

**UNIVERSITI TEKNOLOGI MARA**

**THE AWARENESS OF MALAY  
TRADITIONAL DESIGN VALUES IN  
SPA INTERIOR**

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## ABSTRACT

**Abstract:** In huge cities and metropolises, pressures and long work hours affect looks and health. After a busy day, a massage or spa treatment is ideal. Traditional Malay Medicine treats chronic ailments. Some prefer traditional cures, and the Malay Spa Treatment has been passed down for generations. Herbs used in Malay Traditional Treatment alter activities and space design. Malaysian spas use urut (Malay massage), Ayurveda, and acupuncture. According to the previous researcher, Malaysian spas have no national signature. The Malay spa business is mainly in remote settlements in southern Malaysia and is not advertised or commercialized. Thus it is not publicized. It reduces awareness of the Malay Traditional Spa's interior design. This study has identified five design elements; doors, walls, ceiling, floors, and decorative Malay Motifs. The research investigates public awareness of Malay Traditional Spa Design in Malaysia's selected spa to see how much people know about traditional Spa Design in Malaysia and Malay traditional Spa design. This research aims to determine the existing Malay Traditional Spa's interior design features and the public's awareness of them. Rumah Hutan & Bonda Village, Batang Kali, Selangor, Malaysia, was studied to answer research questions and objectives. This research employed site observation and questionnaires. This research measures five (5) areas: the lobby area, waiting area, spa rooms, massage rooms, and premium spa rooms, as these areas are the focus area in a spa design. Findings from the case study show that the current Malay traditional spa very much instills the Malay traditional elements in their interior space. The entrance, floor, wall, ceiling, and stairs all feature traditional Malay designs. This study's findings could serve as a template for spa designers creating Malay spas. The researcher advised considering improved space design for a more practical staff and visitor flow. This will make visitors aware of Malay architectural elements. Malaysians should be gratified that our Malay traditional culture is still around for the next generation and is also essential to international tourists.

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# **CHAPTER ONE: INTRODUCTION**

## **1.1 Introduction**

Malaysia's spa business has grown the most in the last five years. Intelligent Spas were surveyed, and the number of spas in Malaysia has grown by more than 200 percent (2011). Global Data's 2019 research says that by 2022, 128.3 million health and wellness tourists will visit Asia, which will help Asia become the most significant tourism market in the world, says Global Data.

Malaysia is a country with a wide range of traditional treatments and ways to keep from getting sick. Most treatments are based on beliefs from Buddhism, Taoism, Hinduism, Islam, shamanism, and Christianity. Traditional Indian massage, Siam massage, and Malay massage are all examples of these ethnic groups' traditional ways of doing things. This broad category includes all of these methods (TCAM). They consider themselves field experts and respect how others work (Noriah Othman, 2013).

The Malay Traditional Treatment is a type of treatment that is part of Traditional and Complementary Medicine (TCAM). The Malay Traditional Treatment treats a wide range of long-term conditions. For some people, traditional treatments are the best way to get better. In the past, Malay spa treatments were mainly used to help women with health problems and to care for new mothers after giving birth (Zaharah, 2005). They are happy with their ideas, thoughts, and philosophies about health and life. However, many people are drawn to this kind of treatment because it costs less than hospital care.

Also, some people are afraid of hospital therapy and have to wait longer for treatment than they would with traditional therapy. Most people think that traditional and alternative treatments are safer than medicine from a hospital. Even though doctors, pharmacists, nurses, and physical therapists in Malaysia have excellent facilities and tools, many sick people still choose traditional care over modern care.

## **1.2 Background of the Study**

The world people live in now is changing quickly. People's looks and health change because of these stresses are typical in big cities and metropolitan centers. It is