



Welcome!

SPA & YOGA





SPA ETIQUETTES & POLICIES

Arriving Early

Please remember that your treatment will be finished on time to prevent further delays, regardless of how late you start. So, arriving late will shorten your treatment.

Spa Attire

Please wear comfortable attire. You may wear your underwear during the treatment, though we will also provide robes and disposal underwear.

Cancellation Policy

A 50% charge from the listed price will be charged for cancellation within 8 hours before the treatment schedule. We will reconfirm if there is a change in the treatment schedule.

Health Concern

Advise our spa reception of any health condition, allergies, or injuries that could affect your treatment upon reservation. Our Spa team will advise a customized treatment according to your needs and ensure your safety and comfort.

Rates

All prices in IDR,000 and subject to 21% tax and service charge

Respect for Others

Our Spa promotes a tranquillity and relaxation environment. Please respect other privacy and peace. It is prohibited to use cellular phones and gaming devices in the Spa area.

Smoking & Alcohol

Guests are not allowed to smoke in the Spa area. We recommend you refrain from consuming alcohol within eight hours of your treatment.

Jewelry Care

Guest have to take off all jewelry before arriving at the Spa and proceeding to the receptionist counter. Our Spa receptionist will reconfirm and briefly explain your scheduled treatments.



MASSAGES

LIST OF SERVICE

Nusa Penida Signature Massage

90 mins

It is our signature massage inspired by the ocean waves. It will soothe your body and restore the energy with long-stroke movement combined with elbow techniques that work gently and deeply into the muscle with continuously flowing strokes. It is relaxing and gives in to the nurturing touch.

Balinese Massage

60 mins

90 mins

It is a deep tissue massage that uses various techniques such as pressure point stimulation. It will improve your blood circulation and the flow of the body's oxygen. This traditional Indonesian massage combines with acupressure.

Swedish Massage

60 mins

90 mins

Relieve the muscle tension and aches with this massage. It starts with light or medium pressure with long strokes and kneading techniques according to your personal needs.

Herbal Compress Massage

90 mins

This Herbal compress massage combines the healing effects of traditional massage techniques with a heated herbal compress consisting of a mix of traditional herbs and spices that simultaneously relax and invigorate the mind and body. This ritual purifies, relaxes, warms, relieves aches and pains. The skin condition is improving while the massage is stimulating the senses.

Foot Reflexology

60 mins

90 mins

It is a healing touch massage that relieves pain, headaches, and stress. Foot reflexology massage is pressure onto particular areas of the soles that has a connection to internal organs.



BODY SCRUBS

LIST OF SERVICE

Balinese Coffee Scrub

60 mins

Coffee consists of antioxidants that will protect the skin against environmental exposure. Cinnamon stimulates cell regeneration and blood circulation. Both consist of antioxidants, vitamins, and essential minerals for youthful skin.

Rice flour, kaolin clay, coffee, cinnamon.
Suitable for oily skin or acne-prone skin.

Lemongrass Sea Salt Scrub

60 mins

Salt is used to clean pores deeply, balances oil production, and thwart bacteria that can instigate breakouts and acne. It leaves skin soft, smooth, and glowing naturally.

Mineral sea salt, lemongrass, cloves.
Suitable for dry skin.

Coconut Bali Passion Scrub

60 mins

Stimulate the rejuvenation process by exfoliating dead skin cells with a dry coconut body scrub that moisturizes the skin. The coconut will intensively hydrate, nourish and provide an anti-aging effect on the skin.

Dry coconut, rice flour, ylang-ylang
Suitable for all skin types.



BODY WRAP & FACIAL

LIST OF SERVICE

After Sun Treatment

60 mins

It is a specially-designed treatment for sunburnt and dry skin problems. This cooling after-sun treatment nourishes and invigorates the skin condition by wrapping and applying gentle hydrating lotion.

Aloe vera

Balinese Boreh Wrap

60 mins

'Balinese Boreh' is a traditional Balinese Body Mask that local people often call lulur. It is a natural body scrub that warms the skin, opens the pores, improves circulation, relieves pain and relaxation with natural ingredients.

Cloves, sandalwood, ginger, cinnamon

Dead Sea Mud Mask

60 mins

Mud masks can work to remove impurities and dead skin on your body. An added benefit of Dead Sea mud is that salt and magnesium ingredients can improve your skin's performance by creating a better skin barrier.

The results of using Dead Sea salt are also healthier and elastic skin.

FACIAL SERVICE

Rejuvenation Organic Facial Treatment

60 mins

A revitalizing facial that begins with honey, cucumber toner, and a strawberry-candlenut scrub. Followed by a coconut oil massage, warm towel, and an avocado-cucumber mask. The treatment ends with a deeply relaxing head massage.



SPA

LIST OF SERVICE SIGNATURE SPA PACKAGES

Balinese Retreat

150 mins

It is a customized treatment for your retreat session according to your individual needs. The package includes: 90 minutes of Pranayama Yoga session that include a Meditation session with a refreshing whole coconut drink or fresh juice, 60 minutes Balinese Massage.

Perfect Day

3 hours

It is a wellness healing program to refresh your mind, body, and spirit through a combination of yoga sessions and spa treatment. A 90 minutes Pranayama Yoga session includes a Meditation with refreshing whole coconut or fresh juice, 60 minutes Balinese Massage, and enjoys a healthy Lunch or Dinner at Kowhai Restaurant with a healthy menu to complete your treatments.

SPA PACKAGE

Javanese Traditional Spa Package

150 mins

The treatment starts with a footbath followed by a full-body massage and the lulur body scrub made of saffron mixed with rice flour, traditional spices, and other roots. Gentle scrubbing removes dead or rough skin cells, followed by a yogurt body mask for skin rejuvenation. Footbath ritual, 75 minutes Balinese Massage, 30 minutes Body Mask (lulur), 30 minutes Yogurt Wrap, Moisturizing lotion.

After Sun Healing

105 mins

This treatment soothes and heals sunburnt skin. It is hydrating and reduces inflammatory caused. Footbath ritual, 30 minutes Body Mask to reduce the heat, and heals with the aloe vera gel lotion application followed by 75 minutes Foot Reflexology.



YOGA

FROM SIGNATURE SPA PACKAGES

The center of Mind, Body, and Soul

(Part of SPA Package)

90 mins

Hatha yoga is holding specific body postures called asanas. It works on muscle strength and connects your body and mind. Hatha yoga emphasizes holding poses for long periods, and it has three practices: body postures, breathing techniques, and meditation. The benefits of Yoga practice include sleep quality, strengthening core muscles, Improving depression symptoms, and stress management.

Small group for the beginner, (maximum of 6 persons)
Schedule at 7AM or 5.30PM

LIST OF SERVICE

Hatha Yoga

60 mins

Relax and rejuvenate with our Hatha yoga sessions, designed to harmonize mind, body, and spirit. Whether you're a beginner or an experienced practitioner, our expert instructor guides you through a series of gentle postures, controlled breathing, and mindful relaxation. Set in a tranquil, luxurious environment, these sessions provide the perfect balance of strength, flexibility, and inner peace, ensuring you leave feeling completely restored and centred.

Vinyasa Yoga

60 mins

Flow through a series of dynamic, breath-synchronized movements in our invigorating Vinyasa yoga sessions. Set in a serene and luxurious atmosphere, our expert instructor leads you through seamless transitions that build strength, flexibility, and mindfulness. Whether you're seeking to enhance your physical fitness or deepen your connection to inner peace, this energizing practice offers a perfect balance of movement and stillness for a revitalizing experience.

All yoga sessions include a complimentary refreshment of either a whole coconut or fresh juice.



YOGA

LIST OF SERVICE

Ashtanga Yoga

90 mins

Immerse yourself in the transformative practice of Ashtanga yoga a dynamic, structured sequence guided by our expert instructor. Set in a peaceful, luxurious space, this breath-linked flow builds strength, flexibility, and focus while enhancing physical fitness, inner clarity, and balance.

Yin-Yang Yoga

60 mins

Discover the perfect blend of dynamic movement and deep stillness in our Yin-Yang yoga sessions. This unique practice combines the invigorating flow of Yang yoga, designed to build strength and flexibility, with the calming, restorative stretches of Yin yoga, which focuses on deep tissue release and relaxation. Set in a serene and luxurious environment, our expert instructor guides you through this balanced practice, leaving you feeling both energized and deeply relaxed, with a renewed sense of harmony and inner peace.

Yin Yoga

60 mins

Embrace tranquility and deep relaxation with our Yin yoga sessions, a gentle practice focused on long-held postures that target the deeper connective tissues of the body. Set in a serene, luxurious setting, our expert instructor guides you through slow, mindful stretches that release tension, increase flexibility, and restore balance. Perfect for those seeking deep relaxation and a calming experience, this practice promotes a profound sense of peace and rejuvenation for both the body and mind.

Power Yoga

60 mins

Elevate your strength and stamina with Power Yoga an energizing practice of dynamic flow, breath, and strength-focused movement. In a luxurious, tranquil space, our expert instructor leads a high-intensity session that builds endurance, flexibility, and focus, leaving you balanced, empowered, and renewed.

All yoga sessions include a complimentary refreshment of either a whole coconut or fresh juice.



YOGA

LIST OF SERVICE

Restorative Yoga

60 mins

Unwind and rejuvenate with our Restorative Yoga sessions, designed to promote deep relaxation and healing. This gentle practice uses props and long-held, supportive poses to allow the body to fully relax and release tension. Set in a serene, luxurious environment, our expert instructor creates a peaceful space where you can slow down, restore balance, and experience profound tranquility. Perfect for those seeking stress relief and recovery, this practice nurtures both body and mind, leaving you feeling refreshed, restored, and at ease.

Pranayama Breathing Session

60 mins

Reawaken your senses and restore balance with our Pranayama breathing session. Guided by an expert instructor, this practice enhances mental clarity, improves lung capacity, reduces stress, and boosts energy offering deep calm in a serene, luxurious setting.

Yoga Nidra

60 mins

Indulge in deep relaxation with Yoga Nidra, a guided meditation often called “yogic sleep.” Led by our expert instructor in a peaceful, luxurious setting, this practice helps release tension, promote healing, relieve stress, and restore mental clarity.

Meditation

60 mins

Escape into tranquility with our guided meditation sessions, led by an experienced instructor in a serene, luxurious setting. Combining breathing techniques, visualization, and relaxation, this practice relieves stress, enhances clarity, and fosters emotional balance and deep inner calm.

All yoga sessions include a complimentary refreshment of either a whole coconut or fresh juice.