

THE
Syntro

COLLECTIVE

Diana Palomares Bernabé

Final Degree Project

Tutor: Nadezhda Vasileva Nicheva

UDIT - Bachelor in Interior Design

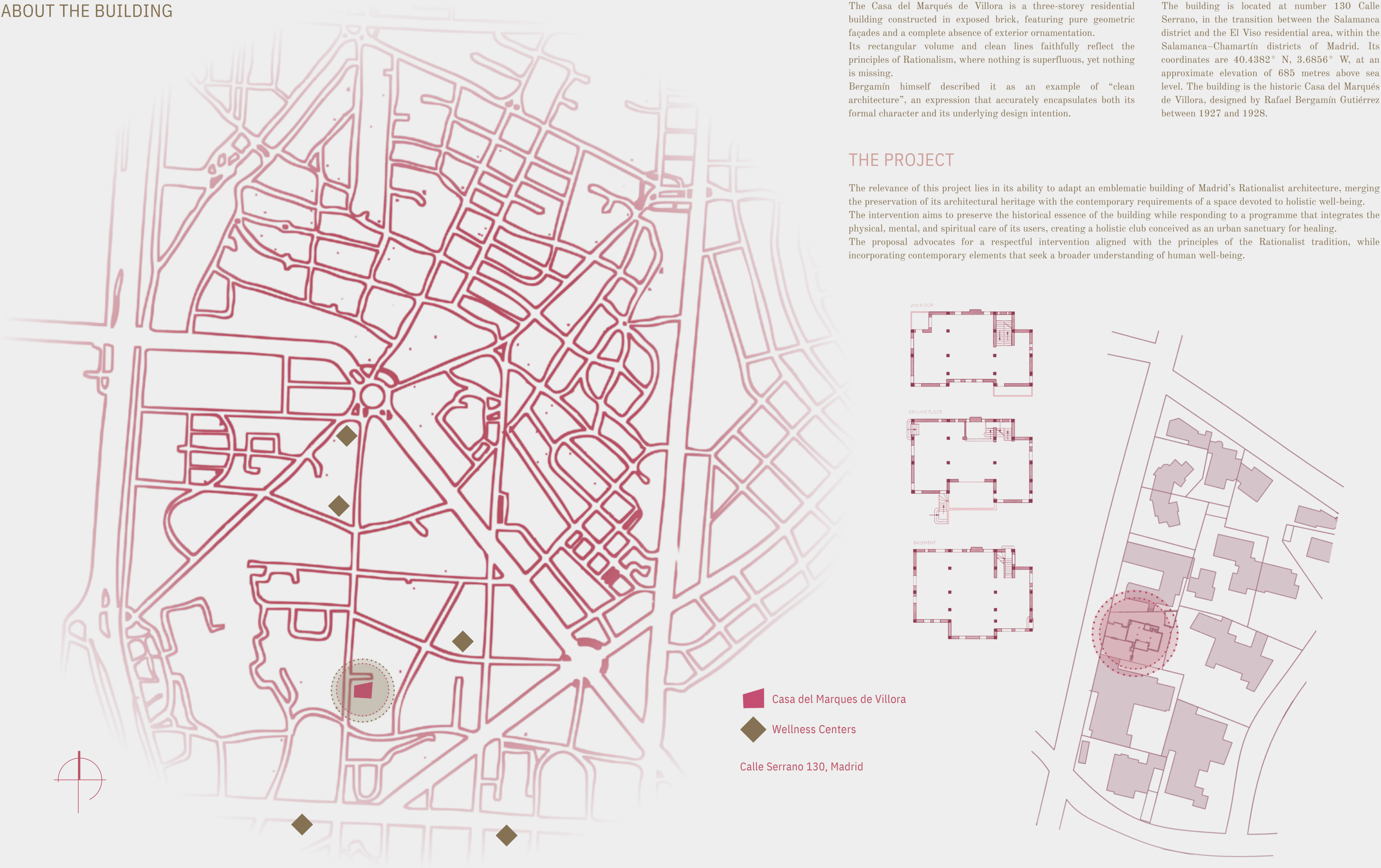
ABOUT THE BUILDING

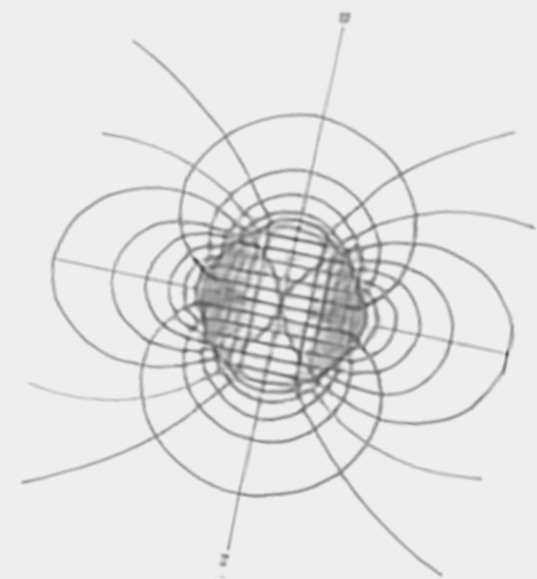
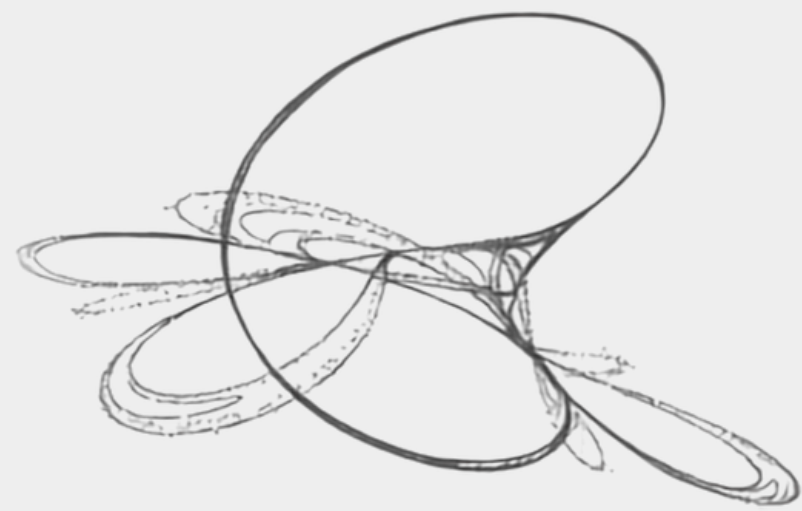
The Casa del Marqués de Villora is a three-storey residential building constructed in exposed brick, featuring pure geometric façades and a complete absence of exterior ornamentation. Its rectangular volume and clean lines faithfully reflect the principles of Rationalism, where nothing is superfluous, yet nothing is missing. Bergamín himself described it as an example of “clean architecture”, an expression that accurately encapsulates both its formal character and its underlying design intention.

The building is located at number 130 Calle Serrano, in the transition between the Salamanca district and the El Viso residential area, within the Salamanca–Chamartín districts of Madrid. Its coordinates are 40.4382° N, 3.6856° W, at an approximate elevation of 685 metres above sea level. The building is the historic Casa del Marqués de Villora, designed by Rafael Bergamín Gutiérrez between 1927 and 1928.

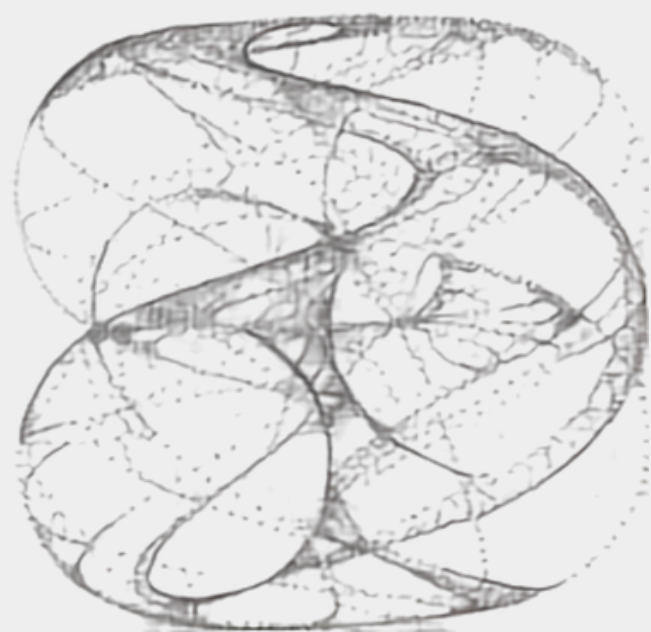
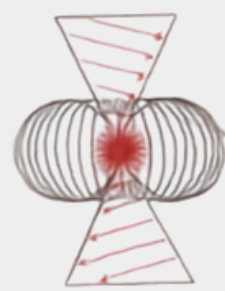
THE PROJECT

The relevance of this project lies in its ability to adapt an emblematic building of Madrid’s Rationalist architecture, merging the preservation of its architectural heritage with the contemporary requirements of a space devoted to holistic well-being. The intervention aims to preserve the historical essence of the building while responding to a programme that integrates the physical, mental, and spiritual care of its users, creating a holistic club conceived as an urban sanctuary for healing. The proposal advocates for a respectful intervention aligned with the principles of the Rationalist tradition, while incorporating contemporary elements that seek a broader understanding of human well-being.

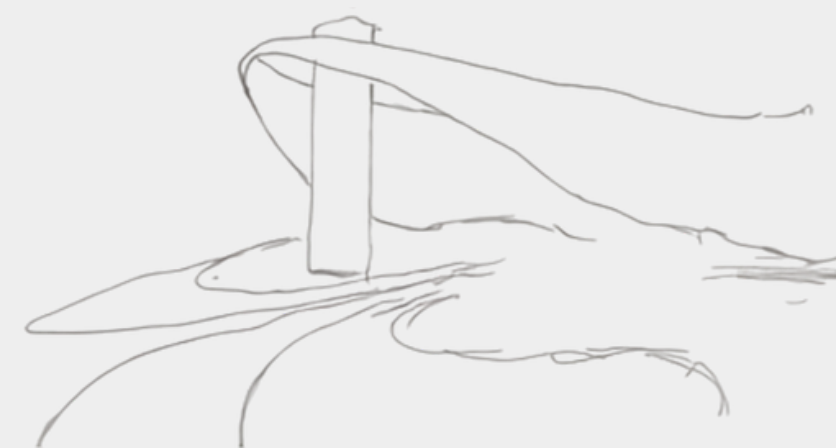




Symbol of self
Symbol of creation
Symbol of growth



TODO LO QUE LATE, TRANSFORMA





THE CONCEPT

THE SYNTRA COLLECTIVE emerges from the shift in mindset of new generations, in which personal well-being is no longer perceived as a privilege or an occasional indulgence, but rather as a priority and an essential part of everyday life.

In a society defined by an accelerated pace, hyperconnectivity, and constant overstimulation, there is an increasing need to create spaces capable of providing moments of pause, balance, and reconnection.

SYNTRA is conceived as a private members-only luxury club, where architecture and spatial design are developed with a clear purpose:

to support the healing of individuals on a physical, mental, and spiritual level.

A sanctuary designed for individuals with demanding lifestyles, seeking to disconnect from the outside world in order to reconnect with themselves.

THE SYNTRA COLLECTIVE introduces a new vision of contemporary luxury, where material possessions become secondary and the greatest investment is the one made in oneself.

THE JOURNEY

“The inherent tendency of living systems towards order, harmony, and self-regeneration. The same inner force that enables an organism to heal, restore itself, and return to its original state”.

The healing process begins with a personalised consultation with a “Wellness Guide”, an expert in integrative medicine and psychology, who develops a “Wellness Map” tailored to the physical, mental, and emotional needs of each member.

Through treatments, therapies, routines, and integrated experiences both within and beyond the club, users embark on a progressive transformation journey, supported by monthly follow-ups and a community built around connection and shared well-being.

In this way, SYNTRA seeks to redefine people's everyday lives, guiding them towards a more balanced, conscious, and harmonious way of living, while fostering a deeper connection with themselves.



THE WELLNESS MAP

THE COACH

THE SCHEDULE



6. Return to self

5. Community and Connection

4. Reflection and Progress

3. Ritual and Routine

2. The Wellness Map

1. Arrival and awareness

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THE SPIRAL

The concept of the project is born from the electromagnetic fields generated by the human heart, understood not only from a physical perspective, but also as a metaphor for connection, movement and sensitivity. Each heartbeat produces a field that extends beyond the body, creating a continuous vibration that connects us with everything around us.

The three-dimensional representation of this flow takes the form of a torus, a geometry in constant circulation, where energy expands outward and returns again to the center. This logic is spatially translated in the project through a central ramp that acts as the core of the journey and a symbol of transformation.

In parallel, spirals emerge as a metaphor for the cycles of life, for inner growth and for the constant human need to evolve and rebuild continuously.

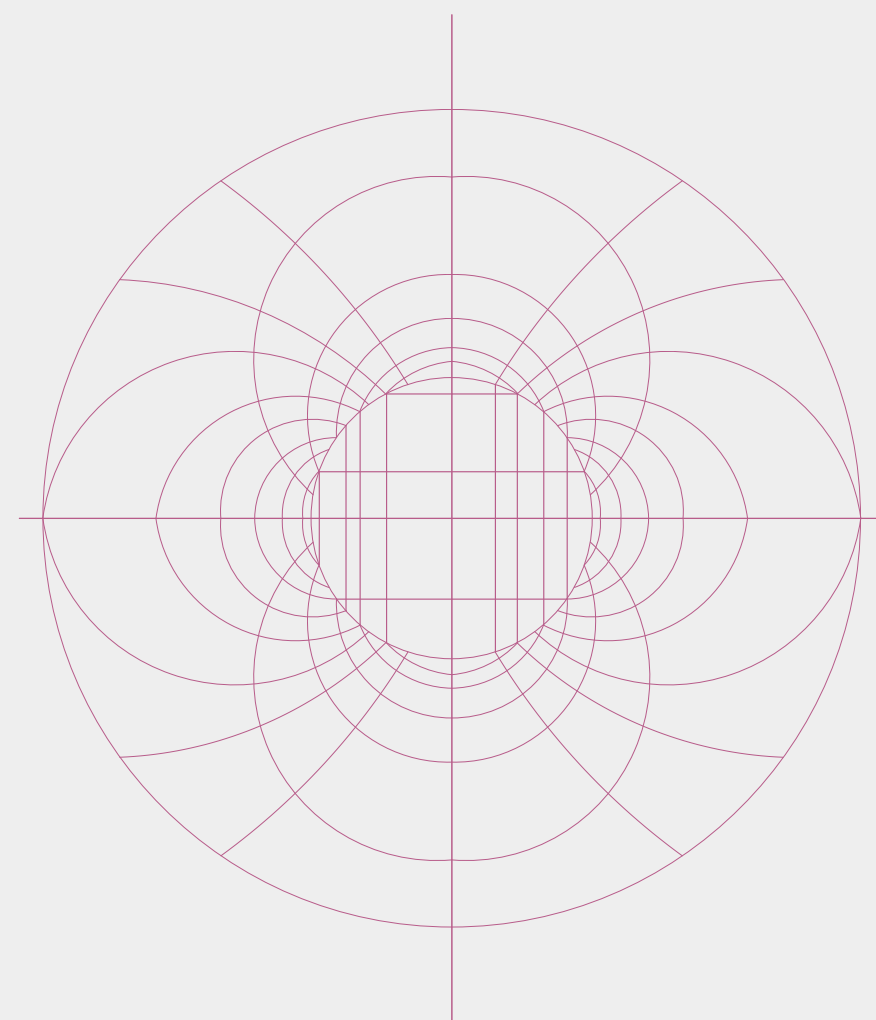
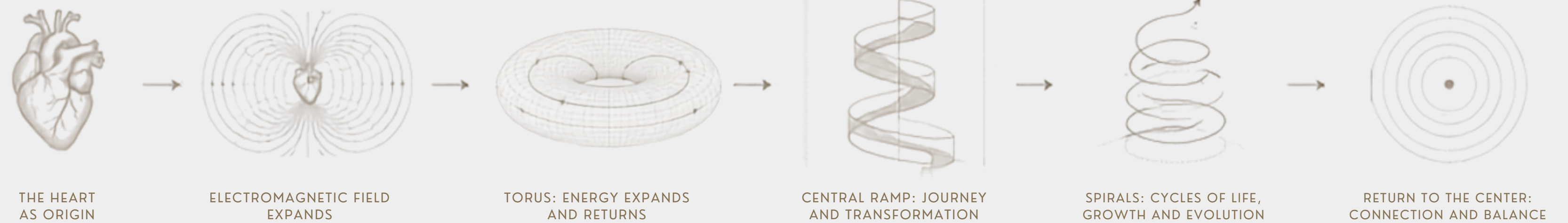


DIAGRAM OF THE ELECTROMAGNETIC FIELD OF THE HEART



SKY
NATURAL LIGHT



EARTH
GROUNDING



WATER
THERMAL WATER



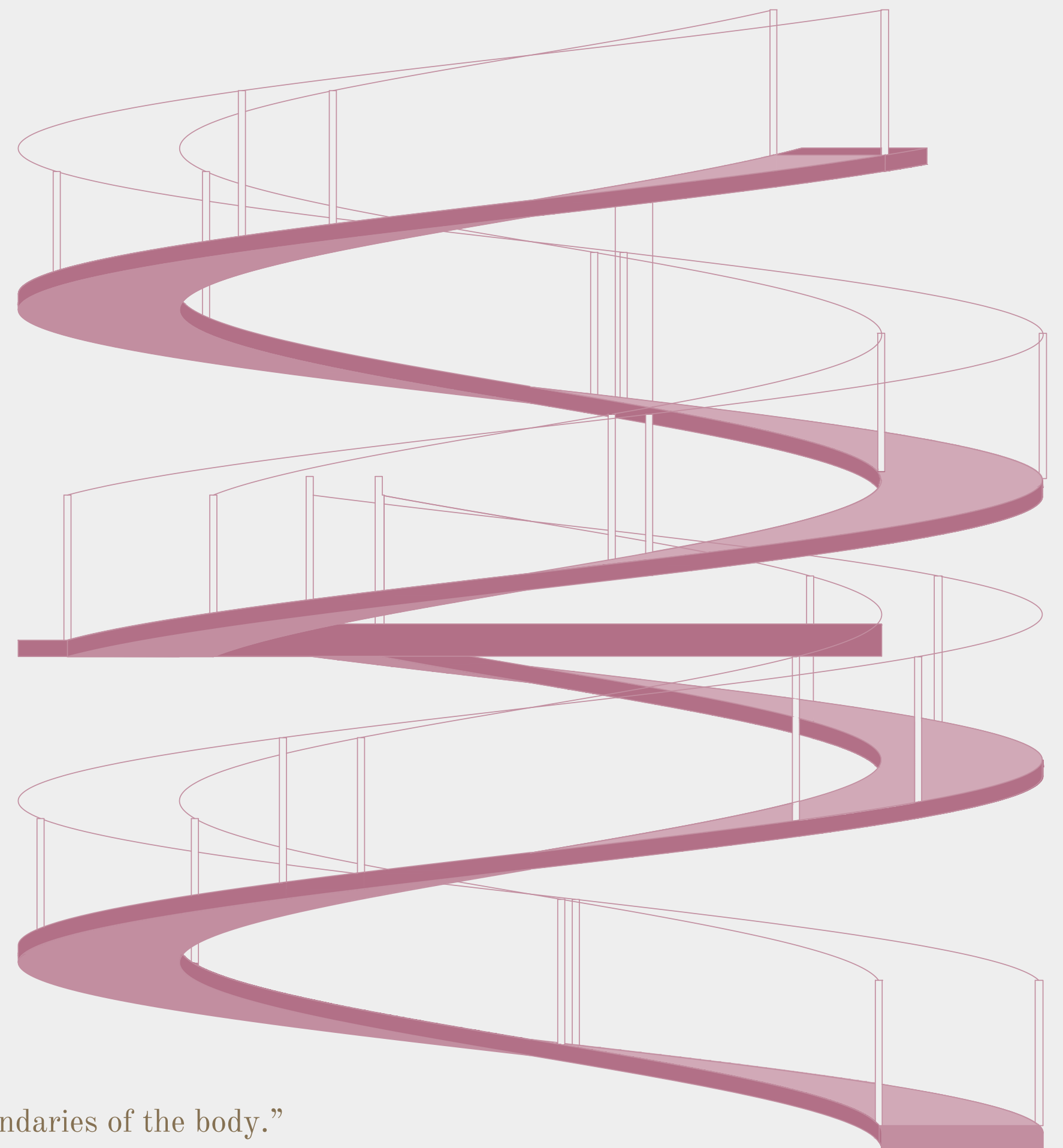
The ramp, in turn, connects in an abstract way sky – earth – water on each level .

At the top there is a skylight where natural light comes in; in the center, a cantilever with a reading area, a grounding activity; and below, a thermal water pool.

This is not only a visual metaphor of human beings in constant pursuit of growth and self-knowledge, but also a reflection of how this evolution unfolds across physical, mental, and spiritual dimensions.

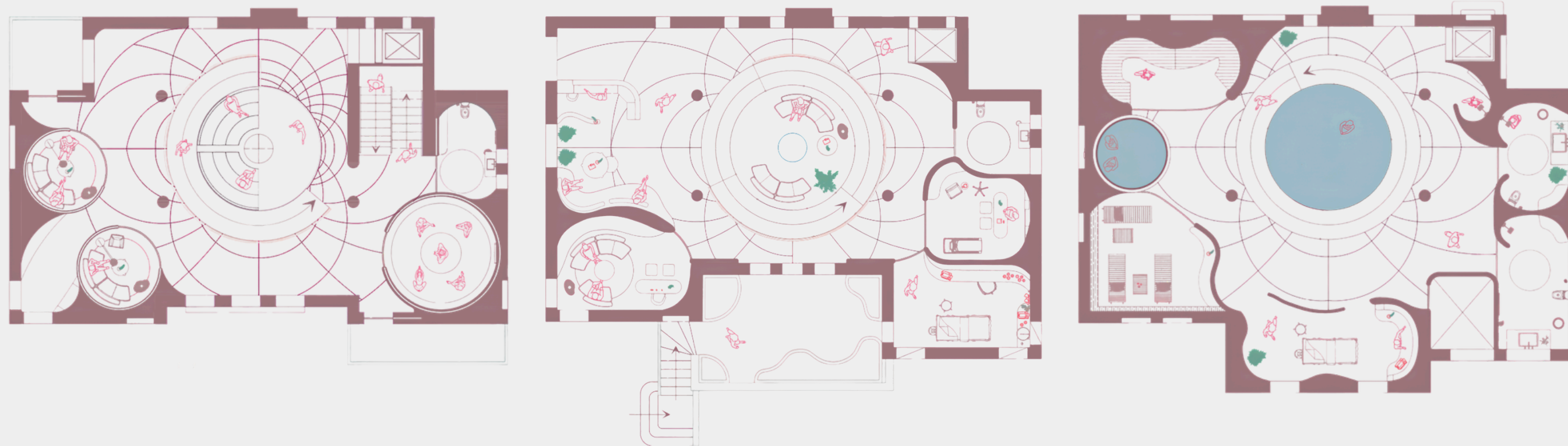
The sky is associated with the spiritual realm, symbolising expansion, transcendence, and higher consciousness. The earth relates to the mental dimension, a grounded space of reflection, learning, and intellectual processing. The water represents the physical body, fluid and sensory, tied to experience, emotion, and embodiment.

Together, these three elements suggest that personal development is not linear but cyclical and interconnected: we move continuously between grounding, thinking, and transcending, as body, mind, and spirit evolve in parallel within a unified spatial experience.



“The human heart generates a measurable electromagnetic field, extending beyond the physical boundaries of the body.”

SPATIAL DISTRIBUTION



2ND FLOOR

GROUND FLOOR

BASEMENT

SPIRIT

The spirit level is conceived as a space for connection, introspection, and emotional growth. It includes individual therapy rooms, group therapy spaces, and shared areas for conversation and exchange. Through these different forms of interaction, the space encourages self-discovery, empathy, and a deeper connection with oneself and others.

14-16 people



MIND

The mind level is designed as a space for reflection, learning, and inner growth. This space represents the connection with the earth, providing a grounded environment where thoughts can develop and knowledge can flourish.

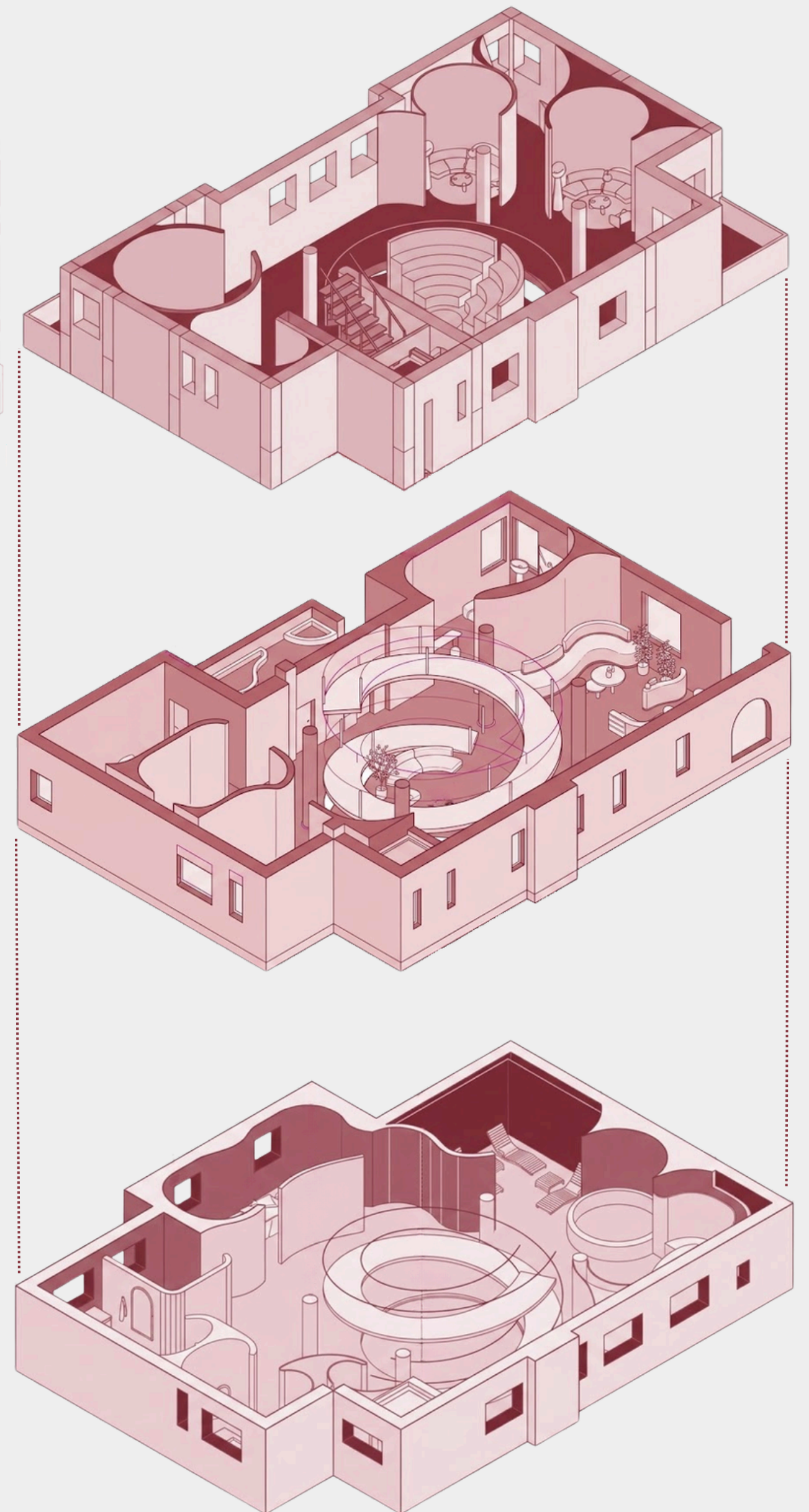
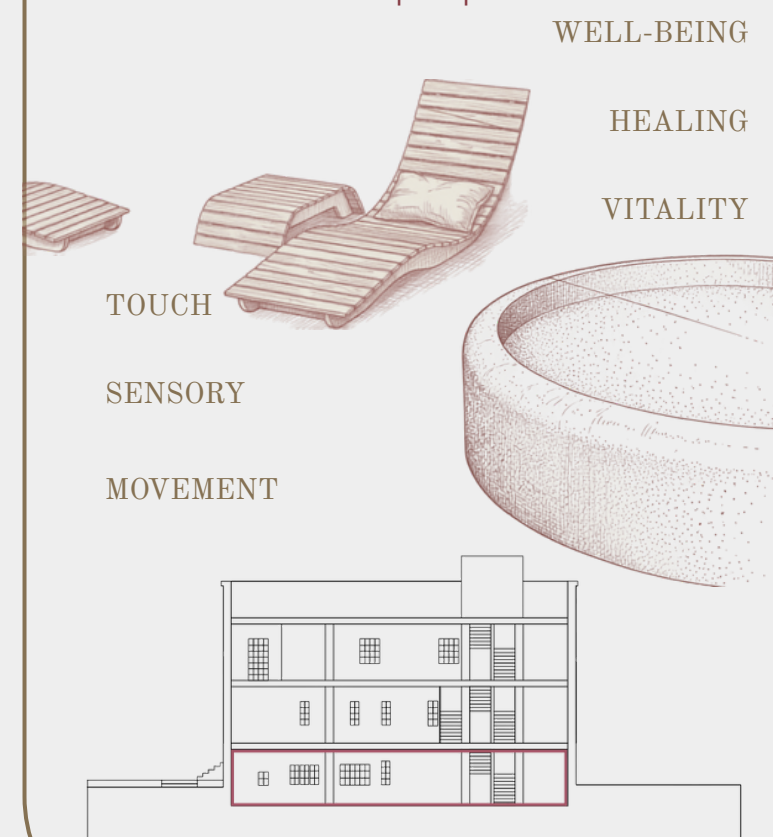
12-15 people



BODY

The body level is a spa-like space dedicated to physical well-being. It features thermal waters, massage rooms, and a sauna, creating a calm environment for rest, relaxation, and recovery.

8-12 people



POOL DETAILS

A circular 4.35 m diameter saltwater pool with a 1.20 m water depth is designed as a space for relaxation and well-being.

The saltwater system provides a gentle and natural bathing experience, enhancing comfort, relaxation, and sensory connection. Its intimate scale and organic geometry create a calm atmosphere where water becomes an element of balance between the user and the surrounding space.

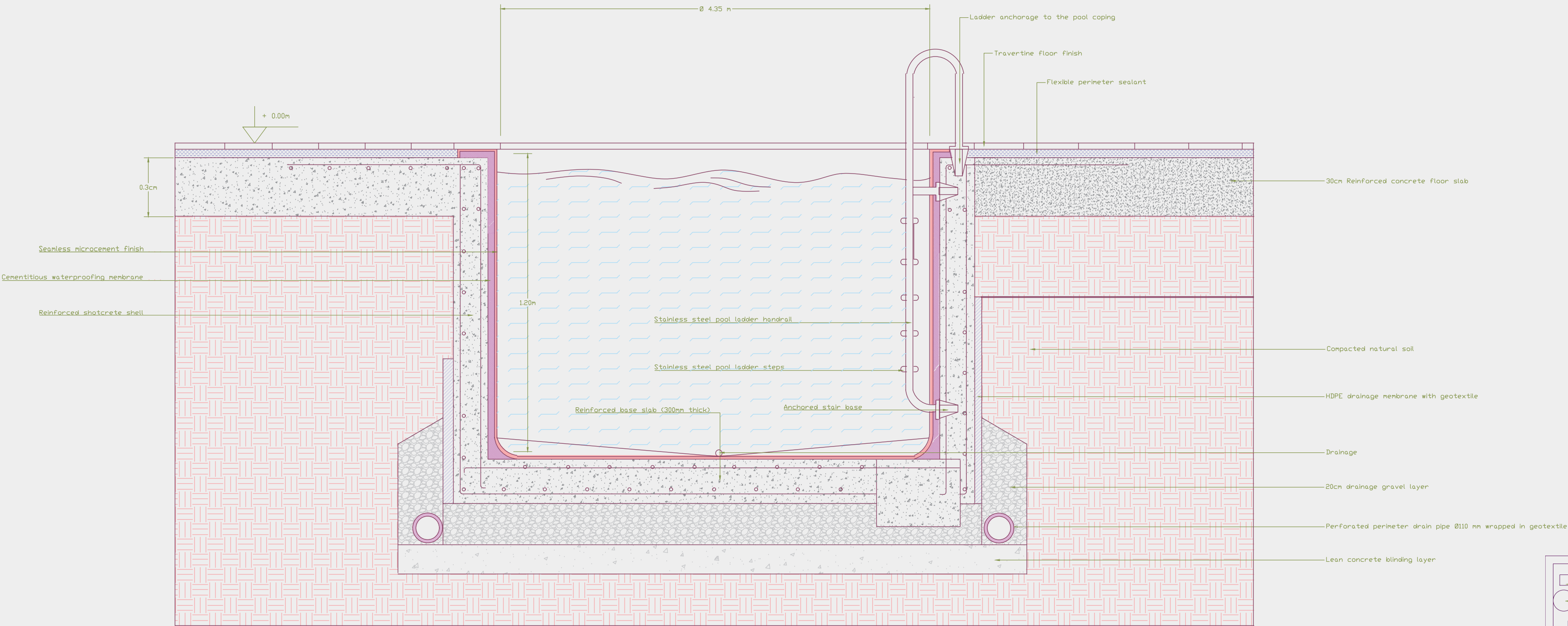
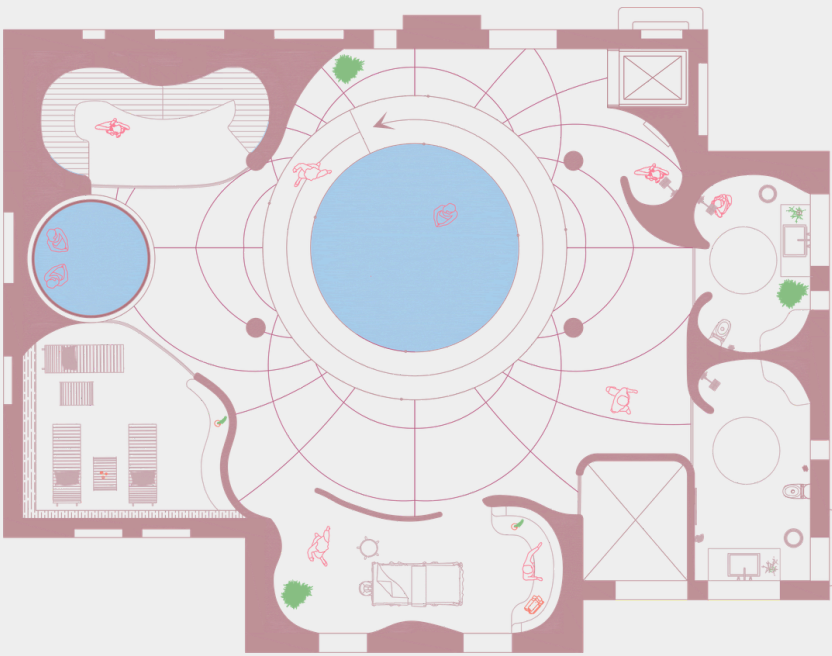


Inspired by the healing qualities of the sea, salt water creates a more gentle and immersive bathing experience, evoking a sense of relaxation, purification, and balance. Within a holistic wellness center, the presence of salt water enhances the sensory journey of the space, offering a deeper connection with nature while promoting a feeling of calm and renewal. The mineral composition of the water complements the travertine surfaces, creating a harmonious dialogue between stone and water, two elements shaped by time and natural processes.

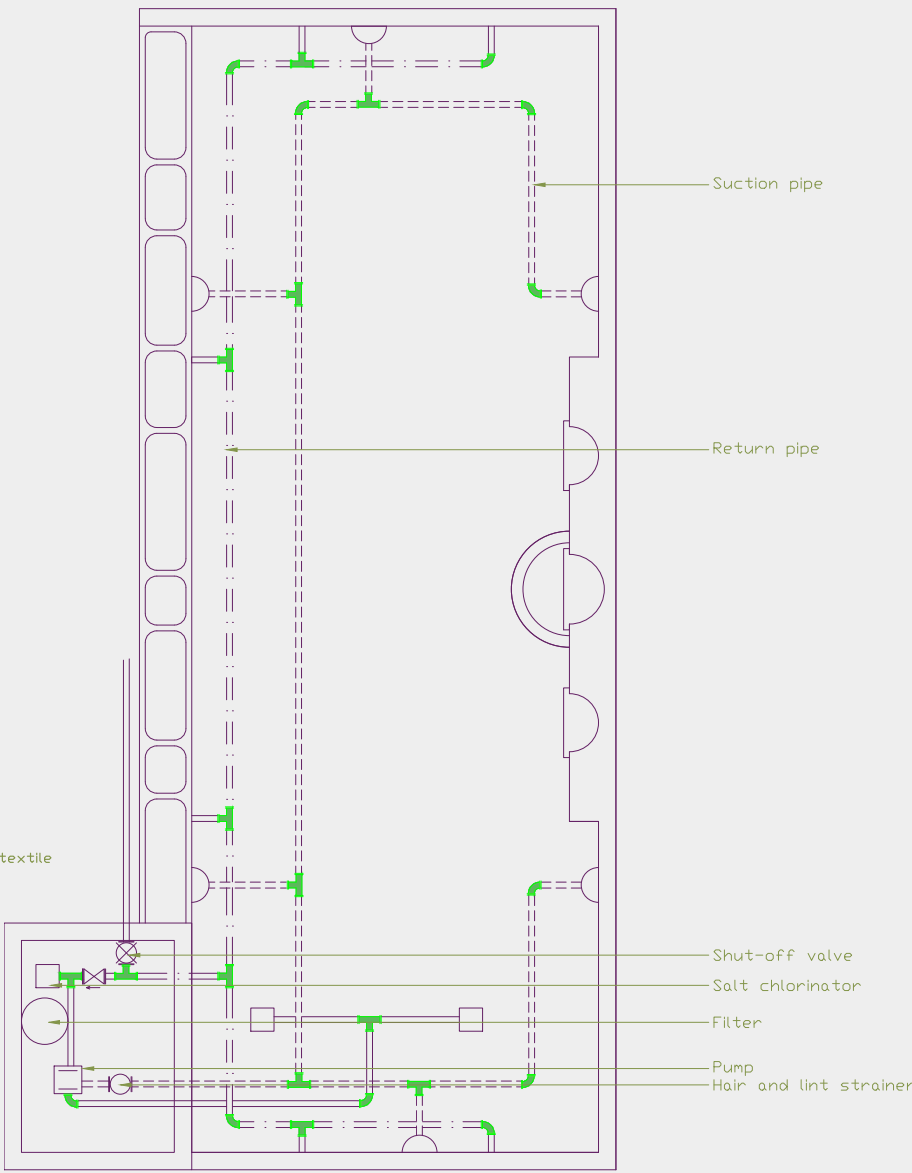


Travertine was chosen as the main material of the space because of its unique connection with water and the natural healing properties of thermal springs, where this stone is formed through mineral-rich waters over time.

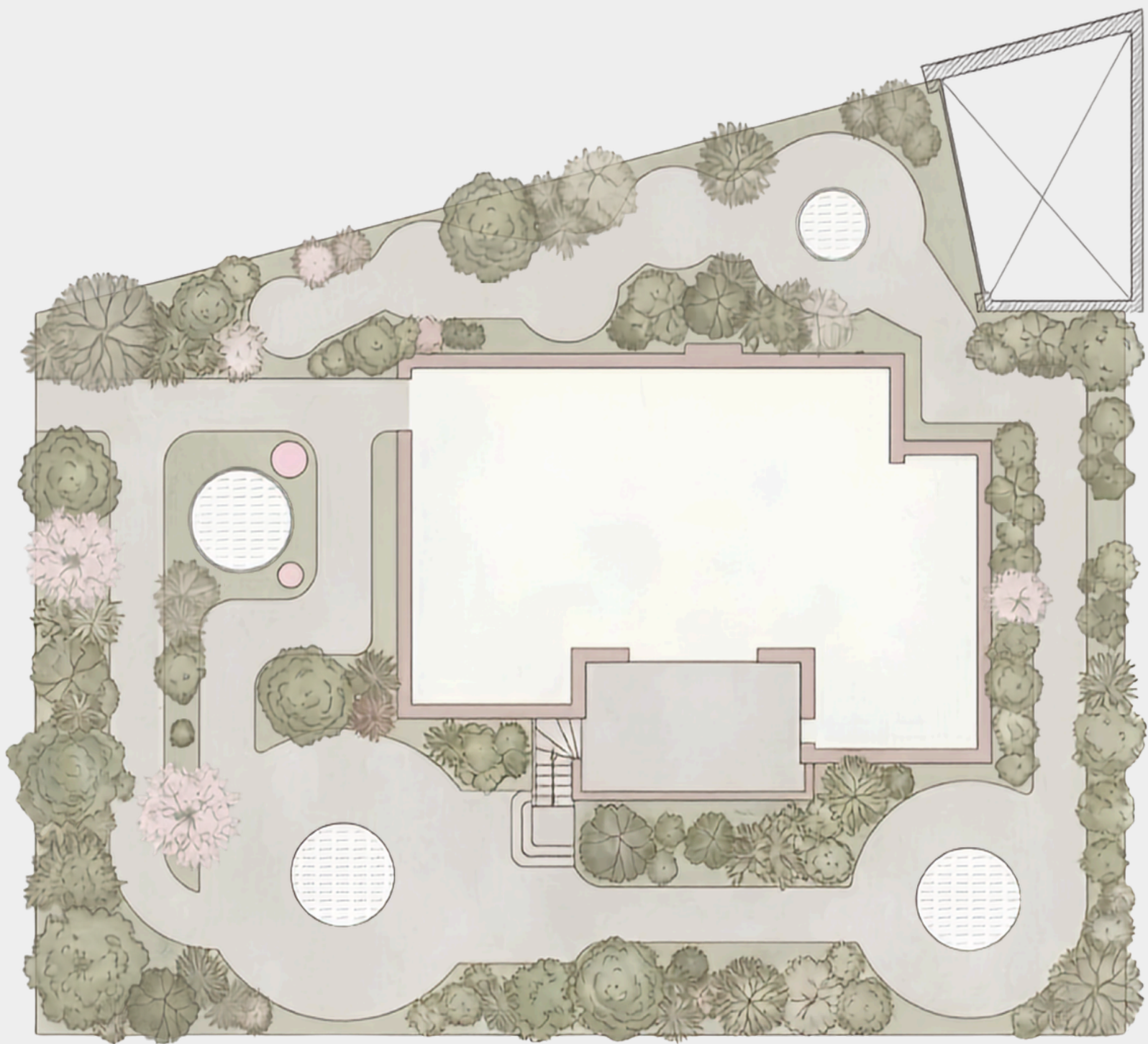
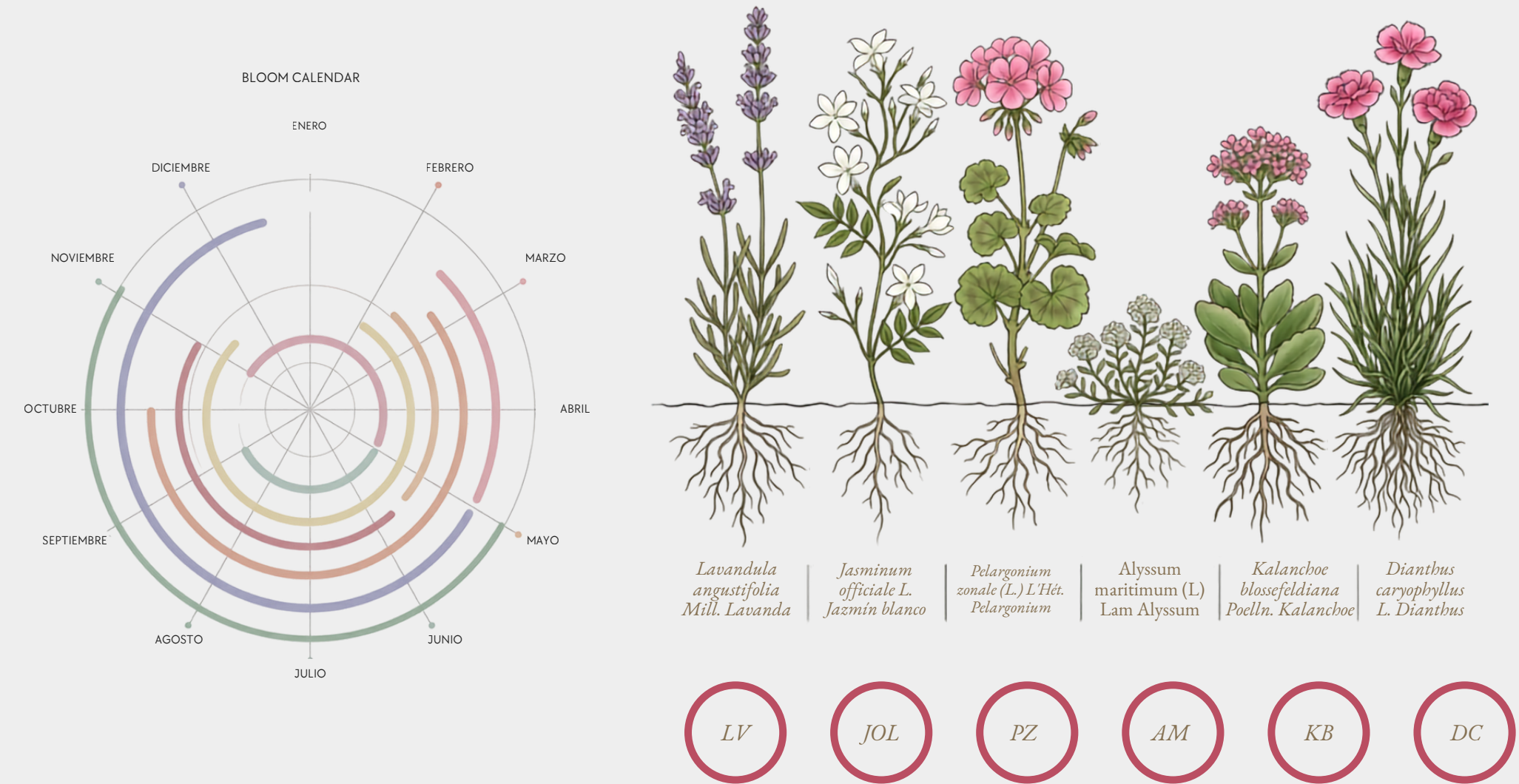
Its porous texture and organic appearance preserve the memory of its origins, creating a direct link between the architecture and the natural elements.



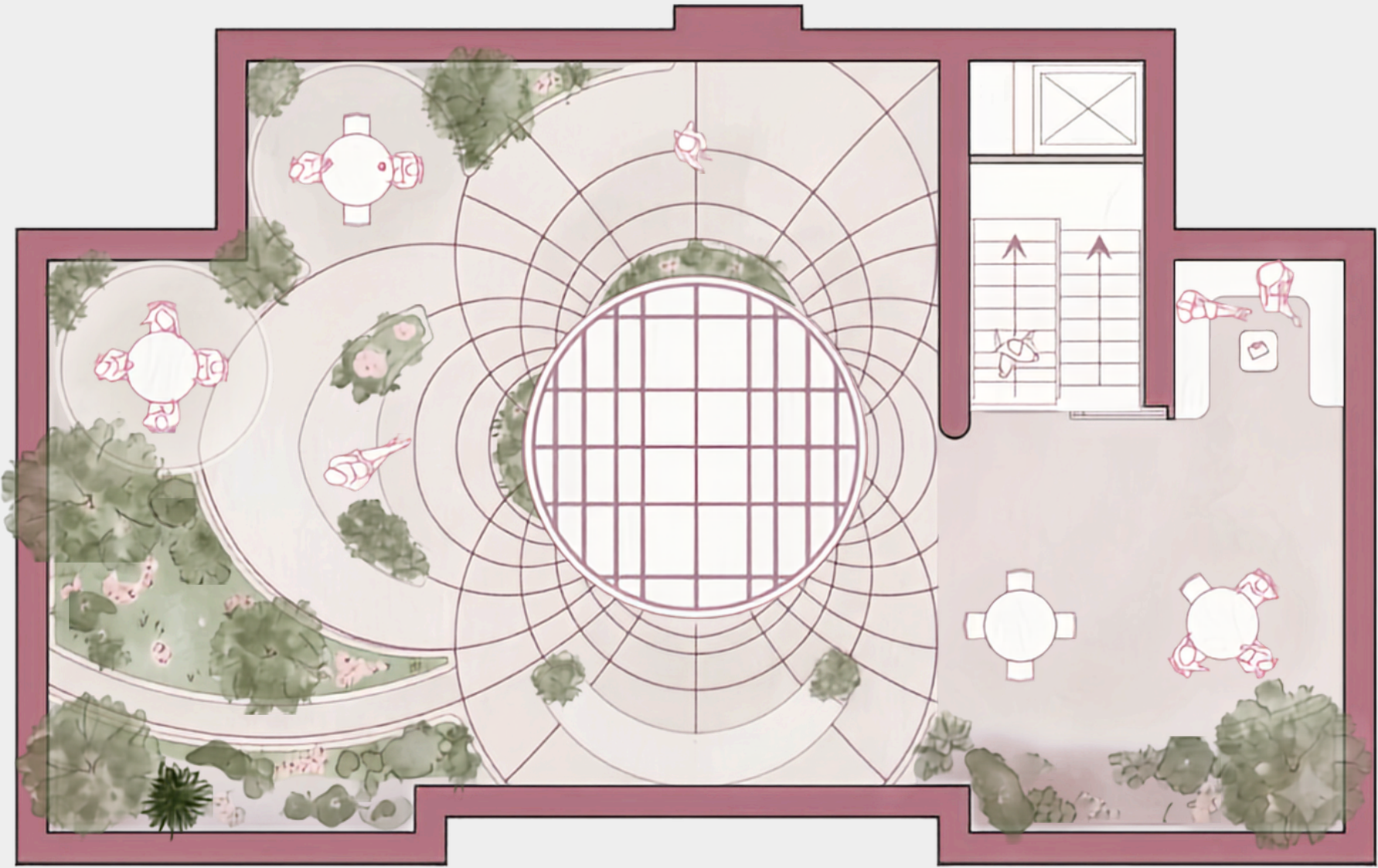
Swimming Pool Hydraulic System Diagram



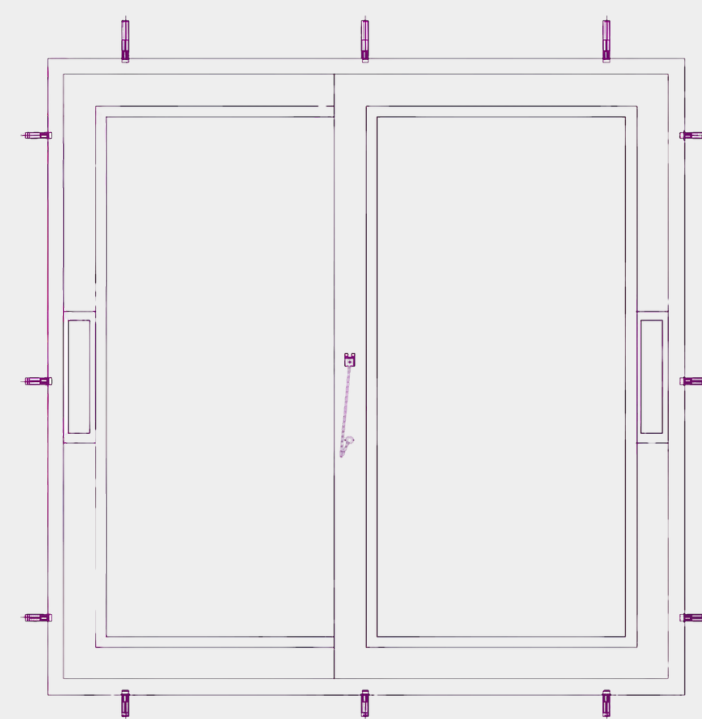
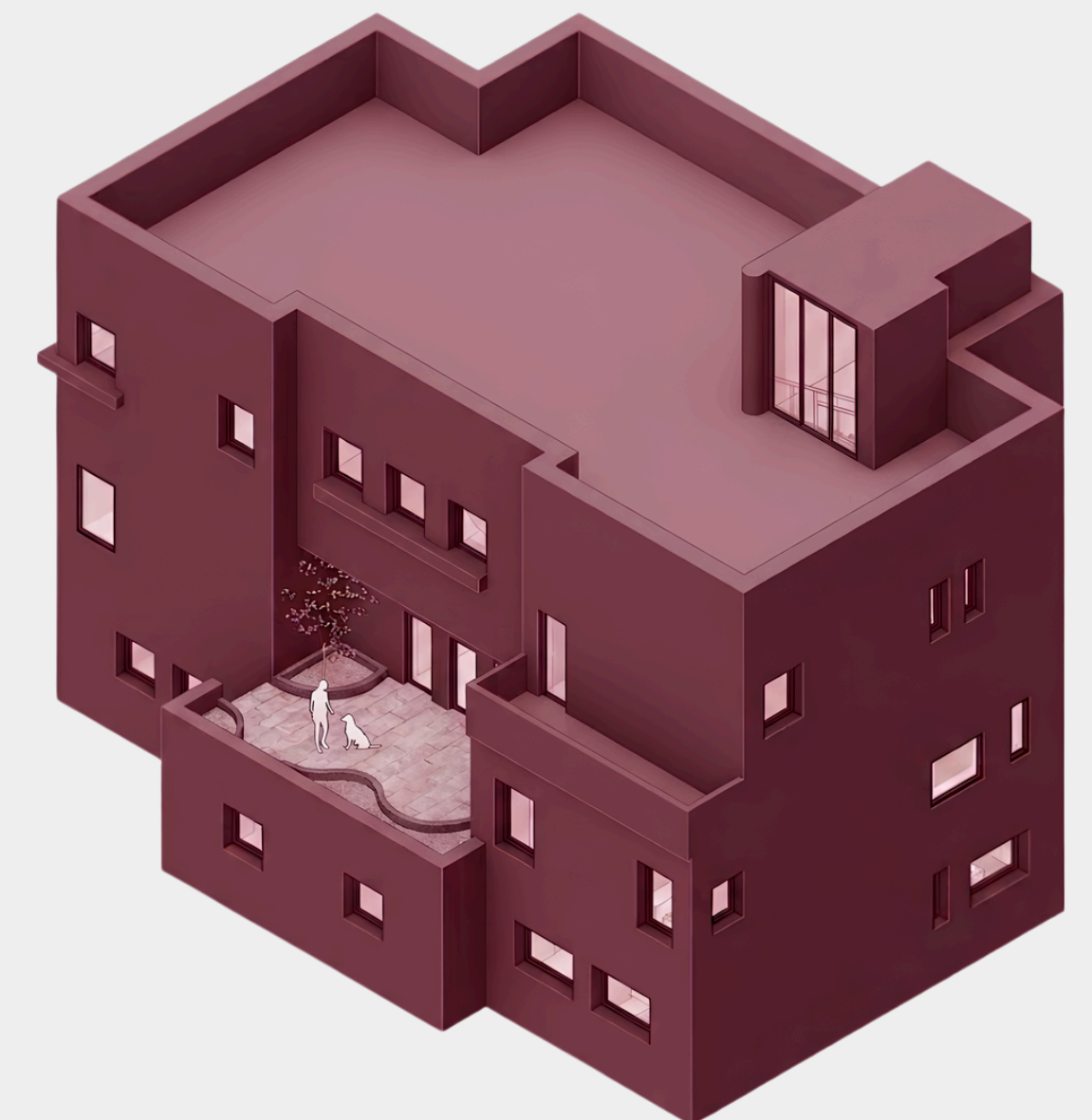
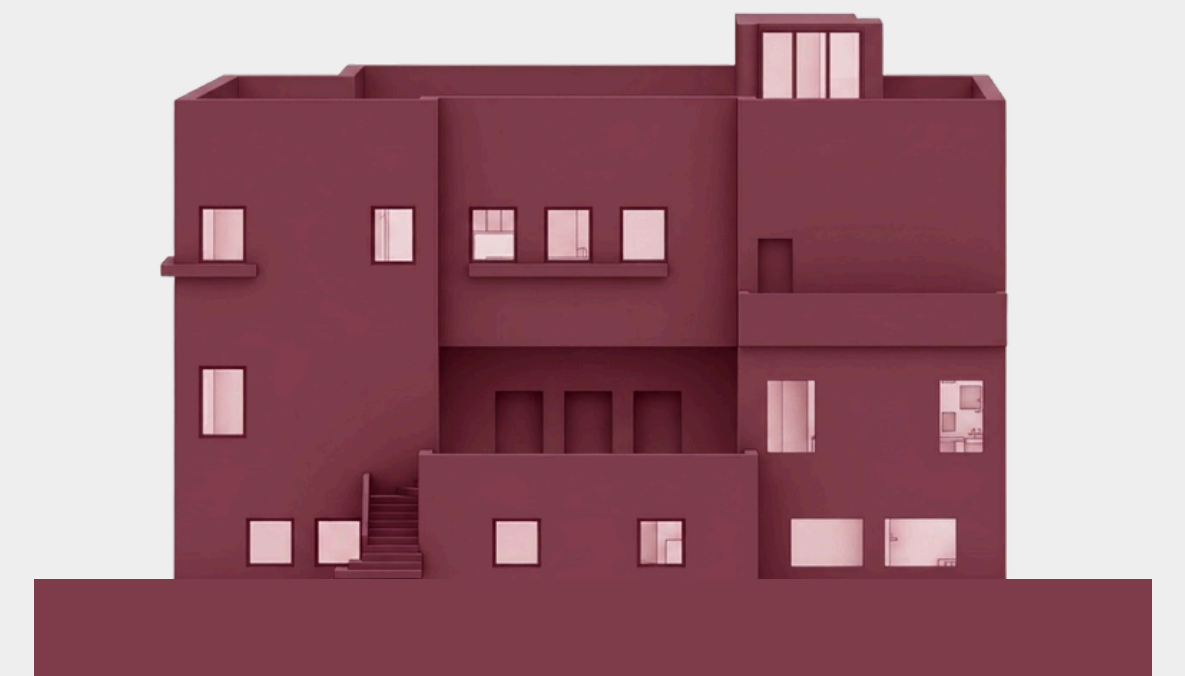
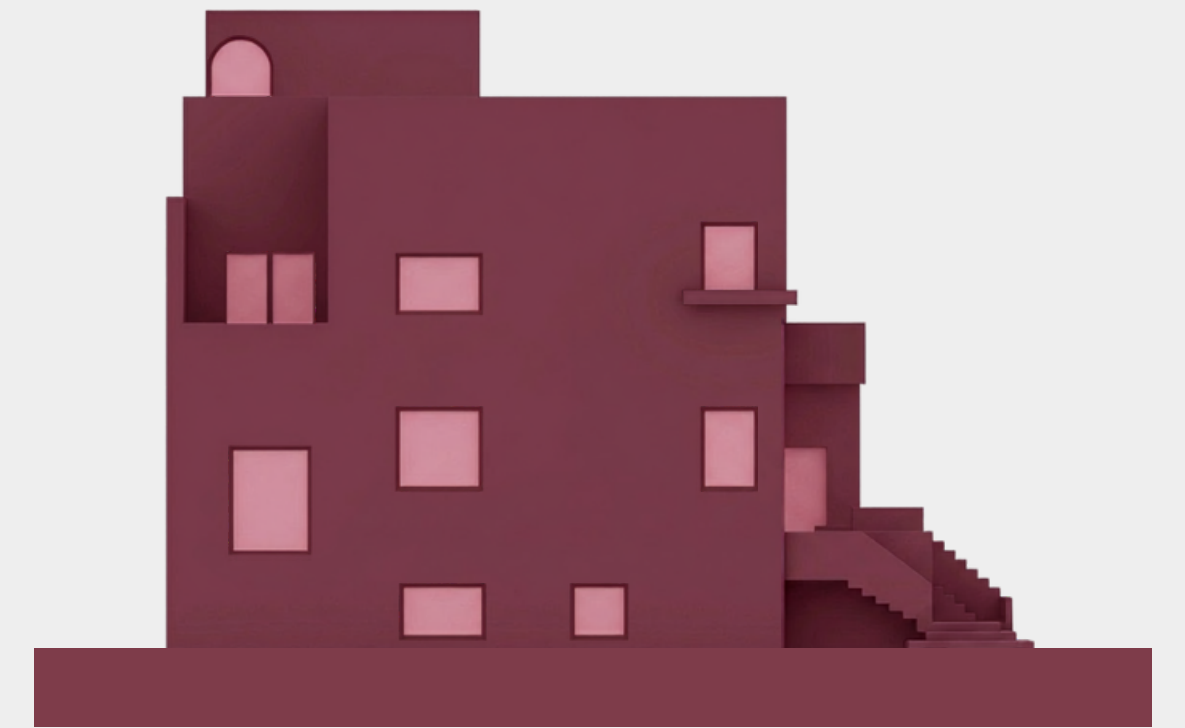
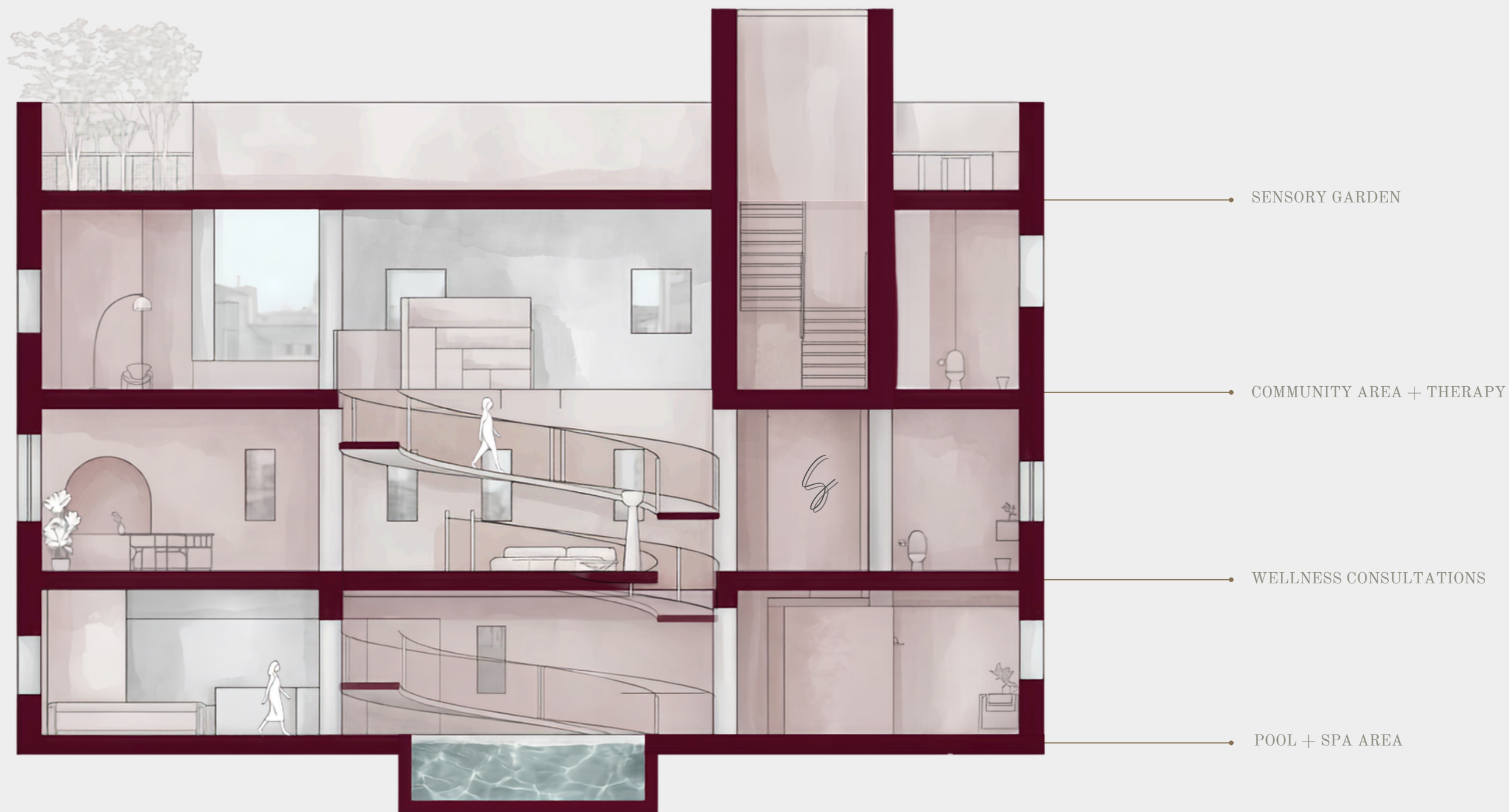
LANDSCAPE



The garden is conceived as a sensory garden, offering a variety of spaces that range from wider communal areas to smaller individual plots for personal reflection. Through fragrant and colorful flowers, as well as small ponds that introduce the soothing sound of water, the garden creates a multi-sensory experience.



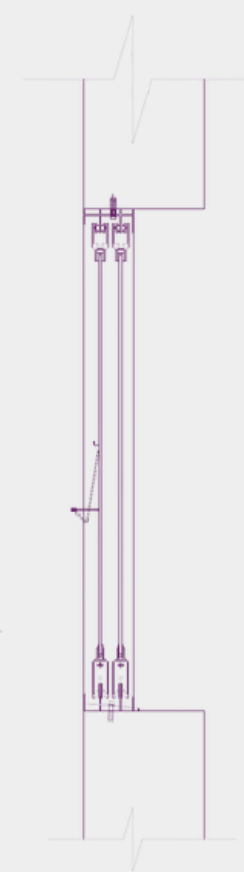
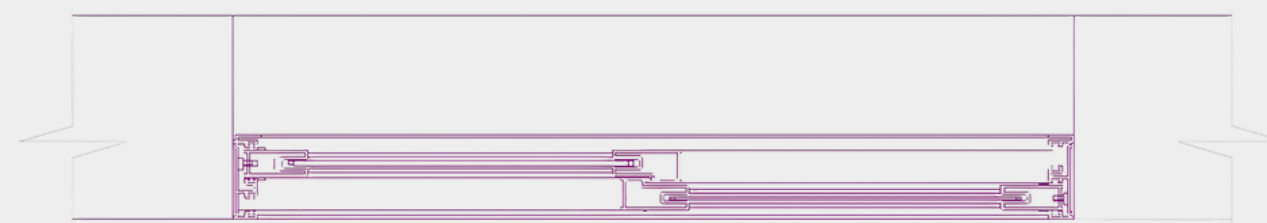
SECTION



The window enclosures are designed as sliding windows made of walnut wood.

The use of walnut provides durability, resistance and a refined appearance, while its characteristic grain and rich tones enhance the connection between the interior space and the natural environment.

The sliding system allows for an efficient use of space, providing flexibility in ventilation and natural light control.



LIGHTING

The lighting design strategy is based on the idea of creating an integrated relationship between light and architecture, where illumination becomes an inherent part of the spatial experience rather than an imposed or independent element.

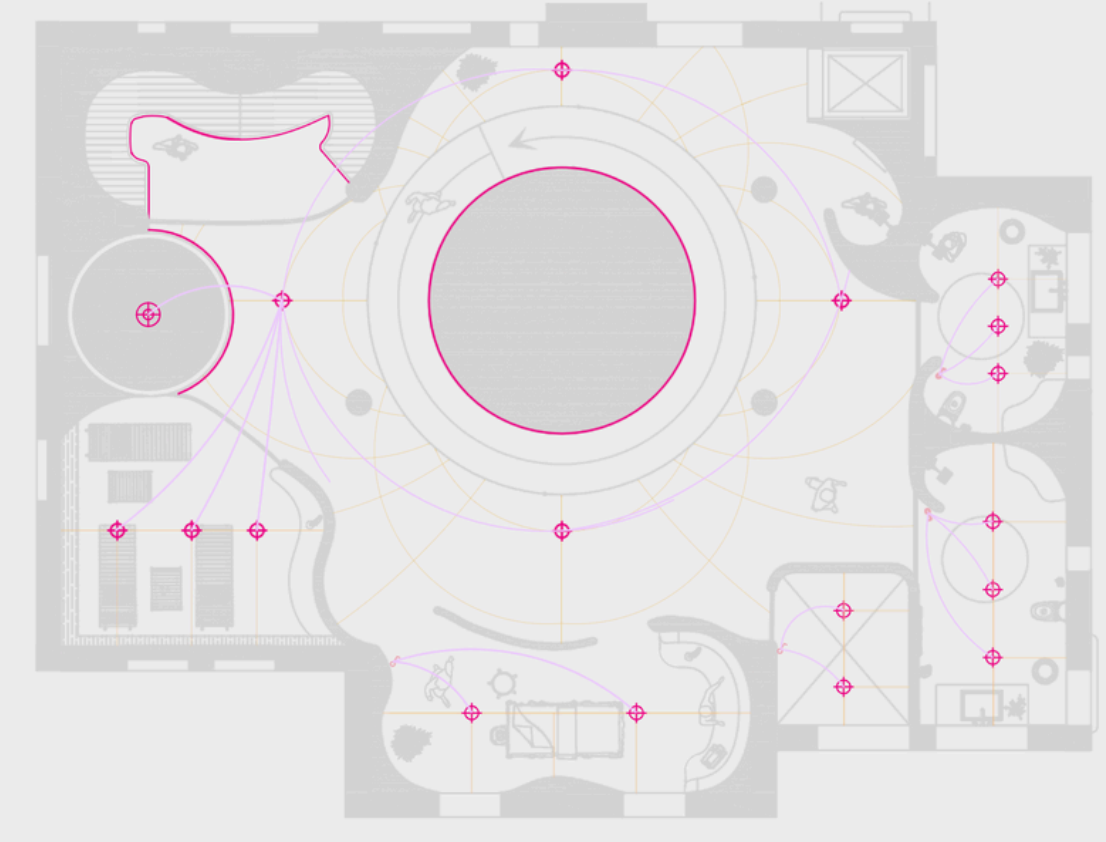
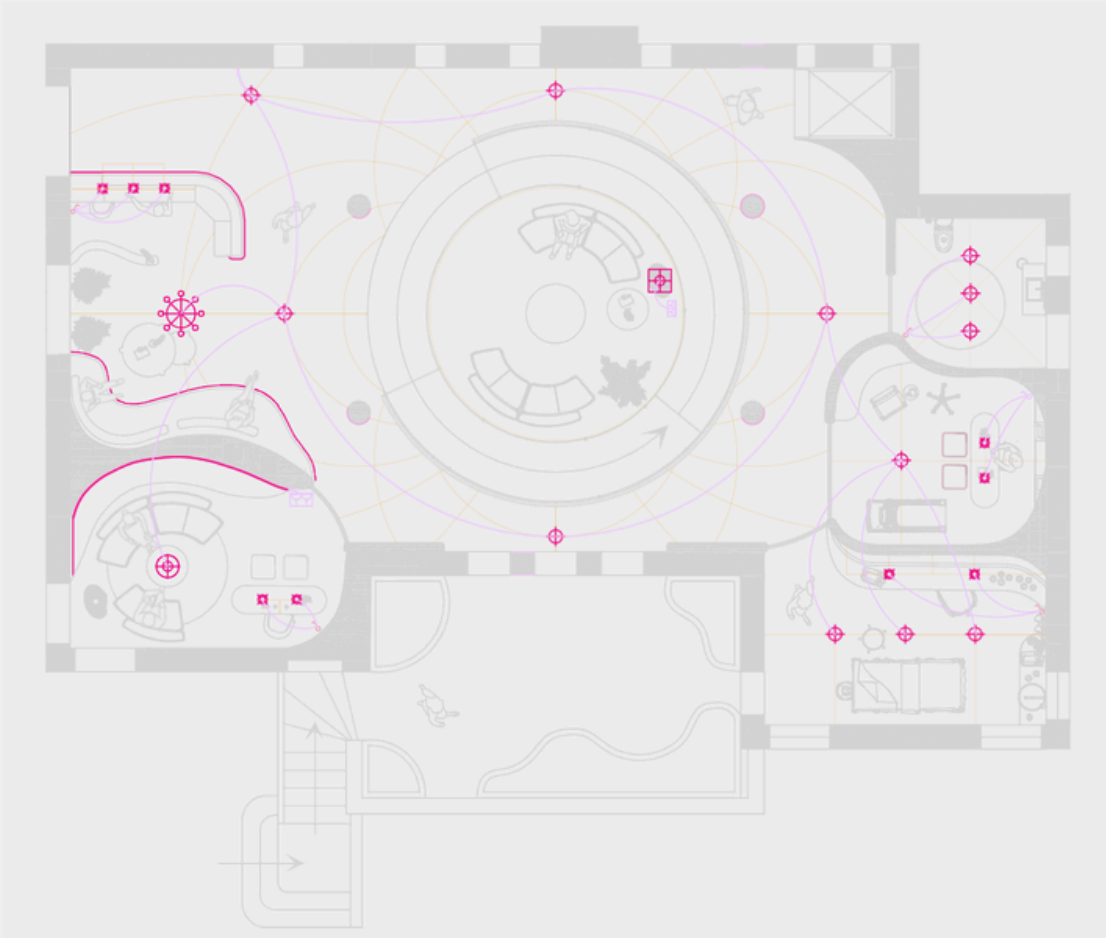
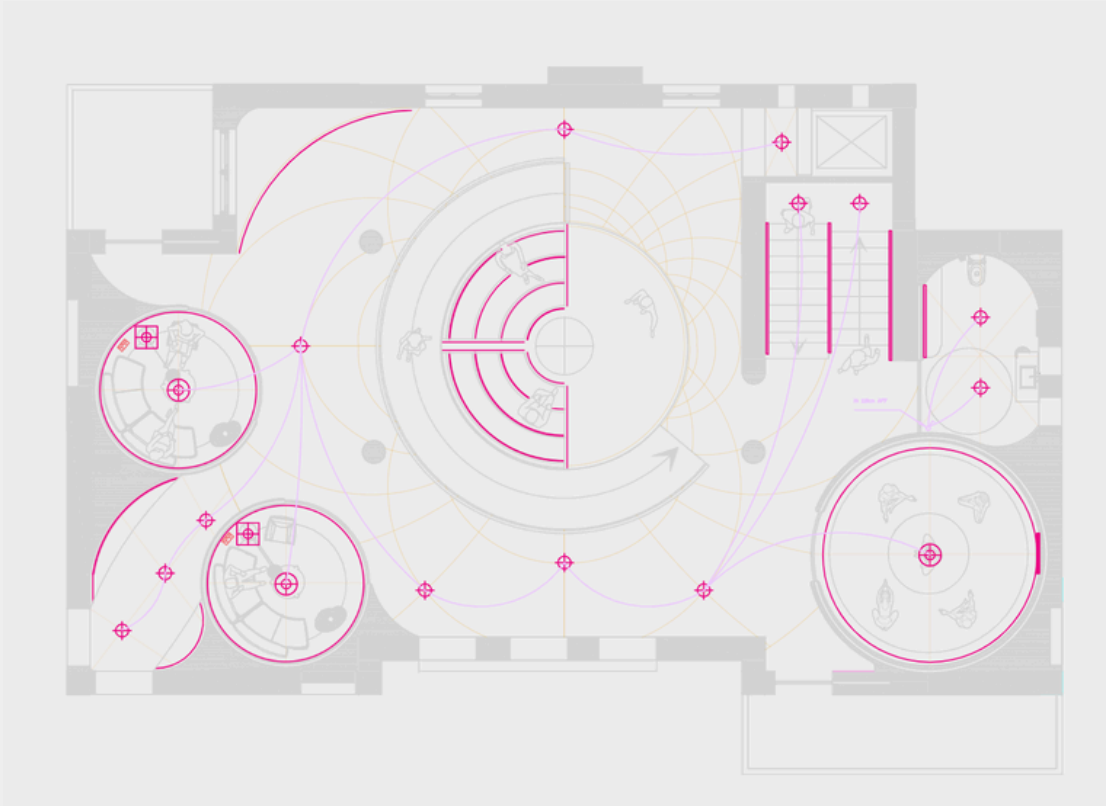
The objective is to allow light to naturally accompany the architectural language of the building, avoiding an artificial or forced perception of illumination.

To achieve this integration, the main strategy consists of incorporating linear LED lighting systems directly into the architectural elements. On each floor, LED strips embedded into the flooring represent the electromagnetic fields of the heart, transforming a functional lighting element into a symbolic and experiential component of the project.

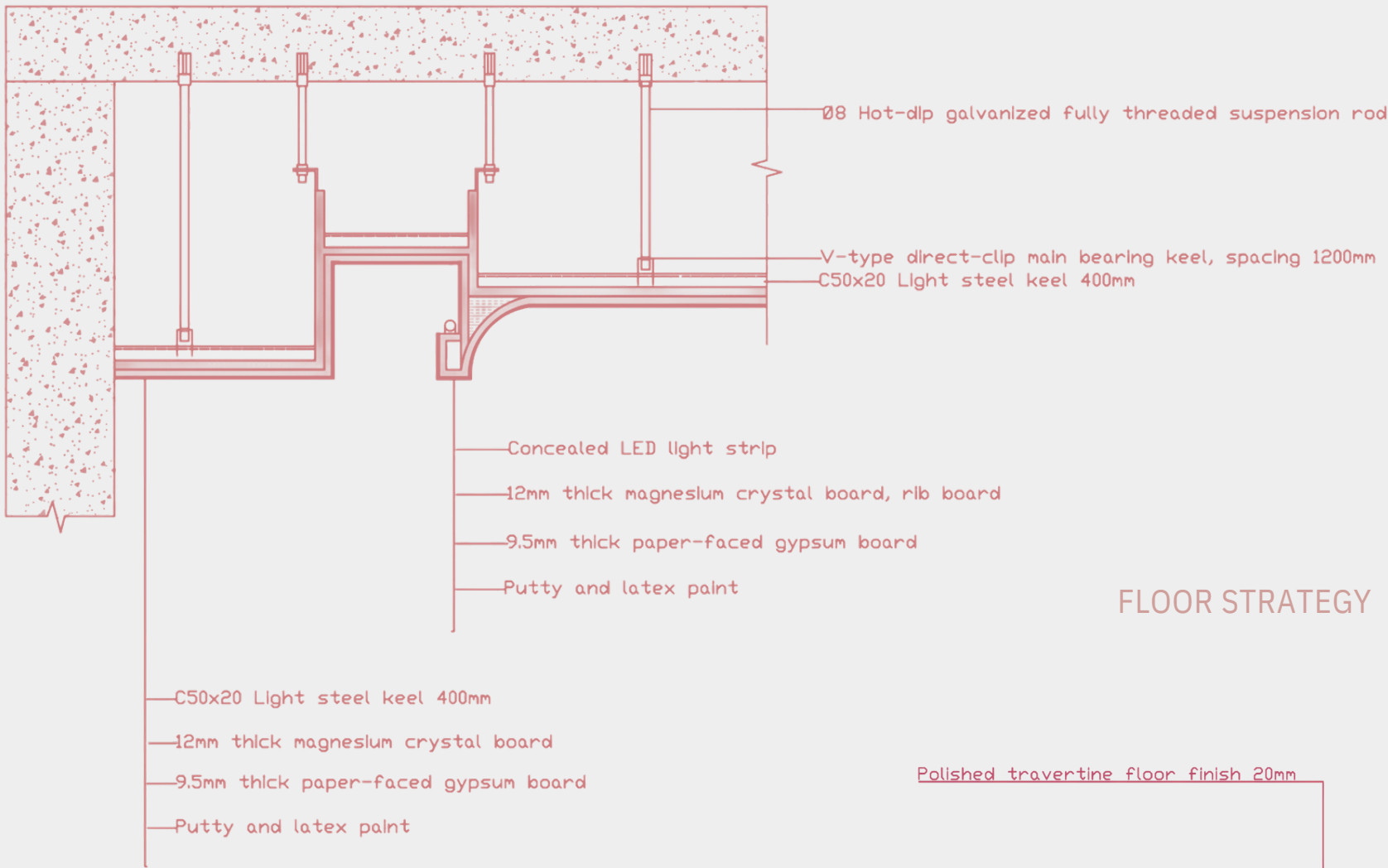
Complementing the floor lighting, ceiling-integrated LED systems are incorporated within circular suspended false ceilings. These elements reinforce the architectural geometry of the spaces while providing a diffuse and homogeneous illumination. The circular shapes allow the light to merge with the spatial composition, emphasizing the fluidity of the design and creating a subtle dialogue between artificial light and architectural form.

In addition to these integrated lighting strategies, specific areas of the building incorporate complementary lighting elements, including decorative lamps, direct lighting points, and task lights. These fixtures are strategically positioned according to the functional requirements of each space, providing focused illumination where needed while contributing to the overall atmosphere of the interior.

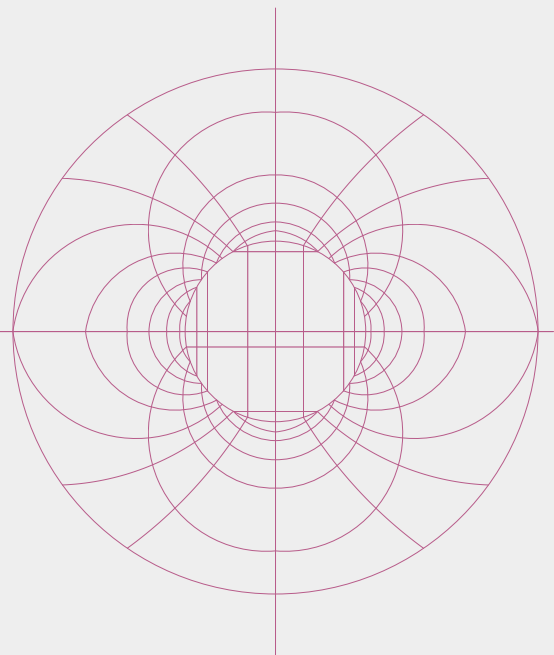
SYMBOL LEGEND	
SYMBOL	DESCRIPTION
	Recessed ceiling light
	Task light
	Oculus Light
	Standing Light
	Sculptural pendant light
	LED strips
	Recessed, in ground LED strips
	Built in LED strip lighting
	Double Floor Socket
	Single Gang Switch



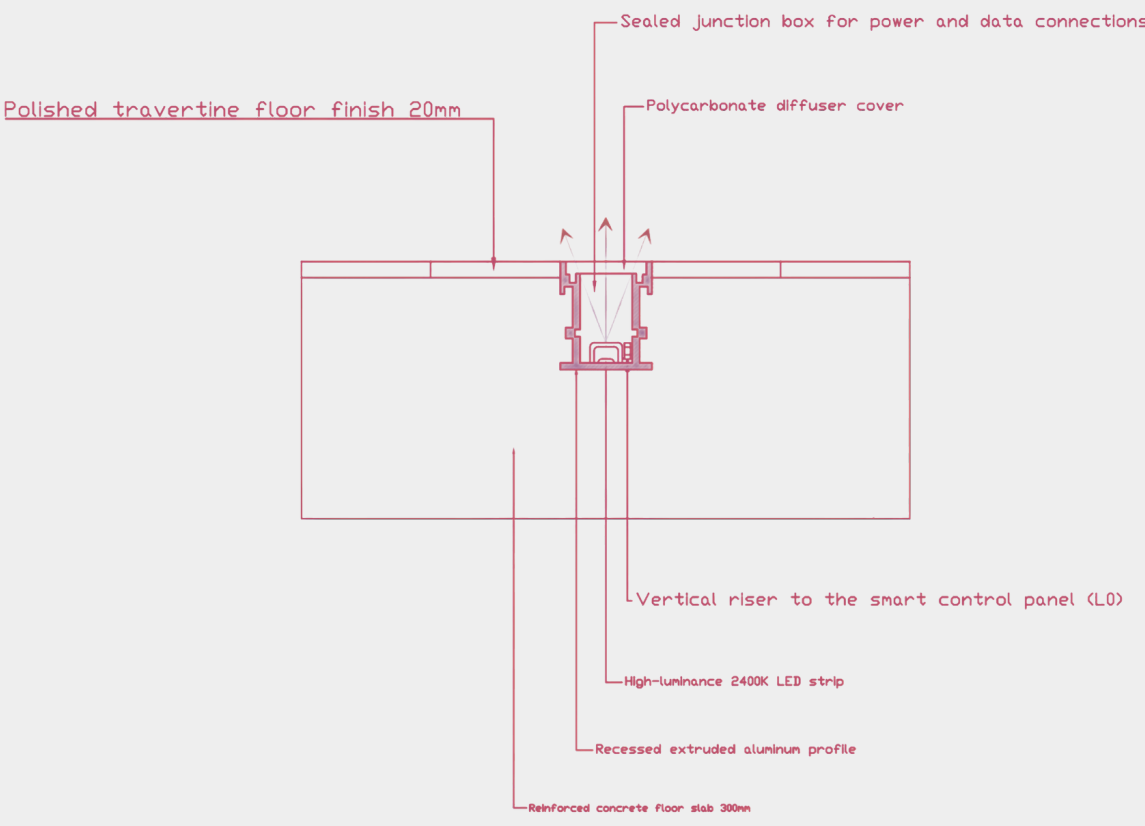
CEILING STRATEGY



ELECTROMAGNETIC FIELD OF THE HEART

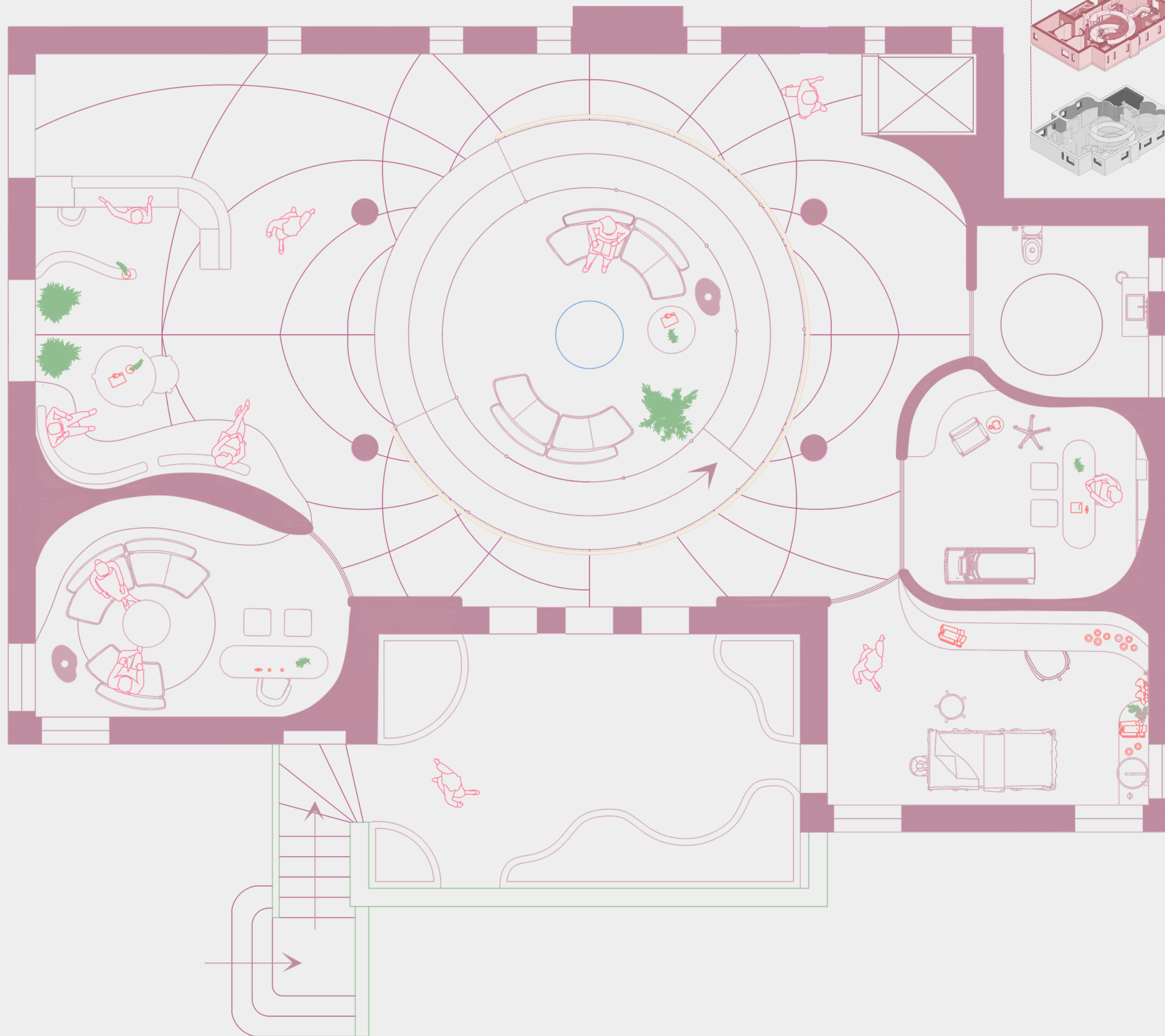


FLOOR STRATEGY



- CEILING STRATEGY
- FLOOR STRATEGY

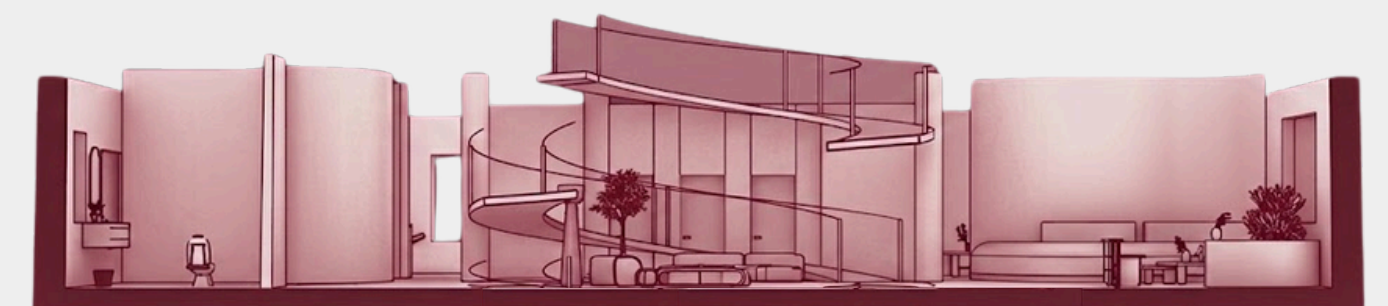
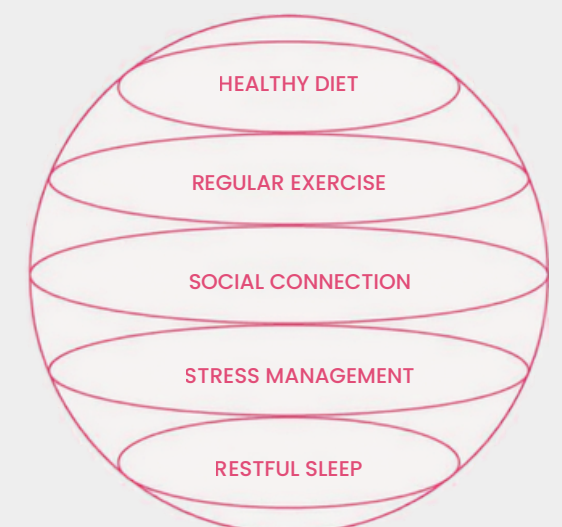
GROUND FLOOR



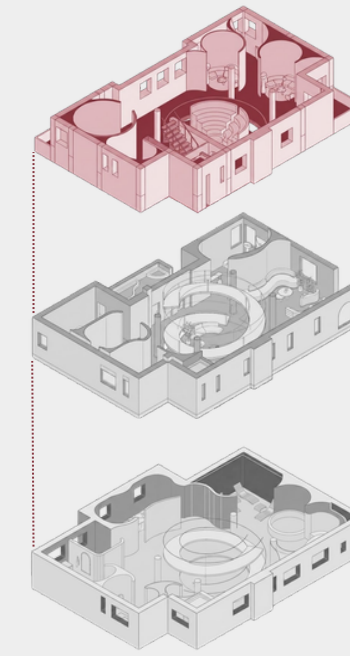
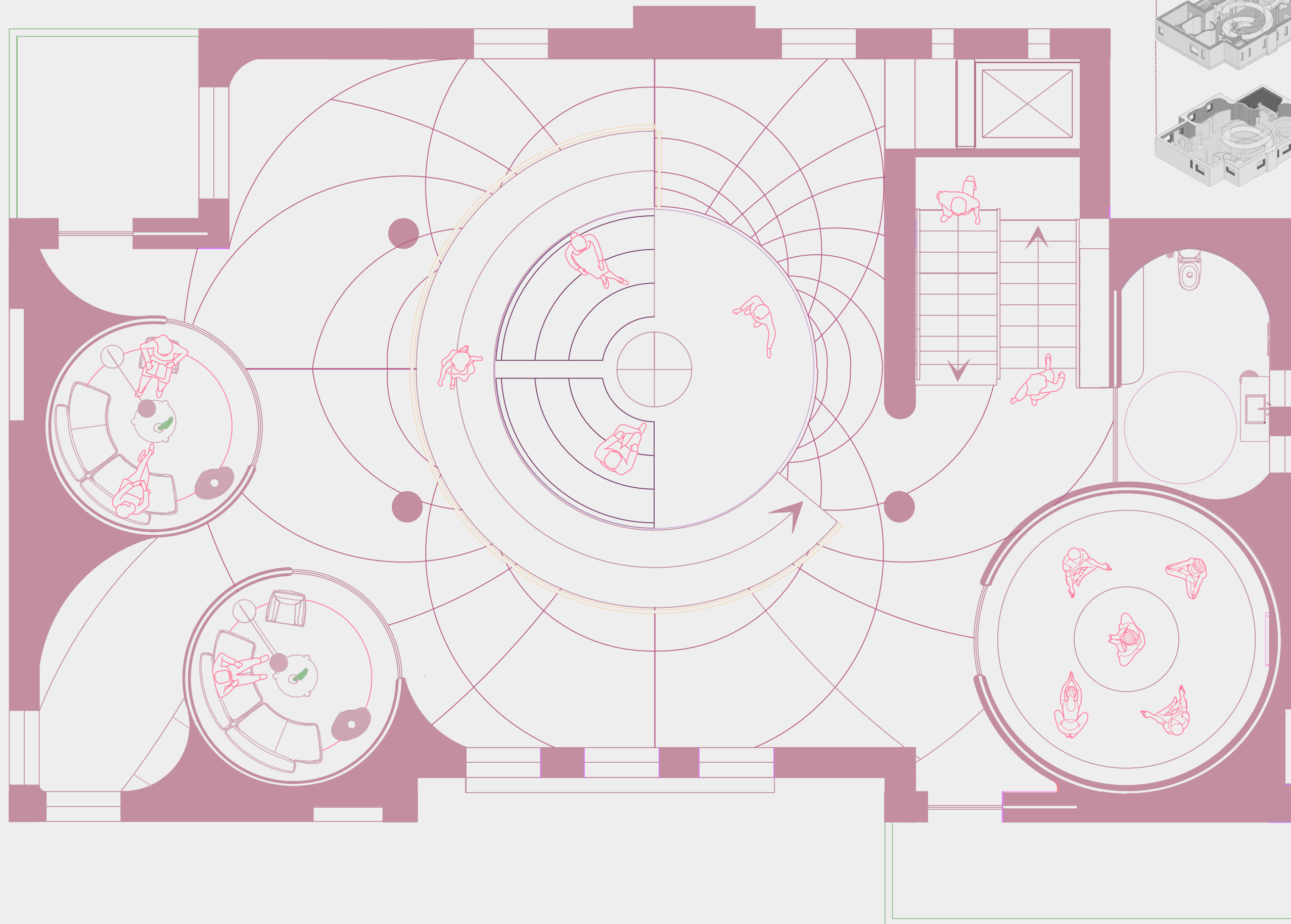
PROGRAM

- Reception and lounge
- “Wellness” consultation room
- Reading nook
- Nutrition consultation room
- Expert room
- Lift
- WC

5 Pillars of *Health*



FIRST FLOOR

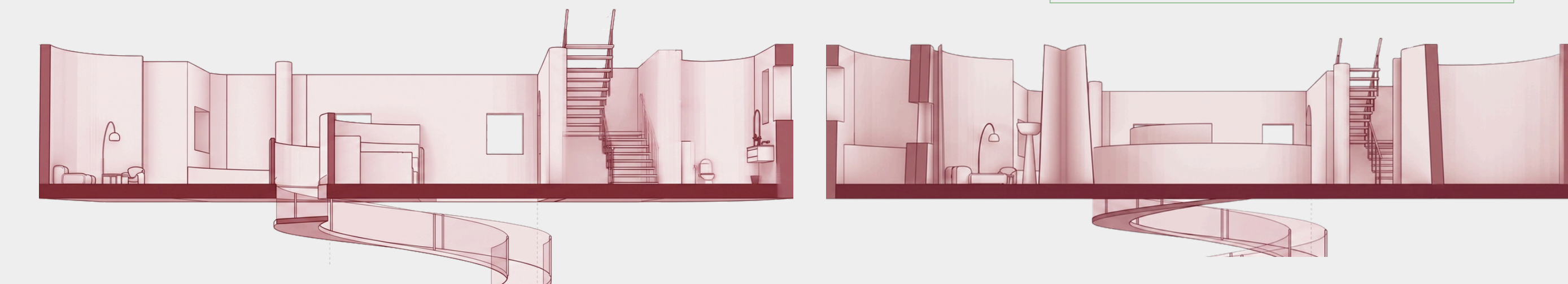
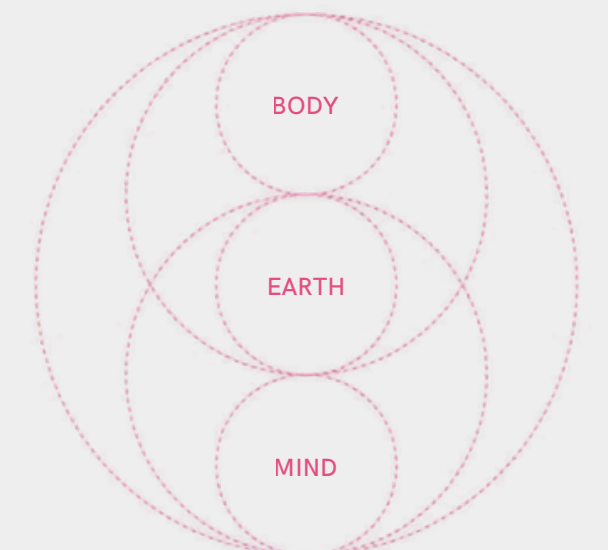


PROGRAM

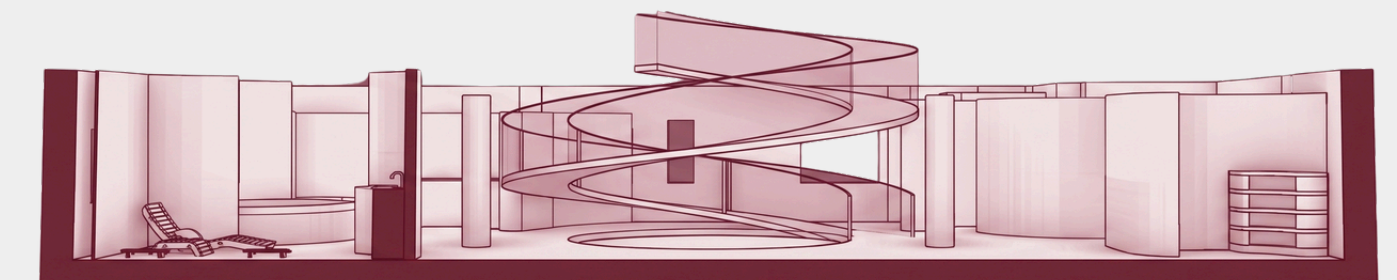
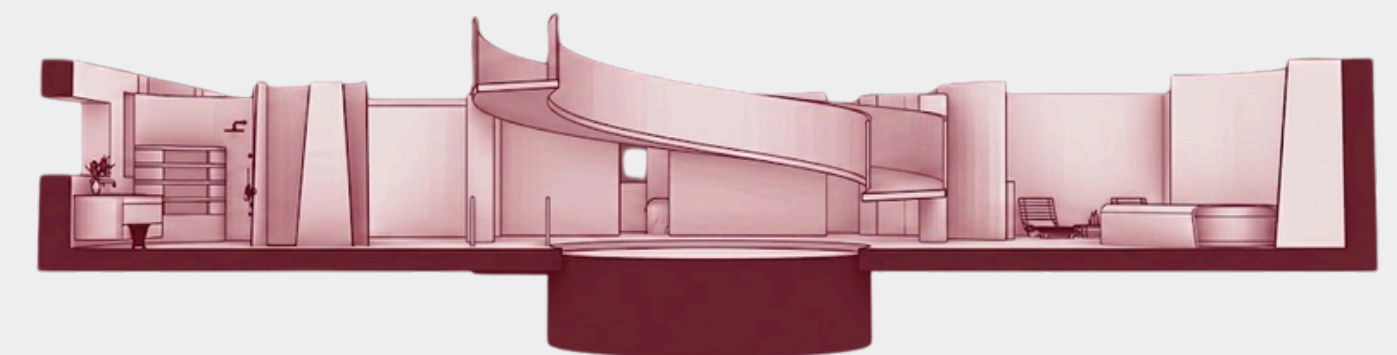
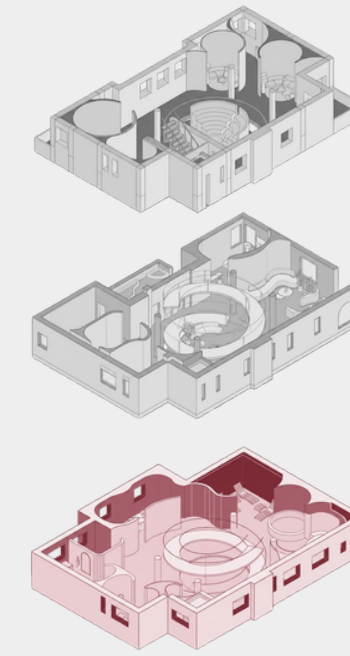
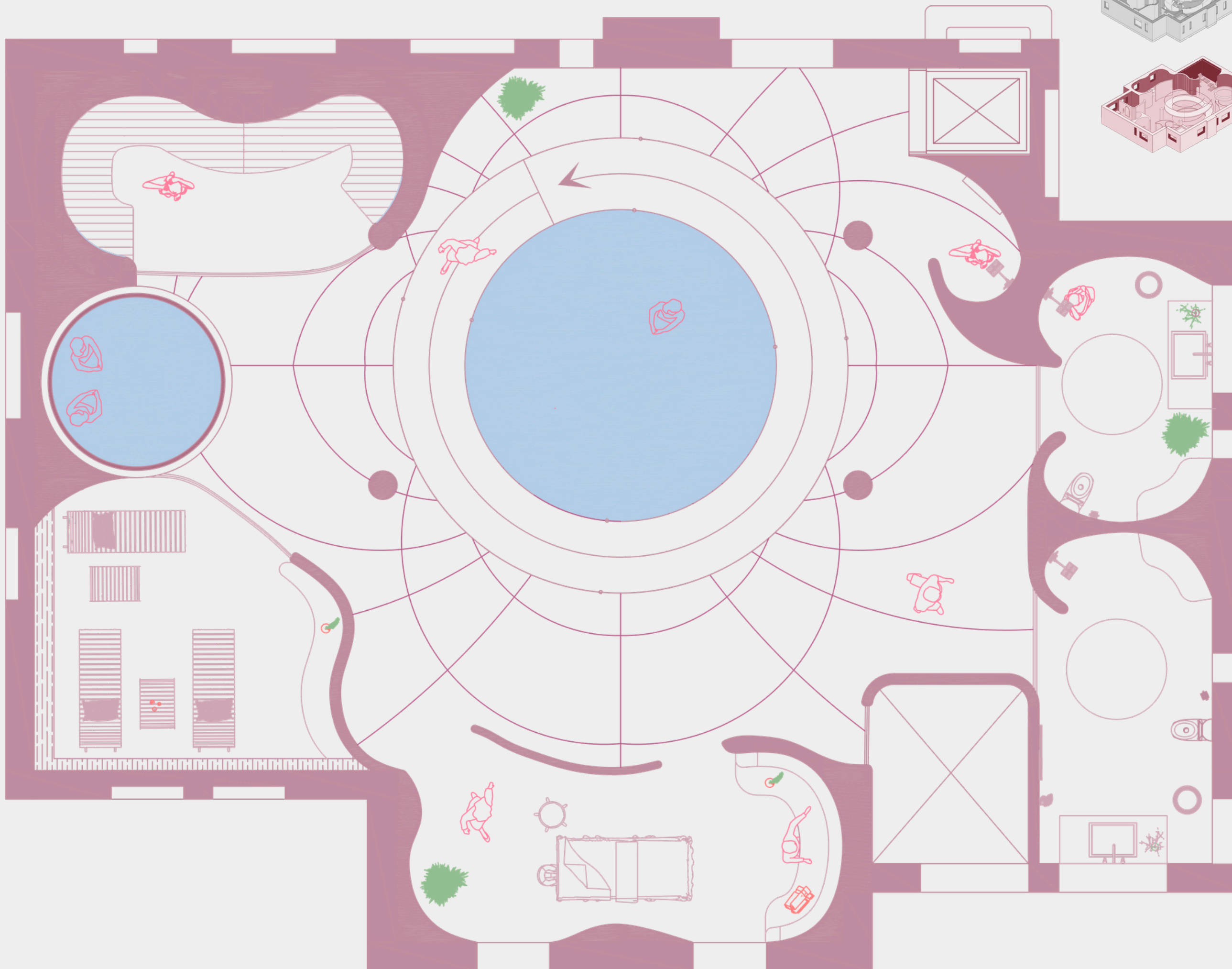
- Conversation pit
- Group therapy
- Individual therapy x2
- Hydration station
- WC
- Lift
- Rooftop access



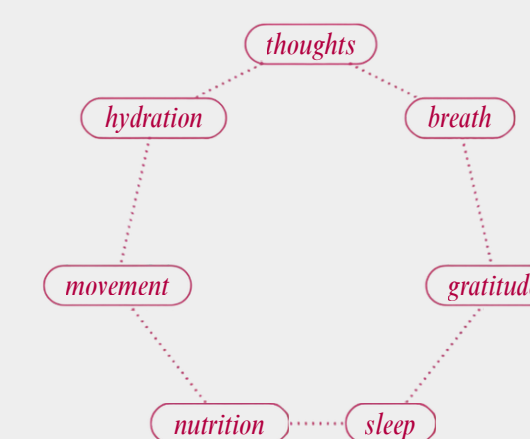
Your Three Homes



BASEMENT



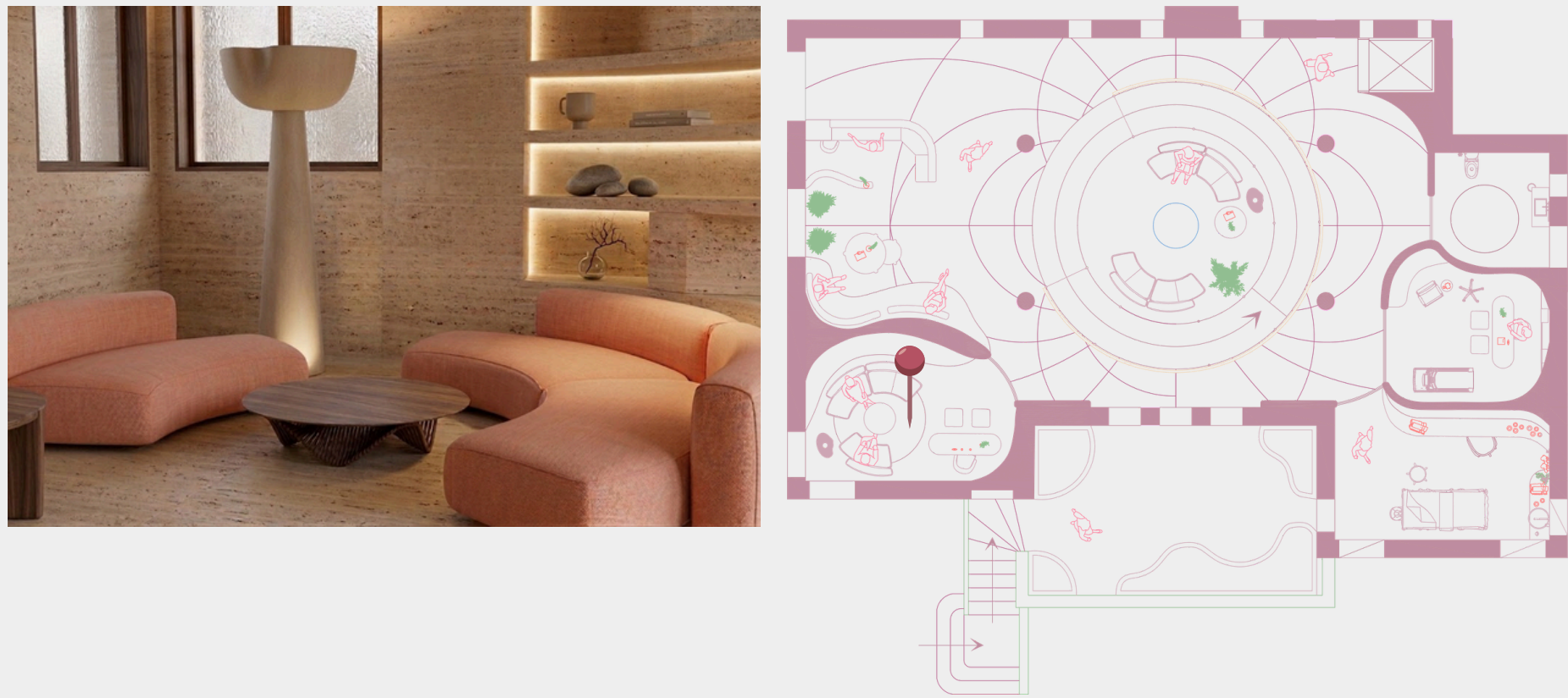
The 7 foundations of Health



PROGRAM

- Pool
- Changing room x2
- Open shower
- Installations room
- Massage room
- Relax room
- Cold plunge
- Sauna

WELLNESS GUIDANCE



The wellness consultation constitutes the starting point of the personal journey within SYNTRA, a space designed for active listening and for a deep understanding of each individual’s needs, priorities, and states.

Moving away from the traditional concept of a medical consultation as a clinical and distant environment, this atmosphere seeks to redefine the relationship between person and space, transforming it into a setting that feels close, warm, and human. An environment where dialogue arises naturally, fostering trust, connection, and personal expression.

Within this context, the Wellness Map is developed, an individual cartography that gathers and synthesizes the physical, emotional, and vital dimensions of the user. This tool establishes an initial holistic reading of the person, creating a conscious and personalized foundation to support their wellness journey.

INDIVIDUAL THERAPY



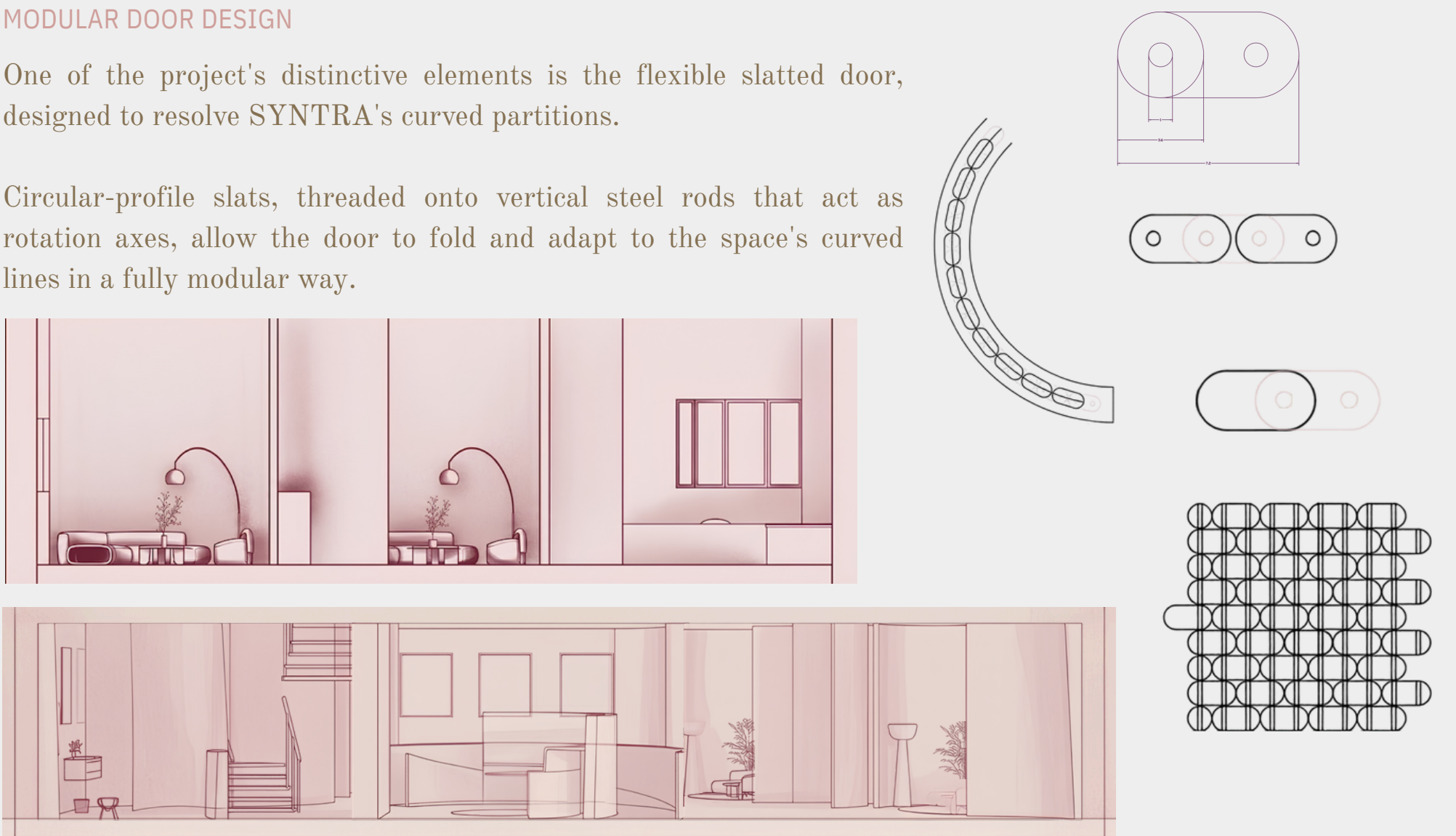
The Individual Therapy Room is conceived as a contemporary reinterpretation of the therapeutic space, moving away from the traditional image of a cold, rigid, and clinical environment, and instead embracing an intimate, warm, and protective atmosphere.

The design seeks to reduce the sense of exposure and discomfort often associated with this type of encounter, fostering instead an environment that encourages trust and emotional openness.

MODULAR DOOR DESIGN

One of the project's distinctive elements is the flexible slatted door, designed to resolve SYNTRA's curved partitions.

Circular-profile slats, threaded onto vertical steel rods that act as rotation axes, allow the door to fold and adapt to the space's curved lines in a fully modular way.

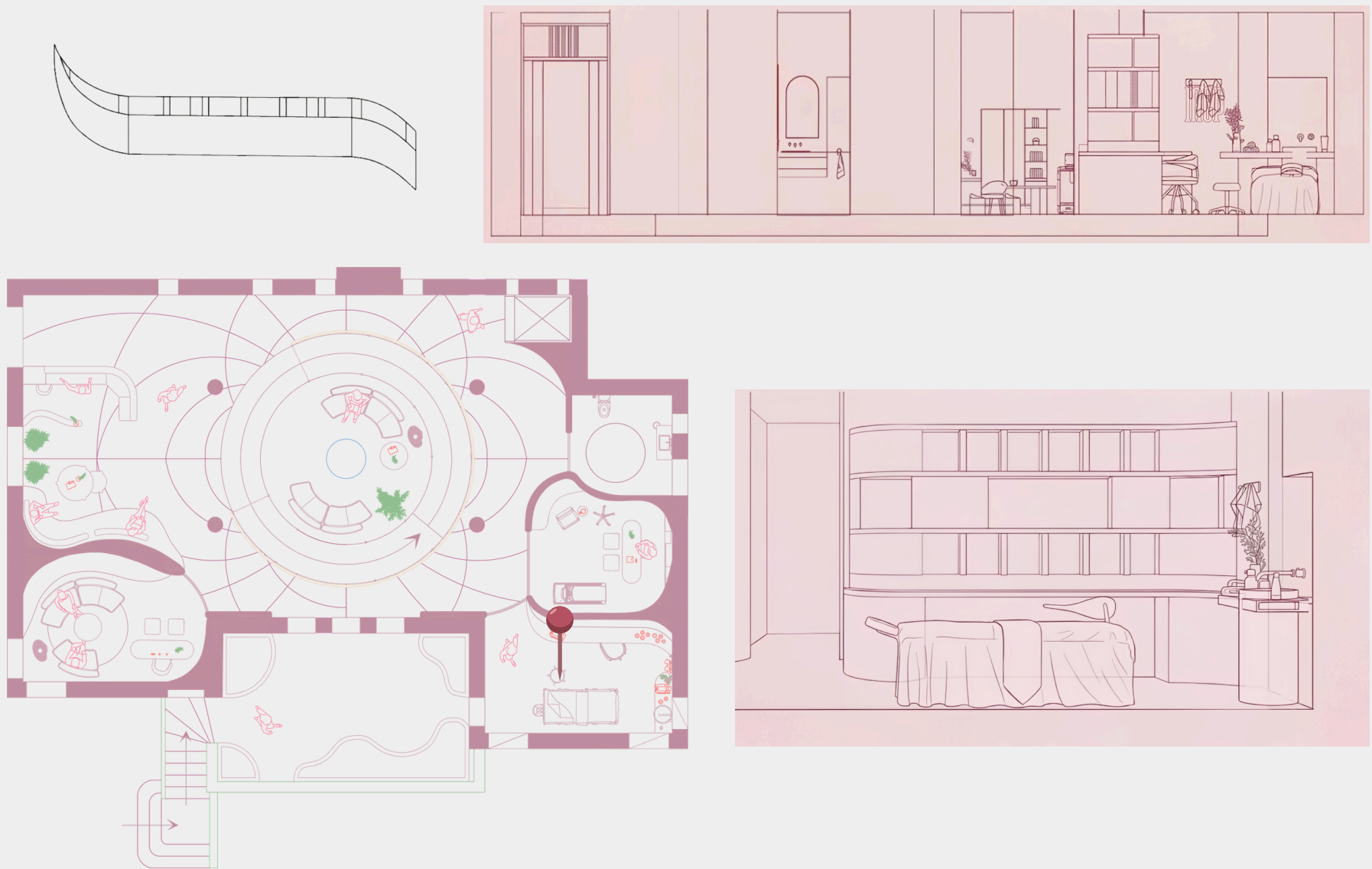


SALA EXPERTO



The Expert Room, located on the ground floor, is conceived as a flexible and constantly evolving space designed to host different disciplines related to well-being, personal care, and the holistic enhancement of the individual.

Its adaptive nature allows it to be occupied each month by a different professional, ranging from non-invasive aesthetic medicine and cosmetic treatments to acupuncture or neurofeedback.



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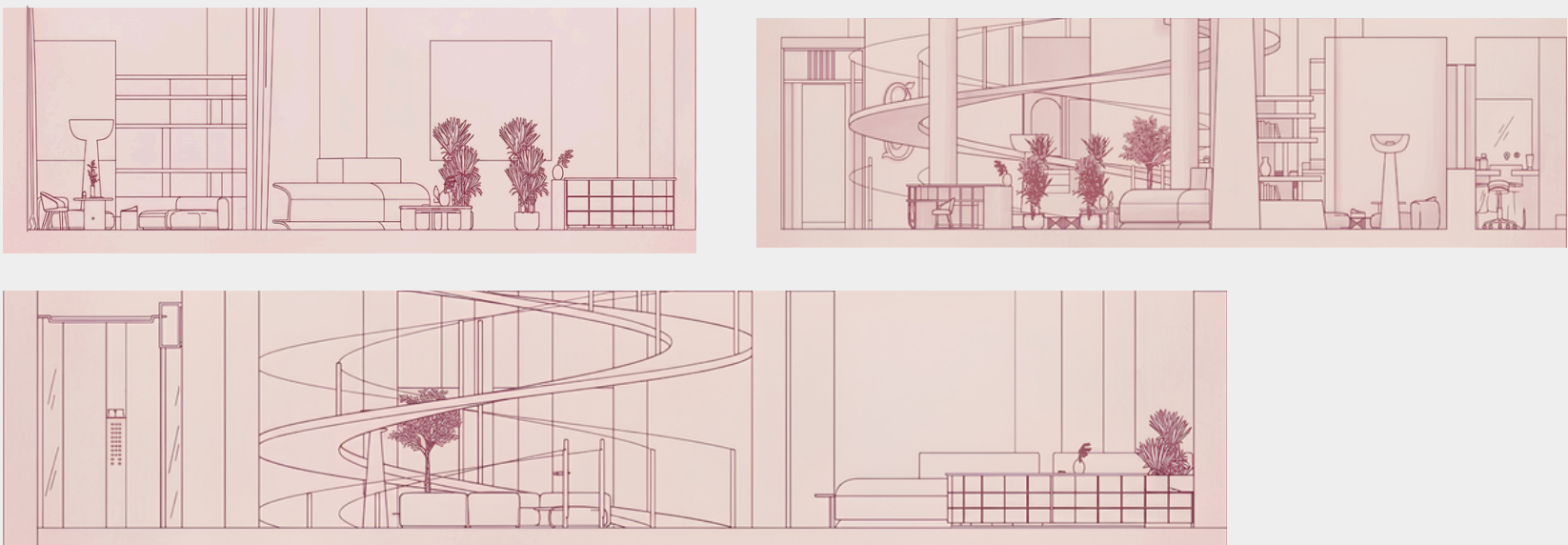
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LOUNGE - RECEPTION



The reception is designed as a warm and welcoming introduction to the project. Soft curved forms, natural stone finishes, and subtle indirect lighting. The space offers visitors a relaxing first impression, reflecting the project's focus on well-being, harmony, and timeless design.



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