

SPA MENU

Pamper yourself with natural treatments, healing therapies and rejuvenate in the blissful back-country of Sumberkima Hill. This is self-love at its finest.

LONG TREATMENTS

RELAXING MASSAGE ⌚ 60m / 90m 230k / 340k

Soft-pressure Balinese massage techniques come together to stimulate circulation, ease tension and release stress.

BALINESE MASSAGE ⌚ 60m / 90m 230k / 340k

Medium-pressure traditional massage from Bali, passed down for generations. Reduces tension and fatigue, and improves the lymphatic and muscular systems.

RE-ENERGIZING MASSAGE ⌚ 60m / 90m 240k / 350k

Strong-pressure massage to relieve deep-rooted muscle tension and mental fatigue. Awakens an overall sense of emotional and physical wellbeing.

HEALING MASSAGE ⌚ 60m / 90m 320k / 450k

Sri and Serti are experienced Balinese practitioners, trained in traditional techniques passed down through generations. Their treatments focus on restoring physical balance, relieving muscular tension and supporting the body's natural recovery processes.

This massage combines traditional Balinese methods with targeted acupressure and firm, therapeutic pressure to improve circulation, release deep-seated tension and promote overall wellbeing. It is particularly beneficial for muscle fatigue, stiffness and areas of discomfort.

With a highly developed sense of touch, they are able to identify areas of imbalance and tailor the treatment to your individual needs, helping to restore a sense of ease and alignment throughout the body.

A deeply effective and restorative treatment for those seeking both relaxation and physical renewal. If you are dealing with a specific injury or problem, make sure to inform the spa before the massage so they can focus on it.

ACUPUNCTURE ⌚ 60m / 90m 700k / 950k

Medical acupuncture is a Chinese-adapted practice that involves inserting thin, sterile needles into specific points on the body to stimulate the nervous system.

It is an evidence-based treatment designed to balance the body's energy flow and trigger the release of natural painkillers such as endorphins. It is commonly used worldwide to alleviate chronic pain, reduce stress and promote overall physical and mental wellness.

Available Monday to Thursday, 10:00 - 16:00. Please book at least 3 hours in advance.

For the first appointment, we recommend the 90-minute treatment, as it includes a consultation and a few health tests.

FOOT REFLEXOLOGY ⌚ 60m 240k

Foot reflexology is a therapeutic practice that applies sustained, targeted pressure to specific points on the feet. Rooted in traditional medicine, it operates on the belief that these points correspond to different organs and systems.

Massaging these points helps relieve pain and stress, improve blood circulation and promote natural healing.

The treatment starts with a relaxing and cleansing herbal foot bath followed by reflexology. The therapist can explain which part of the foot corresponds with each part of the body if you feel sensitivity or pain at a specific point.

NATURAL FACIAL ⌚ 60m 260k

This revitalizing, stress-relieving treatment brightens the skin by activating skin metabolism and drainage. The ritual combines aromatherapy, natural cleansers, a brown sugar scrub and a gentle jojoba oil face, neck and shoulder massage. We finish the facial with a kaolin clay mask to remove impurities and finally a smooth Gua Sha jade roller, renowned for skin relaxation.

MANICURE ⌚ 60m 180k

Enjoy your complete manicure, including a massage of the forearms and hands. Includes nail polish.

PEDICURE ⌚ 60m 220k

Soak away tired feet before enjoying cuticle treatment followed by a gentle foot massage. Includes nail polish.

SUN TREATMENT ⌚ 90m 340k

Ideal for cooling, soothing and rejuvenating sun-damaged skin. After a herbal foot bath, you receive a 40 min body massage followed by an aloe vera wrap.

BEAUTY PACKAGE AROMA / NATURAL ⌚ 150m 460k

After a herbal foot bath, you receive an hour-long relaxing massage followed by a body scrub and body mask with natural fresh ingredients or aromatherapy. An aromatic flower bath with salt crystals completes the experience.

HOT STONE ⌚ 60m / 90m 240k / 300k

A natural therapy where warmed stones are positioned on parts of the body that maximise therapeutic benefit. The heat warms up tight muscles so the therapist can work more deeply. It expands blood vessels and encourages blood flow, relieves chronic pain, releases toxins and promotes deep relaxation.

JAPANESE FACE MASSAGE + FACE MASK ⌚ 60m 220k

Calming face massage following the Kobido method. A centuries-old traditional Japanese facial massage technique relying on quick, percussive tapping, kneading and slow sculpting strokes to release tension, boost lymphatic drainage and stimulate circulation for a naturally rejuvenated, radiant complexion. We finish with a kaolin clay mask to remove impurities and finally a smooth Gua Sha jade roller, renowned for skin relaxation.

SHORT TREATMENTS

BACK MASSAGE ⌚ 30m 120k

A 30 min massage focused on your neck and back, using medium pressure to relieve muscle tension.

LEG MASSAGE ⌚ 30m 120k

Medium-pressure massage focused on your legs. A combination of traditional massage and acupressure techniques is used.

EXPRESS NATURAL FACIAL ⌚ 30m 165k

This revitalizing, stress-relieving treatment brightens the skin by activating skin metabolism and drainage. The ritual combines aromatherapy, natural cleansers, a brown sugar scrub and a gentle jojoba oil face, neck and shoulder massage. We finish the facial with a kaolin clay mask to remove impurities and finally a smooth Gua Sha jade roller, renowned for skin relaxation.

FACE STEAM + MASSAGE ⌚ 30m 120k

Cleanse your skin with a herbal face steam with flowers and herbs from our garden, mixed with essential oils, and finish with a face massage.

FULL BODY SCRUB ⌚ 30m 180k

Exfoliate your skin with our home-crafted coffee and brown sugar scrub that will deep-clean and energise you.

FULL BODY WRAP ⌚ 30m 180k

Treat yourself with a full body kaolin clay mask and a jojoba and vitamin E face application.

SOUND HEALING RELAXATION ⌚ 30m 145k

Complete one of our treatments with a deeply relaxing singing bowl sound healing.

STANDARD HAIR WASH ⌚ 20m 125k-150k

Shampoo, conditioner and scalp massage (option keratin, collagen or silver), CBD.

STANDARD HAIR WASH + HAIR MASK ⌚ 40m 225k-260k

Shampoo and conditioner with a scalp massage and hair mask while enjoying a hand massage (option keratin, collagen or silver), CBD.

PREMIUM HAIR WASH ⌚ 20m 200k-230k

Shampoo, conditioner and scalp massage (option for colored hair / hair repair), L'Oreal Professional or Davines.

PREMIUM HAIR WASH + HAIR MASK ⌚ 40m 350k-400k

Shampoo and conditioner with a scalp massage and hair mask while enjoying a hand massage (option for colored hair / hair repair), L'Oreal Professional or Davines.

HAIR OIL TREATMENT ⌚ 40m 180k-220k

Deep clean your scalp and nurture your hair by gently applying jojoba oil directly to the scalp followed by a coconut oil treatment.

*Prices for hair treatments vary based on hair length due to the need for more or less product.

SAUNA & COLD PLUNGE

Open 8am - 8pm. Includes complimentary tea and coffee in the garden.

SINGLE ENTRY PASS	200k
UNLIMITED WEEK / MONTH	600k / 1.500k

YOGA GROUP CLASSES

1 CLASS	100k
3 CLASS PASS	250k
SUNSET YOGA @ STAGE	200k
UNLIMITED WEEK / MONTH	400k / 900k