

ZEN SPA

SPA TREATMENTS SELECTION

Swedish Massage 60 Minutes	\$120
Sports Massage 60 Minutes	\$120
Hot Stone Massage 90 Minutes	\$160
Hawaiian Lomi-Lomi Massage 60 Minutes	\$120
Balinese Massage 60 Minutes	\$120
Foot Reflexology 60 Minutes	\$120
Aromatherapy Massage 60 Minutes	\$120
Back and Shoulder Massage 30 Minutes	\$90
Facial 60 Minutes	\$120
Body Scrub + Body Mask 60 Minutes	\$120
After Sun Aloe Vera Treatment 30 Minutes	\$90
Foot Scrub + Foot Massage 60 Minute	\$120

BEST FOR DIVERS

Dive Delight Massage 60 Minutes	\$120
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All prices are in Indonesian Rupiah and subject to 11% government tax

The background of the page is a light-colored, textured surface, possibly marble or stone. It is decorated with several elements: a lit candle in a glass holder, several smooth, light-colored stones, and several green leaves with prominent veins. The overall aesthetic is clean, minimalist, and natural.

SPA ETIQUETTE

In order to maximize your Spa experience, we kindly ask you to arrive 5 minutes prior to your scheduled treatment. Please refrain from bringing valuables to the Spa as we do not provide lockers or safety deposit boxes.

If you are pregnant or have any current health issues, please advise our staff.

Disposable panties are provided for your convenience.

The Spa is a "WHISPER ZONE" please respect this by turning phones off or placing them on silent.

Should you arrive late for a scheduled treatment we may need to reduce your treatment time so as not to inconvenience other guests.

If you would like to cancel any treatment, kindly do so at least 2 hours in advance.

MASSAGES

BALINESE MASSAGE

Flowing and graceful therapy, known to strengthen and heal the body, combining stretching, long strokes, skin rolling and palm-and-thumb pressure techniques.

Relieves tension and eases stress.

SWEDISH MASSAGE

Relaxing and invigorating classical European technique which manipulates muscles with the use of aromatic massage oils. Stimulates blood circulation, known to be efficacious in treating the lymphatic, muscular and nervous systems.

BACK AND SHOULDER MASSAGE

Enjoyable energetic massage which releases deeply held tensions in the upper body. Working on all the muscles in the neck, shoulders, scalp and face. Brings relief from stress and leaves you feeling deeply relaxed.

FOOT REFLEXOLOGY

Ancient art of massaging the feet, stimulates specific pressure points which correspond to the whole body. Opens and clears the energy pathways. Improves circulation and leaves you feeling grounded, energized and renewed.

SCUBASPA SPORTS MASSAGE

Treatment characterized by low, firm pressure strokes, trigger point work and joint mobilization. Techniques are used to increase blood circulation and release toxins.

DIVE DELIGHT MASSAGE

Gentle massage designed perfectly for a relaxing moment after a dive. It refreshes the body, eliminate the tension, relieve the tired muscle, and can help reduce nitrogen bubbles.

SPA TREATMENT

FACIAL

Revitalize your skin with our exquisite facial treatments. Our skilled professionals personalize each session to nourish your skin, leaving it radiant and refreshed. Elevate your skincare routine and bask in the pampering you deserve, as we bring out your skin's natural glow.

BODY SCRUB + BODY MASK

Deeply moisturizing and an excellent treatment before exposure to the sun. Rich, nourishing, and hydrating. You can choose from a variety of treatment recipes.

AFTER SUN ALOE VERA TREATMENT

Soothes, repairs and rejuvenates the skin after exposure from the sun's harmful rays. It also smoothens and tones your epiderma.

FOOT SCRUB + FOOT MASSAGE

Let go of stress as your feet are pampered with an invigorating scrub, followed by a soothing massage. Rejuvenate tired muscles and leave feeling renewed from sole to soul.

DELUXE TREATMENT

HOT STONE MASSAGE

Warmed stones glide across the body in long, soothing strokes to ease stiffness and release tension. The heat penetrates the muscles for deep relaxation. Stones are also placed on the energy points of the body, to stimulate energy flow

HAWAIIAN LOMI-LOMI MASSAGE

Ancient spiritual type of treatment that facilitates the nurturing and healing of the body, mind and spirit. Incorporates continuous, soothing strokes from head to toe, from the left side of the body to the right side like waves washing over you.

These movements make it difficult for your mind to track, therefore enabling you to relax, zone out and simply be open to receiving Aloha spirit of love. Hawaiian Lomi-Lomi has been described as 'The Rolls Royce of Massages'.

AROMATHERAPY MASSAGE

Surrender to tranquility with our aromatherapy massage. As skilled hands work their magic, the soothing scents of essential oils envelop you, easing tension and promoting deep relaxation. This harmonious blend of therapeutic touch and aromatic bliss rejuvenates your body and mind, leaving you with a renewed sense of balance and well-being.

Experience the serenity that only aromatherapy can offer.