



RELAX BY THE SEA

9 AM - 6 PM

RESET RITUAL FOR ONE HOT SHOWER + ICE BATH

Focus the mind and experience the healing of contrast therapy.
Best finished with a refreshing ocean plunge.

20 minute | IDR 260,000 nett

RESET RITUAL FOR TWO HOT SHOWER + ICE BATH (1 PERSON PER BATH AT A TIME)

Focus the mind and share the healing power of contrast therapy.
Best finished with a refreshing ocean plunge together.

30 minute | IDR 380,000 nett

RENEW RITUAL

30 MINUTE BACK MASSAGE + HOT SHOWER + ICE BATH

Calm the mind, align the body, reduce inflammation, restore balance and awaken the senses. Best finished with a refreshing ocean plunge.

60 minute | IDR 950,000 nett/person

RESTART RITUAL

1 HOUR BALINESE MASSAGE + 30 MINUTES COLD POOL

The ancient Balinese healing therapy combines gentle stretching, long strokes, and skin rolling with palm and thumb pressure to unravel the deepest stress and improve blood flow, this treatment works to rejuvenate energy in the body, relax stiff muscles and improve skin elasticity.

90 minute | IDR 1,400,000 nett/person



BALINESE MASSAGE

The ancient Balinese healing therapy with palm, thumb and firm pressure to rejuvenate energy in the body relax the muscle and improving blood circulation.

60 minute | IDR 1,200,000 nett

90 minute | IDR 1,500,000 nett

FOOT REFLEXOLOGY

A relaxing pressure point massage to soothe tired feet.

30 minute | IDR 600,000 nett/person

NECK & SHOULDER

Perfect to ease tension, this massage will set you up for a great day on the beach.

30 minute | IDR 600,000 nett/person

CROWN CHAKRA BLISS HEAD MASSAGE WITH SOOTHING CREAM

Encourage healthy blood flow, a calming reset to balance the mind and elevate energy.

15 minute | IDR 350,000 nett

Please note: We do not recommend applying any cooling or healing skin treatments while at the beach, as most guests are still wearing sunscreen or sunblock. This may cause a reaction for those with sensitive skin. To ensure guest safety and prevent any potential skin irritation or complaints, we advise offering these treatments in a more controlled environment.

SUNDAYS

SPA & WELLNESS