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Heath Club + Spa



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CLIFTON'S | HISTORIC PRESERVATION
Market, Cafe + Inner City Arts



Contours // Health Club + Spa
Shape your body / Form your mind / Settle your soul

PROJECT

CONTOURS HEALTH CLUB + SPA

SENIOR
STUDIO

Contours Health Club + Spa is nestled in the Topanga Canyon Mountains overlooking the Pacific Ocean. With its proximity to Los Angeles, Contours provides a posh escape from the bustling city as well as a full service/upscale workout facility for the residents of Topanga Canyon.

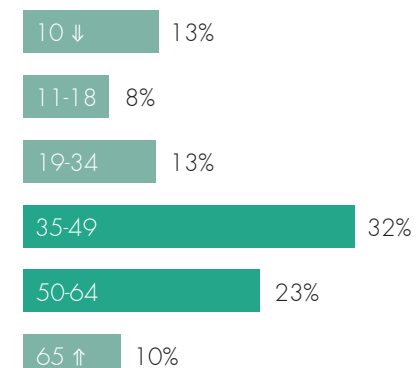
Contours finds balance between natural and glamorous to create a hippie-chic environment - consistent with that of Topanga Canyon's demographic. The interior architecture reflects the topography of the mountains, while the material selections and grandiose architecture add a touch of glamour.



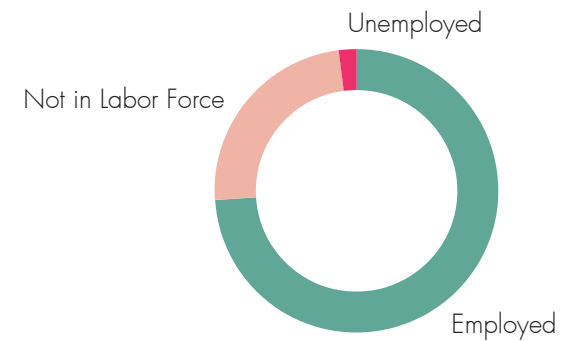
Location // Topanga Canyon

Population: 8,289 (2010 United States Census) ^[1]

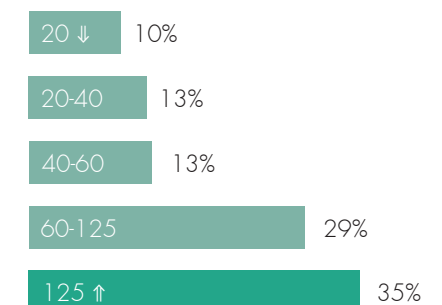
Age ^[2]



Employment Status ^[3]

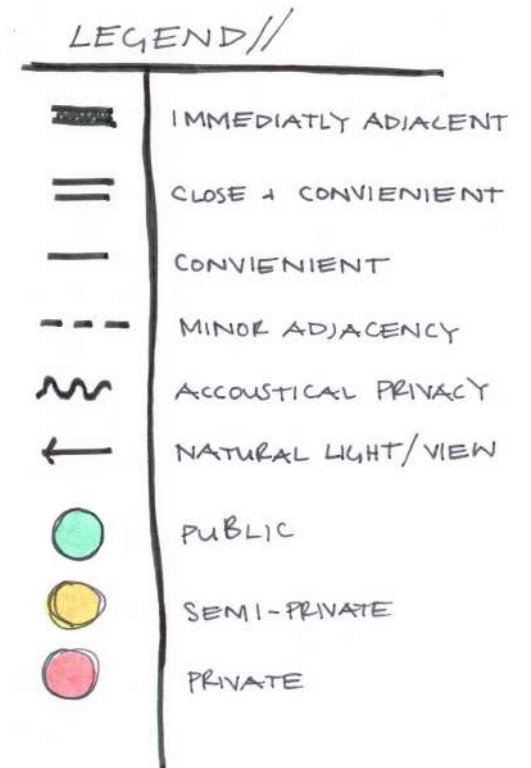
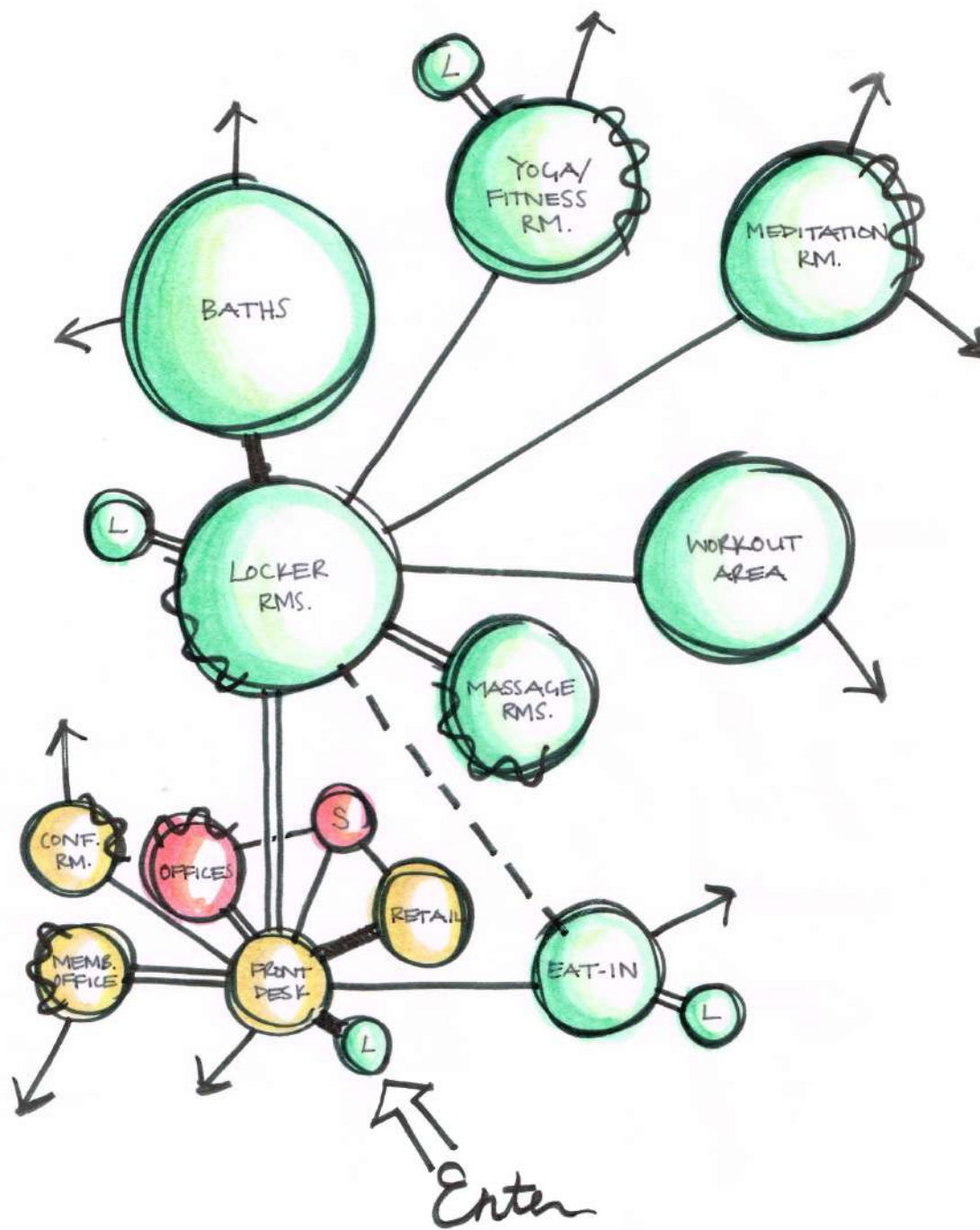


Income ^[2]

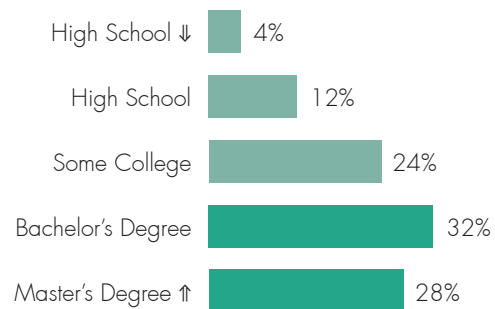


RESEARCH

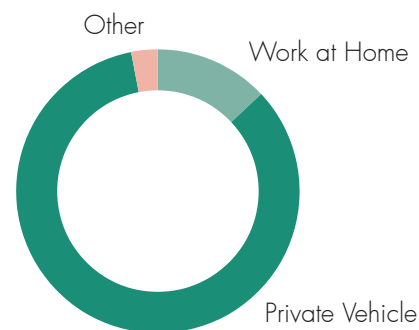
SCHEMATIC



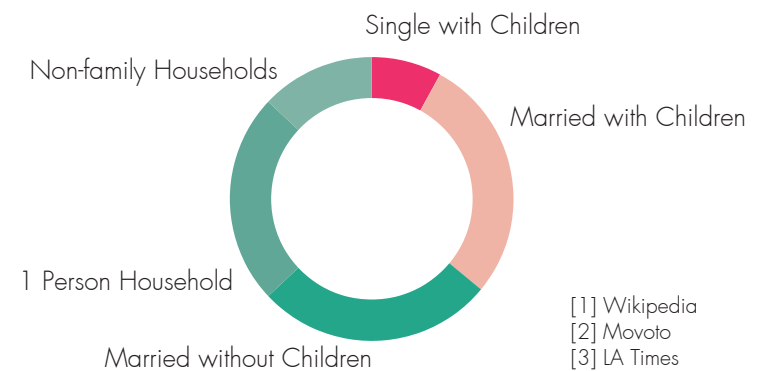
Education [2]



Transportation to Work [3]



Household Type by Children [3]



[1] Wikipedia
[2] Movoto
[3] LA Times



Geometric. Hippie-Chic.

WAYFINDING LEGEND:

- PUBLIC
- MIXED
- PRIVATE
- PRIMARY
- SECONDARY
- PRIVATE
- 1

LIGHTING + ACCESSORIES

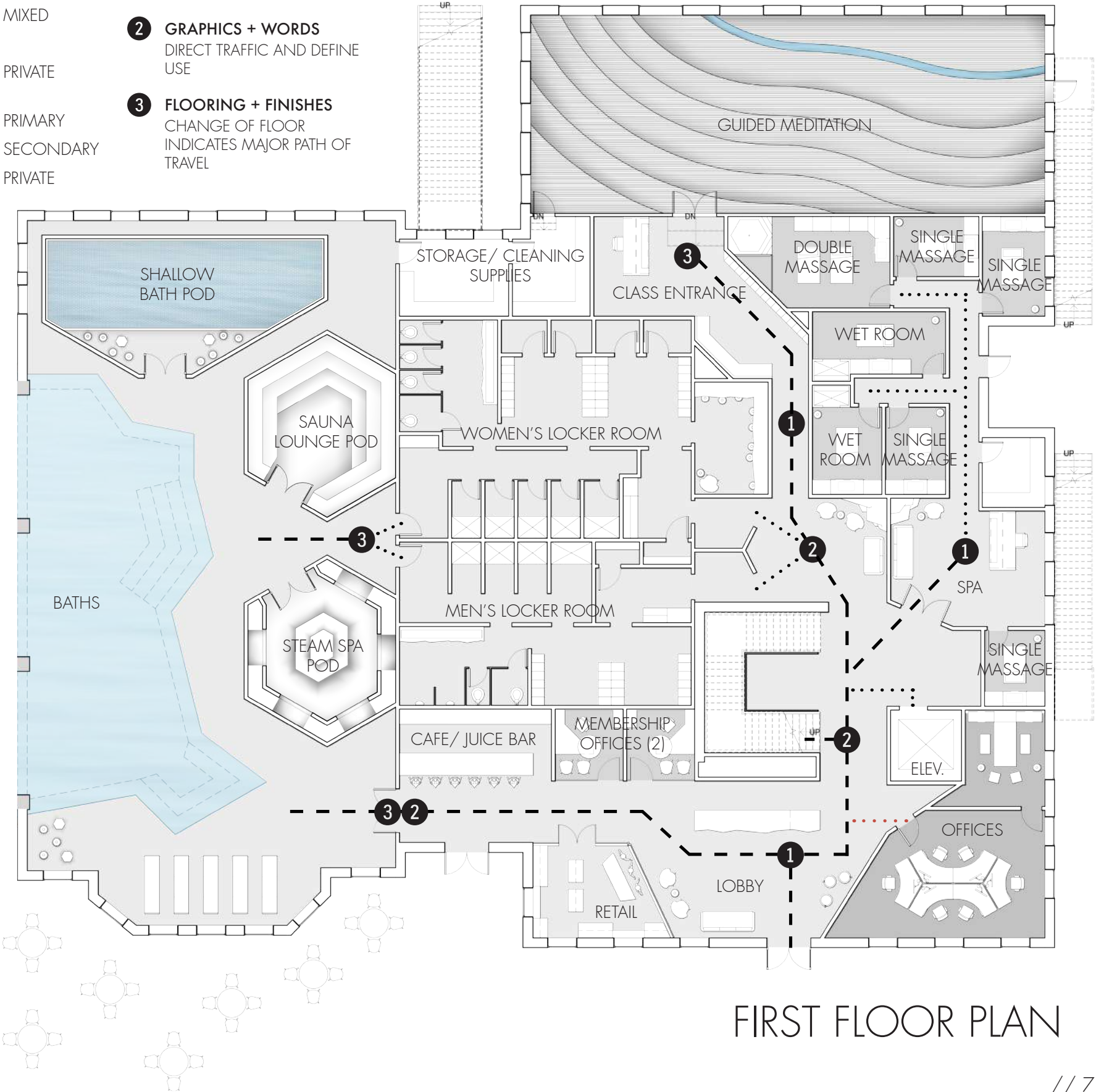
UNIQUE ELEMENTS AS LANDMARKS
- 2

GRAPHICS + WORDS

DIRECT TRAFFIC AND DEFINE USE
- 3

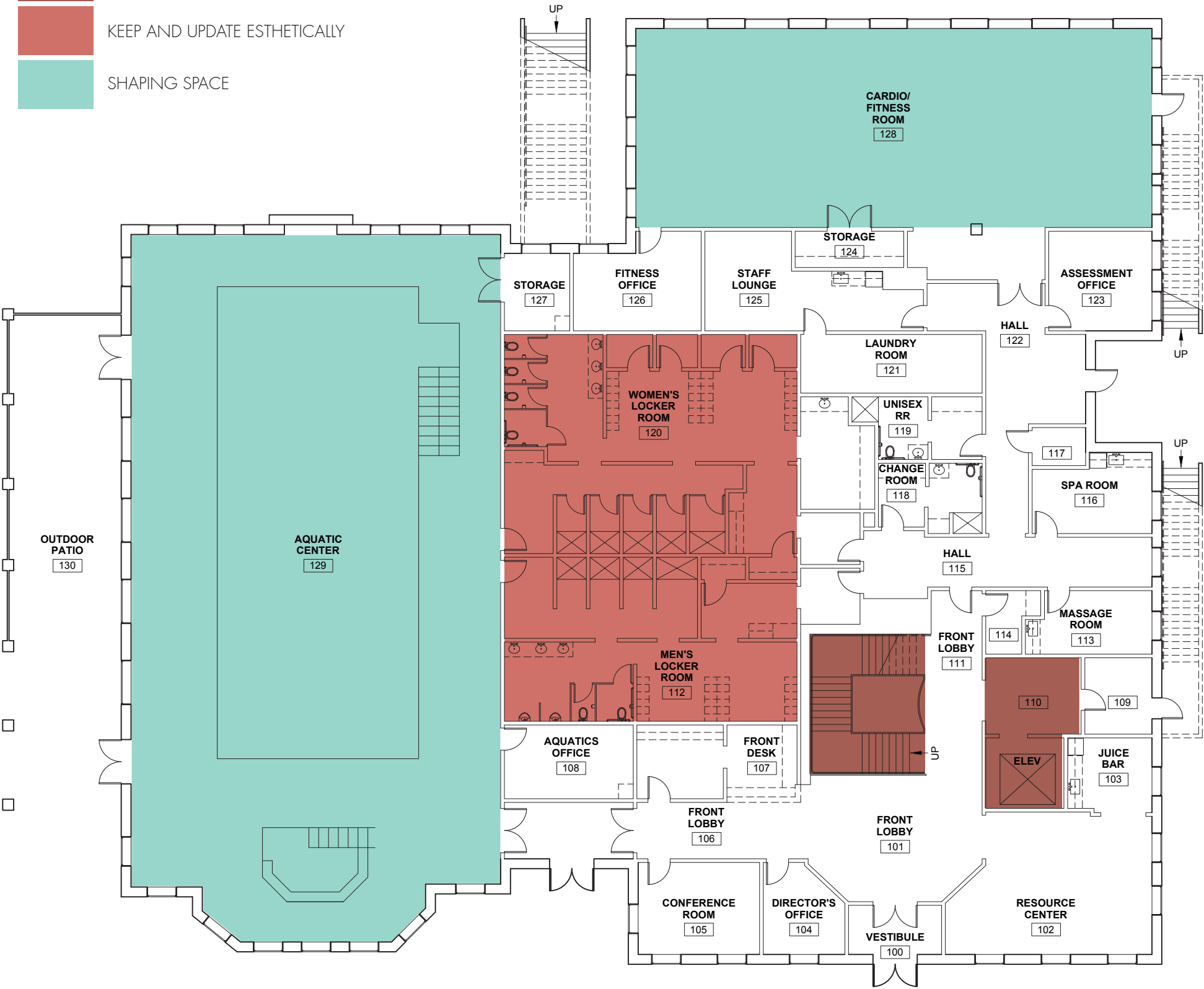
FLOORING + FINISHES

CHANGE OF FLOOR INDICATES MAJOR PATH OF TRAVEL



LEGEND:

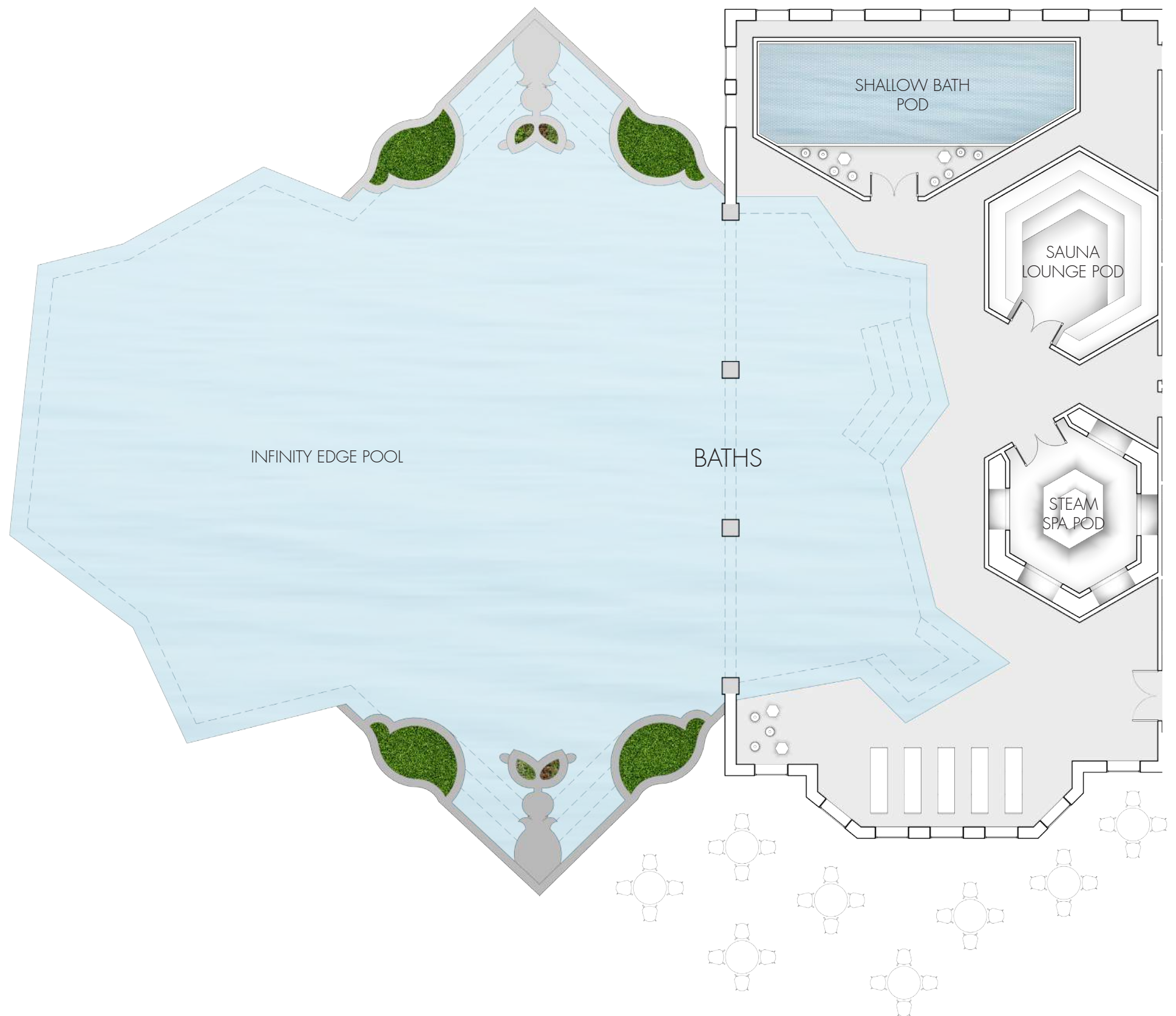
- DO NOT ALTER
- KEEP AND UPDATE ESTHETICALLY
- SHAPING SPACE



ORIGINAL FIRST FLOOR PLAN



Aqua Glam.



FIRST FLOOR PLAN (CONTINUED)



Landscape. Contoured.

WAYFINDING LEGEND:

- PUBLIC
- MIXED
- PRIVATE
- PRIMARY
-

SECONDARY
-

PRIVATE

- 1

LIGHTING + ACCESSORIES
UNIQUE ELEMENTS AS
LANDMARKS
- 2

GRAPHICS + WORDS
DIRECT TRAFFIC AND DEFINE
USE
- 3

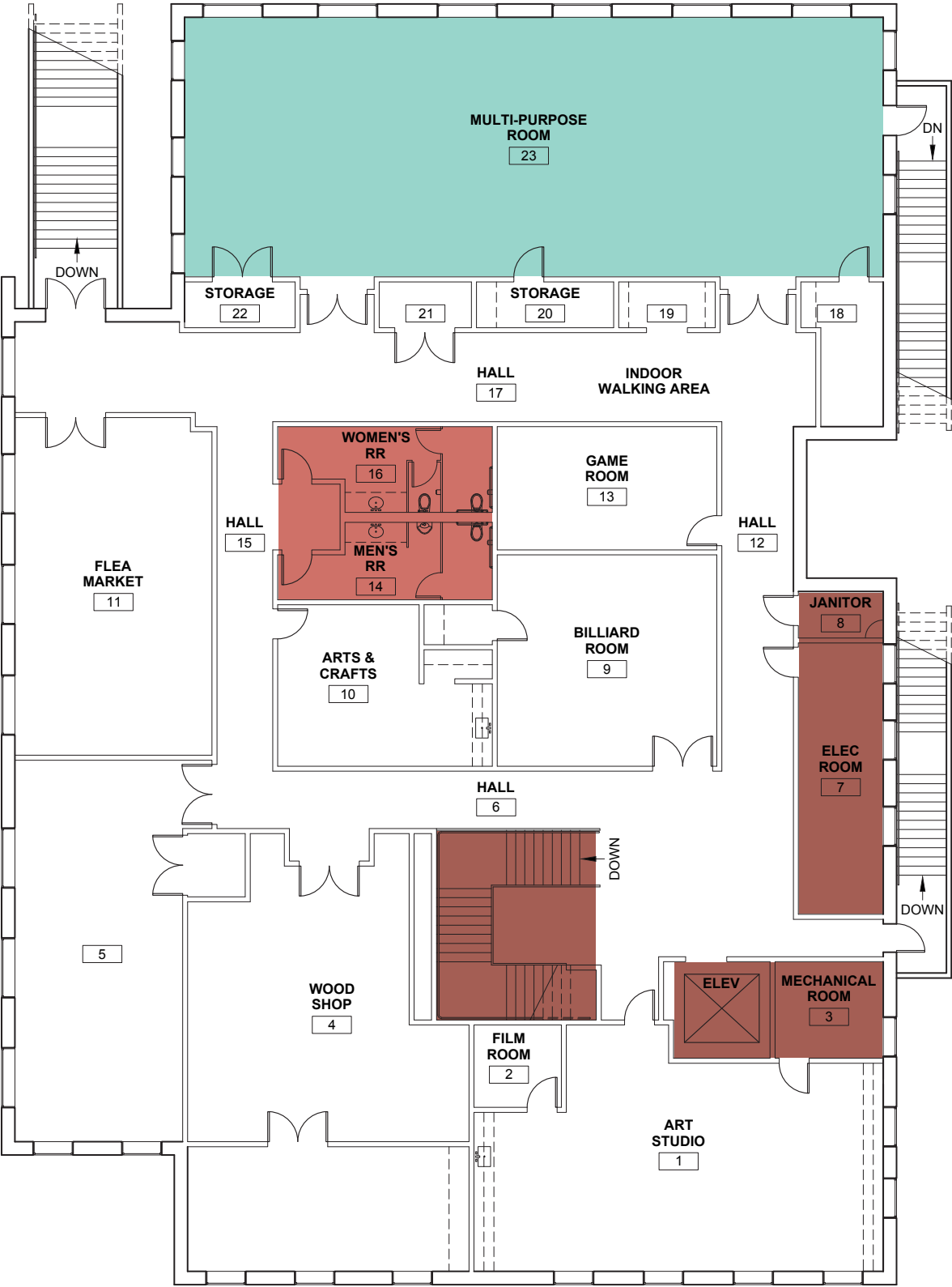
FLOORING + FINISHES
CHANGE OF FLOOR
INDICATES MAJOR PATH OF
TRAVEL



SECOND FLOOR PLAN

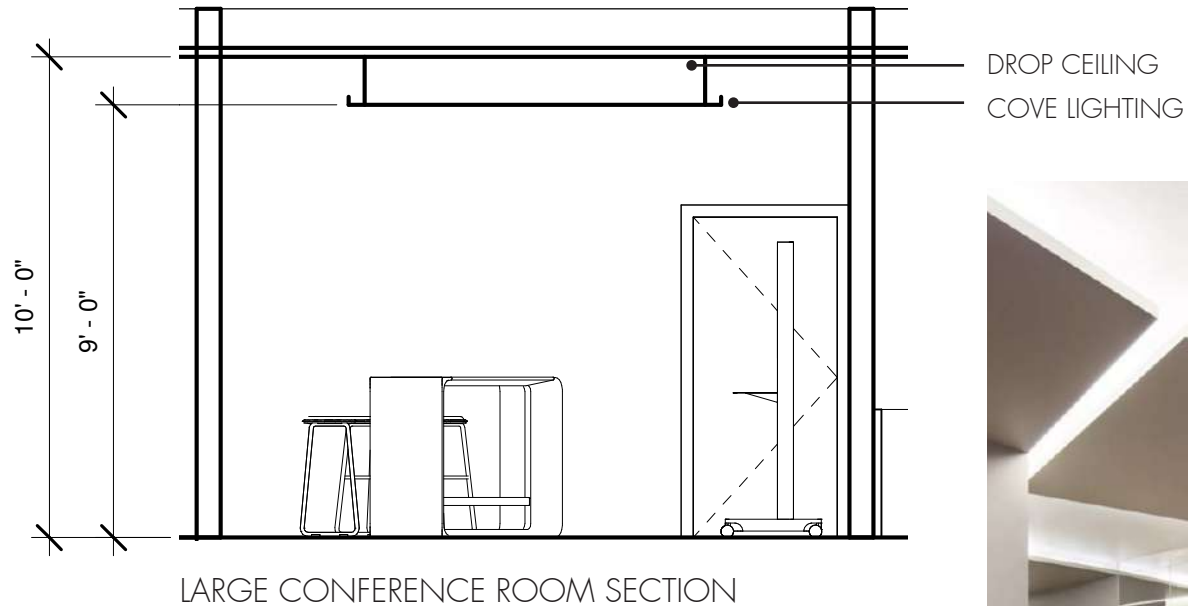
LEGEND:

- DO NOT ALTER
- KEEP AND UPDATE ESTHETICALLY
- SHAPING SPACE



ORIGINAL SECOND FLOOR PLAN

ACOUSTICAL STUDIES //



CEILING DETAILS

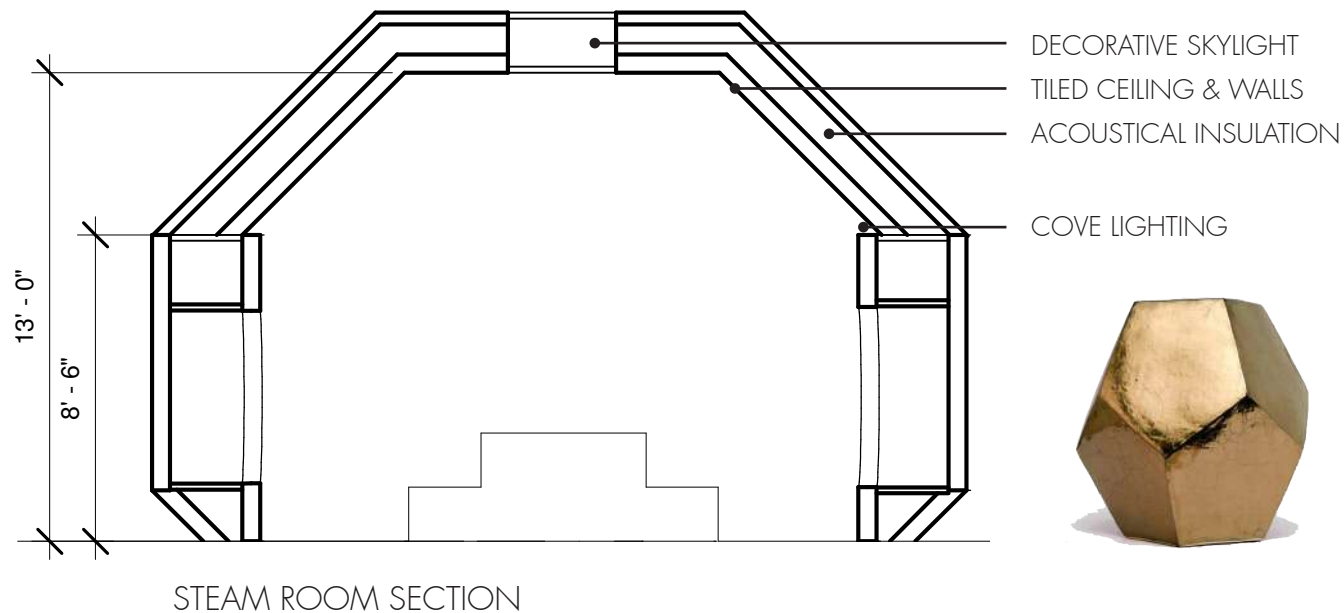
Suspended ceiling
Acoustical ceiling tile: **Lyra - 8730**
Dropped gypsum board ceiling
Cove lighting

TECHNICAL MATERIAL DETAILS

24 X 24 Square Tile
NRC: 0.95
CAC: 42
Drywall-like visual appeal

SOUND ISOLATION CONSTRUCTION

Sound absorbing materials installed in wall cavity
Caulking to seal against leaks
Gypsum board mounted on resilient channels



CEILING DETAILS

Angled ceiling
Tiled ceiling and walls
Skylight - filters in natural light, creates interest
Cove lighting - washes the ceiling with light

SOUND ISOLATION CONSTRUCTION

Sound absorbing materials installed in wall cavity
Caulking to seal against leaks
Gypsum board mounted on resilient channels

OTHER ACOUSTIC FACTORS

Speakers - cover up sounds from outdoors



CEILING DETAILS

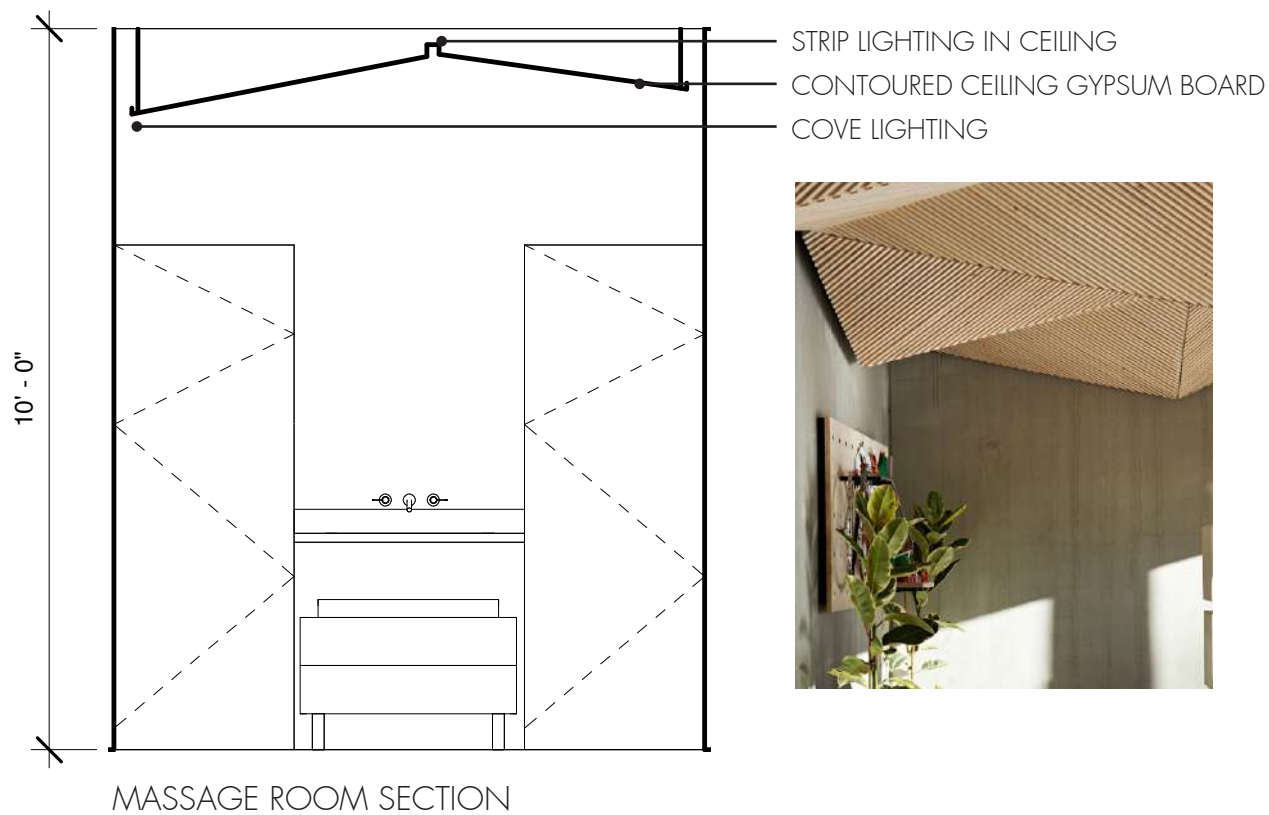
Suspended ceiling
Acoustical ceiling tile: **Lyra - 8730**
Cove lighting on back wall
Wall washing back wall

TECHNICAL INFORMATION: LYRA - 8730

24 X 24 Square Tile
NRC: 0.95
CAC: 42
Drywall-like visual appeal

SOUND ISOLATION CONSTRUCTION

Sound absorbing materials installed in wall cavity
Caulking to seal against leaks
Gypsum board mounted on resilient channels



CEILING DETAILS

Contoured ceiling detail
Cove lighting
Strip lighting in ceiling

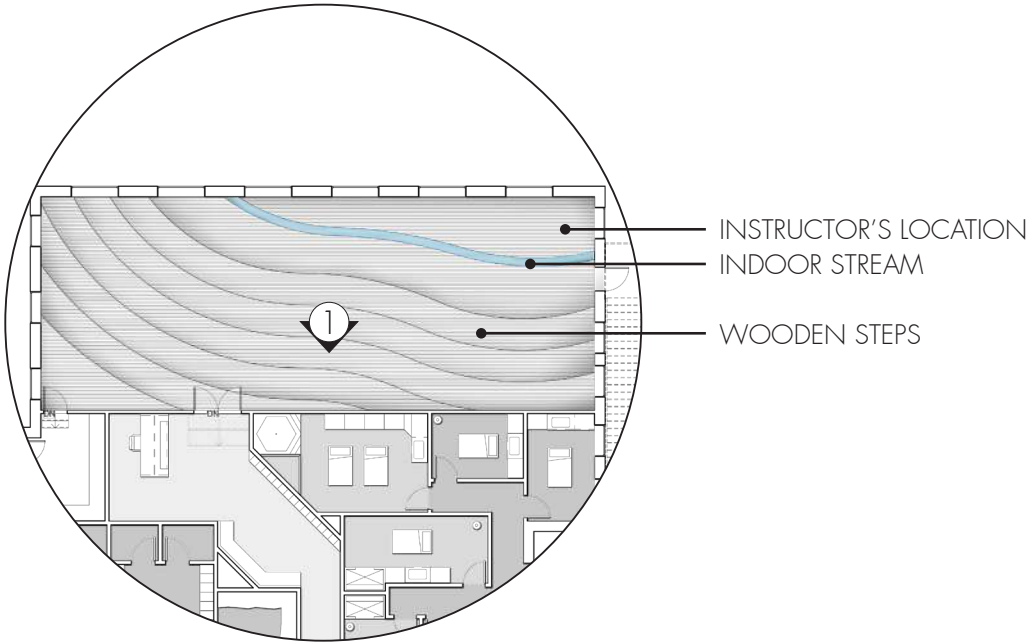
TECHNICAL MATERIAL DETAILS

High STC (Sound Transmission Class) gypsum board

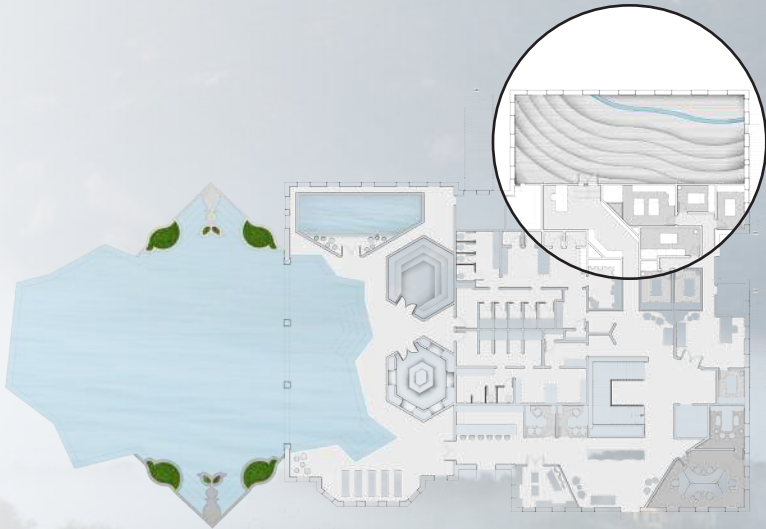
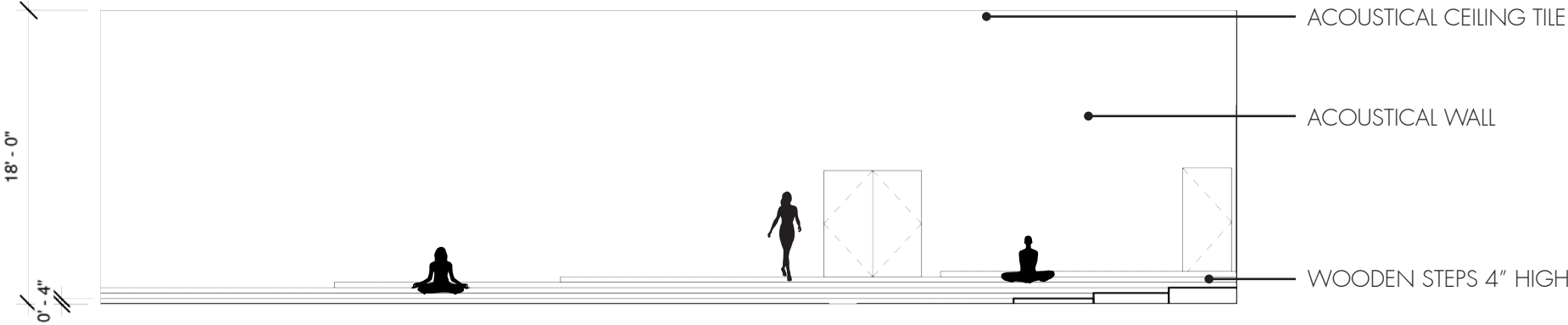
SOUND ISOLATION CONSTRUCTION

Sound absorbing materials installed in wall cavity
Caulking to seal against leaks
Gypsum board mounted on resilient channels

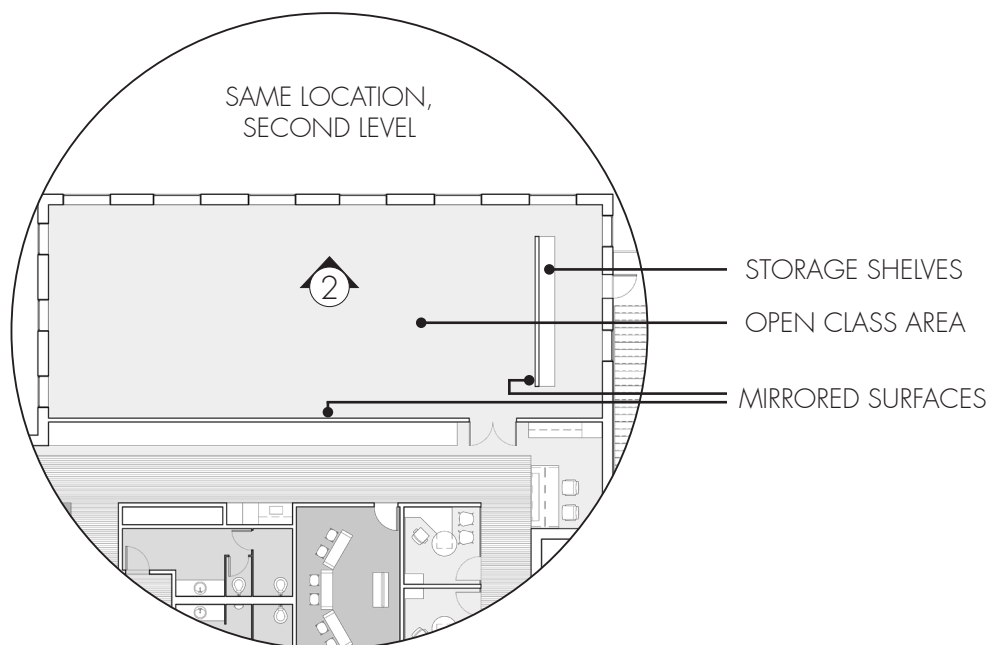
SPACE STUDIES //



1. GUIDED MEDITATION ROOM



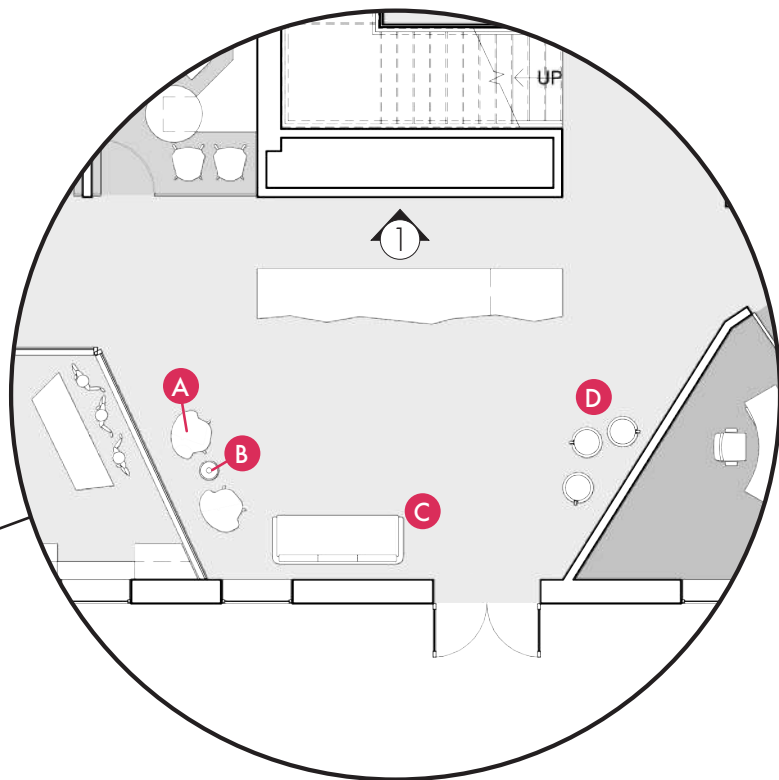
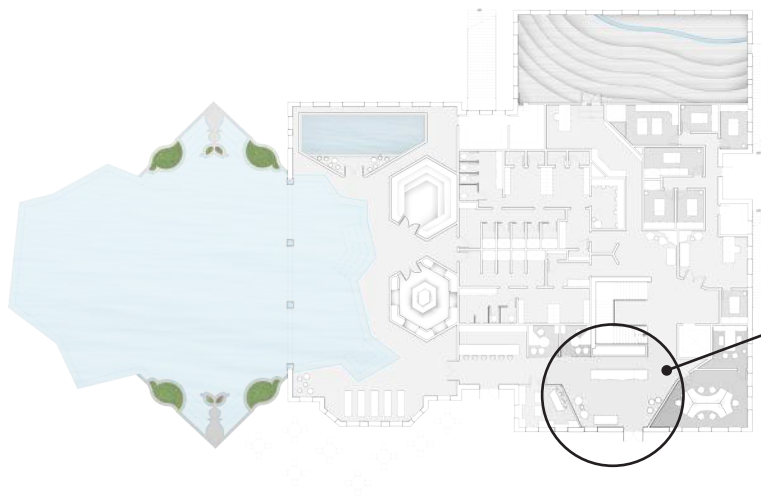
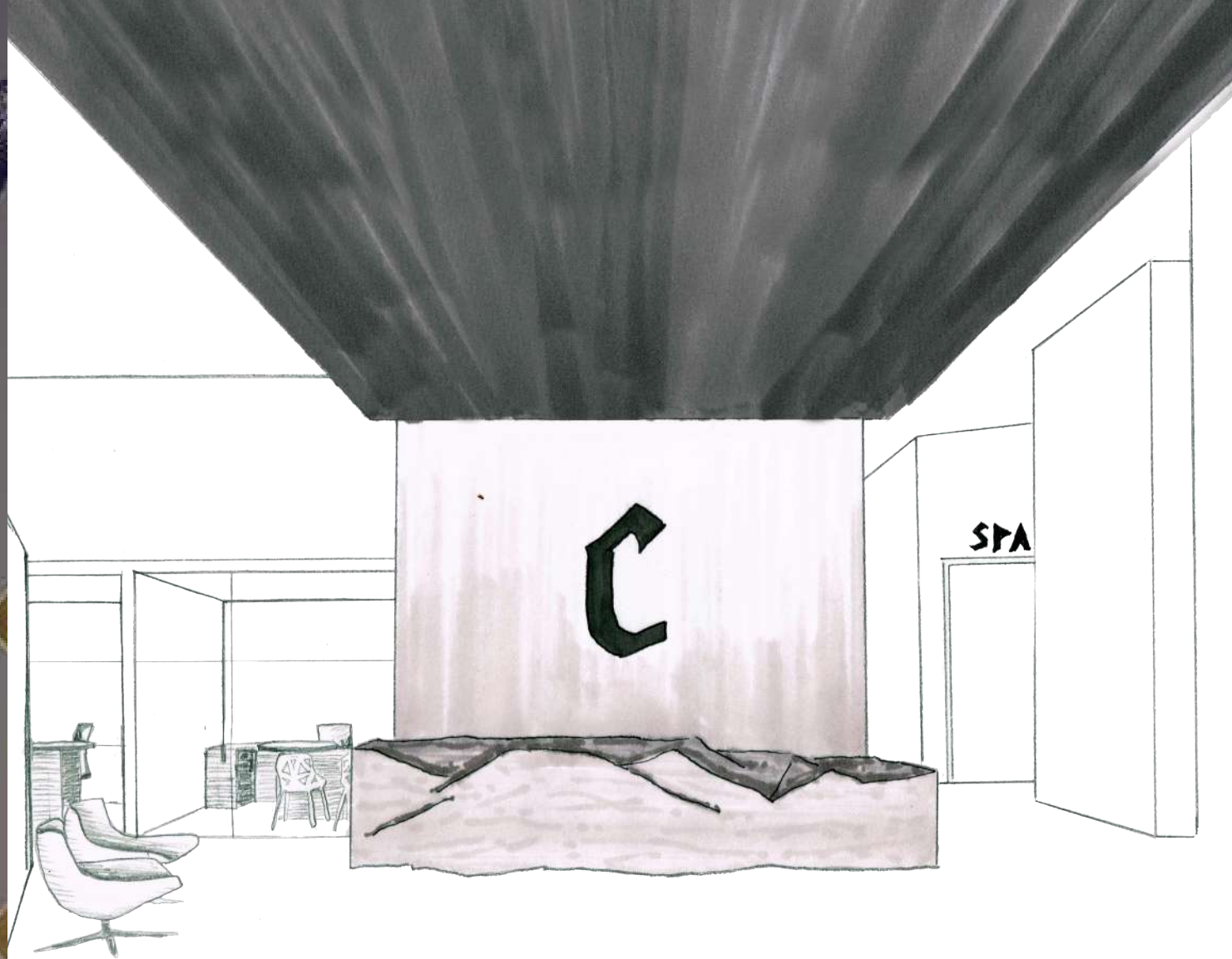
2. YOGA & EXERCISE ROOM



ENTRY //





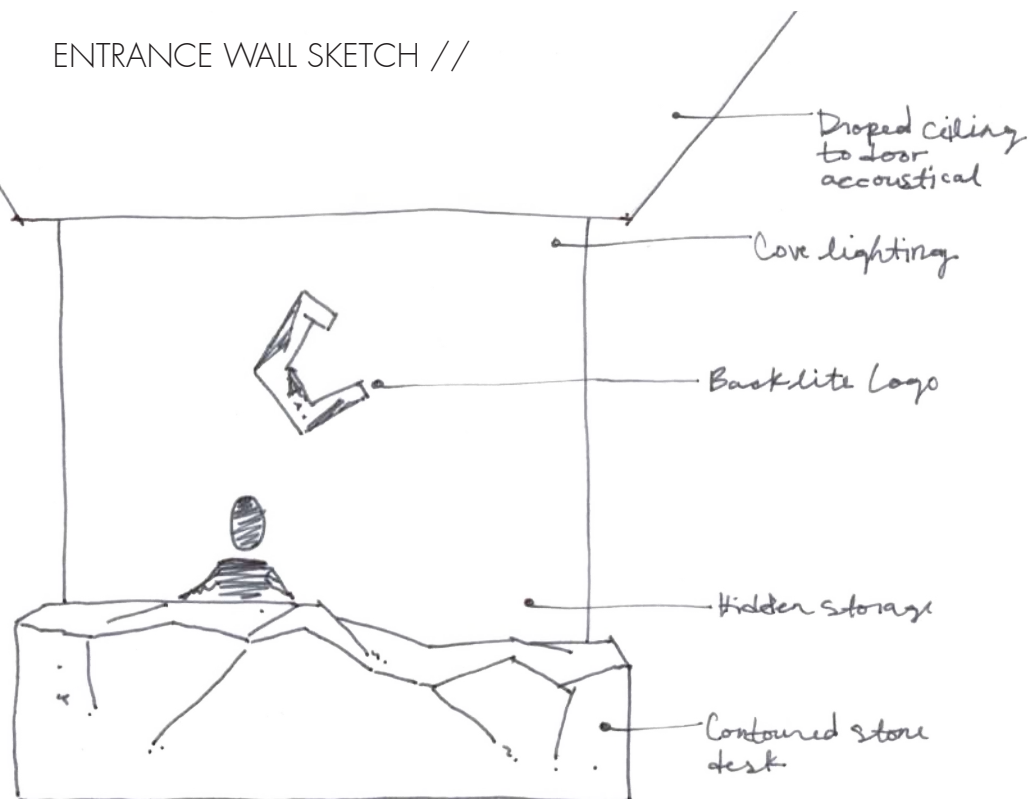




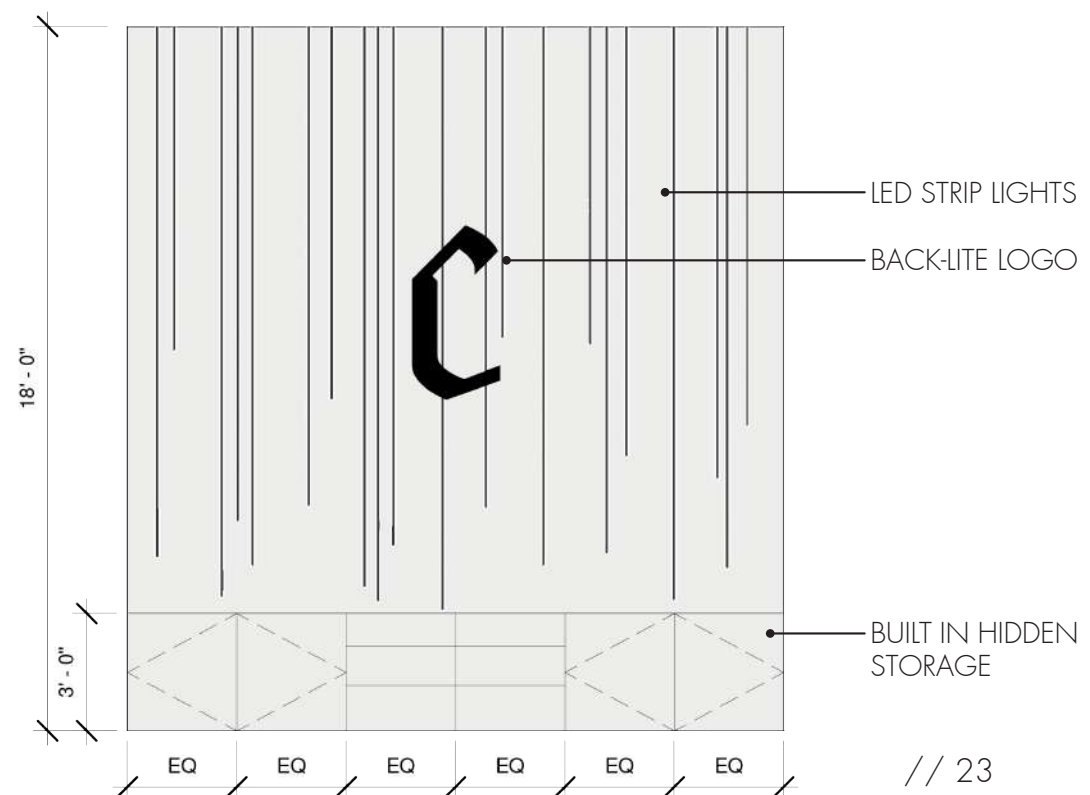
1. Ottoman Wool Fabric
2. Ottoman Wool Fabric
3. Ottoman Wool Fabric
4. Chair Synthetic Fabric
5. Sofa Leather Fabric
6. Custom Desk Marble
7. Floor Travertine



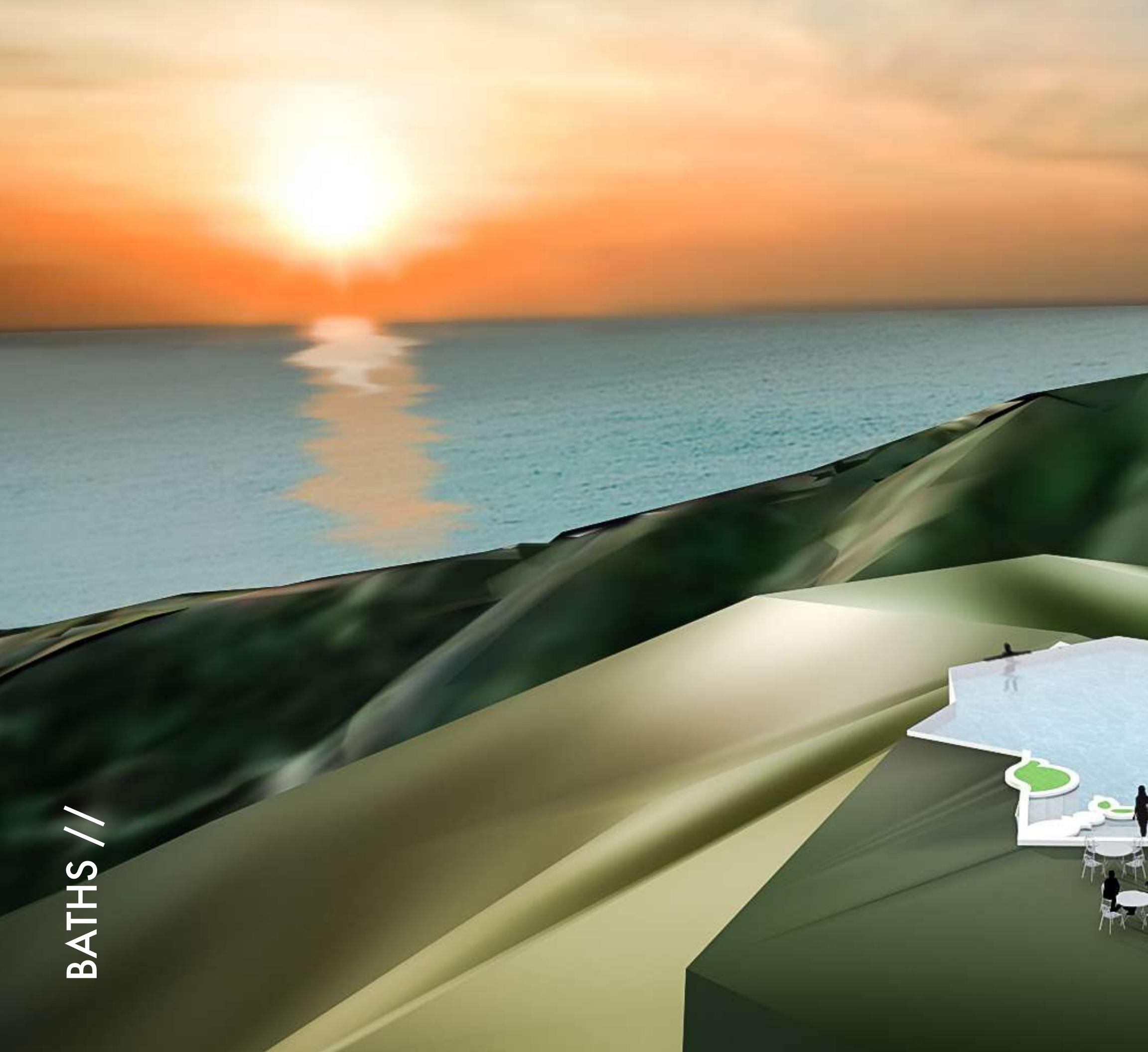
ENTRANCE WALL SKETCH //



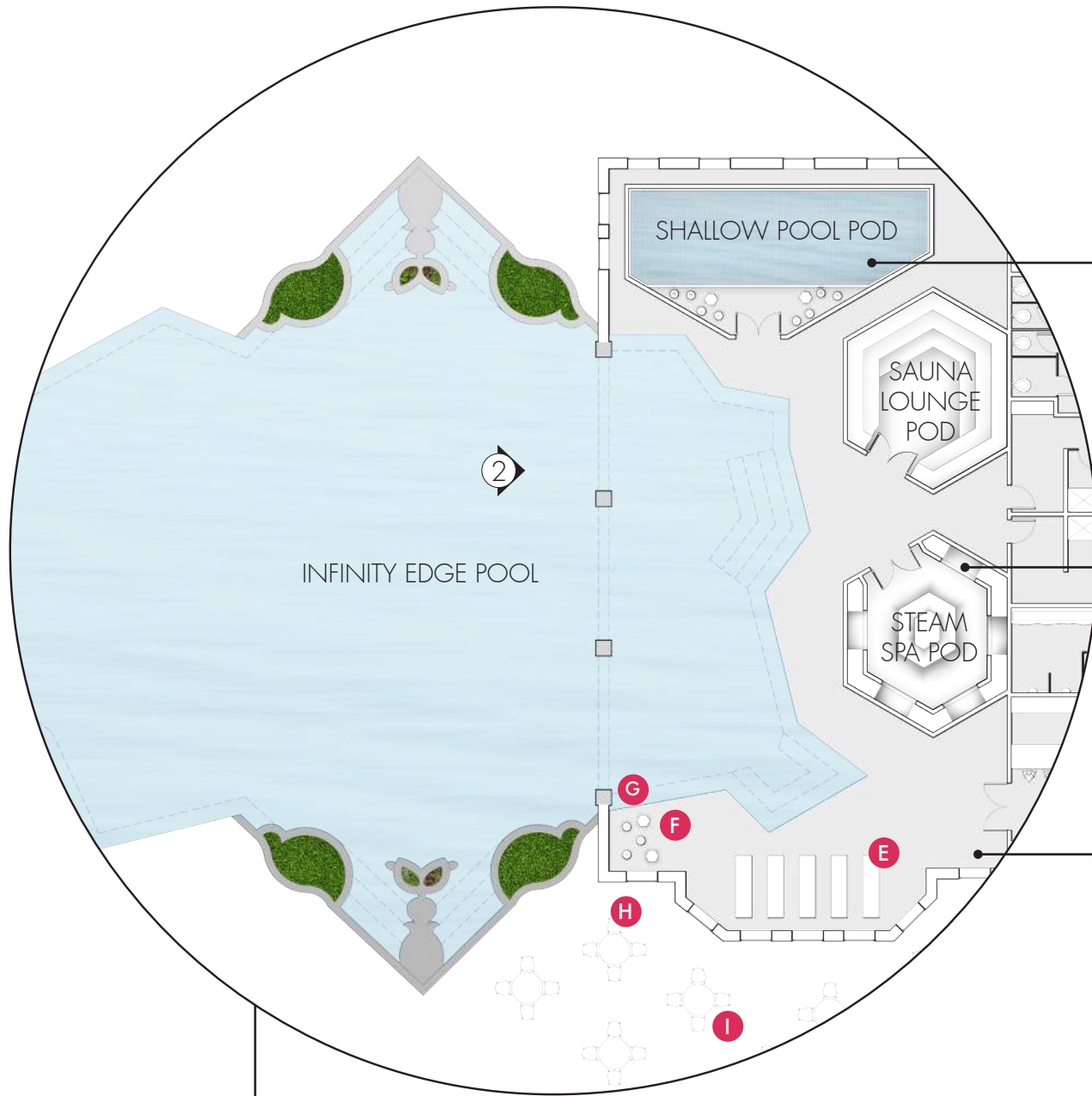
1. ENTRANCE WALL ELEVATION



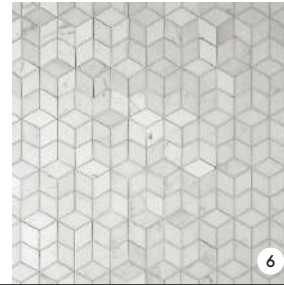
BATHS //



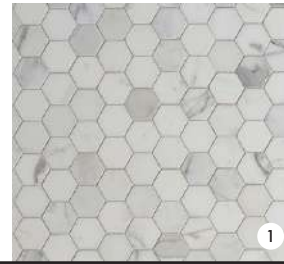




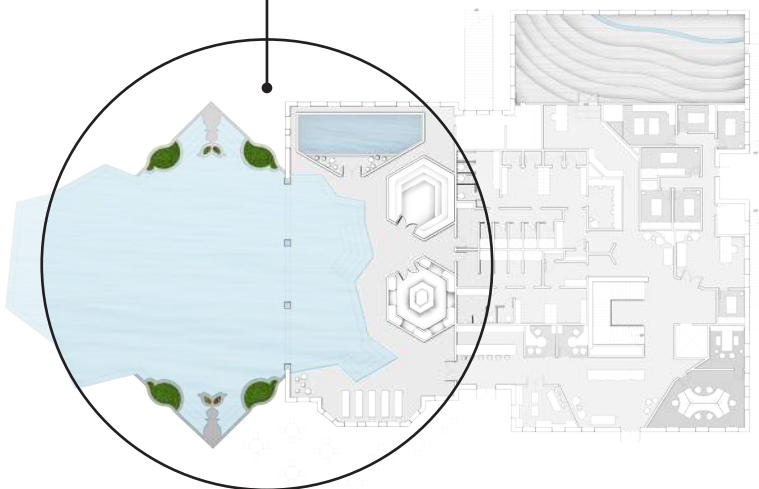
Shallow Pool Pod Tile



Steam Spa Pod Tile

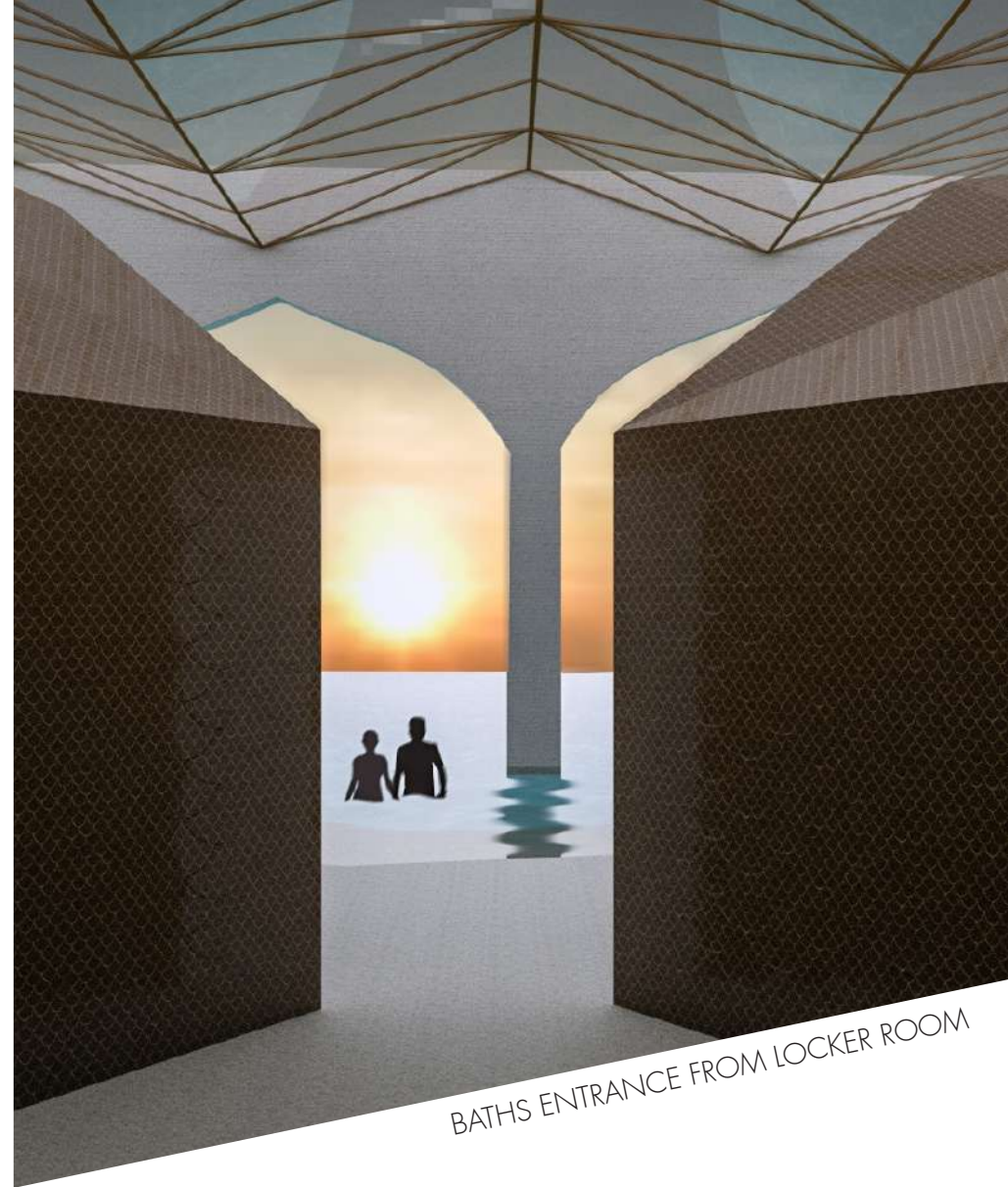


Deck and Pool Tile





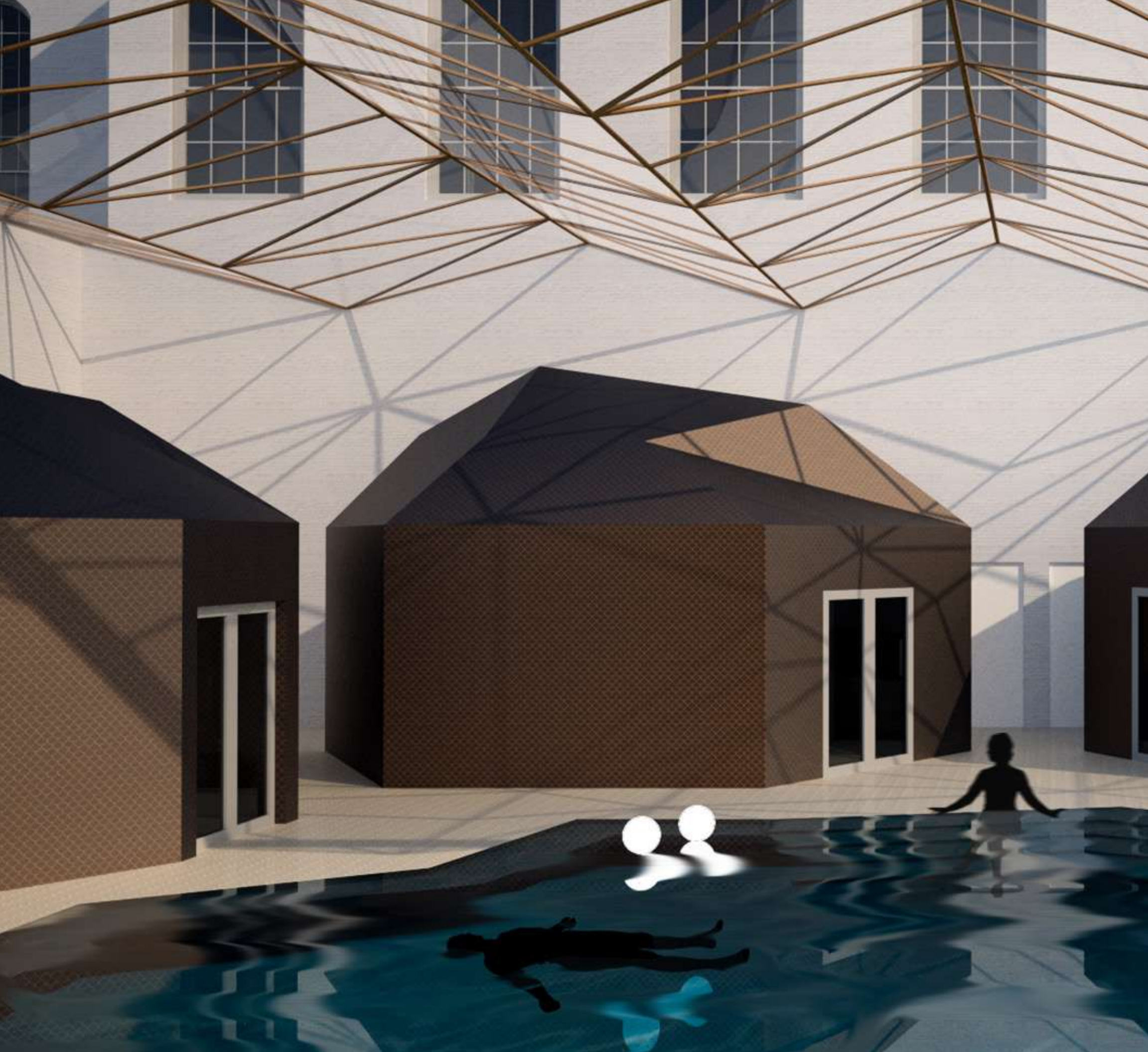
1. Deck and Pool Marble Tile
2. Pod Exterior Ceramic Tile
3. Shallow Pool Pod Marble Tile
4. Shallow Pool Pod Antique Mirror Wall
5. Steam Spa Pod Brushed Gold Fixture Finish
6. Steam Spa Pod Marble Tile
7. Sauna Lounge Aged Brass Ceiling Finish
8. Sauna Lounge Wood Bench



BATHS ENTRANCE FROM LOCKER ROOM

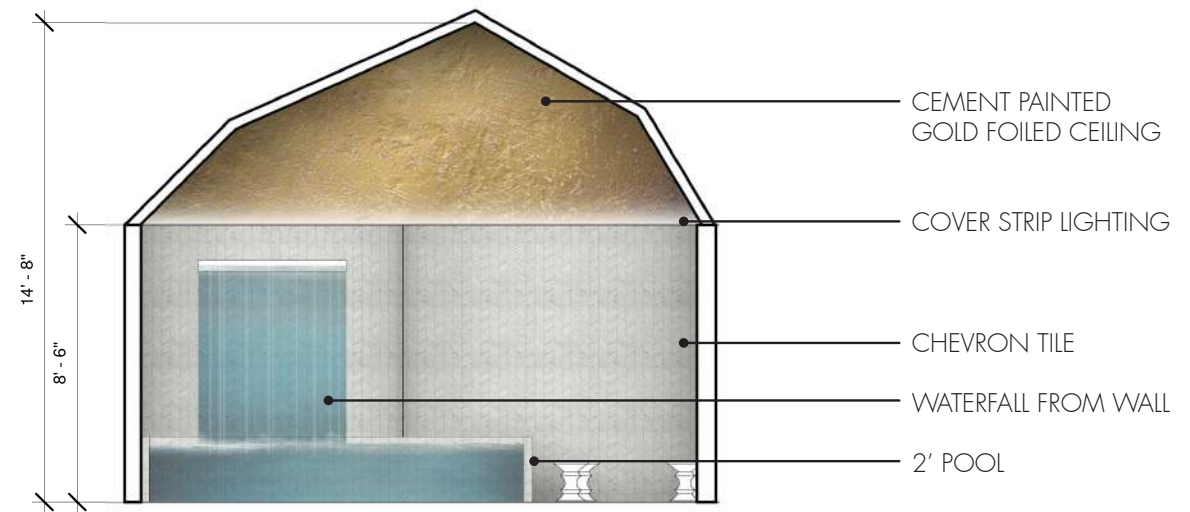
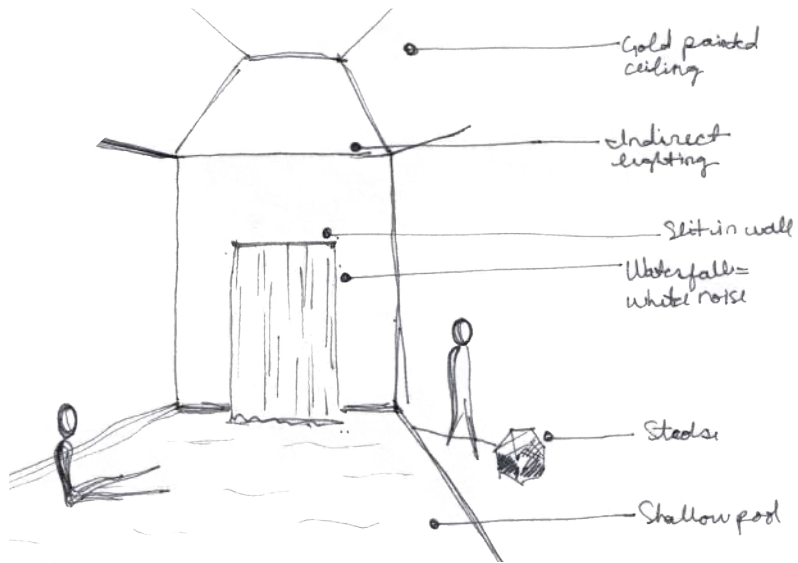
2. BATH ARCHES



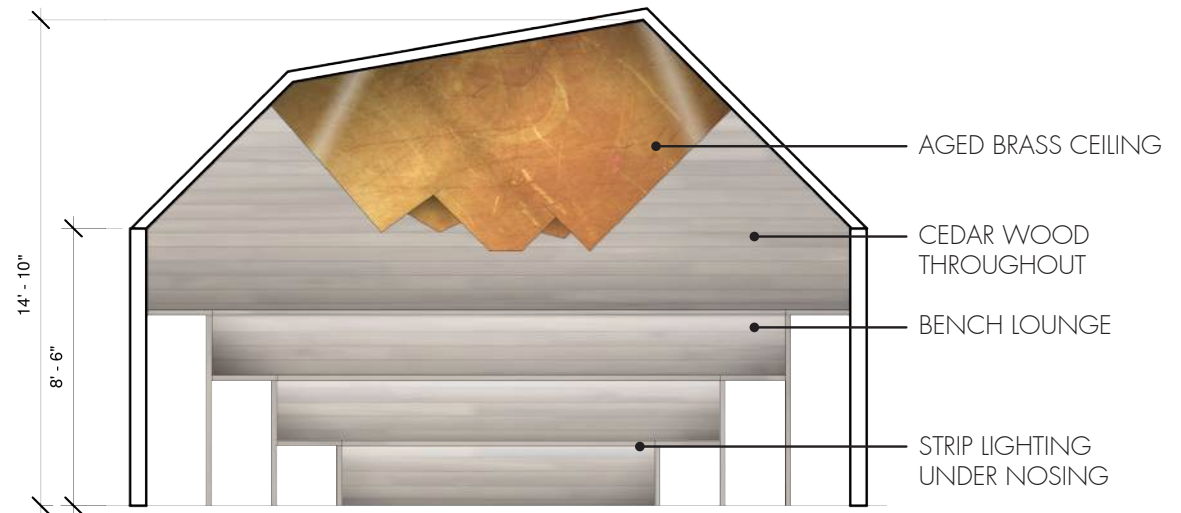
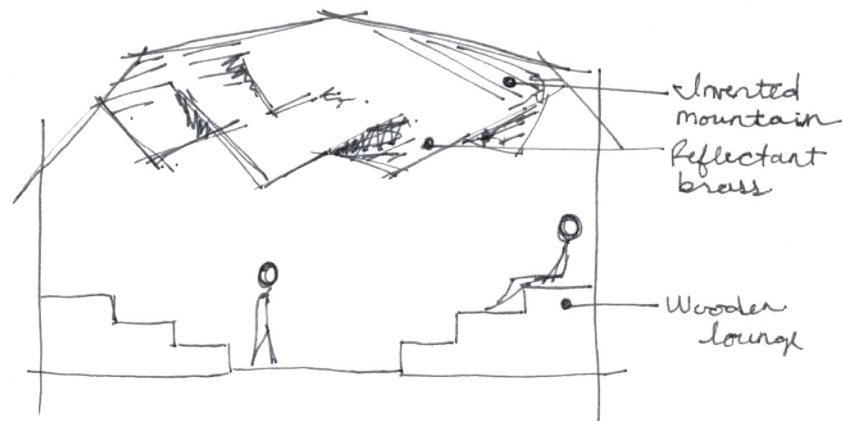




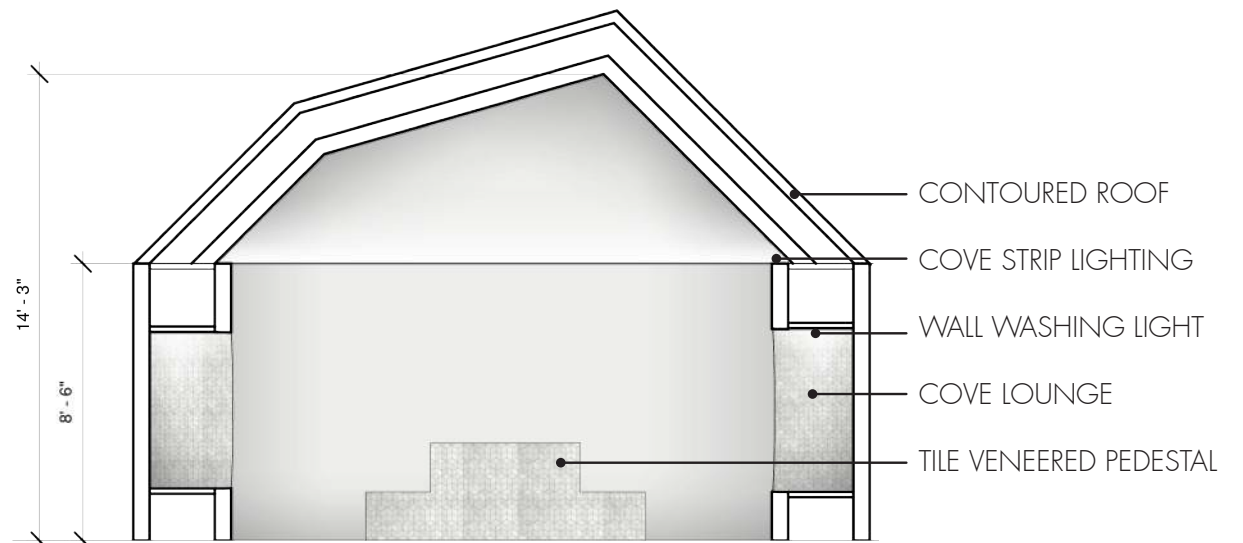
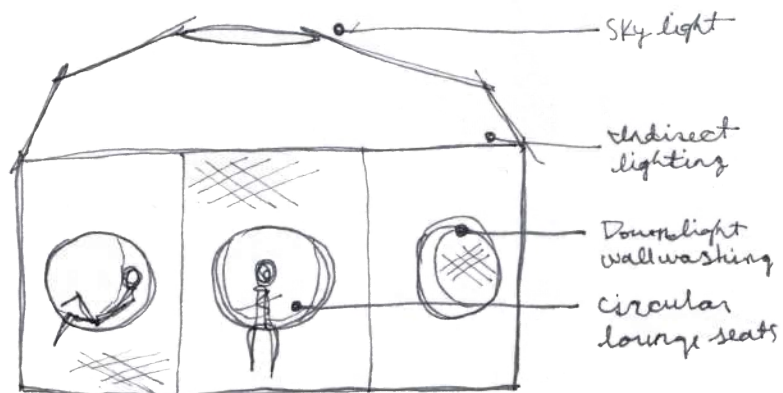
SHALLOW POOL POD //



SAUNA LOUNGE POD //



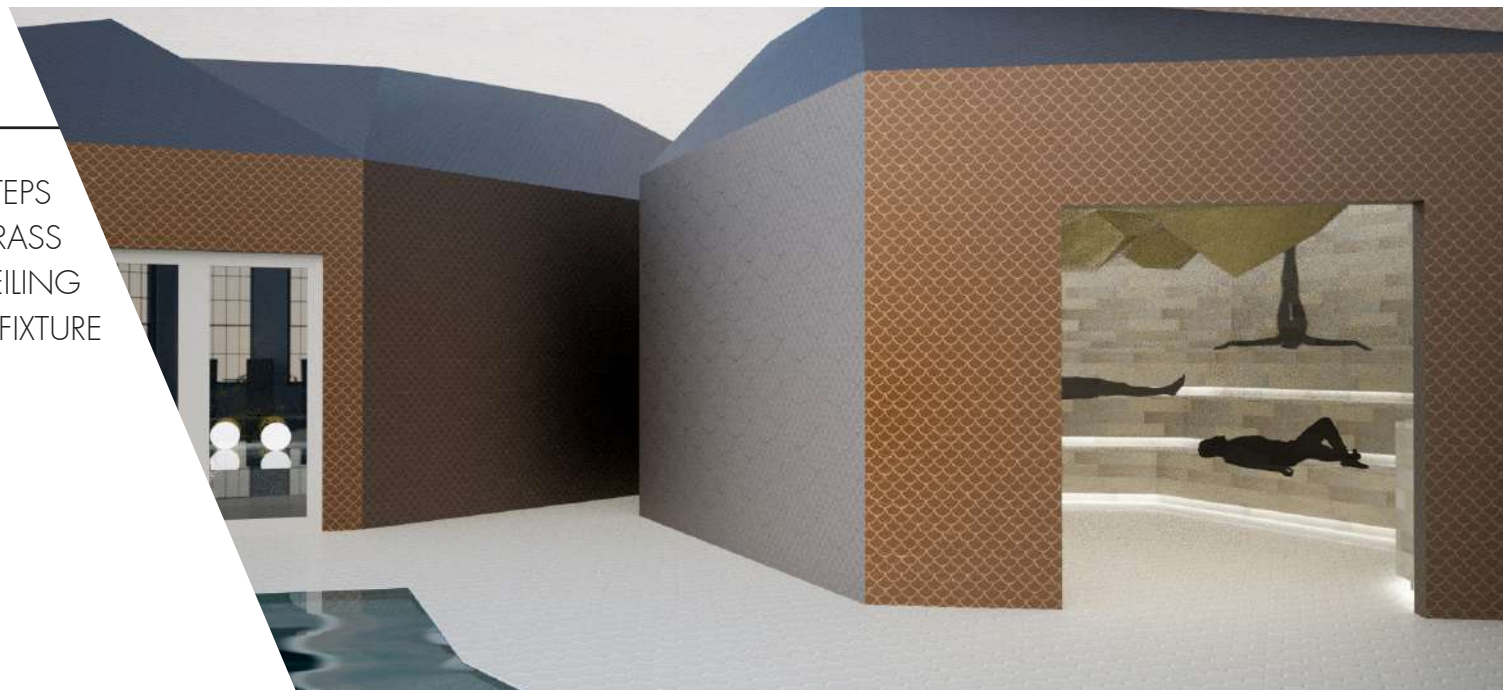
STEAM SPA POD //



TWO FOOT DEEP POOL WITH A
WATERFALL WALL AND LIGHTS
SHIMMERING UP ONTO PAINTED
GOLD FOILED CEILING

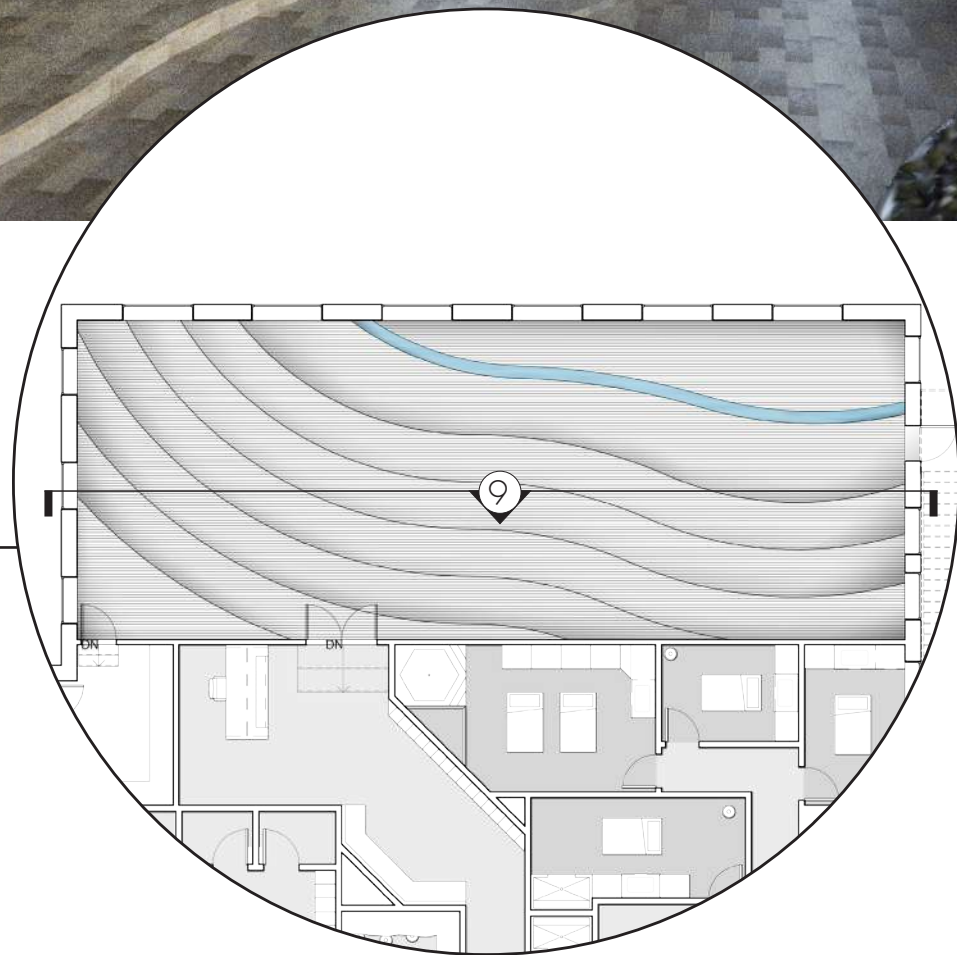
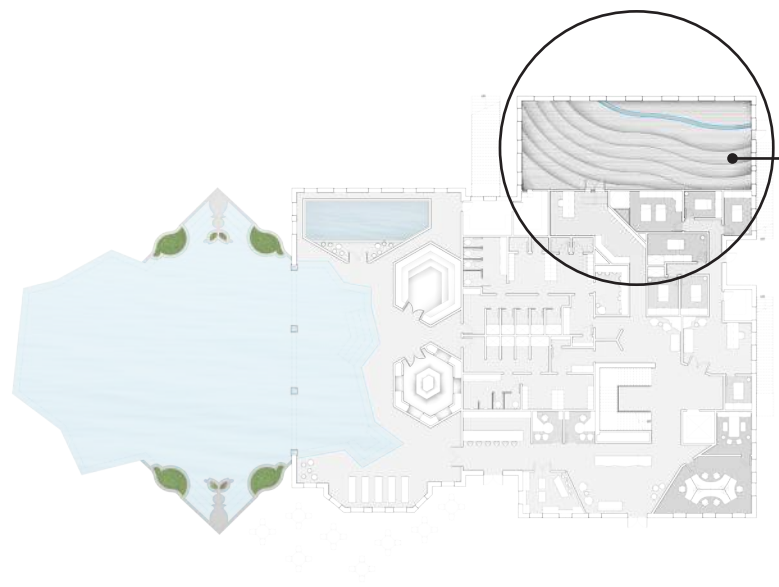


CEDAR WOOD LOUNGE STEPS
WITH AN ANTIQUE BRASS
INVERSE MOUNTAIN CEILING
FIXTURE



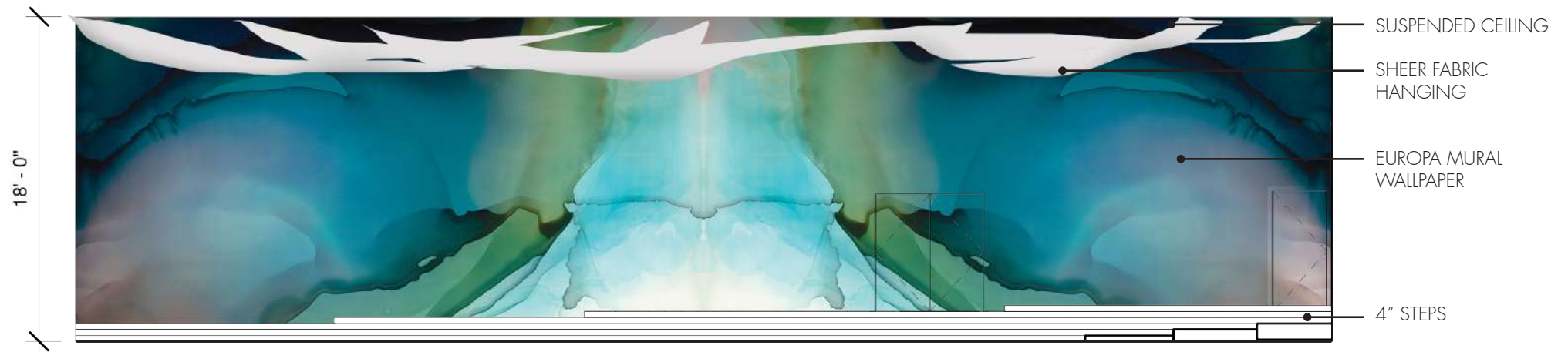
WHITE TILED WALLS INSET WITH CIRCULAR
WALL SEATS. ANTIQUE BRASS FAUCET
SPILLS INTO A BASIN FOR A REFRESHING
SPLASH OF WATER

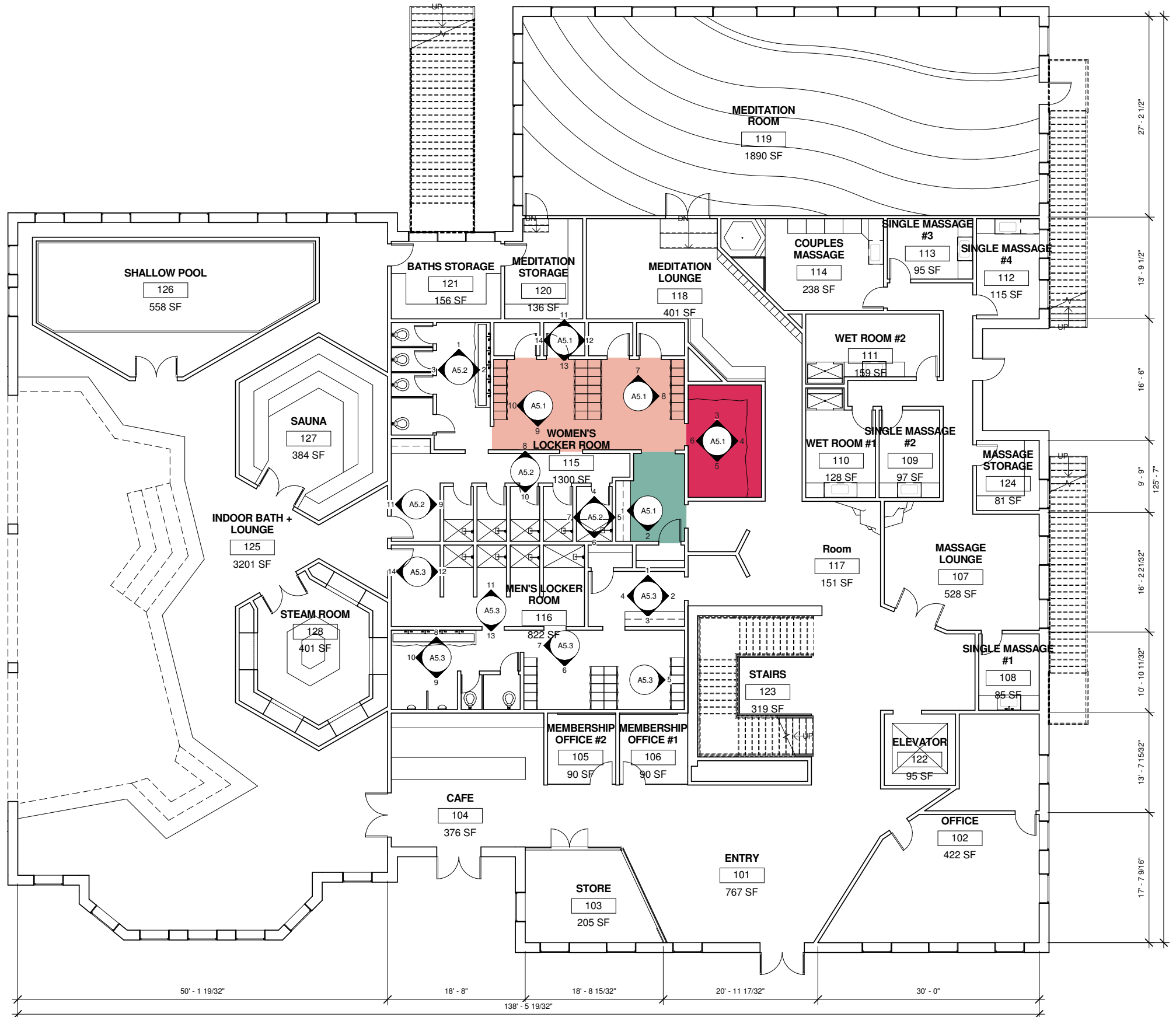




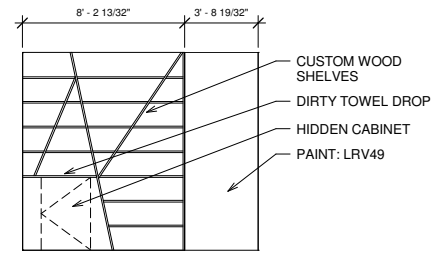
GUIDED MEDITATION //

9. GUIDED MEDITATION ROOM ELEVATION

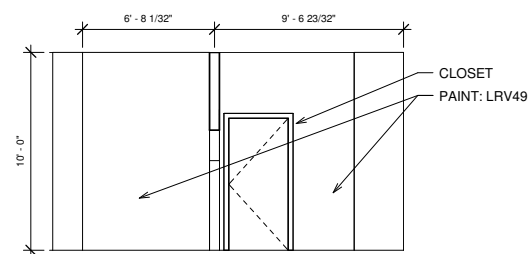




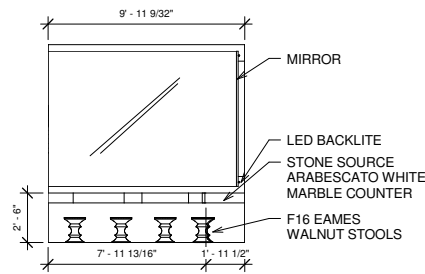
① LEVEL 1 FLOORPLAN
1/8" = 1'-0"



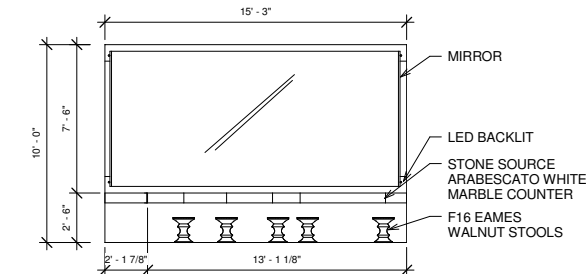
① ENTRY WEST ELEVATION
1/4" = 1'-0"



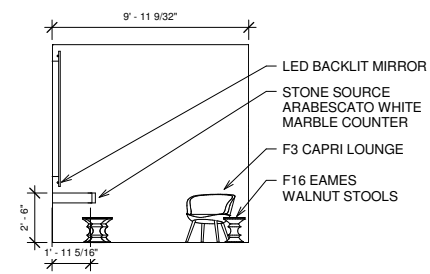
② ENTRY SOUTH ELEVATION
1/4" = 1'-0"



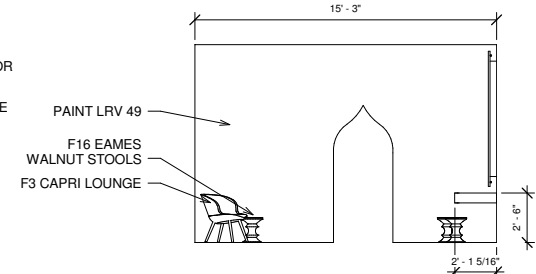
③ VANITY NORTH ELEVATION
1/4" = 1'-0"



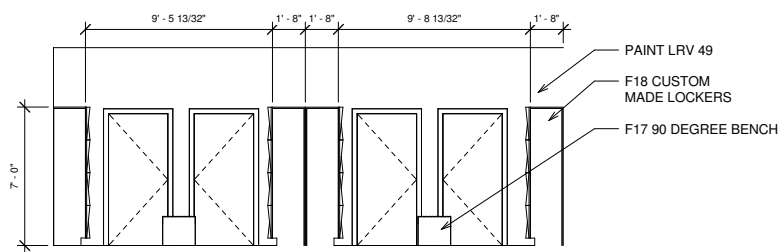
④ VANITY EAST ELEVATION
1/4" = 1'-0"



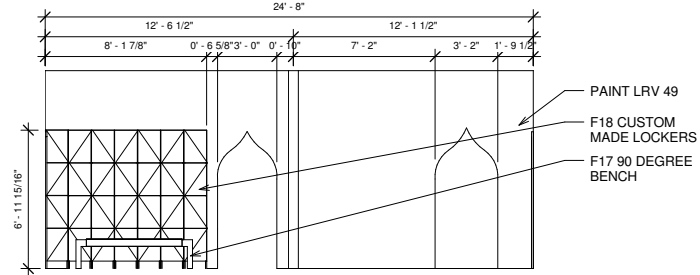
⑤ VANITY SOUTH ELEVATION
1/4" = 1'-0"



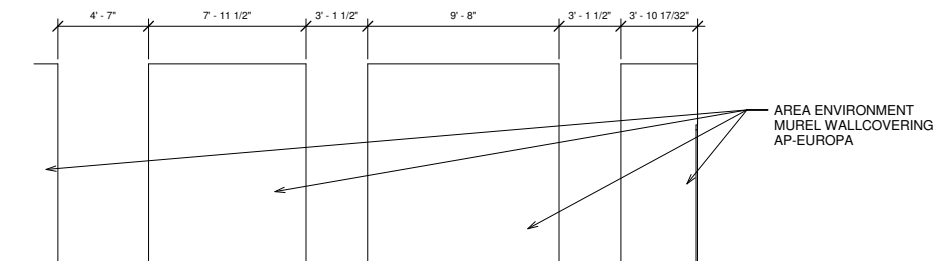
⑥ VANITY WEST ELEVATION
1/4" = 1'-0"



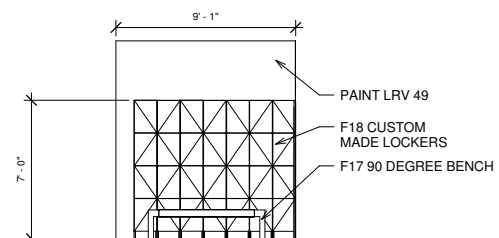
⑦ LOCKERS NORTH ELEVATION
1/4" = 1'-0"



⑧ LOCKERS EAST ELEVATION
1/4" = 1'-0"



⑨ LOCKERS SOUTH ELEVATION
1/4" = 1'-0"



⑩ LOCKERS WEST ELEVATION
1/4" = 1'-0"



Presenting CLIFTON'S

HISTORIC PRESERVATION

Clifton's Cafeteria is an iconic Downtown Los Angeles restaurant operating on Broadway since 1935. The original design was inspired by the Santa Cruz mountains.

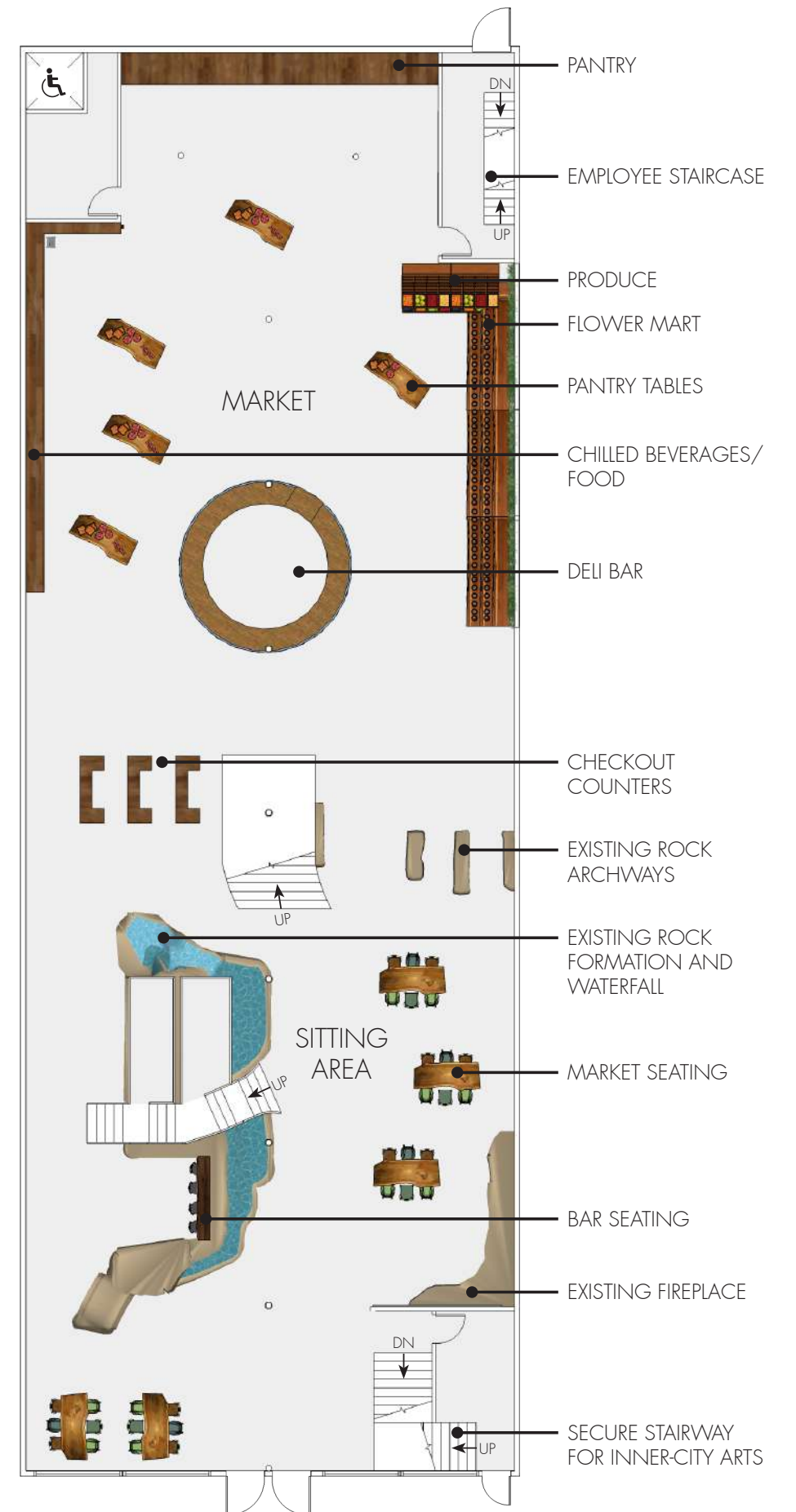
Our interior adaptive reuse keeps the original culinary escapism alive by restoring the cabin-inspired wood facade and preserving the interior themed elements. The new tenants would modernize the altruistic intent of the original Clifton's owner, Clifford Clinton, who instilled the golden rule "Pay What You Wish" and fed thousands without charge during the Great Depression.



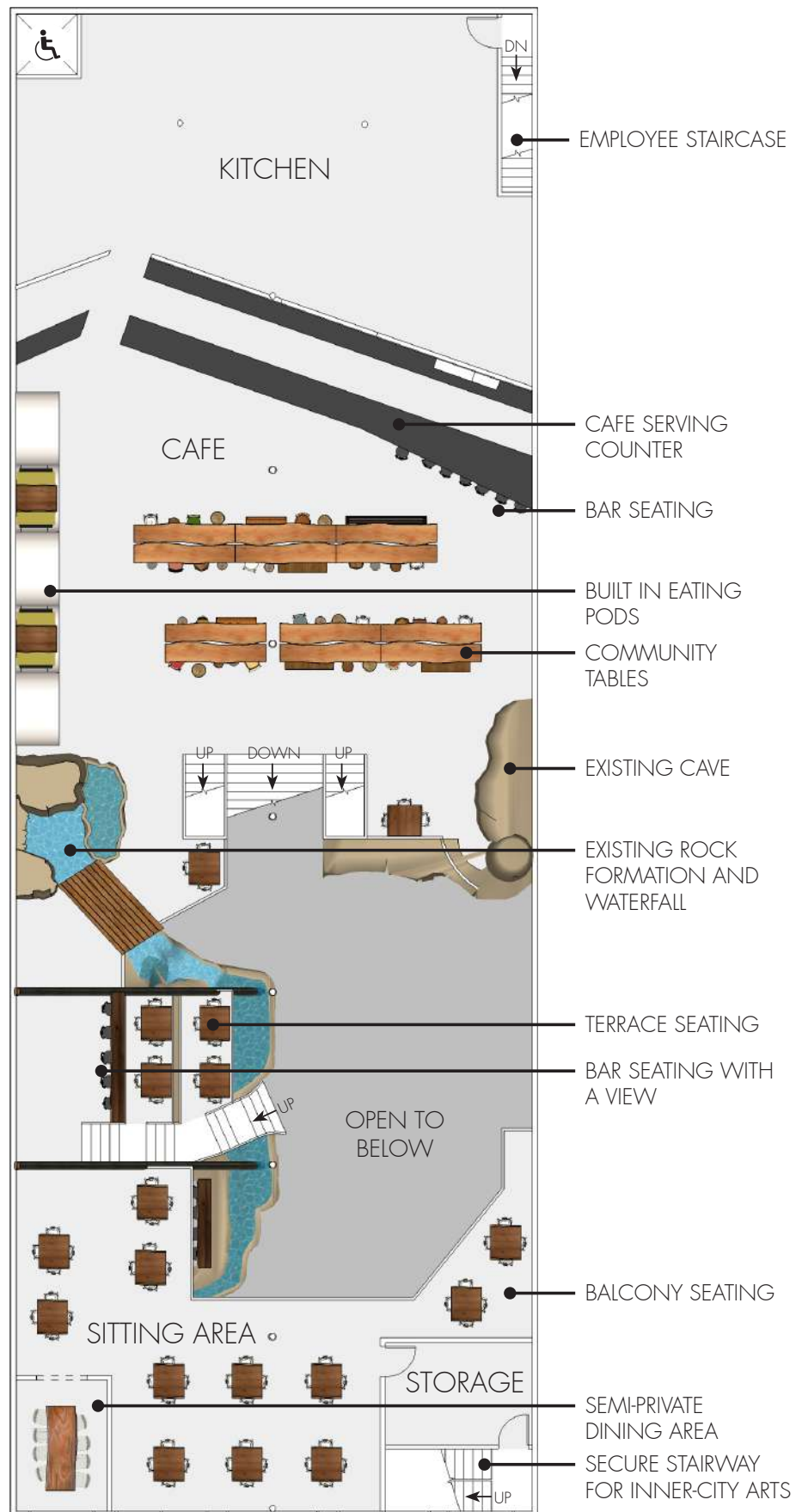
Original Facade



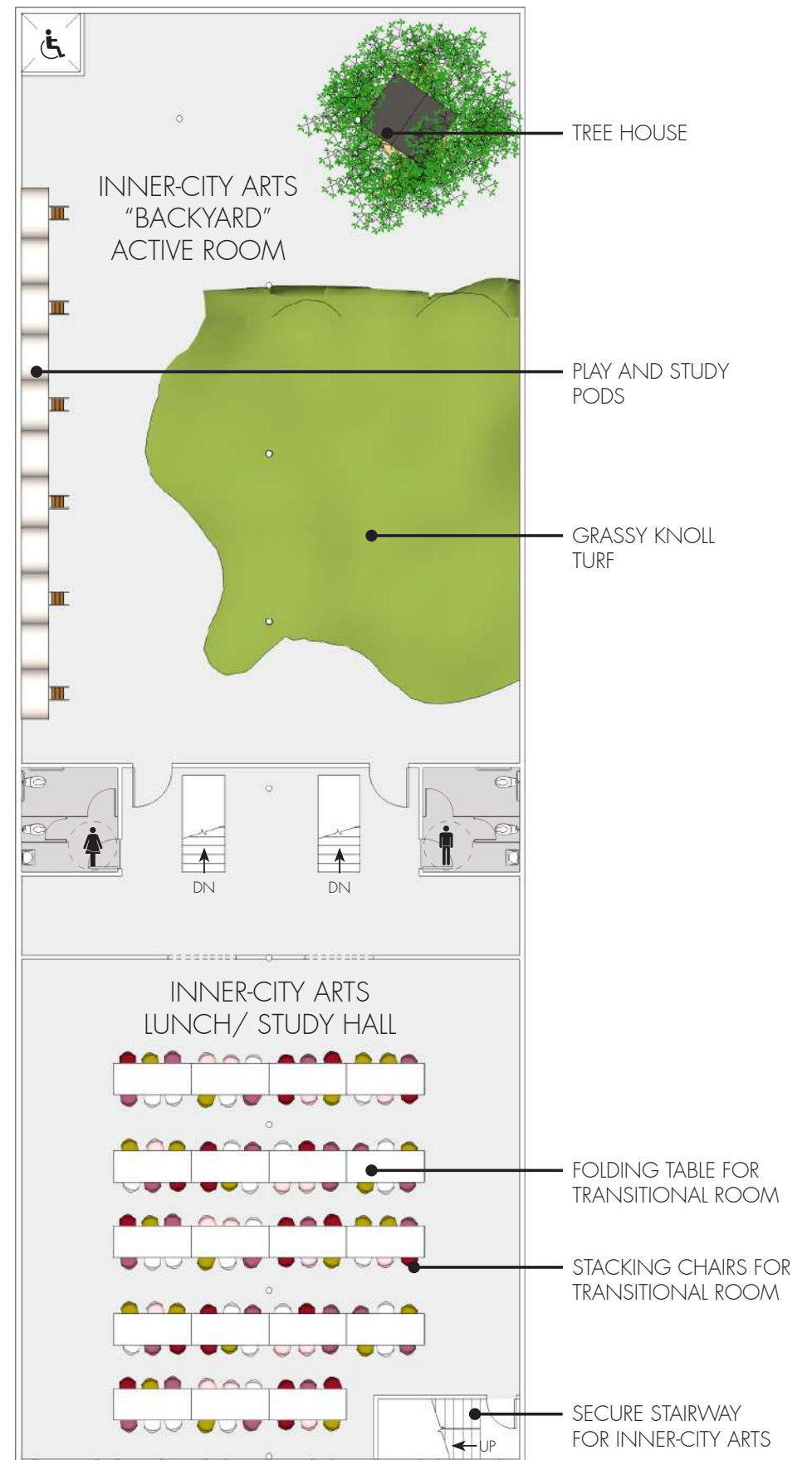
Original Main Dining Area



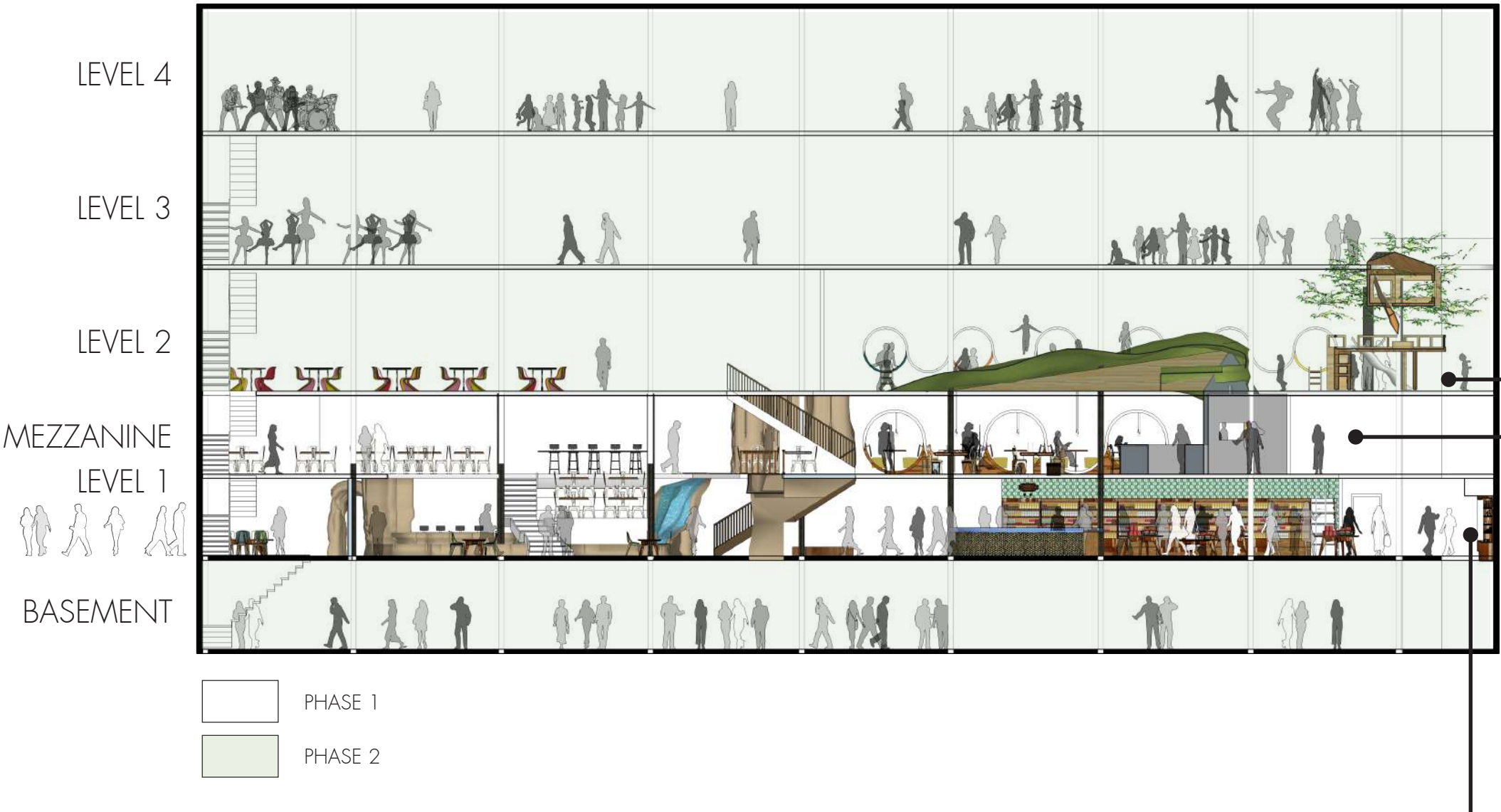
Level 1 | Market



Mezzanine | Cafe



Level 2 | Inner-City Arts

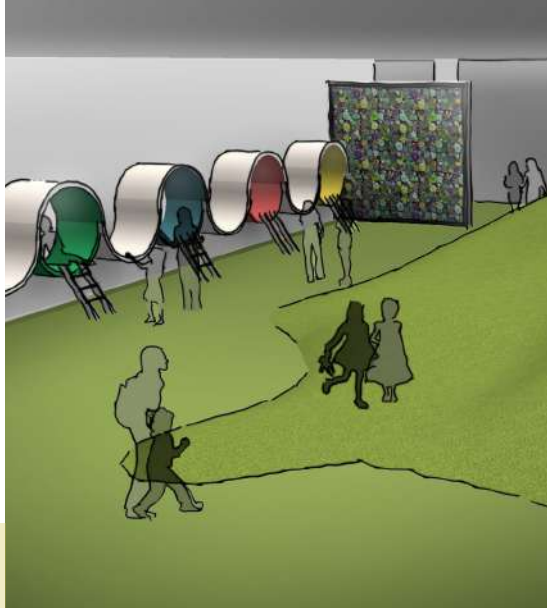


Level 1 | Market





Level 2 | Inner-City Arts



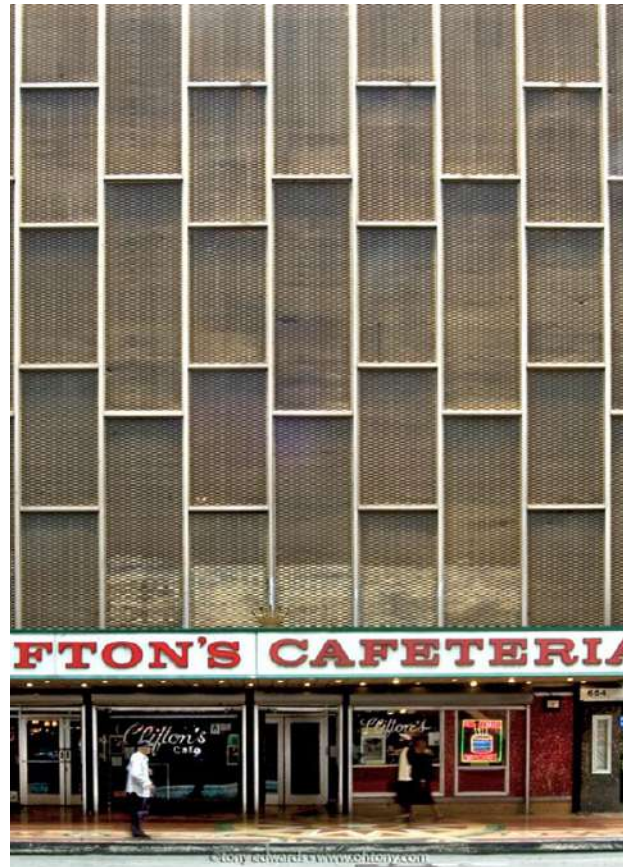
Mezzanine | Cafe



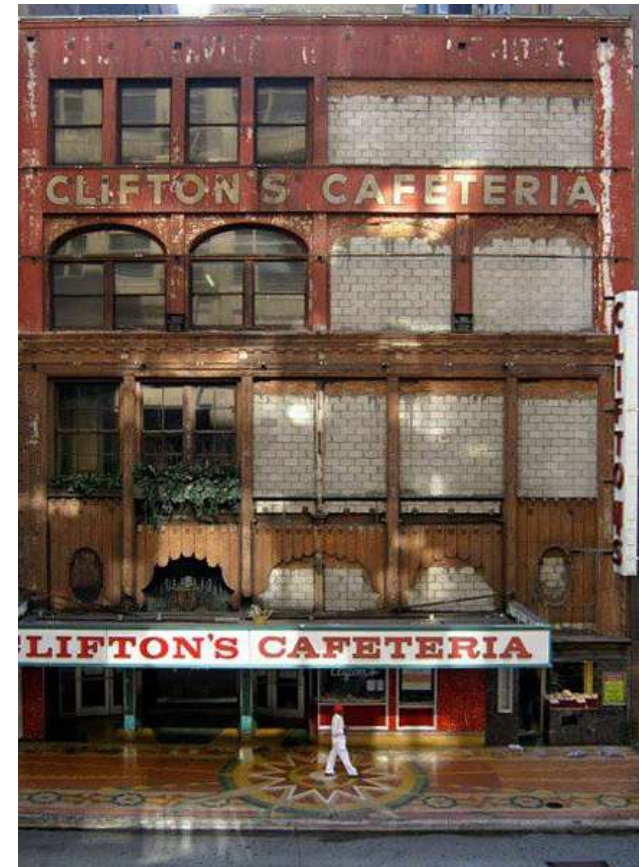
— EXTERIOR RESTORATION —



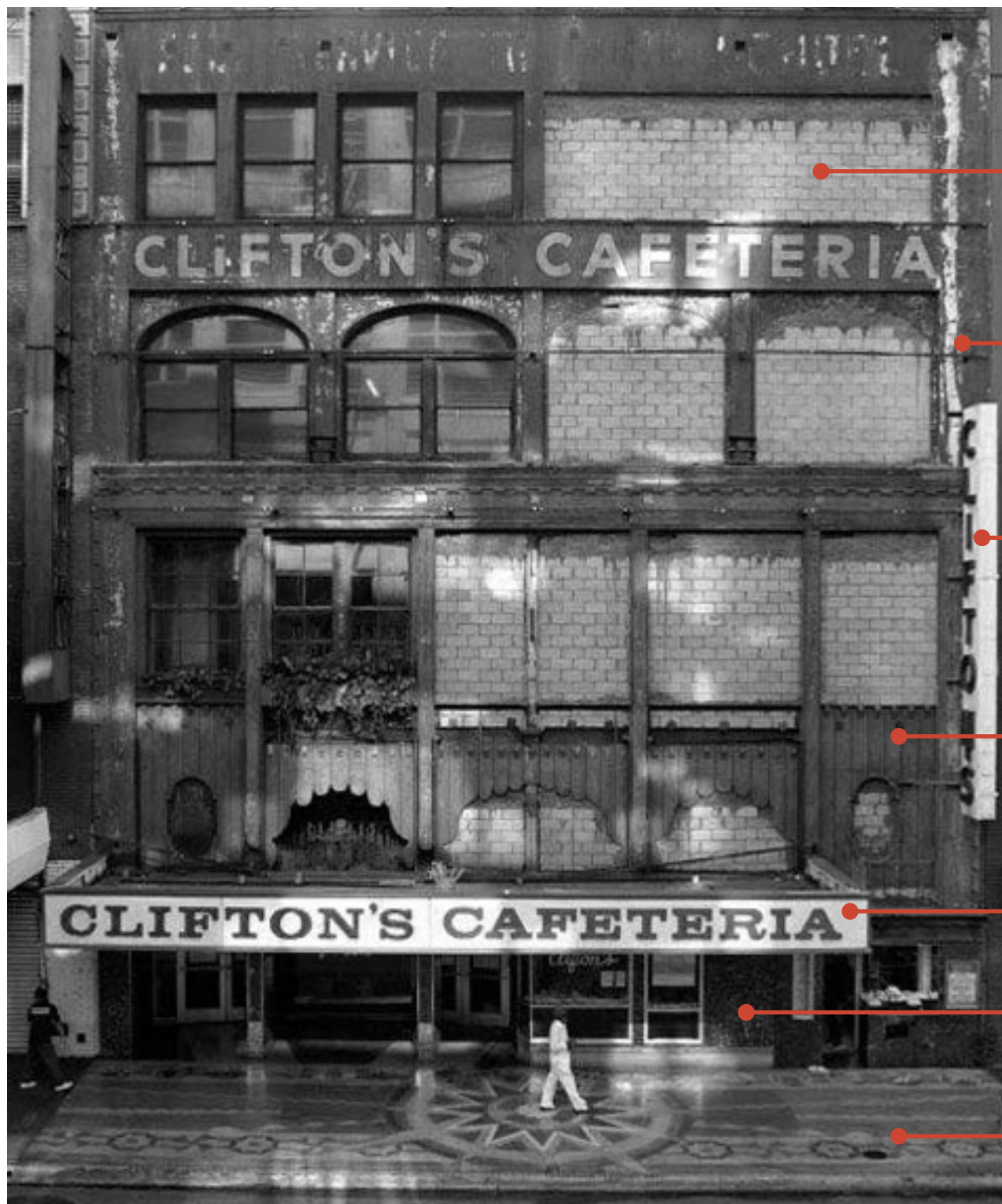
1930s



1960s



Current Condition



REMOVE ALL CMU INFILL AND
REPLACE WITH CARRARA GLASS

REMOVE PAINT TO REVEAL
ORIGINAL COLOR AND RESTORE

REMOVE SIGN

REPAIR, CLEAN AND RECOVER
WOOD

RECONSTRUCT AWNING TO
REFLECT ORIGINAL DESIGN

RESTORE ENTRYWAY TO 1930S
ARCHITECTURAL STYLE

RESTORE CHIPPED AND
CRACKED MOSAIC TILE