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Architectural solutions for contemporary aesthetic medicine clinics – a case study

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Abstract: **The dynamic development of aesthetic medicine in recent years has led to an increase in demand for modern medical facilities that combine high sanitary and hygiene standards with aesthetics and comfort of use. Aesthetic medicine clinics are a specific type of facility that combines outpatient and surgical functions, while requiring spaces that are patient-friendly and functional for staff use. The aim of the study was to identify the key principles of designing aesthetic medicine clinics and to develop a model concept for a clinic in the Lublin region. A systematic review of scientific literature and a case study were used. Issues related to healing architecture, biophilic design, ergonomics, healthcare facility design and infection control were analysed. The results of the research indicate that the integration of the principles of healing architecture and biophilic design, ensuring patient privacy, staff ergonomics, strict adherence to infection control standards, as well as the aesthetics and branding aspects of the facility, are of key importance. The developed model design confirms that it is possible to combine aesthetics, functionality and sanitary safety. The architecture of aesthetic medicine clinics should be treated as an integral part of the therapeutic process, supporting the patient-doctor relationship and positive user experiences.**

Keywords: **aesthetic medicine clinics, healthcare architecture, healing architecture, biophilic design**

1. Introduction

The popularity of aesthetic medicine is constantly growing, and its use varies depending on the generation [1]. In the last decade, aesthetic medicine has undergone a process of rapid professionalisation and expansion, becoming an important sector of medical services. It operates both in hospitals and in numerous outpatient facilities and private clinics. Reports from international societies indicate a systematic increase in the number of procedures (surgical and non-surgical), which has a direct impact on the demand for specialised facilities with appropriately designed spaces for procedures, consultations and convalescence [2].

The growing popularity of aesthetic medicine procedures places specific demands on medical architecture. Aesthetic medicine clinics combine the characteristics of outpatient environments (short procedures, rapid patient turnover) with the requirements typical of more complex surgical procedures (sterility, advanced equipment, post-operative care). At the same time, these clinics have specific design requirements with high aesthetic and comfort standards that affect the patient experience, while maintaining medical standards (sterility, infection control, etc.). Guidelines for

infection prevention in outpatient settings and recommendations for equipment and procedure in facilities performing invasive procedures emphasise the need for clear planning of patient-staff flows, the selection of easy-to-disinfect materials, and ergonomic room layouts that allow for the safe handling of equipment and disposable materials. Ensuring such solutions has a direct impact on the quality of care and the reduction of adverse events. At the same time, an equally important aspect of designing aesthetic medicine clinics is their aesthetics, with the appropriate selection of materials, lighting and space arrangement, which influences the perception of the facility.

Despite numerous publications on the effectiveness and safety of individual procedures, there is a lack of comprehensive studies focused on the architectural design of aesthetic medicine clinics. The aim of the research was to identify the key aspects of designing aesthetic medicine clinics and to develop a model aesthetic medicine clinic for the Lublin region.

2. Methodology

The study used a systematic review of scientific literature using the Scopus, Web of Science, PubMed, ScienceDirect and Google Scholar databases. The literature concerned issues related to: healing architecture, biophilic design, the design of medical and outpatient spaces, ergonomics and work organisation in healthcare facilities, infection control, the design of aesthetic medicine clinics and the patient experience. Industry guidelines and documents were also taken into account. The focus was mainly on publications written in English and Polish in the 21st century concerning the architectural aspects of healthcare facilities (referring generally to medical facilities and aesthetic medicine clinics).

In the second stage of the research, a case study method was used. Based on current scientific research, a concept for an aesthetic medicine clinic with plastic surgery was developed. The design incorporates solutions consistent with the key aspects of contemporary healthcare facility design, in particular aesthetic medicine clinics. The aim of the method used was to develop a model concept for a comprehensive aesthetic medicine clinic for the Lublin region.

3. Results

3.1. The specific nature of aesthetic medicine clinics

Aesthetic medicine includes aesthetic surgery, aesthetic dermatology, aesthetic dentistry and many others [3]. Due to the scope and nature of the services provided, aesthetic medicine clinics are generally divided into three types. The first type consists of outpatient facilities offering non-invasive and minimally invasive procedures that do not require hospitalisation. They can provide comprehensive services, including dermatological treatment and cosmetology procedures. Such clinics are comparable in size to a medical clinic (with one or more offices). In terms of their operating model, they can be chain clinics or private boutique clinics.

There are also aesthetic medicine clinics combined with wellness centres, which provide a holistic approach offering, in addition to non-invasive or minimally invasive treatments, cosmetology and dermatology, treatments for the skin and body (relaxing and therapeutic massages, hydrotherapy and balneotherapy, sensory therapies, physiotherapy, nutritional consultations, etc.).

The third type are clinics offering plastic surgery services in addition to aesthetic medicine. They have an operating area (similar to that in hospitals) with an operating theatre, recovery room and a whole range of ancillary rooms ensuring the functionality of the area and sanitary and epidemiological safety.

The basic desirable feature of an aesthetic medicine clinic is its functionality, which includes a wide range of services in one building. A well-designed clinic space improves care, staff efficiency and the overall consumer experience.

3.2. Key aspects of aesthetic medicine clinic design

Integration of biophilic design and healing architecture

Evidence-based design (EBD) is increasingly becoming an integral part of medical facility design. This is also related to promoting an approach to achieving a design that is optimal for the environment and users, supporting the patient treatment process [4]. Scientific research indicates a number of elements that improve the quality of medical spaces and user comfort. These include single rooms, effective ventilation systems, good interior acoustics, distractions,

daylight and adequate lighting, ergonomics, etc. [5]. The quality of the built environment influences, among other things, staff job satisfaction, stress reduction in patients and their satisfaction [6].

According to research, a view of greenery shortens the postoperative hospitalisation period and reduces patient pain [7]. Views of nature have a positive effect on emotional and physiological states [8]. This is particularly important in the case of longer stays in aesthetic medicine clinics involving surgical procedures and post-operative convalescence. For this reason, it is desirable to provide views of outdoor greenery from the windows. In the case of general areas (entrance, waiting rooms, etc.), greenery can also appear indoors in the form of potted plants, views of greenery (photo wallpapers, nature views displayed on monitors), and green walls. Even very small amounts of greenery in the form of green walls or potted plants can help reduce stress [9]. The aspect of nature in architecture is related to the concept of biophilic design, which encompasses the emotional aspect of the human need for interaction with the natural environment [10]. Biophilic design includes elements of direct experience of nature, such as live plants, natural light, and indirect experience through images, sounds of nature, natural materials and colours, and references to nature. The latter aspect is the experience of a natural sense of space, such as the prospect of shelter, visual permeability of circulation spaces, local connections, etc. [11]. Biophilic design can reduce stress and improve the health and well-being of patients and staff [12].

References to biophilia, including natural materials and colours, are visible in contemporary medical facilities. Among other things, wood, wood-based or wood-like materials are used to warm up interiors and refer to nature. The same applies to colours, which are mostly neutral: whites, beiges and greys. Colour is most often used as an accent, and the colour scheme is pastel, not bright [13]. The characteristics of biophilic design are linked to the concept of creating a healing environment. In addition to elements of biophilia, it includes, among other things, the need to use art, appropriately selected, which serves various functions. Forms of art used in aesthetic medicine clinics may include paintings, graphics, photographs, sculptures, art installations, interactive and digital art, as well as applied art with interior design [14]. In entrance areas and waiting rooms in aesthetic medicine clinics, due to less stringent sanitary and epidemiological requirements than in treatment areas, soft-textured materials and decorative accessories are used to create a non-medical, friendly atmosphere and a relaxing environment while waiting for treatment.

Lighting plays a very important role in interiors, enhancing the atmosphere, influencing the mood and emphasising design elements. The use of daylight and artificial general, task and decorative lighting ensures a positive perception of the space and a friendly atmosphere. In clinics offering surgical procedures where patients spend several days, artificial lighting should support the circadian rhythm by adjusting the intensity and colour to the time of day.

Clear zoning

The functional zoning of an aesthetic medicine clinic is important in terms of safety. It also facilitates the flow of patients and minimises the crossing of "clean" and "dirty" paths. Three zones can be distinguished. The first zone includes the clinic entrance, waiting room with reception, and administrative offices. The second zone contains treatment and consultation rooms with back-up facilities (ancillary rooms such as changing rooms, toilets, storage rooms, etc.). The third separate zone is the operating area for plastic surgery, which includes changing rooms for staff, operating theatres with auxiliary rooms (storage rooms, sterilisation, staff rooms, etc.), a recovery room with a toilet, and separate airlocks for patients transported to the operating theatre, materials and waste. The patient route must be separated from the delivery and waste routes. It is necessary to maintain a clear division between "clean" and "dirty" routes and connections between areas of the facility that prevent these routes from crossing.

Privacy and acoustics

Features of the space such as room height, lighting and spatial layout affect the feelings of users. In an aesthetic medicine clinic, a psychological effect can be achieved by designing large spaces that create a feeling of openness and spaciousness, as well as intimate spaces that ensure privacy and encourage reflection. These features serve to build trust and comfort. Privacy is also an important factor in the design of consultation and treatment rooms in order to limit unnecessary visibility and ensure visual and acoustic isolation. Adequate acoustic protection requires soundproof rooms, insulation and acoustic ceilings or sound-absorbing panels [15].

Infection control standards

Infection control in aesthetic medicine clinics is one of the basic elements of the design and operation of the facility. The basis is: disinfection of spaces and surfaces, aspects of hygiene and disinfection before and after medical

procedures, antiseptic techniques, minimisation of risk to the patient and personal protective equipment [16]. In aesthetic medicine clinics, there are three levels of infection control standards. The first covers general areas with a low risk of infection, such as the entrance, reception, waiting room and administrative area. This is the most representative space in the clinic, therefore it requires special solutions with high aesthetic and quality values. Natural materials such as stone or wood can be used, but the surfaces of the materials used must be smooth, non-porous, easy to clean and disinfect. Materials of this type can be impregnated, varnished or resin-coated. It is important that there are no gaps, rough surfaces or elements that are difficult to keep clean [17], [18]. Wood can also be replaced with wood-based or wood-like materials, for example in the form of HPL laminates.

In outpatient areas where non-surgical procedures are performed (treatment rooms, consultation rooms) and in inpatient wards, the priority is to enforce standard aseptic rules, which include the use of gloves, protective masks (face, eyes) depending on the risk of exposure, routine disinfection of surfaces between patients, proper procedures for the preparation and disposal of disposable materials, and a clear separation of "clean" and "dirty" areas. It is necessary to use smooth, easy-to-disinfect materials and to ensure proper ventilation conditions with adequate air flow and a minimum number of air changes for treatment areas [18]. Materials with biophilic characteristics can be used, e.g. wood-textured laminates, vinyl cladding imitating natural materials, etc.

In surgical areas (operating theatres with ancillary rooms), the highest level of safety is required, with a sterile environment, access control, adequate ventilation and air flow directions [17]. Materials that are resistant to strong disinfectants and easy to clean, such as glass and steel panels and PVC floor coverings, are used [13].

Work ergonomics, functionality and new technologies

Contemporary medical facility design involves challenges such as improving patient experience, improving population health, reducing costs and improving the quality of professional life for staff [19]. Patient-centred design is important for improving patient experience and the efficiency of medical facilities. In addition to aesthetics, appropriate acoustics and room size, it is important to reduce the distance to be covered by staff, ensure accessibility and easy navigation within the facility, and provide privacy measures [20]. The functionality of the facility is enhanced by the ergonomic layout of equipment and workstations, as well as central technical and storage facilities close to treatment areas.

An integrated IT system in a medical clinic improves the functionality of the facility if its scope of use is broad. In addition to the basic need to ensure information security, it can include a system for notifying patients about appointments or prescriptions, remote consultations, monitoring physical activity, etc. [21]. Artificial intelligence can improve aesthetic procedures by improving diagnostic accuracy, offering virtual simulations of treatment effects, and enabling the creation of personalised treatment plans based on patient data. Robotic systems assist with precise tasks such as laser treatments and hair restoration. Artificial intelligence has the potential to revolutionise aesthetic medicine by improving precision, efficiency and patient satisfaction [22]. In aesthetic dermatology, AI tools are being implemented for, among other things, skin image analysis, treatment effect simulations and therapeutic decision support. The growing role of telemedicine is also noticeable [23]. From a design perspective, this requires the allocation of space for teleconsultation and remote image analysis, IT infrastructure in the facility, and consideration of privacy and compliance with local regulations.

Aesthetics and branding – patient/consumer experience

According to the literature, there are four archetypes of aesthetic medicine patients who are focused on different outcomes, including beautification, positive ageing, transformation and correction [24]. Studies show that patients have different requirements and expectations depending on their generation [1]. Regardless of the patient's profile, in the case of aesthetic medicine clinics, they are perceived as consumers seeking precisely selected treatments and effects, but also unique experiences. Creating an environment focused on the consumer experience is just as important as other design aspects (e.g. facility functionality, safety).

A high-quality physical environment can promote health and well-being. It must be adapted to the growing expectations of patients and staff [25]. The importance of aesthetics for the quality of healthcare has been growing in recent years. Aesthetic issues should be seen as universal, not treated as a marginal or secondary aspect [26]. According to research by J. Rehn and K. Schuster, aesthetic attributes such as architectural design or pleasant weather have a placebo effect, directly influencing assessment results and behavioural intentions. The aesthetic appearance of a space can raise patients' expectations regarding the quality of care and influence their assessment of the experience

[27]. The way the space is arranged and the materials and solutions used are important in terms of creating a clinic environment that promotes positive patient experiences and builds the prestige of the facility.

The design of the clinic must be consistent with its image, creating a positive first impression. The aesthetics of the facility influence patients' assessment of the quality of services and their interaction with staff [27], [28]. The interior and its arrangement, as well as the appropriate atmosphere, have a significant impact on patient satisfaction and trust, which translate into a willingness to return to the facility and recommend it to others [29], [30]. Consistent, high-quality design, visual identity and aesthetics influence the patient's perception of the facility as more professional and trustworthy [29]. Design as a means of building a clinic's brand requires creating a positive experience from the very beginning, i.e. from the moment of entering the clinic until the end of the visit, covering all areas of the facility. Aesthetic medicine clinics combine commercial aesthetics with medical professionalism.

3.3. The concept of an aesthetic medicine clinic in Lublin

Initial project assumptions

The design of an aesthetic medicine and plastic surgery clinic in Lublin (Figure 1), in the Szerokie housing estate on Główna Street, involves the construction of a free-standing, three-storey facility to meet the growing demand for services in the aesthetic medicine and plastic surgery sector. The plot is located in the immediate vicinity of a water reservoir, surrounded by lush greenery and numerous trees, which was an important design context. The building was integrated into the natural terrain in accordance with the guidelines of the local spatial development plan. The significant slope of the terrain made it possible to locate the technical part in a partially underground storey and to design an additional entrance from the second storey of the hotel area.

The main objective of the project was to create a building that integrates medical standards with a user-friendly space, in accordance with the principles of therapeutic architecture and biophilic design. It was assumed that the architecture of medical facilities, even commercial ones, should support the patient's well-being, comfort and the process of caring for their health. The design takes into account the reduction of negative stimuli, a sense of security and trust in the facility, as well as the ergonomics of staff work and the separation of distinct functional zones, which is crucial for infection control.

Figure 1. **View of the planned aesthetic medicine and plastic surgery clinic in Lublin.**
Source: A. Murawska, 2025, engineering thesis supervised by R. Strojny

The form of the building consists of two interpenetrating rectangular solids, from which circular openings have been cut out to create central atriums providing access to natural light and contact with greenery (Figure 2). The first block houses the treatment area with a green roof terrace, while the second block comprises the operating theatre area, the technical area and the hotel area with rooms having access to balconies and the garden. In addition, the structures

have been diversified with subtle cloisters in the form of irregular arches, giving the building a characteristic rhythm and introducing a play of light and shadow to the interior. The building's façades are based on a modern form with references to historical architecture – geometric structures, arcaded cloisters and tall windows with muntins create a harmonious whole. The roof was designed as a green roof with an inverted layer arrangement to protect the interior from excessive heating.

The entire project combines medical, psychophysiological, aesthetic and ergonomic aspects, creating a facility that builds a sense of comfort and trust. The building blends harmoniously with nature thanks to its central atrium filled with greenery and green roofs, introducing elements of nature both inside and outside the building. The clinic's surroundings are complemented by extensive gardens inspired by the Italian Renaissance countryside, with paths, hidden corners and water cascades that enhance the relaxing experience of patients and staff, while emphasising the aesthetic character of the place.

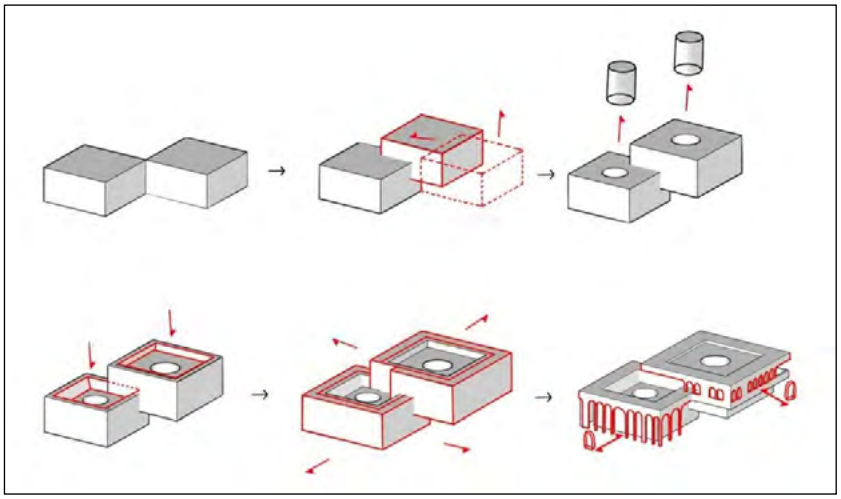

Figure 2. The design of the aesthetic medicine and plastic surgery clinic in Lublin. *Source: A. Murawska, 2025, engineering thesis supervised by R. Strojny*

Spatial and functional layout

The designed building is intended to provide healthcare services, including aesthetic medicine, aesthetic dentistry and plastic surgery. A complementary function is provided by a beauty salon equipped with three stations, dedicated to manicure services. The second floor houses a hotel area with patient rooms equipped with private bathrooms, intended for people requiring short-term accommodation after invasive procedures and operations.

The functional programme of the facility has been divided into five main zones (Figure 3). The treatment zone (Floor 1) includes consultation and treatment rooms, beauty and dental clinics, a reception area, a waiting room, a secretariat, administrative offices and staff rooms. Hygiene and sanitary facilities and toilets for patients and staff are also planned. There are also administrative offices, staff rooms, storage rooms and staff toilets, ensuring ergonomic working conditions and separation from the patient zones.

The operating theatre area (Floor 2) houses two operating theatres, a sterilisation room, medical equipment storage rooms and staff social rooms. A post-operative observation room has also been designed. The layout ensures a clear separation of "clean" and "dirty" routes, in accordance with hygiene requirements and health and safety standards.

The wellness area includes a relaxation area with green terraces and balconies, which serve as relaxation areas for patients and staff, as well as enriching the experience of the space in accordance with the principles of biophilia. These solutions allow patients to relax in direct contact with nature, supporting their regeneration and comfort, in accordance with the principles of biophilic design.

The hotel zone (Floor 3) is intended for patients after treatment, with rooms equipped with private bathrooms. There are also doctors' offices, staff rooms, and green terraces and balconies that allow for relaxation in contact with greenery.

The technical zone (underground section) includes storage rooms, a server room, a water meter node, an electrical switchboard and utility rooms, ensuring the efficient functioning of the entire facility. The functional layout of the facility has been designed in accordance with applicable technical and construction regulations, sanitary regulations and guidelines for healthcare buildings. The building provides full accessibility for disabled people, both in terms of external and internal communication.

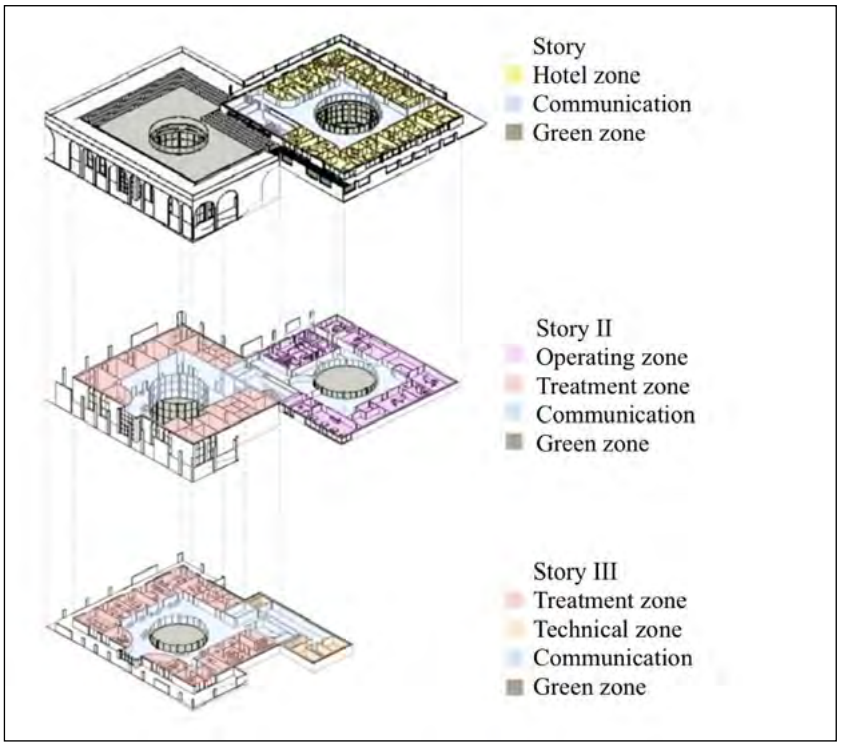

Figure 3. Functional layout of the planned aesthetic medicine and plastic surgery clinic in Lublin. *Source: A. Murawska, 2025, engineering thesis supervised by R. Strojny*

Materials, lighting, colours

The materials and lighting solutions used are in line with the idea of stress-reducing architecture, in accordance with evidence-based design guidelines and biophilia principles. The materials, colours and lighting serve both an aesthetic and therapeutic purpose, directly influencing the perception of space and the psychophysical comfort of users (Figure 4). High-quality, durable natural materials were used in the treatment, hotel and relaxation areas, including:

- natural wood in warm tones,
- stone in neutral shades,
- soft fabrics with organic textures,
- plant elements, both in the form of trees and green walls,
- glass and aluminium.

These materials, combined in a coherent palette, create an atmosphere of harmony and tranquillity, reducing tension and building a sense of a friendly, non-medical environment. Hygienic surfaces, more resistant to disinfectants, have been used in the offices and treatment areas, while maintaining consistency and a subtle, elegant character.

Figure 4. Interiors of the entrance area and waiting room in the designed aesthetic medicine and plastic surgery clinic in Lublin. *Source: A. Murawska, 2025, engineering thesis supervised by R. Strojny*

Natural light plays a key role in the design, supporting the psychological comfort of users. Large glazed areas on the façades and central atriums bring daylight into the interior and provide visual contact with the surrounding greenery. These glazed areas support:

- the regulation of the circadian rhythm of patients and staff,
- reducing stress and tension levels,
- better spatial orientation,
- optical openness and lightness of the interiors.

To ensure thermal comfort and protection from excessive sunlight, the building is equipped with green roofs that support natural temperature regulation inside the facility. In addition, arcades were used to diffuse light and create a chiaroscuro effect. This solution introduces rhythm and calm to the façade composition, while emphasising the horizontal character of the structure. The artificial lighting was designed to be delicate, non-aggressive and pleasant. The following were used:

- linear LED lighting,
- spot ambient lighting,
- warm-toned lighting in the treatment, relaxation and hotel areas,
- neutral colour temperatures in medical areas to ensure precision of vision.

In patient areas, lighting with adjustable colour temperature was used, allowing its intensity and colour to be adjusted to the time of day and the needs of users.

The colour palette is based on natural colours: beiges and light shades of sandstone, muted greens, neutral whites and greys. The interior colour scheme has been chosen to reduce stress levels and promote a sense of calm. Delicate, natural colours, soft colour transitions and warm materials create an atmosphere of safety and comfort, which has a positive effect on patients' moods and supports the process of physical and mental regeneration.

The design pays particular attention to the clear communication layout around the atrium. Common areas, such as the hotel, treatment and wellness zones, provide comfortable access for patients and visitors, while introducing plant elements into the interior. At the same time, separate corridors for staff and service personnel have been introduced in the building, ensuring work efficiency and patient safety. This allows staff to move freely and efficiently in areas inaccessible to patients, such as the operating theatre, sterilisation facilities and storage rooms, without interfering with the spaces intended for clinic visitors. This layout promotes privacy, safety and the smooth operation of the medical team. Separate technical corridors enable efficient building maintenance without disturbing the comfort of users of public areas.

The role of greenery

The building design places great emphasis on users' contact with nature, in line with the principles of biophilic design (Figure 5). The main objective was to create a facility that blends harmoniously into the landscape, taking advantage of the natural terrain and the natural beauty of the surroundings.

The interior of the clinic has been enriched with low vegetation in the form of grasses and flowers and tall vegetation in the form of two Kanzan cherry trees, which give the space a natural character and improve the microclimate. Green walls and potted plants have been used in public areas to purify the air and create a calm atmosphere. Large glazing and central atriums with green courtyards provide abundant daylight and visual contact with nature, which has a positive effect on the well-being of patients and staff and reduces the need for artificial lighting.

The landscaping around the building has been adapted to the natural terrain. The paths have gentle, rounded shapes, and water features in the form of cascades drain rainwater while also serving a decorative and relaxing function. The walkways are made of natural materials, while maintaining appropriate slopes that allow comfortable movement for people with disabilities.

The main garden is located on the north-western side, opening up the composition to a view of the water reservoir and surrounding greenery. In addition, an intimate garden has been designed, visible only from the patients' rooms on the upper floor. Although it remains inaccessible, it serves an aesthetic function and promotes calm, providing patients with the peace and privacy necessary during their convalescence.

All of the landscaping and architectural solutions strengthen the user's relationship with nature, support regeneration, reduce stress and create an atmosphere of harmony and relaxation — which is key in medical facilities.

Figure 5. General view of the planned aesthetic medicine and plastic surgery clinic in Lublin with green roofs, atriums and surrounding garden. *Source: A. Murawska, 2025, engineering thesis supervised by R. Strojny*

Elements of the patient and staff experience

The designed building has been planned with a view to providing a high-quality experience for both patients and staff (Figure 6). The spaces are bright, spacious and aesthetic, and the materials used are natural and durable, enhancing the feeling of comfort. The areas accessible to visitors feature a variety of waiting areas, allowing patients to freely choose how they spend their time before their procedures.

The facility offers a wide range of services: aesthetic medicine, cosmetology and plastic surgery, which is reflected in the functional layout of the building and ensures a consistent patient experience at every stage of the visit. Amenities for staff are also important, including ergonomic social rooms that support work comfort and team efficiency. The well-thought-out organisation of functional zones enables the smooth organisation of the facility's work, minimising stress for both patients and staff.

Figure 6. View of the front façade – representative zone of the planned aesthetic medicine and plastic surgery clinic in Lublin. *Source: A. Murawska, 2025, engineering thesis supervised by R. Strojny*

4. Summary

The study enabled the development of key principles for the design of aesthetic medicine clinics that combine medical and commercial features. The literature review showed that the following factors are of key importance in this type of facility: integration of the principles of healing architecture and biophilic design, ensuring patient privacy, staff work ergonomics and compliance with hygiene requirements. Conclusions from the literature indicate that healing architecture and natural elements in the space (natural light, views of greenery, organic materials) significantly reduce stress and improve user comfort. This is particularly important in aesthetic medicine clinics, where the patient experience is a key element of service quality. Functional aspects are equally important — logical zoning, short and clear flow of patients and staff, appropriate acoustics, and flexibility of space adapted to new technologies.

The use of a case study method allowed theoretical knowledge to be translated into specific spatial and material solutions. The conceptual design confirmed that it is possible to combine aesthetics, functionality and safety through the balanced use of appropriate materials depending on the area of the facility and biophilic elements, as well as control of privacy and psychological comfort for patients. The results of the study indicate that the architecture of aesthetic medicine clinics should be treated as part of the therapeutic process, supporting the patient-doctor relationship and the well-being of users. Evidence-based design (EBD) can significantly raise the standard and credibility of this rapidly developing type of facility.

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Projektowanie architektoniczne współczesnych klinik medycyny estetycznej – studium przypadku

Streszczenie: Dynamiczny rozwój medycyny estetycznej w ostatnich latach spowodował wzrost zapotrzebowania na nowoczesne obiekty medyczne, łączące wysokie standardy sanitarne z estetyką i komfortem użytkowania. Kliniki medycyny estetycznej stanowią specyficzny typ placówek, łączący funkcje ambulatoryjne i chirurgiczne, wymagając jednocześnie przestrzeni przyjaznych pacjentowi oraz funkcjonalnych dla personelu. Celem badań było określenie kluczowych zasad projektowania klinik medycyny estetycznej oraz opracowanie modelowej koncepcji kliniki dla regionu Lublina. Zastosowano metodę systematycznego przeglądu literatury naukowej oraz studium przypadku. Analizowano zagadnienia dotyczące architektury terapeutycznej (healing architecture), projektowania biofilicznego (biophilic design), ergonomii, projektowania obiektów ochrony zdrowia i kontroli zakażeń. Wyniki badań wskazują, że kluczowe znaczenie mają integracja zasad healing architecture i biophilic design, zapewnienie prywatności pacjentów, ergonomia pracy personelu, ścisłe przestrzeganie standardów kontroli zakażeń, a także estetyka i aspekty związane z budowaniem wizerunku placówki. Opracowany projekt modelowy potwierdza możliwość połączenia estetyki, funkcjonalności i bezpieczeństwa sanitarnego. Architektura klinik medycyny estetycznej powinna być traktowana jako integralny element procesu terapeutycznego, wspierający relację pacjent-lekarz oraz pozytywne doświadczenia użytkowników.

Słowa kluczowe: kliniki medycyny estetycznej, architektura obiektów ochrony zdrowia, architektura terapeutyczna, projektowanie biofiliczne