

ABSTRACT

Spa is one of the service providers which is included in the type of health tourism. Nowadays spa tourism is becoming a lifestyle trend. In the city of Bandung a lot of tourism can be found such as shopping, culinary tourism, entertainment tourism, nature tourism, heritage tourism, and health and fitness tourism. Among the various types of tours that have been mentioned health and fitness tours become one of the tours that are mushrooming and in demand by the community that is spa tourism.

To eliminate fatigue, relieve tension due to routine that is done every day, there is one spa and wellness trend, namely forest bathing. Forest bathing is a Japanese term that is *shinrin-yoku* (a term coined in the 1980s), is a form of natural therapy that involves the five senses.

Day Spa Interior Design Category Tirta Spa Tirta II in Bandung is a new interior design in the city of Bandung, located in the area of Jl. Lombok (city center). This design aims at relaxation and rejuvenation which is expected to provide maximum relaxation to visitors with the Urban Forest concept. This concept is based on the current spa and wellness trend, which is forest bathing.

Keywords: Day Spa, Forest Bathing, Urban Forest, Griya Spa Tirta II, Spa, relaxation and rejuvenation