



CASE STUDY

BODY UNITY

HEMEL HEMPSTEAD | WELLNESS | 3,250 SQ FT | £107K



ADDRESS :

Units 17 & 18, Home Farm, Luton Hoo Estate,
Luton, Bedfordshire, LU1 3TD

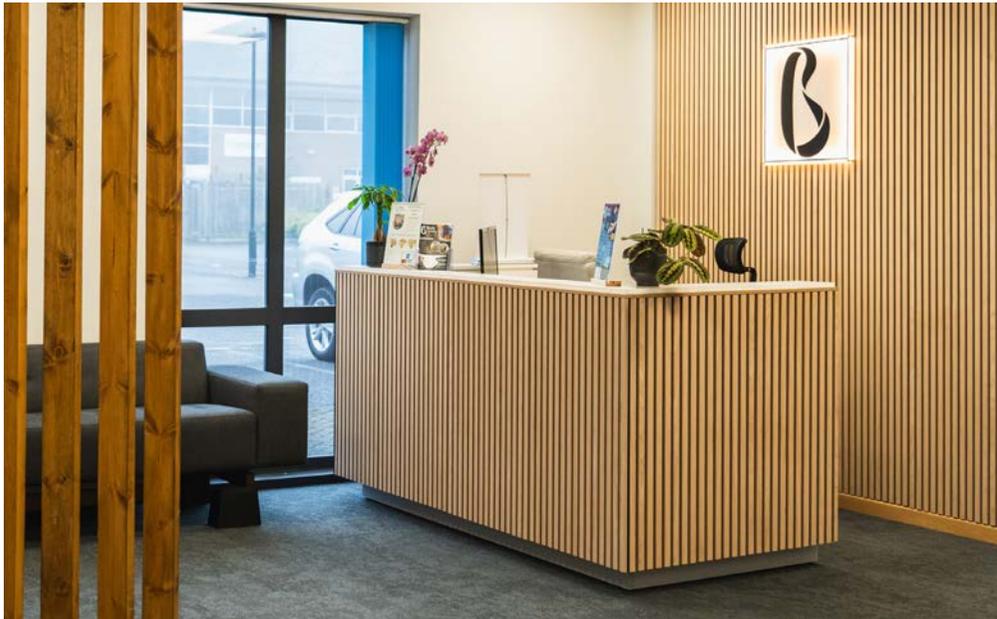
INFORMATION :

Providing innovative and practical fit-out and furnishing solutions for commercial office, warehouse, and industrial workspaces.

01 THE CLIENT

Body Unity is Hemel Hempstead's growing health and wellness centre, offering a variety of mindfulness treatments designed to heal, strengthen, and rejuvenate the body.

As the business expanded its service offerings, it sought the opportunity to rethink how its team and clients experience the facility. In collaboration with the Body Unity team, we designed a high-quality space that allows them to confidently provide all their services under one roof, ensuring exceptional care for their patients and members.



CLINICAL ROOMS

The clinical rooms needed to be easily accessible and spacious enough for clients and employees to move around comfortably.

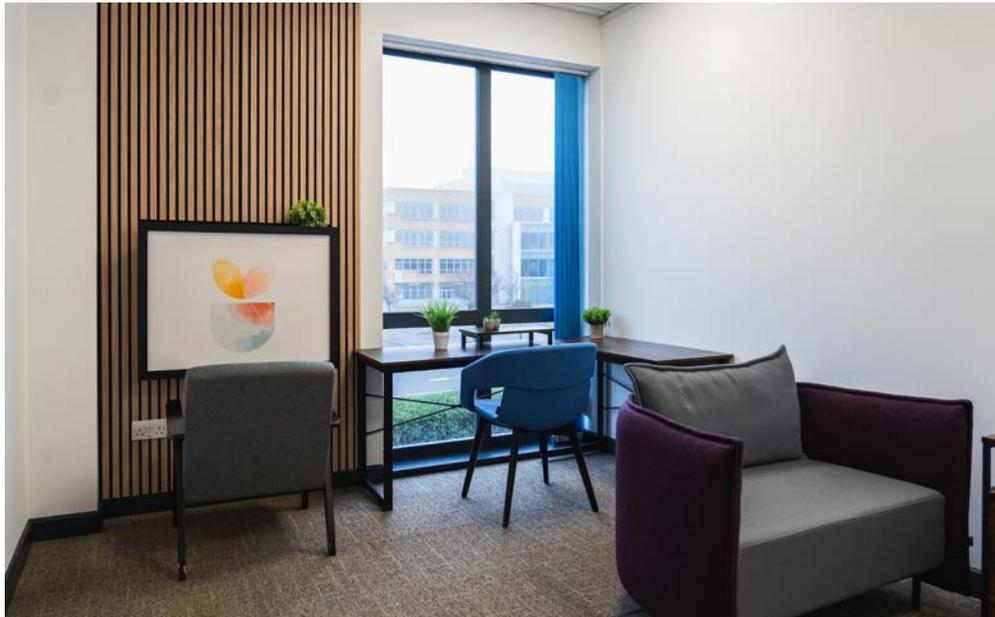


We aimed to maintain a cohesive, premium medical aesthetic throughout all areas, featuring white walls complemented by natural wood acoustic wall panels, which added a warm accent to each space.

02 THE DESIGN

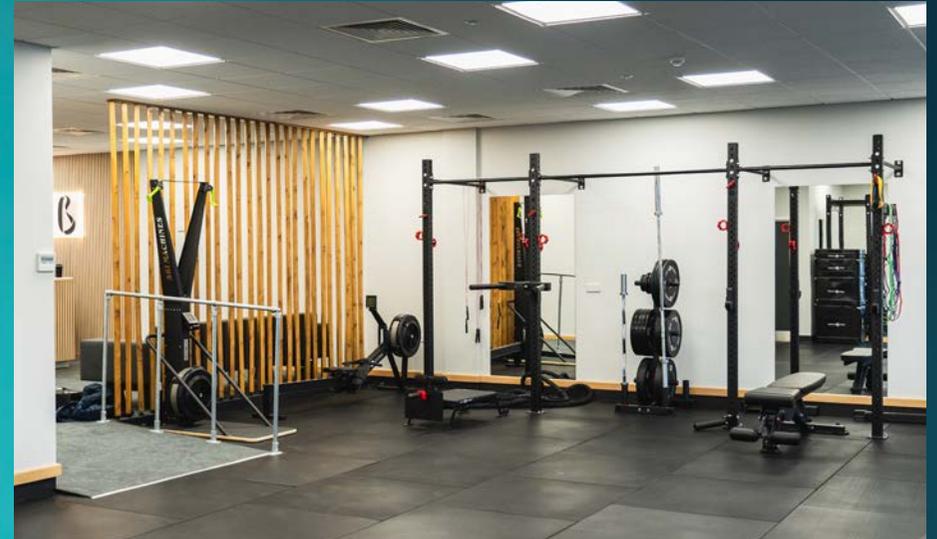
Through a 'stealth mode' service, our team has provided the most advanced facility to support Body Unity's business model.

Throughout the facility, we have maintained a light colour scheme, incorporating white walls and natural wood accents, such as doors, reception desks, and acoustic panels, to create a premium and personal feel that is neither cold nor corporate. This design choice was made to ensure patients and staff immediately feel comfortable and at ease in a clinical setting.



THE GYM

The gym is a fundamental part of Body Unity's DNA, featuring top-of-the-line equipment.



We designed and installed the floor space to make fitness accessible to everyone. The space provides functional training equipment for rehabilitation and an Olympic-grade weightlifting area for those looking to push their limits.

03 THE OUTCOME

Every part of the building is DDA compliant, meaning their customers can be confident that when visiting, they will be able to access and navigate every space they need without hassle.

The result is a multi-purpose building that enhances the customer journey while enabling every customer to be inspired and revitalised, empowering them to take charge of their journey toward better overall health.

