

THE BALANGAN HOTEL SPA

MASSAGES

FOOT MASSAGE 30m : 250K / 60m : 400K
Involves working on the feet with pressure, either manually or mechanical aids to promote relaxation and health.

HEAD MASSAGE 30m:250k / 60m:400K
Massage that focuses on the head, neck, and shoulders. It can help reduce stress and tension in upper body.

BACK MASSAGE 30m:250k / 60m:450K
A massage that's given to the back of body, typically between shoulders and waist. Back massage can help a variety of issues

DEEP TISSUE 60m:500K / 90m:650K
Targets chronic tension in muscle that lie far below the body's surface. Deep muscle techniques involve slow strokes, direct pressure or friction movements that go across the muscle grain.

BALANGAN SIGNATURE 60m:450k / 90m:600K
Combination of relaxation based massage and deep tissue work, designed for clients seeking pain relief in specific muscle areas while still desiring the grounding and relaxation that Lomi-Lomi massage provides

BALINESE MASSAGE 60m:400k / 90m:550K
Uses a combination of gentle stretches, acupressure, reflexiologi, and aromatherapy to stimulate the flow of blood, oxygen, and "qi" (energi) around the body, bring a sense of wellbeing, calm, and deep relaxation.

SIGANTURE HOT STONE MASSAGE 90m:750K
Melt away tension with our deeply relaxing hot stone therapy. Smooth heated basalt stones are gently glided accross the body, easing muscle stiffness and improving circulation while warm presure dissolves stress. This full-body treatment promotes deep relaxtion, balances energy, and leaves you feeling grounded, restored, and renewed.

HERBAL POUCH MASSAGE 60m: 750K
A therapeutic treatment combining gentle massage with warm herbal poultices filled with aromatic healing herbs. The heat soothes tired muscles while the natural essences release their restorative properties, easing tension, stimulating circulation, and promoting deep relaxation. This ancient ritual leaves body and mind refreshed, balanced and renewed.

SIGNATURE FOUR HANDS MASSAGE 60m: 650K
Perfectly synchronized movement deliver profound relaxation and pure indulgence Indulge in the ultimate luxury as two expert therapists move in perfect harmony, creating a symphony of touch that melts away stress and tension. With four hands working in synchronized rhythm, your body surrenders to waves of relaxation you've never experienced before.
This exclusive treatment blends gentle, flowing techniques with focused muscle relief, delivering double the benefits in half the time. The result? A deeply immersive journey that balances body, mind, and spirit—leaving you refreshed, restored, and completely renewed.

★ Ideal for: ultimate relaxation, stress release, and pure indulgence.

BODY TREATMENT

BODY SCRUB 30m : 300K
A traditional body ritual consisting of a body scrub made from natural ingredients. Restore skin hydration, vitality, and radiance. A luxurious treatment suitable for even the most sensitive skin.

BALANGAN RELAXING 120m : 750K
Luxury treatment relaxing experience begins with relaxing Senses Signature Massage. This is a rejuvenating treatment that counteracts stress and promotes positives healt, continue with choice with of Body Scrub to enhance circulation and relase impurities through the skin. *Body scrub, Body Mask, Balinese Massage*

RENEW AND REFRESH 90m : 650K
Instant facial rebirth. Enjoy a refreshing body massage with the main benefits of relieving muscle and skin tension, and express facial rejuvenation for healthy, radiant and smooth skin. *Balinese Massage and Facial*

SKIN SOFT AND GLOW 60m : 500K
A traditional body ritual that includes a body scrub made from natural ingredients, restoring hydration skin, vitality, and radience with a gentle body cleanser and followed by a rich moisturazing mask. A luxurious treatment suitable for even the most sensitive skin. *Body Scrub and Body Mask*

BALANGAN GLOW 120m : 1200K
This treatment it is combination of a traditional Balinese Massage to relaxing the body, followed by a body scrub to cleanse, hydrate and nourish the skin. Continued with the use of body mask that moisturizing and increases skin elasticity and conclude with a refresher radiance boost facial. *Body Scrub, Body Mask, Balinese Massage and Facial*

FACIAL TREATMENT

SIGNATURE FACIAL WITH JICAMA MASK 50m : 450K
A luxiorius, multi-step treatment designed to deeply renew and restore your skin's natural. (Cleansing, Exfoliation, facial Massage, Jicama Mask, toner, massage, moisturazer). This Facial leaves your complexion purified, nourished, and glowing with vitality.

VITAL NUTRITION FACIAL 50m : 450K
A series of facial skin care product designed for normal skin or dry skin, to keep skin fresh and healthy

VITAL NUTRITION ANTI AGING 50m : 450K
A series of facial skin care product designed for normal skin or dry skin, to keep skin fresh and healthy

CHOOSE YOUR PERFECT MASK 50m : 450K
Enhance your facial with a mask tailored to your skin's needs:

- **Charcoal Mask** - Purifies and detoxifies while controlling excess oil for a refreshed, clarified complexion.
- **Gold Mask** - A Luxurious treatment that rejuvenates, smooths fine lines, and restores a youthful glow.
- **Niacinamide Mask** - Brightens and softens the skin while helping to calm acne and reduce.



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SPA



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