

Therapies

60 Mins

90 Mins

Aroma Therapy

3500

4500

Mild gentle strokes and pressure with application of diluted essential oils. It helps to reduce mental stress, anxiety, and helps to improve mood and sleep quality.

Recommendation: Relief from Anxiety, Depression & Mental Stress

Swedish Therapy

3700

4700

Using medium pressure this massage is best for relaxation with the technique of long gliding (Effleurage), kneading and tapping to relieve muscle tension, improve blood circulation.

Recommendation: Rejuvenation & Relaxation

Deep Tissue Therapy

4000

5000

Firm pressure and slow strokes using fingers, thumbs and elbows to apply pressure which helps to relieve chronic muscle pain & tension and improve flexibility and blood circulation.

Recommendation: Relief from Muscle Pain & Tension

Balinese Therapy

4500

5500

In medium to strong pressure, this includes gentle stretching, acupuncture, reflexology, kneading and stroking which helps to relieve stress and tension. Improve blood circulation, enhance relaxation, relief pain, and boost immunity and energy level. This improves overall wellbeing.

Recommendation: Relief from Muscle & Joint Stiffness

Thai Dry Therapy

4000

5000

A complete dry massage without using any oil and cream, using a combination of acupressure and stretching. This helps releasing tension, improving flexibility and enhancing energy flow.

Recommendation: Relief from Body Stiffness

Four Hand Therapy

6500

8000

Two therapists working synchronized to massage a guest, potentially for a deeper level of relaxation and faster relief of muscle tension.

Recommendation: Relaxation at its Pinnacle

Body Polishes

30 Mins

Sugar | Salt | Coffee

3000

Facials

60 Mins

Hydrating Facial

3500

Replenish the moisture levels of your skin, soothe the dryness, and make you feel supple, soft, and refreshed.

Recommendation: Dry, Sensitive and Dehydrated Skin

Brightening Facial

3500

Lightens and Brightens the Complexion, Revealing radiant glow.

Recommendation: Dull and Tanned Skin

Anti-Ageing Facial

3500

Gives Youthful Glow, Improving Skin Texture.

Recommendation: Damaged & Aged Skin

Quick Fixes

30 Mins

Foot Massage

2000

Relief from pain, using dry balm or oil

Head Neck & Shoulder Massage

2000

Focuses on head, neck & shoulder that can help relieve tension.

Back Massage

2000

Helps with acute pain, muscle tightness & improve posture.

Face Cleanup

2000

Rejuvenate Packages

Massage & Scrub

90 Mins

120 Mins

90 Mins / 120 Mins Massage + 30 Mins Scrub

5500

6500

Massage & Facial

120 Mins

150 Mins

Focuses on head, neck & shoulder that can help relieve tension.

6000

7000

Massage, Scrub & Facial

150 Mins

180 Mins

Helps with acute pain, muscle tightness & improve posture.

8000

9000