

ABSTRACT

The routine of people in big cities can trigger stress, health conditions, emotional disturbances and cause boredom which can interfere with health, due to increased community activity that is required to move quickly, increased living needs due to economic guidance and other things. This condition always occurs in every big city. Therefore, people must maintain health and fitness. Many efforts are made by people in big cities to maintain health and fitness, starting from sports and relaxing the body after tiring activities so that it can reduce the burden on the mind and relieve fatigue.

In order to meet the needs of a spa that can be enjoyed by people in big cities who have limited time to refresh and relax, a Balinese family spa design was created. Designing a family spa is a commercial facility that arises as a solution to health issues. Family spa is a spa treatment facility that is carried out in a short time, while Bali spa is a type of spa that uses a combination of stretching, acupressure, reflexology and aromatherapy which results in relaxation and fitness, therefore this type is suitable for urban workers who have limited time to spare themselves. take care of the body. Urban workers need an atmosphere that is different from where they work. The design of this spa aims to create an interior that presents the concept of a Balinese atmosphere with various facilities. provides an atmosphere that is different from the atmosphere of other spas that have been found in the city of Bandung, so that it can be a medium for treatment as well as recreation for urban people who have a lot of activities and don't have much time to do this.

Keywords: Bali spa, reflexology, bali