

# Implementation of Healing Environment in A Beauty and Wellness Center (Case Study in Bandar Lampung City)

Nabila Aqil Kamila\*  
Universitas Lampung, Lampung, Indonesia

\*Email: nabilaqilk@gmail.com

## Article Information:

Received:  
25 June 2024

Received in revised form:  
15 Oktober 2024

Accepted:  
30 Oktober 2024

Volume 6, Issue 2, December 2024  
pp. 103 – 109

<http://dx.doi.org/10.23960/jesr.v6i2.154>

## Abstract

*The increasing interest in beauty and healthy lifestyles seems to have become a major need for Indonesian society. So it's not only women who take care of themselves, but now men also do the same thing. This of course needs to be balanced by providing beauty and health support facilities. Beauty and wellness center is an integrated beauty and health care center consisting of several facilities such as beauty clinics, salons, fitness and health centers. The method used in this research is a descriptive qualitative method, namely research on an object in real conditions using descriptive methods. Data processing is carried out by means of analysis to produce design concepts. Based on the analysis and design concept of the beauty and wellness center in Bandar Lampung City, it can be concluded that this building can facilitate beauty and health care in one integrated building. The application of the healing environment concept aims to provide a balance between humans, the environment and nature in the building so as to create a calm atmosphere and help restore the physical and mental health of building users.*

**Keywords:** Implementation, Beauty, Wellness, Healing Environment.

## I. INTRODUCTION

Beauty and a healthy lifestyle are in great demand these days. This seems to be a need and lifestyle of modern society, including Indonesian society. Both women and men try to increase their self-confidence, which is directly related to physical appearance, by doing things like going to the salon, buying clothes that suit their body shape, and maintaining physical fitness [1].

However, Indonesian people have a high level of facial skin problems. Based on data from the results of a survey, 9,010 female respondents in Indonesia, the results showed that 57.6% of women experienced dull skin, 57.1% experienced blackheads, 51.0% experienced large pores, and 20.9% experienced wrinkles [2]. These figures show that many women experience difficulties with their facial skin. Therefore, measures must be taken to treat this skin problem. This is what causes the high interest of Indonesian women in beauty treatments.

Apart from women, self-care is also starting to become popular among men. Since a person's external appearance is the first thing that others, especially

strangers, notice, it is not surprising that many men try to improve their self-esteem by taking care of their appearance at the barbershop, shopping for clothes that suit their body shape, and engaging in regular physical activity. regularly with regular physical activity [3]. This expert opinion shows the high interest in self-care among various genders.

This expert opinion shows the high interest in self-care among various genders. In line with beauty care, care to maintain personal health is also in demand among Indonesian people today. The dense activities of modern society which require full concentration result in fatigue and stress. Stress is defined as "a state of emotional and mental tension." The Ministry of Research and Technology reports that more than half of Indonesians suffer from stress, with 0.8% reporting extreme stress and 34.5% reporting mild stress [4]. One way to relieve stress and fatigue is to relax. Therefore, facilities are needed that can meet the needs for beauty and health care in response to the lifestyle of modern society, such as a beauty and wellness center.

The beauty and wellness center building is planned to be in Bandar Lampung. Salons are one of the largest economic support facilities in Bandar Lampung City

with a total of 145 in 2021 [5]. Meanwhile, Beauty Clinics in Bandar Lampung experienced a rapid increase in 2022. It increased by 41 or 64.06% of the total number of 23 beauty clinics in 2021 [6]. This data shows the high interest of the people of Bandar Lampung City in coming to salons and beauty clinics to undergo beauty treatments.

The target market for this beauty and wellness center is women and men in the productive age group, namely 15-64 years. In 2021, Bandar Lampung City has 405,131 female residents of productive age and 424,292 male residents of productive age out of a total of 1,209,937 residents of Bandar Lampung City [7]. Apart from that, it also targets people with middle and upper economic conditions. In 2020 the population of Bandar Lampung City with upper middle economic conditions with income above Rp. 634,743 reached 91.19% [8]. This shows that the high number of people who are financially capable.

Based on this data and explanation, a beauty and wellness center is needed in Bandar Lampung which can facilitate beauty and health care activities in one integrated building in response to lifestyle of modern society. The health that is meant is a balance of physical and mental health through relaxation and light exercise which is also in line with aspects of beauty. The facilities that will be found in this building include a beauty clinic, sauna, spa, yoga, gym, etc.

However, this data also shows that there are many competitors in this field, so different innovations are needed. Generally, beauty and fitness facilities in Bandar Lampung have a minimalist and modern theme with the dominant color tones of beauty facilities being white and pink. Meanwhile, fitness facilities generally use monochrome color tones.

The beauty and wellness center will use a healing environment building design approach. The healing environment was chosen because it is hoped that it can provide a balance between the environment and humans so that it can create relaxation. This is because nature has the ability to release concentration into relaxation through beauty and greenery which has an effect like natural meditation therapy to help clear the mind, balance feelings, strengthen one's mentality and perception. This beauty and wellness center with a healing environment approach is expected to provide a feeling of comfort, calm and help restore the physical and mental health of building users and is expected to support beauty and health care activities.

## II. METHODS

Designing a beauty and wellness center with a healing environment approach using descriptive methods. Descriptive research aims to explain social

phenomena by analyzing their complex interconnections through a number of different factors. Qualitative and quantitative data studies confirm the development trends that have been seen. Qualitative data is non-numerical information conveyed orally (or written). Meanwhile, quantitative data is information that provides explanations through numerical values that can be directly measured and quantified. The following steps must be taken to collect data and information about the design object:

### 2.1. Research Ideas

The stages taken in designing a beauty and wellness center using a healing environment approach are described as follows:

- Search for ideas, ideas and other information related to beauty and wellness center buildings.
- Developing ideas for designing a beauty and wellness center using a healing environment approach by searching for information through book studies and supporting data, which is then compared to solve existing problems.
- The design ideas are put together again and then outlined in a written paper.

### 2.2. Research Analysis

During the design analysis process, certain methods or task steps that help the design process need to be carried out. The analysis process consists of several types of analysis related to the beauty and wellness center building. This analysis includes the following:

#### • Site Analysis

The goal of a site analysis is to ascertain the state of the design site by examining aspects including site requirements, circulation, zoning, accessibility, natural features, and more. Because it has implications for shape, structure and direction, it is important to carry out this examination.

#### • Function Analysis

The goal of functional analysis is to identify the primary and secondary uses of a structure. This research also helps determine how much space the facility and its residents need. It is hoped that by carrying out this analysis, space needs can be met in accordance with current norms.

#### • User Analysis and User Activity

Understanding who will use a building and for what purposes can be done through user and user behavior analysis. Room sizes and paths through the building are calculated using this method.

#### • Room Analysis

The goal of a space analysis for a future spa or wellness center is to determine its intended use, as well as the required dimensions and location.

### 2.3. Design Concept

A design concept is achieved by performing the analytical steps above. Several context-appropriate analyzes inform the beauty and wellness center design concept with a healing environment approach. The ideas obtained will become guidelines for developing designs. The concept will be explained using a story, with pictures or sketches as illustrations. Studying design concepts includes:

- Design Approach Concept
- Site Response Concept
- Concept of Mass or Shape
- Space Concept
- Structure Concept
- Indoor Spatial Concept
- Outdoor Spatial Concept

## 3. RESULTS AND DISCUSSIONS

### 3.1. Site Location



**Figure 1.** Site Location  
Source: [www.googleearth.com](http://www.googleearth.com)

Site location : Jl. Raden Intan, Enggal, Bandar Lampung  
 Site area : 7.048 m<sup>2</sup>  
 Site Boundary :  
 a. North : Grand Mercure Lampung  
 b. East : Jl. Raden Intan, Gramedia, area komersil  
 c. South : Area komersil, Tugu Adipura  
 d. West : Permukiman penduduk

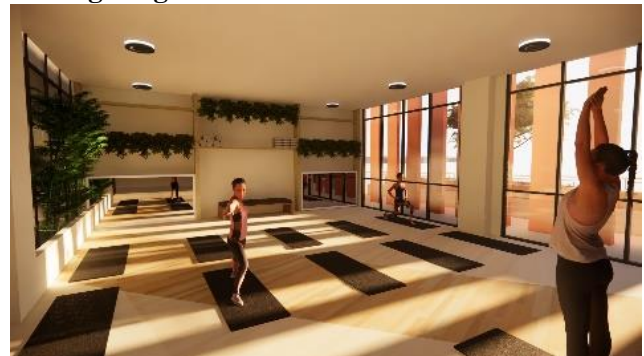
KDB (Basic Building Coefficient) :  
 $60\% \times 7.048 \text{ m}^2 = 4.228,8 \text{ m}^2 \text{ (max)}$   
 KLB (Building Floor Coefficient) :  
 $2,4 \times 7.048 \text{ m}^2 = 16.915,2 \text{ m}^2 \text{ (max)}$   
 KDH (Green Area Coefficient) :  
 $20\% \times 4.228,8 \text{ m}^2 = 845,76 \text{ m}^2 \text{ (min)}$

### 3.2. Design Approach Concept

Healing environment theory has developed from ancient times to early pre-modern times and with increasing urbanization and industry it is starting to be recognized again. Currently, evidence-based healing environments are widely applied in hospital buildings throughout the world. Healing environment is an approach in architecture that connects the human living environment with human health and well-being in order to create a better environment for users [9]. A healing environment is an environment that heals, the healing environment concept is a way to build an atmosphere based on all design elements. The environment is considered to be able to help the healing or recovery process, one of which is reducing stress and anxiety which indirectly impact human physical and psychological health. This environment consists of natural and artificial environments (man-made environments) consisting of rooms, buildings, neighborhoods and cities.

According to the theory of Healing Environment in Radiotherapy by F.C. Bloemberg, there are several principles in the healing environment approach that influence users, namely as follows:

#### 1. Lighting



**Figure 2.** Lighting in The Room  
Source: Author's Illustrations

This principle is implemented through windows and glass walls amounting to 15-20% of the floor area to bring natural light into the building. And there are lights as artificial lighting in the room.



## 2. Ventilation



**Figure 3.** Natural Ventilation in The Void  
Source: Author's Illustration

This principle is implemented through the presence of a void on the 1st floor which can bring natural ventilation into the building. Meanwhile, for closed rooms, artificial ventilation is used, namely central AC and split AC.

## 3. Smell



**Figure 4.** Plants in The Void  
Source: Author's Illustration

Implemented in an open space with the scent of lavender flowers and chrysanthemums from indoor plants. Closed rooms will use automatic fragrances and aromatherapy candles. Fresh aromas can reduce anxiety levels, while negative odors can increase the user's anxiety, fear and stress levels. The aromatherapy smells like lavender, rosemary, peppermint and lemon. These fragrances can relieve anxiety, increase calm and relax.

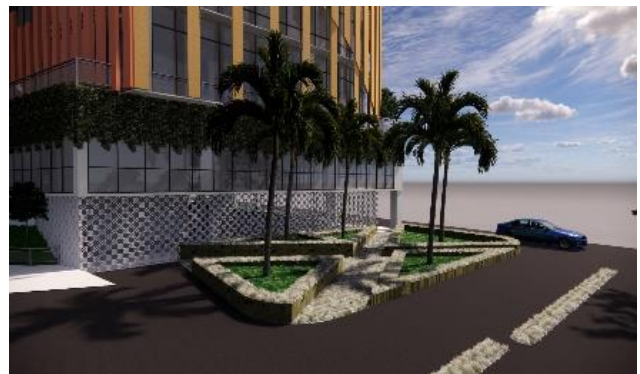
## 4. Nature from Indoors



**Figure 5.** Nature from Indoors  
Source: Author's Illustrations

Indoor plants can improve air quality and can affect the health of building users through psychological mechanisms in the form of changes in mood or reduction of stress, fatigue and pain experienced. Implemented with indoor gardens, vertical gardens, and also artificial waterfalls in void.

## 5. Gardens and The Outdoors



**Figure 6.** Gardens and The Outdoors  
Source: Author's Illustration

Natural elements such as trees, grass, water, blue sky, flowers, animals are things that can reduce stress levels, especially for people who live in urban areas. Implemented by creating a garden in the pedestrian entrance area. Create a garden in the area behind the building which is equipped with a pond. As well as providing a garden on the 2nd floor and rooftop.



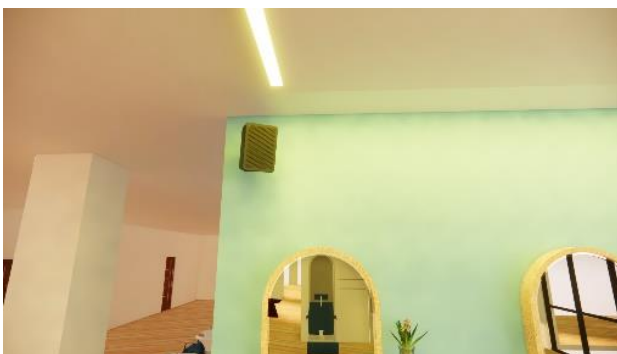
## 6. Noise, Quite and Music



**Figure 7.** Water Fall in The Void  
Source: Author's Illustration



**Figure 8.** Noise Suppression  
Source: Author's Illustration



**Figure 9.** Music Speaker  
Source: Author's Illustration

Reduce noise by setting the building back from the road side as far as 20m, creating a garden to reduce noise from the road, using vinyl sheets on the floor, and sound-absorbing wall panels. Create a calm atmosphere with the sound of gurgling water in the artificial waterfall inside the building. Providing the sound of musical instruments in a certain room.

## 7. Colour

The spa and sauna area will use a dominant color of white and brown which creates a safe, comfortable, calm and warm impression. The beauty clinic and salon area will use a dominant color of blue and white which can help calm the mind, as well as having a bright impression and creating a spacious impression in the room. The yoga, pilates and gym areas will use a

dominant white color which can create a bright, clean, spacious impression in the room.



**Figure 10.** Blue Tone in Beauty Area  
Source: Author's Illustration



**Figure 11.** Brown Tone in Sauna Room  
Source: Author's Illustration



**Figure 12.** Monochrome Tone in Gym & Yoga Room  
Source: Author's Illustration

## 8. Art and Positive Distractions



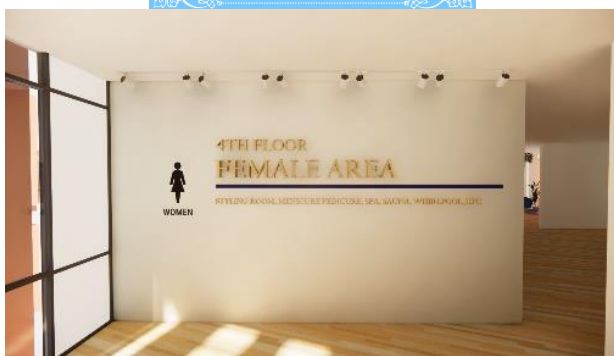
**Figure 13.** Interior Painting  
Source: Author's Illustration



**Figure 14.** Murals in The Corridor  
Source: Author's Illustration

This principle can be applied by displaying paintings and decorations with natural themes such as paintings of natural landscapes, mountains, seas, etc. Paintings with natural themes can create an atmosphere close to nature. This decoration is placed in the lobby and corridors.

### 9. Spatial Layout



**Figure 15.** Sign of the Function of Each Floor  
Source: Author's Illustrations

The spatial layout of a building must make it easy for users to find their way. This principle is implemented by using directional signs, descriptions of the function of each floor of the building and different color schemes for each area which will make it easier for building users to identify the space they are going to.

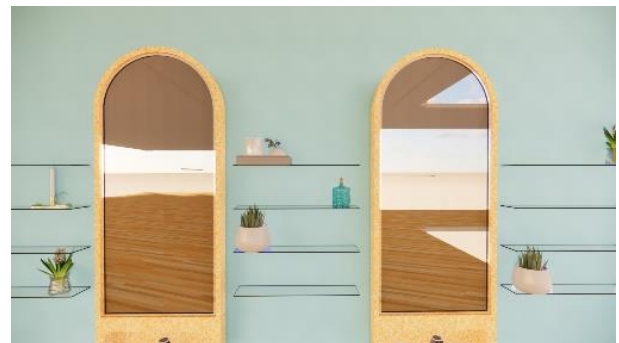
### 10. Homely Atmosphere



**Figure 16.** Ambient Light in The Room  
Source: Author's Illustration



**Figure 17.** Textured Sofa in the Waiting Room  
Source: Author's Illustration



**Figure 18.** Decoration Plants  
Source: Author's Illustration

Apply ambient lighting via LED strips with warm white or yellowish tones behind drop ceilings, on wall areas, or in areas near the floor. Provide texture to items such as shaggy pillows, velvet sofas, and knitted fabrics displayed on sofas in the waiting area. Place ornamental plants on tables, on shelves, near doors, and in empty corners of the room.

### 4. CONCLUSIONS

The design of the beauty and wellness center in Bandar Lampung City aims to provide a building that can facilitate beauty and health care in one integrated building. This of course brings time efficiency benefits for consumers so they don't have to travel from one place to another to carry out beauty and health treatments. This beauty and wellness center applies a healing environment approach that connects the human

living environment with human health and well-being in order to create a balanced environment for users. It is hoped that it can provide a feeling of comfort, calm and help restore the physical and mental health of building users and is expected to support beauty and health care activities. Basic concept ideas that will be used as a reference in designing a beauty and wellness center include: Circulation concept, in order to avoid vehicle congestion, the entry and exit routes will be differentiated. The entry route will be on the south side of the site while the exit route will be on the north side of the site. Zoning concept, zoning is divided based on similarities in needs, nature and function of the space. The public zone includes the entrance area, parking, outdoor garden, lobby, reception, retail and indoor garden. The semi-private zone covers most of the visitor areas. Private zones include staff rooms, meeting rooms, etc. As well as service zones such as lifts, stairs, toilets, M.E. room, etc. The mass composition concept, metamorphosis of the Ministry of Health logo. The form of the composition is made subtractive and additive so that it looks more varied and not monotonous. The concept of implementing a healing environment, the building applies 10 design principles of a healing environment approach. This principle is applied to interior and exterior design and is also applied to each floor. There are many natural elements inside and outside the building. This is expected to make visitors more relaxed.

#### REFERENCES

- [1] Swistinawati, I.G., “Kecerdasan emosional pria metroseksual,” Skripsi (tidak diterbitkan), Jakarta : Universitas Gunadarma, 2009.
- [2] Markplus, Inc dan Zap Clinic, “ZAP Beauty Index 2023.” Markplus, Inc., 2023, p. 5-17.
- [3] Sarafino, E. P., Health psychology: *biopsychological interaction third edition*. New York: John Wiley & Sons, Inc., 1998
- [4] Direja, A.H.S., “Dampak Psikologis Tenaga Kesehatan dalam Upaya Menghadapi Pandemi Corona Virus (Covid-19) di Indonesia.” Kementerian Riset Dan Teknologi - Badan Riset Dan Inovasi Nasional Republik Indonesia, 2020.
- [5] “Banyak Sarana Penunjang Ekonomi” Bandarlampungkota.bps.go.id., 2022. Online: <https://bandarlampungkota.bps.go.id/indicator/13/287/1/banyak-sarana-penunjang-ekonomi.html>. Accessed 8 Mei 2023.
- [6] Tarigan, N. B., S,SiApt., M.Kes., Dinas Kesehatan Kota Bandarlampung, 2023.
- [7] “Jumlah Penduduk Berdasarkan Jenis Kelamin.” Bandarlampungkota.bps.go.id., 2022. Online: <https://bandarlampungkota.bps.go.id/indicator/12/32/1/jumlah-penduduk-berdasarkan-jenis-kelamin.html>. Accessed 8 Mei 2023.
- [8] “Persentase Penduduk Miskin, 2021-2023.” Bandarlampungkota.bps.go.id., 2022. Online: <https://bandarlampungkota.bps.go.id/indicator/23/188/1/persentase-penduduk-miskin.html>. Accessed 8 Mei 2023.
- [9] FC Bloemberg et.al., “Healing Environment In Radiotherapy,” Healing for Cancer Patient, retrieved: 20th January 2020.



This is an open-access article distributed under the terms of the Creative Commons Attribution 4.0 International License (CC-BY).

