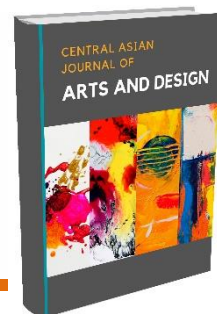




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DEVELOPMENT OF SPA (SANUS PER AQUAM) ZONES IN WATER FACILITIES

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Annotation. *The article discusses the development of SPA zones in water facilities such as water entertainment complexes (water parks). The role of SPA zones in water parks, the concept of SPA resort and their actual impact on human health.*

Keywords: *water park, pool, typology, water slides, SPA zone, relaxation, fitness, wellness.*

Introduction and relevance of research. In our country, special attention is paid to the education of a physically healthy and spiritually mature, in no way inferior to the younger generation. After all, the formation of highly spiritual, harmoniously developed youth is a key factor in ensuring the great future of the Motherland and achieving all noble goals.

The lack of water parks is especially noticeable against the backdrop of a thriving aqua business in developed countries, where this entertainment has long been considered exotic.

The first water parks appeared only about 25–30 years ago in the tropical resorts of America and Asia and were parks on the banks of water bodies with many water slides, pools, and waterfalls. The experience of their operation has shown that with the cost of building an average water park of 1.5-2 million dollars and the average duration of the swimming season of 4 months, their payback period was only one and a half to two years. Such profitability is considered incredibly high, as a result of which in the late 1980s and early 1990s. indoor water parks began to be built already in the northern latitudes. In Russia, the first small water park was opened in Vladivostok in the late 1980s.

Object of research. The paper considers the following types of buildings and structures:

- water treatment, water mud treatment and water health-improving complexes.
- therapeutic massage and therapeutic swimming pools, cascade pools for therapeutic gymnastics, as well as complexes of therapeutic pools.

Research methodology - due to the purpose and objectives of the study, includes the study of domestic and foreign literary and Internet sources, as well as the use of the method of comparative analysis.

To date, there are water parks in almost all major European cities with a population of more than 500 thousand inhabitants. In the US, there is one public or private pool for every 240 people, and one water park for every 330,000. In the West, water projects are considered among the most profitable. The average water park in Europe pays off in just three to five years. They occupy one of the first places in terms of the number of visits per square meter of working space. The average loading of water parks in Europe is about 80%. And this despite the fact that an indoor water park is an expensive facility by definition.

This is a business that knows no crises. It has been noticed that in disadvantaged countries or in countries experiencing an economic crisis, people not only do not stop going to water parks, but sometimes they begin to visit them even more often: this helps to distract from problems, relieves stress.

In the next decade, the needs of the population for the services of water parks are unlikely to be satisfied, no matter how large or small water parks we build. Demand far exceeds anything that can be offered in the foreseeable future. In a city with a population of a million inhabitants, for example, a water park of 20-25 thousand square meters is real. meters and several small-sized, "municipal class" water parks, where the surrounding residents come.

An important point needs to be clarified. According to the architectural typology, the water park is intended not only for entertainment, it also has a number of functional features that significantly expand its purpose. In the late 1990s foreign "plastic" companies have brought and formed our investors and designers a favorable idea for themselves that the water park begins with a water slide, thereby deforming the understanding of the essence of this object. Meanwhile, the water park involves an extensive modern infrastructure: baths, fitness, SPA and other services aimed at improving the health of visitors.

In other words, a water park is a complex facility, which is a network of cost-effective health-improving enterprises within the designated territory. It can also be found as part of a shopping and entertainment center, a business center, and a hotel complex.

SPA as you know, there is balance and harmony all over the world. It is no less known that in order to work well, you need to have a good rest. A modern business person, exhausted by constant fatigue, stress, disturbed sleep patterns and poor ecology, needs some kind of balm for the soul that can maintain health, restore strength and energy for new achievements. A discovery in this area was once SPA - a word that changed the world and created an entire spa industry. SPA - (Sanus per aquam), which is translated from Latin - "Health from water." Even the ancient Romans were engaged in healing, taking healing baths and bathing in thermal springs. Later, the word "spa" became a more collective concept and includes not only water procedures, but also all kinds of beauty treatments for body care, massages, baths and saunas.

How did it all start? Appeared approximately in the 5th-6th centuries BC. among the ancient Greeks, who knew and appreciated the healing properties of the sea, the tradition of taking baths to relax the body and renew the spirit for a long time transformed into the most popular global system of numerous SPA salons (SPA salon), SPA centers (SPA center), SPA hotels (SPA hotel), SPA hotels, SPA boarding houses and SPA resorts, functioning in accordance with the latest innovations in the field of SPA therapy. Every day more and more people learn the benefits of SPA procedures, plunging into the unique atmosphere of peace, bliss and harmony of the SPA.

The most famous SPA resorts in the world - a kind of "beauty capitals" - with their clean air, virgin

nature, chic parks, palaces, salons, restaurants and boutiques are visited annually by the wealthiest public. The healing properties of thermal springs and individually selected courses of SPA procedures and diet normalize metabolic processes in the body, restore a beautiful complexion, smooth wrinkles, erase traces of fatigue and excitement and make you literally be born again. Well, recreational and sports activities like golf, tennis, dancing and horseback riding will not let you get bored.

In today's fast-paced world, more and more filled with noise and tension, such SPA centers become the abode of peace and harmony. Meditative music, aromatherapy, the presence of a special relaxation zone are among the many features that such SPA centers offer to restore health and well-being.

Research results. The most convincing proof that today SPA is no longer just a vacation with health benefits, but also a part and even a way of life. Residential communities on the territory of SPA resorts are becoming increasingly popular, as the number of people striving to maintain health and beauty in all possible ways is growing rapidly. Well, what could be a better and more expedient investment than the opportunity to plunge into a truly heavenly life? Only life in this paradise!

Discussion and conclusion of research. 1. Comparison of the features of the formation of the architecture of modern foreign and Russian spa complexes and wellness centers shows that in Uzbekistan, along with the active introduction of modern areas of the health industry, the design of specialized buildings is at an early stage of development.

2. It is necessary to clearly understand that spa and wellness concepts have a direct impact on the architecture of spa and wellness centers (from the selection and organization of the site to the selection of interior decor elements) and that it is the concepts laid down in the basis of spa and wellness centers that make them different from other health facilities.

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