

GROUNDING *glow*

AN ARCHITECTURAL SANCTUARY NESTLES IN THE
BASEMENT OF A FITNESS-LOVING FAMILY.

Tucked beneath the home of a health-conscious couple lies this enveloping retreat complete with an extensive gym (kitted out with Technogym equipment), custom hot-and-cold plunge spa pools, a cedar-lined sauna and freestanding shower.

“The owners wanted a space where they could, at any time of the day, work out, have a sauna or spa, then get on with their day,” says architect Bronwyn Litera of Litera Design, who, together with Trotta Architecture, saw the basement as the ideal location for the home’s wellness zone.

“The owner wanted it to feel like a grotto, which we kind of loved,” Bronwyn says of the design brief. A biscuit brick tile used to line the space adds a rustic texture the owners love. “This gives it that somewhat Grecian, underground-grotto vibe.”

Cobblestone flooring creates cohesion with the adjoining garage and wine room beyond, and cedar timber throughout the sauna brings warmth. The side-by-side plunge pools are built in, and finished with glossy red Ezarri mosaics. “They have a beautiful shine,” says Bronwyn.

Indirect lighting adds softness, with LEDs below sauna seats gently illuminating the space, while wall lights highlight texture and pool lighting sets the mood.

Litera Design: litera.design. ▶

STONE AGE *This page and opposite* Red tiles, natural stone finishes, including cobblestones from GatherCo, and mood lighting evoke a soothing ambience. Pool mosaics, Ezarri. Wall light, South Drawn. Tapware, Astra Walker.

TIPS FOR A HOME SPA

ADD A STEAM SHOWER

"I'd put one in my house in a heartbeat. It doesn't take up any extra space and there's not a huge cost involved. It can be installed in your regular shower," says architect Bronwyn Litera of Litera Design.

PLAN THE LIGHTING

"It's paramount in these spaces, particularly because they often won't have windows." Use warm LEDs in ceilings, under sauna seats and in wall lights. In gym spaces, add brighter lighting for safety.

FINESSE FINISHES

"Texture and colour will help it feel more cosy and comfortable."

WORK WITH PROS

Experts will ensure that any equipment is under warranty and will operate correctly and safely.

CREATE ILLUSION

"Adding lots of mirrors is a good way to make spa and gym spaces feel bigger."

A photograph of a home spa bathroom. The walls are covered in small, square, reddish-brown mosaic tiles. A large, arched mirror is mounted on the wall. Below the mirror is a stone sink with a modern faucet. A red towel is draped over the edge of the sink. The lighting is warm and moody.

"People associate spas and water with blue. Bringing in the red tone makes it moody."

BRONWYN LITERA, ARCHITECT