

Abstract

In the era of globalization, many people have an unhealthy lifestyle because they busy with their job responsibilities and hectic. Therefore, most people pay less attention to their breaks, even forced to restrict it because of the daily bustle. This will negatively impact our health in the long term, so it is important for someone to be able to maximize their break in order to optimize the work of their daily activities. When someone wants to maximize their break, they need releks atmosphere and comfortable place to rest, commercial businesses that meet the facility is a resort hotel. So it went to a resort hotel to be one way for a person to rest while enjoying the beauty of nature, coupled with Bandung is famous for its natural beauty to foreign countries, make Hotel Resort into one of the main targets of tourists or local residents to take a break from the bustle of day-to day. Since the main purpose of tourists come kesebuah resort hotel is to be able to recharge or relax with a quiet and comfortable, so it is important for the comfort aspect to take into account in order to get maximum rest. There are many things that affect aspects of comfort, one of which is the color and lighting, the colors in the science of psychology has a specific impact or effect for seseoreang, so the color becomes an important factor to the comfort room. The bedroom is the room most important in a hotel resot, because in this space travelers spent a lot of time to rest unwind, the psychology of color that is best used in the bedroom is blue, but the colors are often encountered at the hotel resorts are located in the city of bandung is dominated by brown, the color is psychologically not recommended for use in a bedroom, mindless and can degrade the quality of rest. This scheme aims to provide new innovations that make the visitors or tourists who arrive at the hotel resort can maximize their break.

Keywords : Resting, Hotel, Comfort, Psychology of color