with Molded Plywood, c1950s	15.5"h x 34"d	1
T6	West Elm	Mid Century Side Table in Acorn	27"h x 20.5"w x 19"d	2
T7	Knoll International	Florence Knoll Walnut & Chrome Oval Dining Table, c1960s	28"h x 78.25"w x 48"d	1
CH11	Arhaus	Kirsten Dining Chairs in Nomad Snow with Classic Weave Fabrics	32"h x 19.5"w x 24.75"d	6
CB3	Arhaus	Hattie Glass Cabinet in Ebony Oak Wood & Veneers	79"h x 46"w x 19"d	1
CH12	Greenington	Mimosa Barstool in Natural Bamboo with Steel Footrest	30"h x 21.10"w x 21.10"d	3

## LIVING & DINING



W9  
SHERWIN WILLIAMS OYSTER BAY



W4  
SHERWIN WILLIAMS FRESCO CREAM



F7  
VERANDA STRAND BAMBOO FLOORING



BENI GARDEN PATH IN NATURAL WOOL & SAGE



CUSTOM LIGHT FILTERING BAMBOO SHADES

# Equipment

## KITCHEN

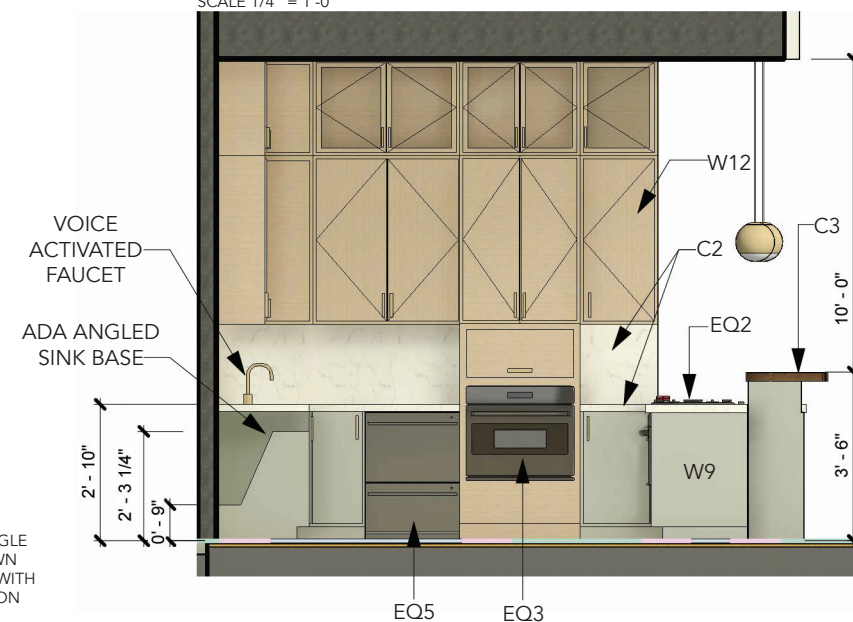
TAG	MANUFACTURER	DESCRIPTION	SIZE	SUM
EQ1	KitchenAid	KitchenAid Energy Star Rated Side by Side Refrigerator, ADA Compliant	69"h x 35.75"w x 34.75"d	1
EQ2	KitchenAid	KitchenAid 30"W Gas Cooktop, ADA Compliant	3.625"h x 30"w x 21"d	1
EQ3	KitchenAid	KitchenAid 27"W Electric Single Oven, ADA Compliant	28.75h x 26.75"w x 27.125"d	1
EQ4	KitchenAid	KitchenAid 24"W Built-In Microwave, ADA Compliant	17.875"h x 23.75"w x 22.25"d	1
EQ5	Fisher & Paykel	Fisher & Paykel Dishdrawer, ADA Compliant	36.375"h x 23.56"w x 22.56"d	1
EQ6	KitchenAid	30" Retractable Downdraft Ventilation System	13.5"h x 30"w x 1.5"d	1
EQ7	Elkay	Elkay Crosstown 32" Undermount Stainless Steel ADA Kitchen Sink 50/50 Double Bowl	5.5"h x 31.5"w x 18.5"l	1



MOEN SLEEK SINGLE HOLE PULL DOWN KITCHEN FAUCET WITH VOICE ACTIVATION

## KITCHEN ELEVATION

SCALE 1/4" = 1'-0"



This black walnut slab was salvaged from a farm in Black Mountain. Black Walnut trees are abundant on the slopes of the Blue Ridge, providing ample shade in summer and luminous yellow foliage in fall.

LEXINGTON GLASS 8" ART GLASS PENDANT LOCALLY HANDBLOWN

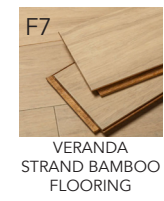


# Furniture

SUSTAINABLE
SALVAGED/RESTORED

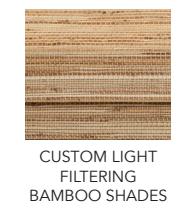
## MASTER BEDROOM, GUEST/DEN

TAG	MANUFACTURER	DESCRIPTION	SIZE	SUM
BD2	Medley	Palder Bed in Walnut FSC-Certified Wood	10"h x 60"w x 80"d	1
T8	Drexel	Drexel Pinnacle Walnut Nightstands, c1960s	23"h x 20"w x 16"d	2
CH13	Thayer Coggin	Milo Baughman Walnut Viceroy Lounge Recliner Chair Reupholstered White, c1960s	38.25"h x 28"w x 38"d	1
BD3	Godwin	Upholstered Sleeper Sofa in Basketweave	34"h x 67"w x 35"d	1
CB4	West Elm	Mid-Century Armoire Acorn Made with FSC Certified Wood	71"h x 31"w x 22"d	1
T9	Talgø Møbelfabrik	Scandinavian Modern Bedside Tables in Birch Veneer with Brass Shoes, c1950s	21.26"h x 15.75"w x 12.2"d	2
D5	Herman Miller	George Nelson Drop-Leaf Desk Model 4754 in Mahogany with Brushed Aluminum Legs ca. 1955	29.5"h x 58"w x 24"d	1
CH14	Herman Miller	2010s Herman Miller Eames Aluminum Management Desk Chair Grey Leather	33"h x 22"w x 21.25"d	1
CB5	Arhaus	Telegraph Four Drawer File Solid Mindi Wood and Veneers	60"h x 28.75"w x 19.75"d	1



## MASTER BEDROOM

SCALE 1/8" = 1'-0"



PATRICIA HELF'S PHOTOGRAPH



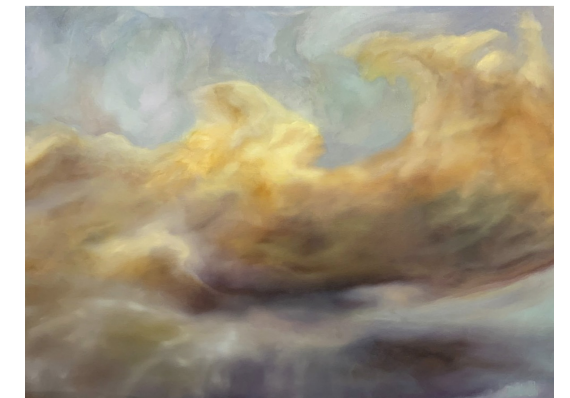
Patricia snapped this shot of a Dwarf Crested Iris while hiking in Weaverville.

ART PRINT: MORIKAWA KYORIKU WITH CALLIGRAPHY BY MATSUO BASHO



Patricia's favorite poet is Matsuo Basho. This poem reads:  
In quiet succession,  
The yellow flowers of Kerria fall  
To the sound of the waterfall  
Translation by Toshiharu Oseko

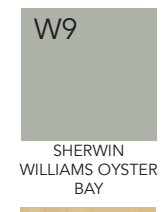
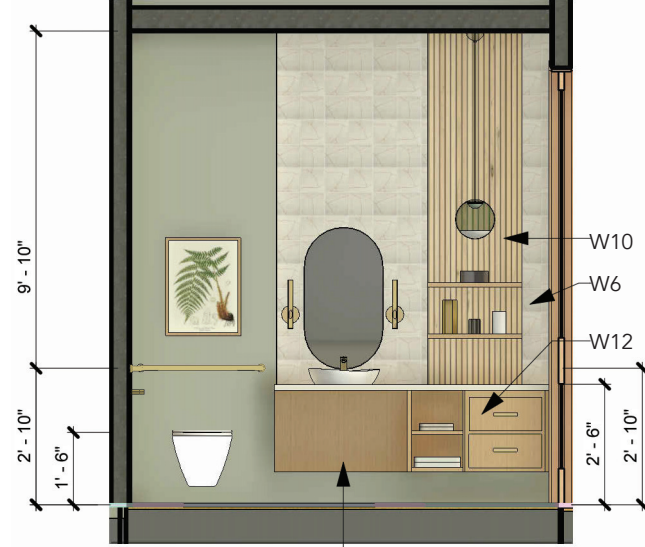
ART PRINT: LIGHTNESS OF BEING SANDRA BOTTINELLI



Sandra Bottinelli lives in Asheville and owns a local gallery, Bottinelli Fine Art. Being an artist himself, Christopher likes to support local artists and Bottinelli is one of his favorites.

## MASTER BATH ELEVATION

SCALE 1/4" = 1'-0"



CUSTOM VANITY WITH ADA COMPLIANT ANGLED BASE



REMASTERED 19th CENTURY FERN ILLUSTRATION



The Blue Ridge has an abundance of ferns. There are as many as 70 different fern species in Western North Carolina.

CHRISTOPHER HELM'S CERAMIC WORKS



In his spare time, Christopher enjoys making pottery.

"MONOLITH" OIL ON CANVAS VERONIKA HART



One of Patricia and Christopher's favorite views of Western NC is from the Monolith at Chimney Rock.

NATIVE WILDFLOWERS IN THE BLUE RIDGE ACRYLIC ON WOOD PANEL MONI HILL



Another favorite of Patricia and Christopher is local artist, Moni Hill, who exemplifies the beauty and biodiversity of the Appalachians.

# Artwork