SOLUS ARCHITECTURE FOR LIVING

Health & Wellness Garden Rooms

A complete private wellness environment: heat, cold immersion, rinse, movement and recovery, designed as one calm, beautifully detailed building.



COMPACT SIGNATURE PRO

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THE SOLUS APPROACH

A private wellness building, designed around real routines

A Solus wellness room is not a collection of equipment placed inside a garden building. The architecture, wet works, structure and services are coordinated around one deliberate sequence.



01 HEAT
Sauna or steam

02 COLD
Immersion and reset

03 RINSE
Tanked wet zone

04 RESTORE
Move, breathe, settle

Wet and dry zones are separated properly, with tanking, falls, drainage, ventilation and access for maintenance designed in from the start.

THE RANGE

Three footprints. One Solus standard.

Choose the scale that fits the garden and the way you want to use it. Every model shares the same material language, LGSF engineering approach and coordinated wellness circuit.



COMPACT

5.4 x 3.3m

Essential private recovery



SIGNATURE

7.0 x 4.6m

The complete contrast studio



PRO

9.0 x 5.0m

Hosted and group wellness

FEATURE	COMPACT	SIGNATURE	PRO
Best for	1-2 users	Up to 6 users	Up to 10 users*
Heat	2-person sauna	3-person sauna	4-person sauna / steam
Cold	Single plunge	Single plunge	Twin plunge / hot-cold
Rinse	Rinse point	Full rinse shower	Steam / rinse suite
Movement	2 mats	4-6 mats	8+ mats
Facilities	Bench / storage	Change bench	WC, change and lounge
Use	Private	Private / family	Private or hosted*

*Hosted occupancy and commercial use are subject to the final fire, access, ventilation, water-hygiene and statutory design route.

THE RANGE - COMPACT

Compact Recovery Cabin

5.4 x 3.3m | approx. 18m2 footprint | 1-2 users



The essential contrast routine in the smallest sensible footprint. Compact brings sauna, immersion and a useful dry recovery space into an urban or suburban garden without treating any zone as an afterthought.

BEST FOR

Private daily recovery, couples, smaller gardens and clients prioritising the core heat-cold routine.

SPECIFICATION HIGHLIGHTS

- 2-person infrared or traditional sauna.
- Single Omnitub plunge with chiller and accessible plant.
- Compact rinse point and fully tanked wet zone.
- Dry recovery area for two mats, bench and robe storage.
- Graphite exterior, Thermowood detail and full-height garden glazing.

PRIVATE | SINGLE PLUNGE | 2 MATS

THE RANGE - MOST POPULAR

Signature - The Contrast Studio

7.0 x 4.6m | approx. 27.7m2 GIA | up to 6 users



The defining Solus wellness building: a complete hot-cold-rinse circuit alongside a genuine studio. Signature is the balance point between a private spa and a room with enough clear floor to become part of everyday life.

BEST FOR

Families, serious home wellness, yoga and mobility practice, or clients wanting the fullest sub-30m2 internal programme.

SPECIFICATION HIGHLIGHTS

- 3-person sauna in cedar or thermo-aspen.
- Single Omnitub immersion with insulated surround and chiller.
- Full rinse shower and tanked wet lobby.
- Dry studio for 4-6 mats with mirror wall.
- Layered lighting, integrated audio provision and recovery bench.

MOST POPULAR | FULL RINSE | 4-6 MATS

THE RANGE - PRO

Pro Wellness Pavilion

9.0 x 5.0m | approx. 45m2 footprint | up to 10 users*



A larger private wellness suite with the capacity for classes, hosted sessions or developer amenity use. Pro adds twin immersion, changing and WC provision, a lounge zone and a studio that can operate as a destination in its own right.

BEST FOR

Larger gardens, group sessions, boutique wellness operators, premium developments and clients seeking a complete standalone pavilion.

SPECIFICATION HIGHLIGHTS

- 4-person sauna with optional steam and rinse suite.
- Twin immersion arrangement with shared or zoned plant.
- Changing area, WC and recovery lounge.
- Studio floor for 8+ mats with acoustic treatment.
- Balanced ventilation, zoned heating and enhanced controls.

HOSTED OPTION | TWIN PLUNGE | 8+ MATS

HEAT

Sauna, specified as part of the room

The heat experience is selected alongside the electrical supply, ventilation, clearances and wet-zone layout - not after the building has been designed.



INFRARED

Fast warm-up and a lower-temperature experience. Typical preliminary heater range: 2.4-3.2kW.

TRADITIONAL ELECTRIC

Higher-temperature sauna with guarded heater, controls, dedicated supply and manufacturer ventilation.

STEAM - PRO

A fully tanked steam and rinse suite with generator, drainage, extract and service access.

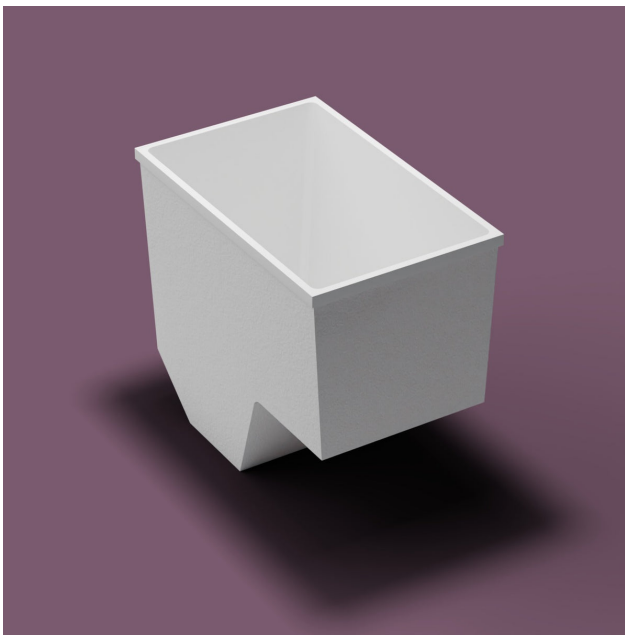
MATERIAL CHOICE

Cedar or thermo-aspen lining, concealed fixings, integrated low-level lighting, coordinated glass, bench geometry and high-temperature-rated components.

COLD & RINSE

Immersion without compromise

The plunge, chiller, filtration, fill and discharge routes are treated as one maintainable system. Wet finishes, falls and ventilation are designed around it.



OMNITUB 1100 x 700 x 1000mm



TANKED WET ZONE AND SERVICE ACCESS

IMMERSION SYSTEM

- Deep seated Omnitub with coordinated waste and overflow.
- Chiller, circulation and filtration in an accessible plant cabinet.
- Single plunge on Compact and Signature; twin arrangement available on Pro.
- Insulated hoses, condensate management and local electrical isolation.

RINSE & WET WORKS

- Full tanking to floors, walls and penetrations as one warranted system.
- R11 porcelain or microcement with designed falls to linear drainage.
- Air-gap fill / backflow strategy and controlled discharge to foul drainage.
- Heated towel provision, extract boost and removable maintenance panels.

Plunge water must not discharge to a surface-water drain or soakaway. The final fill, treatment and disposal strategy is confirmed for each site.

MOVE & RESTORE

A studio that earns its space every day

The dry side is a genuine movement and recovery room - useful for yoga, mobility, breathwork, stretching and quiet time, with the wet environment kept carefully separate.



FLOOR

Engineered oak or cork over an underfloor-compatible build-up.

LIGHT

Warm 2700-3000K scenes, concealed LED and low-glare downlights.

SOUND

CAT6, Wi-Fi and concealed audio provision coordinated before lining.

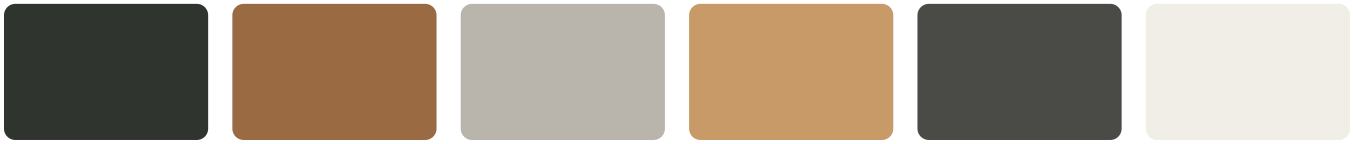
STORAGE

Recovery bench, robe hooks, towel rail and equipment storage options.

FINISHES & DETAIL

Specified like a spa. Built for daily life.

The palette is calm and tactile, but every material is selected first for its location: slip resistance, moisture, heat, cleaning, movement and long-term access.



GRAPHITE THERMOWOOD WARM GREY OAK CHARCOAL WARM WHITE

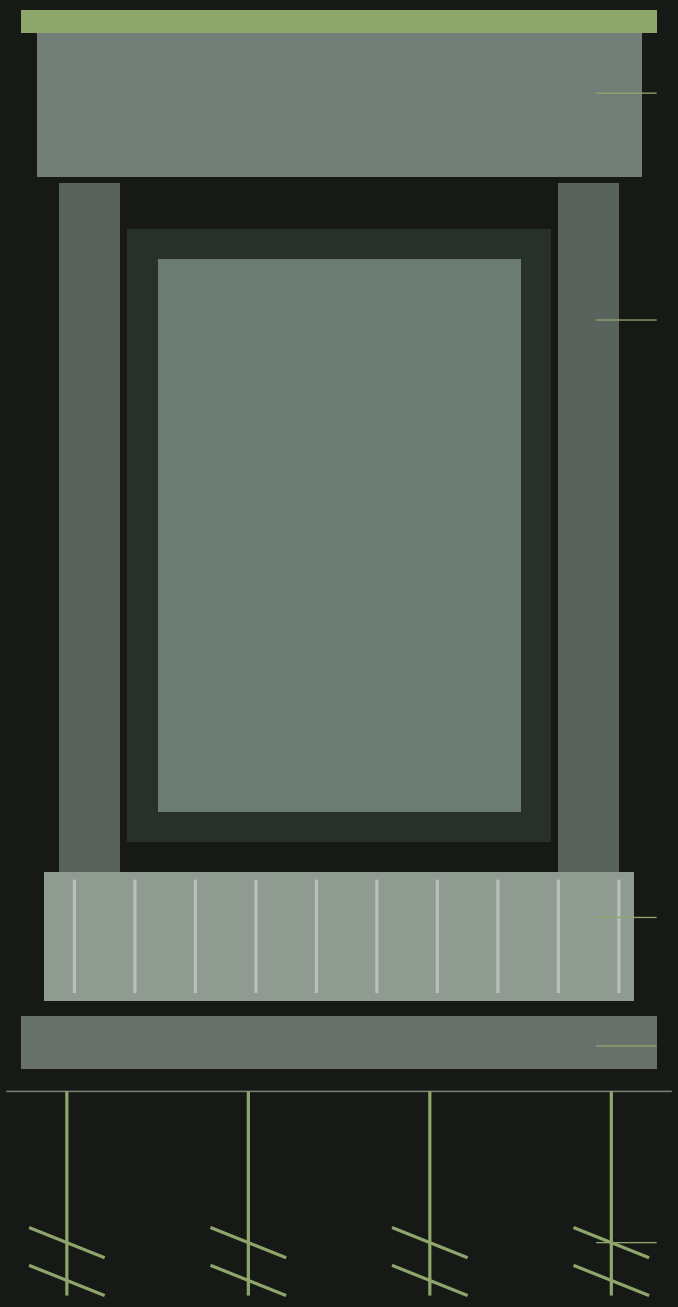
REF	ELEMENT	DESIGN SPECIFICATION
F01	Dry studio floor	Engineered oak or cork; warm matt finish; underfloor-compatible build-up
F02	Wet floor	R11 porcelain or warranted microcement; falls to drainage; sealed movement joints
F03	Sauna floor	Charcoal porcelain with removable timber duckboard
W01	Studio walls	Acoustic / moisture-resistant lining with washable low-VOC paint
W02	Wet walls	Cement board, full tanking and microcement or large-format porcelain
W03	Sauna lining	Cedar or thermo-aspen boarding with foil layer, battens and hidden fixings
E01	Main cladding	Graphite composite or stained thermopine on a ventilated cavity
E02	Feature cladding	Vertical Thermowood slats with concealed corrosion-resistant fixings
E03	Roof / fascia	Warm-roof EPDM membrane with black PPC aluminium edge
E04	Terrace	Thermowood deck or R11 external porcelain; level threshold subject to drainage

Samples are approved as a coordinated palette before procurement. Manufacturer systems, junctions and warranties take precedence over generic descriptions.

ENGINEERING

Light on the garden. Serious about structure.

A precision-made LGSF shell sits on a specialist ground-screw system and galvanised steel grillage, reducing wet trades and excavation while keeping the structure accessible and adaptable.



OFF-SITE PRECISION

Panelised floor, wall and roof cassettes are coordinated before manufacture.

PROTECTED ENVELOPE

Warm roof, ventilated rainscreen, continuous insulation and sealed air / vapour layers.

WET-ZONE DURABILITY

Tanking, falls, drainage, ventilation and service access designed as one system.

PROJECT-SPECIFIC DESIGN

Pile capacity, grillage, LGSF members, connections and services are finally calculated for the site.

TAILORED TO YOU

Choose the character of your cabin

The core architecture stays disciplined. The experience can then be tuned around how you train, recover, entertain and manage the building.

HEAT SUITE

Infrared or traditional sauna, bench size, cedar / thermo-aspen, glazing and lighting.

CONTRAST SYSTEM

Single or twin plunge, chiller / filtration, hot-cold pairing and plant enclosure.

WET FACILITIES

Rinse point, full shower, steam room, WC, changing bench and heated towel rail.

STUDIO PACKAGE

Mirror wall, additional mats, recovery bench, storage, cork / oak floor and acoustic lining.

LIGHT & SOUND

Layered dimmable scenes, concealed LEDs, external lighting, CAT6 and integrated audio provision.

EXTERIOR PACKAGE

Feature Thermowood, alternative cladding, deck, porcelain terrace and landscape coordination.

Availability depends on the chosen model, site services, access, planning route and approved manufacturer data.

SITE, PLANNING & SERVICES

A beautiful room starts with a realistic site plan

We review siting, access, levels, drainage and electrical capacity before the layout is frozen. Planning permission and Building Regulations are separate assessments, and the route is confirmed for each property.

SITING

Boundary distance, garden coverage, orientation, privacy, trees, levels and drainage.

APPROVALS

Permitted-development review, planning application where required, and Building Control route.

ACCESS

Installation plant, delivery route, overhead constraints, working space and protection of the garden.

EARLY SERVICES GUIDE

MODEL	ELECTRICAL BASIS	WATER	DRAINAGE
Compact	40A 230V preliminary	25mm cold water	50mm tub waste to foul
Signature	63A 230V preliminary	Cold water / shower	50mm branches to foul
Pro	100A 230V or 3-phase study	Cold water / local hot water	110mm foul with WC

PLANNING NOTE - ENGLAND

The standard 2.95m flat-roof form is intended to be positioned more than 2m from a boundary where a permitted-development route is being considered. Outbuildings within 2m of a boundary are generally limited to 2.5m overall height. Other limits include position, curtilage coverage and designated-land restrictions.

Source: Planning Portal outbuildings guidance. Always obtain project-specific planning advice before relying on permitted-development rights.

All service figures are preliminary feasibility allowances. Final maximum demand, earthing, water, backflow and drainage design follow the approved equipment and measured site information.

HOW IT WORKS

From first conversation to first session

A single coordinated process keeps the architecture, specialist equipment and site works moving together.

01

DISCOVERY

How you want to use the room, preferred model and budget framework.

02

SITE REVIEW

Access, levels, boundaries, drainage, power, water and orientation.

03

CONCEPT DESIGN

Layout, external appearance, wellness circuit and initial options.

04

APPROVALS & ENGINEERING

Planning route, ground screws, grillage, LGSF and coordinated services.

05

MANUFACTURE

Panelised frame and envelope produced off site to approved information.

06

INSTALL & FIT OUT

Base, shell, wet works, equipment, finishes and MEP installation.

07

COMMISSION & HANDOVER

Testing, certification, training, warranties and aftercare information.

ONE DESIGN TEAM

The frame, wet-zone build-up, MEP routes and equipment interfaces are coordinated before work reaches site. That makes decisions visible early and reduces avoidable site changes.

KEY OUTPUTS

- Plans and elevations
- Finishes and FF&E; schedules

BEFORE WE START ON SITE

- Statutory route confirmed
- Specialist structural designs approved
- Equipment make and model frozen
- Power, water and foul drainage accepted
- Access and installation method agreed

INCLUDED, COMMISSIONED, SUPPORTED

A complete building, not a kit of parts

Your quotation defines the exact scope, but the Solus process is built around a complete, coordinated handover.

TYPICAL PROJECT SCOPE

Design pack and schedules; ground-screw base and steel grillage; LGSF shell and envelope; selected internal finishes; coordinated wet works and MEP; equipment installation; testing and handover.

HANDOVER PACKAGE

Electrical certification; commissioning records; tanking and product warranties; operating information; valve and isolator labels; maintenance schedule; as-built and specialist information where included.

FREQUENTLY ASKED QUESTIONS

Can the layouts be changed?

Yes. The three models provide a disciplined starting point; openings, equipment and internal zoning can be adjusted within structural and service constraints.

Can it be used commercially?

The Pro can be developed for hosted or commercial use, with the additional fire, access, occupancy, ventilation and water-hygiene design that use requires.

Does it need planning permission?

Not always, but every property is different. We review permitted-development limits and prepare an application where the preferred siting or use needs one.

What maintenance is involved?

Routine chiller and filter care, sauna checks, ventilation cleaning, wet-zone seals, roof outlets and external finishes. A model-specific schedule is issued at handover.

How long does it take?

Programme depends on survey information, approvals, access, equipment lead times and final specification. A project programme is issued once those variables are understood.



Your garden can do more.

Tell us how you want to feel, move and recover. We will advise on the right model, review the site and prepare a tailored design pack and quotation.

START YOUR WELLNESS PROJECT

enquiries@mysolus.co.uk | 0113 519 9843 | www.mysolus.co.uk

Concept imagery is illustrative. Final design, price, programme, planning, structure, services, warranties and equipment specification are confirmed for each project.