

## **ABSTRACT**

*Population growth is increasing, this has an impact on the development of population density which leads to the level of human fatigue when doing activities. And can interfere with concentration in carrying out work activities and school activities. For people who have a high level of activity, they certainly need time for recreation, self-relaxation and refreshing physically, psychologically, and reflexology to meet the needs of the millennial community. Resort and SPA One of the places that is a destination for recreation and relaxation for families, The highest number of tourists who come, both local and foreign tourists, makes Garut as a destination with high enthusiasts.*

*Key word: Garut, Relaxation, resort and SPA*