

THE BALANGAN HOTEL SPA

MASSAGES

FOOT MASSAGE 30m : 250k / 60m : 350K
Involves working on the feet with pressure, either manually or mechanical aids to promote relaxation and health.

HEAD MASSAGE 30m:250k / 60m:350K
Massage that focuses on the head, neck, and shoulders. It can help reduce stress and tension in upper body.

BACK MASSAGE 30m:250k / 60m:350K
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.

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 positive health, continue with a choice with of Body Scrub to enhance circulation and release impurities through the skin. *Balinese Massage, Body scrub, Body Mask*

RENEW AND REFRESH 90m : 650K
Instant body facial rejuvenation. 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. Restore skin hydration, vitality, and radiance with this gentle body cleanser and polish followed by rich moisturizing mask. A luxurious treatment suitable for even the most sensitive skin. *Body Scrub and Body Mask*

BALANGAN GLOW 120m : 1200K
This treatment is a 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. *Balinese Massage, Body Scrub, Body Mask, and Facial*

FACIAL TREATMENT

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 : 750K
A series of anti-aging products to help reduce wrinkles and improve skin elasticity.

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