

Why Designers Think Wellness Rooms Could Replace Home Gyms

An increasing number of designers are helping clients ditch the dumbbell racks for saunas and hobby spaces.

There's nothing like a pandemic to both overhaul our lives and cause us to rethink them entirely. Even now, many of the pandemic habits we picked up over these last few years and life changes we originally thought were temporary—like hybrid schedules and home offices—have managed to remain in our present-day lives.

How to Create a Wellness Room



Every space at The Ranch Malibu is designed to evoke peacefulness, embody organic beauty, and highlight the property's stunning natural surroundings.

The Ranch Malibu

Sue Glasscock is the co-founder and CCO of The Ranch, one of the country's premier wellness retreats which has just expanded to a second outpost in Italy. Glasscock says that many guests leave the program wanting to take home the principles and practices they've learned during their stay, and she adds that they should begin with establishing a tech-free room (or nook) in your home. Glasscock says this space should be dedicated to reflection, reading, journaling, or engaging in another favorite analog activity, reflecting the digital detox that takes place while participating in The Ranch's program. Ideally, she says this room should be a place with natural light that looks out onto your natural environment and resides in a quieter area of the home to prevent distraction. Once you've found the perfect spot, it's time to start designing.

“Since being around nature has such a positive impact on our health, I would recommend incorporating elements like reclaimed wood, plants, large windows or glass doors, and Dutch doorways into your home,” Glasscock says. “The calming colors and clean lines of our interiors help to further promote a sense of relaxation and foster a restful night's sleep.”