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Research Article

INTERIORS OF SWIMMING POOLS, GYMS, FITNESS CENTERS AND SPAS

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ABSTRACT

In this article we would like to characterise the purpose, advantages, importance of organising swimming pools, gyms, fitness rooms and SPA salons for tourists in the hotel. Clients of SPA-salons come to it not so much for various procedures, but for the mood (image). This kind of salons are the embodiment of the concept of branding - increased payment is taken for the trademark, which implies the use of uniform principles of interior design, all kinds of advertising and all kinds of documentation. In our country, many hotels have now organised these types of services.

KEYWORDS

Bath, sauna, clients, procedures, fitness, exercise equipment, halls, corridors.

INTRODUCTION

Purpose of pools and their types

Swimming pool is not cheap. But in a 4-5-star hotel, an artificial swimming pool is desirable, as well as a gym, depending on the specialization and location of the

hotel. They are artificial, natural, open, of various structures and shapes.

Artificial (self-leveling) pools have many advantages. First of all, they have a higher sanitary and hygienic culture and stability of operation, regulating the quality

and temperature of water. In addition, independence from weather conditions ensures their year-round operation.

An outdoor swimming pool without heated water can be operated for three months. Thanks to the installation of a canopy over the bathroom, isolated approaches and heated water, the bathing season can be extended from April to October and even last all year round. An outdoor swimming pool is a unity with nature. A light breeze, the sound of trees, the smell of flowers, the gentle sun or the starry sky overhead... The main drawback is one - the climate in our country is far from tropical, and you can enjoy this splendor for 3-4 months. For those who enjoy wintertime swimming, some hotels offer small "thermos pools" with hydromassage and intense water heating (spa pools). However, they resemble a large bathtub rather than a whole swimming pool, despite the fact that they can provide unparalleled pleasure to those "who understand".

There is also a compromise option. The outdoor swimming pool can be equipped with a transparent prefabricated pavilion, the plastic segments of which can be easily shifted and pushed apart depending on the weather. The coating of the segments is processed using a special technology, so that raindrops on the outside and condensation formed inside do not remain on its surface. Such pavilions protect not only from rain, but also from snow and significantly prolong the bathing season.

The advantage of the outdoor pool is an excellent contact with the surrounding nature, which contributes to active recreation. Indoor pools, even in the best versions, are not of high quality and are also more expensive.

The disadvantages of an outdoor swimming pool include contamination of the water mirror (dust, leaves) and the difficulty of preventing guests who do not know how to swim from accidentally falling into the water. In addition, it is necessary to protect the construction of the bath from freezing in winter if it is not heated;

The main advantage of indoor pools is that they may be utilized at any time of year and regardless of the weather. An indoor pool uses a lot less energy to heat the water. Additionally, the roof eliminates the hassle of preparing the pool for the spring swimming season and for storage in the fall. Finally, you can stop constantly removing fallen leaves and branches from the pool in this one.

A transformer pool is a construction in which the bath may alternately be opened and closed depending on the time of year by transforming the surrounding structures.

Gyms and fitness halls. The basis of any fitness club at a hotel or a hotel is their sports equipment. Part of the gym is a cardio zone equipped with treadmills, exercise bikes and elliptical machines, with an observation deck on the gym. This playground is an ideal place to train the cardiovascular system, develop endurance and is simply irreplaceable for those who seek to improve their shape and burn unnecessary kilograms. The equipment in the fitness room should have an excellent air conditioning system.

SPA (SPA) is a wellness complex of procedures using sea, thermal, mineral or fresh water, seaweed, medicinal plants and therapeutic mud, hydrotherapy programs, the purpose of which is harmony of body, soul and spirit. Also, the SPA (SPA) includes fitness programs, dietary programs, regeneration programs

and programs to rejuvenate the skin of the face and body. The word SPA also refers to resorts where hydrotherapy is performed.

SPA – "Sanus per Aquam" – Health through water is a popular and recognized worldwide direction of effective therapeutic procedures.

Water provides health and vigor for our body. Extracts of algae and herbs, acting on the body, strengthen and heal the body. Herbs and balms tone the body. Aromatic oils used in SPA procedures improve mood, tone the skin. Steam SPA treatments, such as sauna and steam room, remove toxins and toxins from the body, improve the functioning of the cardiovascular system, respiratory and nervous systems. Warm and contrasting baths with algae and medicinal herbs have a beneficial effect on the pelvic organs, kidneys and urethra. Contrasting showers tone and rejuvenate the skin, cleanse the pores.

Baths. By design, steam baths can be conditionally divided into 3 main types, depending on the temperature and humidity of the air in the steam room:

- 1) dry-air baths (city public sauna-sauna stove, Russian, Finnish sauna) with an air temperature of 60 to 120 degrees and an air humidity of 5 to 25 percent;
- 2) raw baths (steam room, Russian, Finnish, oriental), the temperature in which ranges from 50 to 70 degrees, and humidity from 80 to 100 percent;
- 3) water or Japanese baths.

Every one of these baths has advantages and disadvantages.

The bath has been regarded as one of the best health cures for many ages. We have long been aware of the

advantages of taking a bath. The central nervous system, blood circulation, neuromuscular appetite, skin, and other organs all benefit from taking a bath.

During the bathing process, the skin is separated from the epidermis, sweat and sebaceous gland function is enhanced, blood vessels expand, blood flow accelerates, venous congestion is removed, and the skin becomes elastic. A bath technique, according to cosmetologists, can replace hundreds of women's cosmetic goods.

Increased sweating while taking a bath helps the body release metabolic products, whose delay is particularly harmful. The bathing process promotes metabolism and lessens pain from colds, acute and chronic sciatica, and rheumatoid vascular diseases. The prevalence of illnesses among bath attendees is 3–4 times lower when there is a sharp change in temperature when employing the steam room curtains.

It was discovered that the action of the bath greatly speeds up the restoration of the strength of working-out muscles and increases their endurance. The bath has a beneficial impact on the cardiovascular system as well, lowering blood pressure. Particularly beneficial for those who lead sedentary lifestyles is the bathroom.

Swedish sauna Russian is the closest thing to the bath, though it's frequently compared to it, with the bath being associated with wet steam and the sauna being associated with dry steam. In recent years, visiting a Finnish sauna rather than a Russian steam bath has gained prestige and fashionability. A real Finnish folk sauna, however, is identical to a Russian steam bath. The Russian bathhouse and sauna have both traditionally received steam by dousing fire with hot stones. Brooms were employed throughout the

bathing process by both the Finns and the Swedes. When they warmed up, Finns and Swedes both flung themselves into a snowdrift or a body of frigid water. The Finnish word for "bath" is sauna, which is the sibling of the Russian steam bath. The same log house that was heated "in black" is the forerunner of the Russian bath and sauna. It is stated in the pamphlets promoting the sauna that one should be exposed to as much heated air as possible.

The layout of the Russian bath and sauna, as well as the designs of each of their individual components, are very similar, thus there are many general recommendations for bathroom building. The emergence of the sauna dates back to the Great Migration of Peoples, when nomadic tribes from Central Asia landed on the land of South Eastern Europe, including present-day Slovakia, Hungary, Lithuania, and Estonia, as well as the land of Suomi, also known as the region of Finland. The formerly nomadic Finns adopted a sedentary lifestyle around the turn of the new century. They already have trade relations with Europe. There are now more members of this small tribe.

In Sweden, economics and medics turned out to be staunch opponents of tantra, whilst the church in Europe fought assiduously to preserve the tradition of bath culture. Some claimed he was wasting gasoline, while others asserted that bastu is a factor in the widespread occurrence of sexually transmitted diseases. Actually, these assertions have some merit. The Swedes actually used the bathroom every day, burning a significant amount of firewood in the process. Wooden buildings made of basti deteriorated faster than residential structures and rarely lasted longer than 20 years. As a result, a sizable amount of wood was used to construct the new bathrooms. The Swedes were aware that their access to forest

resources was limited. If venereal diseases were concerned, the bath undoubtedly contributed to their spread.

The "in black" (or "smoky") sauna has played a significant role in Finns' life for a very long time. Additionally, they found vitality in the sauna, received physical and spiritual healing there, and engaged in divination there. Numerous domestic tasks were also carried out there, such as preparing malt for beer brewing. There were also small distilling and refining factories for alcohol located here. When one of the villagers was heating his sauna, he went to the nearest neighbors and knocked on the door shouting: "Come, the sauna is ready!". In the sauna, and only in it, it was possible to warm up, wash with warm water. In the sauna "in black" — savu sauna - the smoke contained tannins that sterilize all surfaces. This was extremely important, because here women gave birth, bled and performed surgical operations by rural doctors - a pharmacist and a chiropractor surgeon. There is also an old Finnish proverb that translates something like this: "Sauna is a pharmacy for the poor."

For Finns, the sea is sacred. The Swedish School of Economics' representative stated in 1776: "These ignorant people have linked the sauna with their theology and adore it as a heavenly place." The Finns used to say, "Behave in the sauna as if you were in a church," back in the day. Due to the licentiousness of morals, which formerly wrecked the baths of Europe, these rigorous laws prevented the first from dying and degrading.

Russian baths are different from saunas in that they both steam and sweat in Finnish saunas. Real saunas may cleanse the body and the soul. The sauna has a favorable impact on health because heat opens skin pores and helps the body rid itself of pollutants. After

physical activity and sports, taking a steam bath in the sauna is quite beneficial. Saunas are also used for skin care. Regular visits to the sauna result in elastic, healthy skin.

Currently in Uzbekistan, many hotels provide the services of swimming pools, gyms, fitness centers and spas, which is an excellent opportunity for tourists to use these services and be a client of this hotel. For example, in the city of Bukhara at the Asia Bukhara Hotel, Hotel Emir's Garden, Sakhid Zarafshon, Turon-Plaza, Shariston-Voyage, etc. I would like that when designing hotels, they would take into account the location for building the above mentioned services, not only for tourists, but also for city residents.

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