

Ā M A N
S P A

Massages

Balinese Massage

60 minutes	IDR 1,700,000++
90 minutes	IDR 2,200,000++

A traditional Balinese massage focused on stimulating circulation and inducing relaxation. This treatment employs deep thumb and palm traditional pressure methods, called *Urut*.

Deep Tissue Massage

60 minutes	IDR 1,700,000++
90 minutes	IDR 2,200,000++

This deeply penetrating oil massage releases stubborn knots in problematic areas. A strong treatment that incorporates pressure points, deep tissue and stretching techniques and is a firm favourite amongst our guests.

Thai Massage

60 minutes	IDR 1,700,000++
90 minutes	IDR 2,200,000++

Thai-inspired traditional treatment, applied with grace, mindfulness, and generosity of spirit. The therapist uses a combination of gentle stretches and pressure point massage to relieve tension and leave muscles feeling deeply supple and relaxed. Performed without use of massage oil, comfortable clothing is worn throughout the treatment.

Foot Massage and Reflexology

60 minutes	IDR 1,200,000++
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Your therapist will work on the lower legs with focus on the pressure points on the soles of your feet to help restore balance in the body. Ideal after a long journey or a day of sightseeing.

Add On Invigorating Coffee Scrub

30 minutes	IDR 600,000++
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Stimulating body scrub made from blended coffee, ginger, and fresh honey, leaving your skin smooth and tingling. application of body lotion finishes this invigorating treatment.

Aloe vera soothing wrap

30 minutes

IDR 600,000++

Freshly grown Aloe Vera from our garden is used in this deeply moisturizing wrap. Hydrating after-sun cream is then applied to calm and soothe the skin further.

Traditional Indonesian Treatments

Lulur

120 minutes

IDR 2,400,000++

This experience starts with a 60 min Balinese massage, followed by a body exfoliation made from local spices, including clove, ginger, and turmeric, blended with rice powder. Known as *lulur*, it brightens the skin, helps relieve muscle tension and eases fatigue. A relaxing soak in a warm herbal bath completes the treatment.

Beauty

Holistic facial

60 minutes

IDR 2,300,000++

Soothing rhythmic movements enliven, balance, and rejuvenate the skin, whilst a unique blend of plant essences and oils deeply cleanses and nourishes. Zone Therapy massage techniques will address and stimulate the reflex points on the face and the treatment will finish with an uplifting technique using the ancient wisdom of marma point therapy from India.

MANICURES & PEDICURES

Manicure - 60 min

IDR 900,000++

Pedicure - 60 min

IDR 900,000++

Combination manicure/pedicure - 90 min

IDR 1,600,000++

Polish change - 30 min

IDR 300,000++

Spa Reminders

Appointments

We advise booking your spa appointment upon arrival so that we may best accommodate your needs and to avoid disappointment should we be fully booked.

Cancellation Policy

The treatment you select is reserved especially for you. Guests will be charged a 50% cancellation fee for treatments cancelled less than four hours prior to the appointment time. No-show or cancellation within one hour will be charged at 100%.

What to wear

Please feel free to arrive for the treatment in your robe, we offer disposable undergarments for both men and women. Our therapists are trained in professional draping to cover you appropriately during treatments in order to maintain your privacy. We recommend leaving your jewellery in your suite safety box.

Treatment venue

Treatments can be enjoyed at the privacy of your suite or by the swimming pool. Please contact your butler to make a reservation.

Special considerations

Some treatments are not suitable for certain conditions, and it is in your best interest if we suggest an alternative.

Please let us know if you suffer from allergies, sensitivities, high blood pressure, diabetes, a heart condition or any other physical issues or injuries in your consultation form to allow the best possible treatment experience for you.

Please notify us when making a booking if you are pregnant and we will guide you through the treatments suitable for you.

Age Requirements

The minimum age for taking a spa treatment is 16 years. Guest under the age of 18 years is required to have parental consent prior to the booking being accepted.

Pricing

All prices are subject to 21% government tax & service charge.