

CrossFields Interiors & Architecture Completes Expansion Design for Thrive Integrative Health in Springfield, VA

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CrossFields Interiors & Architecture has completed the interior design and remodel for Thrive Integrative Health, a wellness practice in Springfield, Virginia. The project expanded the facility from 1,200 square feet to 2,541 net square feet within a medical high-rise building. This development supports the practice's growth in providing chiropractic care, acupuncture, cupping, massage therapy, pain management, and wellness services to a larger patient base.

The redesign focused on creating an environment that aligns with the practice's premium branding while enhancing operational efficiency. Owner Dr. Christina Wellner sought to elevate the space's aesthetic to reflect the quality of care offered, fostering patient trust and loyalty. The layout optimizes patient flow, allowing for increased throughput without compromising comfort or privacy. Key elements include floor-to-ceiling frameless glass partitions with feather gradient privacy film, which provide openness while maintaining discretion in treatment areas.

In the rehabilitation space, a pixelated mural depicting a running woman adds motivation, complemented by velvety green carpet tiles that introduce depth and color. The overall palette features neutral whites on walls and ceilings for brightness, accented by black fixtures and door hardware. Exposed piping contributes a modern industrial touch, balanced by warm wood tones, soft greens, and subtle patterns that promote a calming, healing atmosphere. Acoustic enhancements address the low tile ceilings, ensuring a quiet environment suitable for therapeutic sessions.

Challenges during the project included balancing visual openness with necessary privacy in the front reception area, ensuring smooth circulation through consultation, treatment, and support zones, and integrating practical features that meet the emotional needs of patients in a high-volume setting. The design maintains the practice's welcoming tone while accommodating expansion goals, such as seeing 50 percent more patients per time slot?three instead of two every 15 minutes?and improving closing rates on care plans by matching the interior to the level of services provided.

As healthcare office designers, CrossFields Interiors & Architecture tailored the space to support wellness providers across various disciplines. The firm applies its expertise in holistic health environments to chiropractors, acupuncturists, and other practitioners, emphasizing layouts that maximize space utilization, attract patients, and streamline daily operations. This approach draws from the company's Signature 06 Steps process, which guides clients through planning and execution to create functional, quality office settings.

Scott Boldt, President of CrossFields Interiors & Architecture, commented on the project's alignment with industry needs. "The Thrive Integrative Health remodel demonstrates how thoughtful design can directly impact practice efficiency and patient perceptions," Boldt said. "By incorporating elements like privacy films and motivational murals, the space not only meets operational demands but also reinforces the therapeutic mission of wellness providers."

Carolyn Boldt, Vice President and Director of Design at CrossFields Interiors & Architecture, highlighted the focus on patient experience. "In designing for healthcare settings, the priority is to create environments that promote healing and trust," Boldt stated. "For Thrive, the neutral palette and acoustic features work together to provide a serene backdrop that supports diverse treatments, from chiropractic adjustments to acupuncture sessions."

The completed space enables Thrive Integrative Health to handle greater patient volume while upholding its commitment to integrative care. Features such as the industrial accents and wood elements blend modernity with warmth, ensuring the office feels both professional and approachable. This project exemplifies how targeted interior solutions can address common challenges in wellness practices, including acoustic

management and spatial privacy, ultimately contributing to better outcomes for providers and patients alike.

CrossFields Interiors & Architecture specializes in architectural and interior design, construction, and consulting services for holistic health and wellness environments. The firm serves healthcare practitioners nationwide, offering tools like e-courses, customized timelines, floor plan ideas, and interior style packages through its online store. With a focus on optimizing patient flow and elevating practice success, CrossFields assists doctors in creating offices that reflect their professional standards and support business growth.
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CrossFields Interiors & Architecture, we're the only architectural + interior + construction + consulting firm that specializes in holistic health & wellness environments.

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