

# DESIGN OF SANCTUARY WELLNESS RESORT WITH HEALING ENVIRONMENT APPROACH IN GUNUNG KIDUL YOGYAKARTA



**DESIGNED BY:** ILIA RAISKHA GALO (17512106)  
**SUPERVISED BY:** IR TONY KUNTO WIBISONO M.SC

INTERNATIONAL UNDERGRADUATE PROGRAM IN ARCHITECTURE



# PERACANGAN SUAKA KESEHATAN RESORT DENGAN PENDEKATAN PENYEMBUHAN LINGKUNGAN DI GUNUNG KIDUL YOGYAKARTA



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UNIVERSITAS  
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ARCHITECTURE



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## AUTHENCITICATION SHEET

Final Architectural Design Studio entitled :

**PERACANGAN SANCTUARY WELLNESS RESORT DENGAN PENDEKATAN HEALING ENVIRONMENT DI GUNUNG KIDUL  
YOGYAKARTA**

*DESIGN OF SANCTUARY WELLNESS RESORT WITH HEALING ENVIRONMENT APPROACH IN GUNUNG KIDUL YOGYAKARTA*

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**Has been evaluated and agreed on : 25 & 30 November 2022**

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**Dr.-Ing. Ir. Ilya Fadjar Maharika, MA., IAI.**

**Acknowldeged by**

**Head of Architecture Undergraduate Program**



**Ir. Hanif Budiman, MT., Ph.D..**



## STATEMENT OF AUTHENTICITY

By signing this form, I :

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Faculty : Faculty of civil engineering an planing

University : Universitas Islam Indonesia

state that all parts of the thesis work / final project entitled Design of Sanctuary wellness Resort with Healing Environment Approach in gunung kidul yogyakarta is a work of its own except the work mentioned in the reference and there is no help from any other party either in whole or in part in the process of making it. The final result of this work was handed over to the Department of Architecture, Islamic University of Indonesia for use for educational and publication purposes, but the intellectual property rights are still owned by the author.

Yogyakarta, 1 November 2022

A handwritten signature in black ink, appearing to read 'Ilia', is written over a yellow rectangular stamp. The stamp contains the text '10000' and '10000' in red, and '10000' in black. Below the signature, the text '10000' is visible.

Ilia Raiskha Galo

# PREFACE

**Assalamualaikum wr. wb**

Appreciatively, I dedicated this thesis to ME, another part of myself that always eager for challenges in life. And especially for:

1. Allah SWT., who has given His gifts, instructions, ease, and power in every research process and the preparation of the final project report so that the author can complete it.
2. My Mother: Untari Retno Wahyuni, who always support me though her endless love and prayers, my sisters Nadjwa who always cheer me up, May Allah always give them health and always take care of them.
3. Ir. Tony Kunto Wibisono, M.Sc., IAI., as supervisor who has an important role in the research and preparation of this final project report, with all his patience and greed has provided guidance, inputs, and knowledge to the author.
4. Dr. Ir. Arif Wismadi, M.Sc., and Dr.-Ing. Ilya Fadjat Maharika, IAI., as jury who has given input, criticism, and advice to the author so that the writing of this report can be better.
5. Author partner V. Adhi Pamungkas who remains willing to engage with the struggle, limitless giving and great sacrifice, helped me accomplish my degree.
6. My Close Friend in architecture such as Eno, Jutta, Hanna who always helped the writer during the lectures. may you all always be given safety and success.
7. My Best Friend such as Farah, Indri, Tata, Putri, Tibi, who accompanying me wrote this thesis and forced me to finish this thesis this year. Because of their unconditional love and prayers, I have the chance to complete this thesis.
8. All the lecturers and Staff of Architecture at the Islamic University of Indonesia, who I respect.

Last but not least, deepest thanks go to all people who took part in making this thesis real.

The author realizes that in the preparation of this report is far from perfection, in terms of language, drafting, and writing. Therefore, the author expects constructive criticism and suggestions that will later become a provision of experience for the author to be better in the future. Hopefully this report is useful for all who read it, as well as the author in particular.

**Wassalamualaikum wr. wb**

Yogyakarta, 1 November 2022



Ilia Raiskha Galo

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## **DESIGN REFLECTION**

# 01



## **PRELIMINARY**

- 1.1 Design Premise
- 1.2 Definition of the title
- 1.3 Background
- 1.4 Problem Mapping
- 1.5 Goals & Objective
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## **1.1 DESIGN PREMISE**

The design concept that will be proposed is a place intended for healing as well as introducing Indonesian traditional culture, especially Yogyakarta. This was chosen and motivated by the emergence of feelings of mental and physical fatigue experienced by people due to the density of their routines, besides that the nation's culture was almost extinct in modern life.

Therefore, This Sanctuary Wellness Resort itself is designed with the concept of a healing environment which is expected to reduce occupant stress and promote positivity.

This resort building is planned to have some mass in the site which is planned to blend with nature. This resort provides several basic facilities, namely a series of fitness activities and other supporting facilities. Besides being able to follow the program that has been provided, visitors can enjoy the natural beauty surround the site.

## 1.2 DEFINITION OF THE TITLE

### Design Title

Design of Sanctuary Wellness Resort in Kaliurang with Healing Environment Approach

### Definition of the Title

**Design:** According to KBBI, is a process, method, act of designing. So the design referred to in this title is the process of designing a resort.

**Sanctuary:** A peaceful place that is safe and provides protection, especially for people who are in danger

**Wellness:** Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes.

**Resort:** Resort is a place that is often found in destination areas that are no longer intended for people who stop for a while. Resorts are designed for recreational tourists. These resorts can range from simple resorts to luxury resorts, and can accommodate various needs ranging from family to even business needs. Resorts are usually located in places that are motivated by natural conditions.

**Gunung Kidul:** Gunungkidul is one of the regencies in the Special Region of Yogyakarta, Indonesia. The government center is in Kapanewon Wonosari. The name "Gunungkidul" comes from the Javanese language (Mount in the South), which is located in the range of the South Mountains, Special Region of Yogyakarta.

**Approach:** The approach referred to in this design is a method to analyze and design an architectural design object effectively. Approaches can be used to manage space programs, space visualizations, and spatial arrangements.

**Healing Environment:** A healing environment is defined as one that has a nurturing and therapeutic effect. Studies show that well-designed environments can reduce patients' anxiety and stress, accelerate recovery, reduce medication use, lessen pain, and promote a sense of well-being.



## 1.3 BACKGROUND

# THE INCREASE OF STRESS LEVEL & MIND BURDEN

During this COVID-19 pandemic, mental health problems are increasing and difficult to resolve. The impact of the COVID-19 pandemic is not only on physical health, but also on the mental health of millions of people, both those who are directly exposed to the virus and those who are not. The mental health mentioned here is the category of mind burden and stress that has to be carried by them.

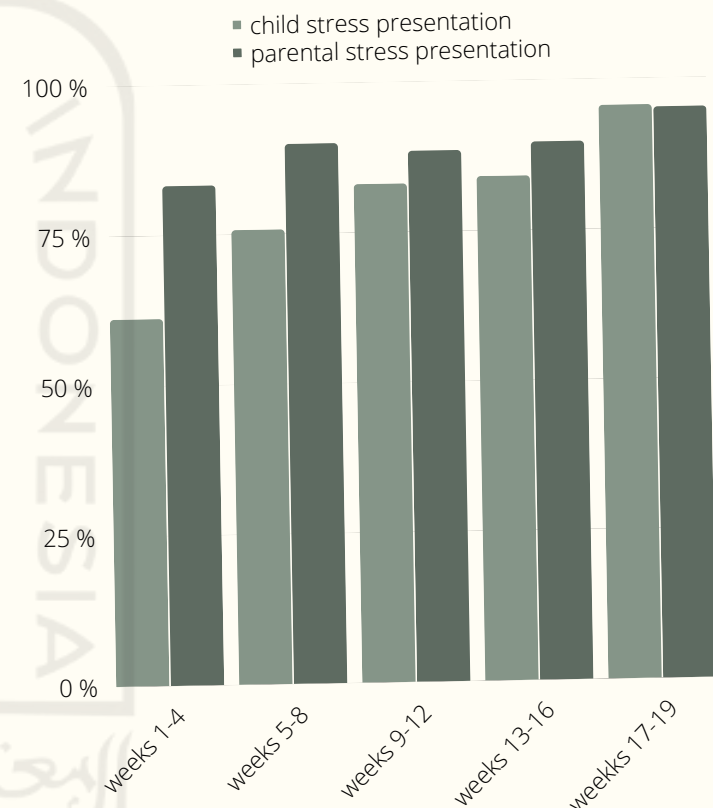
The Basic Health Research (Riskesdas) shows that more than 19 million people over the age of 15 experience mental and emotional disorders, and more than 12 million people over the age of 15 experience depression.

The Director of Prevention and Control of Mental Health and Drug Problems, Dr. Celestinus Eigya Munthe, explained Indonesia has a prevalence of people with mental health around 1 in 5 of the population, meaning that about 20% of the population in Indonesia has the potential for mental disorders.

Mental health problems in Indonesia are also constrained by stigma and discrimination. Local governments must make mental health programs and services the focus of attention, of course by providing various facilities and infrastructure related to adequate mental health.

source: <https://surveymeter.org/id/node/576>

InfoDatin-Kesehatan-Jiwa



The survey, which was conducted by Save The Children in 37 countries from May to July 2020, involved 17,565 parents and caregivers and 8,069 children aged 11 to 17 years.

In this survey it was found that in the first lockdown, the stress level experienced by children reached 61.6 percent, while for people it was 83.2 percent. While in the second lockdown, the stress level of children increased to 95.5 percent while the stress level of parents reached 95.1 percent.

## BACKGROUND

# LACK OF AWARENESS ABOUT STRESS PROBLEMS

The Basic Health Research (Riskesdas) of the Ministry of Health of the Republic of Indonesia stated that the prevalence of depression sufferers in Indonesia was 6.1 percent in 2018. This figure will increase in 2021 with the COVID-19 pandemic which makes people more likely to suffer from stress feelings.

However, there are still people who do not want to go to a experts or try to consult about mental problems. The reason that makes them not want to consult a experts are:

### **1. Social stigma in society**

For a long time, Indonesian people have considered mental disorders as something to be ashamed of. Most do not want to be the talk of others as people with behavior that deviates from social norms.

### **2. Lack of understanding of mental health**

The assumption that mental disorders are taboo automatically indicates that Indonesian people are still low on mental health. Usually, this is shown by people who underestimate mental disorders because they cannot be seen as clearly as physical illnesses. In fact, mental and physical illness both cause pain to sufferers. In fact, in some cases, mental illness is more likely to be life-threatening.

### **3. self-doubt**

For some people, going to a psychologist is a big decision. Questions such as, "Am I overreacting, huh?" and "What if the psychologist doesn't help me?"

### **4. Lack of access to psychologists**

According to the Indonesian Association of Clinical Psychologists (IPK), the current number of clinical psychologists is 3,232 who are concentrated on the island of Java. This number is arguably small compared to the United States which has 106,500 psychologists. Online psychological counseling applications can help people access psychological services without having to leave the house.

### **5. The number of costs that must be incurred**

In addition to the limited access to psychologists, the cost factor must also be considered. BPJS Kesehatan can provide access to psychologists at the nearest hospital. If you have insurance or BPJS Health, you can try to find out if the nearest hospital can offer psychologist services covered by insurance.

## BACKGROUND

# IMPACT OF STRESS LEVEL & MIND BURDEN

Stress is a feeling of being burdened when a problem cannot be endured by someone. Everyone experiences something called internal stress in their life. Stress problems are often associated with modern life and it seems that modern life is a source of various stress disorders.

Experts have researched a lot of stress issues, especially those related to situations and living conditions. Stress can provide a stimulus to development and growth, and in this case stress is positive and necessary. Thus, too much stress can cause problems such as: poor adjustment, physical illness and inability to cope. A number of studies that have been conducted have shown that there is a relationship between stressful or stressful life events and various physical and psychiatric disorders

### Stress Factors

Factors that can cause stress are called stressors. Different stressors into three groups, namely:

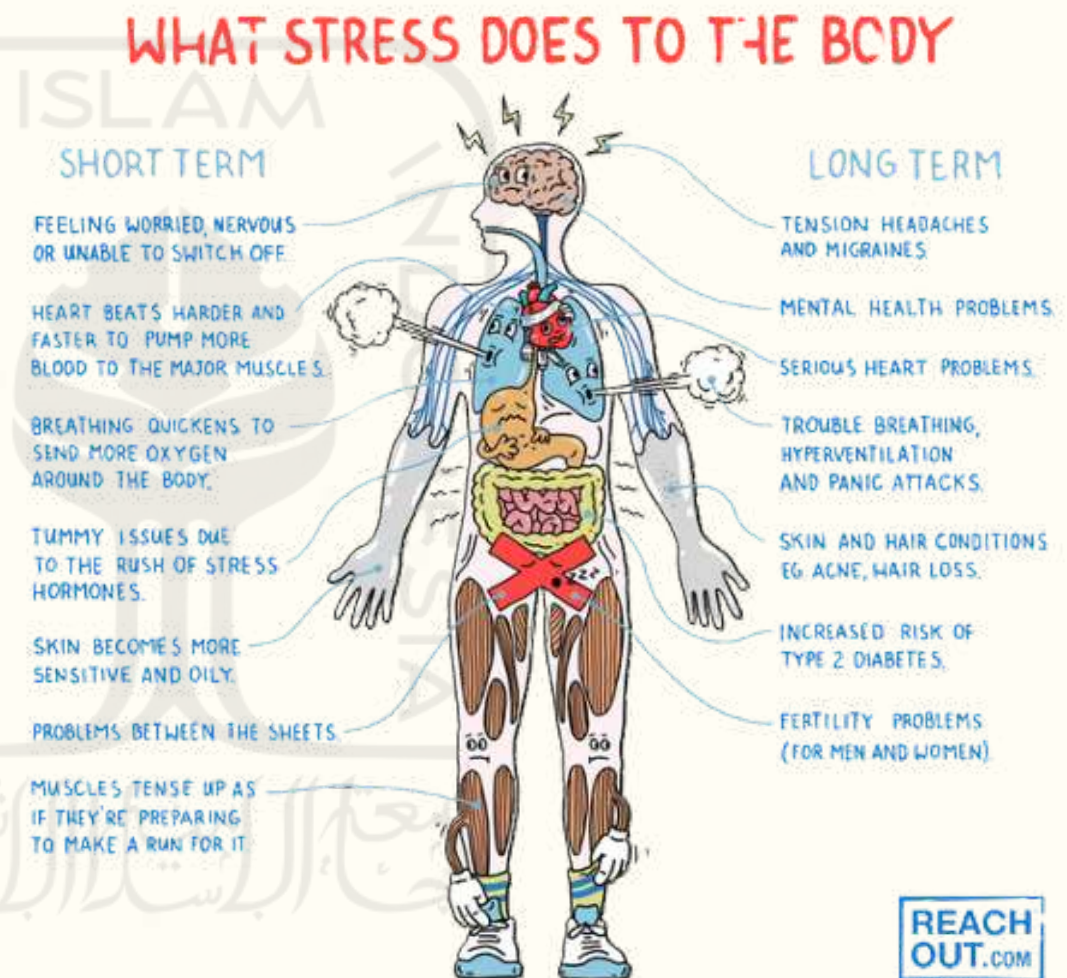
a) Physicobiological stressors. For example, an incurable disease, physical disability or lack of functioning of one of the body's limbs, and perceived body posture is not ideal.

b) Psychological stressors. For example, bad thoughts, frustrated because of failure get something desired, desire, hostility, feelings of jealousy, personal conflict, and desires beyond their means.

c) Social stressors. For example, relationships between family members who do not harmony, divorce, unemployment, death, severance work, crime, and others (Yusuf and Nurihsan, 2006; Siswanto, 2007).

### The Impact of Stress on Health

According to dr. Theresia Rina Yunita from Klikdokter.com, stress is a reaction physical and mental nature of both good and bad experiences. Body response against stress, namely by releasing a number of hormones and increasing the heart rate heart and respiratory rate. Some of the health problems that must be Watch out for stress, including:





## BACKGROUND

# IMPACT OF STRESS LEVEL & MIND BURDEN

### **a) Central nervous system and endocrine system:**

Central nervous system in the brain responsible for the body's response. In the brain, the hypothalamus tells the adrenal glands to release the stress hormone adrenaline and cortisol. These hormones increase heart rate and sends blood flowing to the areas that need it most in an emergency, such as muscles, heart, and other important organs. When the feeling of fear is gone, the hypothalamus must tell all systems to return to normal. If the central nervous system fails to return normal or if the stressor does not go away, the response will continue. According to dr. Theresia, this will also trigger a headache or insomnia.

### **b) Respiratory and cardiovascular systems:**

Stress can affect respiratory and cardiovascular systems. During the stress response, the body will breathe faster in a quick attempt to distribute blood rich in oxygen to the body. If someone is experiencing stress and has have breathing problems, such as asthma or emphysema, stress can make breathing more difficult. Meanwhile, the heart will pump faster than normal if stressed. In the end, stress hormones causes contraction of blood vessels and increases blood pressure blood. Chronic stress also makes the heart work harder than normal usually, thereby increasing the risk of hypertension.

**c) Digestive system:** When stressed, the liver will produce blood sugar (glucose) which can usually increase energy. Unhealthy blood sugar used will be re-absorbed by the body. The danger, if you experience prolonged stress, the body is no longer able to store the glucose excess. Which causes a person to experience an increase risk of type 2 diabetes. On the other hand, hormone flow, breathing fast, and increased heart rate can also disrupt the system digestion. Most likely to have heartburn or acid reflux due to increased stomach acid. Stress can also affect how food moves through your body, which causes diarrhea or constipation. You may also experience nausea, vomiting, or stomach pain.

### **d) Cardiovascular system**

Stress causes your heart to beat harder and faster so that it can pump more blood to your major organs and muscles. This will give you more strength to take action, but it can also raise your blood pressure. If that happens regularly, it puts a strain on your heart, which can lead to serious heart problems.

### **e) Muscular system**

Since more blood is being pumped to your muscles, they tense up to prepare for the fight-or-flight response and to protect your body from injury. Usually your muscles release again, but if you're always under stress, they might not get the chance to relax. Tight muscles can lead to back, neck and shoulder pain, headaches and body aches.

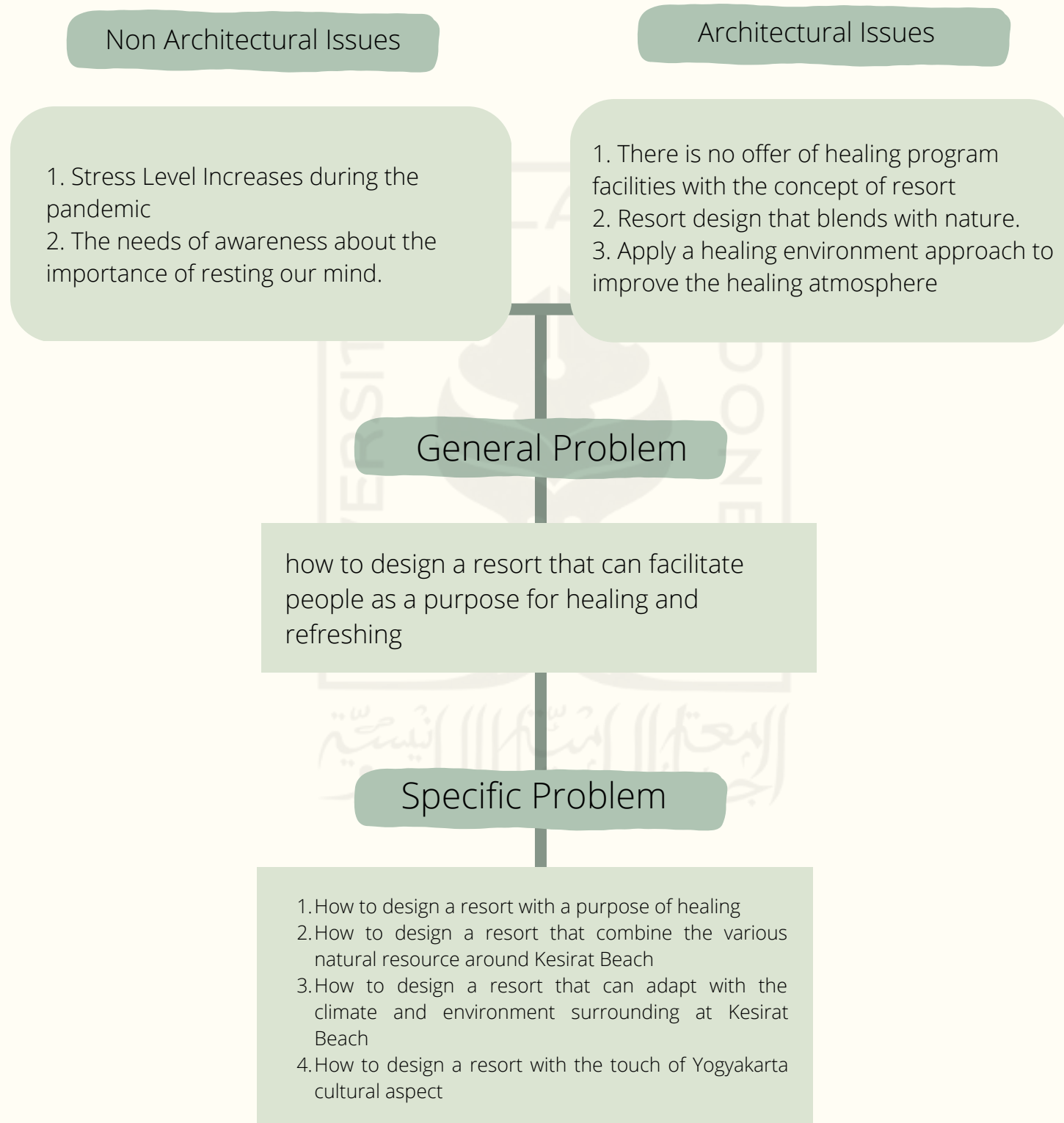
### **f) Immune system**

Your body's stress response stimulates the immune system, which can help in healing wounds and injuries. Over time, though, the stress response can weaken your immune system, which makes you more vulnerable to catching infections and getting sick. It also takes you longer to recover from illnesses.

### **g) Integumentary system (skin and hair)**

When your body produces more stress hormones, it causes an increase in oil production. Your skin becomes more sensitive and oily, which over time can cause acne. Hair loss can also be linked to high stress levels.

## 1.4 PROBLEM MAPPING



## 1.5 GOALS & OBJECTIVE

### Goals

The purpose of this design is to design a resort that can be used as lodging as well as supporting facilities in the form of educational facilities and a series of activities to support healing activities. By increasing the comfort and quality of building functions.

### Objectives

- Designing space programming at the resort that optimizes the view of the natural state there.
- Designing resorts that provide safe buildings and logistics and facilitating holistic recovery.



## 1.6 DESIGN FRAMEWORKS

### GENERAL PROBLEM

How to design a Sanctuary Wellness Resort in Gunung Kidul that can be used as lodging as well as supporting facilities in the form of educational facilities and a series of activities to support healing activities with a healing architecture approach ?

### SPECIFIC PROBLEM

- How to design a Sanctuary Wellness Resort with healing environment approach?
- How to design a Resort that applies healing environment approach give impact to the healing process ?

### ARCHITECTURAL ASPECT

Not only to provide a safe and logistical building, but to facilitate a holistic recovery process and provide a safe haven for healing and wellbeing for visitors.

- Surrounding Integration / Greenery
- Zoning / Plotting
- Colors

### HIPOTESIS

Sanctuary Wellnes Resort design located in Gunung Kidul that can facilitate people who want to relief stress and heal with the natural potential that exists.

## 1.7 ORIGINALITY & NOVELTY

NO	TITLE	UNIVERSITY	AUTHOR	EQUALITY	DIFFERENCES
1	Design of Resort in Purwobinangun With Privacy Comfort Approach	UII	Yusuf Rochman A	Resort, Typology	Design Approach, Site Context
2	DESIGN OF CHILDREN'S HOSPITAL IN YOGYAKARTA WITH THE CONCEPT OF OPTIMAL HEALING ENVIRONMENT (OHE)	UII	Nafaizah Khusnul Azmi Pramoeodya	Design Approach	Typology, site context
3	Perancangan Pusat Kebugaran berupa Destinasi Spa dan Resort di Yogyakarta dengan Pendekatan Biofilik	UII	Erliananda Sekararum	Resort Typology	Design Approach, Concept, Site Context
4	PENERAPAN ASPEK HEALING ENVIRONMENT PADA PUSAT PELAYANAN PEREMPUAN TERPADU DI D.I. YOGYAKARTA	UNS	Arifin, Setyaningsih, Nirawati	Design Approach	Typology, site context

# 02

## **LITERATURE REVIEW**

2.1 Location Data

2.2 Studies & Analysis of Design Approach

2.3 Studies & Analysis of Design Typology

2.4 Studies & Analysis of Precedent Review

2.5 Summary & Design Development

## 2.1 LOCATION, SITE AND CONTEXT ANALYSIS

### GEOGRAPHICAL

Gunungkidul is one of the districts in the Special Region of Yogyakarta, Indonesia. The center of government is in Kapanewon Wonosari. Its territory is located in the range of the South Mountains, Special Region of Yogyakarta. With an area of about one third of its parent area, the population density in this district is relatively low compared to other districts. Gunungkidul Regency is dominated by mountains which form the western part of the Sewu Mountains or the South Kapur Mountains.

Gunungkidul Regency Area Boundary:

West : Bantul and Sleman Regencies (DIY Province).

North: Klaten and Sukoharjo regencies (Central Java Province).

East: Wonogiri Regency (Central Java Province).

South side: Indian Ocean



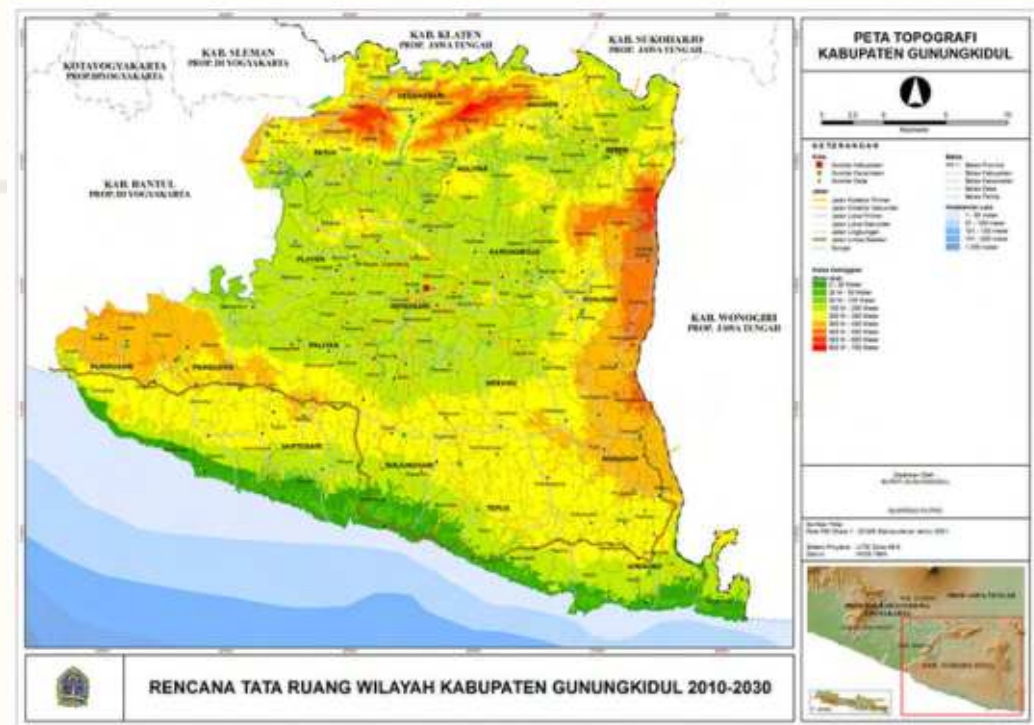


## TOPOGRAPHY

Based on topographic conditions, Gunungkidul Regency is divided into 3 (three) development zones, namely:

The North Zone is called the Batur Agung area with an altitude of 200 m–700 m above sea level. The situation is hilly, there are groundwater sources at a depth of 6m-12m from the ground surface. The soil type is dominated by latosols with volcanic parent rocks and cyclone sediments. This area includes the Districts of Patuk, Gedangsari, Nglipar, Ngawen, Semin, and the northern part of Ponjong District.

The Central Zone is called the Ledok Wonosari development area, with an altitude of 150 m–200 mdpl. The soil type is dominated by the association of red mediterranean and black grumosol with limestone parent material. So even though the dry season is long, the water particles are still able to survive. There is a river above the ground, but in the dry season it is dry. Groundwater depth ranges from 60 m–120 m below ground level. This area includes the Districts of Playen, Wonosari, Karangmojo, the central part of Ponjong and the northern part of Semanu District.



The South Zone is called the development area of Mount Seribu (Duizon gebergton or Zuider gebergton), with an altitude of 0 m–300 m above sea level. The bedrock that forms it is limestone with the characteristics of conical hills (Conical limestone) and is a karst area. There are many underground rivers in this area. The Southern Zone includes the sub-districts of Saptosari, Paliyan, Girisubo, Tanjungsari, Tepus, Rongkop, Purwosari, Panggang, southern Ponjong, and southern Semanu District.

# CLIMATOLOGY

The average rainfall in Gunungkidul Regency is 1720.86 mm/year with an average number of rainy days 115 days per year. The wet months are 4–6 months, while the dry months are 4–5 months. The rainy season starts in October–November and ends in May–June every year. Peak rainfall is reached in December–February. The northern part of Gunungkidul Regency is the area that has the highest rainfall compared to the central and southern regions, while the southern Gunungkidul region has the most recent onset of rain.

In Gunungkidul Regency, there are two surface watersheds, namely the Opak-Oya watershed and the Dengkeng watershed. Each of these watersheds consists of several sub-watersheds that function to irrigate agricultural areas. In addition, there is also a subsurface watershed, namely the Bribin watershed. Surface water (rivers and springs) is often found in Gunungkidul in the northern and central regions. In the central region some places have groundwater that is quite shallow and is used for field wells. Climatological conditions and limited water supply cause disruption of agricultural activities, especially agriculture that requires quite a lot of water such as rice plants. In addition, limited surface water sources have caused several areas in Gunungkidul Regency to be short of water sources.



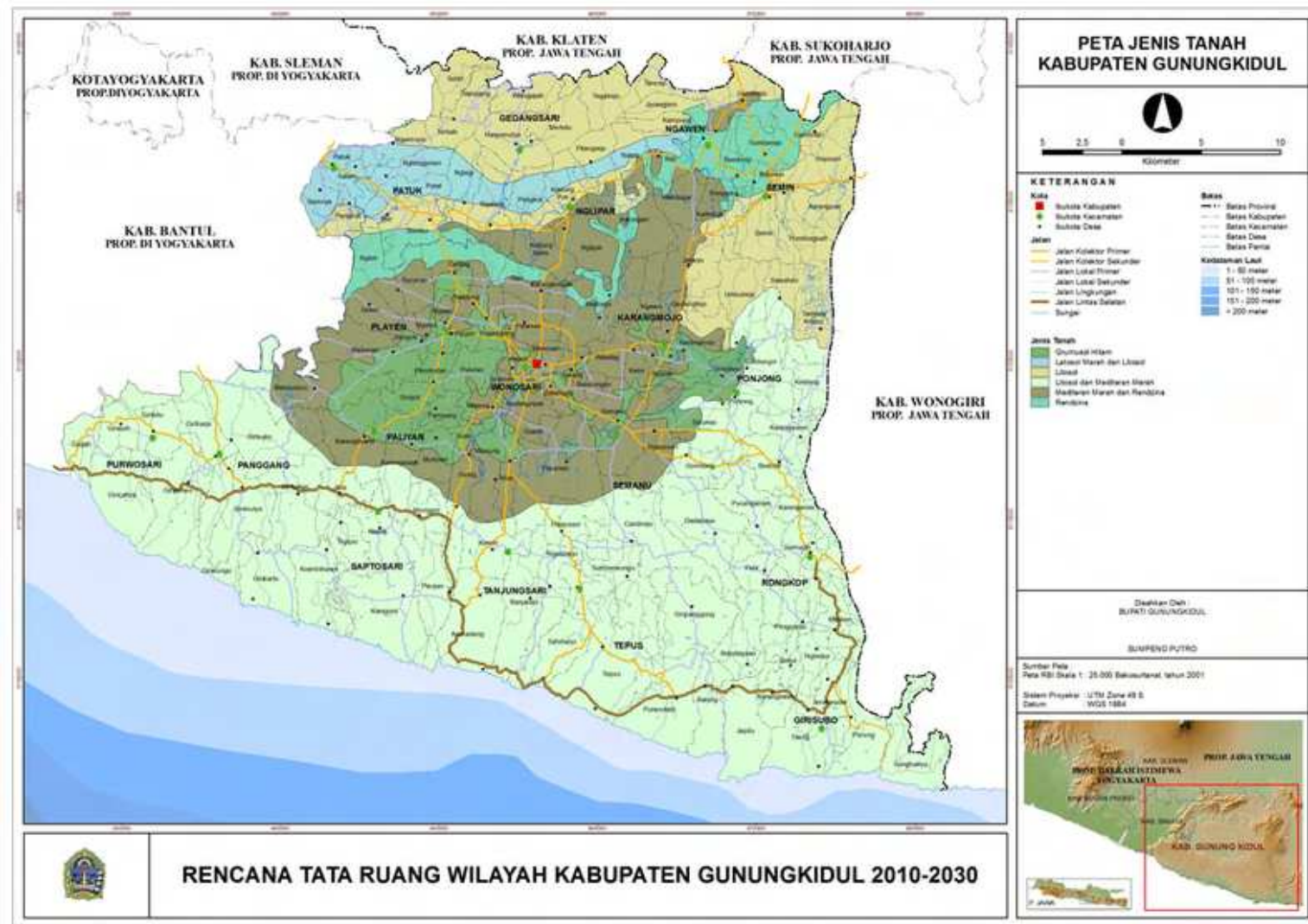
Bulan	Curah Hujan (mm)		
	2019	2020	2021
Januari	505,00	277,00	352,80
Februari	200,00	336,00	276,10
Maret	527,00	422,00	245,90
April	164,00	334,00	236,00
Mei	36,00	80,00	60,10
Juni	0,00	8,00	209,10
Juli	0,00	2,00	8,80
Agustus	0,00	24,00	33,90
September	0,00	12,00	133,60
Oktober	0,00	191,00	145,70
November	131,00	329,00	344,80
Desember	274,00	312,00	409,90
Total	1.837,00	2.327,00	2.457,00
Sumber : Badan Meteorologi, Klimatologi, dan Geofisika D.I. Yogyakarta			



# TYPE OF SOIL

There are 5 types of soil in Gunungkidul Regency. The soil types are: Mediterranean, Litosol, Latosol, Grumosol, and Rendzina. The following is a table and map of soil types in Gunungkidul Regency:

- Mediterranean: The soil is infertile, formed from weathered limestone, there are problems in water availability.
- Regosol: Coarse hilly soil derived from volcanic material. This land is very suitable for planting rice, sugar cane, secondary crops, tobacco and vegetables.
- Latosol: Red to yellow in color, This soil is suitable for crops, rice, coconut, rubber, coffee, etc.
- Grumosol: Formed from fine clayey material. Dark gray in color and fertile.
- Rendzina: This soil is the result of weathering of limestone in areas with high rainfall. The characteristics of this soil are black and nutrient-poor.



## SITE ALTERNATIVE 1



Karang, Girikarto, Kec. Panggang, Kabupaten Gunung Kidul, Daerah Istimewa Yogyakarta

Its a Grassy expanse on a ragged cliff with views of the sunset, popular for rock fishing & camping.

(+) Has a potential view

(+) private, far from crowd

(-) a bit far from the main road

(+) the access already paved



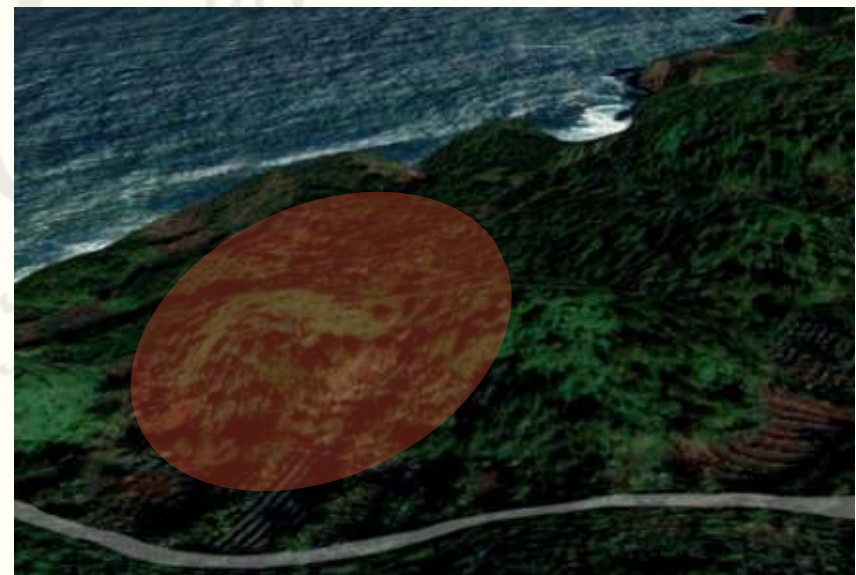
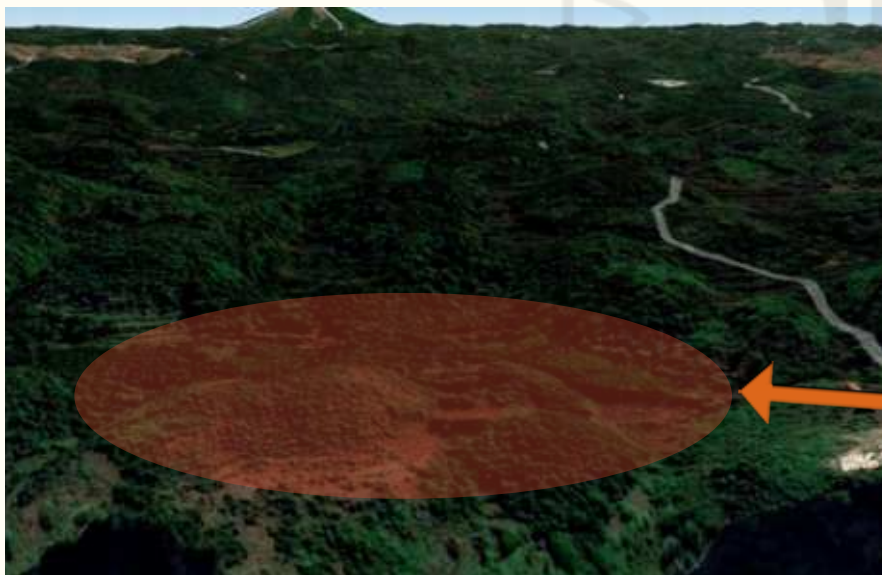


## SITE ALTERNATIVE 2



Wiloso, Girikarto, Kec. Panggang,  
Kabupaten Gunung Kidul, Daerah  
Istimewa Yogyakarta

- (+) Has a potential view
- (+) easy road access because it is close to tourist attractions
- (-) some areas have irregular contour differences



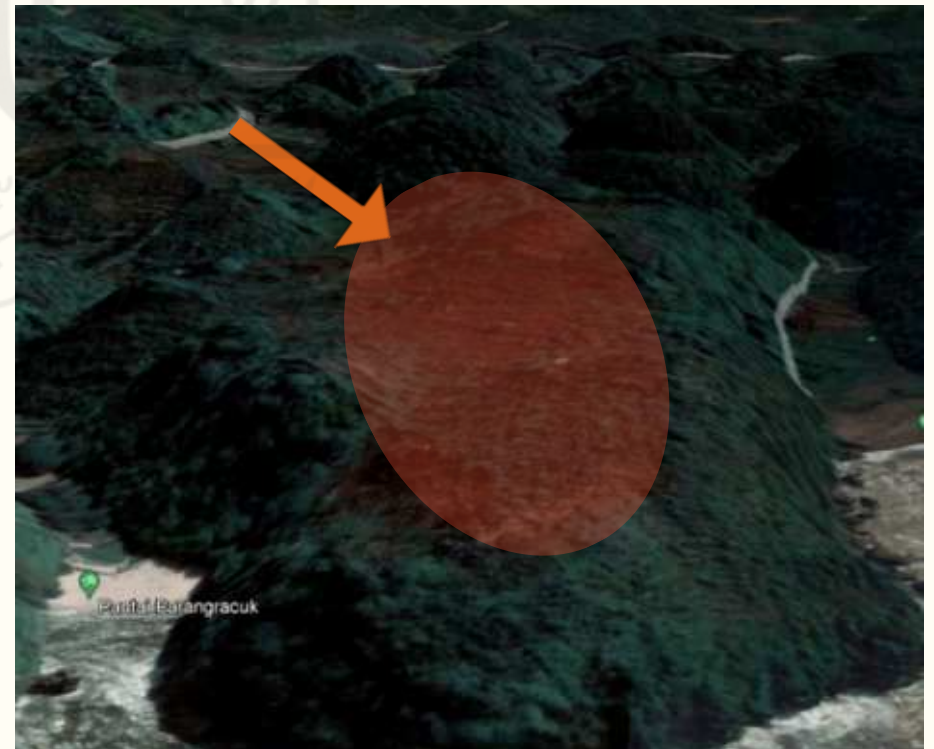


## SITE ALTERNATIVE 3



Kanigoro, Saptosari, Gunung Kidul  
Regency, Special Region of Yogyakarta  
55871

- (+) Has a potential view
- (+) easy road access (already paved)
- (-) the road is narrow



# THE SELECTION SITE CONTEXT ANALYSIS



## BUILDING CODE & REGULATION

Site area: 114.000 m<sup>2</sup>

KDB :  $\leq 60\%$

KLB :  $\leq 1,2$

KDH :  $\geq 40\%$

RTH : 15 %

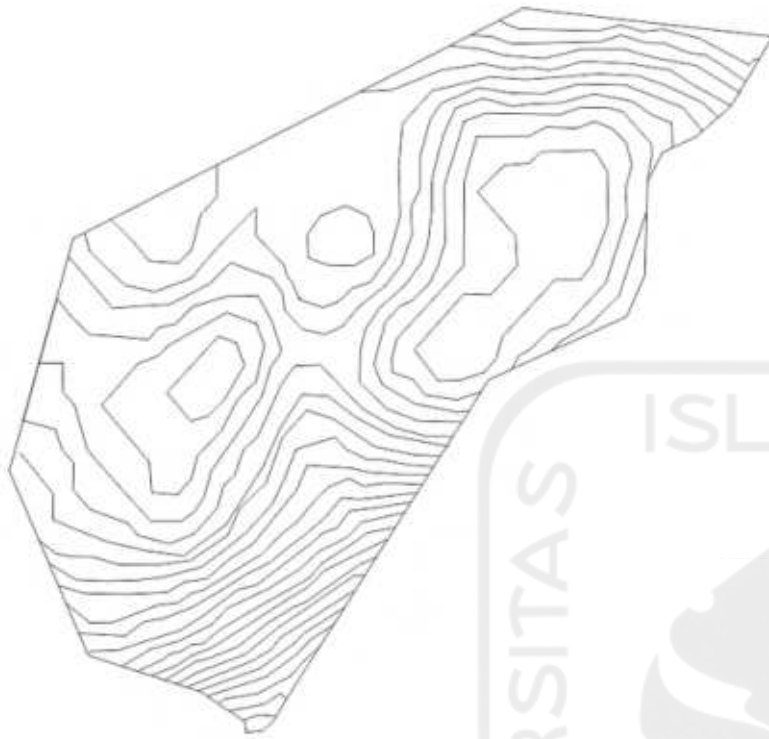
Beach Border: 100 m

Calculation:

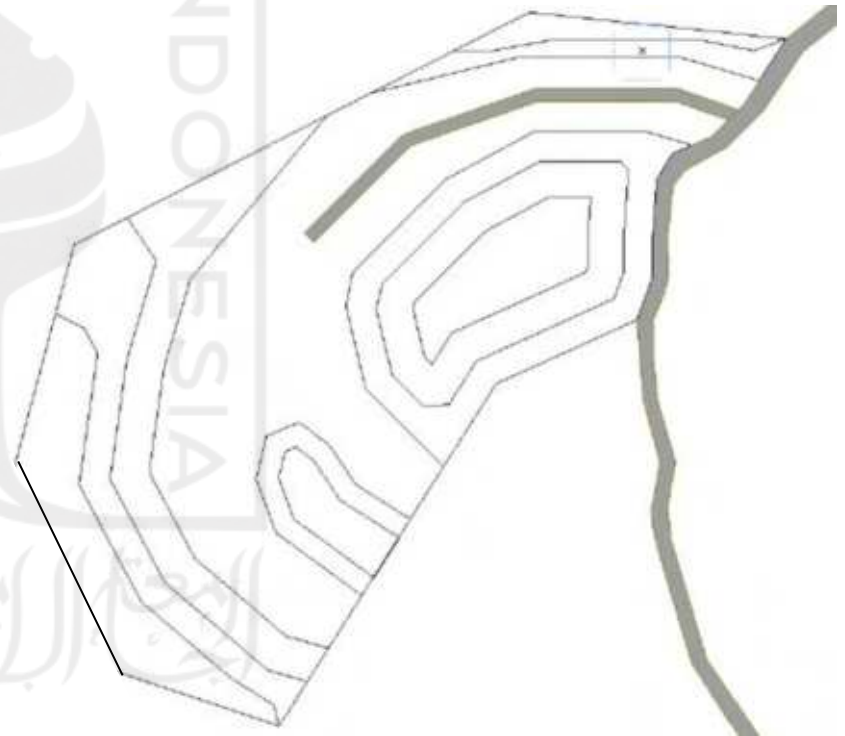
KDB:  $114.000 \times 60\% = 68.400\text{m}^2$

KLB: **82.080m<sup>2</sup>**

## EXISTING CONTOUR



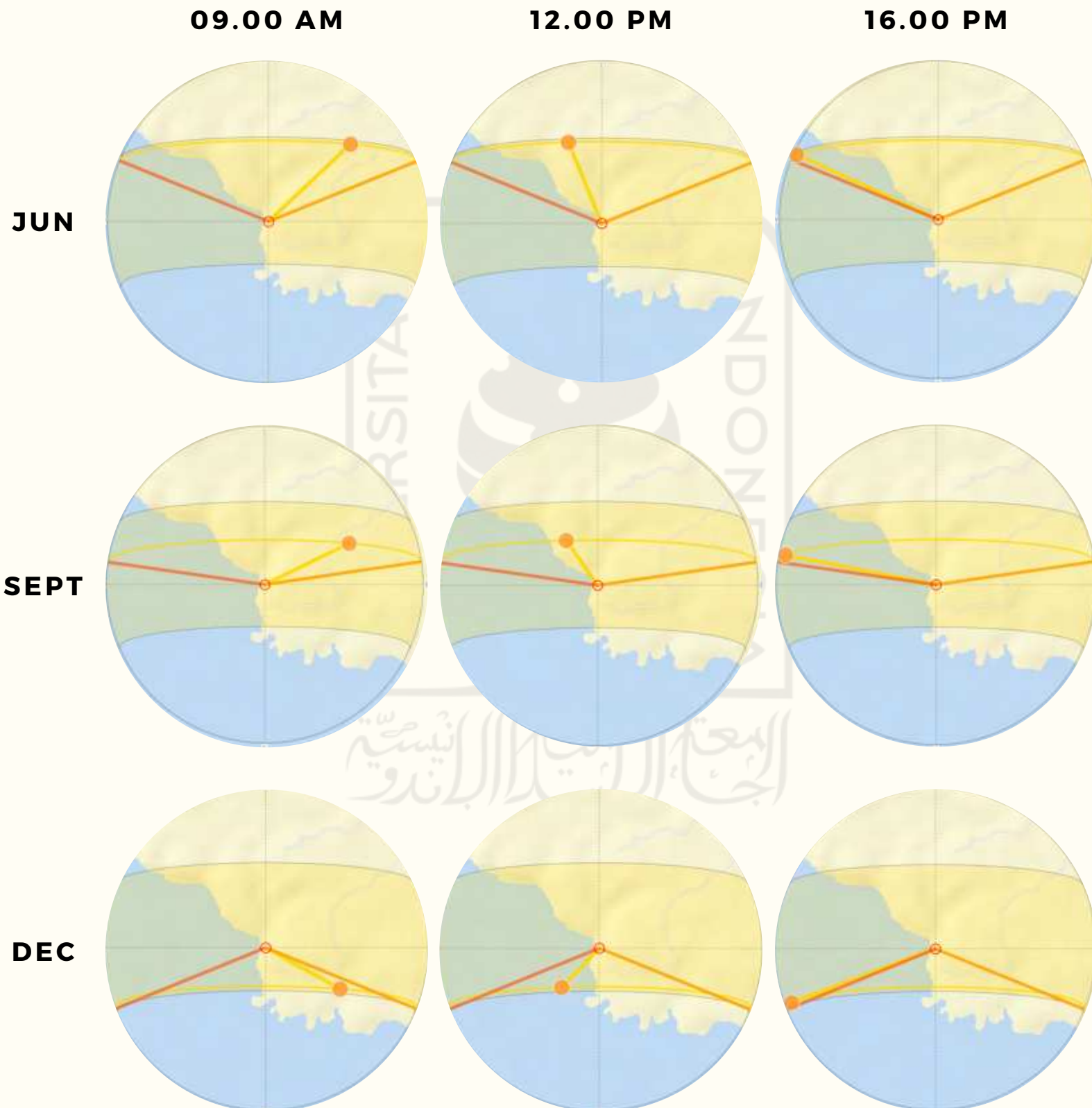
## MODIFIED CONTOUR

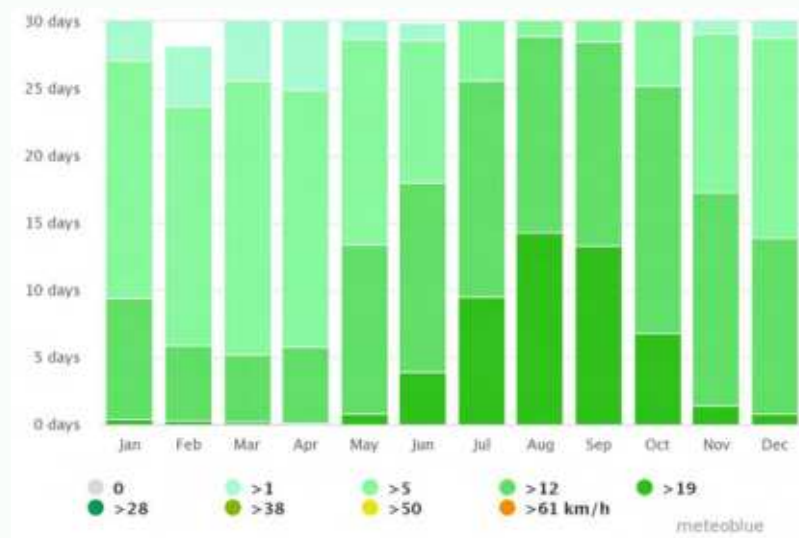




# ANALYSIS OF MICRO CLIMATE

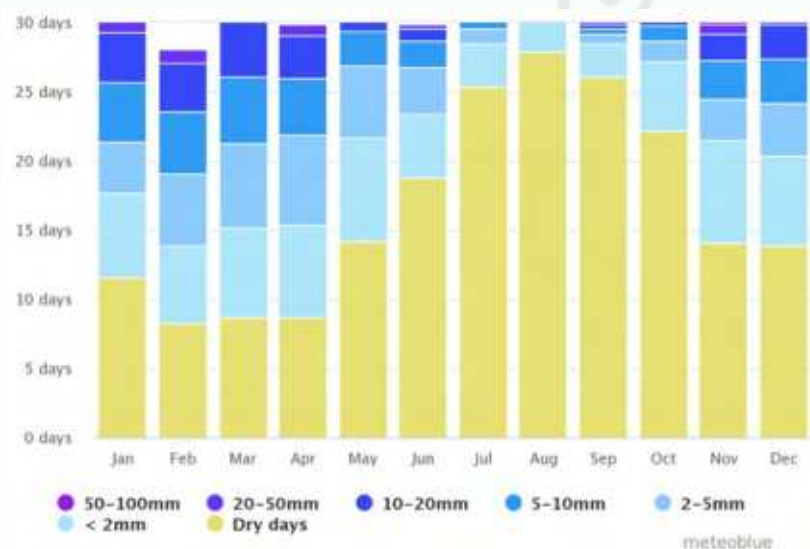
## SUN ALANYSIS





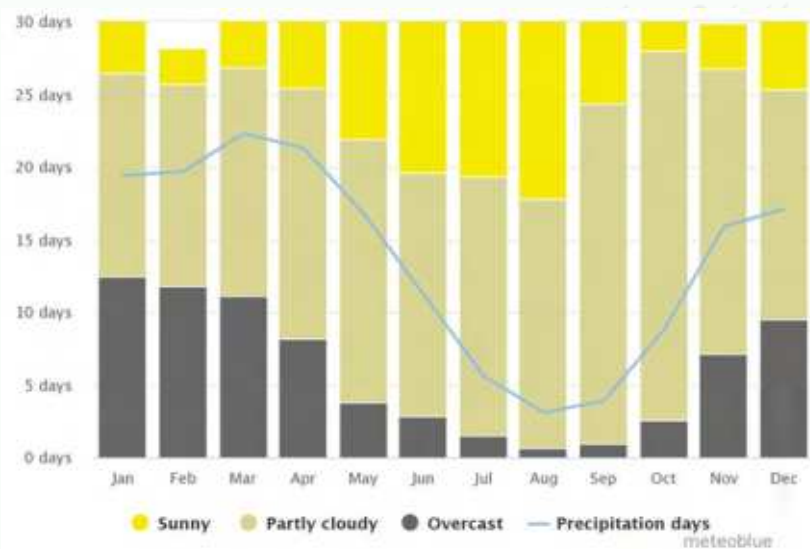
## WIND SPEED

the strong winds appear from December to April, and calm winds from June to October.



## PERCIPITATIONS AMOUNT

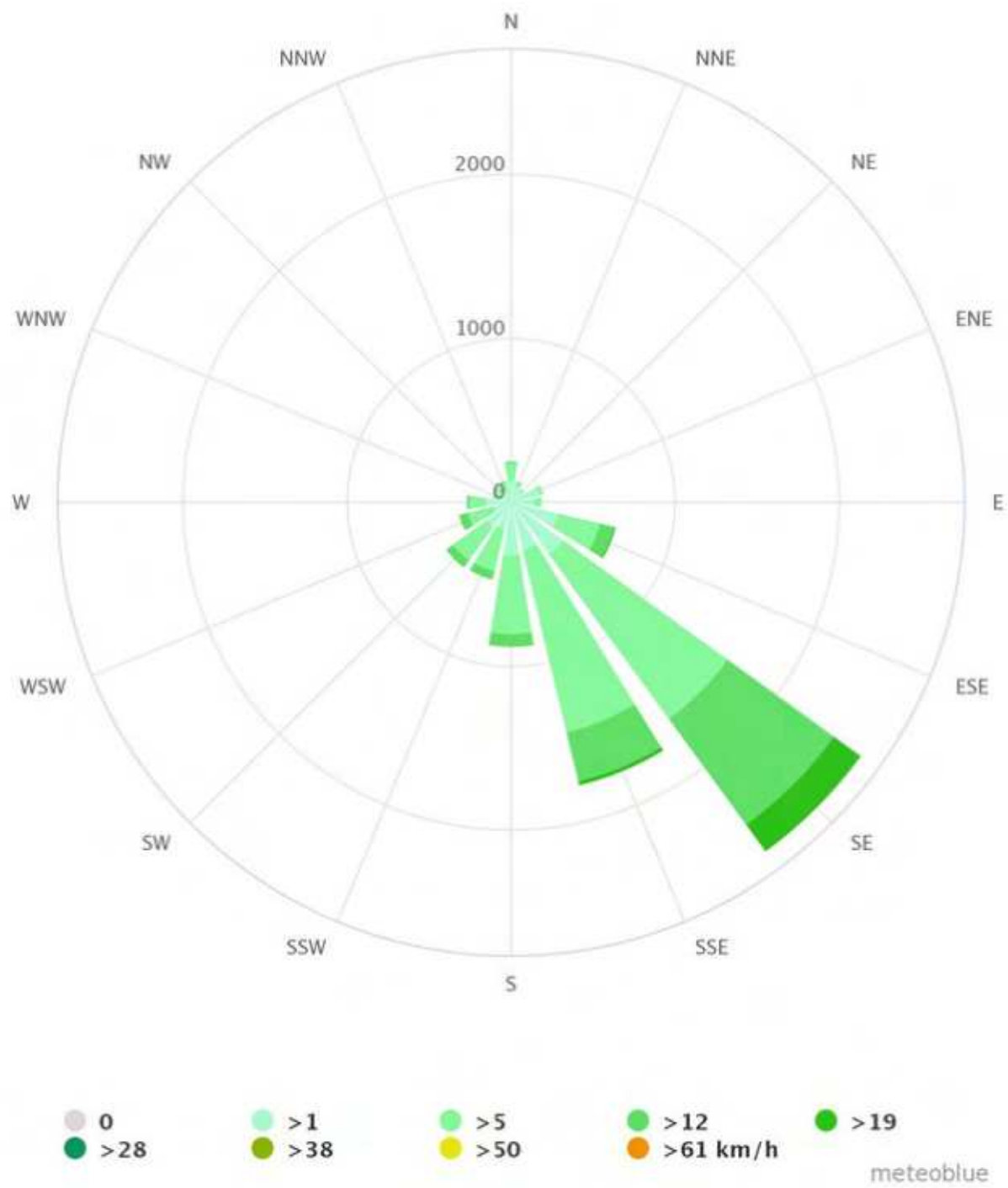
the strong winds appear from December to April, and calm winds from June to October.



## CLOUDY, SUNNY & PERCIPITATION DAYS

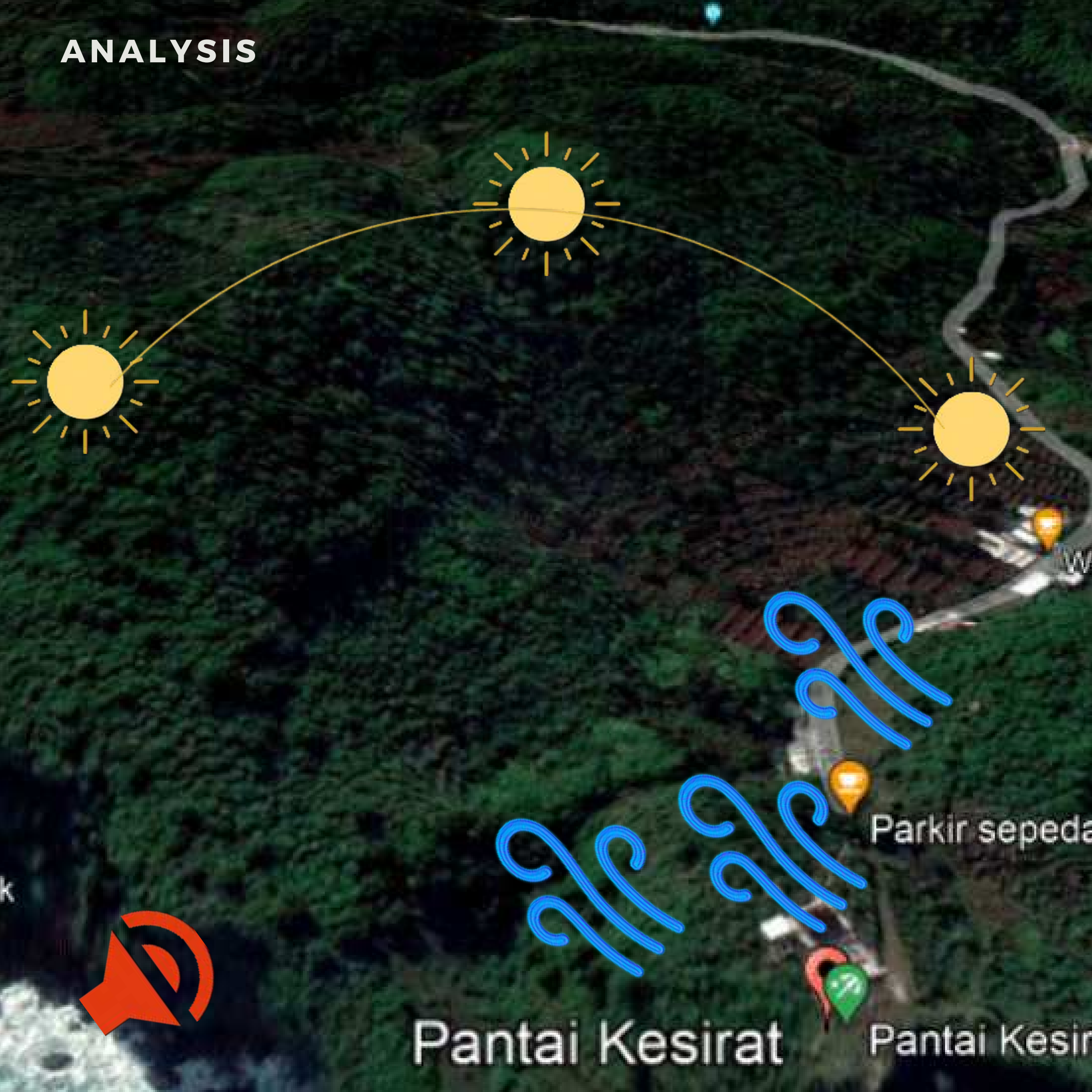
Jan-Mar is usually cloudy, June-August is the sunniest month.

# WIND ROSE



the wind is blowing from the southeast

ANALYSIS



Parkir sepeda

Pantai Kesirat

Pantai Kesirat



## 2.2 STUDIES & ANALYSIS OF DESIGN APPROACH

### STUDIES

#### DEFINITION OF HEALING ENVIRONMENT

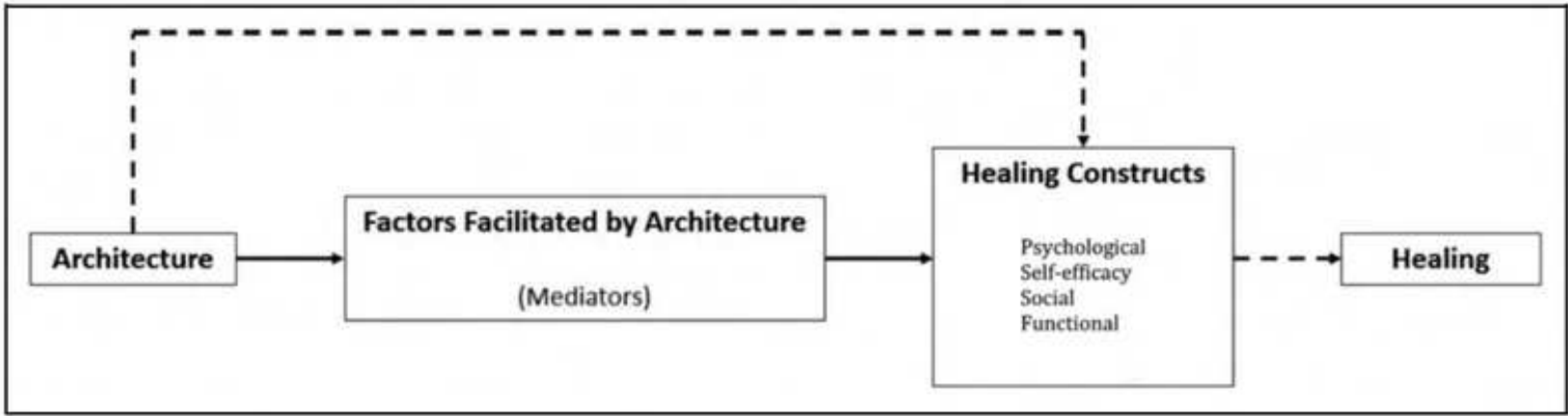
The physical environment influences the healing process and physical environment also contributes to a better quality of life not only for patients, nurses and staff but also visitors (Joseph, 2006).

Duncan (2000) and Oberlin (2008) argue that such an environment can be made taking into account some factors such as color, shape, lighting, smell, sound and taste. Berg (2005) places more emphasis on the contribution of nature, daylight, fresh air and serenity to such an environment.

A healthy approach to the healing process comprises of: inside and outside environment. Internal environment includes advancement healing intentions, encountering individual wholeness and developing connections healing, whereas the outside environment includes practicing the style healthy living, actualizing collaborative pharmaceutical, creating organization healing, and building a healing room.

The word “healing” is determined from the Anglo-Saxon word haelen, which means to “make whole, sound, and well.” Healing could be a comprehensive repair effort that requires the unification of the body, mind, and spirit. The healing process frequently includes continuous useful improvement that happens with a combination of continuous professional treatment, community support, and therapeutic environments.

Effective Healing Environments depend on components that are not only logistical and structural, but natural and social. A physical structure must interface with its immediate surroundings in order to serve the community for which it is built. Building systems (structural, mechanical, plumbing, electrical, etc.) may limit an architect. He or she must also contend with finishes, spatial adjacencies and aesthetic design in order to guarantee the usefulness of a structure. In spite of these limitations, a HE facility must be in harmony with its environmental and social setting in order to be really effective.





## HEALING CONSTRUCT

“Much of science is rooted in linear causation; however, we now know that instead of every effect having a discoverable cause, there is often interdependence and unpredictable, emergent surprise unpredictable, emergent surprise ... .” Miller, 2005

### a. physiological

The mental components of healing relate to the inside instrument of thoughts and sentiments that guests have about themselves, their lives, and their encompassing environment. Design makes an environment that positively or contrarily impacts individuals' sense of control and enthusiastic reactions to their care. In addition, it shows up that environments that give opportunities for relaxation exercises and visual art making can help patients in character support and recreation (Reynolds & Earlier, 2006), giving guests a sense of wholeness. A few studies have proposed that situations that **give a association to the outside world, have a view of nature, or give associations to plants in indoor spaces can offer assistance diminish patients' push level and increment their fulfillment with care** (Lechtzin et al., 2010; Linebaugh, 2013; Stop & Mattson, 2009) Positive engagement of the senses facilitates a healing experience. For example, **exposure to natural lighting is a very important factor in creating a healing environment. Music treatment may have mental benefits to patients by making a difference them interface with moments in their past and empowering introspection** (Bradt et al., 2015; Potvin, Bradt, & Kesslick, 2015). Research has found that music impacts emotions and can reduce anxiety and pain, improve patients' well-being (Bauer et al., 2011; Dunn, 2004; Engwall & Duppils, 2009; Lee, Chao, Yiin, Chiang, & Chao, 2011; Weeks & Nilsson, 2011), and may even reduce the patients' length of stay (Korhan et al., 2014; Zhou et al., 2015). **music and smell are not straightforwardly connected to the design of environment**, they can be investigated as additional natural mediations to create OHEs. Positive engagement of the senses, particularly **sight, hearing, scent, and touch, may be a effective way to utilize the physical environment as a healing space.**

### **b. self-efficacy**

**The self-efficacy develop reflects the guest's sense of control** over their situation and inner enthusiastic state. Architecture can provide guest with opportunities to be more independent, to have more control over the environment, to act more independently, and to feel more secure. **Homelike situations give a individual, solid, and insinuate put with a secure atmosphere for people** (Fenner, 2011)

Upgrading **self-efficacy can be as basic as permitting guests to select the artwork for their dividers, giving them with a degree of control** (Suter & Baylin, 2007) Barrier-free situations that suit patients' visual, sound-related, and kinesthetic disabilities offer assistance patients to be more autonomous, have more independence, and thus have distant better an improved self-perception (Teams, 2005).

### **c. Social**

The social develop reflects the status and **behavior of people in connection to other individuals around them and the support they get from those connections**. A particular case of this comes from a consider that found that barrier-free community situations made a difference guests move forward their social relations, while the nearness of mobility barriers diminished the social relations (Keysor, Jette, Coster, Bettger, & Haley, 2006). In addition to adjustments to the environment, devices such as domestic environment assistive innovations and telemedicine have been appeared to be full of feeling in improving patient-caregiver relations, which is important for quicker recuperating. (Gagnon et al., 2006). Understanding preference for getting care at home shows up to be driven by their crave to be with cherished ones, proposing that the capacity to accommodate guests is an imperative highlight to support mending (Brogaard, Neergaard, Sokolowski, Olesen, & Jensen, 2013).

### **d. Functional**

Functionality is an basic aspect of patients' by and large quality of life and sense of comfort and well-being. Design of the environment can affect patients' usefulness by either facilitating or restraining their development. On the other hand, **prepared situations equipped with carpeting, handrails, uncluttered corridors, expansive clocks and calendars, lifted can seats, and entryway levers better oblige individuals with declining senses, making a difference them have better functionality and perform their exercises of daily living** (Landefeld, Palmer, Kresevic, Fortinsky, & Kowal, 1995). In expansion, plan can enhance individuals usefulness by making homelike environments that move forward individuals' quality of life as well as consolation (Bauer et al., 2011; Kligler et al., 2011; Moore et al., 2013). **Access and views of nature and exterior situations have appeared to improve guests' quality of life** (Rowlands & Respectable, 2008; ; Timmermann et al., 2015). Architecture can too affect guests recuperating by providing environments that enhance guests personal control and therefore improve guests quality of life (Duncan-Myers & Huebner, 2000).

The results of recent research in the field of **environmental psychology**, concerning environmental science and perception, suggest that **responding to human needs such as relaxation, thinking and contemplating, and self-improvement can reduce stress, mental and physical health of the individual, and promote community**. So the proper presence of nature in one's life can also reduce many psychological, physical, and social pressures (Kabiri & Balilan, 2015, p.5). The use of healing landscapes is a way to reduce stress and nervous tension and create peace, regain strength or restore health (Divandari et al., 2016, p.26; Abdollahi et al., 2015, p.26). Human communication through the five senses provides an opportunity to experience the environment. Healing landscapes, regulated senses purposefully.

The healing landscapes awaken the Human senses and eventually balance the five senses (Nili et al., 2013, p.68). Clare Cooper, stark, and Marni Barnes (1999), in their book, "Healing Gardens: Therapeutic Benefits and Design Recommendations" discovered, the primary history of healing gardens (Fairchild, 2011, p.13). On the other hand, many studies have focused on healing and its influencing factors,



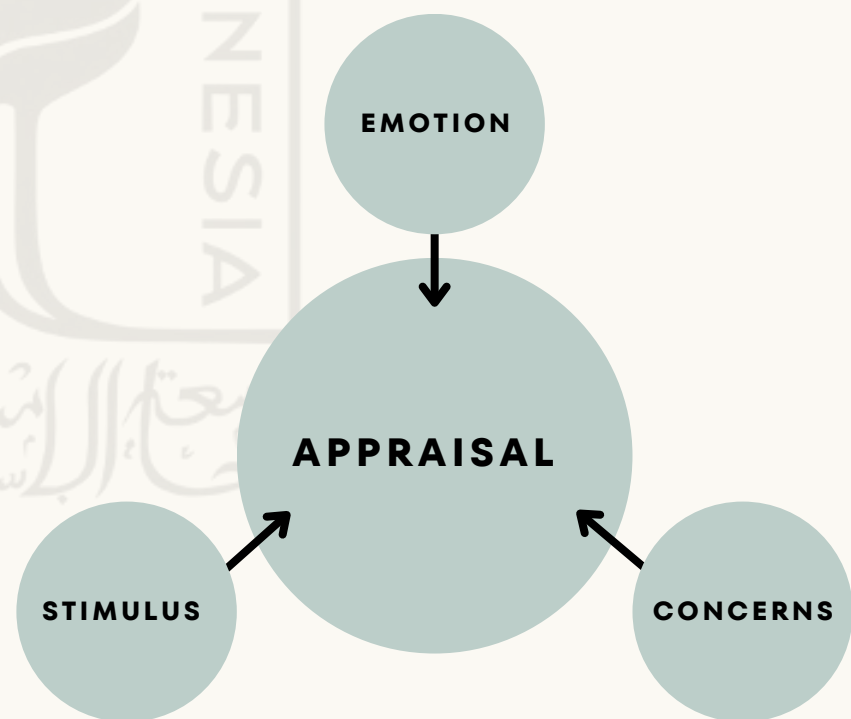




## SPACE AND EMOTION

Architecture is one of the foremost pressing necessities that we have had from the starting of time. Protect has continuously been an indispensable need and was the primary tool that man made for himself. From the primary stages of civilization, we created our covers to reply to our physical and enthusiastic needs. We live in cave, shielded beneath the trees, lived in tents, houses of wood or stone, and we required them. solidified them into communities, we moved into sun-dried brick houses, and utilized stucco, stone or marble to appear out status and control. This advancement in development was more than motion towards wellbeing, a physical and mental wellbeing, and a fundamental concern of us all.

The encounter of the body in space requires interaction between all of the senses. However while feelings are distinctive in each human being. Numerous studies have been carried out looking at how enthusiastic reactions are activated and the method is exceptionally complex. At a fundamental level this handle can be summarized as being created from the evaluation by the person of outside jolts and individual concern (existing or new). For case, pondering inside a maze (stimulus) with the concern of the require for investigation, we realize that we are free to investigate the space which incites interest and intrigued as enthusiastic result.



According to the World Health Organization, seventy percent of human physical illnesses caused by stress and neurological crises (Shahcheraghi, 2010). Healing involves a broad field that does not certainly refer to treatment. Preferably, it applies to a general process of healing that considers the human mind and body together. According to Marcus and Barnes's (1995) theory, healing is the liberation of physical symptoms, illness, and trauma. It is one of the factors for nervous pressure reduction, which increased human comfort (Nili, et al., 2013; Fairchild, 2011). Landscape spatial organization can make people feel relaxed. Gardens and landscapes called healing landscapes designed to improve people's mental health and create a pleasant feeling. (Polat, et al., 2017). "The healing garden has existed for medieval patients as part of the healing landscape. The goal of the healing garden designers is to create an environment for soul awareness, strengthening the human body, and conclusively the recovery of the body and the mind's intrinsic power.

**When healing is not possible, communication with nature can bring out mental relaxation for a person.** This concept peaked in the 1700 decade in the Romanticism era" says Spriggs. (Spriggs et al., 1998; Ramyar, 2011,). The healing landscape concept first introduced by geographic health researchers to define a place for health and wellness. The "healing perspective" term used to achieve physical, mental, and intellectual health (Velarde et al., 2007; Jiang, 2014). Since the relation of a healing garden with human, it can stimulate the senses and relieves stress. Continued presence in such places can arouse the patient's mental and physical well-being (Momtaz, 2017; Shahcheraghi, 2010). Healing is a feature that promotes mental health, relieves stress, and increases recovery. And have been used for landscapes that improve comfort and preserve human health (Williams, 1999). A healing garden "... Used as a tool for treatment: as places to relieve pain, to help the patient struggle for orientation and balance. This is a place that calms and relaxes and thus encourages the body to think about recovering themselves" (Spriggs et al., 1998; Anderson, 2011).



There have been numerous studies on the healing landscapes that each has provided criteria and Parameters. In the following, the healing landscape indicators of each parameter specified in most researches. Emotional parameters of healing landscapes are such as:

1. Provide positive distractions: **Nature draws human attention or fascinates people.** This directed fascination which is controlled by the operating system, makes human relax and causes negative thoughts to replace with positive ones (van den burg, 2010)
2. Stimulate and **use of five senses: Sound, sight, and smell in the environment** are external stimuli that are directly identified by the conscious mind (cooper Marcus & Barnes, 1999; Shahrads, 2012). Smooth and favorable landscapes quickly arouse one's emotions and imply effective in relieving one's stress (Nili et al., 2014).
3. **Encourage wildlife:** Animals and birds are directly attracted to garden plants. The birdsong, and along with the sound of the wind among the trees, create a beautiful melody in the garden (Jafarnia et al., 2006). This nature orchestra sweeps away the daily stress and tension (Sad, 2003).
4. **Prevalence of green materials:** Green planets effect on reducing the psychological fatigue of the residents. Green planets effect on reducing the psychological fatigue of the residents. (Emami et al., 2018).

### **Cognitive parameters of healing landscapes:**

- 1.Privacy: Researches indicate that people prefer natural, spatially open areas for passive activities like as; sitting, thinking, and watch the landscape, nature, or other people (Pouya, 2017). Therefore in locations where cultural and ethnic groups, favor visiting in large, extended family groups, sub-space needs implemented the privacy of those who wish to, be alone do not intrude upon (Cooper Marcus & Barnes, 1995).
- 2.Psychological comfort: Mental health is a mental state characterized by health and emotional well-being, lack of anxiety and disturbing life symptoms, and the capacity to build a satisfying relationship with others and to compare with the stresses and inconsistencies of life (Waist, 2001) Mental peace achieved in different ways. Studies show that exposure to natural elements designed to be effective in relieving stress and reducing mental fatigue (Matsuoka & Sullivan, 2011). Environmental features can help to enhance mental health by providing a higher level of social support experience. (Brown et al., 2009; Mehrabi, 2010,).
- 3.Minimize instruction and ambiguity: People need a degree of sophistication and mystery that will provide them with challenging opportunities. Amounts of complexity create a sense of worthlessness and ordinariness of space. (Kaplan & Kaplan, 1982). However, numerous studies show that abstraction in design does not well tolerated by persons who are ill or stressed. Identifiable features and garden elements incorporated into the design. Abstract art in the facility and garden has been often unsuitable (Mitrione & Larson, 2007).

### **Behavioral parameters of healing landscapes:**

- 1.Sense of control: Sense of control is an individual's perception of his or her own ability to have power over what they do (Martin, 2013, ). People with a sense of control experience less stress, and the ability to cope with it, and are healthier than those with less control (Taheri & Shabani, 2016,).
- 2.Variety of Space: The variety of spaces gives the audience a variety of experiences, and creates a variety of landscapes to see, hear, smell, and touch all of the natural elements that enhance a certain kind of positive emotions and reduce stress (Volker, 2011).
- 3.Social support: Social support is the perceived emotional help individuals receive through interacting with other people (Martin, 2013). People who receive a higher level of social support are usually less stressed and have better health than those who are more isolated (Ulrich, 1999, p.42-43; cooper Marcus & Barnes, 1999).

### **Social parameters of healing landscapes:**

- 1.Understanding users groups and needs: Understanding how people see their surrounding environments and how they react to it is one of the most crucial factors of therapeutic design, in another word, what individuals observe, and how they interpret (Cooper Marcus & Barnes. 1999).
- 2.Offer different types of activities: Men are at heart, an active creature and activity are healthful in it. If he has a chance to use his body and mind in the pursuit of pleasurable and meaningful occupations, he feels rewarded (Keilhofner, 1997). Physical activity and relationship with nature are promoting both physical and psychological health and well- being (Han & Wang, 2018)



## ANALYSIS

There are important elements that need to be considered based on the approach, these are the following aspects:

### SPACE

The design of a landscape includes numerous components. The proper organization of all the necessary components inside a garden is a strength of the design and conveys the narrative of the area. Building and designing a garden is a fantastic opportunity to design a space that is uniquely customized to the desired lifestyle. It provides an opportunity to deepen and enrich the experience by exploring the wide range of design materials available and learning about the miracle of plant life. With the development of comprehensive outdoor heating, which includes kitchens, swimming pools, and more than simply places to swim, we now spend more time in the garden throughout the year. One of the most important design considerations for a garden is the intended use of the space; this is the overarching goal that is immediately apparent when one enters a landscape that has been intentionally created. Function is immediately apparent in a great design, whether it's a serene garden setting for reading the newspaper and drinking coffee in the morning, an intimate refuge to get away from it all, or the pinnacle of outdoor entertaining with a pool, kitchen, and sound system.



- **Scale**

When beginning to design any outdoor environment, scale is a crucial factor. If it got it right or not, visual communication confirms it. All aspects of the garden, including the size of the pool, the paving material options, and the anticipated maturity of the plants, must follow the principles of scale. The planned use of the garden is significantly influenced by its size. It is essential for mobility around the table and to other areas of the garden that the area around it provides a comfortable clearance for traffic. The scale of any design will be determined by the size of the outdoor area itself, but the success of the garden depends on the choice and arrangement of its components. This could imply wider walkways, larger gathering spaces, or perhaps a pool of opulent proportions.

Understanding the predicted maturity of each plant installed is an essential component of the design process because plants significantly contribute to complementing the specified environment. Instead of embracing the space, the improper scale creates a negative perception of it. You may narrow down the list of plant species that are suitable for screening so that you are only left with the option of color and texture to think about by understanding the scale and intended maturity of screen planting, as well as the garden's aspect and temperature. There is little reason why those plants won't mature as intended and maintain a healthy appearance that complements the area in the interim with the proper soil preparation, drainage, and watering.

- **Aspect**

For their future sustainability over the long term, gardens of all types rely on proper planning. Understanding the garden's aspect and its interactions with the elements is necessary for this. The path the sun takes across a piece of land, as well as the impact of other weather factors like wind and rain. A property's current features cannot be modified, but if they are overlooked, the design may fail in a short amount of time.

The majority of gardens will also include undesirable elements, such as blustery winds or sweltering sun, however plant material can be utilized to lessen these effects. Large screening plants can create a windbreak for a place that is vulnerable to gales and prevailing winds or lessen the summertime sun's glare. Garden structures will also help to deflect strong winds away from particular places if that is a concern. With the planting of trees, shaded areas can be produced. This creates a microclimate where the tree canopy shields the underplanting beneath it.

- **Function**

The garden is a popular place to relax, but it is simpler to unwind if the area is created with that aim in mind and the atmosphere supports it. Areas that help and enhance relaxation can be built while designing a garden. The design of the area should convey relaxation, either through a created or natural view.

- **view**

A theme, style, or mood that is in keeping with the architecture might be strengthened by the view of the garden. Placement of outdoor entertaining and relaxation areas should always take use of a site's view of water or the surrounding natural scenery. They can afford to relax the focal components in the garden's design so that they compliment, rather than compete with, the borrowed view. It is crucial to make sure that the garden's long-term growth won't obscure the viewpoint.

In a coastal areas, the ocean makes a beautiful backdrop for a pool design where the boundaries between the two bodies of water merge. To enhance the view, simple paving and planting is all that is needed.



- **Direction**

Focal point within the garden act as signage board for direction. When placed in the correct locations, they ensure that you are drawn to every feature of the designed space. They can be used to direct movement through the garden from one part to another. Focal point can be many things and will be influenced by the design and style of the garden as well as personal choice. Sculpture pieces can be draw the eye and movement, and will bring a personal touch to the space.

- **Theme**

Culture, in conjunction with architecture of the time, has played an invaluable role in the evolution of garden design for thousands of years. A themed garden is a great opportunity to introduce a personal style. whether for the entire garden or a dedicated space within the garden. Themes provide the perfect opportunity to introduce elements of design, complementary materials and wide choice of plant life. Designing a traditional themed need to consider elements that are true to its origin to ensure the success of the design. The layout and aspect of the garden are crucial considerations, especially if the theme requires a certain amount of sunlight or shade. The structural elements require traditional installation methods and the material used will need to be as authentic as possible.

In themed garden, the furnishings will enable the design to communicate its intended message. The placement of these items, whether seating, pots, statues or water features.



## ENTERTAINMENT

For most of us, entertaining is one of the key functions of our gardens, somewhere to interact with friends and family and an environment suited to relaxation and tranquility. All these features are about removing our self from the confines of buildings and into an outdoor space tailored to our lifestyle. . Innovations in design and the correct layout and placement of features will create an environment for all to enjoy. Modern landscape design has upgraded this function of the garden with inclusions to assist in a more enjoyable experience and increase the level of comfort.





- **Atmosphere**

Any design should take into account atmosphere, which is accomplished when all of the components support and embrace the intended theme and purpose of a place. This is obvious as soon as you walk into a beachfront resort because the whole design reinforces the laid-back atmosphere and beach culture that the resort is trying to project. Even the design, color, and positioning of the poolside chairs contribute to establishing and sustaining the intended ambiance. The uniformity of the furniture and landscaping reinforces the concept. The atmosphere of successfully designed entertaining areas makes you feel welcome. It invites you to do as you please and enables you to feel comfortable in an environment without provide a sense of harmony, while the sound and movement of water add to the experience. The smooth blue tones of the water in the pool and the foliage colours of the leaves that surround it, the texture and colour of paving and walls, even the fabric of cushions, all combined to reinforce the message.

If atmosphere is achieved during the daylight hours, it will only be enhanced when the sun goes down. The introduction of outdoor lighting at night creates an evocative mood that only lighting can achieve and also provide opportunities to highlight feature items in an exciting way. foliage colours and textures will become more noticeable, and the movement of water even more pronounced as it catches and reflects the light. Lighting can play an important role in creating atmosphere and assisting to bring a design to its intended use.

Lighting to be blended into the garden. Up lighting feature plants and elevated structures create a smooth effect as the light blends out of view into the night sky after it has illuminated its desired feature.

For more intimate feel, the use of candles will provide the intended mood and the reflections of the small flames can be used for highlight water on nearby foliage.

Sound is also an integral element of atmosphere, whether its the soothing notes of a trickling water feature or your favorite CD by the pool. The introduction of music to the space plays a role in creating atmosphere-it will support the style of the setting and also reflect its function. There are a growing number of weatherproof speakers which can be installed within the garden which will allow greater flexibility to incorporate music into outdoor space.





- **Dining**

The outdoor dining areas has become one of a property's most valuable assets, no matter what's style, size or location, and it's important justifies careful consideration to its design. A well-designed dining area with comfortable furniture and welcoming atmosphere will draw you into it more frequently and become a multi-purpose space-somewhere to enjoy a morning coffee or a talk on the phone.

The view from the dining table is also an important consideration, and should add to the experience. As with a good restaurant there are the good locations to sit with the best views and aspects and there are the bad location that seem uncomfortable and lack atmosphere. The position of the dining table should relate to the design of the space. providing a clear vision all its features as well as the opportunity to take in the detail when spending time there

The outdoor dining experience is about relaxation and enjoying the company of others, so it is worthwhile taking time to review a comfortable selection furniture. The correct table and chair height .combined with soft furnishings such as additional cushion, will help to make time spent there as enjoyable as possible.





## RELAXATION

We all relax in our ways. The notion of relaxation is different to everyone and it also changes throughout each person's lifetime with their surroundings. For some relaxing may mean finding the quietest place in the garden, for others could mean entertaining friends, or being in the pool. What is important is that the garden is designed to cater to the way you choose to relax, with all the inclusions to assist in that outcome.







### • Intimacy

The garden is a very intimate location which provides a sense of security and privacy that is not often found indoor. For this reason, the gardens have become invaluable locations where it can retreat and reflect on those things that are most important to us all. Intimacy is about creating a mood. An intimate environment allows us to sink into the relaxing atmosphere that has been created and take time out for ourselves whenever we choose,

for example, the walls of buildings are combined by plant life in a variety of shapes and colours to tease the eye. Gentle breezes that move the plant material back and forth give life to the space and also add natural sound that is only achieved by the foliage and branches of plants brushing against each other. With the ceiling removed and replaced by open sky over the garden, it's creating experience the warmth of the sun, which is naturally comforting, also can enjoy the shapes created by the clouds.

Screening plants can be used to block any undesirable views, while the inclusion of a gentle flowing water feature not only assists in the tranquil mood but can also mask unwanted noise.

The atmosphere can be enhanced with the installation of lighting, illuminating and highlighting tree trunks and feature items and creating amazing displays of colours and textures not normally seen during the day.





- **Retreat**

This is the space where you can truly be yourself, where you can smell the fresh air, interact with others, and feel alive. It is a place where we can sit still, a place to wander, a place to stop and talk to each other. It is an environment where you can do as you please, without having to conform to the socially acceptable rules that we abide by in our daily lives. where you can escape when you need to, to reflect on the things that are most important.

This gives us an opportunity to remove ourselves from the normal schedule of our daily lives, to relax and unwind away from the usual distractions of busy lives and lack of time.

The important noises of the area and world outside fade into the background and the sounds of moving water and the rustle of plants and foliage take its place. The sunlight warms us, while overhanging trees and plants provide shade and shelter. Infinite tones of green surround us, with contrasting colours and texture adding to the relaxing environment and the sense of escape.



# WATER

Water features can take so many forms, from a simple birdbath providing a drink and cool spot for wildlife to pools and spas or expansive water courses. It can be the focal point of a garden area, or designed to surround you completely once within a particular space. Spas are also features that bring great opportunities in design. it can extend your time in the garden and a great place to relax. Water is generally one of the easiest elements to integrate into the garden, regardless of size or setting, but any water features. Whether a pond, pool, spa, or simple bowl, has to be carefully considered to ensure it is sustainable for the long term. In some cases, the water feature can be the wild life source for birds and wildlife, as well as for plant material, and contribute to the health and sustainability.

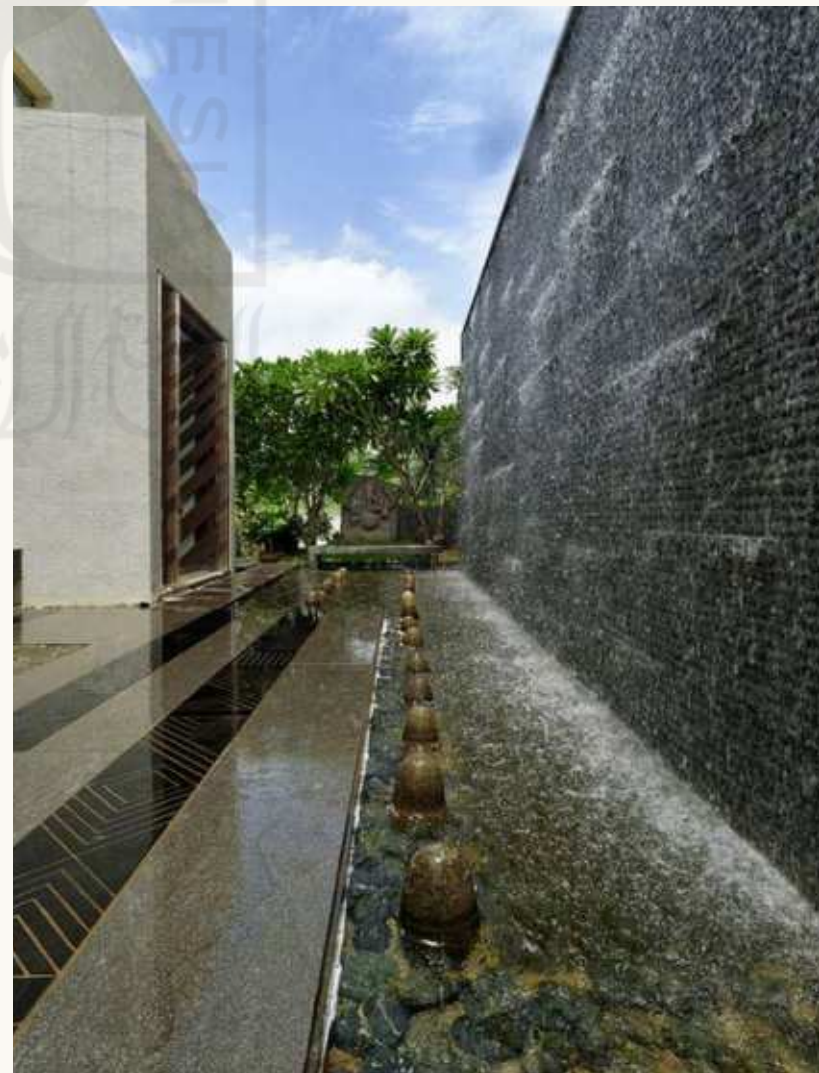
Evaporation in any water feature is commonly overlooked. but can be easily solved with additions such as top-up valves or with designs that access rainwater. Maintenance schedule also ensure it operates at the same level as when it was installed and also provides the sensory impact it was designed for. As water become more precious than ever, it is even more critical for the landscape to be designed with the catchment, storage and redistribution of water as an essential function. This involves drainage design and contour grading, to ensure the maximum catchment to storage tanks, or development of dams and artificial creek systems.





- **Pools**

This is the effect that a large body of blue water creates that makes it such a strong focal point. The inclusion of a spa, swim-up wet bar or flowing waterfalls will add to the overall impression. Importantly, how the pool is surrounded by plants, hard materials, lighting and furnishing will play a stronger role in communicating. There are many available materials for pool fencing, such as glass, that will be in the pool's style but will not detract from the landscape. Importantly, the location of the pool filter and other equipment shouldn't be forgotten in the design process, to ensure that it doesn't interfere with the view or the use of the area. The design of the pool will play a major role in the selection of water features, but the movement of water within the pool can be achieved in many ways, whether by a freestanding wall with water flowing down it, a bubbling fountain, or the introduction of levels with water running between them.



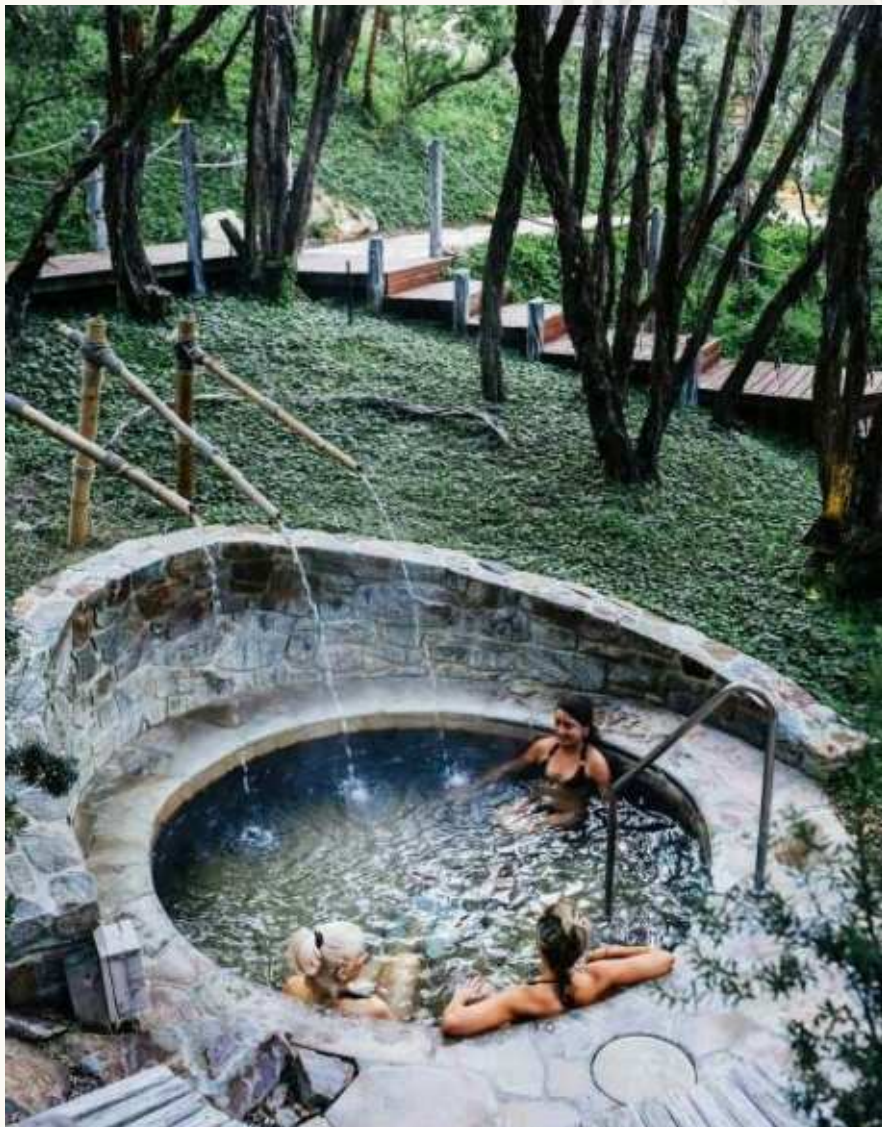




### • Spas

The intimacy and relaxation potential of an outdoor spa makes it an ideal location for entertaining and enjoying conversation and drinks, and also a romantic location for two. The view from the spa whether natural or created should aid in the relaxation experience, and a strong planting scheme surrounding it will provide a sense of sanctuary. Other important features of the spa's location also need to be considered during the design phase to ensure that the area function as a special space to retreat to within the garden.

Roof structures over the spa create a sense of enclosure, and apart from allowing the space to be used in all weather, they can also play a major role in increasing the privacy of the area if required. Lighting extends the time which can be spent in the spa, and can also highlight the design as well as greatly enhance the night atmosphere in line with a particular occasion.







- **Water Features**

Water movement brings life and energy to a space. It draws the attentions of location, and produces an atmosphere that is unique. The sound of moving water, as expressed in nature by a gentle flowing creek, will always beg investigation and gives comfort that life's around. The water feature can play a leading role in communicating the impression of the designed space, and provide a connection between the design and landscape. Walking over water, whether on a bridge or stepping stones or even a glass floor, as enables a close connection the water. water flowed between two sheets of glass that formed the dining table before falling into a pond below. The placement of a water feature has a close relationship to the garden design, both as visual feature and in helping to create direction.

.The front entry to a property, for example is a popular location for a water feature to great visitors and it can provide a hint of what they will see once within the property. Water features also bring feelings of tranquility and relaxation indoors if positioned where they can be viewed and heard from rooms. Wherever the feature is placed, however the sight and sound of the water should always draw you towards it..

## 2.3 STUDIES & ANALYSIS OF DESIGN TYPOLOGY

### STUDIES

#### DEFINITION OF RESORT

- Resort hotel is a type of hotel that tends to recreational activities, whether providing entertainment, sports facilities, or places shop. Generally, resort hotels are built in places that are The definition of a resort according to experts is a hotel whose location is lakeside. (Murdhanti, 2011)
- The definition of a resort is a place to stay that has a variety of kinds of special facilities used by tourists for activities relax, exercise, and walk around while enjoying the beauty of nature around the resort. Examples of facilities are golf courses, tennis, spa, jogging track, hiking etc. (Pendit, 1999)
- The definition of a resort is tourism that meets 5 types of services which can be called the resort criteria. The criteria are accommodation, recreational facilities, sales outlets, entertainment and services.

Based on the expert's definition, it is concluded that the resort is an accommodation building that utilizes nature & attraction as the main selling point. This is in accordance with the development of the area which aims to create healing facilities while preserving nature and culture on the site.



## TYPE OF RESORT

The variety of tourism areas in the world affects the types of resorts. Based on the location and facilities (Lawson, 1995), resorts can be classified as follows

### **a. Mountain Resort Hotel**

This resort hotel is situated in a mountainous area. Typical view beautiful mountainous areas become the main commodity in make it an attraction. The facilities provided are more emphasized on matters relating to the natural environment of the mountains and cultural and natural recreation such as mountain climbing, hiking, and other activities related to tourism activities which is on the mountain.

This resort hotel is built in a mountainous area and makes use of the view and the cool climate of the mountains as an attraction main. To add to the attraction of visitors, usually resorts This kind is equipped with outdoor swimming pool facilities so that visitors can at the same time enjoy the beautiful natural scenery around while swimming. Some mountains sometimes have special conditions that are used as a typical tourist attraction in the area. For example mountain areas that have snow. Resort built in the area this kind is sometimes only used on special occasions which has been adjusted by the resort manager. For example the location of the resort which is used for ski tours is only open during the season cold and provides ski sports facilities.

### **b. Marina Resort Hotel**

This type of resort hotel is located in the marina area (sea port). Because it is located in the marina area, the design of this resort take advantage of the main potential of the area as a waters. Usually the response of this kind of resort design is realize it by equipping facilities in the form of a pier and prioritizing the provision of facilities related to water activities, beachfront views and facilities to enjoy abundant sunshine.

### **c. Rural Resort and Country Hotels**

The current trend of tourism shifts that lead to activities tours carried out in unspoiled areas with attractive natural potential opens up opportunities to build resorts this type. Rural resort and country hotels are resort hotels that are built in a rural area away from business areas and crowds. The main attraction of this resort is its unspoiled location, reinforced by sports and recreational facilities that are rarely found in cities such as hunting, playing golf, tennis, horse riding, rock climbing, archery, or other special activities.







#### **d. Sight-Seeing Resort**

This resort is located in an area that has special potential such as a shopping center, interesting place, historical area, or entertainment place.

#### **e. Sanctuary Resort**

Sanctuary Resorts are resorts located in mountainous areas or on the coast by provide security, tranquility, and peace. By strengthening the experience of local cultural and environmental rituals. Sanctuary resort has the grand point of making maintainable tourism ventures that advantage the local infrastructure, both socially and environmentally. Giving opportunities for visitors to balance body, intellect and spirit.

#### **f. Health and Spa Resort (Wellness)**

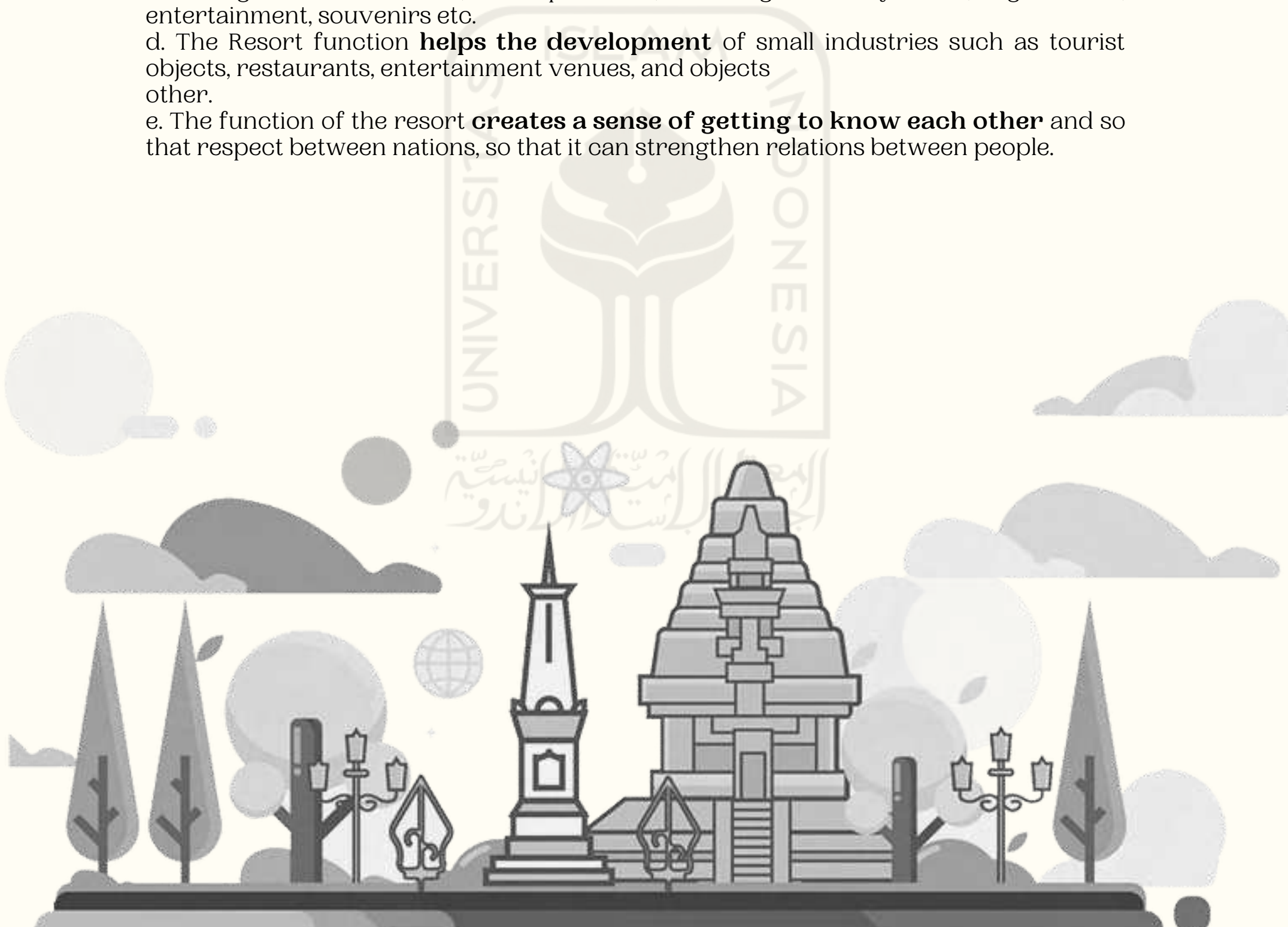
This resort is built in areas with natural potential that can be used as a means of health, such as mountains that have clean air. This resort design is equipped with facilities for physical, spiritual, and mental recovery, as well as activities related to fitness.

Based on the above study, the Wok Kudu beach area has good natural potential. and Yogyakarta have an interesting local culture that needs to be preserved. Sanctuary Resort is the type of resort that is suitable for resort planning in Kaliurang.

## FUNCTION OF RESORT

Resort functions according to Mill, 2002 and Coltman, 2002 are as follows :

- a. The function of the resort for users, is for the convenience of traveling, **comfortable stay or enjoy facilities for recreation.**
- b. Resort function for the government, is to **increase revenue** region and country
- c. The Resort function **helps the economics** create as well as add employment, including resort services, transportation, clothing industry food, agriculture, entertainment, souvenirs etc.
- d. The Resort function **helps the development** of small industries such as tourist objects, restaurants, entertainment venues, and objects other.
- e. The function of the resort **creates a sense of getting to know each other** and so that respect between nations, so that it can strengthen relations between people.



## RESORT FACTOR

In accordance with the purpose of the existence of the resort, which is in addition to stay also as a means of recreation. According to Kurniasih (2006) resorts arise due to the following factors:

### **a) Human need for recreation**

Humans in general tend to need recreation to can relax and relieve boredom caused by their activities.

### **b) Health**

Symptoms of stress can arise due to tiring work that can affect the health of the human body. In order to restore the health of both workers and the elderly requires freshness of mind and body that can be obtained in a place with cool air and beautiful scenery accompanied by with lodging accommodation as a means of rest.

### **c) Desire to enjoy nature's potential**

The existence of beautiful and cool natural potential is very difficult found in overcrowded and polluted urban areas. Thus, the desire of urban communities to enjoy natural potential is a problem, therefore resort offers beautiful and cool natural scenery so that can be enjoyed by visitors or users of the resort (Pendit, 1999).

So it can be concluded that the emergence of resorts is due to the human condition that requires entertainment in the form of the beauty of natural potential as a means of healing and a series of educational activities

# CHARACTERISTIC OF RESORT

There is a special character possessed by this type of resort distinguishes it from other types of lodging facilities. According to Kurniasih (2006) resort character consists of:

## **1) Location**

Generally located in places of beautiful scenery, mountains, seashores and so on, which are not damaged by noisy, traffic, city crowded and urban pollution. At Resort, proximity to major attractions and related to recreational activities is the main demand market and will affect the price.

## **2) Facilities**

Motivate visitors to have fun by passing the time Leisure demands the availability of basic facilities and recreational facilities indoor and outdoor. The main facility is the bedroom as an area privacy. Outdoor recreation facilities include swimming pool, court tennis and landscaping. Outdoor facilities also follow the location tourist attraction.

## **3) Architecture and Ambience**

Tourists visiting resorts tend to look for accommodation with a special architecture and atmosphere and different from the type other lodging. Resort provides opportunities for guests to explore the local spirit and feel with free. Tourists using resorts tend to choose a pleasant atmosphere comfortable with architecture that supports the level of comfort without leaving an ethnic nuanced image.

## **4) Market Segment**

The target to be reached are tourists/visitors who want to vacation, have fun, enjoy the natural scenery, beaches, mountains and other places with panoramic views the beautiful one.

Based on the study of the characteristics of the resort, the resort will be designed with the following facilities: supported with healing activity and also good landscaping & ambience, besides that, providing a limited bedroom quantity to get privacy.



# RESORT REQUIREMENTS & TIERS

Based on the Decree of the Director General of Tourism No. 14/U/11/1988 concerning the Implementation of Business Provisions and Classification of Resorts, can be classified into several types, including one-star resorts, two-star resorts, three-star resorts, four-star resorts, five-star resorts, and five-star diamond resorts.

1. One-star resort: minimum 20 rooms
2. Two-star resort: minimum 20 rooms
3. Three-star resort: minimum 30 rooms
4. Four-star resort: minimum 50 rooms
5. Five-star resort: minimum 100 rooms
6. Five-star resorts + diamonds: resorts whose quality is better than five-star resorts.

Based on the study of the resort classification, the suitable classification in the design of this resort is a 2-star resort by providing a minimum number of rooms (around 30) to support the concept of privacy.

According to the Decree of the Director General of Tourism No. 14/U/11/1988, a resort must at least contain several facilities which include:

- Parking area.
- Resort lobby (main lobby, lounge area, cashier's room, receptionist, customer service, public toilets).
- Resort room (single room, twin room, triple room, superior room, suite room, presidential suite).
- Meeting room, Entertainment, sports and play ground facilities.
- Laundry and dry cleaning.

Based on the study of the facilities and requirements of the resort, then on the design of the resort will provide some of the facilities mentioned in the Decree of the Director General of Tourism No. 14/U/11/1988.

A resort itself usually consists of several types of rooms according to the needs of the tourists which can be a group of people or who stay alone. The types of rooms are:

#### 1. Standard room (STD)

Standard room or standard room is a common room provided by every hotel. The standard room is also a type of cheap hotel room because the facilities provided are fairly standard, such as television, desk, bathroom, to refrigerator.

Each hotel offers different standard room facilities. Two-star and five-star hotels will definitely have different facilities. However, the above are standard facilities that are usually provided.

#### 2. Superior room (SUP)

Each hotel does have a different standard of facilities. Depending on how many stars the hotel is, to the price offered. Superior room is a type of hotel room that is better in terms of facilities to the size provided compared to standard rooms. The difference between a superior room and a standard room may not be too visible.

#### 3. Deluxe room (DLX)

In contrast to superior and standard rooms, deluxe rooms are designed to be more attractive and have more complete facilities. In addition, deluxe rooms are also sometimes placed in areas that are better than standard and superior rooms. However, deluxe rooms in some hotels are sometimes also lower in terms of facilities and sizes compared to superior hotel room types.

#### 4. Junior suit room (JRSTE)

Junior suit room or also often called studio (STU) is a type of hotel room that has facilities such as a sitting area or a separate living room from the bedroom. These two rooms are separated by a small divider such as a wall or a large closet. Some hotels that have a junior suit room type also have a kitchen.

#### 5. Suit room (STE)

This type of hotel room can be said to be similar to a small apartment inside a hotel. With facilities such as a separate bedroom, kitchen, living room, and bathroom, this type of hotel room is usually used by people who are on business to families who want to stay long enough.

#### 6. Presidential Suit

The Presidential can be said to be a wider type of hotel suite room. This type of hotel room is the best and most expensive room type of a hotel. Not all hotels have presidential suits. The facilities provided by this room are the best facilities offered by the hotel.

Hotels will also usually provide the best views for this type of hotel room. Rooms like this are usually used by important people, such as officials, billionaires, to a president.

Based on the room type study, the selected room type is a Standard room, Deluxe room & suite room according to facilities that will be provided



# CONFIGURATION MASS

The following categorizes the forms by addition according to the nature of the relationship that emerges between its component forms as well as its overall configuration.

## a. Centered Shape

Consists of a number of secondary forms surrounding one dominant form which is right in the center. Centralized forms demand universal domination visuals in geometric order, shapes that must be centered, for example such as a sphere, cone, or cylinder. Because of their centralized nature, the forms It is ideal as a stand-alone structure, surrounded by its surroundings, dominate a point in space, or occupy the center of a particular plane. This form can be a symbol of sacred or reverent places, or to commemorate the greatness of a person or an event.



## b. Linear Shape

Consists of shapes arranged in a row on a line. Line shape straight or linear can be obtained from a proportional change in the dimensions of a shape or by arranging a row of shapes along a line. In the case of The sequence of forms can be in the form of repetition or have similar properties and organized by other elements that are separate and completely different such as a wall or Street.

- Straight line shapes can be cut or bent as an adjustment to local conditions such as topography, scenery of vegetation, and other conditions at the site.
- The form of a straight line can be placed in front of or show the side of an outdoor space or form an entry plane into a space behind it.
- Linear shapes can be manipulated to some extent.
- Linear shapes can be directed vertically as a tower element to creates a point in space.
- Linear form can function as a regulating element so that it varies other elements can be placed there.



### c. Radial Shape

It is a composition of linear forms that develop outward of a centered shape in the radial direction. A radial form consists of the forms linear growth of a core element centered outwards according to its radius.

This form combines central and linear aspects into one composition. The nucleus can be used either as a symbol or as a center functionality throughout the organization. Its central position can be emphasized by a dominant visual form, or can be combined and become part of the arms radial.

Radial arms have the same basic properties as linear shapes, namely extrovert nature. Radial arms can reach outward and engage or improve yourself with something special in a site. Radial arms can open its extended surface to reach sunlight conditions, wind, view or desired space. Radial shape organization can be seen and understood perfectly from a point of view in the air. When viewed from the ground, most likely the central element will not be clear, and the crossing pattern of the linear arms becomes blurred or distorted by perspective.





#### **d. Cluster Form.**

A collection of shapes joined together because they are close together or give each other similar visual properties. If a centralized organization has a basis strong geometric in the arrangement of its forms, then a group organization is formed based on functional requirements such as size, shape or distance. Although

does not have deometric rules and introverted nature forms the center of group organization flexible enough in combining various shapes, sizes, and orientations to in its structure.

Based on its flexibility, group organization of forms can be organized in various ways as follows:

- Can be linked as an additional member to a parent form or space the greater one
- Can be associated with approaching to emphasize and express its volume as an individual unit.
- Can connect volumes and combine into a shape singular which has an apparent variation

A group organization may also consist of generally equivalent forms in size, form and function. These shapes are visually arranged into something coherent, non-hierarchical organization, not only through close proximity but also through the similarity of its visual properties. A number of forms of group housing can be found in various forms traditional architecture of various cultures. Although every culture gives birth a unique species in response to factors of technical capability, climate and socio-cultural, this group housing organization generally maintains individuality of each unit as well as a moderate degree of diversity within the the overall context of the arrangement.

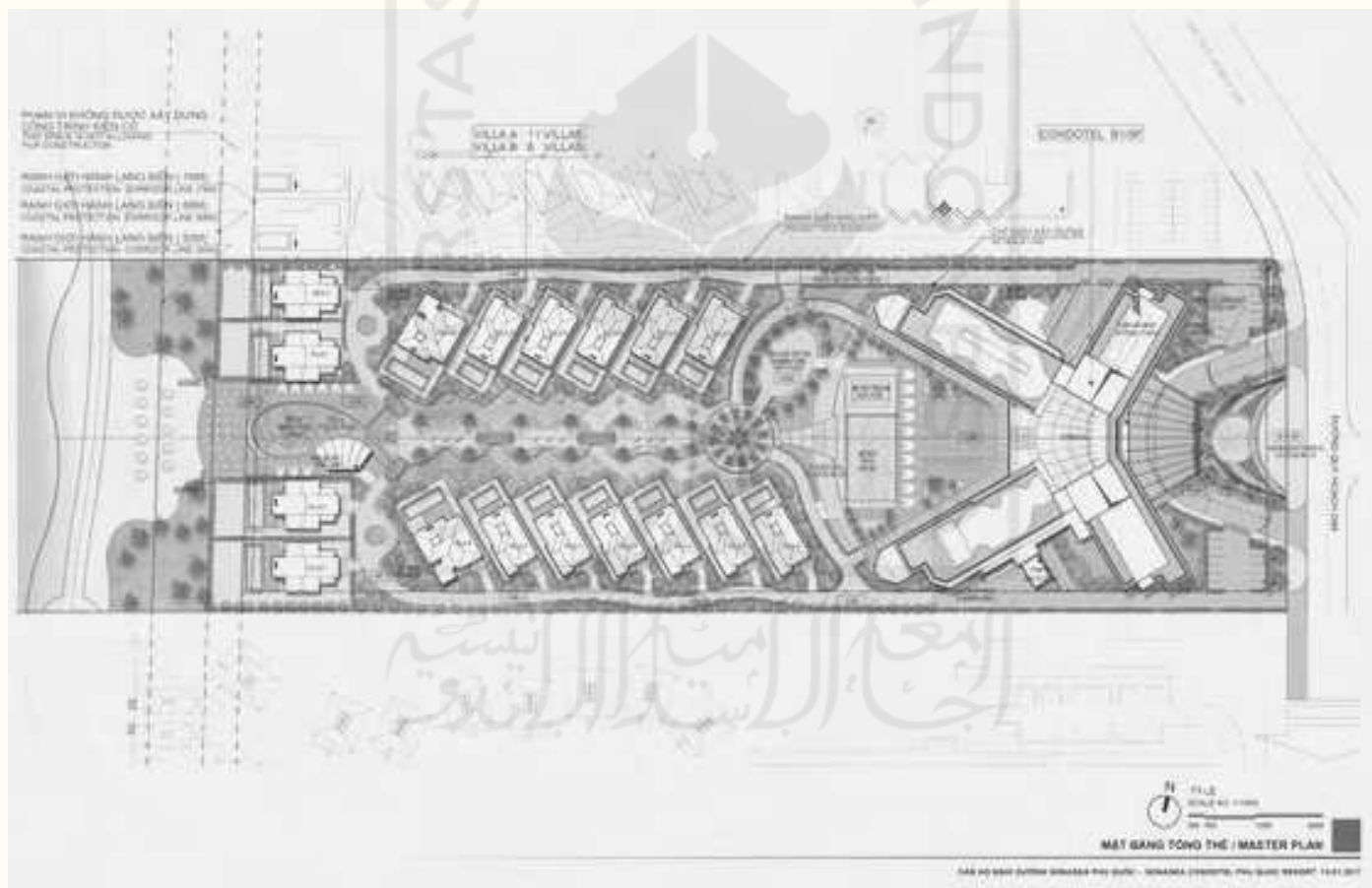


### e. Grid Shape

Are modular forms that are connected and organized by three grids dimensions. Grid is a system of intersection of two or more parallel lines that are regularly spaced. The grid forms a geometric pattern of regularly spaced points at the intersection of the grid lines and the regular planes formed by the grid lines themselves. The most common grids are those based on a square geometric shape.

Due to the similarity of dimensions and bidirectional symmetrical properties, the square grid is in principle, tiered and undirected. The square grid can be used as a scale that divides a surface into countable units and gives it a certain texture. The square grid can also be used to cover some the surface of a shape and unite it with repeated geometric shapes and deep.

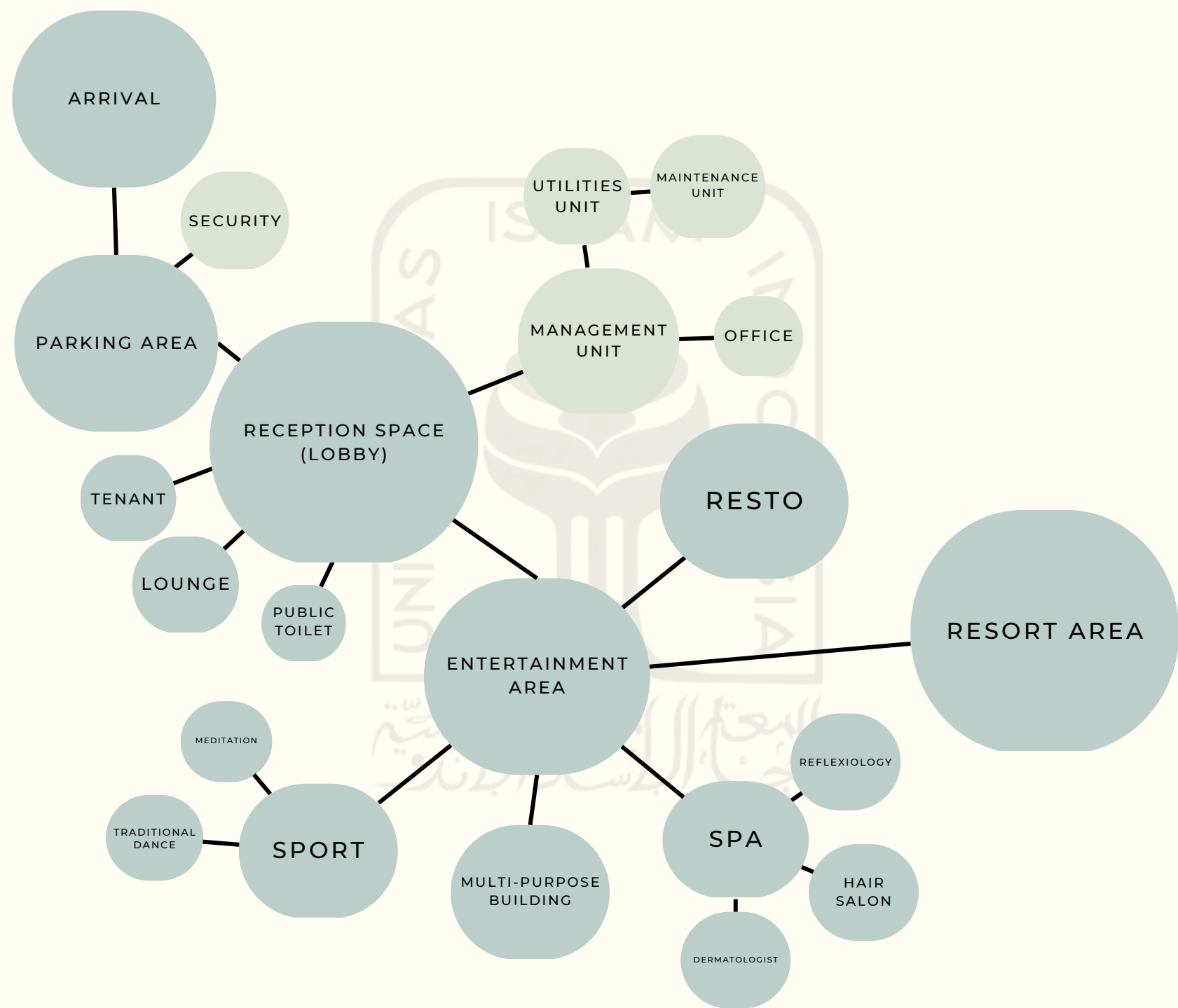
The square, when projected onto the third dimension, will give rise to a space network of reference points and lines. Within a modular framework In this way, several forms and spaces can be organized visually.



Based on the studies, the shape type of resort that will be chose is the Radial shape follow the room needs that will be implement to this resort.

ANALYSIS

ANALYSIS OF SPACE  
PROGRAMMING





# ANALYSIS OF BUILDING USER, ACTIVITIES & FLOW

## GUEST (STAY)

### 1. Guest / Participants (stay)

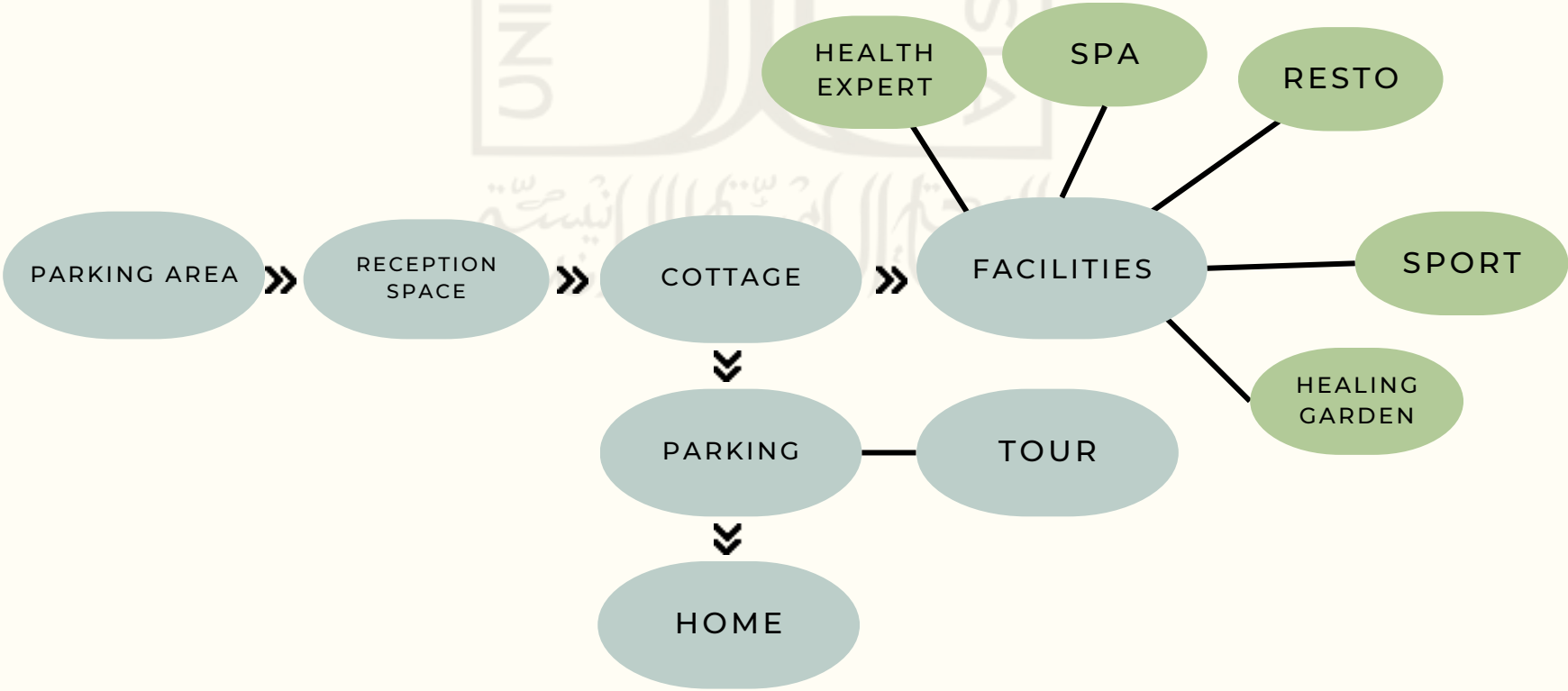
Guests / activity participants are people who enjoy services and services with the intention of obtaining balance between body, mind and soul (the balance of body, spirit and mind) and to improve physical and mental fitness through the programs offered.

The guests who usually come are:

- a. Someone who has life problems such as symptoms stress, overweight and other bad habits in life.
- b. Upper middle class society, where the pattern of life is already established.

### Guest Stay's Activities

- Follow the program introduction process.
- Conduct health consultations and health checks.
- Conduct psychological consultations and nutrition and diet consultations accordingly with the selected program type.
- Implementation of the program in accordance with the program that has been determined.
- Entertainment (casual bikes, relax garden, etc.).



# GUEST (NON STAY)

## 2. Guest (non stay)

Guests non stay are people who enjoy certain facilities that offered without stay in the resort.

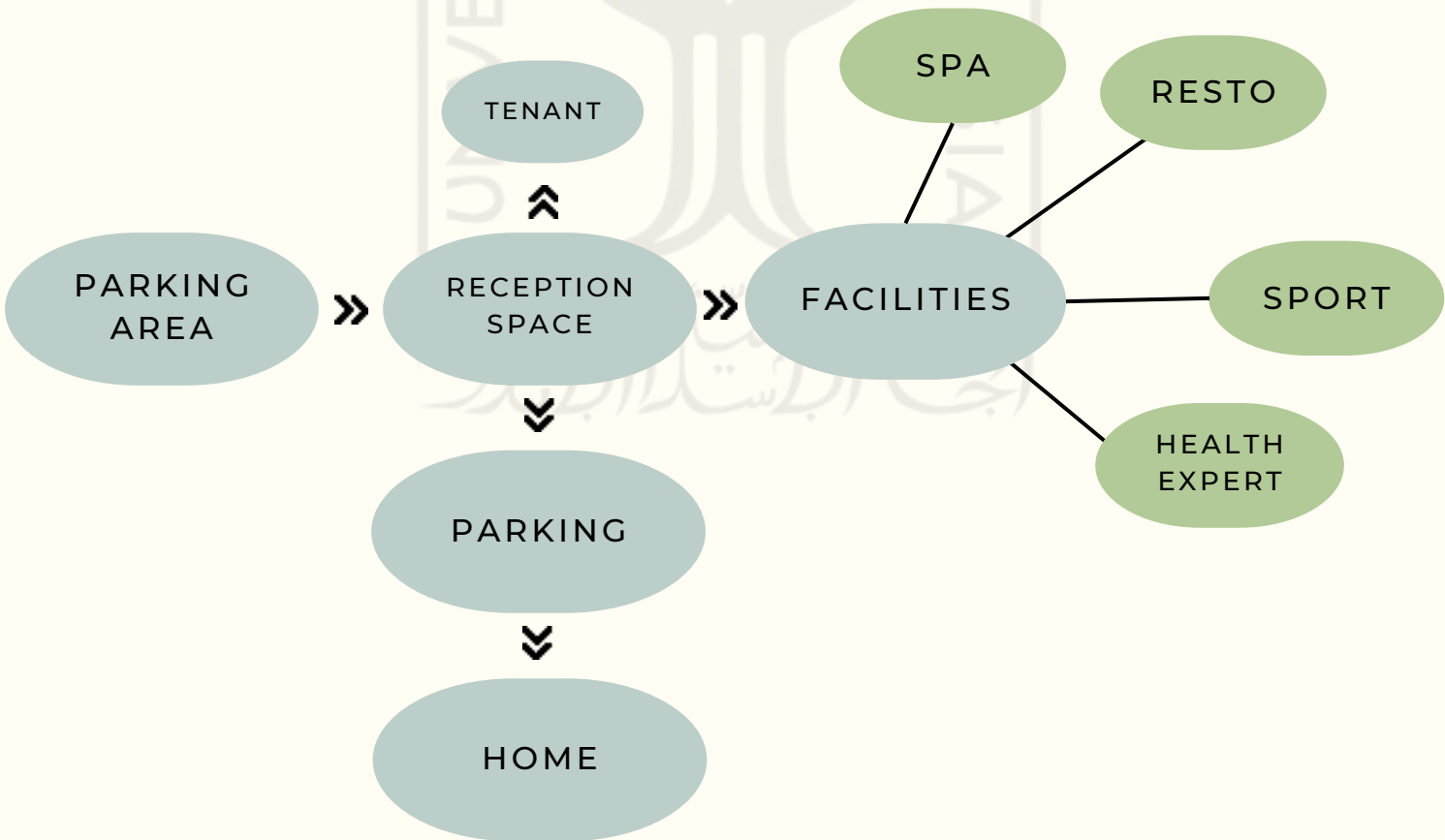
The guests who usually come are:

**a. People who want to enjoy the facilities but don't want to stay in the resort because of their limited time.**

### Guest non stay's Activities

- workshop (on a certain time)
- enjoy the facility of beauty spa
- going to the tenant store
- enjoy the yoga class (on a certain time)
- consult to the psychology, nutritionist, dermatologist)

\*the certain time here is due to the privacy of people who stay in this resort so the activity will be held separate with the guest stay.



# HEALTH EXPERT (DOCTOR)

## 3. Manager.

It is a group of people who coordinate and provide program services to participants who carry out the program. As for Health Resort (Spa) managers are divided into:

### A. Health Expert.

1. Doctor.

Provide consultation and health evaluation as well as help program participants in determining the choice of programs that according to the health conditions of each participant.

2. Psychologist / psychiatrist.

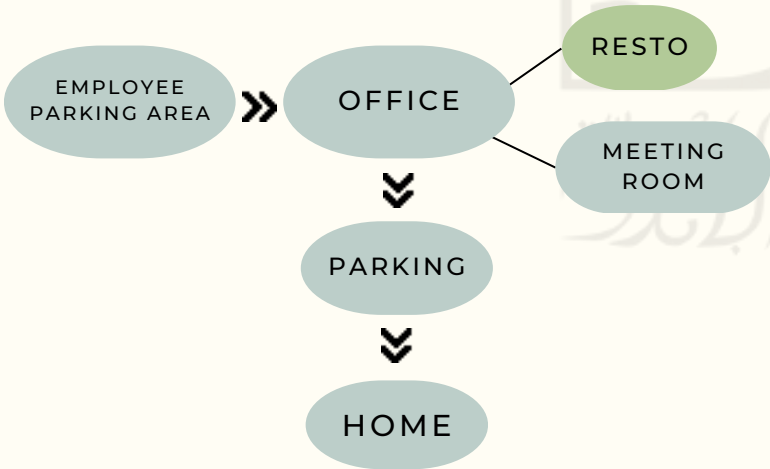
Provide consultation and psychological examination as well as guide participants to find out how to control of depression and stress.

3. Nutritionist.

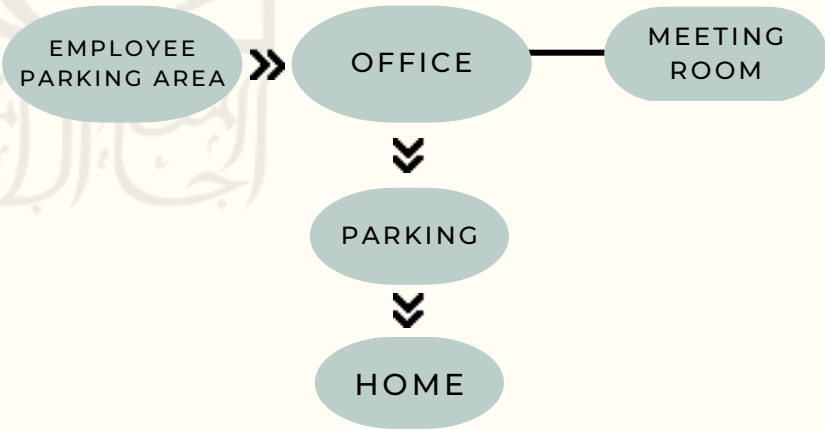
Guiding and teaching participants about eating patterns healthy with controlled portions and low calories taken into account through a healthy food menu that is right for participants and according to the program being run.

### Health Expert's Activities

- Perform guest data collection.
- Serving health check facilities for guests/activities participants.
- Give advice to guests/program participants in determining programs that suit your needs.
- Serving guests/program participants in accordance with the program that has been determined.
- Serving health consultations for program participants both on before and after the program.
- Set the menu needed by program participants according to with the specified program.
- Management meeting.



NUTRITIONIST



PSYCHOLOGIST &  
DOCTOR



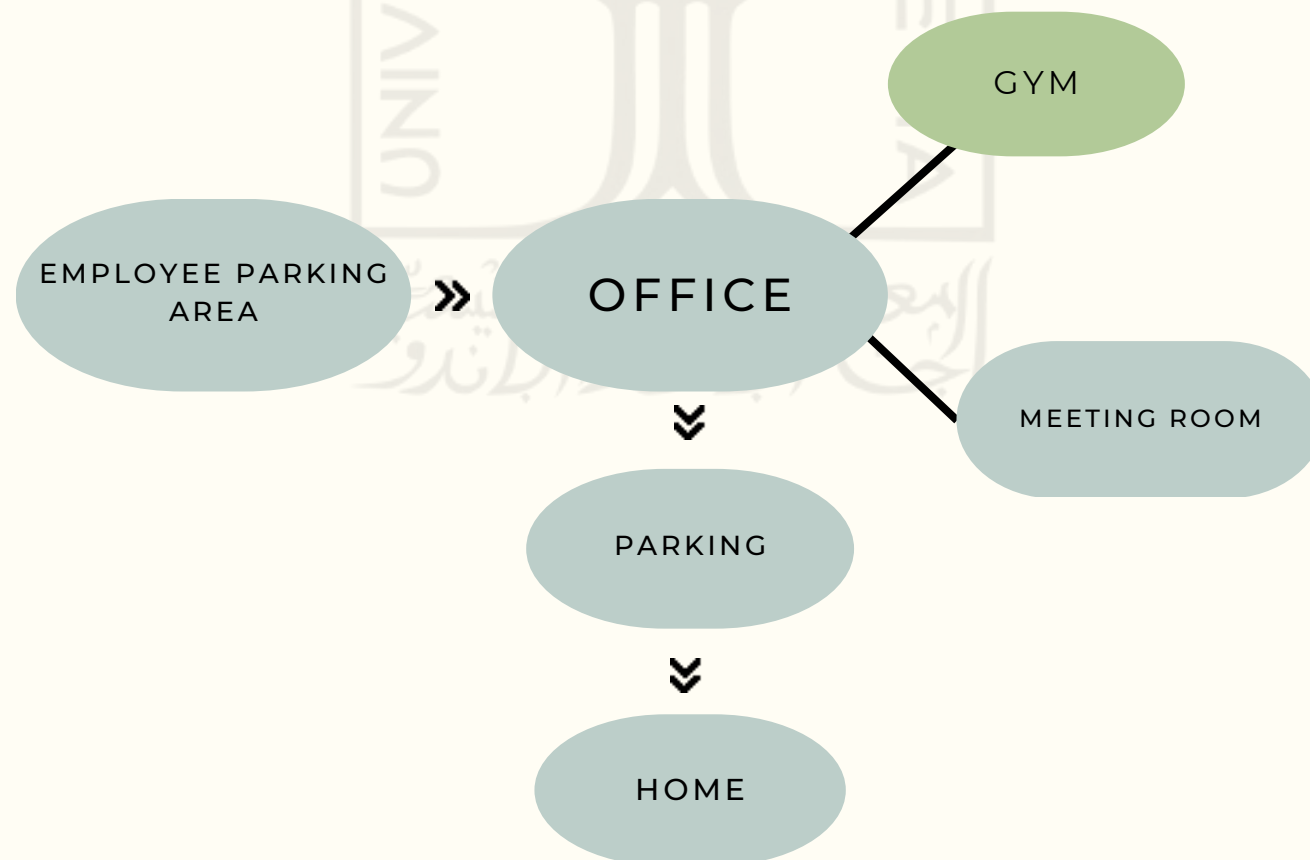
## ***HEALTH EXPERT (INSTRUCTOR)***

### **B. Instructor.**

Consists of indoor, recreational and spiritual sports instructors. The task of the instructor is to guide, directing and supervising participants in carrying out activities physical and psychological, namely indoor sports, recreation and spiritual.

### **Instructor's Activities**

- Fostering and being a guide for program participants in do activities
- Guiding physical fitness program.
- Guiding the program of psychic activities / body relaxation.
- Management meeting.



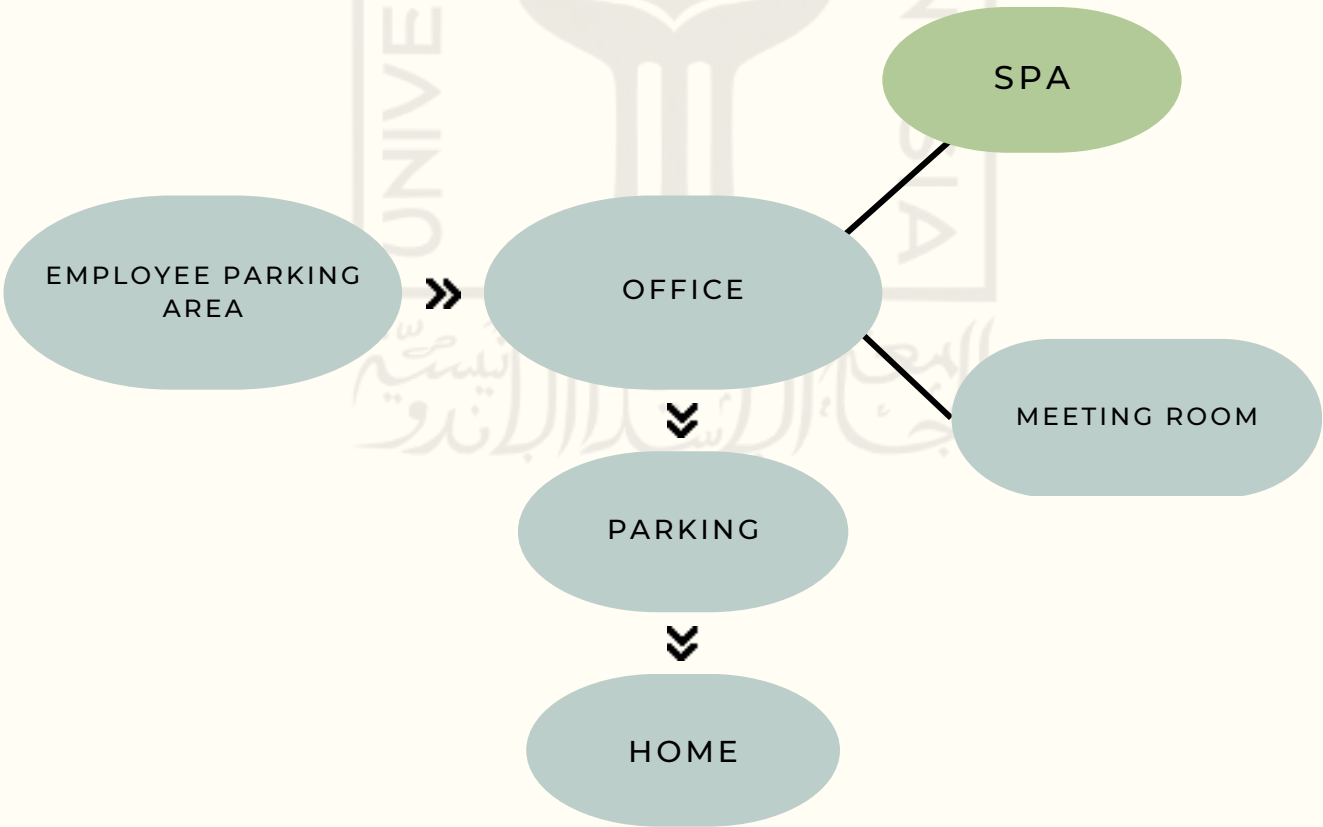
# BEAUTY EXPERT

## C. Care and Beauty Expert.

Caring for body parts, skin, face, hands and feet as well as provide special care such as massage and therapy for program participants.

### Care and Beauty Expert's Activities

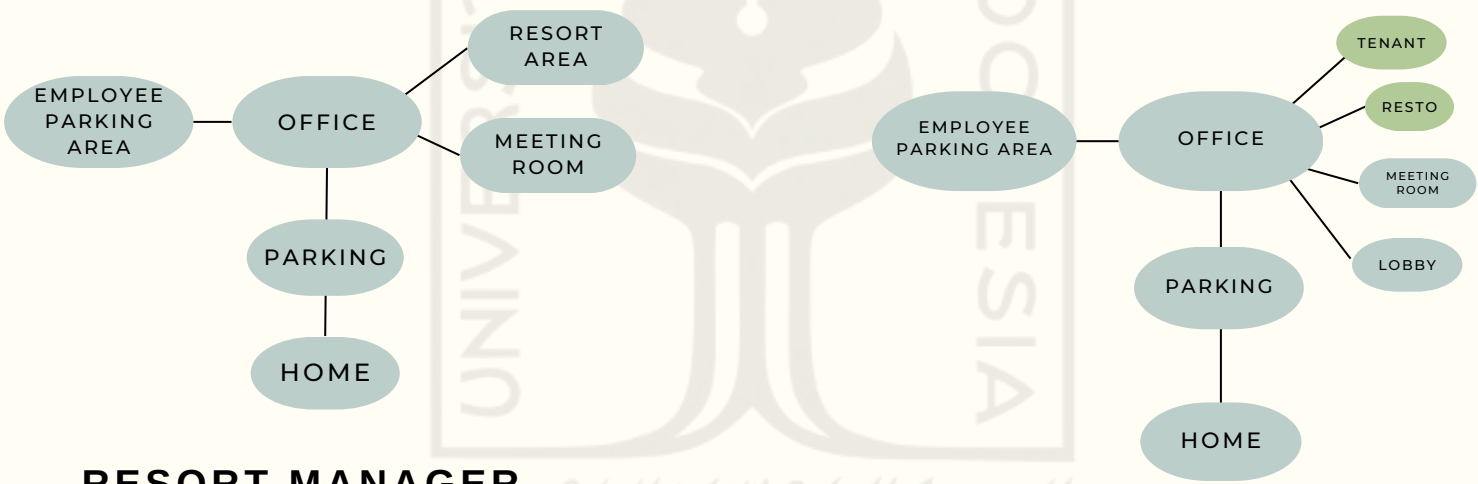
- Introduction of facial, skin and hair beauty programs to program participants.
- Beauty consultation.
- Implementation of beauty programs.
- Management meeting.
- Operational Section.



# OPERATIONAL

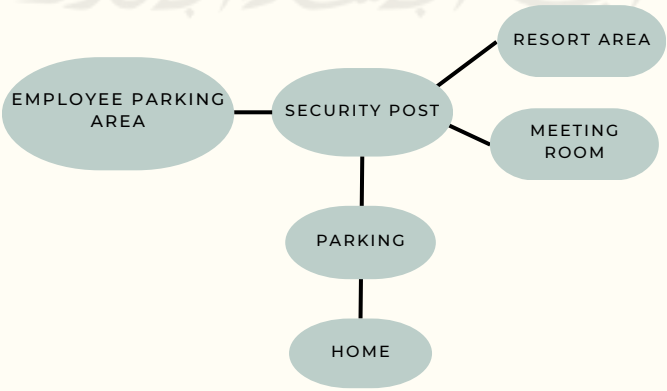
**D. Operational Section.**  
Such as administration operational, F&B Operational, Security

- Technical Operation's Activities**
- Provide front desk and information services and services.
  - Manage administration.
  - Doing the job desk
  - Meeting.



RESORT MANAGER

ADMINISTRATIVE



SECURITY



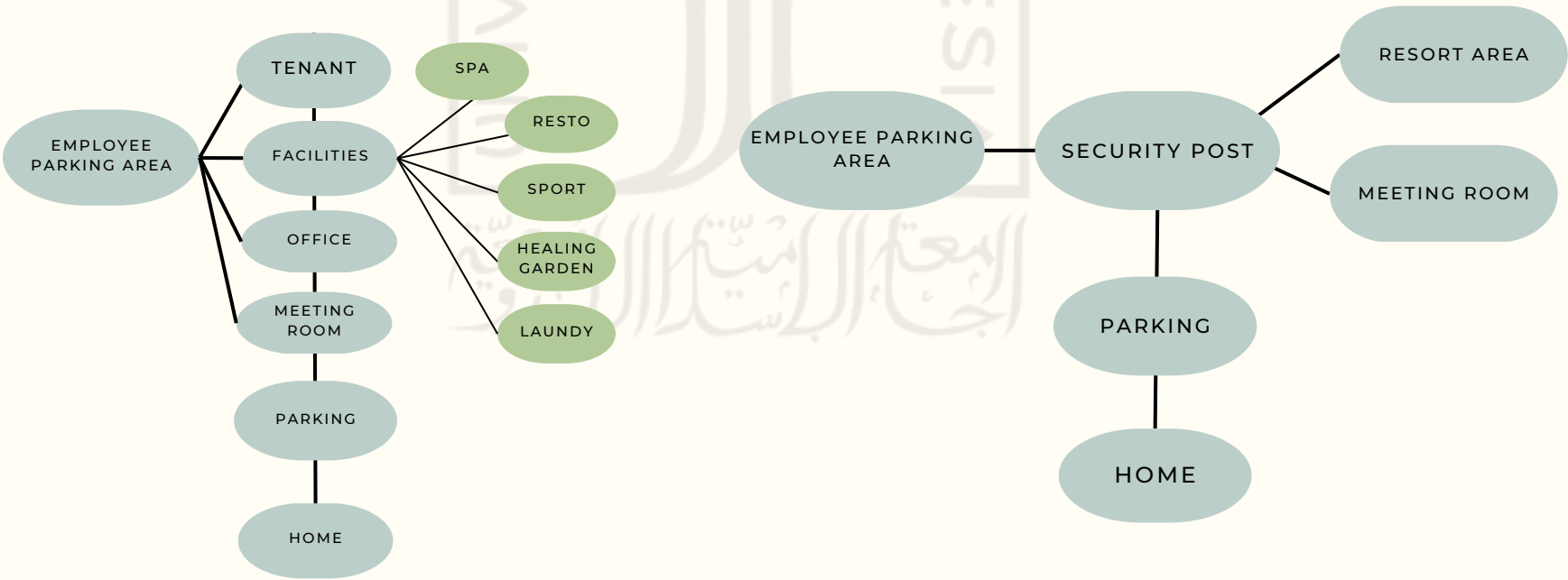
# SERVICES

## 4. Services

People who have in charge to help the operational of building utilities and services.

### Service's Activities

- Operation of electrical, mechanical and building utilities.
- Keeping the environment clean.
- Prepare program equipment.
- Serving food and beverage needs.
- Supervise the safety of the Health Resort (Spa) environment.
- Perform guest pick-up service.



LAUNDRY & CLEANING

SECURITY

## ANALYSIS OF ROOM NEEDS & DIMENSION

Type Of Activity	Type of room	Standard	Amount/ Capacity	Total Area
Reception Zone				
Reception Zone	Lobby	0.9/person	30 person	27
	Information Room	1.44m <sup>2</sup> /person	2 person	2.88
	Lounge	2.5m <sup>2</sup> /person	30 person	75
	Front Office	1.44m <sup>2</sup> /person	3 person	2.88
	Tenant & Storage	0.62m <sup>2</sup> /person	10 person	6.2
		4m <sup>2</sup> x5m <sup>2</sup>	1 unit	20
	Public Toilet	2.52m <sup>2</sup> /person	2 unit	5.04
Parking Area, Security	Security Post	3m <sup>2</sup> x3m <sup>2</sup>	1 unit	9
	Motorcycle Parking	2m <sup>2</sup> x0.9m <sup>2</sup>	30 unit	54
	buggy Parking	2.5 x 5	5 unit	62.5
	Car Parking	4.8m <sup>2</sup> x2.4m <sup>2</sup>	50 unit	230
			Circulation 100%	528,9m <sup>2</sup>
			Total Area	
Residential Zone				
Cottage	Standard Room	24M <sup>2</sup>	25 Unit	600
	Deluxe Room	40m <sup>2</sup>	15 Unit	600
	Suite Room	48M <sup>2</sup>	10 Unit	480
			Circulation 40%	2352m <sup>2</sup>
			Total Area	
Suport Zone / Public				
Restaurant	Workshop	6m <sup>2</sup> x12m <sup>2</sup> /unit	1 unit	72
	Dining room	1.9m <sup>2</sup> /person	40 person	76
	Kitchen	15% from total dining area		11.4
	Warehouse	20% from total kitchen area		3
	Kitchen Office	4m <sup>2</sup> x4m <sup>2</sup>		16
			Circulation 30% + Area	231,92m <sup>2</sup>













































Activity Room	Traditional Dance room	144m <sup>2</sup> /person	15 person	216
	Meditate Room	12m <sup>2</sup> x13,5m <sup>2</sup> /unit	20 person	162
	Changing Room	0,9m <sup>2</sup>	5 person	4.5
	Instructor's Office	4m <sup>2</sup> x4m <sup>2</sup> /unit	5 person	16
	Public Toilet	2.52m <sup>2</sup> /person	4 unit	10
			circulation 50% + Area	321.5m <sup>2</sup>
Treatment Room	Reflexiology	12m <sup>2</sup> /person	5 person	60
	Hair Salon	5m <sup>2</sup> /person	10 person	50
	Facial Room	5m <sup>2</sup> /person	6 person	30
	Dermatologist Room	4m <sup>2</sup> /person	4 person	16
	Public Toilet	2.52m <sup>2</sup> /person	2 unit	5.04
	Tenant & Storage	4m <sup>2</sup> x5m <sup>2</sup>	1 unit	20
			Circulation 30% + Area	235.352m <sup>2</sup>
Manager Zone				
Office	Manager	5,5m <sup>2</sup> x5m <sup>2</sup> /person	1 person	27.5
	Nutritionists	4m <sup>2</sup> /4m <sup>2</sup>		16
	Psychologist	4m <sup>2</sup> /4m <sup>2</sup>		16
	Administrative	4m <sup>2</sup> /4m <sup>2</sup>		16
	Marketing	4m <sup>2</sup> /4m <sup>2</sup>		16
	Archive Room	12m <sup>2</sup> /unit	1 unit	12
	Staff	4m <sup>2</sup> /person	30 person	120
	Meeting Room	3,75m <sup>2</sup> /person	20 person	75
	Toilet	2.52m <sup>2</sup> /person	4 unit	10.08
			Circulation 30% + Area	401.5m <sup>2</sup>















































Mechanical, Electrical & Plumbing				
MEE	Generator Room	8x5	1 unit	40
	Panel Room	4x4		16
	Pump Room	4x4		16
	ME Operator Room	4x4		16
	Communication	4x4		16
	STP Room	4x4		16
			Circulation 30% + Area	156m2
			Total Area	8505.672m2



SPACE ORGANIZATION

NO	ROOM	VIEW	NATURAL LIGHTING	ACCOUSTIC	ACCESABILITY	ZONE
1	PARKING AREA					PUBLIC
2	SECURITY POST					PRIVATE
3	LOBBY					PUBLIC
4	LOUNGE					PUBLIC
5	FRONT OFFICE					PUBLIC
6	TENANT					PUBLIC
7	MUSHOLLA					PUBLIC
8	PUBLIC TOILET					PRIVATE
9	ATM					PUBLIC
10	COTTAGE					SEMI PRIVATE
11	KITCHEN					PRIVATE

# SPACE ORGANIZATION

NO	ROOM	VIEW	NATURAL LIGHTING	ACCOUSTIC	ACCESABILITY	ZONE
12	WORKSHOP KITCHEN					PUBLIC
13	DINING ROOM					PUBLIC
3	LAVATORY					PRIVATE
4	KITCHEN OFFICE					PRIVATE
5	YOGA ROOM					SEMI PRIVATE
6	MULTI PURPOSE					SEMI PRIVATE
7	TRADITIONAL DANCE ROOM					SEMI PRIVATE
8	NUTRIONIST OFFICE					PRIVATE
9	REFLEXIOLOGY					SEMI PRIVATE
10	BAUTY SALON					SEMI PRIVATE
11	DERMATOLOGIST					PRIVATE



## 2.4 STUDIES & ANALYSIS OF PRECEDENTS

### STUDIES

### Typology Business Concept

#### Amrtasiddhi Ayurvedic Center, Bali

Amrtasiddhi, the Ayurveda & Yoga Health Centre located just south of the Monkey Forest in Ubud, Bali. At Amrtasiddhi, their professional Ayurvedic doctors and therapists work with you to improve your physical, emotional and spiritual well-being. Amrtasiddhi offers Ayurvedic consultations, treatments, medicines and healing activities that result in deep balance and long-lasting well-being. At Amrtasiddhi, we believe that Yoga/T'ai Chi and meditation are ideal ways to support the treatments and healing of our patients. We therefore offer personalized Yoga/T'ai Chi tuition.

This is the precedent of bussiness concept that will be implement to the project.

The concept of Amrtasiddhi is they offer series of activity that related to the healing purpose both physical & mentally.

They have scheduled timeline that arrange personalize every guest after they have consultation session.

Day	Time of Appointment	Appointment / Activity	Further Information	
1	09:00 am	Consultation	<b>Treatment Description</b>  TC = Treatment Combination; to be confirmed after the initial consultation  Sw = swedana (medical steaming)  V = Detox protocol	<b>Snehapana</b>
2	02:00 pm	TC		
3	04:00 pm	TC		
4	04:00 pm	TC		
5	04:00 pm	TC		
6	04:00 pm	TC		
7	07:00 am	sw/v		
8	02:00 pm	TC		
9	10:00 am	TC		
10	10:00 am	TC		
11	10:00 am	TC		
12	09:00 am	Follow-up Consultation		
	10:00 am	TC		
<b>Other Treatments / Activities</b> Here a brief selection of treatments & activities that can be booked separately:			<b>Complementary Activities</b> All activities listed here are part of your Program. Please attend all activities.	
<b>Lymphatic Drainage</b>	US\$ 40	Yoga Classes	Daily 07:00 – 08:15 am	Hatha Yoga
<b>Ear Candle</b>	US\$ 15		Daily 08:30 – 09:30 am	Restorative Yoga
<b>Eye Treatment</b>	US\$ 30	Yoga Nidra	Tue & Thu 6:45 pm – 7:30 pm	
<b>Kati Basti</b>	US\$ 30	Meditation /	Mon, Wed & Fri 6:45 pm – 7:30 pm	
<b>Full Nasya</b>	US\$ 20	Taiji / Qi Gong		
<b>Coaching</b>	US\$ 200	Herb Walk	Tue 4:00 pm	
<b>Marma Therapy</b>	US\$ 90	Ayurvedic Talk	Thu 12:00 – 1:00 pm	
<b>Theta Healing</b>	US\$ 105	Ayurveda Q&A	Sun 12:00 – 1:00 pm	
<b>Private Yoga</b>	US\$ 100	Cooking Class	Wed (tbc) & Fri 12:00 – 01:30 pm	



## ANALYSIS

Based on the precedent, this resort also offering a series of activity that scheduled after the visitor after being guided by an expert who will explain the needs of each of the visitors. each visitor can get different offers according to their needs, essentially the purpose of this resort is to provide the relaxation needed by visitors.

In this dissertation, these following treatments are selected as per requirements of the sanctuary resort and hence following treatments are discussed:

- 1.) Spa Aroma Therapy
- 2) Chromo-Therapy
- 3) Yoga / Meditation Therapy
- 4) Cooking Workshop Therapy
- 5) Traditional Dance

### 1) SPA



Spices have been known to have many benefits for thousands of years. Not only for cooking, but spices are also commonly used as herbal or non-medical medicinal ingredients. Traditional spa alternative option for relaxing. Generally, wellness spa facilities provide an opportunity for visitors to exercise first. After that, then undergo special treatment to improve the health of the body.

Traditional spa facilities include a sauna and special treatment rooms. Offers a variety of treatments and massages at the spa facilities. The wellness spa place itself focuses on health through the provision of professional therapy and services. With the aim of helping to renew the balance of body, mind, and spirit.

Traditional spa treatments are one of the best options to revitalize yourself. This treatment has even been practiced since ancient times, until now it is proven effective.

beside spices, mud therapy spa from merapi's volcanic mud are also offered.



## 2) CHROMO-THERAPY



Chromotherapy is using the visible spectrum or color light to heal the physical, mental and spiritual energy imbalance that tends to lead disease. This healing modality doesn't require guest to consume anything. It simply lay or sit under the desired color. Colors are all vibratory. Each of the color photons has its own wavelength and frequency. The body recognize these waveforms and responds to them. Each color gives a certain amount of energy manifesting as creativity, motivation, happiness, clear the mind of anxiety and stress and gives good night of rest. Chromotherapy and cakras go hand in hand because each chakra governs a certain color.





### 3) YOGA/MEDITATION



include local culture in yoga activities, namely Semadi. Meditation or the Javanese call it Semadi is a relaxation practice that involves releasing the mind from all things that are interesting, burdensome, or worrying in everyday life. In other words, meditation frees people from the suffering of good and bad thoughts that are closely related to certain subjective judgments. Along with modernization, Meditation is very rarely used for things related to mysticism. Meditation is more often as a means of releasing stress and overcoming various diseases that have been medically proven. Meditation can be done by anyone, anywhere and anytime. No special equipment. If done regularly, Meditation can provide great benefits for inner peace and mental health. When a person is under stress, the body releases the hormones epinephrine (adrenaline) and norepinephrine, which cause heart rate, blood flow, and blood pressure to increase. With meditation, a person will practice relaxing and putting aside negative thoughts that cause stress. That way the mind will be calmer, and the heart rate, blood flow, or blood pressure will return to normal.

In addition to inner peace, meditation has also been shown to be effective in activating gamma waves in the brain. These gamma waves play an important role in learning, concentration, memory, and awareness. Therefore, many believe that Meditation encourages the brain to always produce positive emotions, one of which is happiness.

#### 4) COOKING WORKSHOP



benefit from psychoeducational program activities through Self-healing training with Mindful Cooking are:

- a) Increase the level of happiness in social workers, increase intelligence emotions and decreased burnout levels
- b) Mindfulness and self-control are also positively related to psychological well-being and is negatively related to symptoms of the disorder psychological
- c) The role of mindfulness has a positive impact on individuals who create a sense of satisfaction in life so that individuals are separated from the discomfort he was experiencing.

**Healthy food cooking and and mix herbs (jamu) workshop with the theme of traditional cuisine is the choice of the program at this resort. In addition to traditional cuisine, visitors are also equipped with knowledge about nutrition in food which is important for health impacts.**



examples of healthy traditional foods that will be taught in this workshop session:

- Pecel Sayur

Pecel is a mixture of vegetables that are boiled, including carrots, spinach, and sprouts and served with peanut sauce. The peanut sauce is usually mixed with garlic, brown sugar, salt, chili, lime leaves, and tamarind. Traditionally, pecel is served using a banana leaf called pincuk or a traditional plate called ingke. This food is usually accompanied by rice and side dishes such as tempeh and eggs. Pecel is a traditional food that contains many bioactive compounds, such as carotene, iron, lutein, folic acid, vitamin E, kavanin, genistein, and other healthy ingredients.



- Brongkos

Brongkos is a favorite food for Javanese people, including Sri Sultan Hamengku Buwono X. This dish is a meat stew combined with tofu and peas and cooked with coconut milk. The ingredients used in making brongkos are brisket, tofu, peas, melinjo dregs, chili, lemongrass, coconut milk, bay leaf, galangal, lime leaves, garlic, shallots, kluwak, coriander, candlenut, palm sugar, salt, and turmeric. The reason brongkos is a traditional healthy food is because it contains many nutrients, including protein, carbohydrates, fat, calcium, and iron. Brongkos also contains vitamin A, vitamin B1, and vitamin C.



- Sayur tempe lombok ijo

is a traditional Yogyakarta dish made from tempeh, green chilies, and coconut milk. Tempeh is made from fermented soybeans, which have traditionally been an alternative protein source. Tempe contains other nutrients, such as vitamin B12, phytochemicals, antioxidant constituents, and polysaccharides, antioxidants, and other bioactive substances. With these ingredients, tempeh can improve gut health, prevent cardiovascular disease and certain cancers, and promote menopausal health.



and many more!



beside the foods, this workshop session also taught how to make healthy drinks/ jamu that has been known as a traditional beverages.

- Jamu Kunyit Asam

Kunyit Asam has long been known as a herbal medicine that is efficacious to relieve pain during menstruation. This herbal medicine is made from turmeric, tamarind, palm sugar, water, and a little salt. Sometimes some herbal medicine sellers also add betel water when serving sour turmeric. The benefits of sour turmeric include refreshing the body. Prevent heartburn or canker sores. Smooth menstruation and prevent menstrual pain. Cools stomach.



- Jamu Beras Kencur

The taste of Beras Kencur is sweeter than other herbs. The main ingredients when making herbal Beras Kencur are rice and kencur. In addition to these two ingredients, other ingredients such as tamarind, lime, coconut sugar, and pandan leaves can be added. The benefits of kencur rice include: Eliminates body aches. As a body refresher after work. Relieve cough. Increase appetite. Relieves flu and sore throat. Tighten the stomach after childbirth. Promote blood circulation.



- Jamu Cabe Puyang

The next type of traditional Indonesian herbal medicine is cabe puyang. This herbal medicine has a sweet spicy taste that comes from herbal chili and palm sugar. The benefits of chili puyang for body health are as follows: Eliminate aches and pains in the body. Eliminate and avoid tingling. Relieves fever. As a blood-boosting drug for people with anemia or anemia. Relieves muscle pain. Increase appetite.



and many more!

## 5) TRADITIONAL DANCE

This activity is also one type of physical exercise that is good for body health. By dancing, the body will move more actively and encourage a smoother blood circulation system. In addition, dancing is also useful for increasing metabolism so that the immune system is better. Not only is it useful for physical health, it turns out that there are several mental health benefits that can be obtained from dancing activities. It is known, the benefits of dancing for mental health can improve mood, reduce feelings of loneliness, relieve stress and anxiety, to improve memory and prevent dementia disorders.

Tayub dance typical of Gunungkidul is a traditional dance that was originally intended only for the family of the Yogyakarta palace. Like other Javanese dances, Tayub is also accompanied by typical gamelan music. The most prominent feature of Tayub Dance is the dancer who often attracts the audience to join the dance. Studies on another note state that tayub comes from two words, namely matara which means dance and guyub which means harmonious together. The two words eventually make a new syllable into tayub. Despite the high artistic and moral values, it turns out that this typical Gunungkidul Tayub dance is threatened with extinction. In the midst of this pandemic, the Tayub dancers are unable to perform their art because they are hampered by quarantine and so on. Therefore, this one cultural heritage looks increasingly backward and forgotten by its own citizens.



# STUDIES & ANALYSIS OF BUSSINESS

## STUDIES

### Study Developer



Agung Sedayu Group

Agung Sedayu Group is a leading developer based in Jakarta. It was founded in 1971 and develops both residential and commercial projects.

The company was ranked as the best developer in 2017 by Property Report Awards. They've also won the Best Luxury Condo Development Award, Best High-End Condo Development award, Best Office Development Award, Best Luxury Hotel Development Award, Best Mixed-Use Development Award, and several other awards.

They've also won the Best Property Developer Award for 2017 by Property Guru.

#### **Property types**

Include all types of property like residential, office towers, shopping malls, hotels, industrial estates, and resorts. Residential projects mostly include townships, large residential superblocks, and apartment buildings.

#### **Vision**

We are a leading property developer who is a market leader

#### **Mission**

Our main goal is to become a property developer who provides products with the best quality and on time



## ANALYSIS



Named Swastamita because in Sansekerta, Swastamita means "beautiful view at sunset". This area is known as a great place to enjoy the sunset. In the center of the logo, there's a "Yin Yang" Logo that represent Balance with the orange color to support the color of sunset. Often we do not know the hidden potential within us because we are too busy focusing on the shortcomings we have. If we want to dig and know ourselves more deeply, there will be a lot of hidden potential that can be developed and benefited yourself. Yin-Yang can be applied to balance between our personal life with the work we have. It is hoped that with this resort facility can balance the Yin-Yang within us.

Of course, the developer of this project is PT Agung Sedayu Group. Judging from their vision and mission, they were very suitable to be chosen to be the developers of this project.

### OUR SERVICES:

CONSULTATION



TREATMENTS



HEALING



COACHING



YOGA & MEDITATION



# Feasibility analysis of commercial space rental business investment

## **Prep & Unloading works:**

Land Acquisition: 114.061m<sup>2</sup> -> 400,000/m<sup>2</sup>

114.061 x 400,000 = **56,424,400**

## **Extraction Work:**

10.000.000/hectare

= **114,061,000**

## **Landscape Work:**

500.000/m

=500.000 x 114.061

= **570,306,000**

total preparatory & unloading works: **740,791,400**

## **Building Construction Cost:**

Architectural Works = 10.000.000/m

10.000.000 x 8505,672 = **85,056,720**

## **Infrastructure and Utilities Cost**

-MEP jobs > 2,130m<sup>2</sup> x 3,500,000 = 7,455,000,000

-Utilities > 50 units x 3,500,000 = 175,000,000

Total Infrastructure and Utilities Cost = **7,630,000,000**

## **Licensing Fee**

-Land & Environment Permits -> 50.000

50,000 x 114,061 m<sup>2</sup> = 5.703.050

-Building Permit -> 100,000

100,000 x 141,061 m<sup>2</sup> = 14,106,100,000

Total Licensing Fee = **19,809,050**

**Total Overall: 8,455,867,979**

# Feasibility analysis of commercial space rental business investment

**Marketing Fee: 1.5% x 8,455,867,979  
= 126,838,019**

**Total overall: 8,582,705,998**

Then it is known that the total number of calculations for the overall construction cost is 75.617.500.000, in which the percentage distribution is as follows:

	Cost Component Percentage
• PPh (Income Tax)	• 2%
• BAU (Administration and General Fees)	• 3%
• Profit (Contractor Profit)	• 5%
• PP (Preparatory Work)	• 39%
• Physical Construction Cost	• 51%



# Feasibility analysis of commercial space rental business investment

## Space Rental Income

### - Standard Room Rental (include 1 activities)

1.500.000/unit 25 units x 1,500,000 = 37,500/day  
1,125,000,000/month  
13,500,000,000/year

### -Deluxe Room Rent (include 2 activities)

1,700,000/unit 15 units x 1,700,000 = 25,500,000/day  
765,000,000/month  
9,180,000,000/year

### -Suite Room Rent (include 3 activities)

2,500,000/unit 10 units x 2,500,000 = 25,000,000/day  
765,000,000/month  
9,180,000,000/year

(the cost will be increase when added more activities)

### -Restaurant

50.000/pax  
40 people x 50,000 = 2,000,000/day  
60,000,000/month -> 720,000,000/year

### -Reflexiology

200,000/person  
6 people x 200.000 = 1,200,000/day  
37,200,000/month  
446,400,000/year

### -Traditional Dance Practice

70.000/pax 15 people = 1,050,000/day  
32,550,000/month  
390,600,000/year

### -Hair Salon

200,000/person  
6 people x 200.000 = 1,200,000/day  
37,200,000/month  
446,400,000/year

# Feasibility analysis of commercial space rental business investment

## Space Rental Income

### -Cooking Workshop

70.000/pax 15 people = 1,050,000/day  
32,550,000/month  
390,600,000/year

### -Meditate Practice

200,000/person  
6 people x 200.000 = 1,200,000/day  
37,200,000/month  
446,400,000/year

### -Facial

200,000/person  
6 people x 200.000 = 1,200,000/day  
37,200,000/month  
446,400,000/year

### -Souvenir

50.000/person 100 people x 50,000 = 5,000,000/day  
150,000,000/month  
1,800,000,000/year

### -Agrotourism

55.000/person 100 people x 55,000 = 5,500,000/day  
165,000,000/month  
1,980,000,000/year

### -Parking

2,000/motorcycle & 5,000/car 80 motors x 2,000 =  
160,000 120 cars x 5,000 = 600,000 Total 700,000/day  
21,000,000/month  
252,000,000/year

Total Annual Income:

**39,178,800,000**

-Property Management Fee -> 50.000/unit

50 Units x 50,000 = 2,500,000/day -> 125,000,000/month -  
> 1,500,000,000/year

-Energy and Water Cost -> 5% of 39,178,800,000 =  
1,958,940,000

So, Gross rental profit -> 39,178,800,000 - (1,500,000,000 +  
1,958,940,000 ) = **35,719,860,000**

-Insurance -> 0.10% of 35,719,860,000 = **35,719,860**

-Tax -> 0.50% of 35,719,860,000 = **178,599,300**

-Manager -> 0.50% of 35,719,860,000 = **178,599,300**

So, Profit after tax -> 39,178,800,000 - (35,719,860 +  
178,599,300 + 178,599,300 ) = **38,785,881,540**

**Total Investment: 8,582,705,998**

**Time Of Resturn: 4.5 years**

# BEST TREATMENT



## OUR SERVICES

**01** SPA, REFLEXIOLOGY,  
BEAUTY TREATMENT

**02** YOGA &  
MEDITATION

**03** COOKING  
TRADISIONAL CUISINE  
WORKSHOP

**04** LEARNING  
TRADITIONAL DANCE

## ABOUT US

Swastamita Wellness Sanctuary Resort is the best destination to relax your body & mind. We guide you to get a healthier routine for life balance. We offers series of activities with a touch of traditionalism.

### CONTACT FOR MORE INFO

- +123-4567-890
- Pantai Kesirat, Gunung Kidul
- hello@swastamita.com
- swastamitawellnessresort.com

**DISCOUNT 30% OFF**

LIMITED TIME OFFER



## SWASTAMITA WELLNESS SANCTUARY RESORT

It's Your battle, but you don't  
need to fight alone.



**Vision:** We aim to be known as one of the best-managed hospitality organizations in the region and the world, with managers and service workers who continually strive to provide the highest levels of customer service at all times and in all situations.

**Mission:** We are steadfastly committed to exceeding the expectations of both first-time and returning visitors by exceeding their expectations of what we can provide, by recognizing and appreciating the contributions and involvement of our employees, and by being responsible, diligent, trustworthy, and dependable corporate citizens.

**Value:** With our managerial and service staff, we strive to promote, uphold, and sustain a number of standards, morals, ethics, ideals, and tenets of beliefs, including the need to be relevantly creative but environmentally conscious, to establish enduring rapport and relationships, to always be honest and professional, to extend compassion when necessary, and to be accountable for our own actions.

In addition, we work to be approachable, honest and sincere at all times, passionate about our work and responsibilities, work as a team, respect others regardless of their age, race, or religion, have the courage to accept change, and provide exceptional and exemplary service to everyone and anyone who enters our doors around-the-clock.

Swastamita offers a new kind of experience & series of activity by providing a four-star resort driven by our philosophy. With a blend of traditional and modern design and atmosphere, excellent accommodation, and outstanding facilities as the healing value is delivered, Swastamita brings a mix of traditional and new experiences to our business and leisure guests.

## 2.5 SUMMARY



### BUILDING CODE & REGULATION

Site area: 114.000 m<sup>2</sup>  
KDB :  $\leq 60 \%$   
KLB :  $\leq 1,2$   
KDH :  $\geq 40 \%$   
RTH : 15 %  
Beach Border: 100 m

Calculation:  
KDB:  $114.000 \times 60\% = 68.400\text{m}^2$   
KLB: **82.080m<sup>2</sup>**

# SUMMARY & DESIGN DEVELOPMENT

## SUMMARY OF TYPE BUILDING DESIGN DEVELOPMENT

Based on the literature of the studies, the design development of this project is to design a sanctuary wellness resort. This resort main goal is to achieve the wellness of guest and take a break from everyday routines by giving them a series of activity that presented by traditional culture, so this is a combination between sanctuary and wellness resort.

## RESORT FACTOR

it can be concluded that the emergence of resorts is due to the human condition that requires entertainment in the form of the beauty of natural potential as a means of healing and a series of educational activities

## CHARACTERISTIC OF RESORT

Based on the study of the characteristics of the resort, the resort will be designed with the following facilities: supported with healing activity and also good landscaping & ambience, besides that, providing a limited bedroom quantity to get privacy.

## RESORT REQUIREMENTS & TIERS

Based on the study of the resort classification, the suitable classification in the design of this resort is a 4-star resort by providing a minimum number of rooms (around 50) to support the concept of privacy.

Based on the study of the facilities and requirements of the resort, then on the design of the resort will provide some of the facilities mentioned in the Decree of the Director General of Tourism No. 14/U/11/1988.

## ROOM TYPE

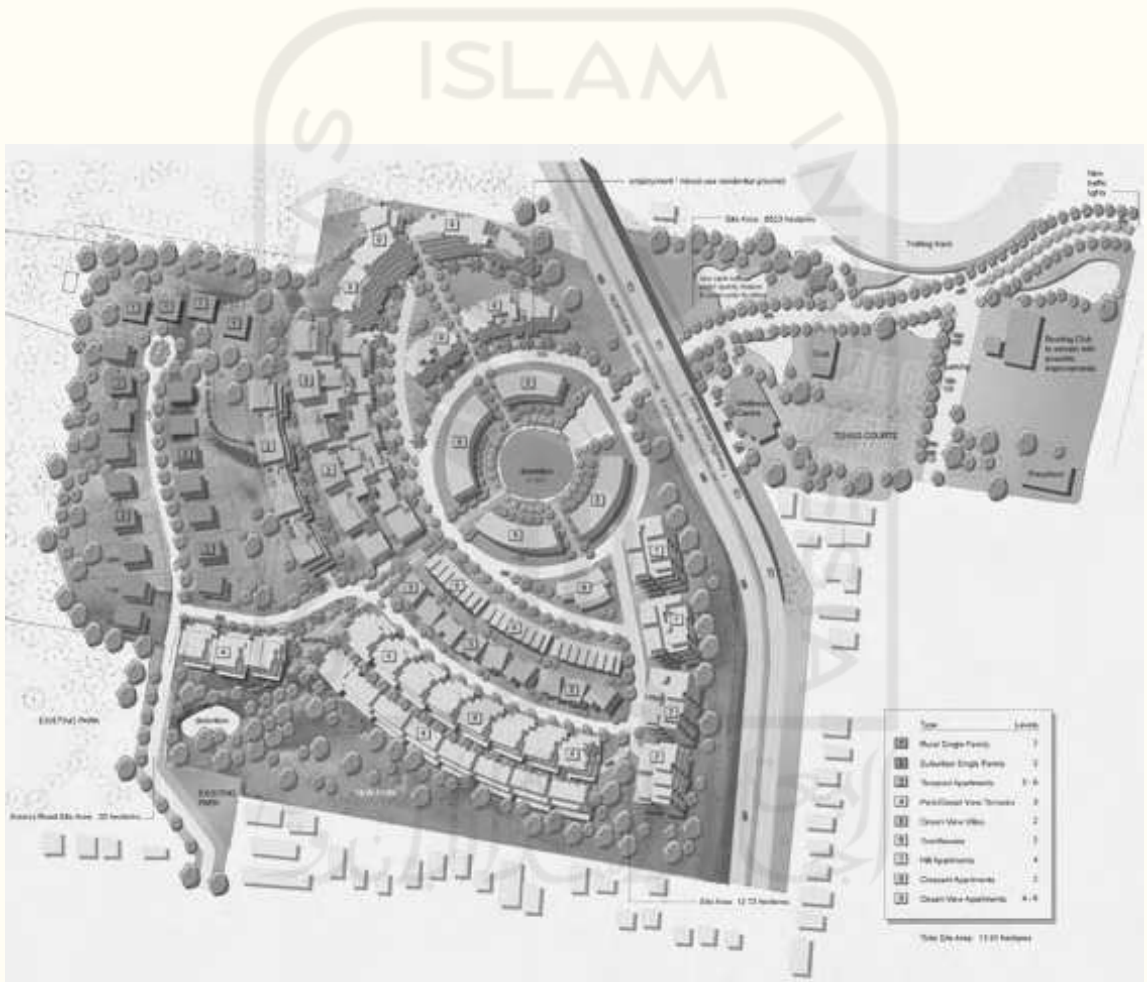
Based on the room type study, the selected room type are consist of standard, deluxe and suite room according to facilities that will be provided





# MASS CONFIGURATION

Based on the studies, the shape type of resort that will be chose is the Radial shape follow the room needs that will be implement to this resort. This form combines central and linear aspects into one composition. The nucleus can be used either as a symbol or as a center functionality throughout the organization. Its central position can be emphasized by a dominant visual form, or can be combined and become part of the arms radial.

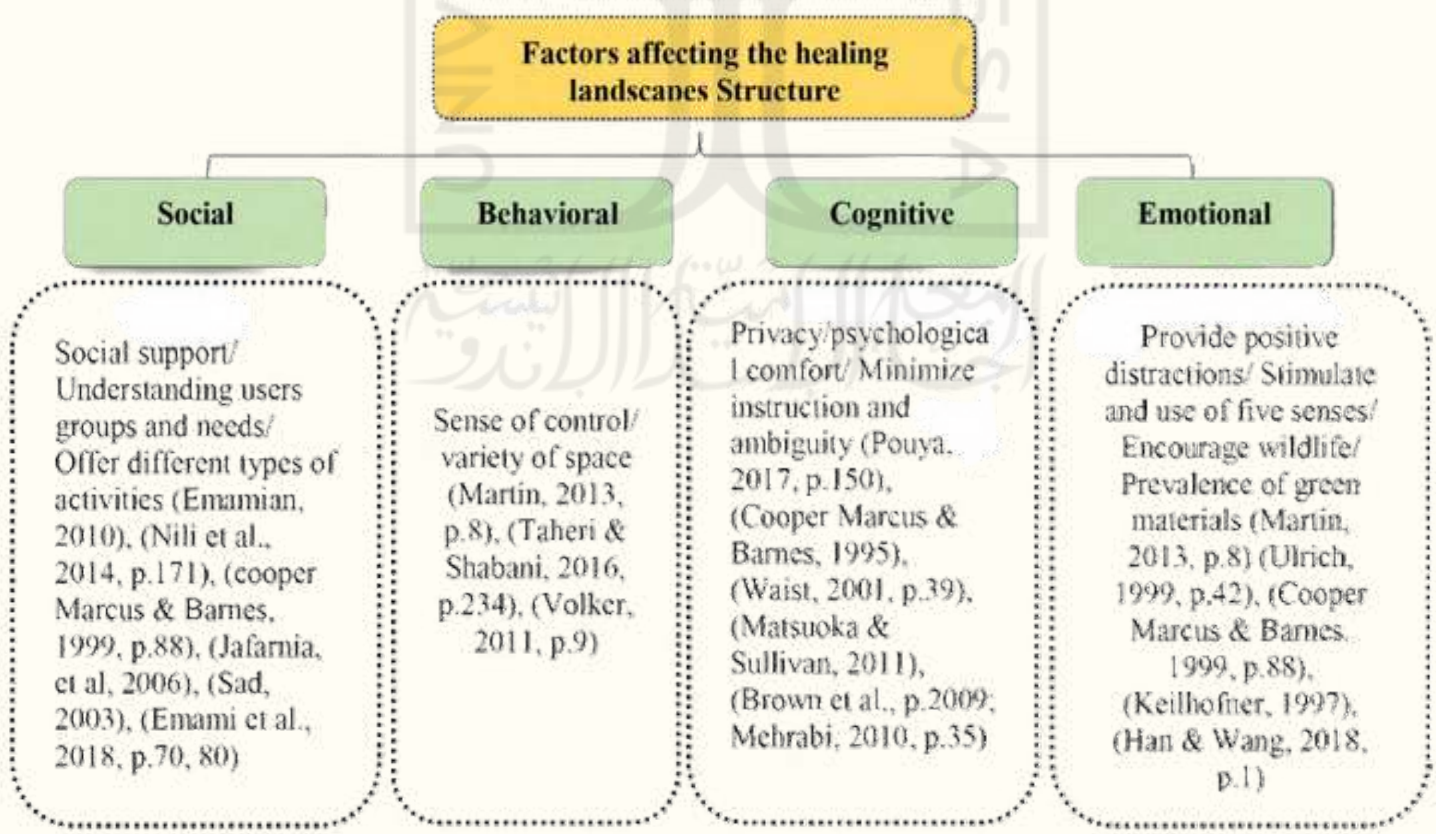











# SUMMARY OF APPROACH DESIGN DEVELOPMENT

The results of recent research in the field of **environmental psychology**, concerning environmental science and perception, suggest that **responding to human needs such as relaxation, thinking and contemplating, and self-improvement can reduce stress, mental and physical health of the individual, and promote community**. So the proper presence of nature in one's life can also reduce many psychological, physical, and social pressures (Kabiri & Balilan, 2015, p.5). The use of healing landscapes is a way to reduce stress and nervous tension and create peace, regain strength or restore health (Divandari et al., 2016, p.26; Abdollahi et al., 2015, p.26). Human communication through the five senses provides an opportunity to experience the environment. Healing landscapes, regulated senses purposefully. The healing landscapes awaken the Human senses and eventually balance the five senses (Nili et al., 2013, p.68). Clare Cooper, stark, and Marni Barnes (1999), in their book, "Healing Gardens: Therapeutic Benefits and Design Recommendations" discovered, the primary history of healing gardens (Fairchild, 2011, p.13). On the other hand, many studies have focused on healing and its influencing factors,

There have been numerous studies on the healing landscapes that each has provided criteria and Parameters. In the following, the healing landscape indicators of each parameter specified in most researches. Emotional parameters of healing landscapes are such as:

- 1. Provide positive distractions: **Nature draws human attention or fascinates people**. This directed fascination which is controlled by the operating system, makes human relax and causes negative thoughts to replace with positive ones (van den burg, 2010)
- 2. Stimulate and **use of five senses: Sound, sight, and smell in the environment** are external stimuli that are directly identified by the conscious mind (cooper Marcus & Barnes, 1999; Shahradsad, 2012). Smooth and favorable landscapes quickly arouse one's emotions and imply effective in relieving one's stress (Nili et al., 2014).
- 3. **Encourage wildlife**: Animals and birds are directly attracted to garden plants. The birdsong, and along with the sound of the wind among the trees, create a beautiful melody in the garden (Jafarnia et al., 2006). This nature orchestra sweeps away the daily stress and tension (Sad, 2003).
- 4. **Prevalence of green materials**: Green planets effect on reducing the psychological fatigue of the residents. Green planets effect on reducing the psychological fatigue of the residents. (Emami et al., 2018).



<div>Key Partners</div> <div></div> <div><ul style="list-style-type: none"><li>Gunung Kidul Regency Regional Developme nt Planning Agency</li></ul></div>	<div>Key Activities</div> <div></div> <div><ul style="list-style-type: none"><li>Collaborating with the Gunung Kidul Regency Regional Development Planning Agency in the field of tourism to promote resorts located in Kesirat, Gunung Kidul</li></ul></div>	<div>Value Propositions</div> <div></div> <div><ul style="list-style-type: none"><li>Educate visitors about healing process and local culture</li><li>Improving the welfare of Gunung Kidul communities in the economy because it provides employment opportunities for them</li></ul></div>	<div>Customer Relationships</div> <div></div> <div><ul style="list-style-type: none"><li>Website</li><li>Online Booking</li><li>On site Booking</li><li>Reward members</li><li>Exclusive Discount</li><li>Endorsement for youtuber/traveler</li></ul></div>	<div>Customer Segments</div> <div></div> <div><ul style="list-style-type: none"><li>Focus On People/ Community who need a help from the expert in the field of healing treatments plus holiday accommodations facilities</li></ul></div>
	<div>Key Resources</div> <div></div> <div><ul style="list-style-type: none"><li>Collaborating with the Gunung Kidul Regency Regional Development Planning Agency in the field of tourism to promote resorts located in Kesirat, Gunung Kidul</li></ul></div>		<div>Channels</div> <div></div> <div><ul style="list-style-type: none"><li>Media Social Marketing</li><li>Website &amp; Application</li><li>Airlines</li><li>Travel Agents</li><li>Travel Aggregators</li></ul></div>	
<div>Cost Structure</div> <div></div> <div><ul style="list-style-type: none"><li>employee salary</li><li>the cost of managing the website &amp; others marketing</li><li>construction cost</li><li>Production and Maintenance Cost</li><li>Product Distribution Cost</li></ul></div>		<div>Revenue Streams</div> <div></div> <div><ul style="list-style-type: none"><li>Resort</li><li>Supporting Facilities (Souvenir Shop, Beauty Salon, Restaurant) Education &amp; Recreation, Entertainment Area (Dance Studio, Spa)</li><li>Google play (downloaded app)</li></ul></div>		



# 03

## **DESIGN DEVELOPMENT**

Concept & Schematic



## Room Programming

Type Of Activity	Type of room	Standard	Amount/ Capacity	Total Area
Reception Zone				
Reception Zone	Lobby	0.9/person	30 person	27
	Information Room	1.44m <sup>2</sup> /person	2 person	2.88
	Lounge	2.5m <sup>2</sup> /person	30 person	75
	Front Office	1.44m <sup>2</sup> /person	3 person	2.88
	Tenant & Storage	0.62m <sup>2</sup> /person	10 person	6.2
		4m <sup>2</sup> x5m <sup>2</sup>	1 unit	20
	Public Toilet	2.52m <sup>2</sup> /person	2 unit	5.04
Parking Area, Security	Security Post	3m <sup>2</sup> x3m <sup>2</sup>	1 unit	9
	Motorcycle Parking	2m <sup>2</sup> x0.9m <sup>2</sup>	30 unit	54
	buggy Parking	2.5 x 5	5 unit	62.5
	Car Parking	4.8m <sup>2</sup> x2.4m <sup>2</sup>	50 unit	230
			Circulation 100%	528,9m <sup>2</sup>
			Total Area	
Residential Zone				
Cottage	Standard Room	24M <sup>2</sup>	25 Unit	600
	Deluxe Room	40m <sup>2</sup>	15 Unit	600
	Suite Room	48M <sup>2</sup>	10 Unit	480
			Circulation 40%	2352m <sup>2</sup>
		Total Area		
Suport Zone / Public				
Restaurant	Workshop	6m <sup>2</sup> x12m <sup>2</sup> /unit	1 unit	72
	Dining room	19m <sup>2</sup> /person	40 person	76
	Kitchen	15% from total dining area		11.4
	Warehouse	20% from total kitchen area		3
	Kitchen Office	4m <sup>2</sup> x4m <sup>2</sup>		16
			Circulation 30% + Area	231,92m <sup>2</sup>

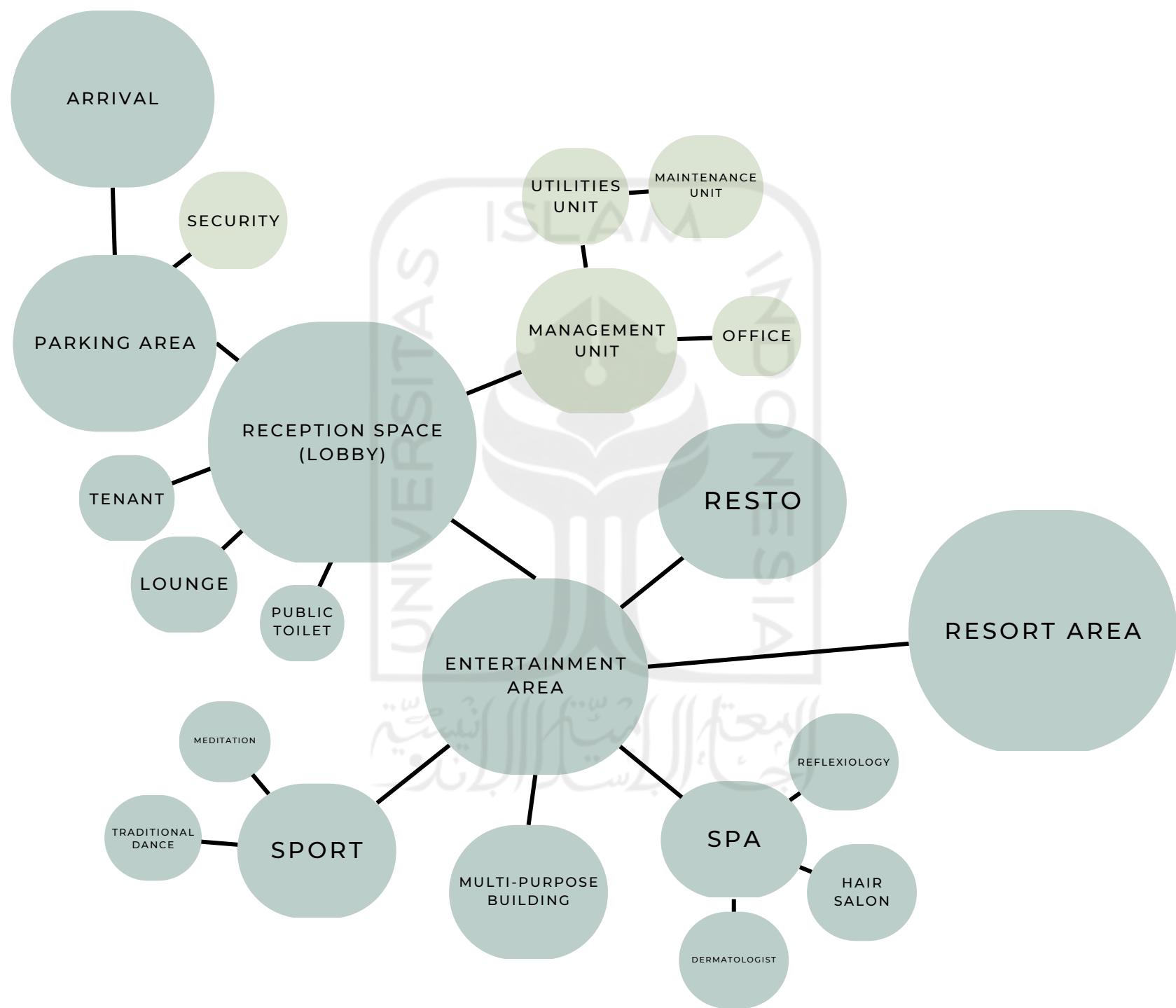
Activity Room	Traditional Dance room	144m <sup>2</sup> /person	15 person	216
	Meditate Room	12m <sup>2</sup> x13,5m <sup>2</sup> /unit	20 person	162
	Changing Room	0,9m <sup>2</sup>	5 person	4.5
	Instructor's Office	4m <sup>2</sup> x4m <sup>2</sup> /unit	5 person	16
	Public Toilet	2.52m <sup>2</sup> /person	4 unit	10
			circulation 50% + Area	3215m <sup>2</sup>
Treatment Room	Reflexiology	12m <sup>2</sup> /person	5 person	60
	Hair Salon	5m <sup>2</sup> /person	10 person	50
	Facial Room	5m <sup>2</sup> /person	6 person	30
	Dermatologist Room	4m <sup>2</sup> /person	4 person	16
	Public Toilet	2.52m <sup>2</sup> /person	2 unit	5.04
	Tenant & Storage	4m <sup>2</sup> x5m <sup>2</sup>	1 unit	20
			Circulation 30% + Area	235.352m <sup>2</sup>
Manager Zone				
Office	Manager	5,5m <sup>2</sup> x5m <sup>2</sup> /person	1 person	27.5
	Nutritionists	4m <sup>2</sup> /4m <sup>2</sup>		16
	Psychologist	4m <sup>2</sup> /4m <sup>2</sup>		16
	Administrative	4m <sup>2</sup> /4m <sup>2</sup>		16
	Marketing	4m <sup>2</sup> /4m <sup>2</sup>		16
	Archive Room	12m <sup>2</sup> /unit	1 unit	12
	Staff	4m <sup>2</sup> /person	30 person	120
	Meeting Room	3,75m <sup>2</sup> /person	20 person	75
	Toilet	2.52m <sup>2</sup> /person	4 unit	10.08
			Circulation 30% + Area	401.5m <sup>2</sup>

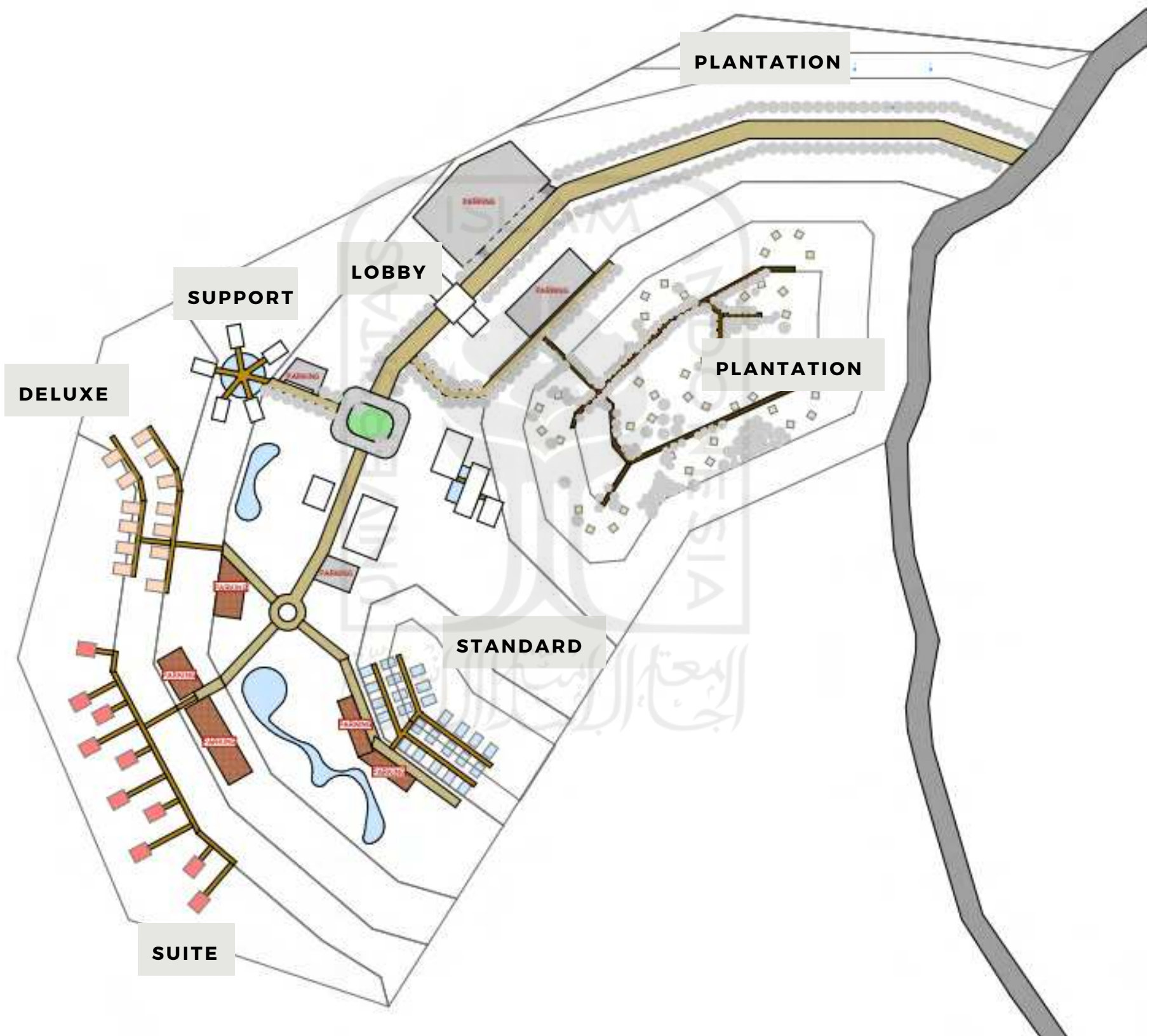


Mechanical, Electrical & Plumbing				
MEE	Generator Room	8x5	1 unit	40
	Panel Room	4x4		16
	Pump Room	4x4		16
	ME Operator Room	4x4		16
	Communication	4x4		16
	STP Room	4x4		16
			Circulation 30% + Area	156m2
			Total Area	8505.672m2



# Space Organization



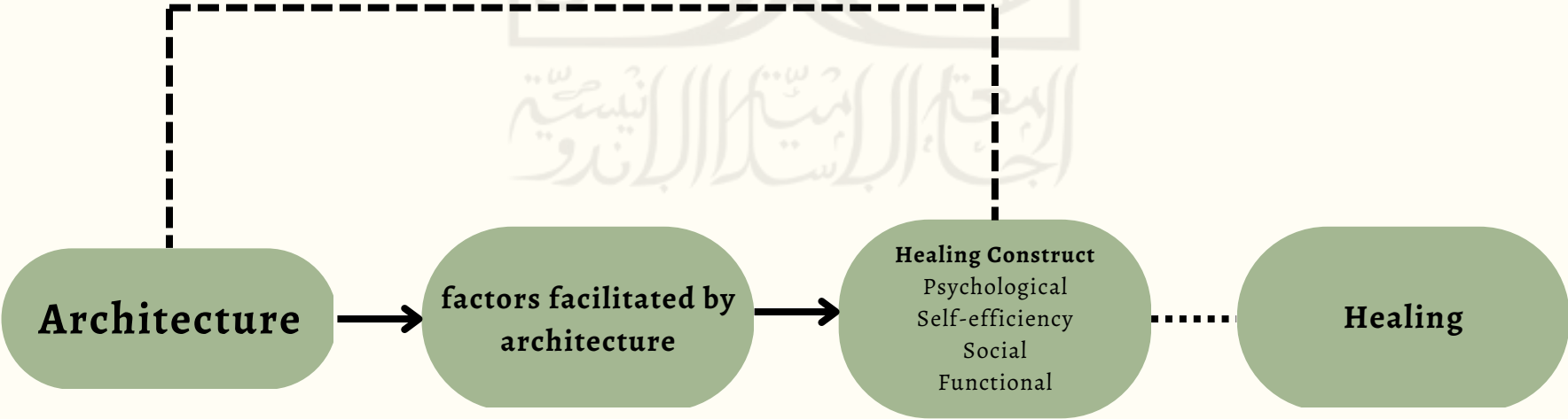


# EXPLORATION OF HEALING ENVIRONMENT

## HEALING ENVIRONMENT VARIABELS

Based on the studies there are 4 parameters that construct healing environment, which is:

- 1. Provide positive distractions: Nature draws human attention or fascinates people. This directed fascination which is controlled by the operating system, makes human relax and causes negative thoughts to replace with positive ones (van den burg, 2010)
- 2. Stimulate and use of five senses: Sound, sight, and smell in the environment are external stimuli that are directly identified by the conscious mind (cooper Marcus & Barnes, 1999; Shahrads, 2012). Smooth and favorable landscapes quickly arouse one’s emotions and imply effective in relieving one’s stress (Nili et al., 2014).
- 3. Encourage wildlife: Animals and birds are directly attracted to garden plants. The birdsong, and along with the sound of the wind among the trees, create a beautiful melody in the garden (Jafarnia et al., 2006). This nature orchestra sweeps away the daily stress and tension (Sad, 2003).
- 4. Prevalence of green materials: Green planets effect on reducing the psychological fatigue of the residents. Green planets effect on reducing the psychological fatigue of the residents. (Emami et al., 2018).



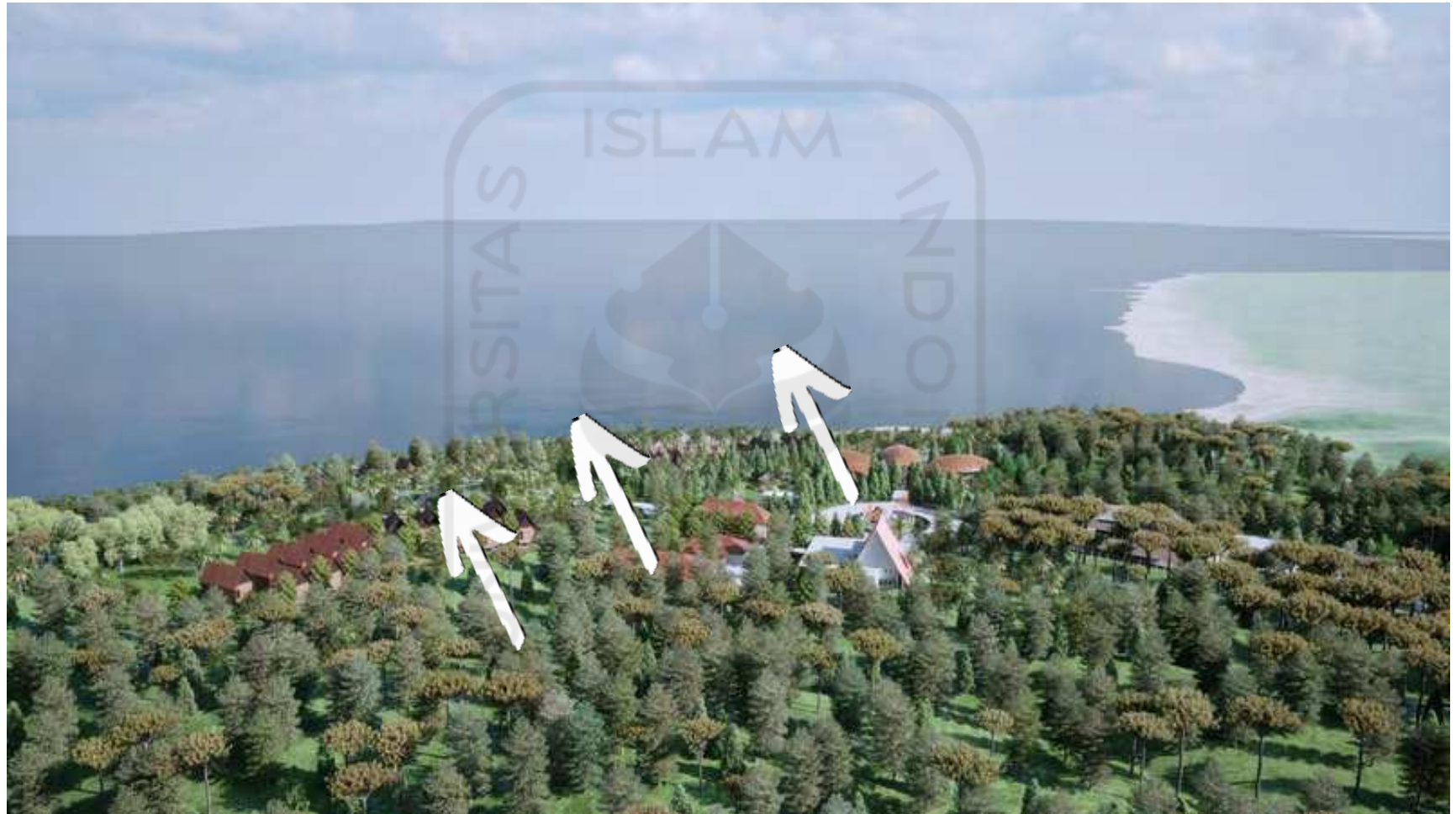


**Provide positive distractions:** Nature draws human attention or fascinates people. This directed fascination which is controlled by the operating system, makes human relax and causes negative thoughts to replace with positive ones (van den burg, 2010) The design of the layout that supports the visual experience of the natural surroundings.

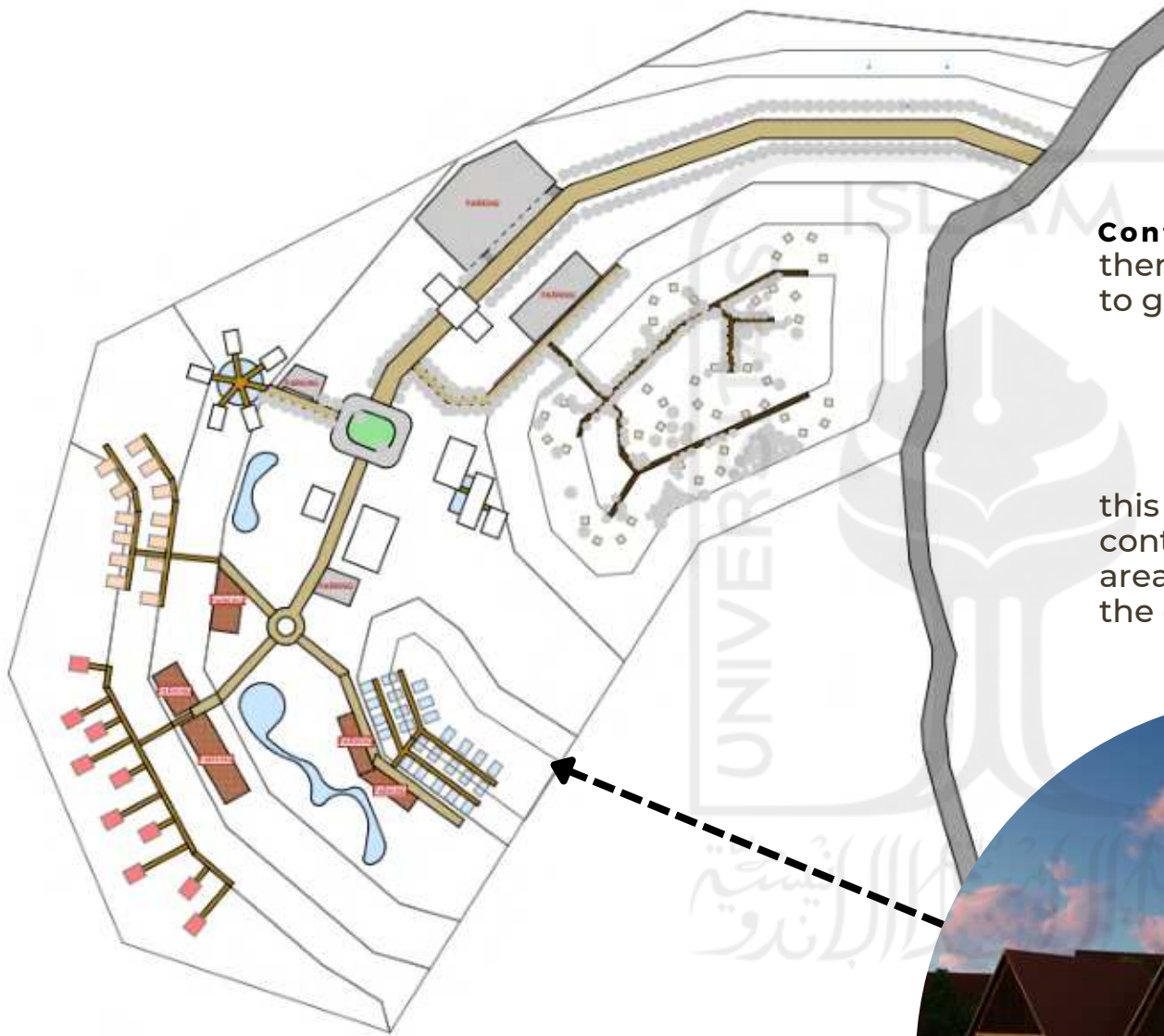
**building orientation** Follow the focal point of site's view.



Since the focal point of this site is the beautiful view from the site. The direction of the room will direct to west to get the best view. The orientation of the length of the building is perpendicular to the beach so that the wind enters the building is not too tight. Kesirat beach is also famous for its beautiful scenery at sunset. This can be a positive distractions for the guest to enjoying the view. the ocean makes a beautiful backdrop for a pool design where the boundaries between the two bodies of water merge. To enhance the view, simple paving and planting is all that is needed. For optimizing views from various directions, the laying of the building mass designed 1-0-1 so that the mass of the building behind is not blocked by the mass another building in front of it.







**Contour Area**

there are some spots that have a higher contour to get the maximum view

this standard units area has a higher contour, because the position of the area is a bit far to get the scenery of the ocean.



## Infinity Pool

The ocean makes a beautiful backdrop for a pool design where the boundaries between the two bodies of water merge. To enhance the view, simple paving and planting is all that is needed. This private pool will be designed in every suite room. The position of the suite room area will be the nearest to the ocean view. This pool will be made near the support facilities building.

Mass composition concept using pattern linear. the masses are placed parallel to follow contours to get the perfect view, then the direction of the mass composition is faced entirely towards the beach by following contour line.







Optimal site landscaping and create the impression of being close to nature and lots of it greenery to give a fresh impression



giving optimal greenery & mini garden, using natural material for paving. Bedroom design that blends with the landscape so that give close impression with nature. Building not massively designed.





Restaurant/dining area designed with semi-outdoor with pool view and blend with the garden. The guest can feel the atmosphere of greenery and sound of running water from the pool aside.



**Stimulate and use of five senses: Sound, sight, and smell in the environment are external stimuli that are directly identified by the conscious mind (cooper Marcus & Barnes, 1999; Shahrads, 2012). Smooth and favorable landscapes quickly arouse one's emotions and imply effective in relieving one's stress (Nili et al., 2014).**

## **Sound**

### **Gamelan music**

music can help the healing process by making people feel relaxed and calmer. By incorporating local elements, the sound of gamelan strains use as therapeutic and welcoming guest in this concept in lobby area. Listening to slow tempo music or around 60-100 bpm can slow down and balance brain waves that indicate calm (Shalehuddin M, 2010) (Suryana, 2012) (Schou, 2008). This happens because binaural-beat stimulation can encourage a person to return to consciousness (Junaidi & Noor, 2010) (Salve, HR., & Prabowo, 2007)



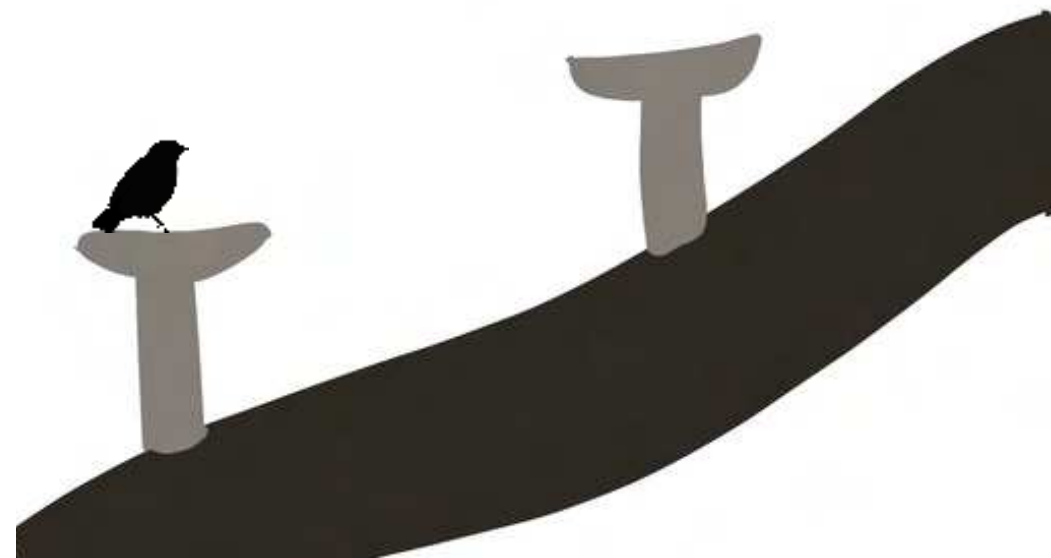
Before entering the resort area, there are live gamelan players who will play music, giving an atmosphere of local culture as welcoming

**Stimulate and use of five senses: Sound, sight, and smell in the environment are external stimuli that are directly identified by the conscious mind (cooper Marcus & Barnes, 1999; Shahrads, 2012). Smooth and favorable landscapes quickly arouse one's emotions and imply effective in relieving one's stress (Nili et al., 2014).**



Hearing original sounds from nature lets your body and mind relax deeper and faster, as the rest of sounds we hear during the day (from the city traffic or even popular music) aren't common in our evolution and act as stressors. These natural sounds are for our mind like organic food is for our health: it lets your organism to remember its own tools to get healed by itself and to keep inner harmony.

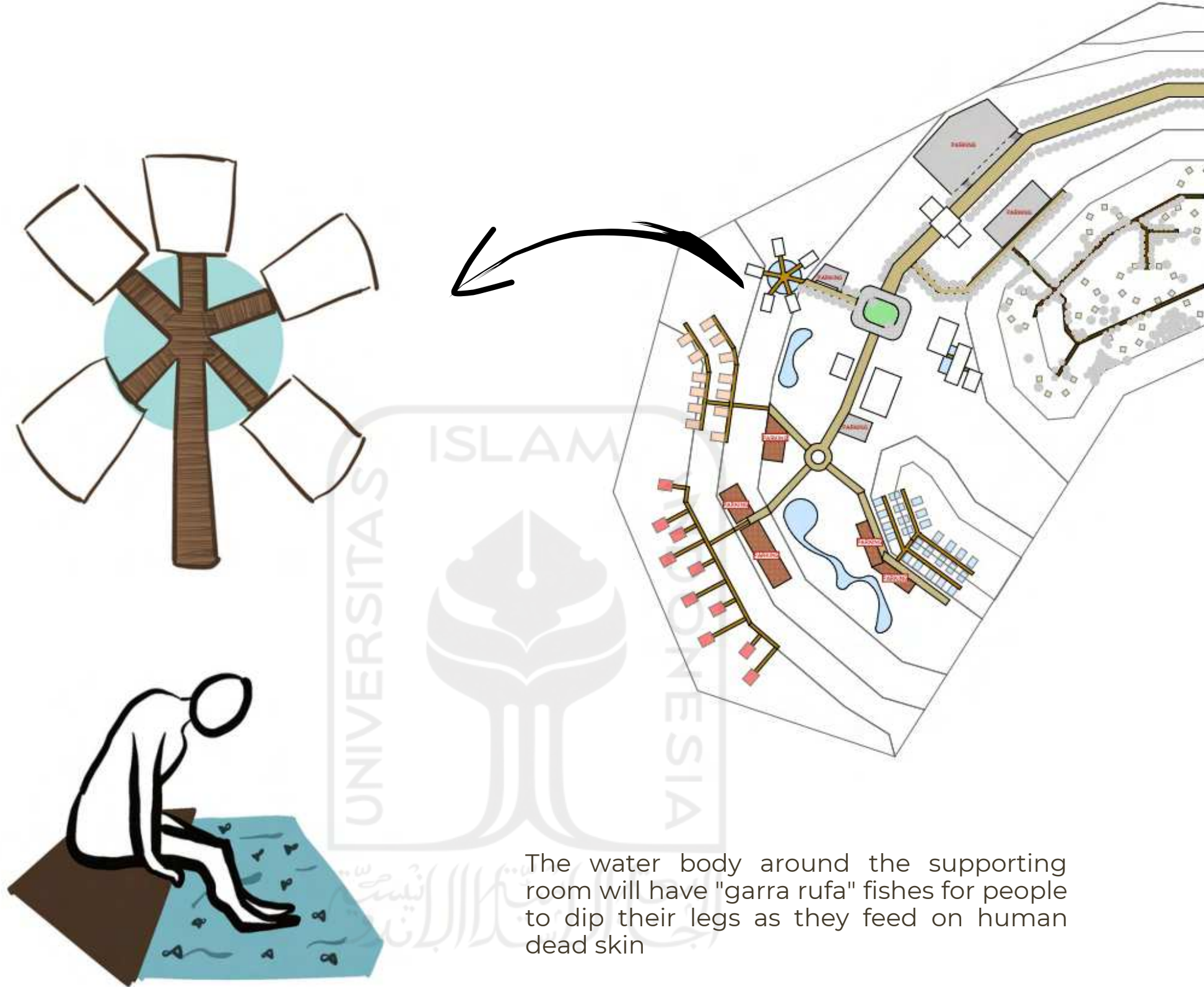
provide several pool spots for birds to provoke the arrival of birds and provide a natural atmosphere with the sound of birds chirping







Installation of the bird house and provide running water for birds to drink in every access of the resort. the running water blocks will be placed on some sides access inside the resort (access to every unit)



The water body around the supporting room will have "garra rufa" fishes for people to dip their legs as they feed on human dead skin



### **sense of taste**

The installation of pergola roof with a plant that is easy to care for but provides a great view and provides a scent and experience. Passion fruit plants are suitable to be placed on the roof pergola. visitors can also get hands-on fruit picking experience.





## Sight

### Outdoor Lighting

using outdoor lighting to create an evocative mood that only lighting can achieve and also provide opportunities to highlight feature items in an exciting way. foliage colours and textures will become more noticeable, and the movement of water even more pronounced as it catches and reflects the light. Up lighting feature plants and elevated structures create a smooth effect as the light blends out of view into the night sky after it has illuminated its desired feature.







The installation of a healing garden. Garden can be a gathering point for the guest. Healing garden is a garden designed in the form of environment which is dominated by plant elements, is not complex and is manifested into media for physical and non-physical rehabilitation and therapy. The main thing about a healing garden is to provide a kind of protection room like a reserve nature for plants. This room is possible to be a room for meditation or calms the mind, helps the healing process, stimulates all the senses in the body, provide security and comfort, relieve stress, and restore mental someone emotionally.

Plants planted are also plants that emit a fragrant aroma to stimulate the sense of smell.





- The selected plants are those that have aroma / fragrance like jasmine and avoid using plants which is harmful to the patient, eg plants that can give rise itching or allergies
- The existence of the water element in this park can be a hearing therapy for visitors so that visitors feel more calm and relaxed.
- Benches are provided to make it easier for guests and resort staff who feel exhausted can take a break while enjoying the garden view
- Garden lights are provided to provide lighting at night so that patients can see the garden at night



**Prevalence of green materials:** Green planets effect on reducing the psychological fatigue of the residents. Green planets effect on reducing the psychological fatigue of the residents. (Emami et al., 2018).

### **Landscaping**

Most of the site is planted with existing Teak Tree, it gives a privacy and nature atmosphere. the building that didn't get the ocean view because pf the contour, can also feel the nature by the teak tree view.



### **Materials**

The unit using a wood material and shaped like a cabin house to blend with the atmosphere of Teak tree wood.



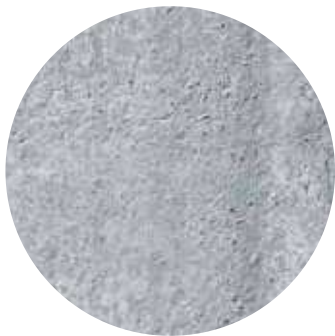






# The Concept of Material

## EXTERIOR



CONCRETE



WOOD

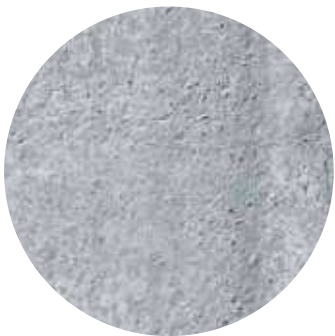


CURTAIN  
WALL



RAILING

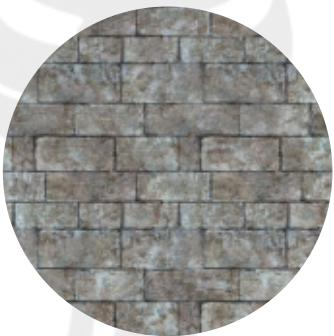
## INTERIOR



CONCRETE



WOOD



STONE  
WALL



GREEN  
WALL

## LANDSCAPING



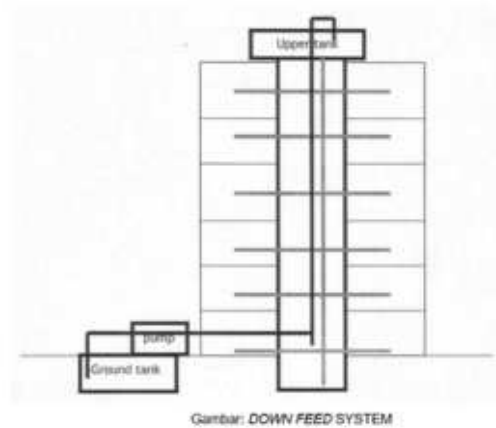
PAVING  
STONE



WOOD  
DECK

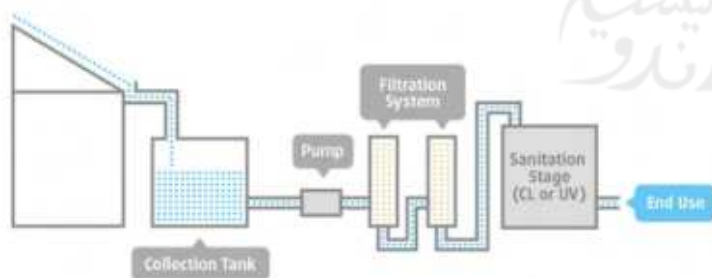
# Exploration Of The Infrastructure

## Clean Water



The clean water system in this resort use sources water from PDAM Because the site is contoured area, the system that will be use is down feed water system. Down Feed System is a water system that is first accommodated in the ground tank, then pumped to the upper tank which is installed on the roof or on the highest floor of the building. From here the water is distributed throughout the building.

## Grey Water



utilizing rainwater as a watering plantation & fire hydrant. Rainwater harvesting is an excellent opportunity for businesses aiming to reduce operating costs. Rainwater harvested from roofs travels down a pipe into a storage tank or pit. Dense sediment will settle at the bottom of the tank. A float switch triggers the operation of the system to commence pumping or a pressure drop inline indicates the need to treat and transfer water instantaneously.

# 04

## **SCHEMATIC DESIGN**

Problem Solving

4.1 Concept & Schematic Design of the Site Area

4.2 Concept & Schematic Design of the Building

4.3 Concept & Structural System Design

4.4 Concept & Schematic Design of Building Interior and Exterior

4.5 Concept & Building Envelope Design

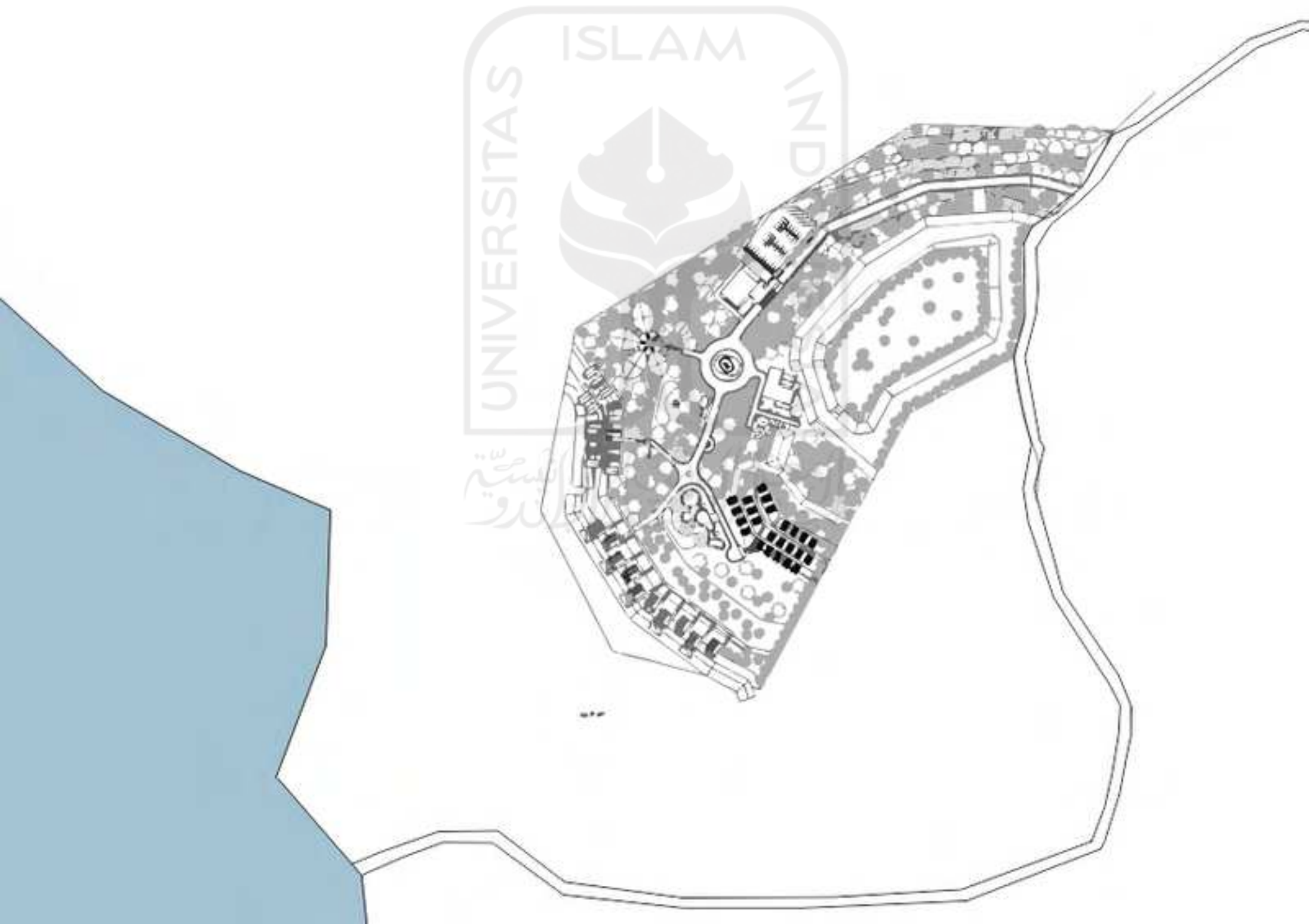
4.6 Concept & Schematic Architectural Detail

4.7 Concept & Building Safety and Barrier Free Utility System Design



## 4.1 Concept & Schematic Design of the Site Area

### SITUATION



# SITEPLAN



# LANDSCAPE PLAN





**SITE ELEVATION**



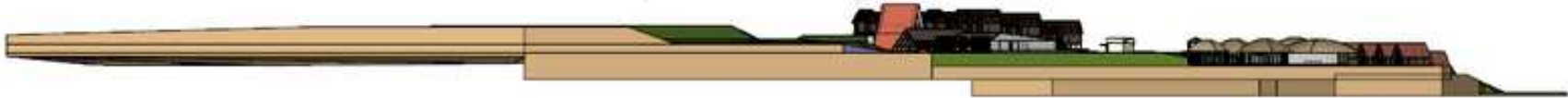
**WEST ELEVATION**



**SOUTH ELEVATION**



**EAST ELEVATION**



**NORTH ELEVATION**

## SITE SECTION



The contours of the ex site are getting closer to the sea the lower it is. the highest elevation is the plantation area. Playing with the contour site, the arrangement of the building mass are considering the elevation and position to get the best view. The Units resort are placed near the ocean view & having a lower elevation than the others mass (except the standard area because the position is too far from the ocean view, the unit are made with a high construction to get the view.

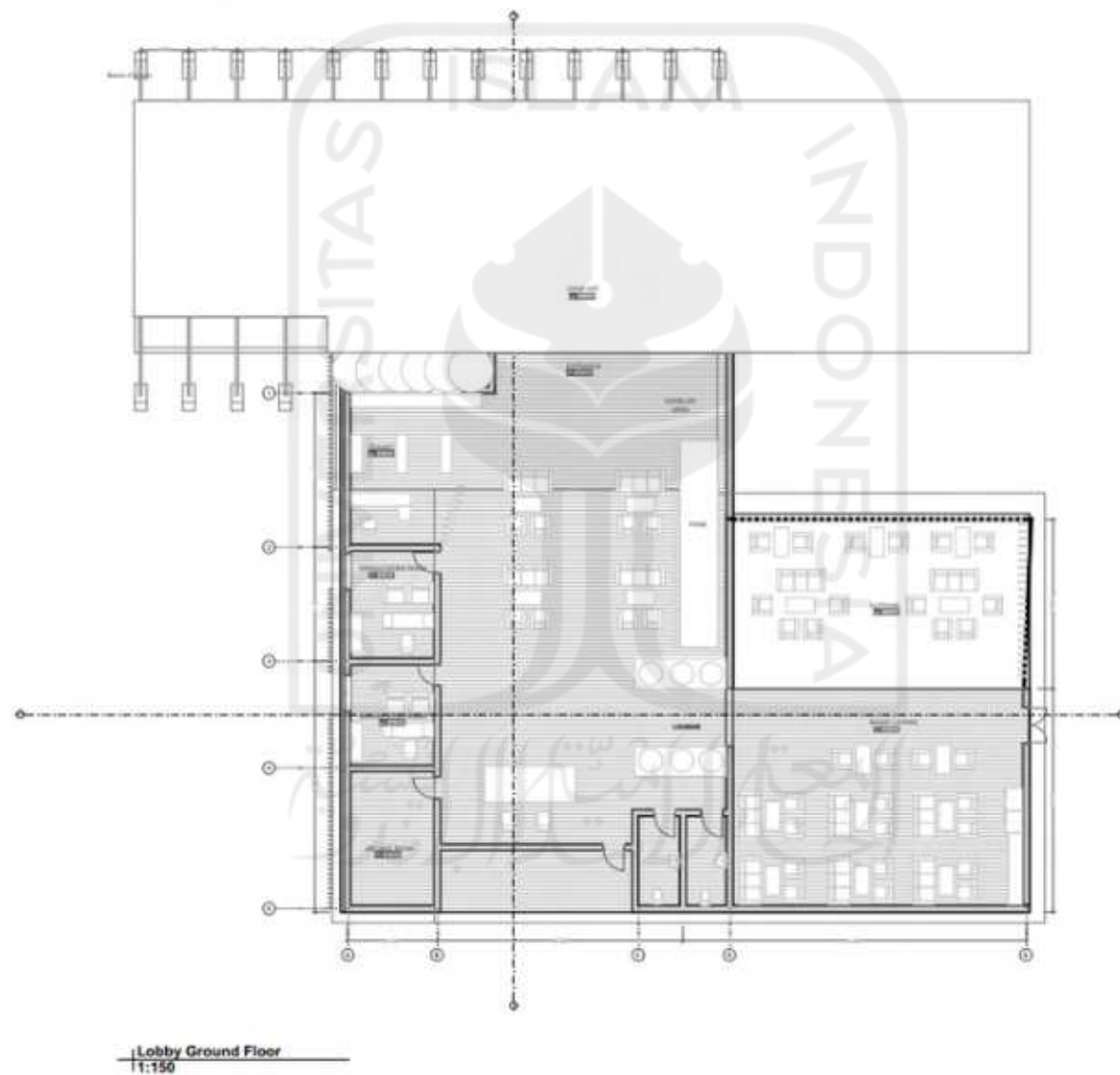
## SITE AXONOMETRY



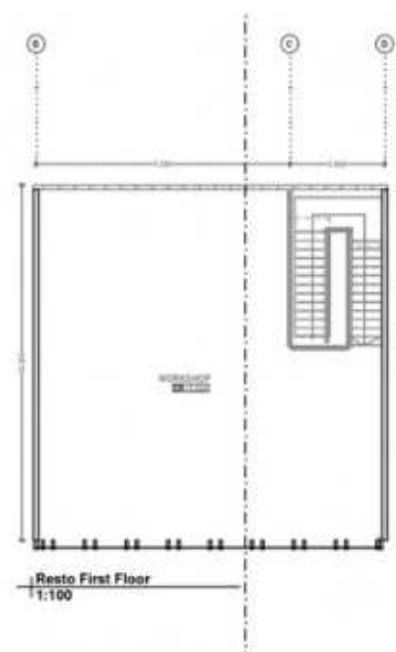
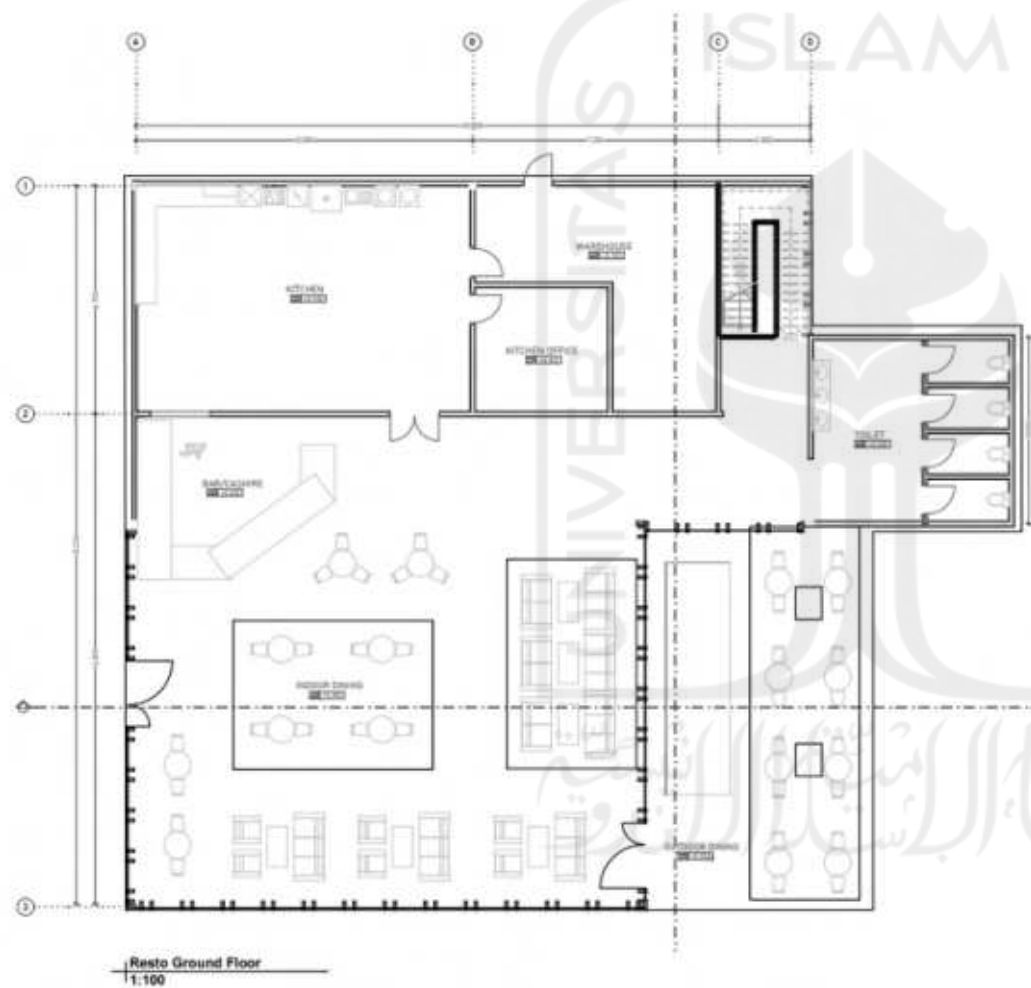


## 4.2 CONCEPT & SCHEMATIC DESIGN OF THE BUILDING PLANS

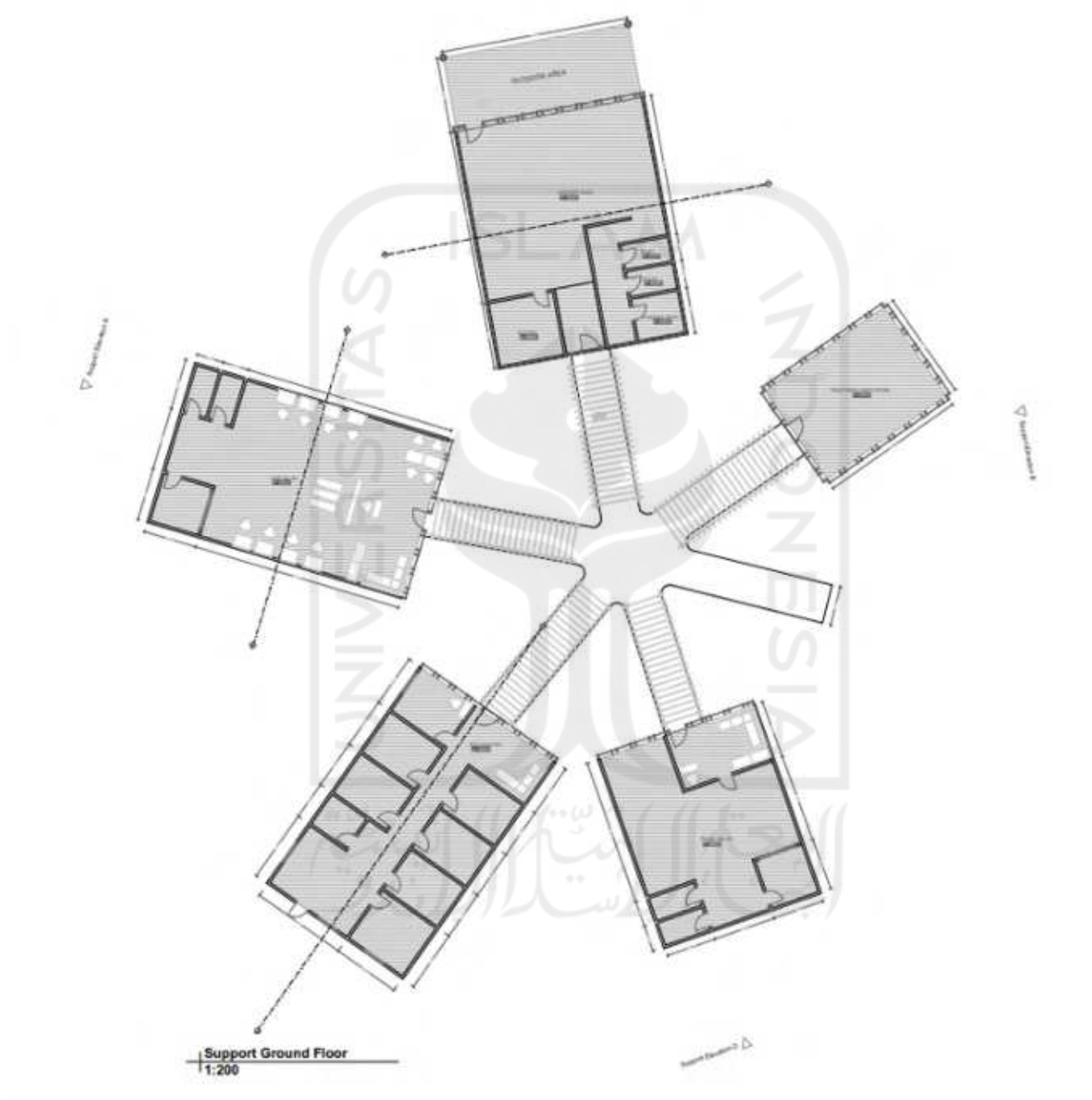
### 1.LOBBY



2. RESTO

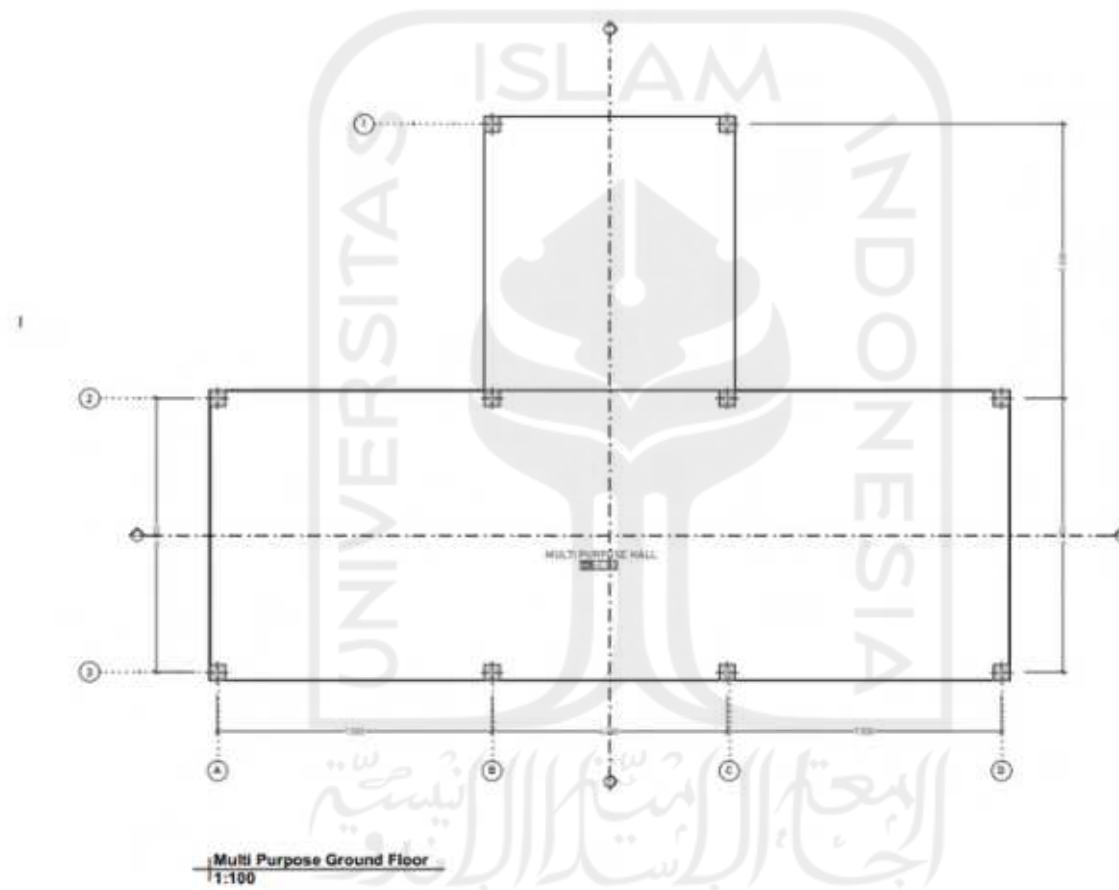


### 3. SUPPORT

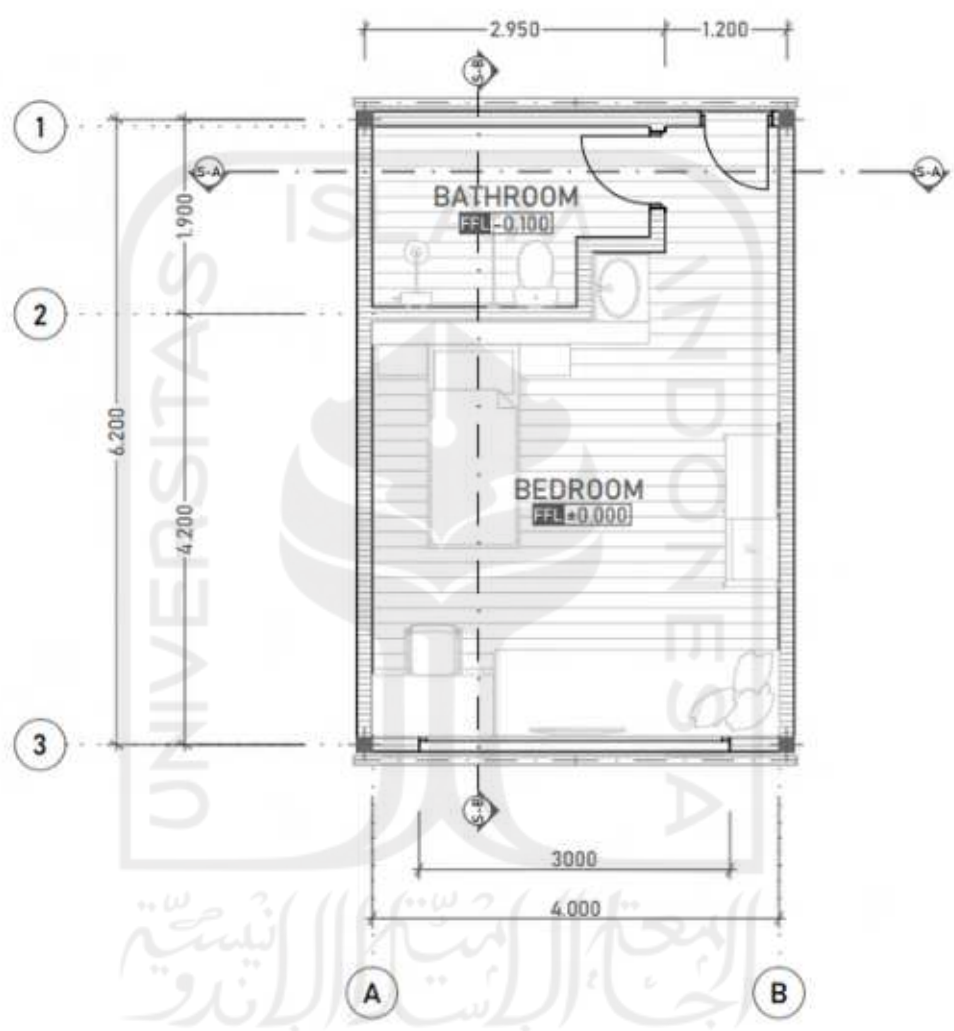




#### 4. MULTI-PURPOSE HALL

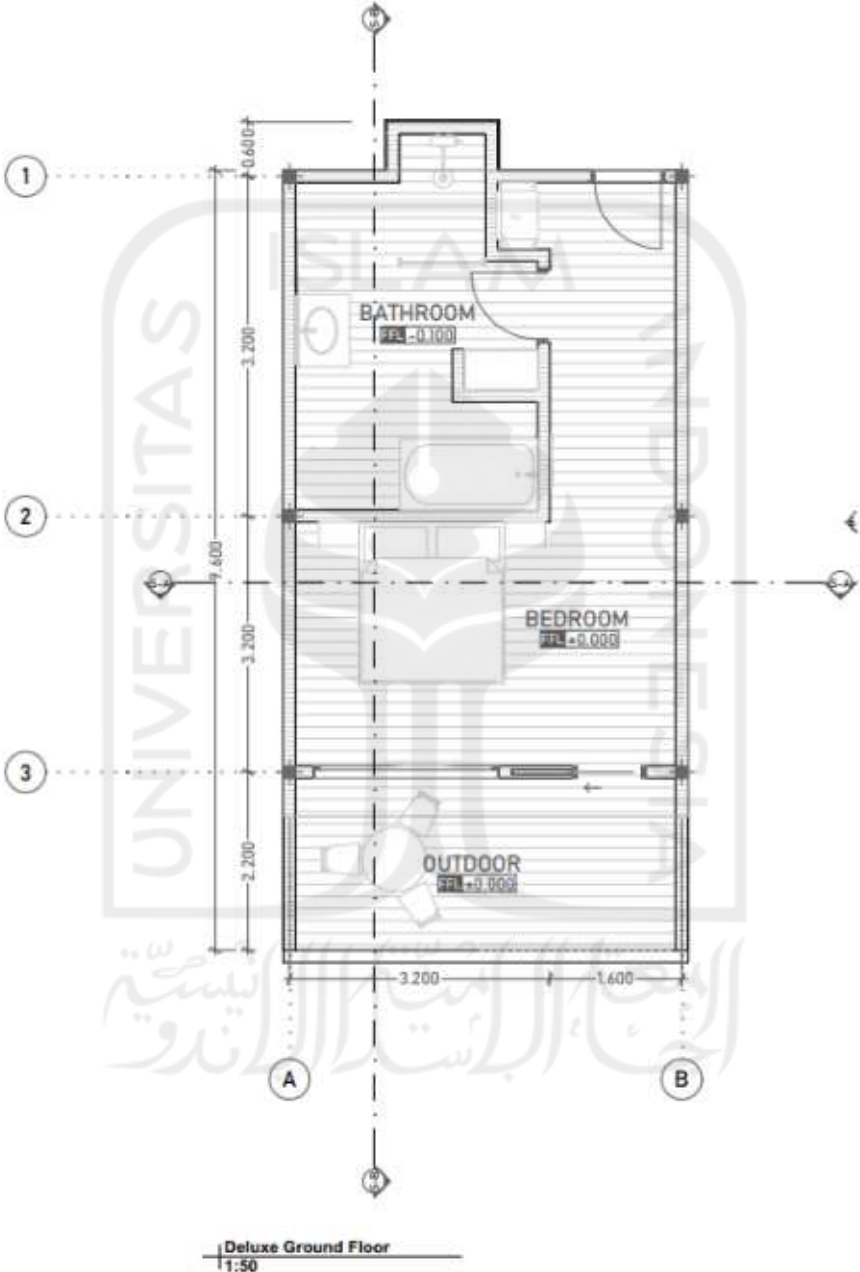


5. UNIT RESORT (STANDARD)



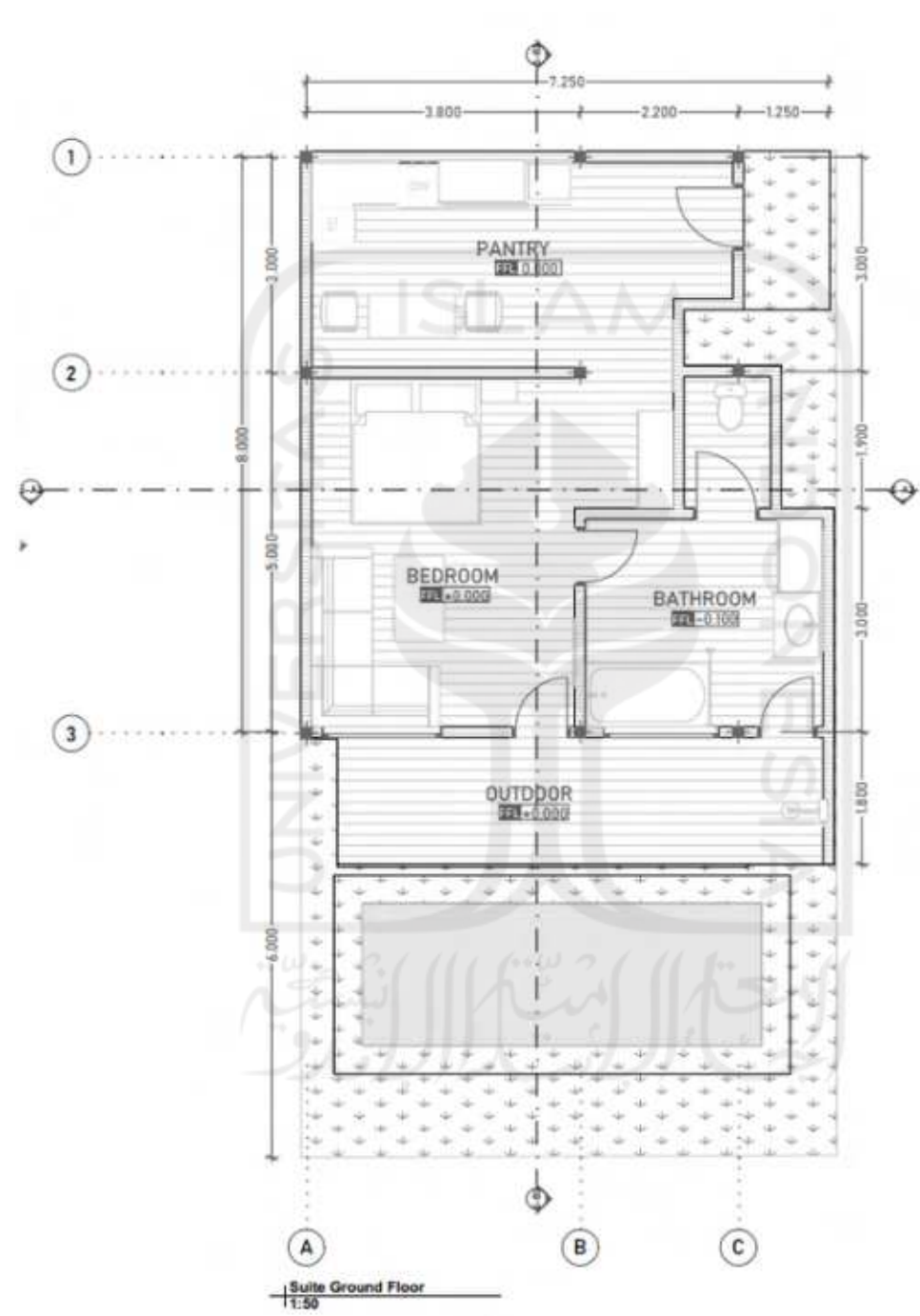
Standard Ground Floor  
1:50

6. UNIT RESORT (DELUXE)

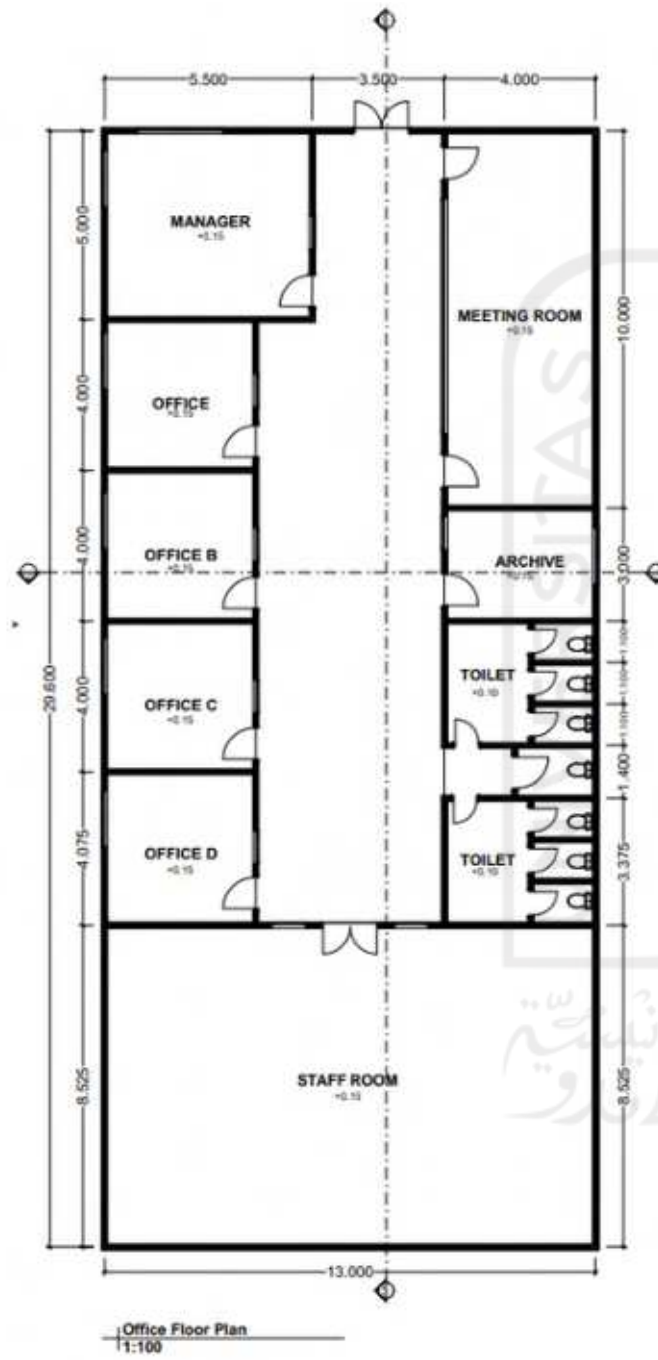




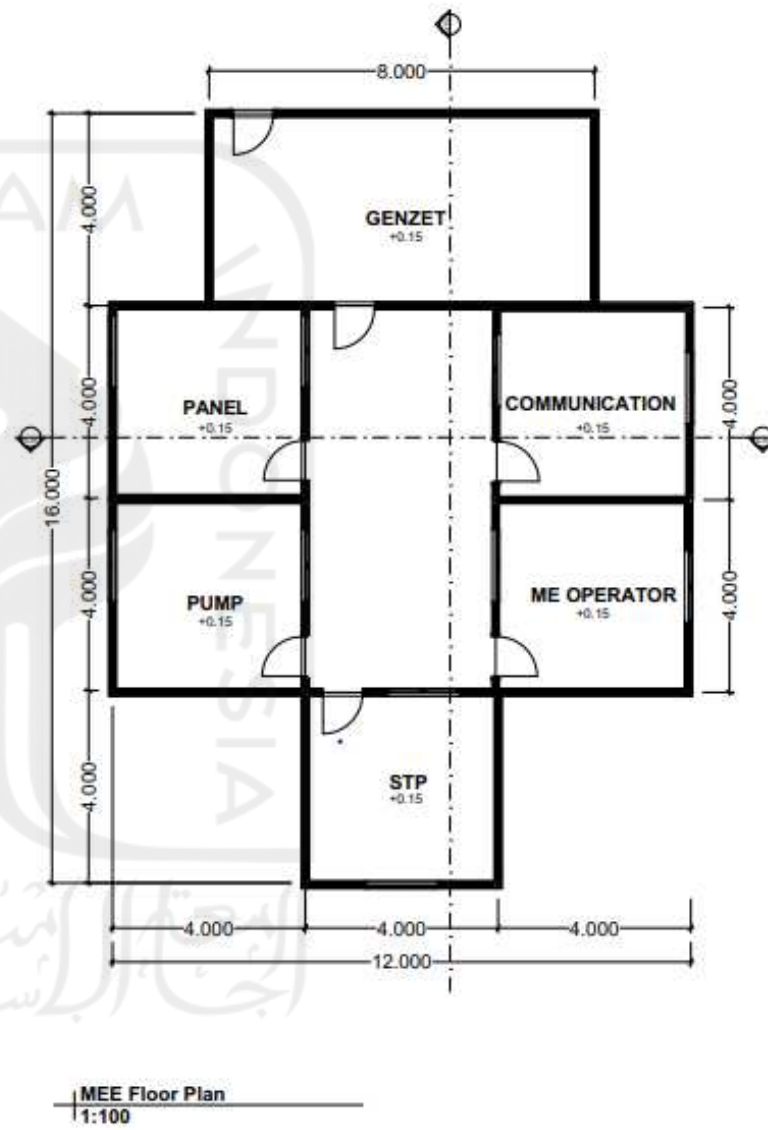
7. UNIT RESORT (SUITE)



8. OFFICE

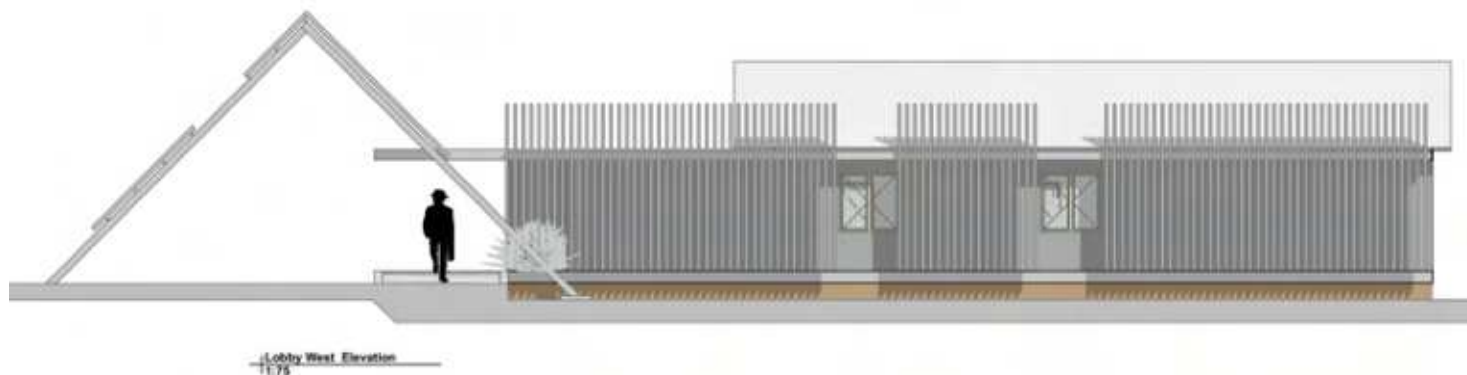
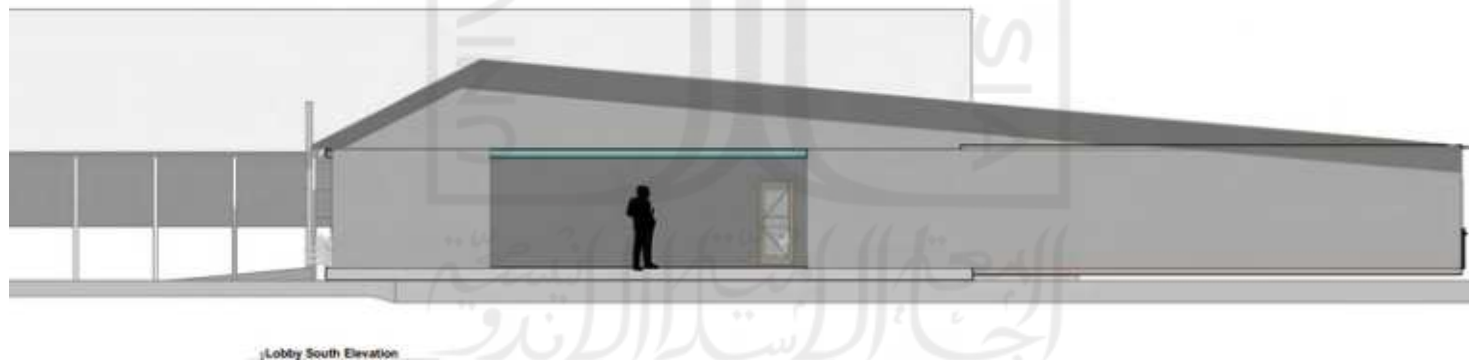
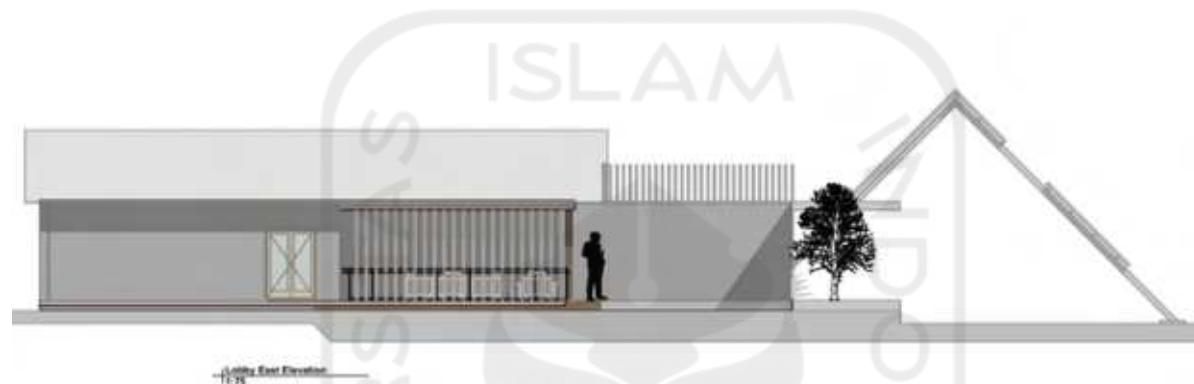


9. MEE



# ELEVATIONS

## 1. LOBBY

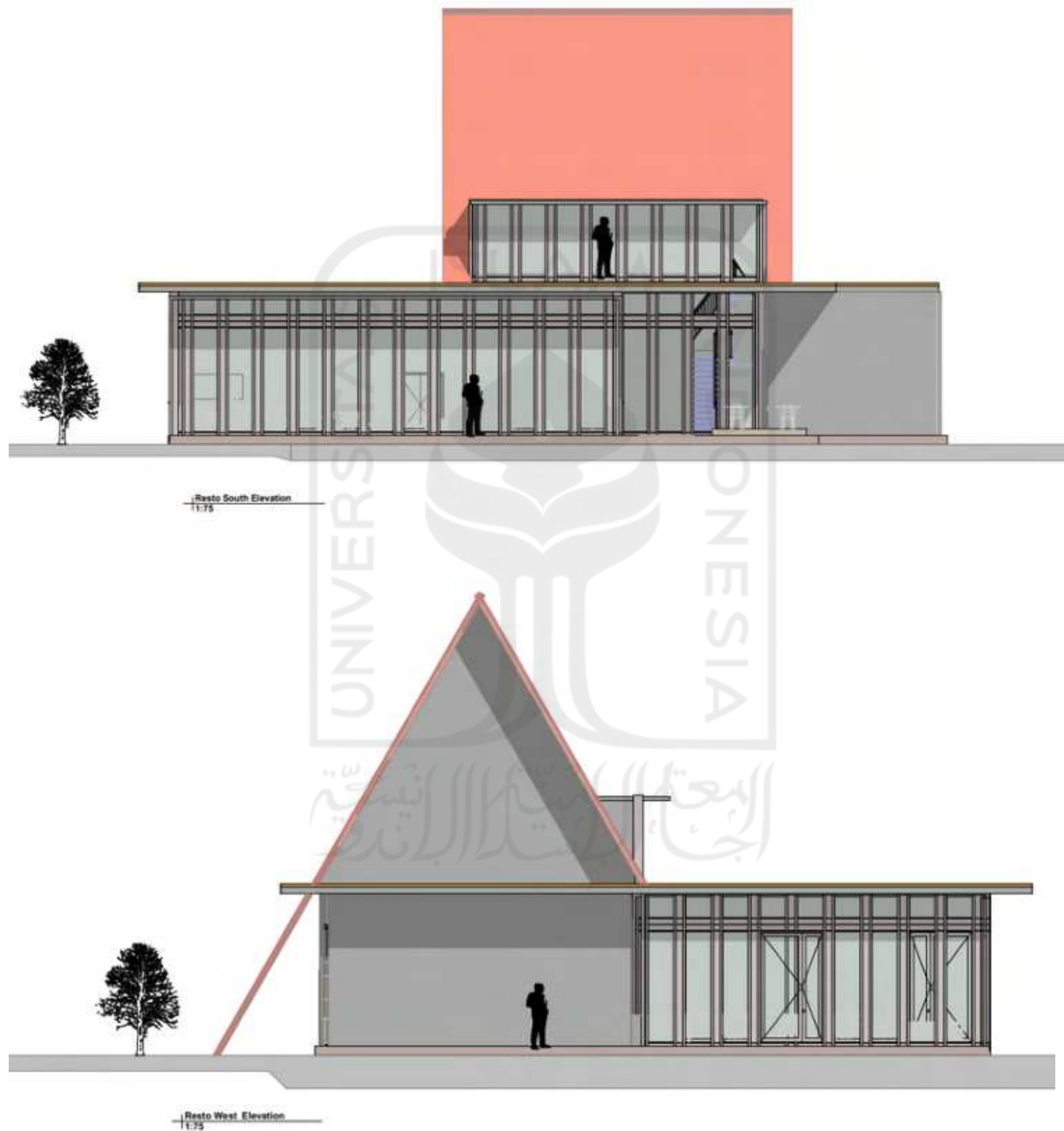




2. RESTO



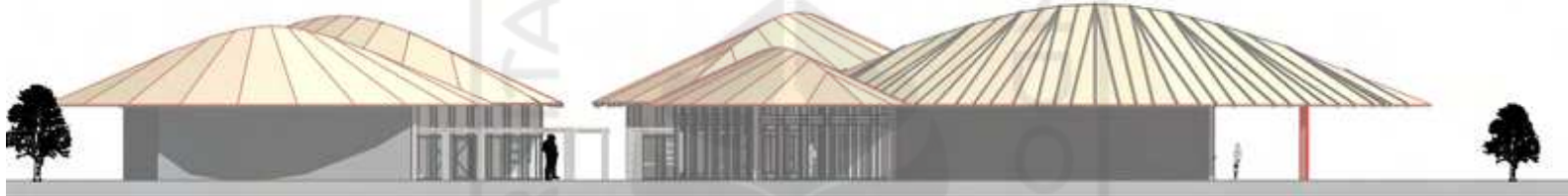
## 2. RESTO



3. SUPPORT



Support Elevation A  
1:150



Support Elevation B  
1:150



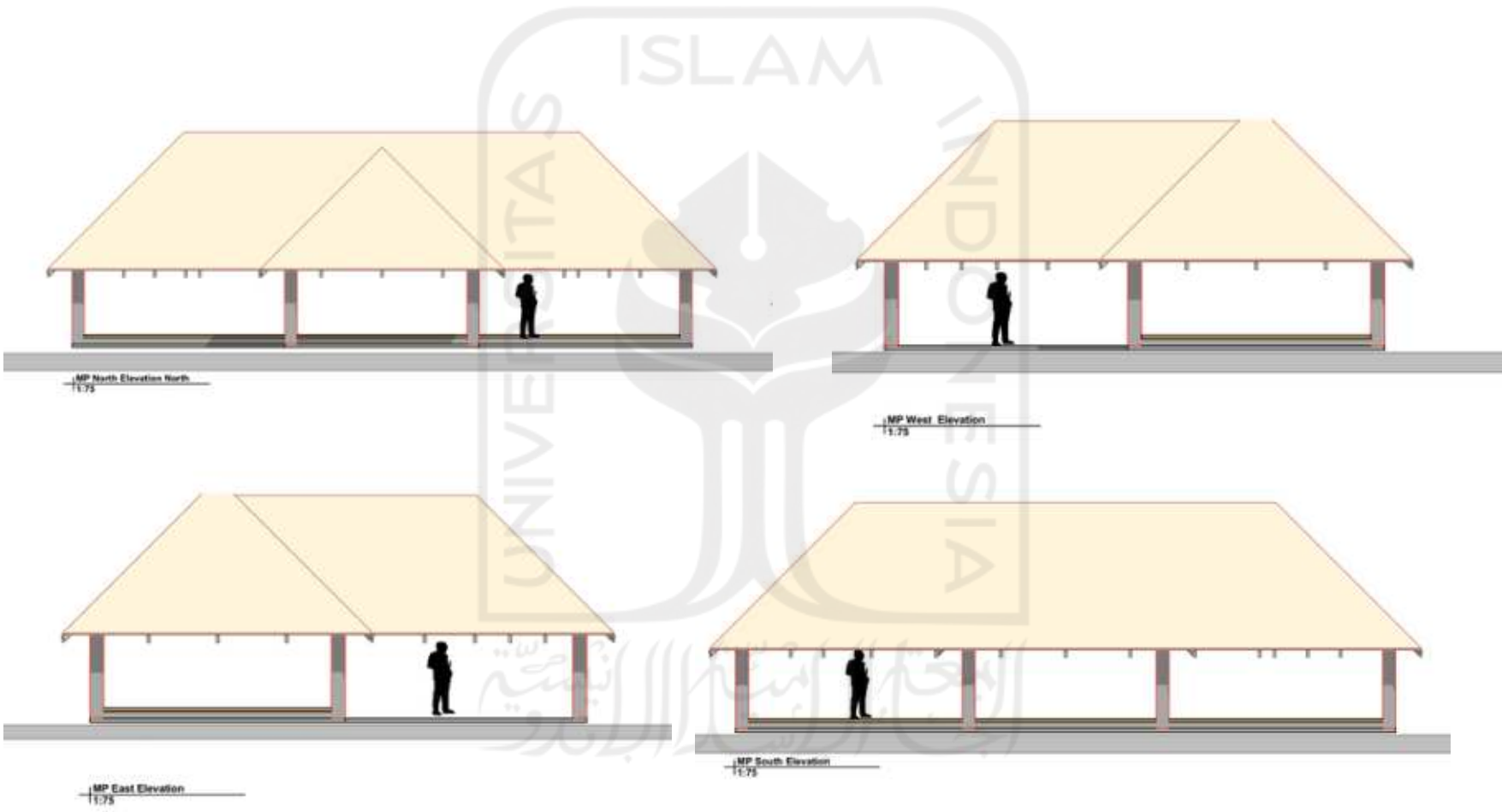
Support Elevation C  
1:150



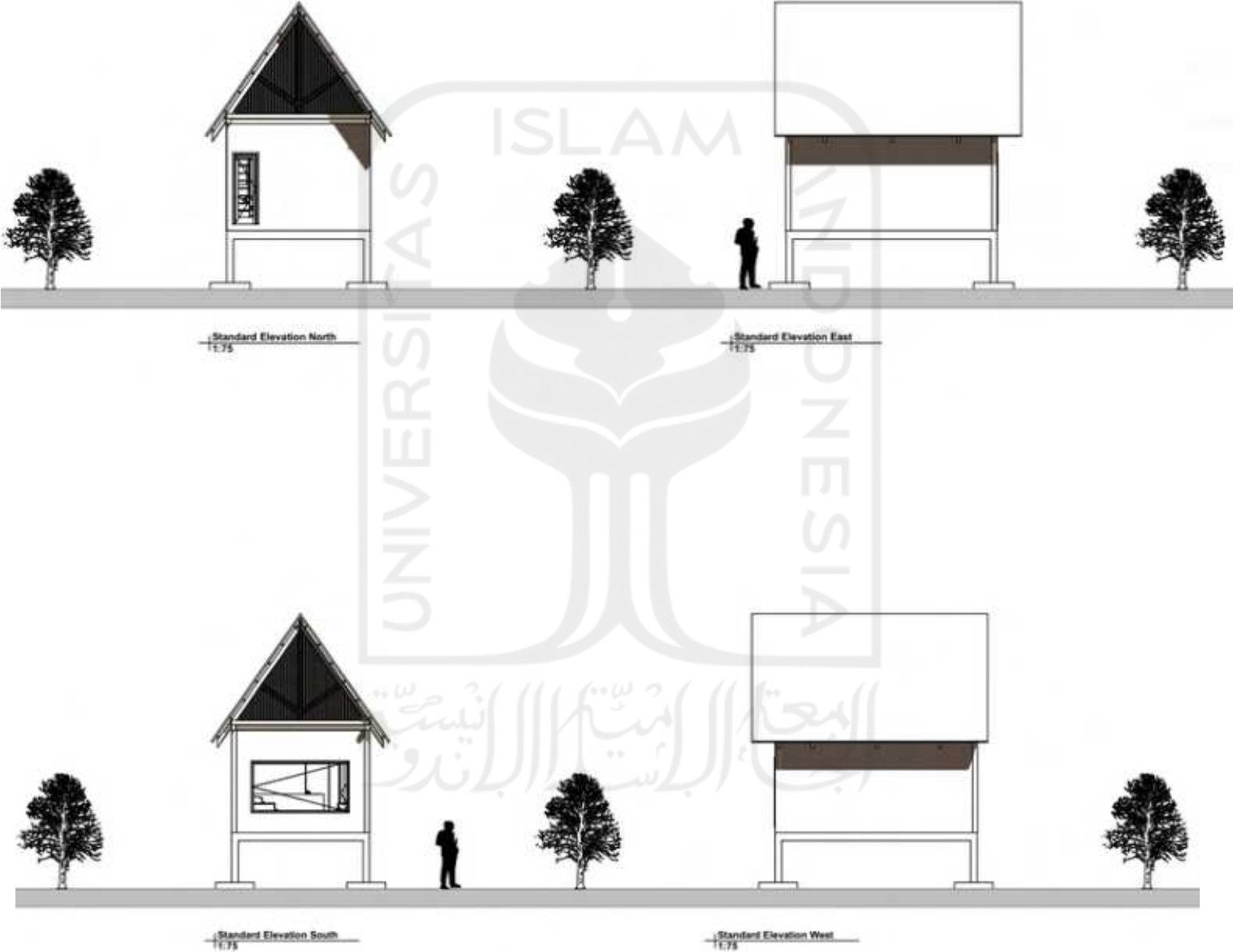
Support Elevation D  
1:150



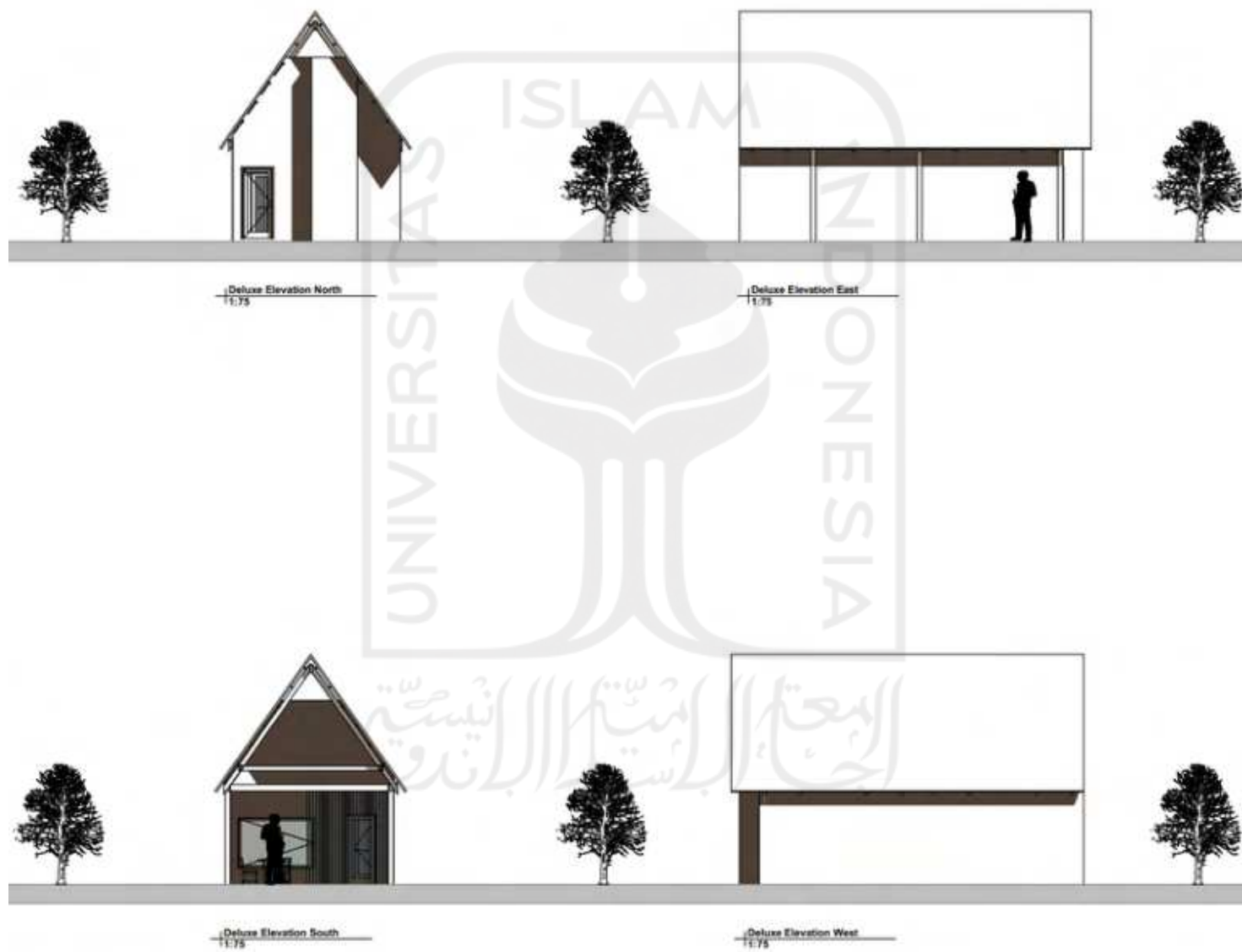
4. MULTI PURPOSE HALL



5. UNIT (STANDARD)



## 6. UNIT (DELUXE))

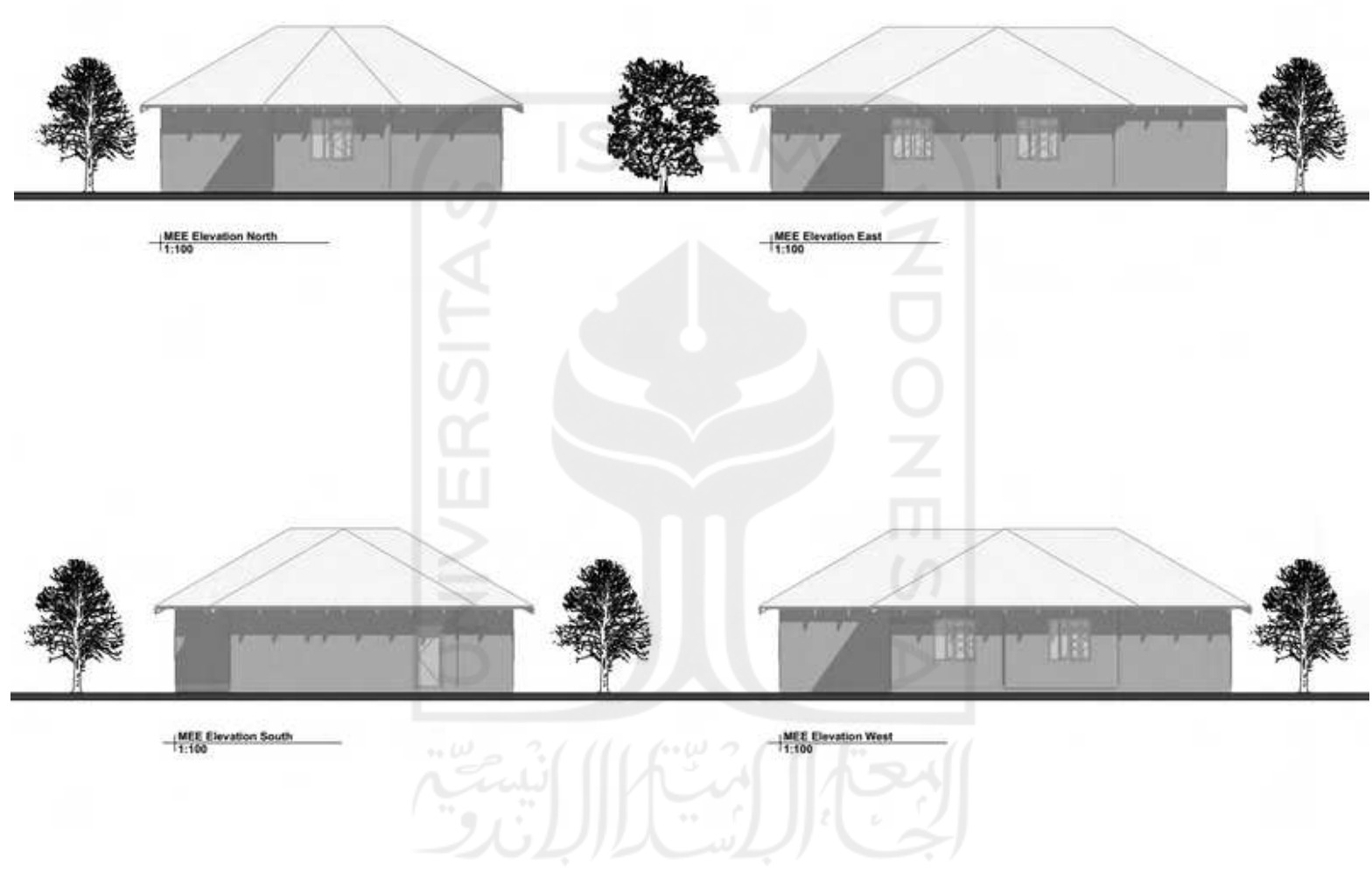


## 7. UNIT (SUITE)

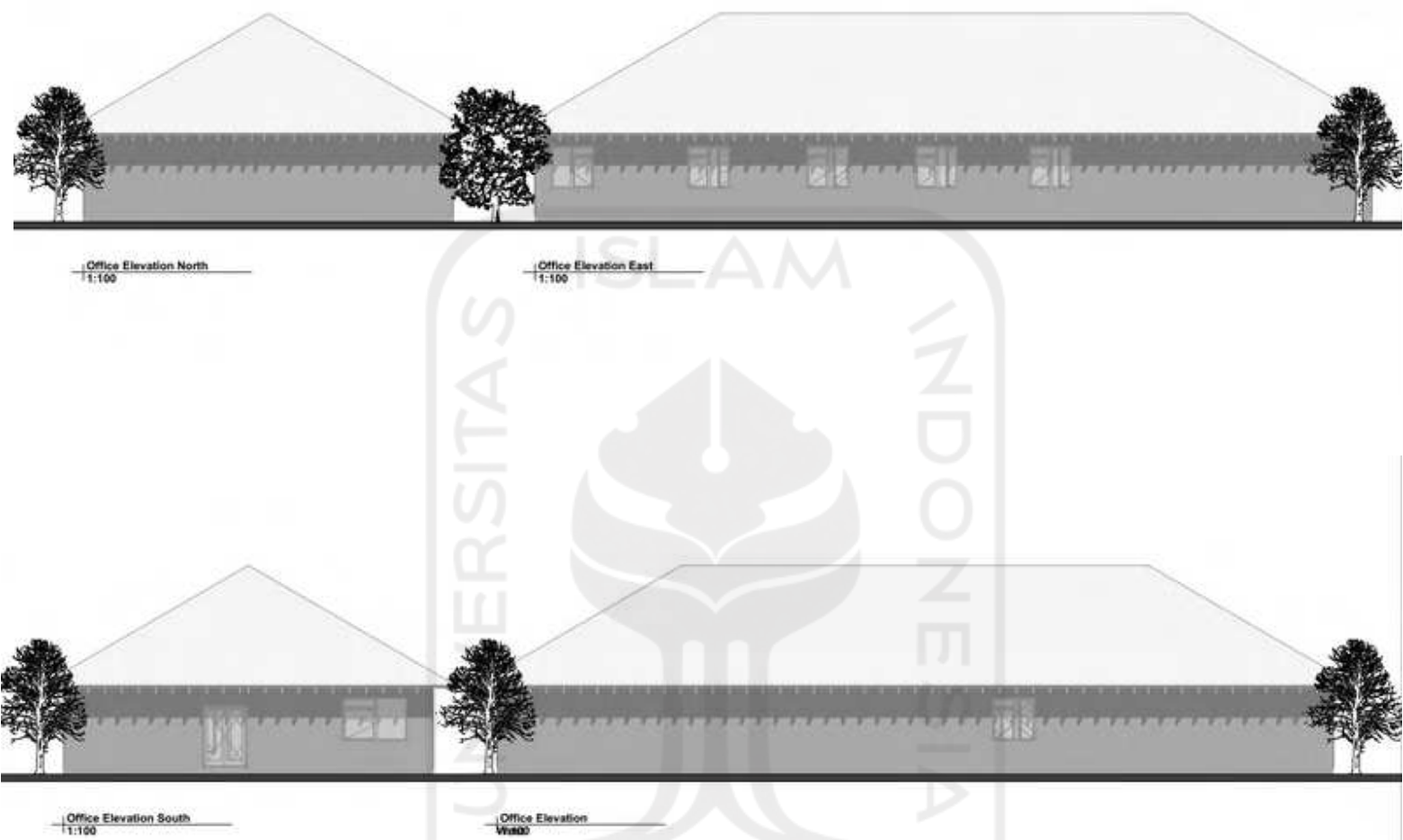




8. MEE

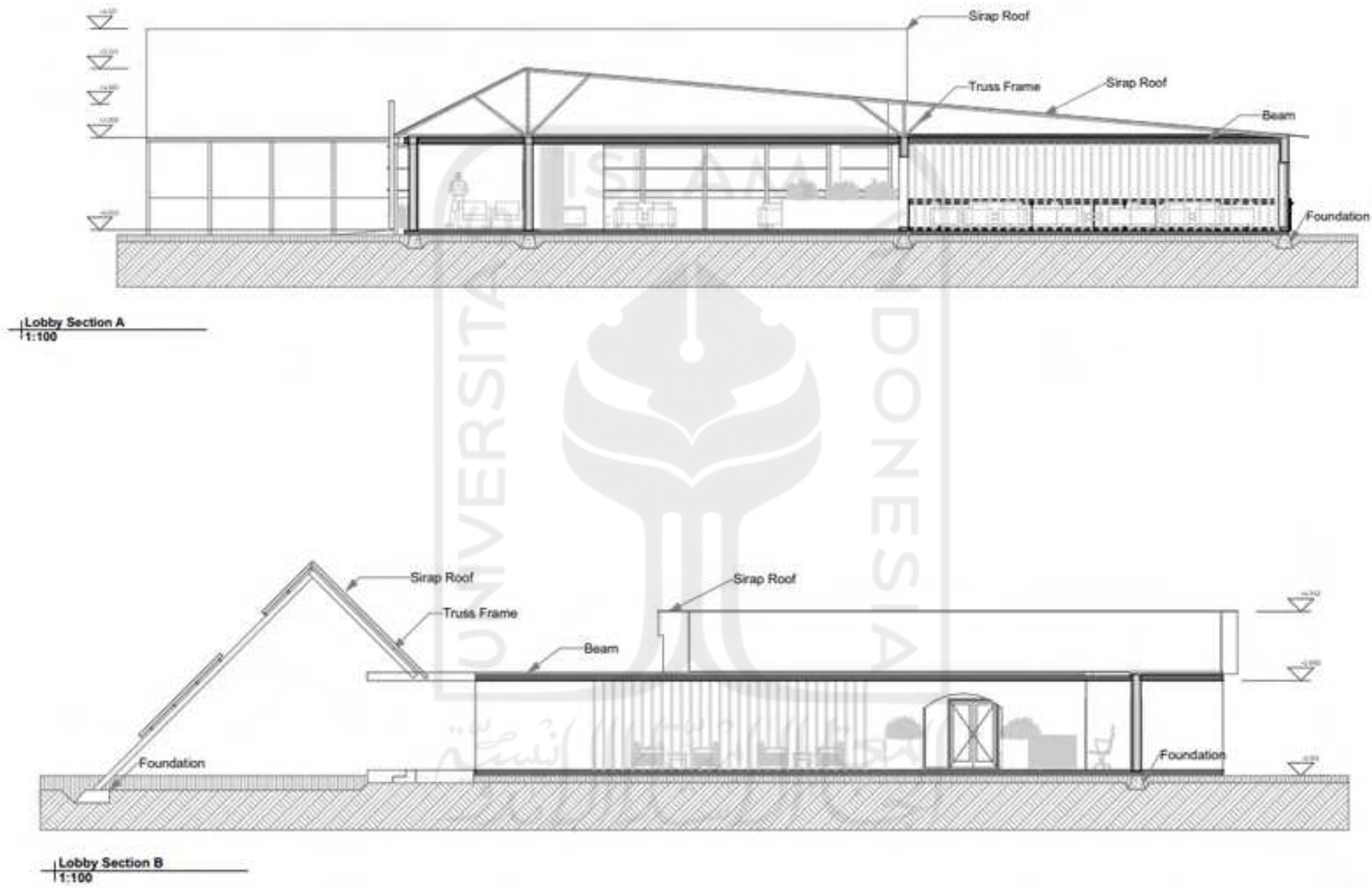


9. OFFICE

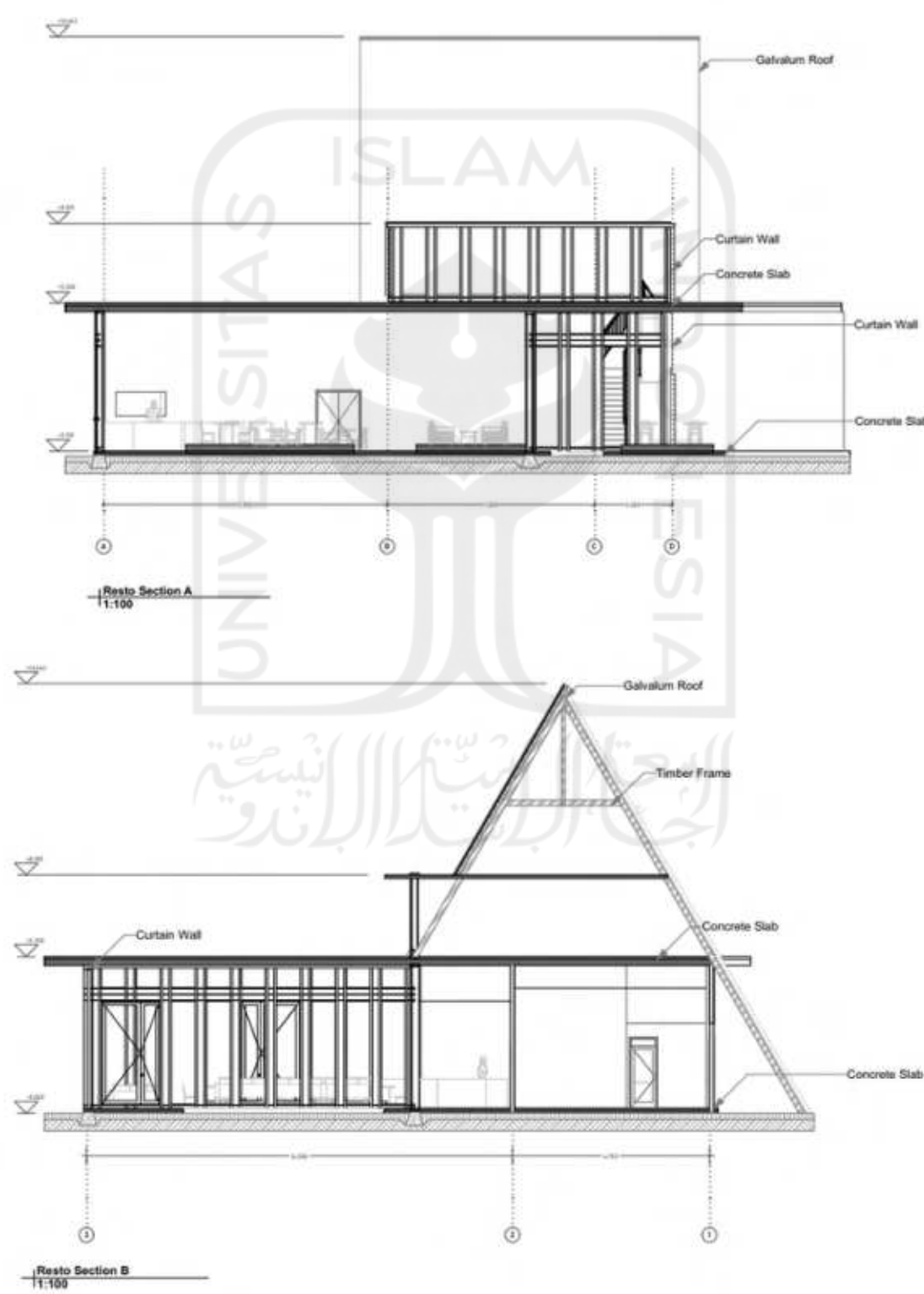


# SECTIONS

## 1.LOBBY

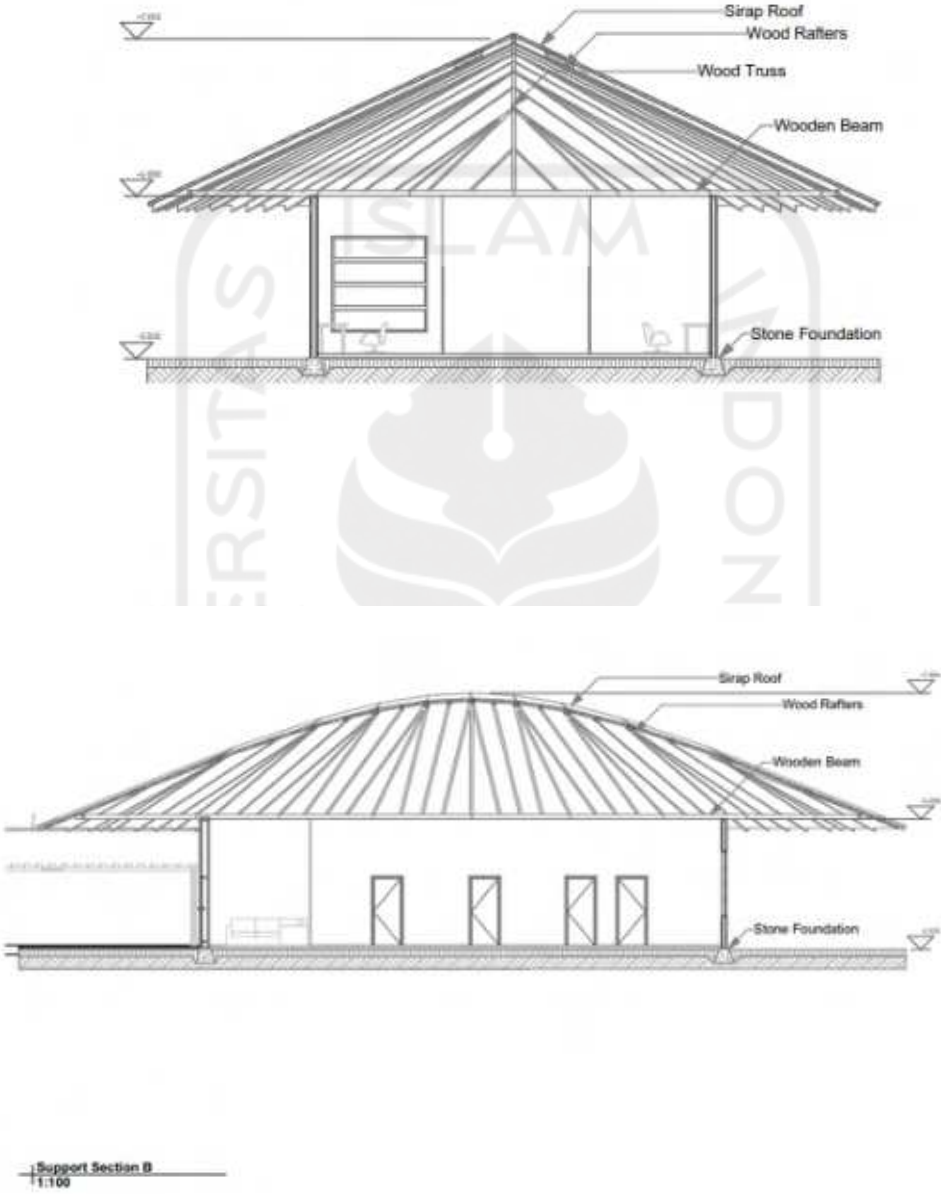


2. RESTO

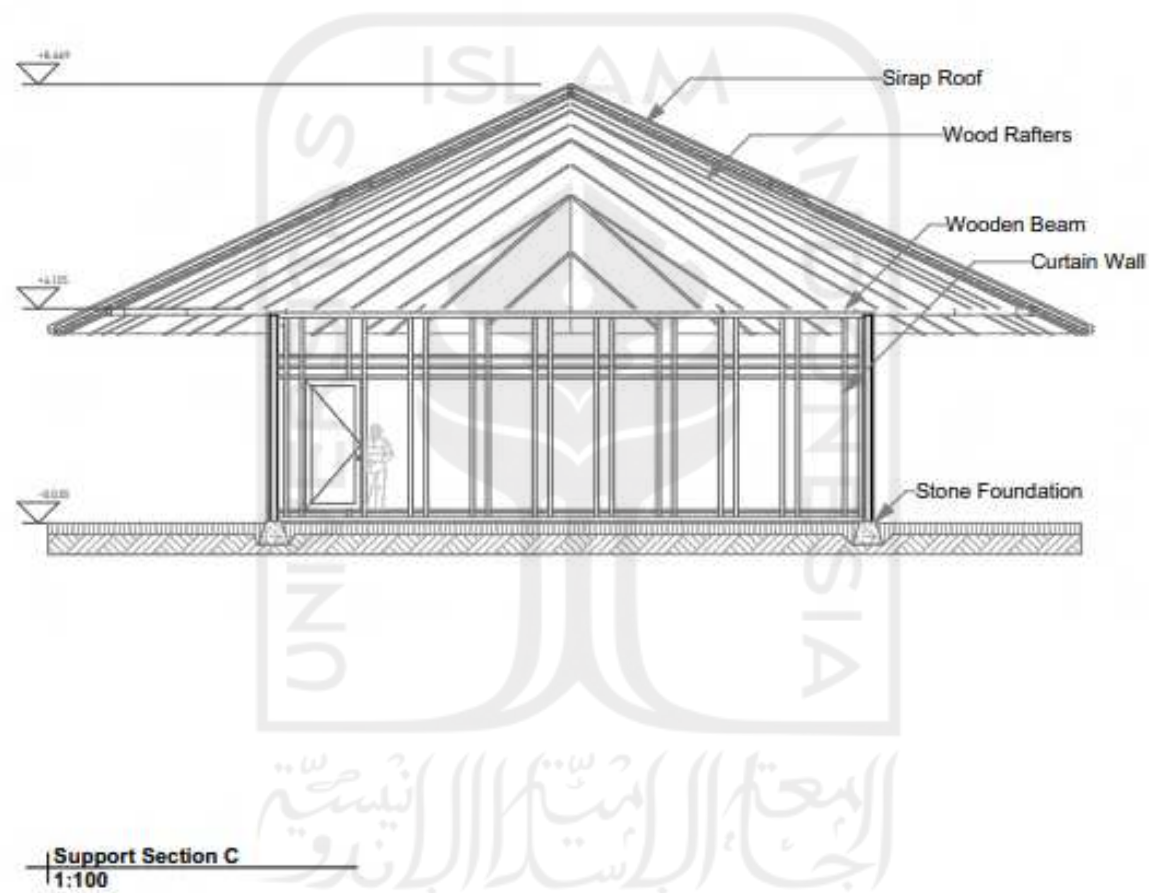




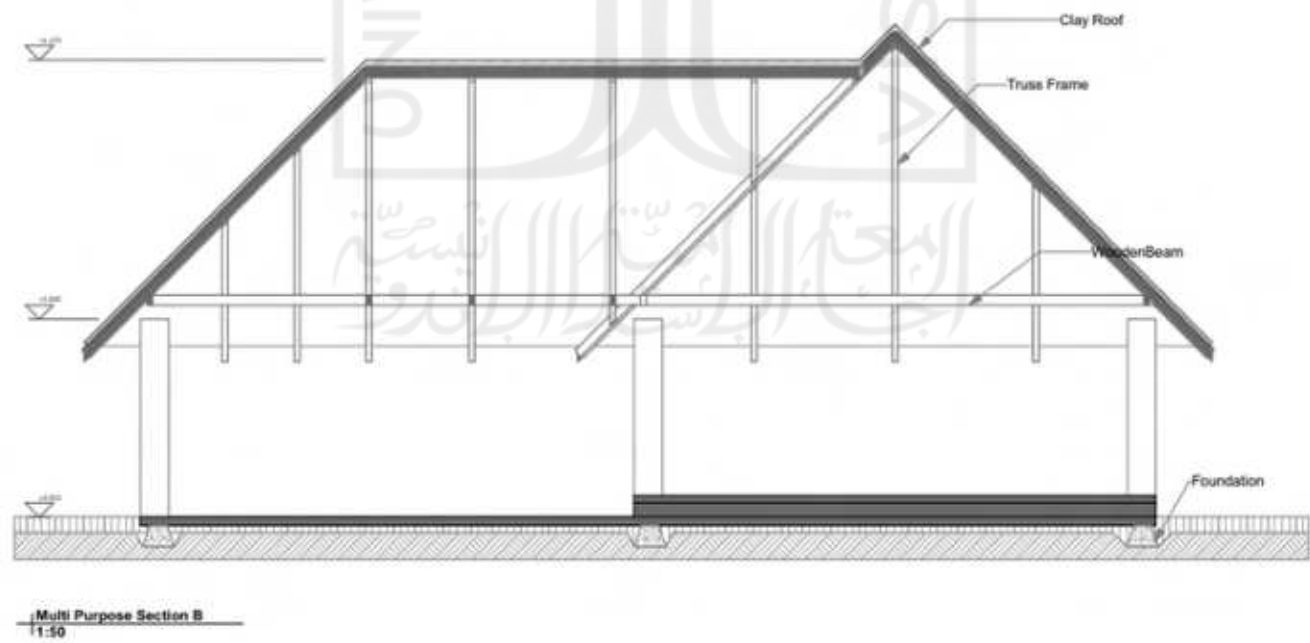
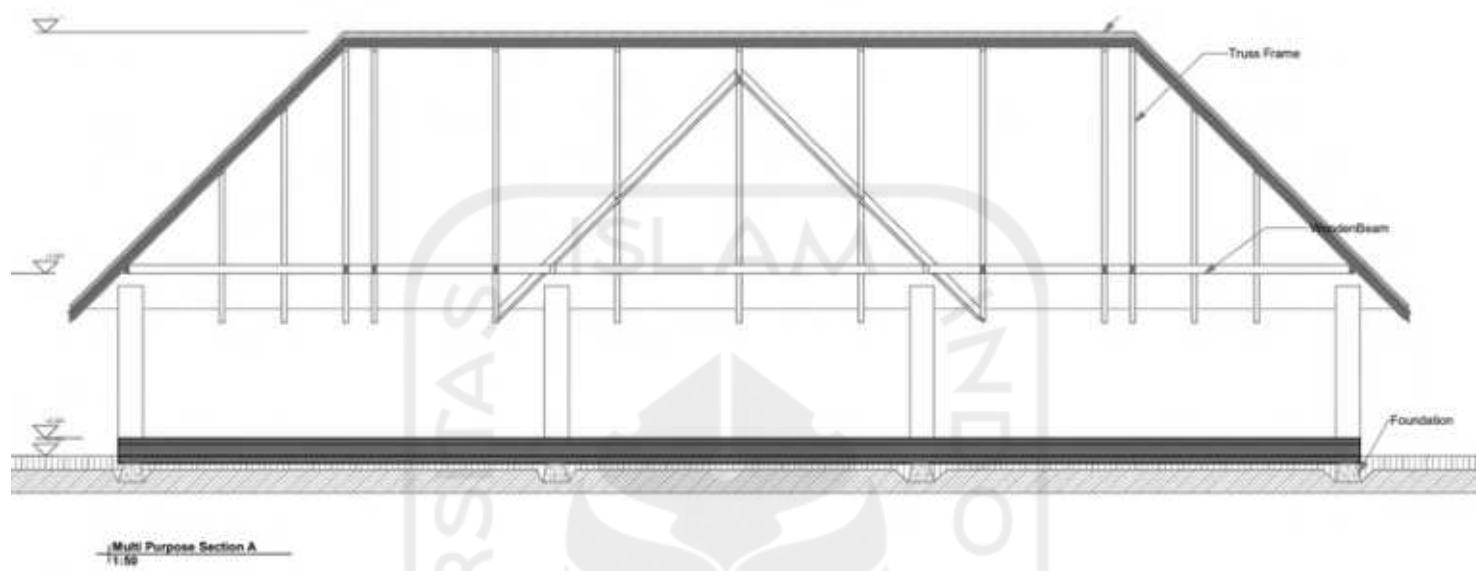
3. SUPPORT



3. SUPPORT



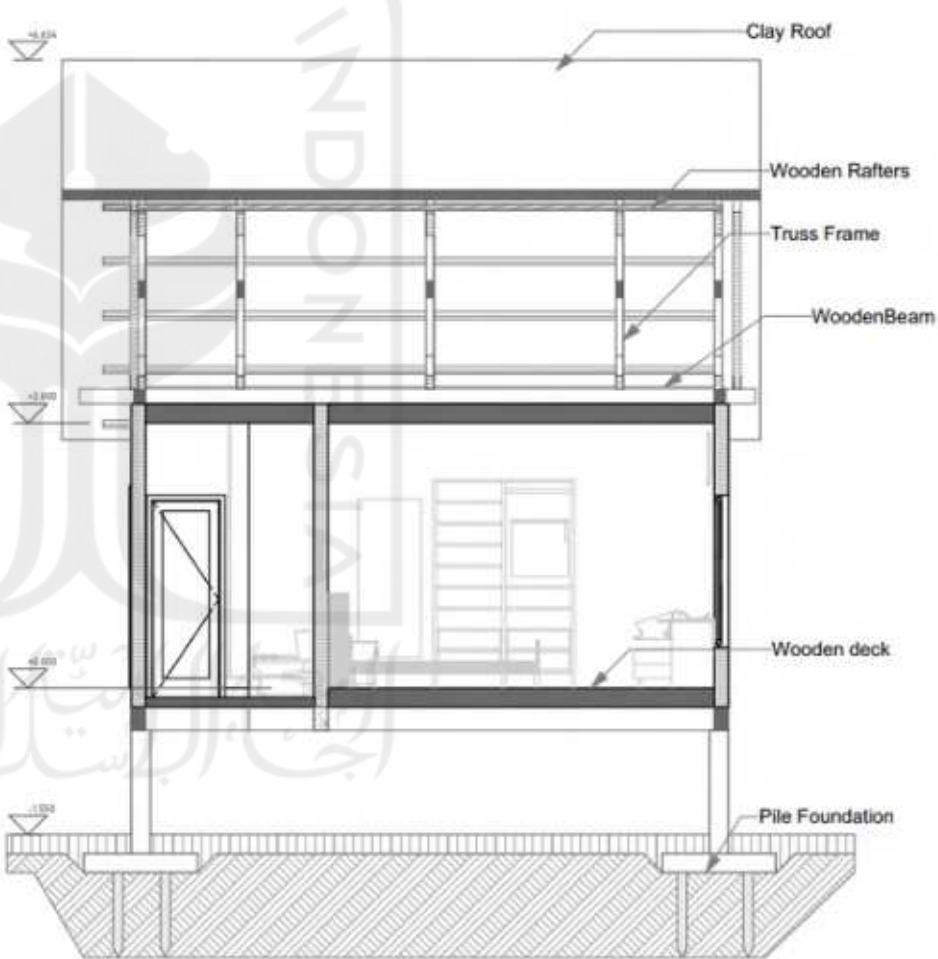
4. MULTI-PURPOSE



5. UNIT (STANDARD)



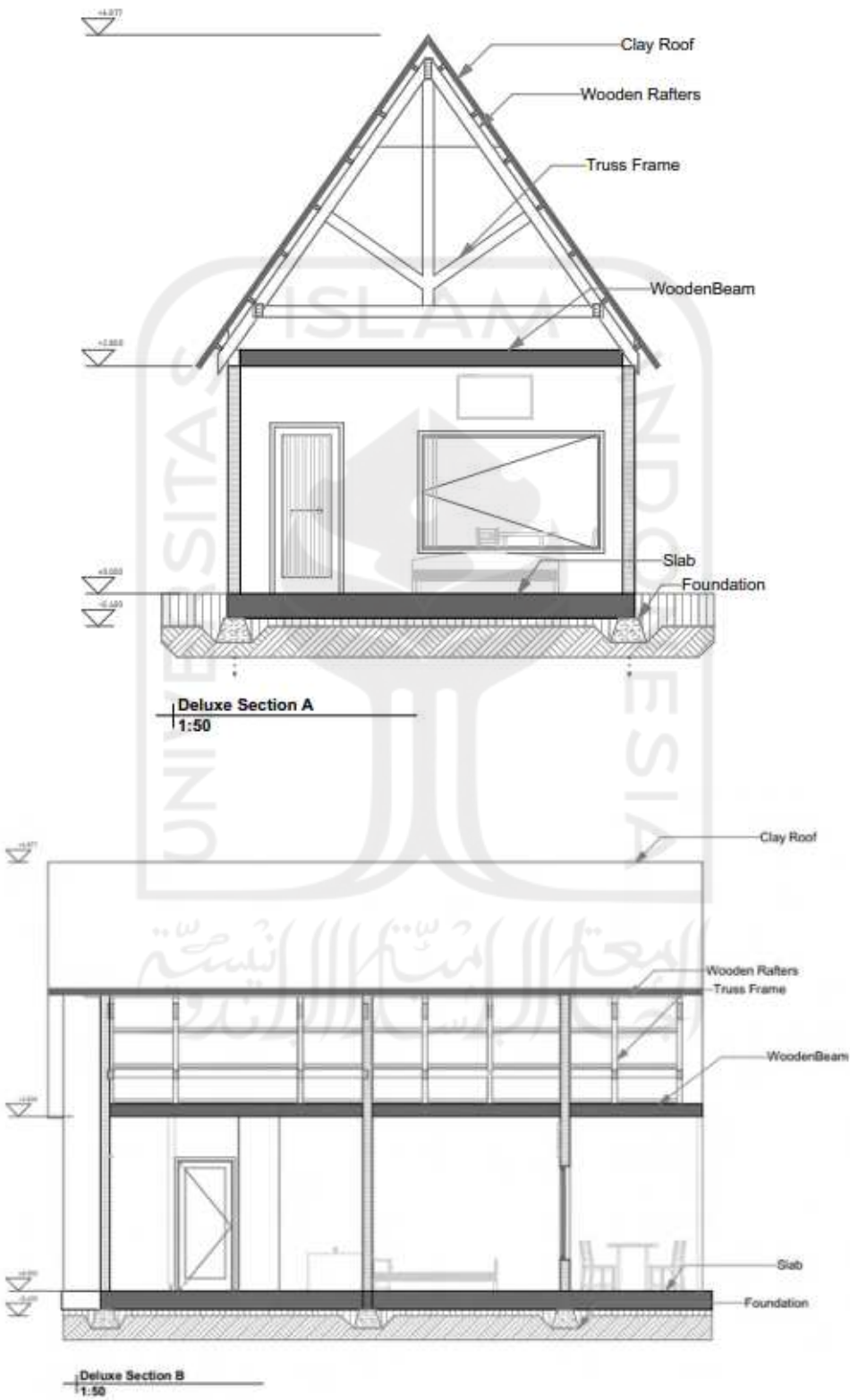
Standard Section A  
1:50



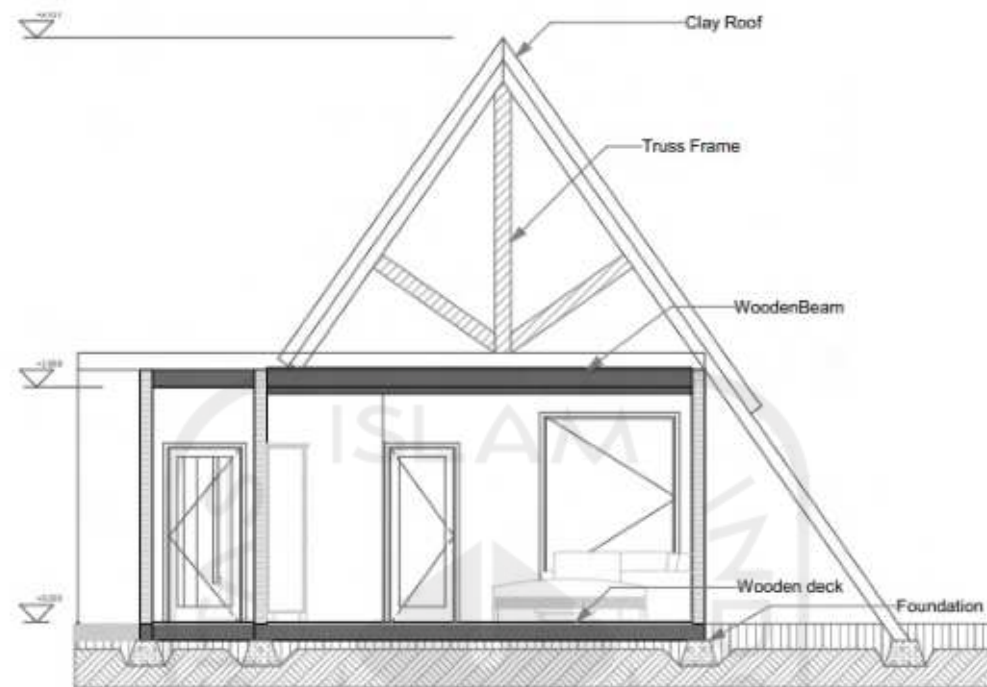
Standard Section B  
1:50



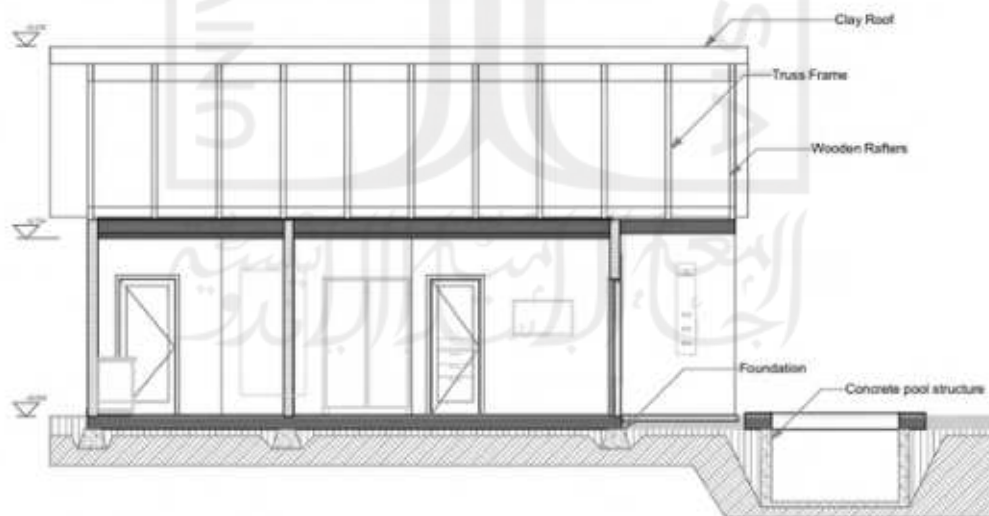
6. UNIT (DELUXE)



## 7. UNIT (SUITE)

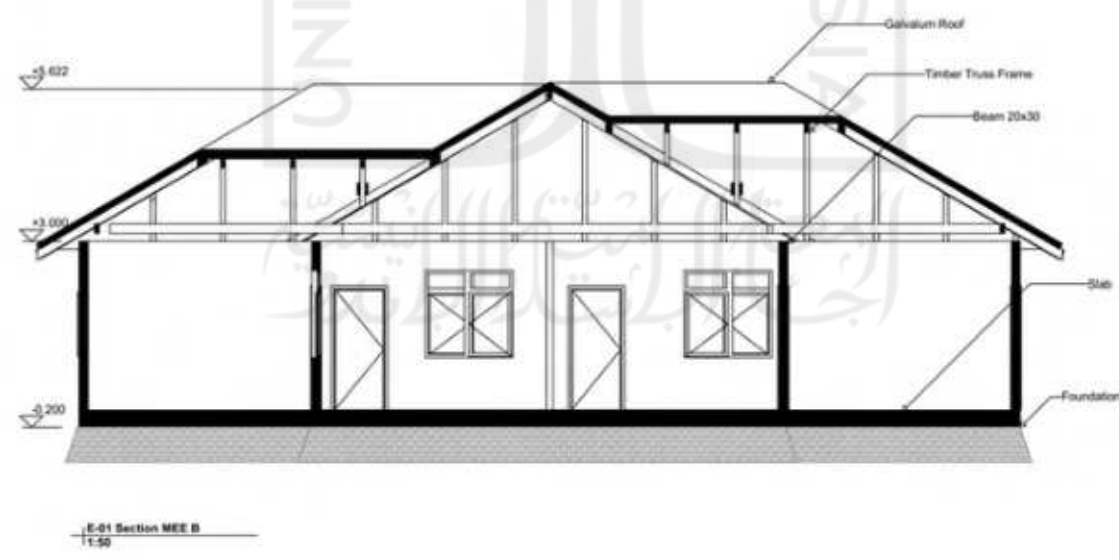
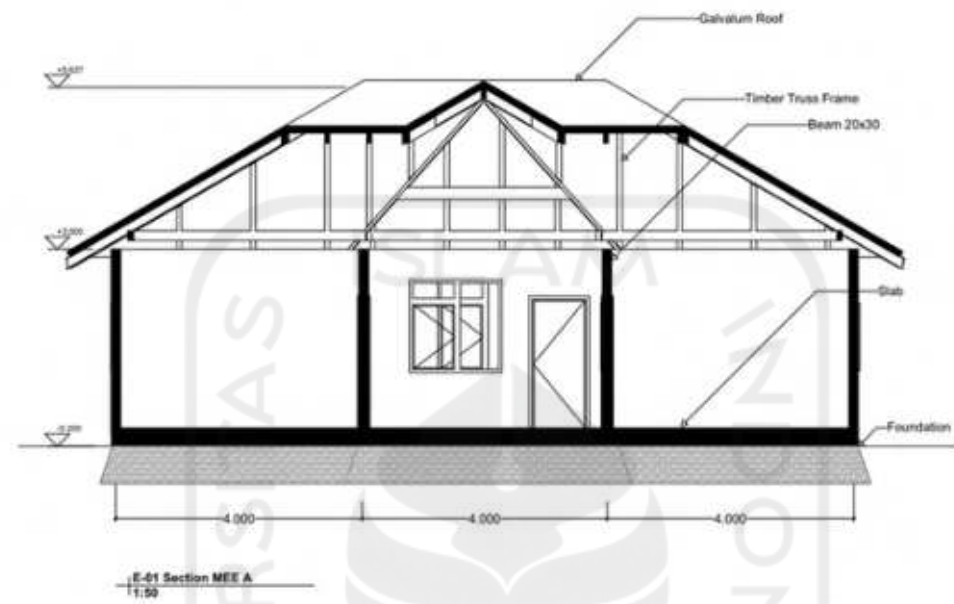


Suite Section A  
1:50

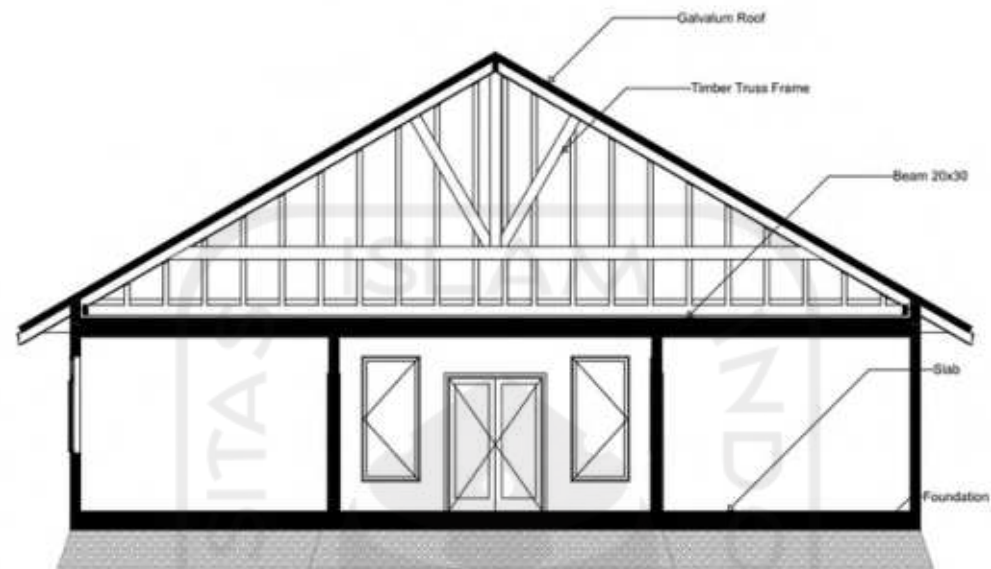


Suite Section B  
1:50

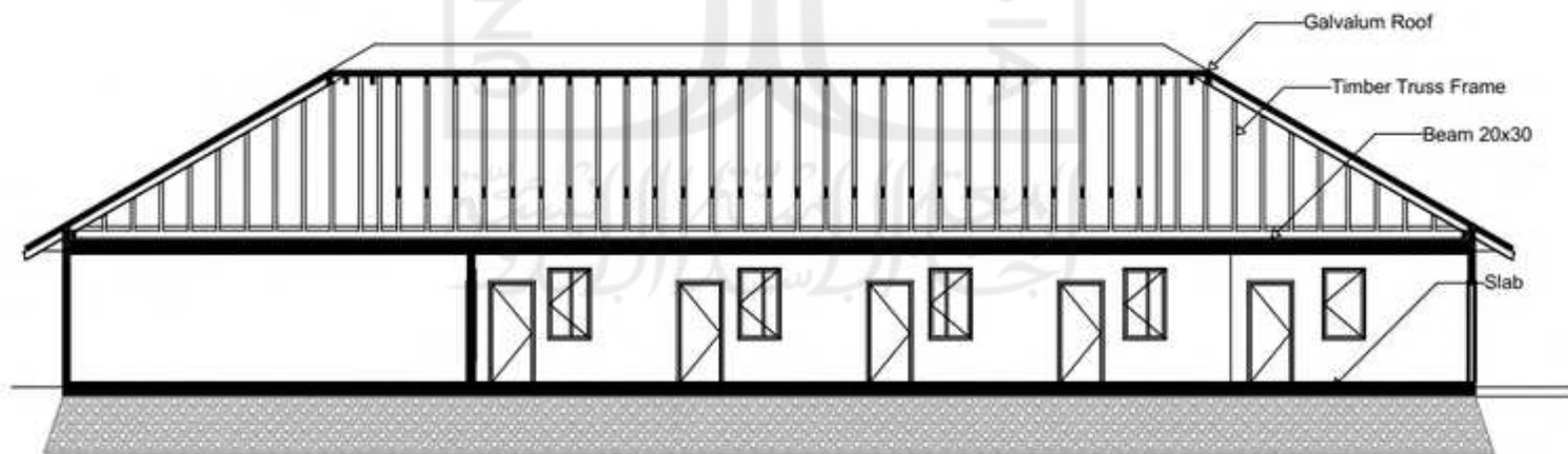
8. MEE



## 9. OFFICE



E-01 Section Office A  
1:50



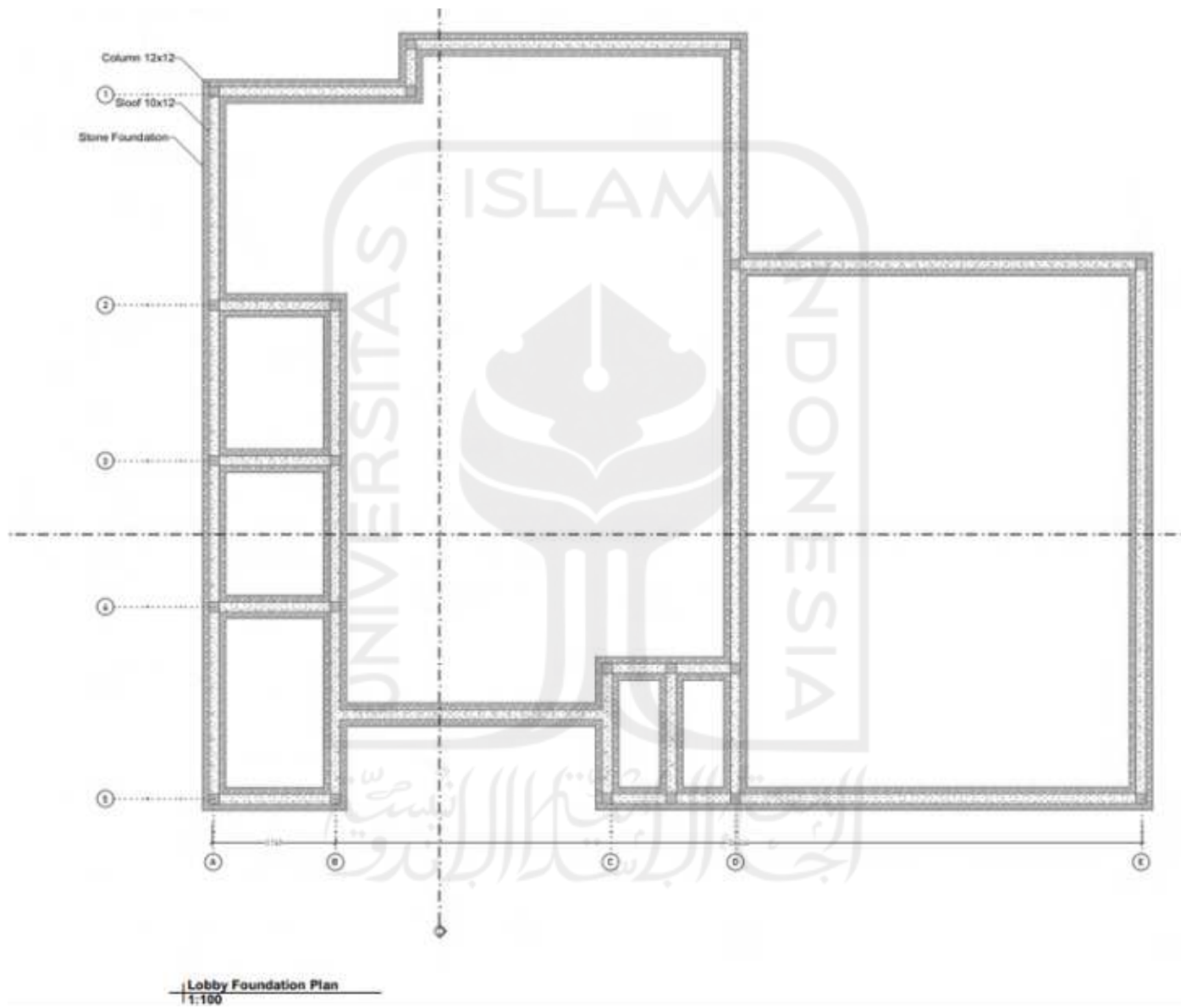
E-01 Section Office B  
1:100



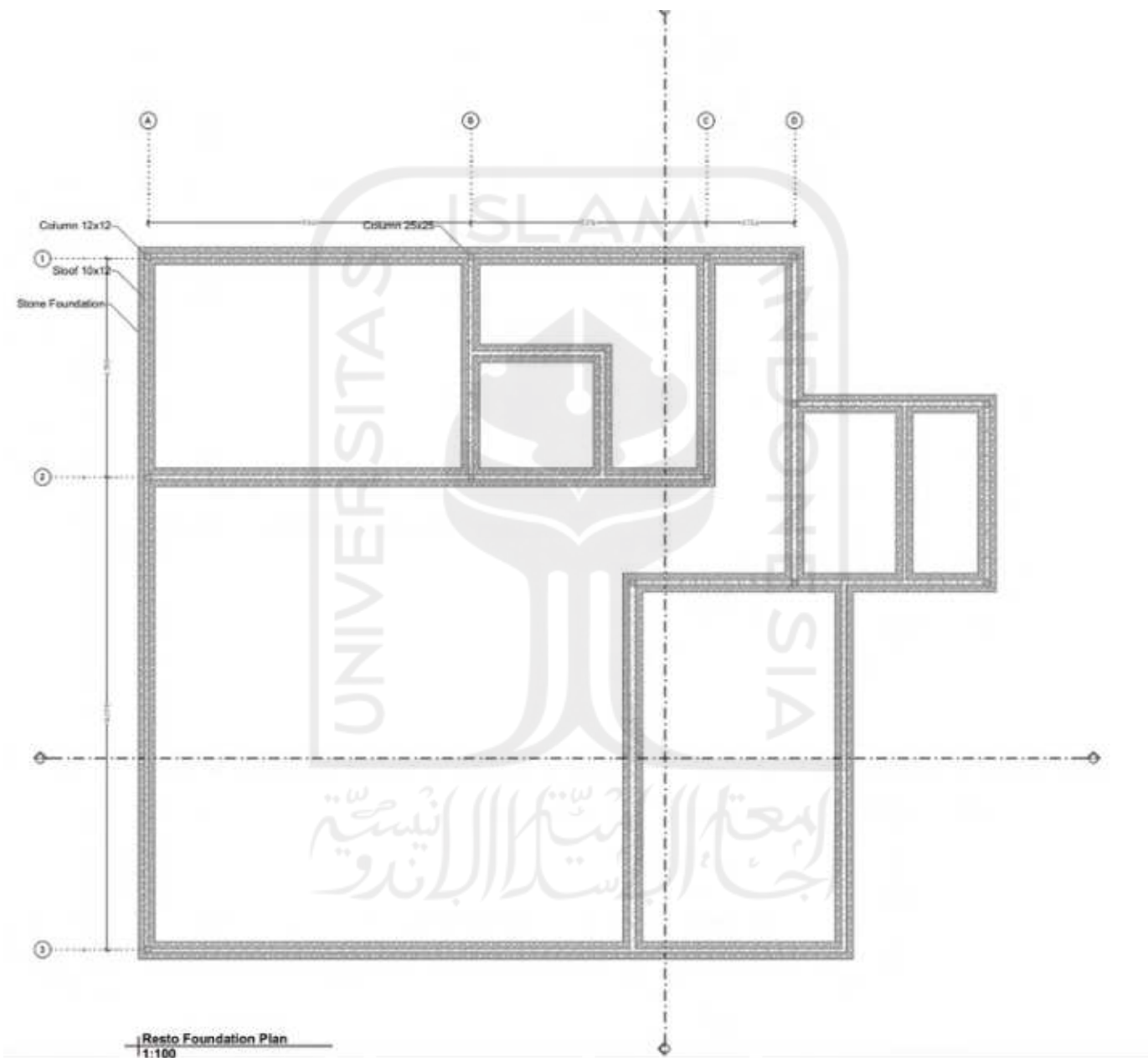
# 4.3 CONCEPT & STRUCTURAL SYSTEM DESIGN

## FOUNDATION PLANS

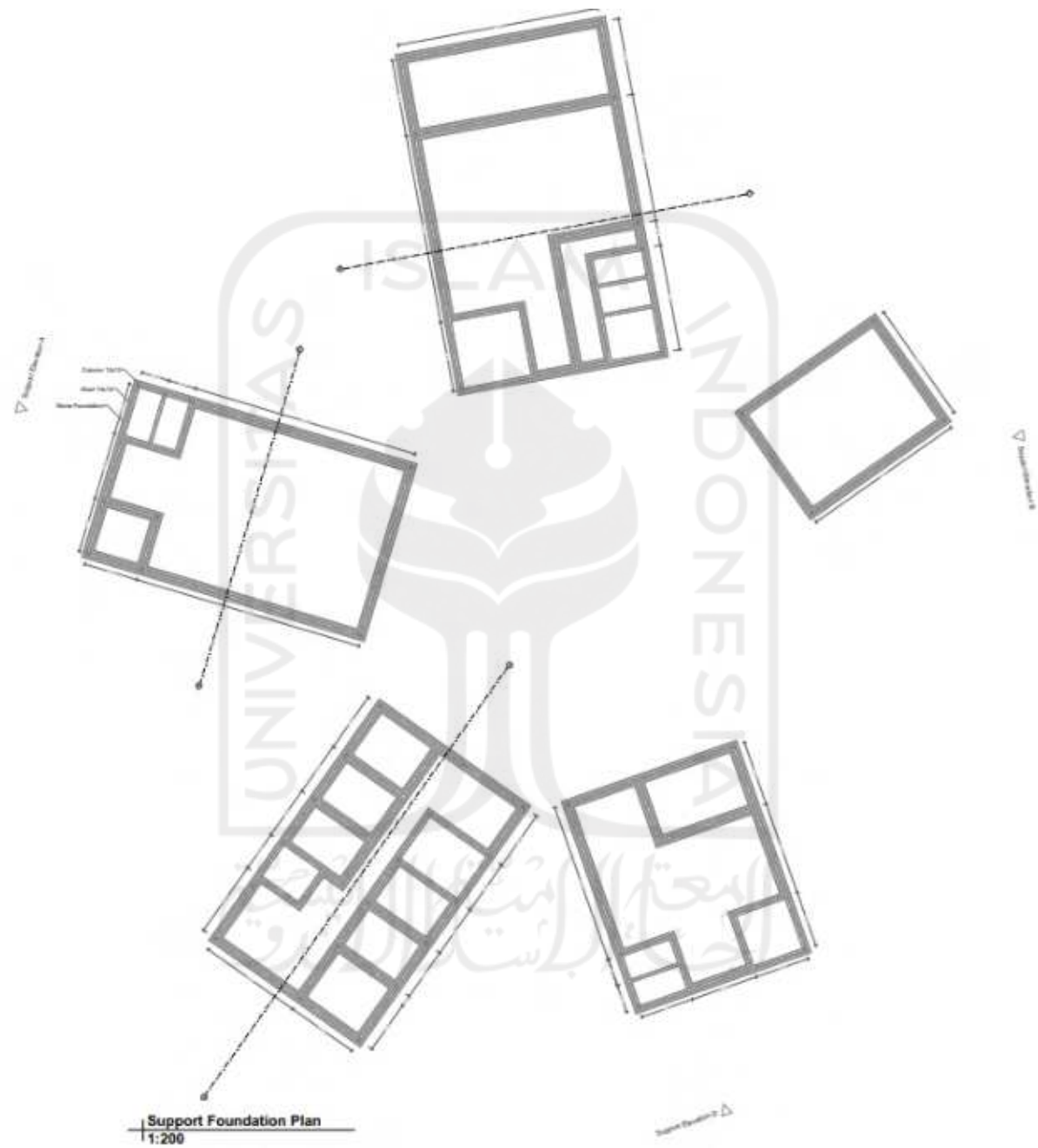
### 1.LOBBY



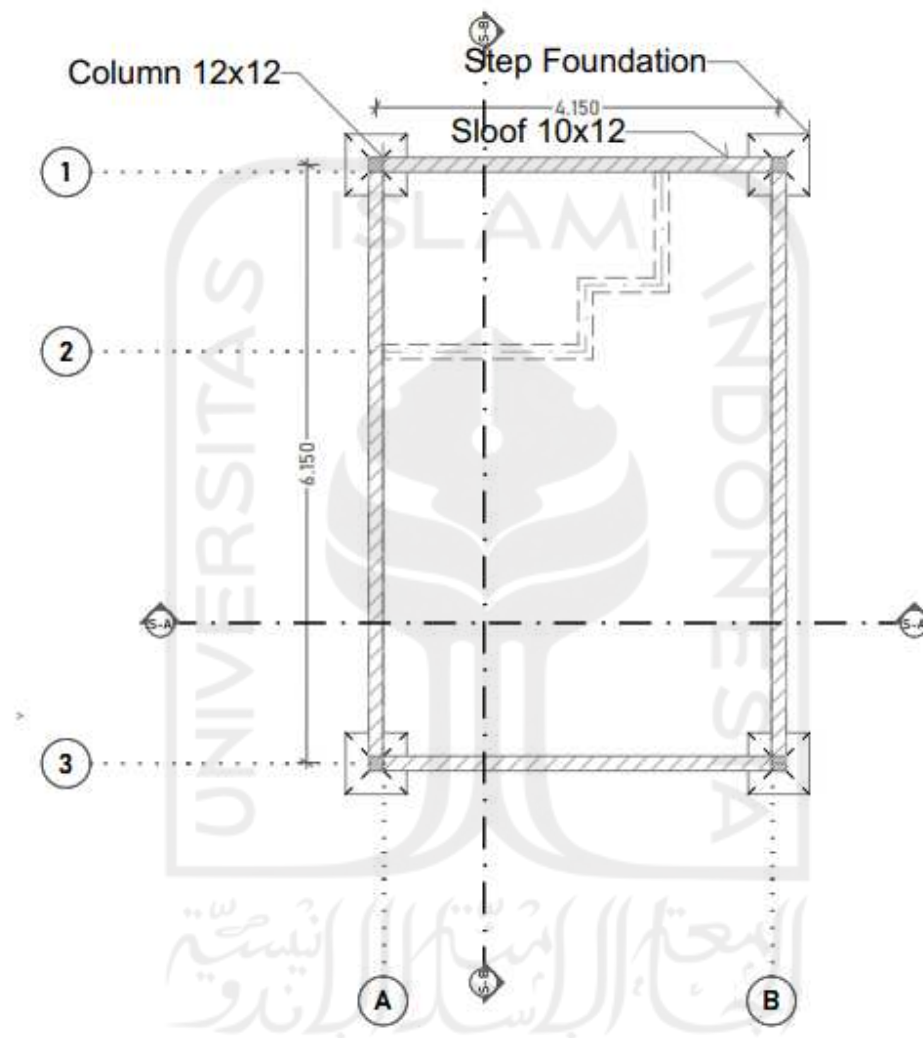
2. RESTO



### 3. SUPPORT



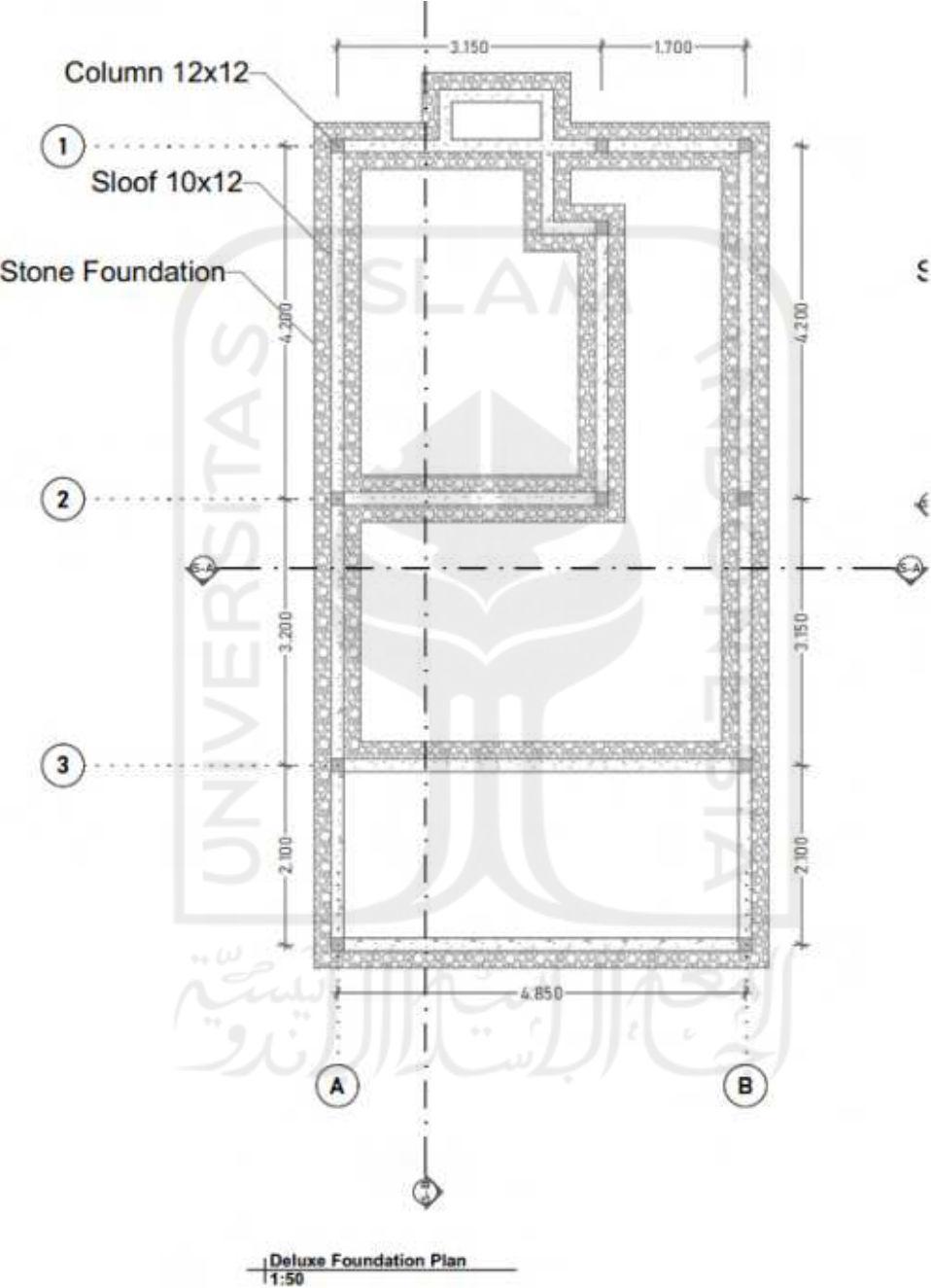
#### 4. UNIT (STANDARD)



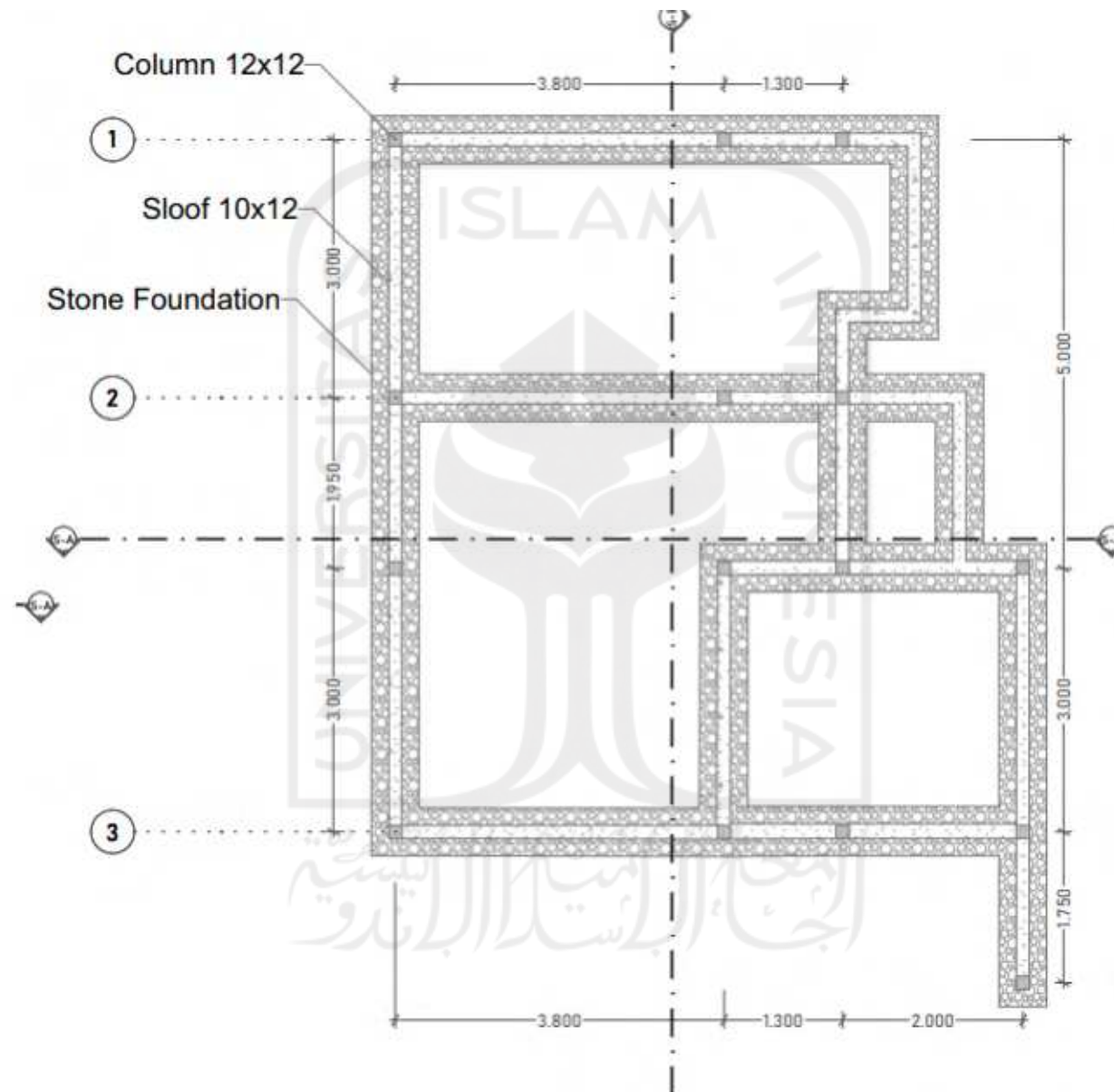
Standard Foundation Plan  
1:50



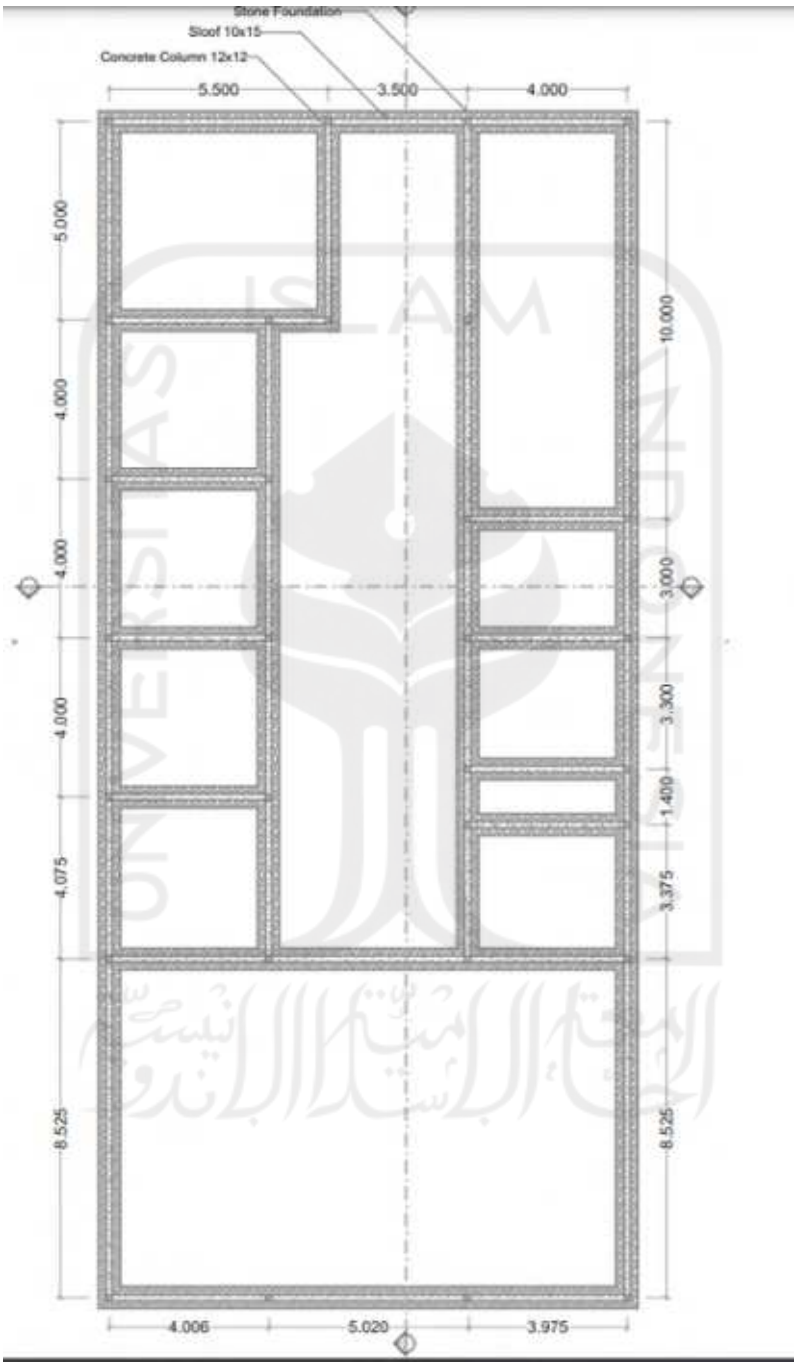
5. UNIT (DELUXE)



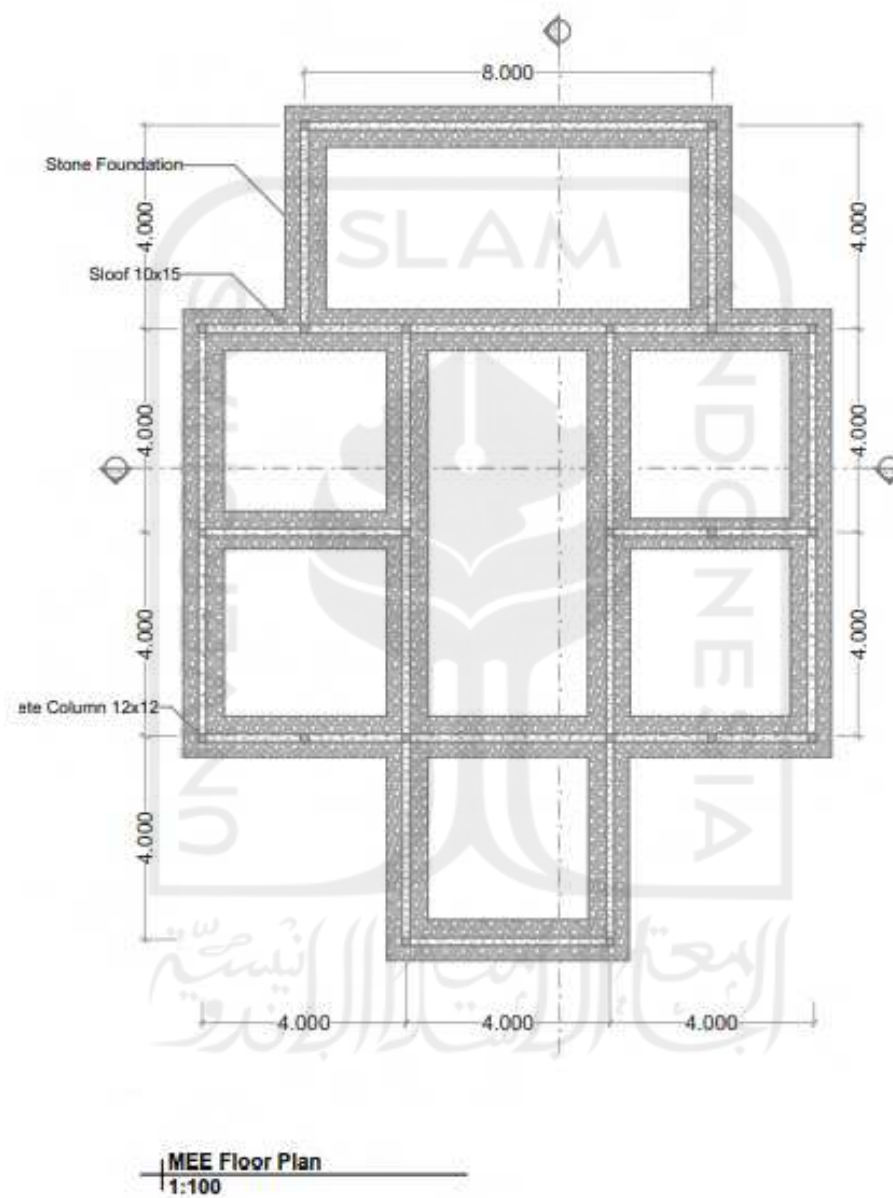
## 6. UNIT (SUITE)



7. OFFICE

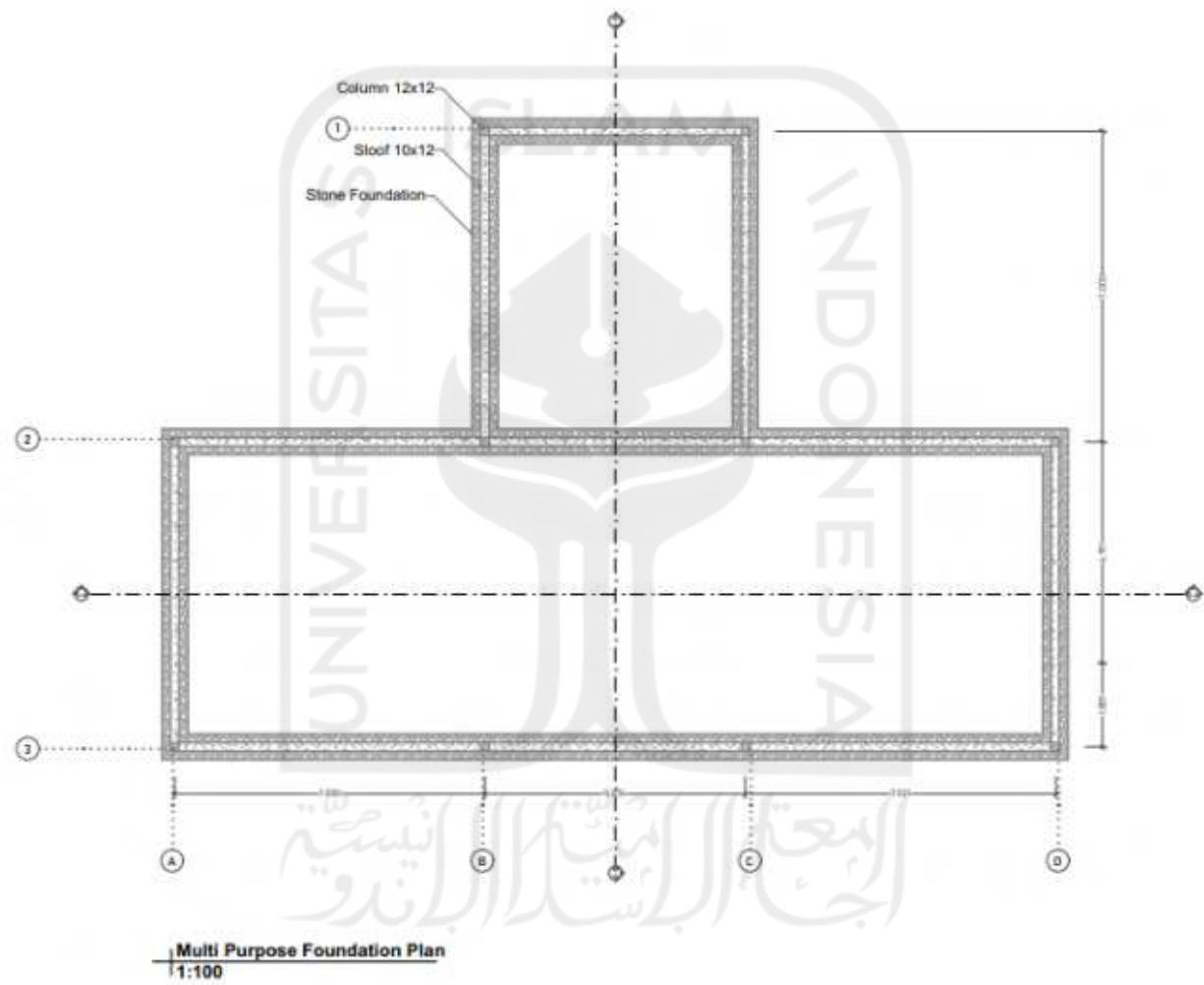


## 8. MEE



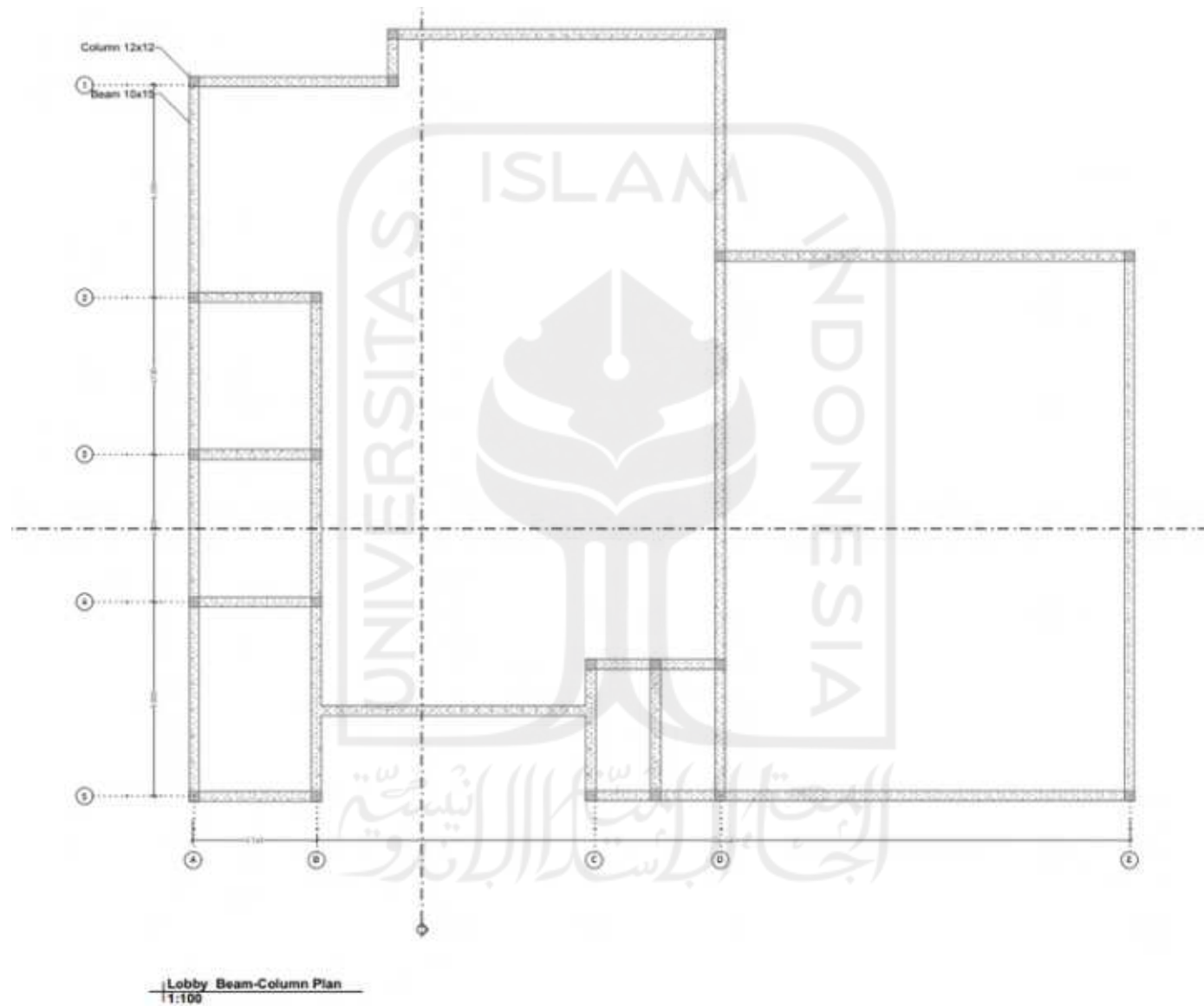


9. MULTI PURPOSE

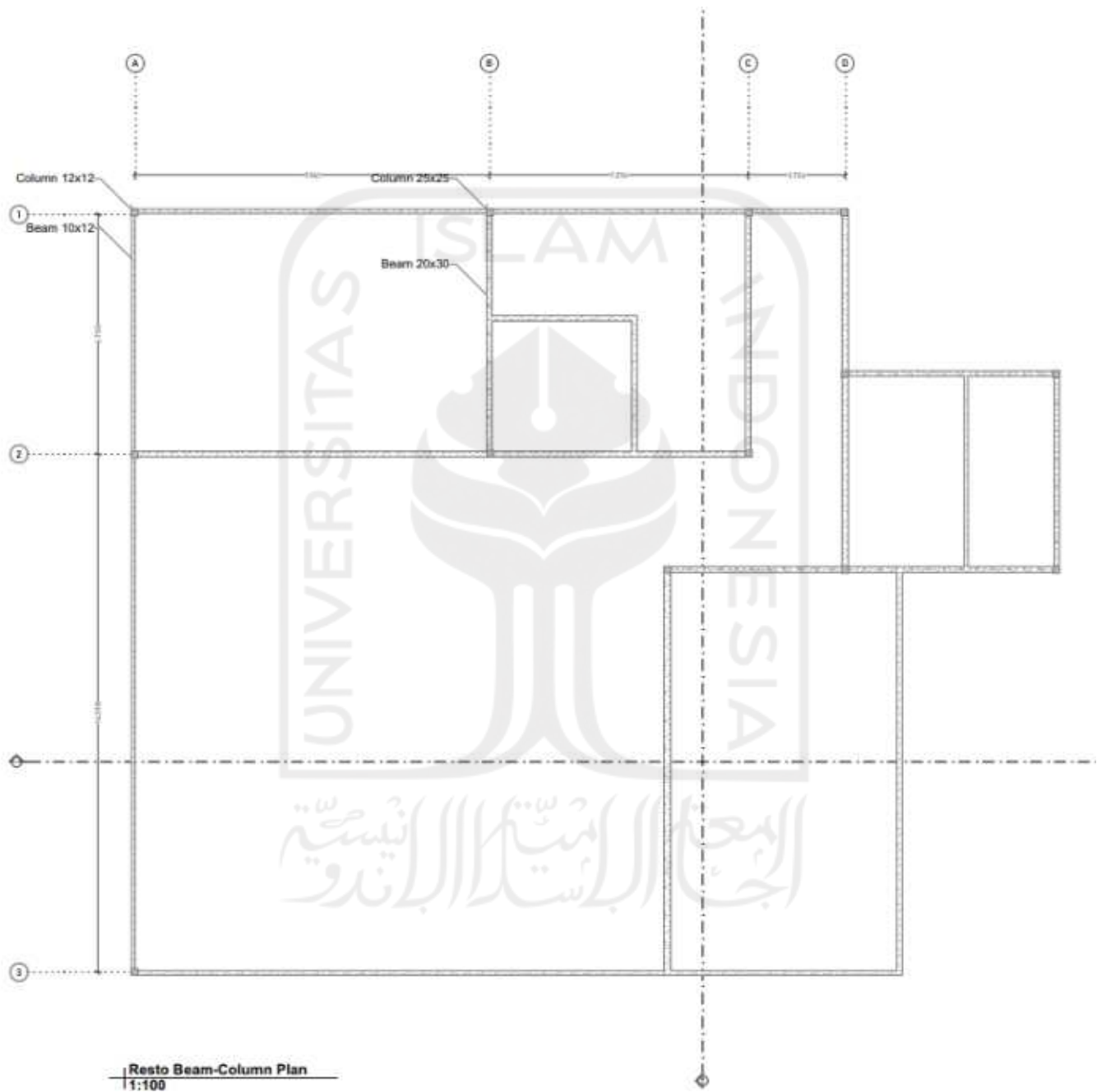


# BEAM & COLUMN PLANS

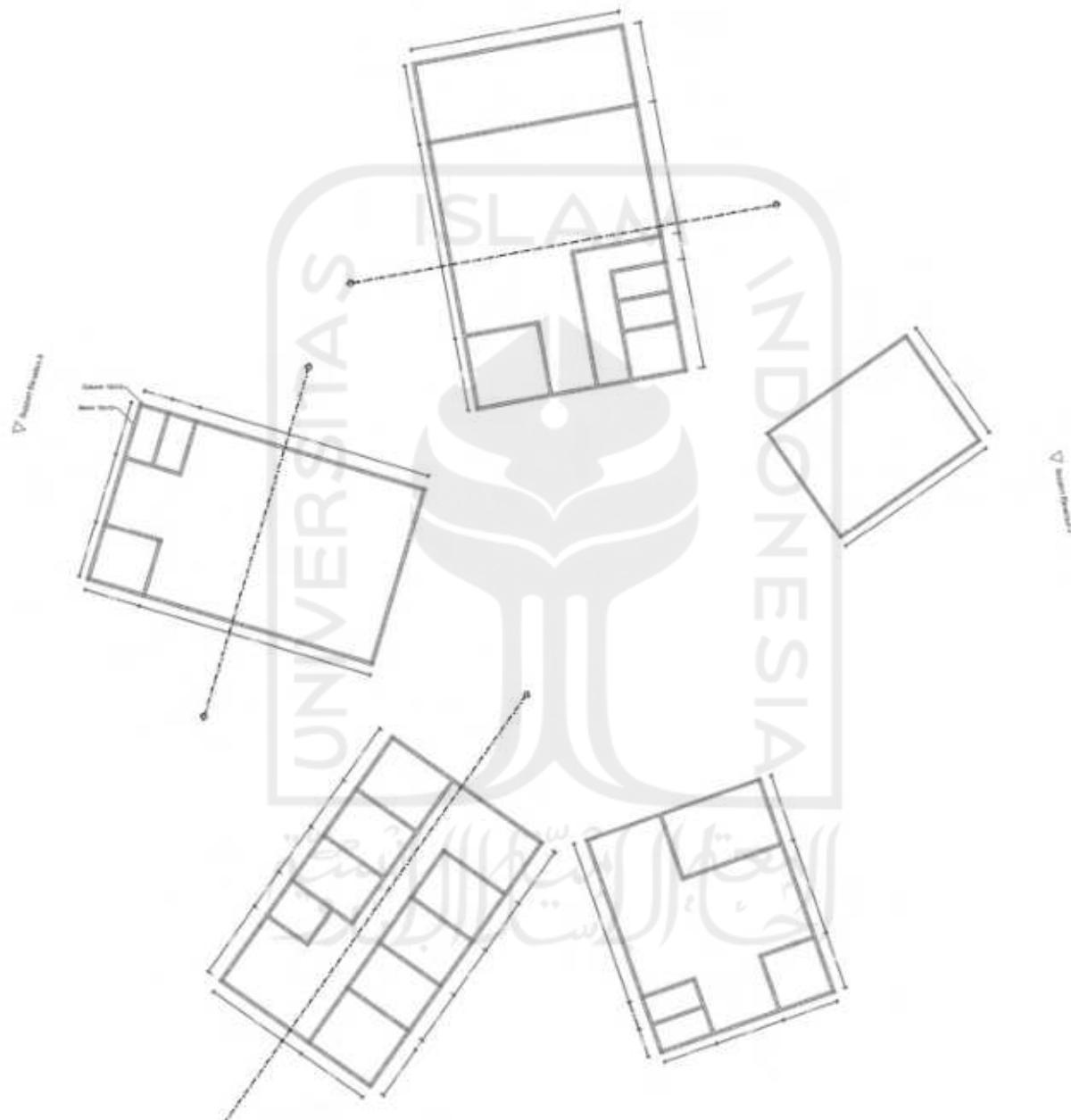
## 1.LOBBY



2. RESTO

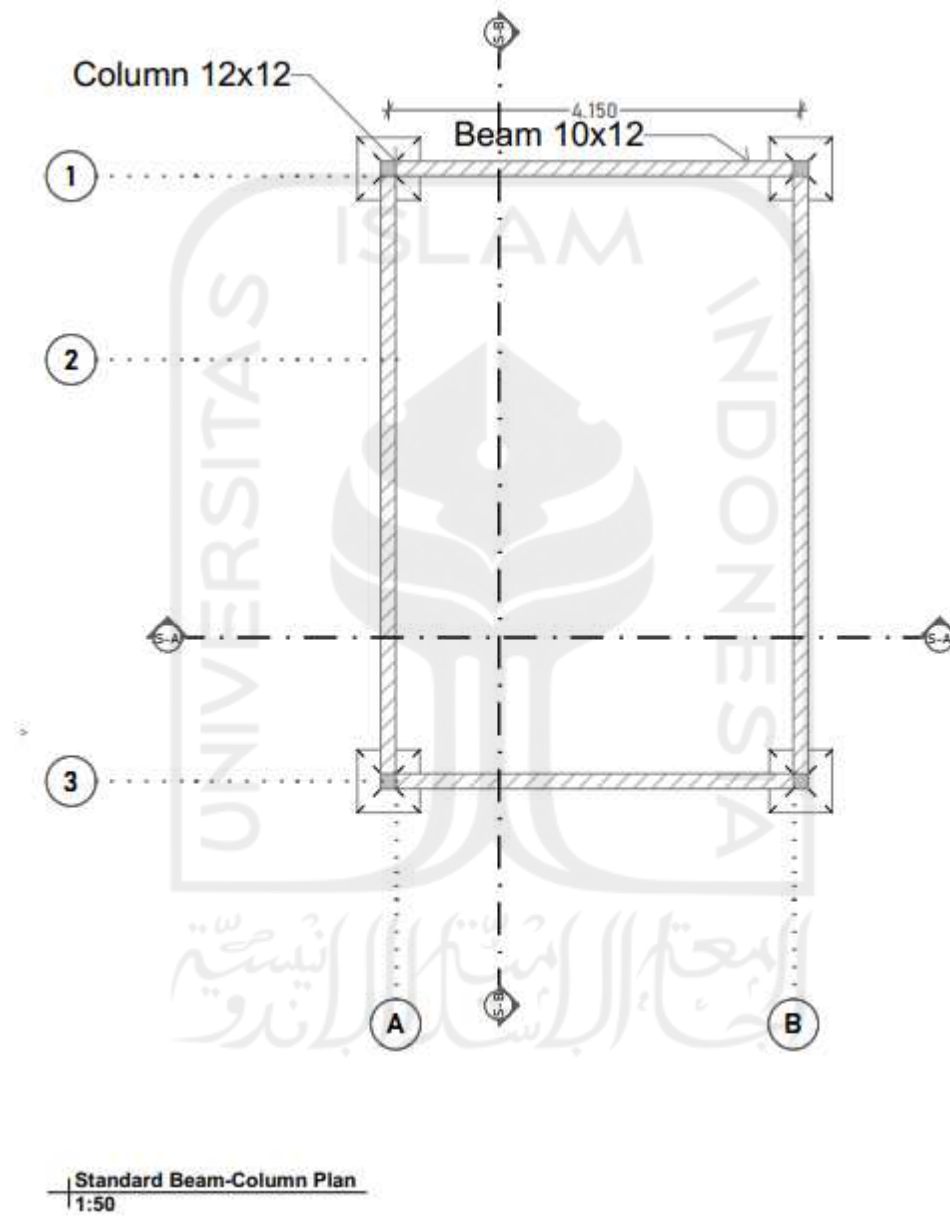


### 3. MULTI PURPOSE

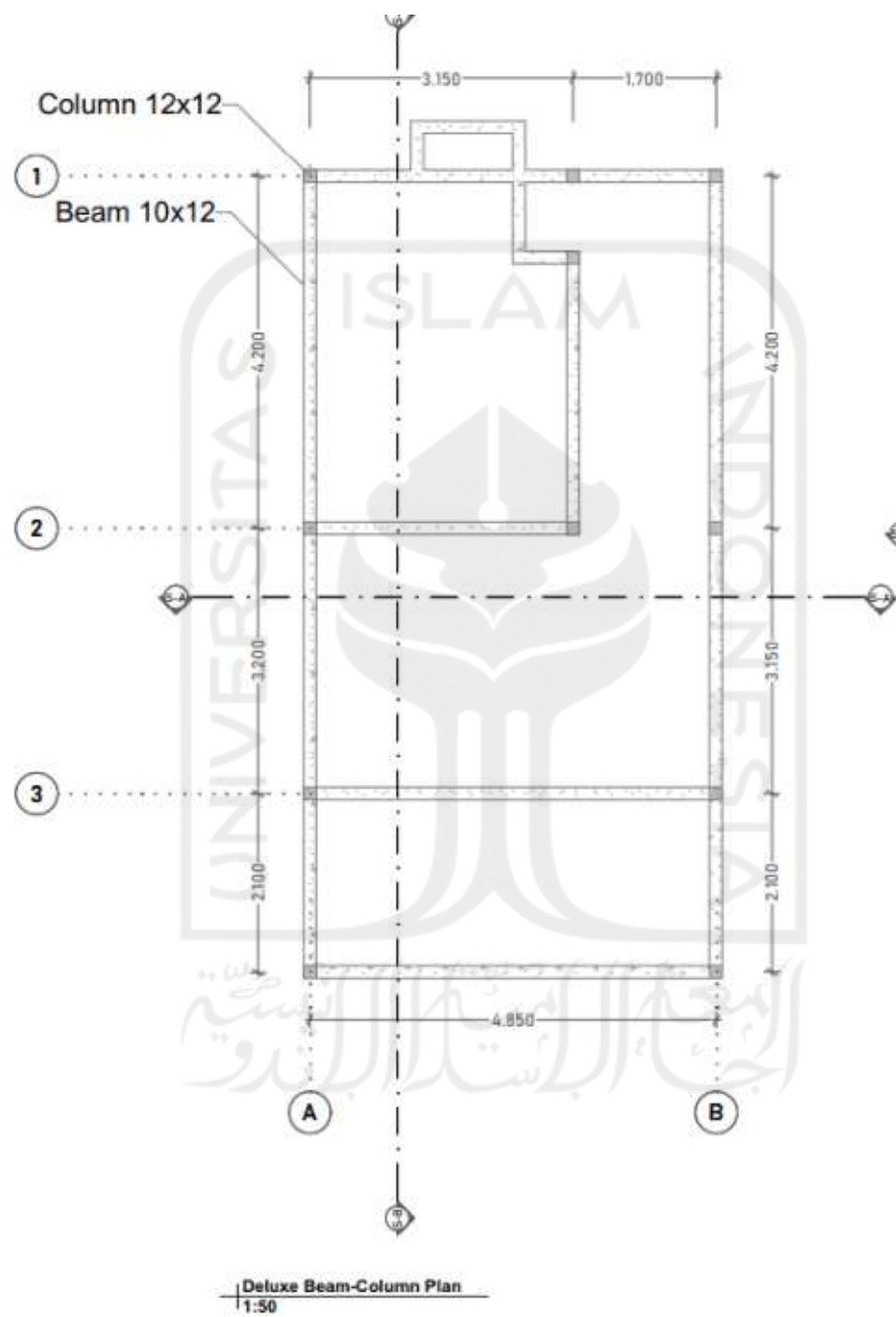




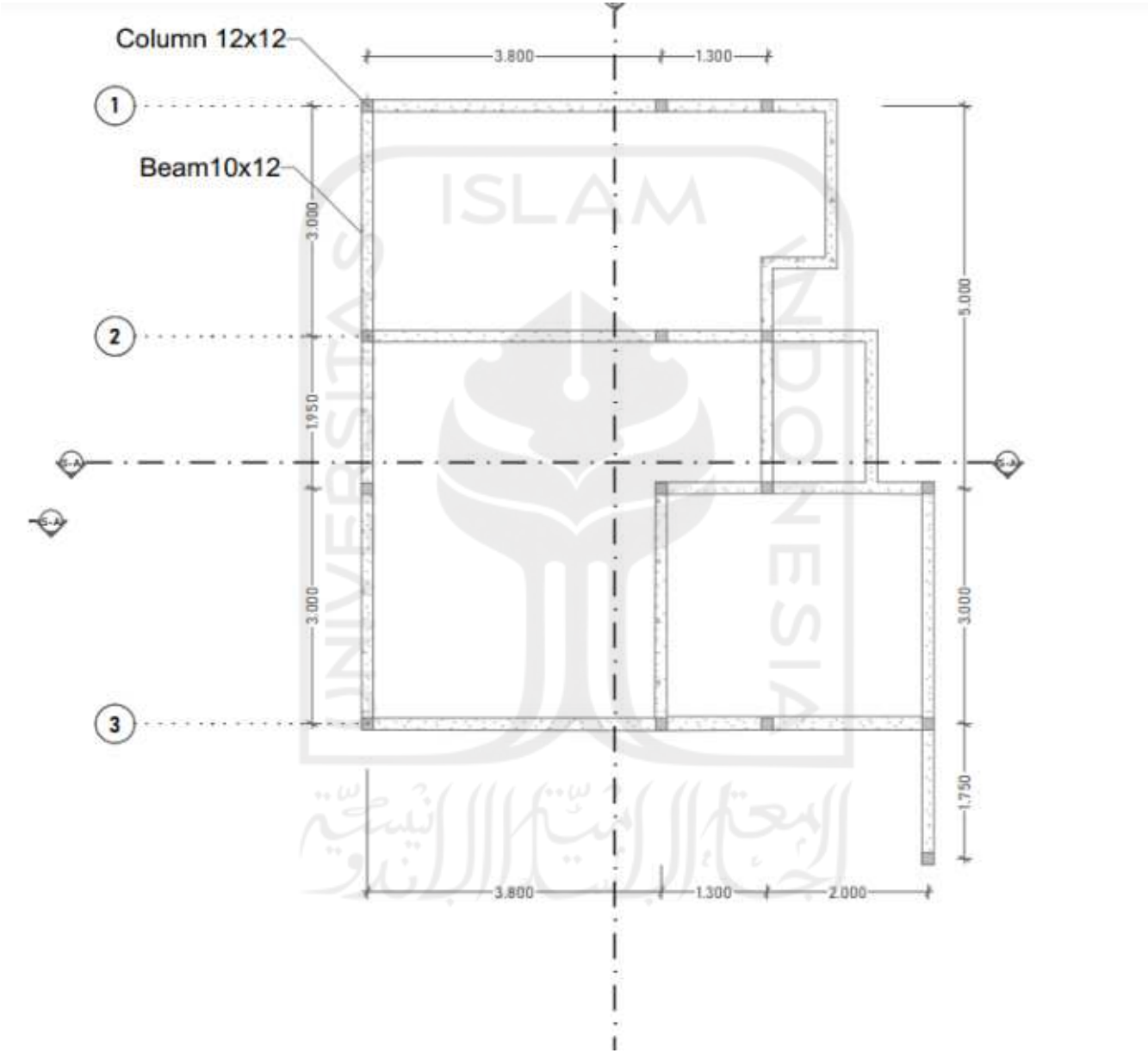
#### 4. UNIT (STANDARD)



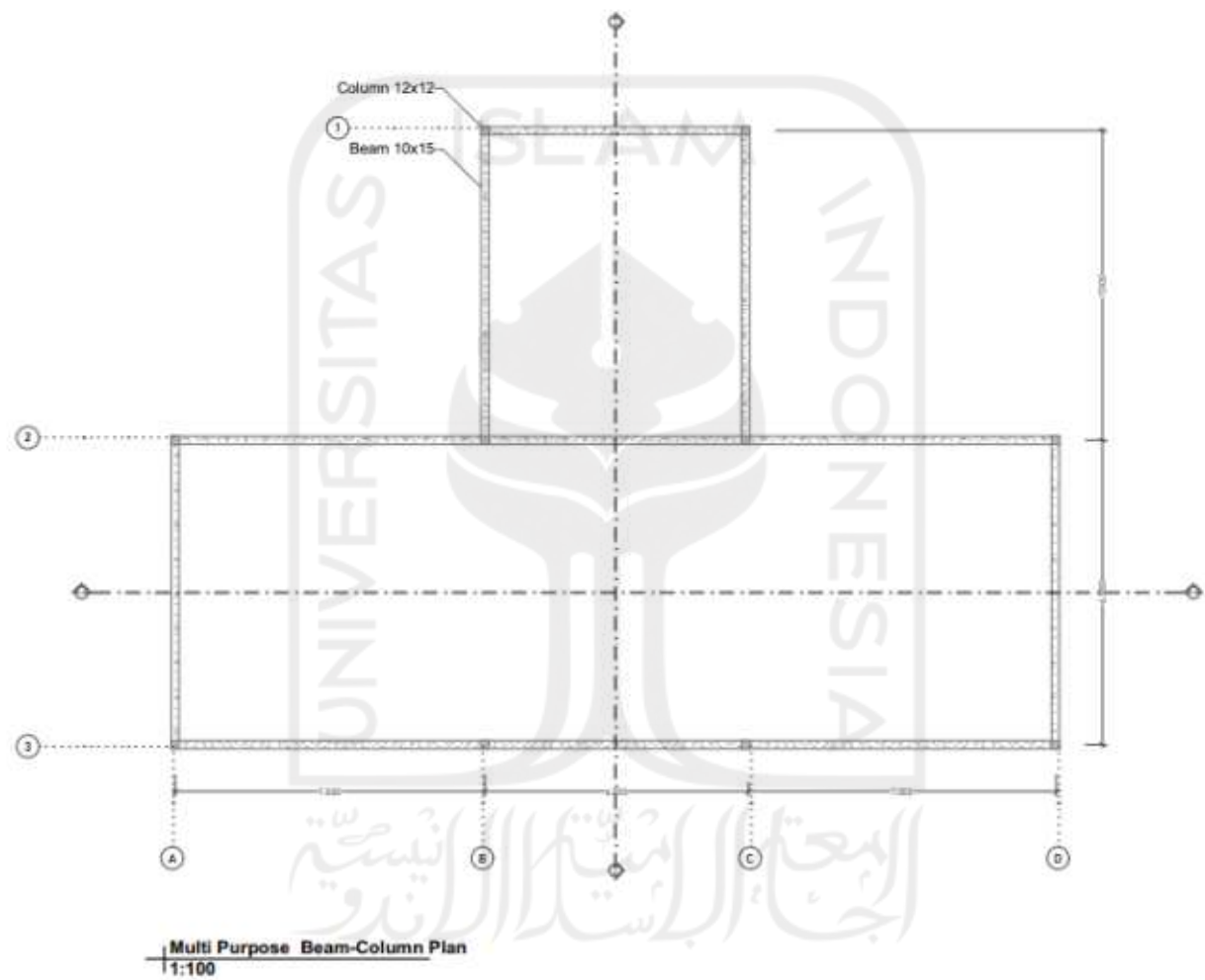
5. UNIT (DELUXE)



6. UNIT (SUITE)

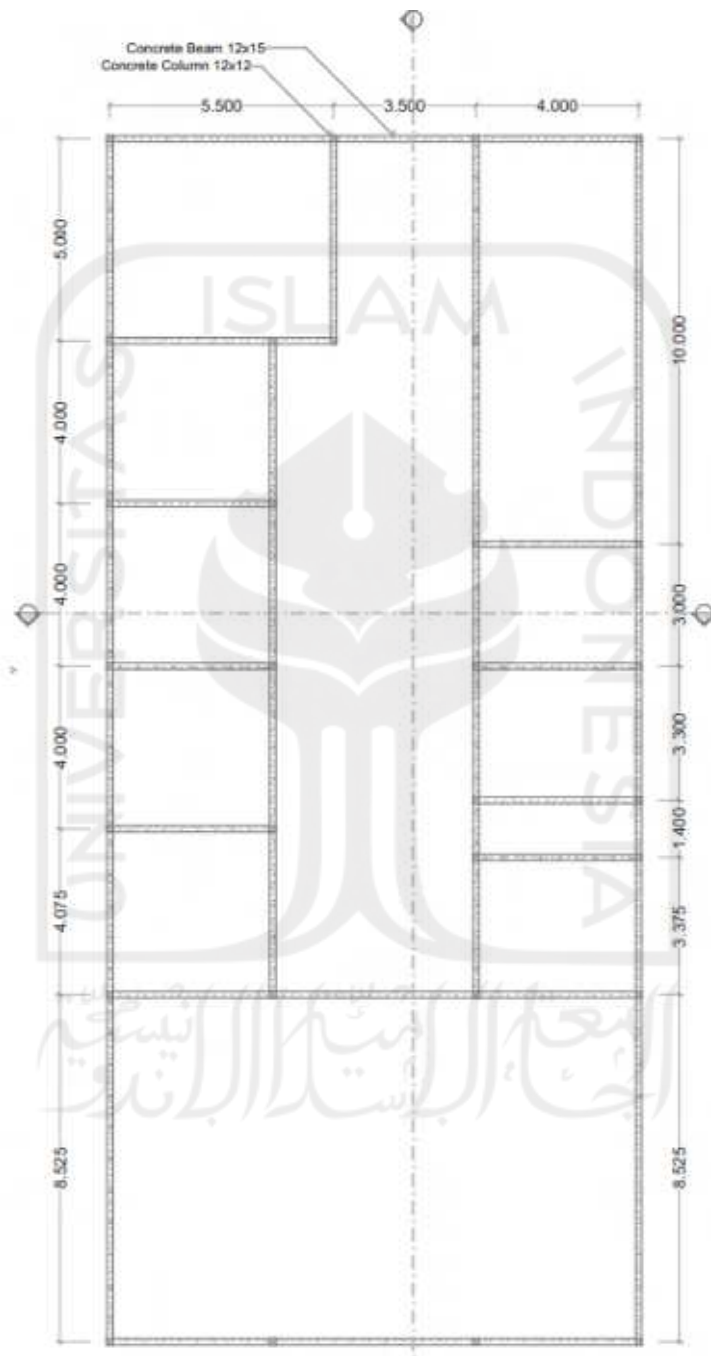


7. MULTI-PURPOSE



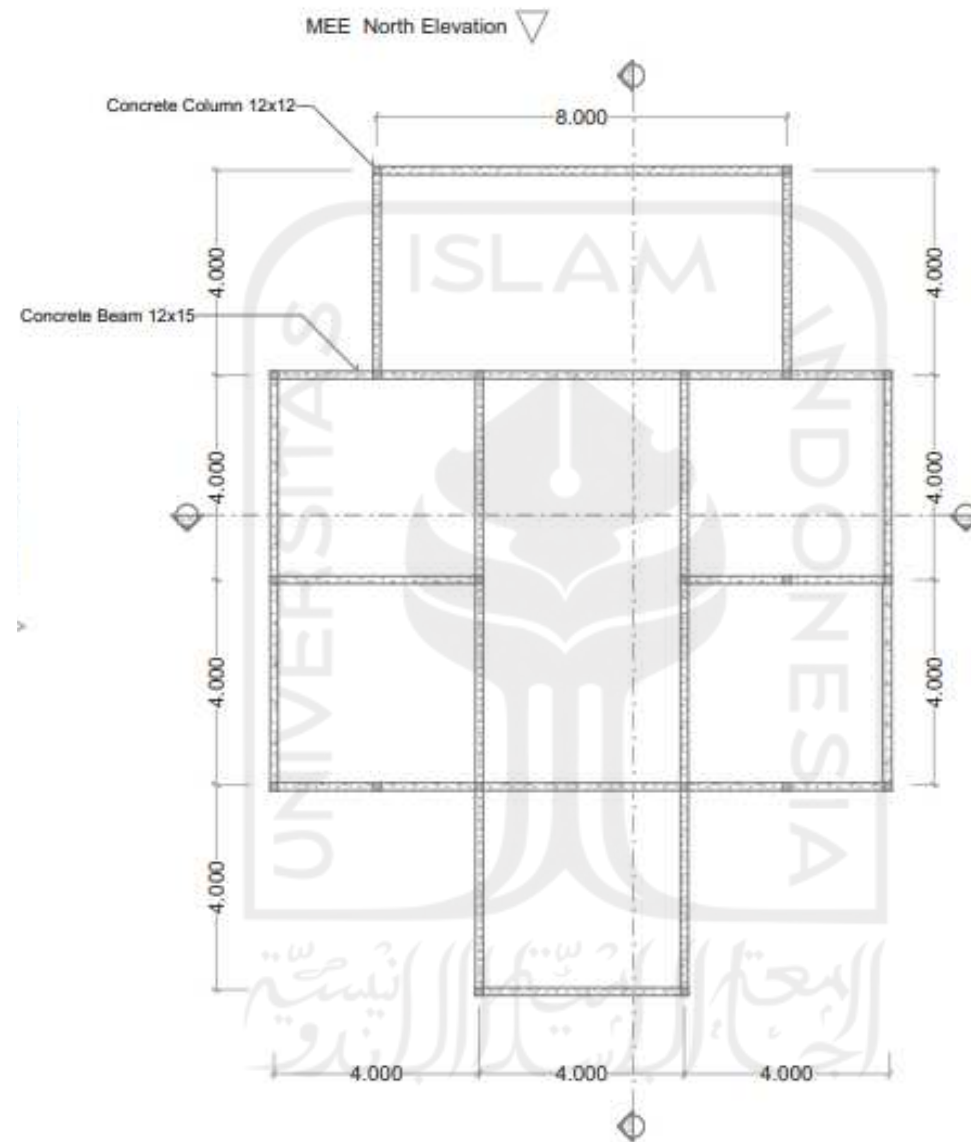


8.OFFICE



Office Column-Beam Plan  
1:100

## 9..MEE



**MEE Floor Plan**  
**1:100**

Office Column-Beam Plan  
1:100

#### 4.4 Concept & Schematic Design of Building Interior and Exterior

##### EXTERIOR









## INTERIOR





## 4.5 Concept & Building Envelope Design

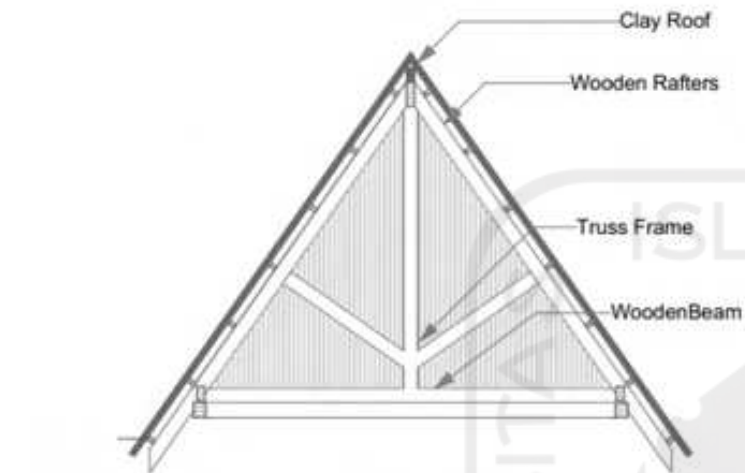


**BUILDING ENVELOPE STANDARD UNIT**

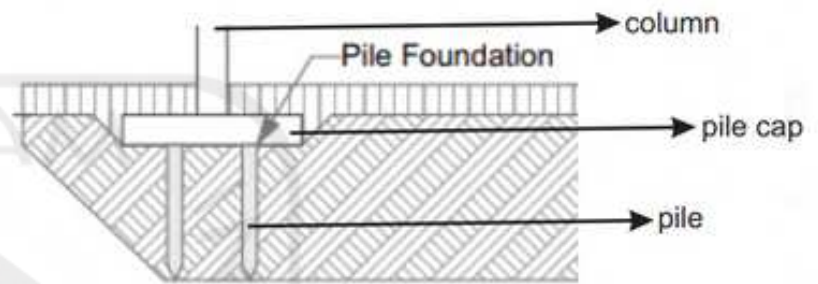


## 4.6 Concept & Schematic Architectural Detail

### DETAIL DRAWINGS



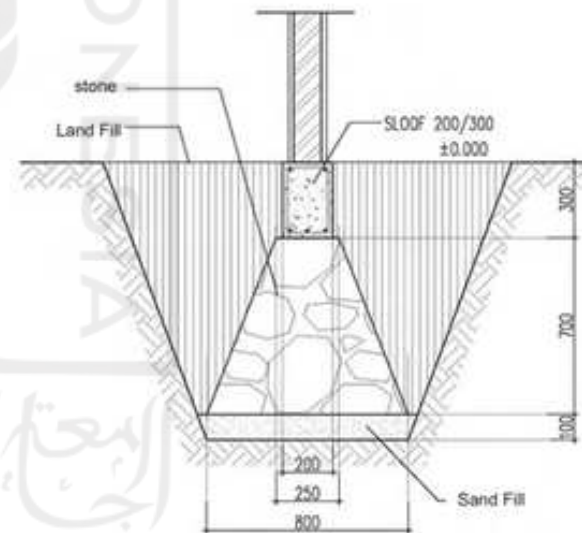
**DETAIL STANDARD UNIT ROOF**



**DETAIL STANDARD UNIT FOUNDATION**



**DETAIL SUPPORT FACILITY ROOF**



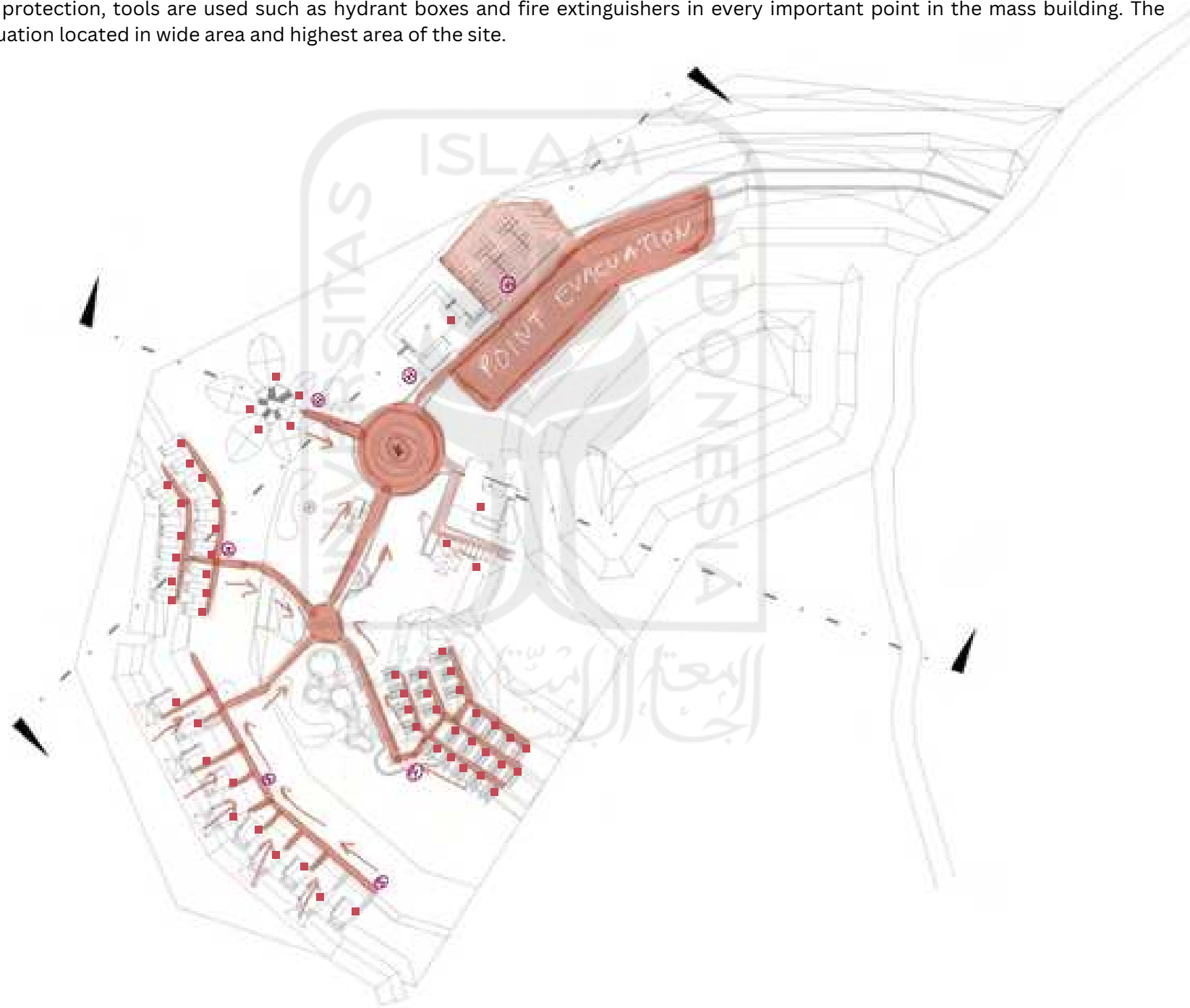
**DETAIL LOBBY FOUNDATION**



# 4.7 Concept & Building Safety and Barrier Free Utility System Design

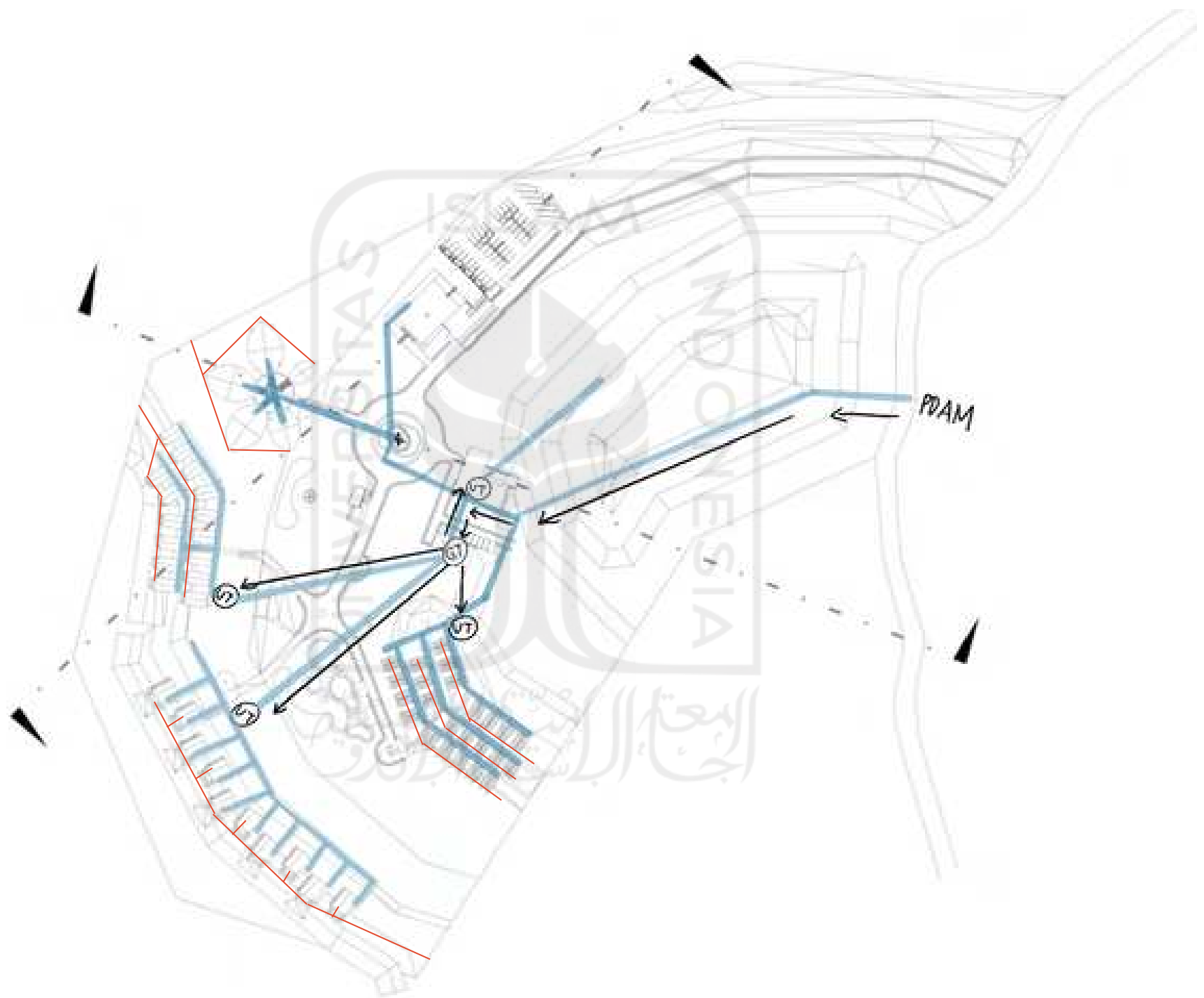
## BUILDING SAFETY

In this fire protection, tools are used such as hydrant boxes and fire extinguishers in every important point in the mass building. The point evacuation located in wide area and highest area of the site.



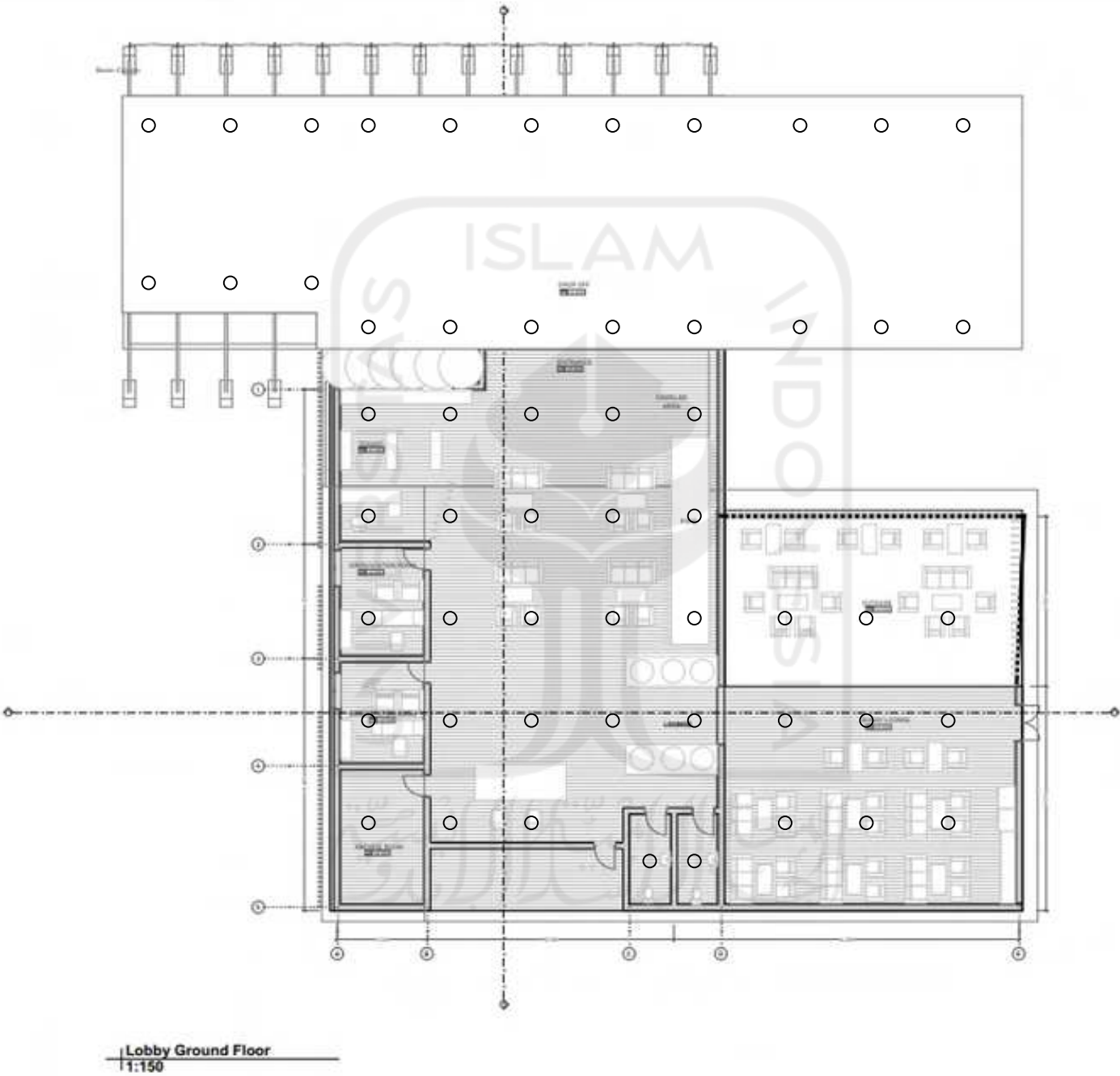
- EMERGENCY ROUTE
- HYDRANT
- APAR

## WATER SYSTEM



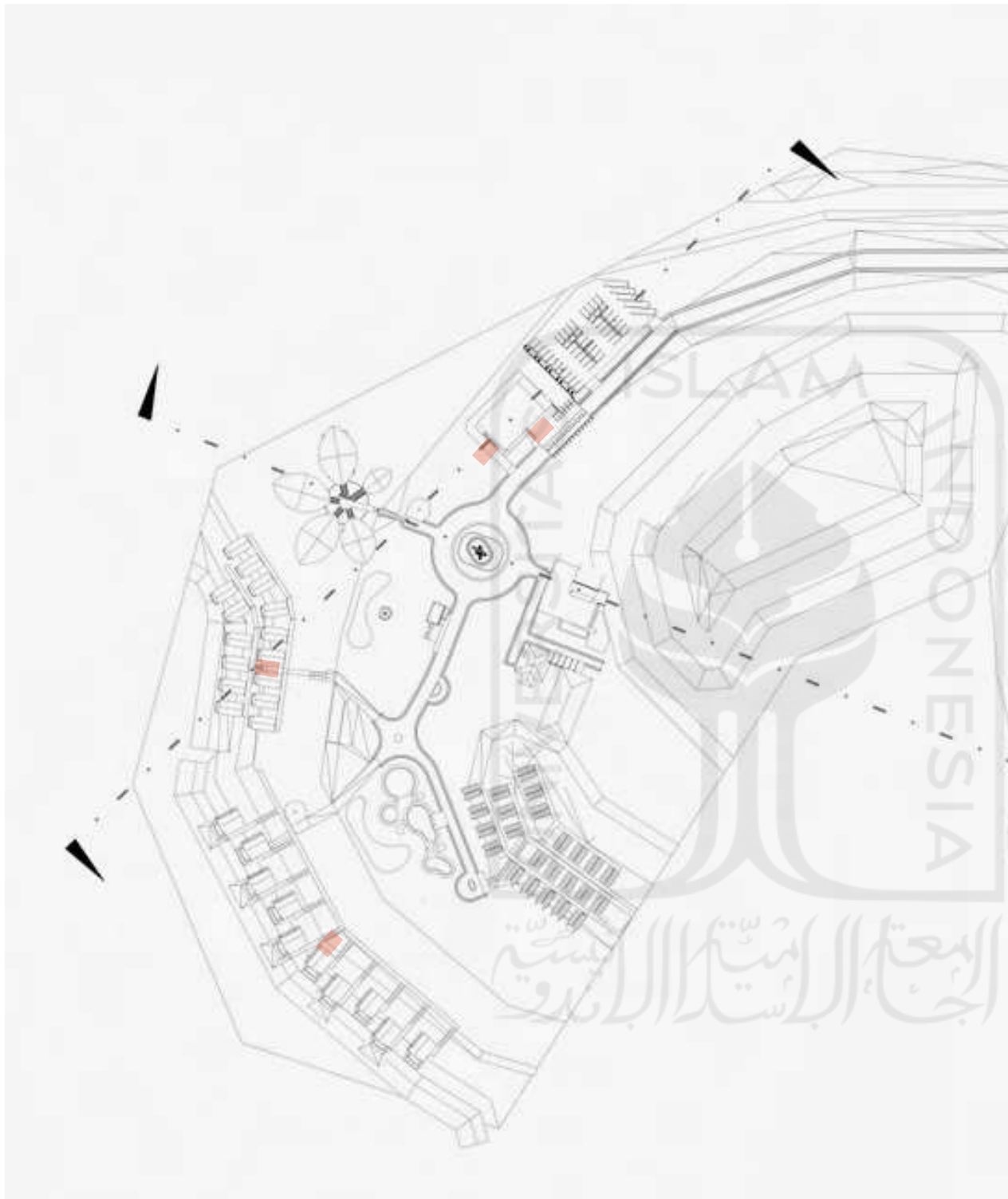
**PDAM > GROUND TANK > PUMP ROOM > UPPER TANK > SUPPLY TO EVERY MASS**

LIGHT POINT

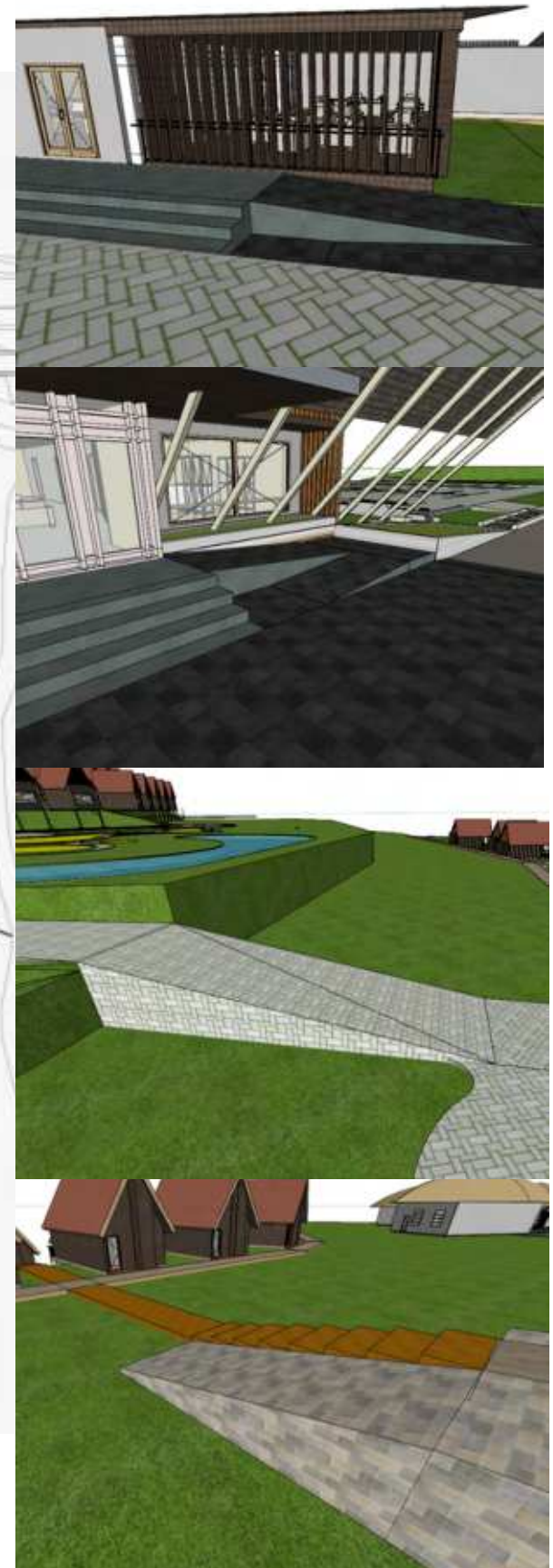


LOBBY LIGHT POINT

## BARRIER FREE DESIGN



 RAMP





# 05

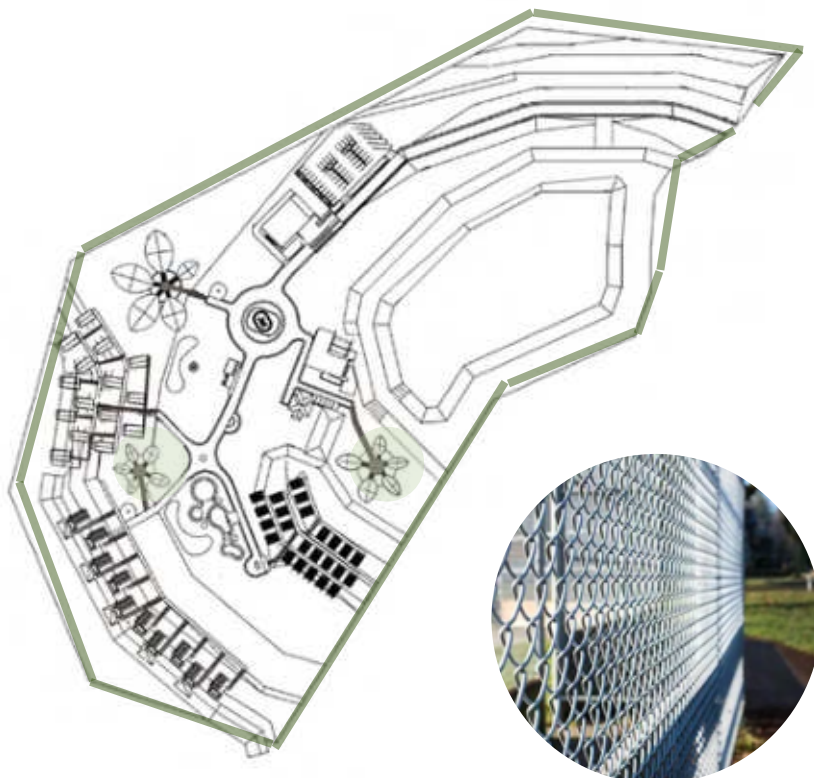
**DESIGN REFLECTION**



This chapter describes the evaluations that have been carried out by examiners and supervisors, so that there are several responses from these evaluations, in the process of evaluating the design, the design of the Sanctuary wellness Resort with Healing Environment Approach in gunung kidul yogyakarta is able to answer specific problems as well as the main problems by applying the architectural concept of tourism which applies several criteria and parameters as technical aspects that must be considered in the design. From the explanations listed above,

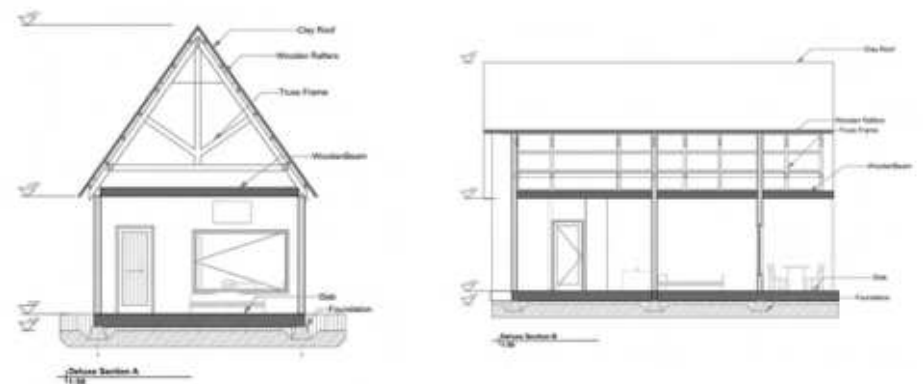
## SUPPORT ZONE REFLECTION

- In the development design, there's just one supporting area that available in the site, so in this evaluation some of the supporting area will be added in every unit resorts due to the privacy of every visitors, quantity, and distance consideration.
- Install a chain link fence around the site, in addition to security, the choice of this type of fence is due to the material which does not rust easily, given vines to make it look more natural and blend with nature.
- New Arrangement for the deluxe unit, using the same pattern as the suite pattern, 1-0-1 arrangement to get more privacy & wind breaker.



## STRUCTURE REFLECTION

Previously, there's a ceiling that making the unit felt nor spacious, in the development evaluation the ceiling is removed so that the space under the roof will make it felt more spacious and match with the cabin house characteristic.



## MORE ARCHITECTURAL ASPECT ON HEALING ENVIRONMENT

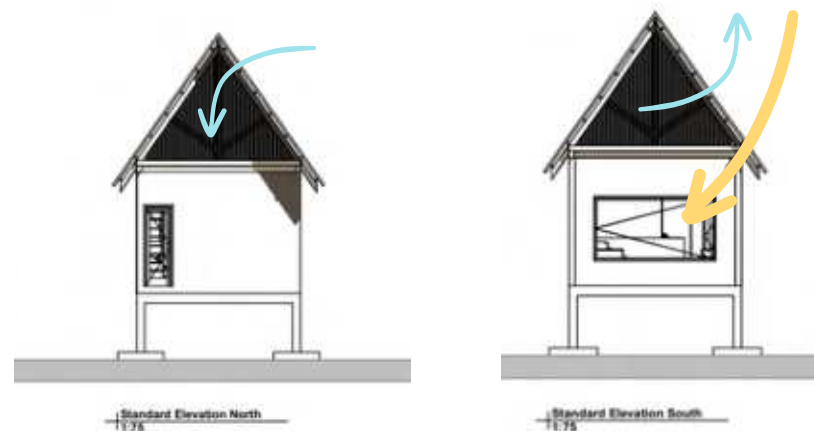
### EXTERIOR CONCEPT REFLECTION

- The selected plants are those that have aroma / fragrance like jasmine and avoid using plants which is harmful to the patient, eg plants that can give rise itching or allergies
  - The existence of the water element in this park can be a hearing therapy for visitors so that visitors feel more calm and relaxed.
  - Benches are provided to make it easier for guests and resort staff who feel exhausted can take a break while enjoying the garden view
  - Garden lights are provided to provide lighting at night so that patients can see the garden at night
- 
- The building facade at the resort characterizes can adapt to the surrounding environment by using local materials in the form of limestone as the identity of the resort location which is located close to the beach. In addition, the use of wood gives a classic natural impression.



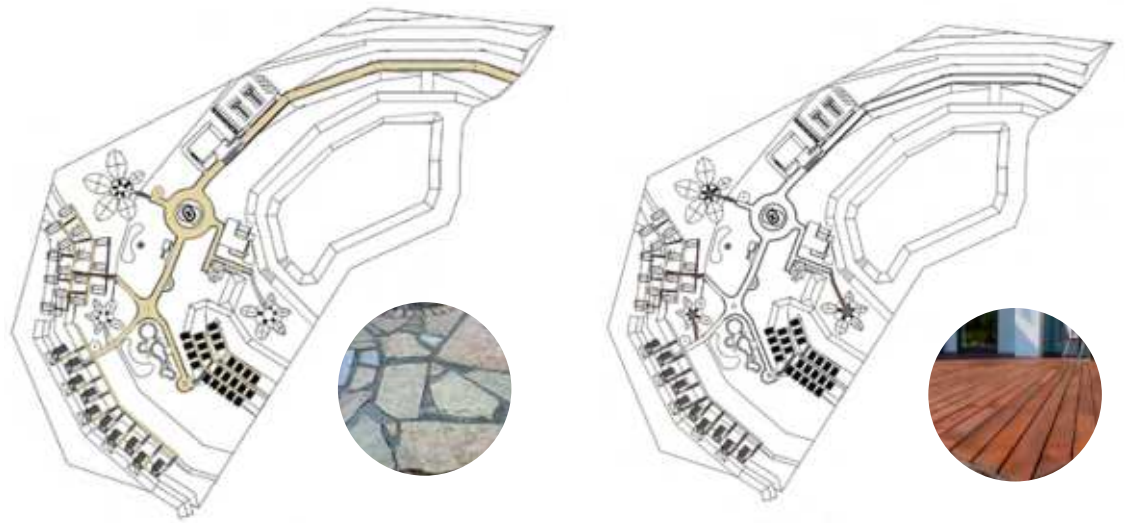
### LIGHTING AND AIR CONDITIONING UTILITIES CONCEPT REFLECTION

- Natural ventilation is obtained through the air that blows into the building through the exhaust pipe and windows so that the incoming air is optimal and not excessive. Artificial ventilation at the resort will use fans and exhaust fans according to the needs, functions and demands of each space. So that users who are on the move can feel comfortable without having to get cold or overheated while in the building.
- Natural lighting is obtained from sunlight that enters the building through the rooster and glass in the building. While the artificial lighting uses lamps according to the needs of each building. That way it will not interfere with the user's visuals when carrying out activities in the building.



To provide a comfortable atmosphere that supports the healing process, outdoor space arrangement is very important. In planning this resort using hardscape, softscape, waterscape, and furniture site elements. The hardscape elements used are safe and comfortable materials, including: paving blocks as ground cover in the parking area, limestone as site boundary material, and wooden decks in circulation to avoid slippery and give a natural impression. The waterscape element used is in the form of a pond with a fountain which can maintain air humidity and produces the sound effect of rushing water which gives a feeling of calm and comfort. The site furniture used is in the form of garden lights and trash cans scattered in the resort area. In addition, there are softscape elements in the form of vegetation, from grass, shrubs, to trees, which have the function of supporting the healing process, both as a therapeutic medium, shade, direction control, and site boundaries. This vegetation will form the atmosphere of outdoor space. The vegetation used includes: zoysia grass, bali frangipani, king palm, jasmine, salvia, carnation, kalatea banana, and teak trees will give the right atmosphere.

## HARDSCAPE



## WATERSCAPE





## **CONCLUSION & RECOMMENDATION**

The embodiment of the healing environment in an architectural context can be seen from the zoning arrangements on the site by placing the main functions orientated and facing a positive view that provides a visual treatment effect, interior design that can calm visitors by using soft colors, lighting and air circulation. in helping treatment. Building facades that are not monotonous and give a visually heavy impression, outer space by using softscape and hardscape elements, reducing stiff and sharp shapes and increasing green elements which can provide olfactory therapy.

At this stage there will be only a few summaries that can be drawn from the healing environment concept that has been applied to the design of Sanctuary wellness resort located in Gunung Kidul, Yogyakarta based on existing exploration. There are many considerations to design the idea. Therefore, there are also many shortcomings from the author to be able to explore more deeply due to the limited time of preparation which is quite short, hopefully from what the author writes in this final project will be an encouragement as well as an inspiration for other architectural activists in learning more about how architectural science can provide benefits to the environment, the birth of projects that are taken from examining land and processed into a better space than before. previously also useful for the surroundings.

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