

# MENU

*UMALAS*

# FULL BODY *Massage*

## SIGNATURE *full body massage*

*75 min - 500K*

Indulge in our signature massage, where traditional techniques, gentle stretches, and precise acupressure come together to restore balance, melt away tension, and rejuvenate your body and mind.

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## BALINESE *full body massage*

*60 min - 400K*

*90 min - 540K*

Experience the art of a traditional Balinese massage, combining rhythmic strokes, acupressure, and aromatic oils to soothe muscles, improve circulation, and restore harmony to body and mind.

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## AROMATHERAPY *full body massage*

*60 min - 430K*

Indulge in a medium pressure aromatherapy massage with warm oil, releasing soothing scents and relieving muscle tension. Promote relaxation and rejuvenation for both body and mind.

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## DEEP TISSUE MASSAGE *full body massage*

*60 min - 580K*

Relieve deep-seated tension with targeted strong pressure, promoting muscle recovery and reducing chronic pain for lasting comfort.

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## HOT STONE *full body massage*

*60 min - 580K*

Immerse yourself in this ancestral massage style. Bali volcanic stones improve blood circulation, offer a sedative effect on pain, and promote deep relaxation.

# PART BODY

## *Massage*

### RELEASE

#### *back massage*

*30 min - 270K*

Relieve tension in your back and neck with this focused 30-minute massage, designed to target areas of stress, relax tight muscles, and restore comfort for a refreshed, rejuvenated feeling.

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### EXPAND

#### *head and shoulders massage*

*30 min - 270K*

Experience the incredible benefits of a head, neck, and shoulder massage. Improve circulation to ease headaches, neck tension, and shoulder discomfort.

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### SUPPORT

#### *hands massage*

*30 min - 270K*

Soothe your tired hands with a gentle massage. This treatment targets pressure points and helps relieve joint strain, offering relaxation and comfort.

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### REST

#### *feet massage*

*30 min - 270K*

Give your feet and legs the care they deserve after travel or a day of exploration. This soothing treatment includes reflexology and extends up to the knees, releasing tension throughout your body and promoting deep relaxation and ultimate relief.

# SKIN CARE

## *Body mask*

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### SUNBURN RELIEF MASK

*30 min - 540K*

This mask provides multiple benefits to sun-exposed skin, including soothing and calming irritated areas, reducing redness, and promoting healing. It also hydrates your skin, which is essential for maintaining healthy skin after spending too much time in the sun.

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### DRY SKIN NOURISHMENT MASK

*30 min - 630K*

Nourish and hydrate your skin with this full-body mask. It provides essential moisture and nutrients, making it an excellent choice for dry skin in need of extra nourishment and hydration. Feel refreshed and revitalized as your skin receives the care it needs to stay healthy and hydrated.

## *Body scrub*

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### COCONUT

*Sensitive skin*

*45 min - 540K*

This gentle, soft peeling scrub helps maintain the natural balance of your skin while softening and alleviating dryness. Coconut's natural properties nourish the skin, providing hydration and leaving it feeling smooth and refreshed.

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### COFFEE

*Thick skin*

*45 min - 580K*

This medium peeling scrub helps dilate blood vessels and reduce the appearance of skin dimples. The stimulating effects of caffeine help to improve blood flow, tighten the skin, and eliminate excess water, making it an effective treatment for cellulite-affected areas.

# FACIAL

## RELAXING *face massage*

*30 min - 390K*

This 30-minute facial includes a soothing face, neck, and scalp massage to promote deep relaxation and refresh your skin in a short amount of time. It leaves your skin feeling invigorated and rejuvenated—perfect for those with busy schedules.

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## REFRESHING *face treatment*

*60 min - 540K*

Ideal for those with fragile skin exposed to the elements, including the ocean, sun, wind, and dust. This facial soothes and nourishes the skin, reducing inflammation and restoring a healthy, radiant glow. Perfect for calming irritated skin, it provides deep hydration and protection.

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## ENERGY *face treatment*

*60 min - 540K*

This face care treatment is designed for normal to dry skin, providing deep hydration and nourishment. It restores moisture, soothes dryness, and helps maintain a smooth, refreshed complexion. Perfect for keeping skin soft, balanced, and protected throughout the day.

# RITUALS

## RELAX

This indulgent experience includes a 75-minute Signature massage, designed to release tension and promote deep relaxation, followed by a 30-minute Relaxing Facial to refresh and rejuvenate your skin.

The perfect way to relax, refresh, and emerge feeling renewed.

*(Signature 75 min + relaxing facial 30 min)*

*105 min - 800K*

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## RENEW

Pamper yourself with a 60-minute facial to cleanse, refresh, and nourish your skin. Follow it with a 30-minute feet massage to release tension and promote relaxation. This combination offers the perfect balance of skincare and soothing relief, leaving you feeling refreshed, revitalized, and completely relaxed.

*(Facial refreshing or energy 60 min + feet massage 30 min)*

*90 min - 730K*

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## RECOVER

Begin your holiday with serenity. This rejuvenating package includes a 30 soothing foot massage, a 30-minute head massage, and a relaxing 30-minute facial. Perfect for unwinding post-arrival and setting a relaxed tone for your stay.

*30min foot massage + 30min head massage + 30min facial*

*90 min - 835K*

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## RELIEVE

Begin with a 45-minute body scrub to exfoliate and refresh your skin, followed by a 30-minute body mask to deeply nourish and hydrate. Finally, unwind with a 60-minute Balinese massage, designed to relax your muscles and soothe your mind. This luxurious treatment offers a complete rejuvenation, leaving you feeling refreshed, glowing, and completely relaxed.

*45min body scrub + 30min body mask + 60min balinese massage*

*150 min - 1.350k*