

ABSTRAK

Perubahan pola hidup masyarakat dengan rutinitas yang padat dan waktu luang yang semakin berkurang membuat masyarakat kurang memperhatikan kondisi fisik yang dapat menyebabkan stress. Padahal tubuh perlu akan istirahat, menikmati suasana yang berbeda, dan disela beraktivitas tubuh juga perlu diistirahatkan dengan memperhatikan kesehatan serta kebugaran karena semakin tubuh dipacu lama kelamaan kondisi fisik juga ikut menurun. Sehingga dari potensi tersebut menjadikan ide dari perancangan yang mengutamakan “*health*” didalam wisata dan “*health*” yang diusung dapat dirasakan dari keindahan *view* di sekitar kawasan, serta fasilitas pelayanan kesehatan yang terdapat pada fasilitas *health resort* dan *spa*. Letak dari pemilihan lokasi berada di Kota Singkawang dengan karakteristik yang jauh dari hiruk pikuk perkotaan dan memiliki potensi alam sehingga *site* yang terpilih terletak di area tepi pantai (*Palm Beach*), Jl, Pantai Pasir Panjang, Kelurahan Sedau, Kecamatan Singkawang Selatan serta berdasarkan Rencana Tata Ruang Wilayah Kota Singkawang, *site* termasuk dalam kawasan pariwisata.

Kota Singkawang memiliki jenis tanah lempung atau lanau dan berjenis tanah gambut. Namun, jenis tanah pada Kecamatan Singkawang Selatan memiliki karakteristik tanah lunak dari kedalaman 0-2 meter dan kedalaman tanah keras 4-20 meter, serta dengan pertimbangan kawasan yang berada di area tepi pantai sehingga penerapan struktur menggunakan jenis pondasi tiang pancang berbahan beton yang tahan lembab, tahan korosi, awet, serta penggunaan pondasi tiang pancang juga dapat menopang beban bangunan walau di tanah yang kurang baik. Lokasi yang terletak di daerah tropis juga didukung dengan penerapan konsep menggunakan arsitektur tropis yang ditunjukkan dari estetika alami dengan penggunaan material lokal yang tanggap terhadap potensi alam dan iklim, menggunakan *sun shading* dan *skylight*, serta memperbanyak bukaan dengan penggunaan ventilasi alami seperti jalusi maupun loster dan adanya penerapan *cross ventilation* (ventilasi silang). Sistem utilitas yang diterapkan pada kawasan menggunakan sistem *up feed* dengan pendistribusian GWT (Ground Water Tank) yang berada di masing-masing bangunan agar memudahkan teknisi dalam mengontrol maupun perbaikan, sedangkan sistem jaringan air kotor menerapkan sistem pembuangan ramah lingkungan yaitu air kotor yang difilter terlebih dahulu didalam STP (Sewerage Treatment Plant) kemudian ditampung di kolam retensi untuk digunakan kembali sebagai sistem keamanan hydrant dan penyiraman tanaman.

Kawasan *Health Resort* dan *Spa* memfasilitasi pengunjung dengan beberapa kategori, seperti individu (*single*), pasangan (*couple*), keluarga (*family*), maupun kelompok umum lainnya yang tidak menginap dengan fasilitas yang tersedia meliputi fasilitas penginapan (*Health Resort*) dengan perletakan kamar yang terpisah dan kelas-kelas yang berbeda seperti *resort standar*, *resort suite*, dan *resort family suite*, fasilitas perawatan (*Health Spa*) yang tersedia didalam fasilitas pelayanan *health resort* dan di kawasan yang saling terkait satu sama lain, serta fasilitas restoran, maupun *wedding venue*. Perawatan yang tersedia didalam *Health Spa* mencakup terapi air (hidroterapi), terapi aroma, terapi rempah, terapi kesehatan yang terdiri dari terapi akupresur, terapi akupuntur, dan terapi pijat refleksi, serta perawatan rambut, wajah, tangan, maupun perawatan kaki. Sirkulasi didalam kawasan menerapkan sirkulasi cluster dengan perletakan dan orientasi yang memanfaatkan *view* utama sehingga perletakan dibuat memisah yang disesuaikan pada fungsi serta berpotensi agar sirkulasi angin dapat menyebar. Gubahan massa secara garis besar menerapkan bentuk dasar lingkaran namun dengan pengurangan dan penambahan bentuk yang disesuaikan pada iklim, sirkulasi, dan kebutuhan lainnya serta bentuk juga didasari pada konsep yang dapat menunjukkan fungsi dari tiap fasilitas pelayanannya dan memanfaatkan potensi dari *view* yang ada di kawasan.

Kata Kunci: Kota Singkawang, *Health Resort*, *Health Spa*, Arsitektur Tropis

ABSTRACT

Changes in people's lifestyles with busy routines and diminishing free time make people pay less attention to physical conditions that can cause stress. Even though the body needs to rest, enjoy a different atmosphere, and in between activities the body also needs to be rested by paying attention to health and fitness because the more the body is stimulated, over time the physical condition also decreases. So that from this potential, the idea of a design that prioritizes "health" in tourism and "health" What is carried can be felt from the beautiful view around the area, as well as health service facilities contained in the facility health resort and spa. The location of the location selection is in Singkawang City with characteristics that are far from the hustle and bustle of the city and have a natural potential site selected is located in the waterfront area (Palm Beach), Jl, Pasir Panjang Beach, Sedau Village, South Singkawang District and based on the Singkawang City Spatial Plan, the site is included in the tourism area.

Singkawang City has clay or silt soil types and peat soil types. However, the type of soil in Singkawang Selatan District has characteristics of soft soil from a depth of 0-2 meters and a hard soil depth of 4-20 meters, and with consideration of the area being located in the coastal area, the application of the structure uses a type of pile foundation made of moisture-resistant concrete. , corrosion resistant, durable, and the use of pile foundations can also support the load of the building even on unfavorable soils. Locations located in the tropics are also supported by the application of the concept of using tropical architecture which is shown from natural aesthetics by using local materials that are responsive to natural and climate potential, using sun shading and skylight, as well as increasing the number of openings by using natural ventilation such as jalousie or luster and their application cross ventilation (cross ventilation). The utility system applied to the area uses the system up feed by distributing GWT (Ground Water Tanks) located in each building to make it easier for technicians to control or repair, while the dirty water network system applies an environmentally friendly disposal system, namely dirty water that is filtered first in the STP (Sewerage Treatment Plant) then accommodated in retention ponds for reuse as hydrant safety systems and plant watering.

Health Resort and Spa facilitate visitors with several categories, such as individuals (single), partner (couple), family (Familia, as well as other general groups who do not stay overnight with available facilities including lodging facilities (Health Resort) by laying out separate rooms and different classes such as resort standard, resort suite, and resort family suite, maintenance facility (Health Spa) available in the service facility health resort and in areas that are interconnected with each other, as well as restaurant facilities, as well as a wedding venue. Treatments available in Health Spa include water therapy (hydrotherapy), aroma therapy, herb therapy, health therapy consisting of acupressure therapy, acupuncture therapy, reflexology therapy, and hair, face, hand, and foot care. Circulation within the area applies cluster circulation with positioning and orientation that utilizes the view main so that the placement is made separate which is adjusted to the function and has the potential for wind circulation to spread. The composition of the mass in general applies the basic formation of a circle but with the reduction and addition of shapes that are adjusted to the climate, circulation, and other needs, and the building is also based on a concept that can show the function of each service facility and take advantage of the potential of the view that exists in the area.

Keywords: *Singkawang City, Health Resort, Health Spa, Tropical Architecture.*