

ABSTRACT

As humans we need to take care of our health starting from the body, mind and spirit. Communities living in big cities with lots of activities can trigger stress, emotional disturbances, and can disrupt health conditions. Not only for people of productive age who need a lot of activity to maintain their health, but for all ages, especially those who are not productive or who are elderly. Elderly or elderly is a biological phenomenon that cannot be avoided by every individual. As time goes by little by little the elderly cannot carry out their daily activities. The problem that is often experienced by the elderly is the problem of sleep disturbances starting from a lack of quality of sleep, by doing massage or SPA treatment it can ease the problems that exist and it can also be seen from the data of elderly visitors on several SPA days that are quite large and seen from the data on the elderly in the city of Bandung there are very many . The needs of the elderly are wide circulation for wheelchairs and other walking aids, the elderly are easy to get on and off the bed, the elderly need a communal space to socialize. Geriatric massage is a complementary practice that is developing in the field of massage therapy which has the aim or benefit of improving soft tissue function, pain relief, improving sleep quality, relieving stress, accelerating the healing process, and means of relaxation.

Keywords: SPA, Geriatrics, Elderly