

# SPA

## MENU OF SERVICES

### MASSAGES

#### RELAXING

60 Minutes / 90 Minutes

IDR 280/420

Inspired by the rejuvenating techniques of traditional Balinese Massage, this treatment combines long strokes, skin rolling, and thumb & palm pressure. It aims to relieve tension, improve blood circulation, reduce anxiety and calm the mind.

#### ENERGY

60 Minutes / 90 Minutes

IDR 280/420

This firm and deep stroke massage treatment is performed using elbow pressure to restore depleted energy levels and release emotional tension. The sheer of this exclusive therapy helps to relieve stress as well as muscular aches and pains.

#### HOT STONE

90 Minutes

IDR 470

The muscle-soothing flow of Swedish massage and our special oil, coupled with the chi-balancing power of Shiatsu's finger pressure.

#### HERBAL COMPRESS

90 Minutes

IDR 470

Selected indigenous herbs, which are commonly used in traditional medicine, are wrapped in a cotton compress. It is applied to the body and used to alleviate pain or inflammation by opening pores and relaxing the muscles with medicinal heat.

#### FOOT REFLEXOLOGY

60 Minutes

IDR 330

A powerful way to balance the body and stimulate the body's natural healing process. This treatment is designed to relieve toxins, tension and relax mind, body & soul.

#### AROMATHERAPY

60 Minutes / 90 Minutes

IDR 330/460

Aromatherapy massage combines two powerful and popular techniques for increased healing power, stress reduction, and pain relief. The essential oils inhaled and applied topically can provide healing, soothing, and relaxing effects.

#### YOGI SUN BURN RELIEF

60 Minutes

IDR 280

Specially designed for those Yoginis & Searchers who got too much sun, using a natural product to cool down the burning of the red skin.



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### REFRESHING FACIAL

60 Minutes

IDR 330

The reviving treatment focuses on the use of pure and natural ingredients known for their nourishing properties such as amala, aloe vera, cocoa butter, and seaweed.

A green tea peel will eliminate impurities, while an avocado mask penetrates the skin for a deep moisturizing effect.

### LULUR - THE ROYAL BODY SCRUB

60 Minutes

IDR 280

A traditional and dynamic massage of exfoliation and purification using a combination of natural products such as sea salt and herbs to remove dead skin cells, stimulate blood circulation and nourish delicate skin.

## MISCELLANEOUS

Other Services

### EMOTIONAL HEALING VIA QUANTUM ENERGETICS

90 Minutes

IDR 1.420

This session is perfect for clearing your mind in order to enjoy your holiday fully and set the foundations for more happiness and authenticity in your life.

Based on Spirituality and new science (Quantum physics, brain plasticity, epigenetics) for a fast transformation. A session is the equivalent of 150hrs of meditation.

After the initial conversation, with a very gentle touch, The energy of your body to your head will be activated through specific points related to your belief system. You'll be in a theta state, hypnosis mode which allows accessing your subconscious mind to run 95% of your life. During the session, you will be connected to your inner child, and you will be helped to clear statements, heal and transform blockages, resistances, or negative patterns. You'll have more clarity and consciousness about yourself and situations so it'll give you more power of choice. Relaxing, igniting clarity, peacefulness, lightness, and creativity.

Available on appointment only Monday and Friday from  
11 am to 5 pm

### SAUNA SESSION

60 Minutes

IDR 1.600

It consist in a sequence of infrared sauna, herbal steam sauna, cold shower.

Must be booked 3 hours in advance (deposit IDR 600.000)  
Max 4 people