

SPA MENU

health

Reflexology

Applying varying methods of massage techniques for varying degrees of pressure on the whole of the foot to unblock energy flow and the body's natural healing.

60 mins / IDR 145.000 nett

90 mins / IDR 195.000 nett

Deep Tissue Massage

The massage works to ease tensions, boost circulation, improve mobility and skin tone by reaching into the deeper layers of muscle tissues and acupoints. The therapist will focus on areas of concerns specified by the guest.

90 mins / IDR 550.000 nett

Lymphatic Drainage Massage

A gentle massage therapy complemented with dry brushing technique to stimulate circulation in the lymphatic system and aid detoxification. Target areas include lymph nodes on armpit, groin, gut and in between the lungs.

90 mins / IDR 550.000 nett

rest

Back & Shoulder Massage

A compact yet intense therapy focused on relaxing stressed muscles in lower and upper back, shoulders and neck.

40 min / IDR 150.000 nett

Sleep Massage

An extensive therapy to improve sleep quality by relieving the nervous system and removing muscle tension to reduce physical and mental fatigue.

110 min / IDR 610.000 nett

Aromatherapy Massage

A gentle and relaxing therapy using premium all natural essential oils to help relieve physical tension and mental stress and improve immune system.

60 min / IDR 400.000 nett

90 min / IDR 550.000 nett

fitness

Sports Massage

Combines deep tissue massage and fast rhythm techniques, designed to reduce muscle spasms, facilitate muscle recovery, decrease neurological excitability, and improve range of movement.

60 min / IDR 400.000 nett

90 min / IDR 550.000 nett

Stretch Therapy

A specialized guided therapy to help ease tension and pain, increase range of movement and adjust imbalances.

40 min / IDR 150.000 nett

Add-on

Additional Massage - 30 mins	IDR 150.000 nett
Bath Therapy - 30 mins	IDR 120.000 nett
Exfoliation - 30 mins	IDR 150.000 nett
Manicure - 60 mins	IDR 180.000 nett
Pedicure - 75 mins	IDR 220.000 nett
Nail Polish - 30 mins	IDR 120.000 nett
Shampoo & Blow Dry - 60 mins	IDR 180.000 nett
Hair Spa - 60 mins	IDR 280.000 nett