

THE IMPLEMENTATION OF ZEN CONCEPT IN THE INTERIOR LOBBY LARISSA AESTHETIC CENTER SENOPATI

Yovela Audrys¹, Fivanda² & Fabianus Hiapianto Koesoemadinata³

¹Undergraduate of Interior Design, Universitas Tarumanagara, Jakarta
Email: yovela.615200010@stu.untar.ac.id

²Faculty of Art and Design, Universitas Tarumanagara, Jakarta
Email: fivanda@fsrd.untar.ac.id

³Faculty of Art and Design, Institut Kesenian Jakarta, Jakarta
Email: fabianus@ikj.ac.id

Enter: 06-04-2024, revision: 15-04-2024, accepted for publication: 20-05-2024

ABSTRACT

Zen is a spiritual and philosophical school derived from Mahayana Buddhism that focuses on achieving a deep understanding of true reality and enlightenment through direct experience, including zazen meditation and the elimination of conventional thoughts and concepts. The Zen concept was chosen for the interior design of the Larissa Aesthetic Center lobby with the aim of creating a calming atmosphere for visitors seeking aesthetic treatments. With a qualitative method that involves the stages of the design process, from data collection to observation of the effect of applying the Zen theme concept to Larissa Aesthetic Centre. The relaxed atmosphere and natural elements in the design create a more comfortable experience for visitors, allowing them to feel relaxed and connected to the treatment process. With a focus on true reality, the aesthetic treatment experience at Larissa Aesthetic Center becomes more serene and holistic. In conclusion, the application of Zen concept in the lobby interior design proves Larissa Aesthetic Center's success in providing comfort and connectedness to its visitors. Inspiring the development of similar concepts, this design shows that the Zen approach can be an effective guide in creating an environment that supports visitor satisfaction in similar venues.

Keywords: elements, comfort, interior, lobby, zen

1. PREFACE

Indonesia, like many nations, has been swept up in the whirlwind of social media. While platforms like Instagram and Facebook connect people, they also present a double-edged sword (Vaswani, 2012). These platforms are flooded with images of celebrities and influencers, their bodies often heavily edited to conform to unrealistic beauty standards (Sanzari et al., 2023). This constant exposure can negatively impact users' self-esteem and body image, particularly young people (The Dove Self-Esteem Project, 2021). This constant barrage of "perfect" physiques creates a distorted perception of what's truly attainable. It fuels a national obsession with physical image, leading to a crisis of self-confidence and dissatisfaction with one's own appearance.

The pressure doesn't stop there. Social media fosters a culture of comparison, turning harmless browsing into a breeding ground for insecurity. Users constantly compare themselves to the carefully curated online personas they see, leading to feelings of inadequacy and shame. This hostile environment can have severe consequences, particularly for those already struggling with body image issues. The lack of awareness about mental health in Indonesia further exacerbates the problem. Individuals experiencing body dissatisfaction may not recognize the warning signs of eating disorders or depression, leading to a cycle of negativity and self-harm.

This social media-driven obsession with physical perfection has significant implications for businesses like Larissa Aesthetic Center. While the clinic offers services to improve physical appearance, the negative psychological effects of social media can hinder a client's journey

towards self-acceptance and well-being. It's clear that addressing both physical and mental aspects of beauty is crucial for a holistic approach to client care.

According to (Yolanda et al., 2022) experiencing body shaming can trigger serious feelings of inferiority. Individuals who are subjected to such criticism often feel dissatisfied with their appearance, which in turn undermines their self-confidence. Negative comments and comparisons to unrealistic standards can create a strong sense of insecurity, doubt self-worth, and even impair mental well-being. In an attempt to overcome this dissatisfaction, many individuals decide to seek solutions at beauty clinics. Beauty treatments are perceived as a way to change or improve physical appearance, with the hope that these changes will help them feel more confident. They seek solutions that alleviate the dissatisfaction and anxiety that comes with appearance-related social pressures.

Zen Concept Interior

Zen, a school of Mahayana Buddhism originating in Japan, seeks to guide individuals toward enlightenment through direct experience and meditation (Sari, 2013). This philosophy extends beyond spiritual practice, influencing design principles that cultivate a sense of peace and tranquility. Zen interior design prioritizes simplicity, creating uncluttered spaces devoid of excessive decorations. Rooms may feature minimalist furnishings in calming color palettes of white, gray, and brown.

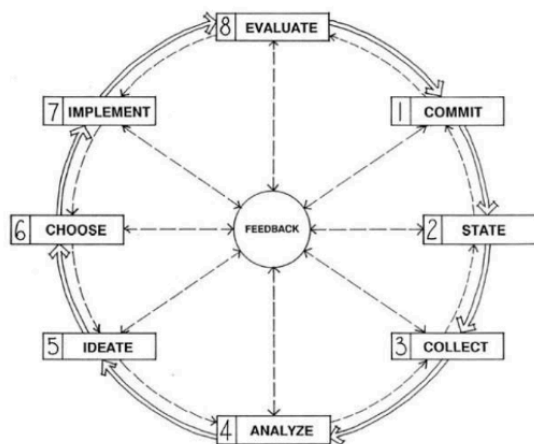
Natural elements play a crucial role in achieving Zen harmony. Large windows or sliding glass doors bathe the space in natural light, fostering a connection with the outdoors. Furthermore, Zen design heavily incorporates natural materials such as wood, stone, and bamboo. These materials not only create a sense of closeness to nature, but also provide warmth and texture, enriching the visual and tactile experience of the space. By embracing simplicity and natural elements, Zen interior design aims to create a haven for relaxation and reflection, fostering a sense of inner peace within the home.

Zen insides plan is all almost making a space that advances peace and unwinding. The goal is to create a sanctuary from the hustle and bustle of lifestyle, where users will relax and rejuvenate. To achieve this, Zen-inspired spaces typically feature clean lines, common materials, and impartial colors. Furniture is often neglected, and surfaces are kept clean to invoke a sense of order and calm.

2. RESEARCH METHOD

The descriptive analysis method in this research refers to the approach proposed by Kilmer and Kilmer (2014). The design process consists of two main stages, namely data collection and idea generation, and idea generation and design development (Botti, 2017). The first stage includes commit (initial commitment), state (identification of conditions or context), and collect (data collection). While the second stage involves analyze (data analysis), ideate (design idea generation), choose (selection of suitable ideas), and implement (application of design ideas). Evaluation is conducted at the design selection stage to assess the performance and effectiveness of the selected design implementation. This approach provides a structured and in-depth framework for understanding and optimizing the design process through descriptive analysis.

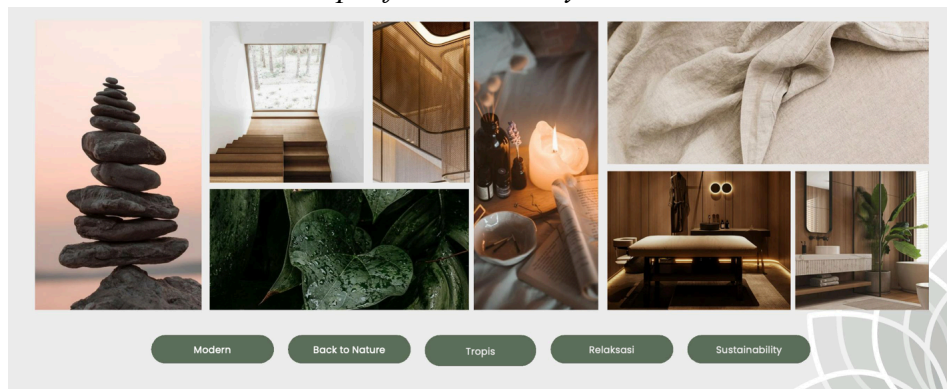
Figure 1
8 Step Designing Process



3. RESULTS AND DISCUSSIONS

The lobby of Larissa Aesthetic Center serves as a welcoming space for clients seeking aesthetic treatments. The calming Zen atmosphere instantly puts visitors at ease. Natural beauty plays a big role – warm wood tones dominate the space, creating a welcoming and organic feel. But it's not just about Zen minimalism. The parametric artwork on the walls adds a touch of artistry with its beautiful balance of feminine figures and natural elements. It's elegant, calming, and visually harmonious. This may have a significant influence on how they will feel comfortable and relaxed the moment they walk in. It's the perfect environment to start their journey towards achieving a sense of inner and outer beauty.

Figure 2
Moodboard “ZEN” concept of interior lobby Larissa Aesthetic Centre



The Zen concept refers to simplicity, tranquility, and harmony. Inspired by the teachings of Zen in Japanese culture, which emphasizes mindfulness, meditation, and deep understanding of nature and oneself. The Zen concept creates a space that is calm, uncluttered, and free from distractions, which helps create an atmosphere that calming and stimulating reflection. The expression of the lobby interior as a “calming nature serenity” describe calm and nature. provide a warm atmosphere and relaxation so that visitors can rest for a while, relieve stress and get peace of mind.

Figure 3

Inspiration of Zen Concept

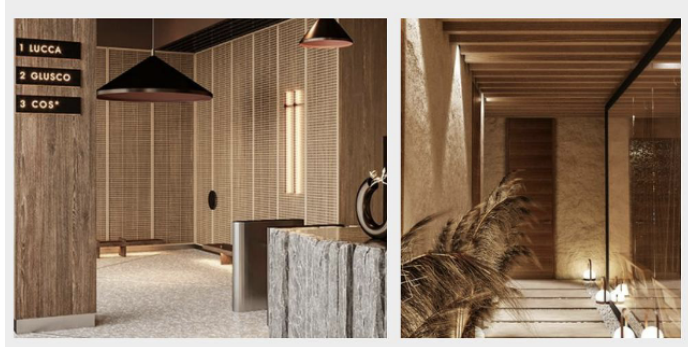


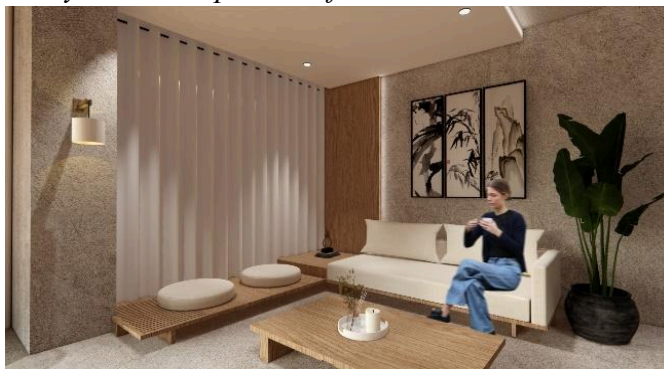
Figure 4

Receptionist Area Perspective of Larissa Aesthetic Centre



Figure 5

Lobby Area Perspective of Larissa Aesthetic Centre



In the seating area for waiting customers (figure 5), the dominance of wood and gray colors create a warm and cozy atmosphere. The Zen concept furniture not only provides physical comfort but also aesthetics that are in line with the theme of Zen simplicity and beauty. A small wall lamp provides soft accent lighting, adding to the warmth and intimacy of the space. With the combination of these elements, the lobby creates a welcoming and calming environment, providing a relaxing and comforting experience for visitors after their journey. Based on the design of the Larissa Aesthetic Center, in the lobby area the walls are finished with concrete and some are finished with wood and HPL laminated. The floor uses gray ceramics and the ceiling is combined with concrete, wood and paint.

The Zen concept in interior design is about creating a space that is calm, simple, and peaceful. The furniture used in the Zen concept should reflect these elements. The following furniture is used in the interior design of Larissa Aesthetic Center: (a) Low Profile: Furniture should have a low profile. Low chairs, coffee tables, and platform beds are common in Zen interiors. These design elements emphasize a connection with the ground and a feeling of solidity; (b) Functionality: Furniture should have a specific use and purpose; (c) Storage: Zen designs often include effective storage solutions to hide clutter. Integrated storage units can be used to maintain an uncluttered look; (d) Minimalism: Furniture that has clean and straight lines. Furniture is also simple and geometric or curvy.

Figure 6.
Lobby Section A-A



Figure 7
Layout Section B-B'

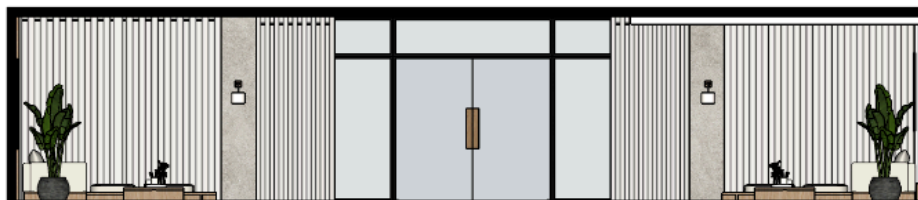
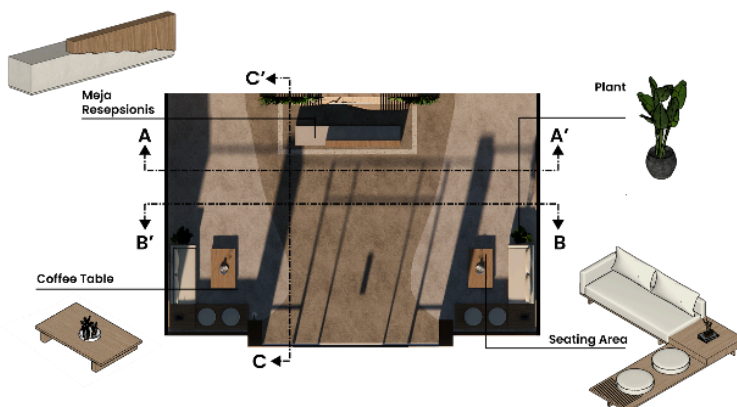


Figure 8.
Layout of Lobby Larissa Aesthetic Centre



The interior is formed of space-forming elements consisting of floor, walls and ceiling. The 3 (three) elements become a unity in a Larissa Aesthtetic Center interior design space.

a. Floor

The use of wood and stone on the floor in the Zen concept creates a strong feeling of connection with nature. Wood gives a warm and organic touch of nature, while stone gives a stable and strong feeling reminiscent of natural elements such as soil and mountains. The combination of these two materials creates a natural and balanced space that helps individuals feel closer to nature, achieve tranquility, and support the practice of meditation and mindfulness in Zen interior design.

b. Walls

The use of natural materials such as stone, concrete and wood, as well as large windows, are important elements in Zen interior design. Stone provides a feeling of stability and solidity, concrete provides simplicity, while wood provides warmth and comfort. Large windows create a strong connection with nature, allowing natural light to enter the space. The room and provide a feeling of lightness and connection with nature. The combination of these elements creates an environment that supports calmness, balance, and awareness in accordance with Zen design principles.

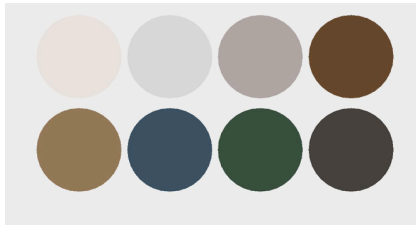
c. Ceiling

In Zen concepts, the use of skylights is one aspect that can create a very positive effect. Skylights provide natural light and nature.

Material and color concepts are two important components in interior design that can create the look and feel of a unique space. Both help create the visual and aesthetic identity of a space. The colors used are earth tone colors, such as beige, terracotta and brown (figure 9). The use of these can be interpreted as natural elements such as soil, water, plants and sky. The use of warm colors can also give a comfortable impression. The color selection also considers the image with the concept of "back to nature".

Figure 9

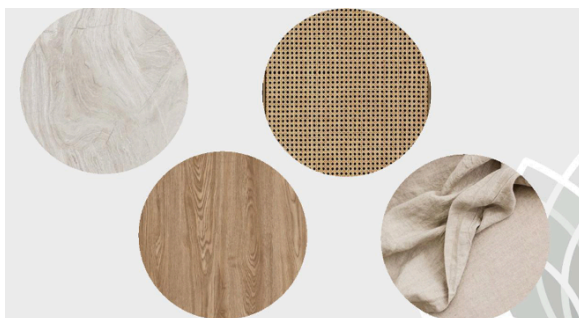
Colour Scheme “Back to Nature”



The material concept in this design is a material with the concept of sustainability (Winchip, 2011). Applying the use of non-toxic materials and produced in an environmentally friendly manner, energy efficiency and high quality and durability.

Figure 10

Material scheme



Larissa Aesthetic Center understands the pressures of the digital age. Social media bombards us with unrealistic beauty standards, leading to body dissatisfaction and insecurity. While the clinic offers solutions for physical appearance, their previous design lacked elements to address mental well-being. The answer came through a transformative interior design overhaul embracing the principles of Zen. Zen, a Japanese philosophy rooted in Buddhism, emphasizes achieving inner peace through simplicity and connection to nature. This philosophy extends to design principles, creating spaces that foster tranquility and harmony.

The success is undeniable. A staggering 95% of survey respondents agreed that the Zen-inspired interior increases comfort for visitors. This isn't just about aesthetics; the design creates a calming atmosphere conducive to relaxation and focused thinking. Visitors feel a deeper connection to their aesthetic journey, a testament to the successful implementation of Zen. Imagine walking into a haven of serenity. Gone are the harsh lights and noise; instead, calming colors, natural materials like wood and stone, and ample natural light create a sense of peace. This is the power of Zen design at Larissa Aesthetic Center, a refuge from the pressures of social media and a space that fosters self-acceptance.

The digital age has brought a double-edged sword to Indonesia. While social media platforms like Instagram and Facebook connect people, they also bombard users with images of celebrities and influencers whose bodies are often heavily edited to conform to unrealistic beauty standards (Wood, 2013). This constant barrage of "perfect" physiques fuels a national obsession with physical image, leading to feelings of dissatisfaction and insecurity. Research has shown a direct correlation between social media and the rise of body shaming, with individuals struggling to achieve these unattainable ideals. Larissa Aesthetic Center recognizes these challenges and strives to be a solution. However, the clinic itself previously faced limitations in its ability to fully address both physical and mental well-being. While Larissa offered services to improve physical appearance, elements like excessive noise and harsh lighting created a less-than-ideal environment. Additionally, the existing service facilities did not fully support the clinic's mission to create a holistic experience for its clients.

4. CONCLUSIONS AND SUGGESTIONS

The solution arrived through a transformative interior design overhaul that embraced the principles of Zen. Zen, a school of Mahayana Buddhism originating in Japan, emphasizes achieving enlightenment and inner peace through direct experience and meditation. These principles extend beyond spiritual practice, influencing design principles that cultivate a sense of tranquility and harmony. Larissa Aesthetic Center's new interior design is a testament to the power of Zen.

By integrating Zen concepts, the design fosters a visitor experience characterized by serenity, harmony, and balance. Simplicity is at the core, with minimalist furnishings and calming color palettes of white, gray, and brown. Excessive decorations are replaced by the beauty of natural elements, with large windows or sliding glass doors bathing the space in natural light and promoting a connection with the outdoors. Natural materials like wood, stone, and bamboo are woven throughout the design, creating a sense of closeness to nature and providing warmth and texture that enrich the experience.

The positive results of the survey are a testament to the success of this approach. A staggering 95% of respondents agreed that the Zen-inspired interior design creates a soothing atmosphere and significantly increases comfort for visitors. This demonstrates that the new design goes beyond physical comfort, providing a holistic experience that supports mental well-being. In

conclusion, Larissa Aesthetic Center's embrace of Zen design offers a powerful response to the challenges of the digital age. By creating a haven of tranquility that addresses both physical appearance and mental well-being, Larissa empowers its clients to achieve a true sense of inner and outer beauty. The success of this project highlights the potential of Zen design to provide a refuge from the pressures of social media and promote self-acceptance in an increasingly image-conscious world.

Acknowledgements

With deepest gratitude, the author acknowledges Larissa Aesthetic Center for their invaluable cooperation. Their willingness to share documentation data and facilitate the interview process was instrumental in this project's success. Additionally, a heartfelt thank you goes out to Interior Design Study Programme of Universitas Tarumanagara and all the respondents whose thoughtful answers provided the foundation for this journal. Their participation was essential in crafting a comprehensive exploration of the topic.

REFERENCES

- Botti, R. M. – Salitsky. (2017). *Programming & research 'skills and techniques for interior designers*. Bloomsbury Inc (Second Edition).
- Kilmer, R., & Kilmer, W.O. (2014). *Designing interiors*. John Wiley & Sons, Inc.
- Sanzari, C. M., Gorrell, S., Anderson, L. M., Reilly, E. E., Niemiec, M. A., Orloff, N. C., ... & Holmes, J. M. (2023). The impact of social media use on body image and disordered eating behaviors: Content matters more than duration of exposure. *Eating behaviors*, 49, 101722. <https://doi.org/10.1016/j.eatbeh.2023.101722>.
- Sari, S. M., Hartanto, J. N. (2013). Aplikasi gaya desain zen pada perancangan interior body care di Surabaya. *Jurnal INTRA*, 1(1), 1-7. <https://publication.petra.ac.id/index.php/desain-interior/article/view/1347>
- The Dove Self-Esteem Project (2021, April 1). *Dove takes its battle against unrealistic beauty standards into the social era with "Reverse Selfie"*. Creative Moment. <https://www.creativemoment.co/dove-takes-its-battle-against-unrealistic-beauty-standards-into-the-social-era-with-reverse-selfie>
- Vaswani, K. (2012). *Indonesia's love affair with social media*. BBC News. <https://www.bbc.com/news/world-asia-17054056>
- Yolanda, A., Suarti, N. K. A., Muzanni, A. (2022). Pengaruh body shaming terhadap kepercayaan diri siswa. *Realita: Jurnal Bimbingan dan Konseling*, 6(2). <https://doi.org/10.33394/realita.v6i2.4494>.
- Winchip, S. (2011). *Sustainable design for interior environments 2nd edition*. Fairchild Books.
- Wood, S. (2013). *Generation z as consumers: Trends and innovation*. Raleigh.