

**UNIVERSITY TEKNOLOGI MARA**

**THE AMBIENCE ASPECT OF COLOUR  
AND LIGHTING IN TANAMERA WELLNESS  
SPA CENTRE**

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## ABSTRACT

The ambience in spas have become the most important function in enhancing health, beauty, and relaxation through self-care treatments. Because the spa has become a staple of recreation for generations of people who want to escape the noise of everyday life and settle in a few hours of comfort and happiness. In addition, poor the quality of the environment has the greatest impact on the individual were give the bad effect for user's mood. As a result, focusing on ambience aspect of colour and lighting in spa for provides a basis for understanding the required features and developing criteria that can used to evaluate various variables that promote the health, beauty, and relaxation. The choosing of proper ambience aspect of lighting and colour were create a good ambience for visitor to relax and enjoy the luxurious treatment. Consumption interior designers will create a spa experience allowing the ambience of calm and relaxation. This study aims to investigate and identify the ambience aspect of colour and lighting in spas in greater depth, as well as to shed light on the newest trends forming and to emphasise the importance of the ambience aspect in creating a more relaxing environment and trying to channel the customer's mood for therapy. Meanwhile, the type of colour and lighting used in the spa must be examined because it affects the user's mood. This study was conducted at Tanamera Wellness Spa Centre in Selangor. This research is based on data obtained from on site observations at specified locations prior to identification the element of ambience aspect towards the user satisfaction in spa. The ambience aspect, as well as through case study to identify the ambience colour and lighting that been used in spas. Lastly this research also applied the questionnaire survey and managed to obtained 30 targeted respondents from the spa user's. To investigate the spa user's feedback on experience allowing the atmosphere of calm and relaxation. Data were analyzed to assess and define the characteristics of the ambience element and its effect on the mood and relaxing of user's s in ambience of spa. This research proves that all the ambience elements outlined in the literature review in this research can be found for the relaxation place or as a boost to health are selected.

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# CHAPTER 1

## INTRODUCTION

### 1.1 Introduction

Spa centre visitors expect a spa to promote general well-being. When a person walks into a spa centre, they want to feel immediately at ease. Their spa getaway can only be enjoyable if the user feels secure. When creating a spa centre, there are many factors to consider, including colours, entry experiences, spa room decoration, and lighting, as well as the flow from a busy reception area to the tranquilly of a treatment room. The key to guest pleasure is a spa design solution that considers the form, flow, and function of the entire spa environment, from the entrance layout to the design of a spa room (Raison d'Étre, 2017).

"Ambience," is the simple answer and probably wondering what ambience is, how it relates to mood and setting, and why it's so important in an interior space right now. Ambience was the character of mood, atmosphere, or setting of an environment, among other things. It consists primarily of whatever sight, smell, sound, sensation, or texture fills a space, as well as how that space is organised or managed. The user may enjoy the atmosphere of a place because the lighting or decor makes the user feel comfortable and joyful, or for any other reason (Ecomap Creation, 2019).

The space in interiors has a direct impact on the user emotions. Because user reactions are instantaneous, and this has a strong feel-good factor. The spa environment must be calm and relaxed, with an atmosphere that allows people to be transported and suspend of their daily worries. Feeling good in a customer's environment has an immediate impact on wellness, and with this increased sense of well-being, a Spa can begin to deliver (Caroline Palk, 2019).

The spa's ambience is essential to be able to take the user to a completely different mood and experience. Color, texture, lighting, and photographic references can all be used to produce this. A mood can be expressed through a design that not only provides an unreal setting, but also one that is quiet and conducive to contemplation (Caroline Palk, 2019).