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# SenSpa

HISTORIC PRESERVATION MEETS WELLNESS



SAN FRANCISCO-BASED SENSPA IS A DAY SPA THAT BASES EVERY SKIN AND BODY TREATMENT ON THE POWER OF THREE PATHS: RELEASE, RESTORE AND REVITALIZE.

The owner's renovation of a historic landmark for the spa's home followed similar guidelines. Located within the Presidio, which is designated a National Historic Landmark District and National Park, the spa's interior has been adapted into a fully weathertight and healthy structure that is Asian inspired.

Established in 1898 as U.S. Army General Hospital, the Presidio enjoyed a history of treating the nation's military personnel until it closed in 1992. The 1-story wood-frame former warehouse that houses SenSpa was built in 1919 for medical supplies. Viewed from the exterior, the 12,747-square-foot (1,184-m<sup>2</sup>) structure

has not been changed, but the interior required remediation in several areas; the structure had become a home for vermin, birds and fleas. Some structural members had deteriorated, and daylight was visible through decayed and missing siding.

Oxidized wood used as the original interior finish on perimeter walls, columns, trusses and the underside of the roof remains exposed and became the basis for the Asian-inspired design concept. Perimeter walls were insulated and clad with plywood for shear, and a few structural elements and floor areas were replaced with in-kind materials. Visibility of the roof system from the interior was maintained by applying rigid insulation to the exterior of the wood-plank substrate. Existing skylights were retained to provide natural daylighting.

Today, SenSpa is the largest day spa serving San Francisco. Complementing the 14 treatment rooms, the space boasts a centrally located fireplace. Original wood floors were patched and minimally refinished revealing a pale amber color. Floors in the treatment rooms are cork, which provides some acoustic mitigation as visitors enjoy treatments attuned to the benefits of Eastern methodology. ♣



## SENSPA

1161 Gorgas Ave.  
San Francisco, CA 94129  
(415) 441-1777  
[www.senspa.com](http://www.senspa.com)

## MATERIALS AND SOURCES

- **CORK SHEET FLOORING / EXPANKO**, Coatesville, Pa., [www.expanko.com](http://www.expanko.com)
- **LINOLEUM SHEET GOODS / Azrock** by **TARKETT**, Houston, [www.tarkett-commercial.com](http://www.tarkett-commercial.com)
- **CARPET TILE / LEES**, Calhoun, Ga., [www.leescarpets.com](http://www.leescarpets.com)
- **RECYCLED GLASS/CONCRETE COUNTERTOPS / ICESTONE**, New York, [www.icestone.biz](http://www.icestone.biz)
- **RESIN/REED PANELS / 3FORM**, Salt Lake City, [www.3-form.com](http://www.3-form.com)

PHOTOS BY DAVID WAKELY

