

ABSTRACT

NEW DESIGN FAMILY SPA & REFLEXOLOGY IN BOGOR

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Currently in the midst of a crowded and tired urban atmosphere that triggers stress that can be felt by workers and students. In addition, amid the many workloads that cause stress and tension on the nerves in our bodies. All these problems must of course find the right answer. Relaxation (massage or massage) is something that is quite a lot chosen by urban people, especially modern society to stretch muscles and relieve fatigue after tired of working. Relaxation is one of the techniques used to deal with stress where there will be an increase in blood flow so that feelings of anxiety and worry will be reduced. One solution that is easily accessible and found in urban areas is to do treatment at Family Spa & Reflexology. The spa itself is a series of treatments consisting of full body massage therapy, body scrubs, body scrubs, masks, aromatherapy. Family Spa in an era that has advanced and developed as it is today is definitely very easy to reach and find in every urban area. However, there are some of these Spa places that do not prioritize comfort that will make the visitor feel relaxed. In this study, the method used is based on the results of interviews and observations made in several places and assisted by using library research methods or library studies that can be used as a standard reference for a design and the data sources used are primary and secondary data. . Therefore, a Spa place will be designed that is able to provide a sense of relaxation to visitors by using a relaxation approach through the human senses of sight, smell and hearing, which will then be applied to interior elements and is expected to support the ongoing relaxation process.

Keywords: Spa, Family Spa, Relaxation through the senses of Sight, Smell and Hearing