

*INTERIOR DESIGN PLANNING OF SPA IN BANDUNG WITH THE  
RELAXING LIGHTING DESIGN APPROACH*

Risa Nur Fauzia

1603144027

ABSTRACT

*The cultural shift in urban society is becoming more visible as the times progress, ranging from language, fashion, to lifestyle is slowly replaced by the influence of various media intermediaries. Included in the area of Bandung, the lifestyle of a consumptive and all-modern is become one of the characteristics of the urban who requires executors to work more productively, which inadvertently become a routine that can lead to increased stress levels due to burnout and cause muscle tension. This is compounded by the current busy, hot, noisy, and arid urban conditions caused by a lot of pollution, so that decrease the effectiveness of work and even health if it continues to be in the same situation over a period. When reviewed further, in the process of recovery, the stress sufferers prefer a place with certain criteria in order to calm the physical and spiritual. That's the thought of the needs for a SPA interior design with a special design as a means of relaxation and therapy for appropriate stress management, in order to restore the balance of the body. Interior planning not only emphasizes relaxation on the service, but also provides a variety of modern facilities and present the experience of space through the creation of a modern atmosphere by processing the interior elements of space and applying the relaxing lighting approach to the design*

*Keywords: SPA, Relaxing Lighting, SPA Interior Design.*