

#### Balinese Massage

60 Minutes 400

Combining gentle stretching, long therapeutic strokes, skin rolling, and acupressure techniques, this ancient Balinese healing massage helps ease muscle pain and release tension from deep within the muscles to improve blood flow and joint mobility. A truly relaxing indulgence.

# Neck And Shoulder, Back or Foot Massage

45 Minutes 300

The perfect pick-me-up for high-tension areas, providing fast relief from aches, pain, and stiffness. Feel lighter and more relaxed in no time!

### Therapeutic Massage

90 Minutes 500

Experience complete rejuvenation with a combination of long Balinese massage strokes, Swedish deep tissue techniques, acupressure point stimulation, and Thai stretching. This holistic massage helps relieve muscle tension, improve blood circulation and increase mobility, leaving you feeling relaxed and renewed.

## Head Massage

60 Minutes 350

Enjoy a soothing massage of the scalp, back, neck and shoulders. This deeply relaxing therapy is effective in combating stress, boosting blood circulation, and easing headaches.

## Warm Stone Massage

90 Minutes 525

Melt tension away with this muscle-soothing massage. Following a relaxing foot bath, smooth, heated river stones massage the body gently to relieve physical and emotional stress. The stones are also placed on specific energy points to deeply relax the muscles and encourage healing from within.

## **Body Scrub**

60 Minutes 400

A rejuvenating treatment made with mineralrich ingredients that will leave your skin feeling refreshed and silky smooth.

## Reflexology

60 Minutes 350

Relax as your therapist stimulates reflex points on your feet that correspond to every organ and system in the body. This ancient healing technique helps correct imbalances by unblocking the body's vital energy flow and boosting its natural selfhealing processes.

### Head and Feet Massage

30 Minutes 250

The perfect remedy for hardworking hands and feet, providing soothing relief from tiredness and tension.



## Signature Treatments

## **Grounding Shiatsu Release**

60 Minutes 500

Experience deep relief through Shiatsu, a dry massage technique that uses firm, rhythmic pressure without oils to target tension points and restore balance. Ideal for those who prefer strong, intentional touch, this grounding treatment helps release blockages, ease chronic stress, and promote a deep sense of calm and clarity.

### Ijen Escape

**120** Minutes

650

This is the ideal treat after a day of intense physical activity. Feel tiredness dissolve and your energy restored with a 90-minute therapeutic massage followed by a pampering 30-minute foot massage.

### Relaxation Remedy

105 Minutes 600

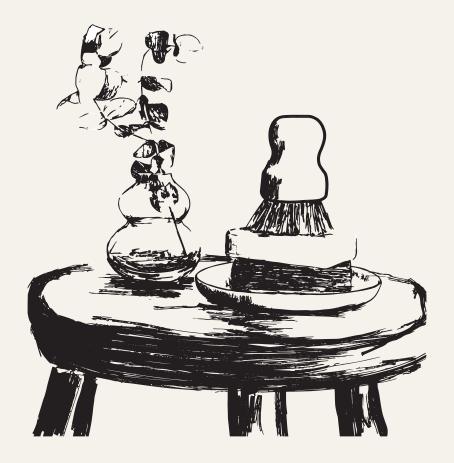
This relaxing treatment begins with an indulgent 75-minute warm stone massage and continues with a 30-minute foot massage. The perfect combination to stimulate circulation, relieve tension, and leave you feeling as light as air.

### Tabuhan Day Dreamer

120 Minutes

685

Unwind with a deeply relaxing 60-minute Balinese massage, followed by a rejuvenating sea salt body scrub to gently exfoliate and soften the skin. Complete the experience with a refreshing rinse, leaving you renewed and glowing.





### Spa Etiquette

#### Arrival

Please be early. Kindly arrive at least 15 minutes before your treatment is scheduled. Late arrival may mean your treatment time is reduced.

#### Cancellation

Reservations cancelled within 8 hours will be subject to a charge of 50% of the listed price. Treatment times may be changed subject to the availability of our spa host.

## Spa Attire

Please wear comfortable attire. Robes and disposable underwear will be provided. You may choose to wear your own under- wear or swimwear during your treatment.

## **Allergies**

Please let our spa host know of any health-related issues or known allergies. Simple patch tests will be performed before any treatment to ensure the selected product is right for you.

#### **Products**

All our spa produces are created using 100% natural ingredients, free from synthetic preservatives and additives.