

ABSTRACT

Demands and pressures can increase the risk of stress which can indirectly affect people's lifestyle and increase the risk of various diseases. Emotions play an important role in influencing the human immune system, therefore the nerves in the body need to be relaxed through the five human senses. In this modern era of globalization, there are many people with middle to upper living standards, such as the people of the North Bandung area, who are willing to spend more to maintain their appearance, beauty, physical health and psychological health. Balinese Spa is one of the facilities that is able to provide a sensory experience for visitors that can be felt by the five human senses through its interior design. Traditional Balinese massage is done using fragrant oils and natural herbs unlike other spa treatments. Their oils and herbs can emit a fragrance that relaxes the human sense of smell and massage that can relax the stretching of human muscles. In addition, the application of materials and color selection is also very influential with the human senses such as the sense of touch which can feel the texture of the river stone material applied in the massage area and also the selection of brown colors in the room which can give the impression of comfort for human visuals.

Keywords : Five senses, Relaxation, Balinese Spa