

ABSTRACT

Along with the times, the activities of urban society, especially lifestyle, are also influenced by intermediary media. This occurs in various regions, such as in DKI Jakarta which has a productive age population including women. The work routine causes people to be vulnerable to stress. While women are required to always be in top condition in order to be able to carry out their daily activities properly. For this reason, a relaxation activity is needed so that women can get the freshness of their body and soul after being busy doing activities.

At present the phenomenon found is the number of SPA places in Jakarta that lack facilities in accordance with SPA standards. With the design of interior facilities for women's SPA, it will improve the quality of SPA facilities that meet the standards of need. This can be achieved by maximizing each function of the room so that visitors can feel comfortable while doing maintenance. In addition, the Central Javanese cultural atmosphere presented in the interior is used as a means of representation in maintaining Indonesian culture from the phenomenon of Western culture that influences modern lifestyles.

Keywords: SPA, Women , Relaxation, Jakarta.