

Massages

TRADITIONAL BALINESE

A meditative massage based on the history of Indian, Chinese and European influence in Bali. The Balinese massage offers a variety of techniques and tempos of acupressure, skin rolling, long strokes and percussion to invigorate the muscles, energize, and significantly increase blood circulation.

60 Min. IDR 350,000

90 Min. IDR 385,000

BALINESE HERBAL COMPRESS

Traditional herbal remedies have been used by the Balinese for thousands of years. They believe these natural medicines warm the body, relieve tired muscles and alleviate minor rheumatic conditions. Therapeutic herbs assist in the removal of toxins from the body and refresh your skin. Treatment begins with massage using hands, followed by a herbal pound of the entire body and ends with a scalp massage

90 Min. IDR 365,000

AROMATHERAPY MASSAGE

A soothing and relaxing massage using gentle long strokes, kneading, wringing and acupressure to stimulate blood flow, relieve toxins from the body and alleviate muscle tension. Massage oils are extracted from local herbs and spices such as clove, ginger, lavender and coconut.

90 Min. IDR 365,000

SWEDISH MASSAGE

A full body massage that utilizes aromatherapy essential oils for maximum benefits. A relaxing gentle to firm massage relieves tension, soothes tired muscles, enhances circulation and improves muscle tone.

60 Min. IDR 310,000

90 Min. IDR 365,000

HOT STONE MASSAGE

This ultimate massage experience skillfully uses heated river stones with massage strokes to focus on key points of the body, creating a sensation of comfort and warmth. The direct heat relaxes muscles, allowing manipulation of greater intensity.

90 Min. IDR 365,000

FOOT REFLEXOLOGY

Reflexology is a massage focusing mainly on the feet. It is a method of stimulating the reflex points, which relax and rejuvenate each and every part of the body. Massaging the pressure points in the feet allows the nerve network to boost the immune system and improve the physical body.

60 Min. IDR 310,000

Massage Add-Ons

NATURAL BODY WRAP

Choice between Papaya or Aloe Vera Wrap. This treatment hydrates and moisturizes your skin with natural products rich with vitamins and antioxidants. During mask application, enjoy a relaxing scalp massage, followed by a shower and an application of body lotion.

50 Min. IDR 290,000

NATURAL BODY SCRUB

Choice between Vanilla Coffee Scrub or Sea Salt Glow Scrub.

This treatment exfoliates the surface of your skin, lifting away dead skin cell buildup and leaves you with a radiant and glowing complexion. The scrub is followed by a shower and an application of body lotion.

50 Min. IDR 290,000



Express Treatments

EXPRESS BACK AND SHOULDER MASSAGE

This massage focuses on the back and shoulder areas of the body to relieve tension in these commonly over-stressed muscles.

30 Min. IDR 150,000

EXPRESS FOOT REFLEXOLOGY

This treatment focuses on stimulating reflex and pressure points located in the feet which can relax and rejuvenate the body. It is ideal after a long day spent exploring Sumba.

30 Min. IDR 150,000

Packages

WELLNESS PACKAGE

90 Minute Aromatherapy Massage
30 Minute Foot Reflexology

120 Min. IDR 500,000/person

ROMANTIC PACKAGE

-2 people in shared spa room-

60 Minute Balinese Massage
60 Minute Beauty Treatment (Body Scrub or Body Wrap)

120 Min. IDR 500,000/person