



WOODLAND SANCTUARY

Showcasing the power of intuitive living, Crestron Home OS is at the heart of this year's 'Health and Wellness Home of the Year'.

Nestled within the wooded landscape of Easton, Connecticut, this 9,000-square-foot wellness center is a private retreat for the homeowners. The sanctuary provides a convenient location on their property where daily demands give way to rest, renewal, and connection. Designed to immerse visitors in nature, the center blends warm timber interiors, natural stone, expansive glass walls, and tranquil water features to create a serene, spa-like environment.

NAME OF PROJECT:

Tech-Infused Tranquility

REGION:

Connecticut, USA

DEALER:

Smarthome and Theater Systems

"CRESTRON HOME WAS THE IDEAL FIT FOR THIS PROJECT. IT CONTROLS EVERY FACET OF HOME AUTOMATION, AND THE SET-UP AND CONFIGURATION WERE STRAIGHTFORWARD, RESULTING IN A FASTER TIMELINE AND A HAPPIER CLIENT EXPERIENCE."

Jared O'Mara

Owner,

Smarthome and Theater Systems





THE CHALLENGE

The homeowner set out to create a space that felt both relaxing and innovative, with a clear vision of transforming it into a personalized wellness center. They wanted a sanctuary that fostered both relaxation and physical fitness, where family members can escape, recharge, and reconnect in an atmosphere of comfort and calm. To support this vision, all lighting, audio, and video systems needed to be simple and effortlessly controlled.

THE SOLUTION

After successfully completing a previous project for the homeowner, Smarthome and Theater Systems was a natural choice to return and bring the new wellness center to life. The team was entrusted to deliver a fully integrated solution, incorporating lighting, shading, security, audio, and video to support both relaxation and performance. The Crestron Home® OS was selected for its ability to unify and simplify control, giving the homeowner an intuitive, effortless way to manage every aspect of the space.

"THE WELLNESS CENTER WAS DESIGNED TO REDUCE STRESS AND SUPPORT A HEALTHIER LIFESTYLE. WE BELIEVE IT TRULY ENHANCES THE LIVES OF OUR CLIENT, AND WE SIMPLY APPLIED THE RIGHT TECHNOLOGY TO MAKE THE EXPERIENCE EFFORTLESS."

Jared O'Mara
Owner,
Smarthome and Theater Systems



THE TECHNOLOGY

The dynamic retreat features both indoor and outdoor pools, along with two outdoor hot tubs; one set beside a firepit and the other near a striking two-sided fireplace that warms both the main house and the outdoor seating area. Inside, the space supports total well-being with dedicated areas for meditation, massage, and strength training. There is a fully equipped gym and even a full-size basketball court, giving the family a place to stay active, unplug, and spend meaningful time together. To manage these diverse environments, Crestron Home OS delivers personalized scenes to set the environment and control every aspect of the space through the Crestron Home app.

A key priority for the homeowner was ensuring the wellness center felt intuitive and welcoming at all times, with warm lighting activated before arrival and music flowing throughout the space. To support this vision, discreet sensors, Cameo® keypads, and automated motorized shades that adjust throughout the day were integrated to create a comfortable and intelligent environment with minimal user interaction. In the dedicated entertainment area, a Crestron Touch Screen Remote provides one-touch control of the entire system, making it easy to manage lighting, audio, video, and shading.

"THE BIGGEST BENEFIT FOR OUR CLIENT AND THEIR GUESTS IS THE EASE OF USE, WITH CONTROL OF SUCH A LARGE FACILITY NEEDING A BUTTON PRESS OR TWO. THESE SOLUTIONS ENHANCE THEIR LIVES AS TECHNOLOGY DISAPPEARS INTO THE BACKGROUND AND EVERYTHING FUNCTIONS SEAMLESSLY."

Jared O'Mara
Owner,
Smarthome and Theater Systems

Privacy was equally important, so a 220-inch-wide motorized shade was recessed into a ceiling pocket between the wellness center, gym, and massage areas, preserving the open glass design while providing privacy at the touch of a button. "Even at extreme sizes, the Crestron shades operate with remarkable precision, running silently and rolling smoothly every time," said Jared O'Mara, owner of Smarthome and Theater

Systems. "And when a late project request called for additional shading, Crestron's Battery-Powered Shades gave us the flexibility to meet the client's needs without reopening walls or causing construction delays."

To make the wellness center as effortless and enjoyable as possible to use, multiple custom scenes were programmed to instantly transform the environment.

Favorites such as

"Day Spa," "Entertain," and "Relax" adjust nearly 100 lighting loads throughout the wellness center and surrounding landscape, creating the perfect ambiance for any activity. The homeowner frequently uses the relaxing scene, which combines softly illuminated spaces with gentle background music to promote a sense of calm and well-being. For family gatherings, the entertainment settings brighten the space and energize the atmosphere, while convenient "Lights On" and "All Off" scenes provide simple control over the entire property at the beginning or end of the day.



The wellness center is filled with standout features that blend luxury, wellness, and innovative technology. Floor-to-ceiling living walls showcase vibrant, air-purifying plants that bring nature indoors, while Crestron Home OS controls dedicated grow lights to keep the installations thriving year-round. To ensure proper maintenance, the plant care company was granted access through the Crestron app, allowing them to adjust lighting schedules remotely as needed. The space also includes an indoor pool, supported by an air conditioning and dehumidification system, along with a custom-engineered floating wood wall system that conceals in-wall speakers while preventing moisture issues and preserving the homeowner's design vision. Together with the living plant walls and a powerful solar energy system that helps the property approach net-zero energy consumption, these carefully engineered elements create a wellness destination that is as sustainable and functional as it is visually stunning.

"CRESTRON SHADES CONSISTENTLY EXCEED OUR EXPECTATIONS. THEY'RE EXCEPTIONALLY WELL DESIGNED AND A PLEASURE TO INSTALL, THANKS TO THEIR SIMPLE MOUNTING BRACKETS AND EASY LEVELING ADJUSTMENTS."

Jared O'Mara

*Owner,
Smarthome and Theater Systems*





RESULTS

The wellness center was created as an escape from the demands of daily life, it supports a healthier lifestyle through intuitive technology that operates effortlessly in the background. The Crestron Home OS unifies systems enhancing comfort while preserving the tranquil atmosphere that defines the wellness center.

"The Crestron Home system that Smarthome and Theaters Systems set-up is especially useful, very customized to our needs and how we live our lives. Specifically tailored for our preferences, it is extremely easy to use, enhancing our quality of life, not creating work for us," says the homeowner.

Featured Products

4-Series® Control Processor for Crestron Home® OS
CP4-R

4-Series® Control System
RMC4

Cameo® Keypad
C2N-CBD-P

Cameo® In-Wall Universal Phase Dimmer
CLW-DIMUEX-P

8 Channel 0-10V Dimmer Module, 2 Feeds, 120V
CLX-2DIMFLV8

Handheld Touch Screen Remote
TSR-310

Crestron Shades