

CrossFields Interiors & Architecture Completes Gray Box Build-Out for The Wellness Room in McKinney, TX

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CrossFields Interiors & Architecture has completed a gray box build-out for The Wellness Room, a chiropractic and recovery clinic in McKinney, Texas. The project encompasses 2,734 net square feet and integrates chiropractic care with restorative wellness therapies including SoftWave therapy, sauna, cold plunge, red light therapy, and massage. This development supports owner Dr. Joey Pinney?s vision of a modern wellness environment that blends clinical services with a restorative, elevated patient experience.

Dr. Pinney initially practiced chiropractic care in a small space within his father?s dental office but sought a dedicated facility to realize long-term goals. The practice combines hands-on chiropractic treatment with spa-like recovery amenities, requiring a cohesive design that supports both operational efficiency and a calming atmosphere. Early engagement with CrossFields during the planning stages helped define spatial requirements, patient flow, and scalability before location selection, guiding the choice of a suitable gray shell space.

The design process followed the company?s Signature 06 Steps framework, beginning with discovery to clarify vision and business parameters. Exploration focused on creating an intuitive circular floor plan that separates yet connects chiropractic zones on one side with spa and recovery areas on the other. A centralized core houses bathrooms, an IST room, and red light therapy space to streamline infrastructure. An open recovery room at the back unifies the patient journey, while private sauna and cold plunge suites integrate seamlessly into the overall layout.

Design highlights include a Scandinavian-inspired aesthetic with soft neutral palettes, lighter wood tones for warmth, darker wood-look flooring, and exposed beam elements that reflect regional character. These choices create a restorative environment that feels more like a wellness retreat than a traditional clinical setting. The layout ensures strong first impressions upon entry, intuitive circulation, and efficient operations while allowing for future expansion with additional providers and services.

The project addressed the challenge of merging two distinct practice elements?chiropractic care and restorative therapies?into one unified footprint without either feeling secondary. Full architectural and interior design services covered space planning, schematic design, construction documents, finishes and furnishings selections, permit drawings, and full-service construction from the raw shell condition. The result supports intuitive patient flow, operational efficiency, and a distinctive brand presence in the McKinney market.

As healthcare office designers, CrossFields Interiors & Architecture applies its expertise to a range of holistic health and wellness providers beyond chiropractic practices. The firm?s approach emphasizes early strategic planning to align spaces with practitioner goals, patient experiences, and long-term growth across disciplines such as integrative care, functional medicine, and recovery-focused services.

Scott Boldt, President of CrossFields Interiors & Architecture, commented on the planning process. "Beginning with comprehensive discovery and exploration phases before committing to real estate allows practices to define precise spatial and operational needs," Boldt said. "This sequencing supports cohesive environments that integrate diverse services effectively."

Carolyn Boldt, Vice President and Director of Design at CrossFields Interiors & Architecture, addressed the aesthetic and functional balance. "Incorporating natural textures, thoughtful lighting, and a circular layout creates spaces that feel restorative while maintaining operational clarity," Boldt stated. "Such designs help providers deliver integrated care in environments that align with patient expectations for wellness."

The completed facility positions The Wellness Room for sustained success by delivering a calm, elevated experience that reinforces the practice?s focus on chiropractic care combined with recovery modalities. The intentional layout minimizes friction in daily operations and enhances continuity from treatment to relaxation areas. This build-out exemplifies how targeted facility planning can transform a vision into a functional,

scalable practice space.

CrossFields Interiors & Architecture specializes in architectural and interior design, construction, and consulting services exclusively for holistic health and wellness environments. The firm has supported numerous projects through its integrated process, emphasizing maximized space utilization, improved patient and staff flow, and alignment with practitioner standards. Resources such as e-courses, timelines, and design packages further assist providers in developing effective clinical settings.

The Wellness Room project demonstrates the outcomes of early collaboration, resulting in a modern facility that meets immediate needs while accommodating future development. Features such as the centralized core and zoned layout contribute to efficiency, while material selections enhance the overall therapeutic atmosphere suitable for diverse wellness services.

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CrossFields Interiors & Architecture

CrossFields Interiors & Architecture, we're the only architectural + interior + construction + consulting firm that specializes in holistic health & wellness environments.

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