



Spa Menu



ANANTARA

SPA



Anantara Signature Treatment

Fusing Anantara Spa's world-class expertise with indigenous wellness traditions and time-honoured holistic therapies, our collection of highly specialist rituals blends luxurious pampering with powerful, long-lasting benefits for body, mind and soul.

‘SIRAMAN HARMONY’ COUPLES’ RITUAL

180 MINUTES | 6.750.000/Couple++

Strengthen the spiritual bond with your partner through Siraman, a Javanese prewedding ritual centred on purification. Then, after a soothing foot bath, the traditional Taksu massage will transfer spiritual energy between you while relieving tight muscles. Following this, a Lulur body scrub using a blend of spices will polish the skin, with a nourishing facial concluding the journey. The experience ends with a healthy meal, leaving both of you glowing, refreshed and deeply connected.

Siraman Ritual • Foot Bath • Taksu Massage
• Lulur Ritual • Facial • Wellness Meal

ANANTARA SIGNATURE MASSAGE

60 MINUTES | 1.950.000/Pax++

90 MINUTES | 2.250.000/Pax++

Combining revered Eastern and Western techniques in purpose-designed movements with our signature oil blend, this soothing massage stimulates the circulation and deeply relaxes muscles. Meanwhile, reflexology clears blockages of energy and promotes overall wellbeing.



**ROYAL JAVANESE
LULUR RITUAL**

90 MINUTES | 2.550.000/Pax++

Experience the timeless elegance of Javanese traditions with Lulur, a pre-wedding ritual used to cleanse, soften and purify the skin, ensuring you look radiant. Begin with a calming foot bath, followed by a soothing body massage that melts away tension and calms the mind. A gentle exfoliation with a blend of saffron, rice flour and native spices, suitable for all skin types.

**PAYANGAN
SERENITY**

90 MINUTES | 2.550.000/Pax++

Discover tranquillity inspired by Payangan, a place of mythical powers, where gods dwell amid lush mountains. Your journey begins with a warm oil body massage, performing a long, soothing strokes to melt away tension. Following with Indian head massage, focusing on acupuncture points along the head, neck and shoulders to promote deep serenity and elevate you to the peak of bliss.

**CRYSTAL CHAKRA
BALANCING**

90 MINUTES | 2.550.000/Pax++

Experience deep relaxation through a combination of lymphatic drainage with crystal-infused oils to balance body, mind and spirit. Enhanced by singing bowls tuned to the seven chakras, the treatment reduces stress, fluid retention and promotes natural detoxification. Choose from four crystals to personalise your session and unlock positive energy.



Indigenous Balinese Therapy

TRADITIONAL BALINESE BOREH

90 MINUTES | 2.450.000/Pax++

Step into the world of ancient healing traditions with this cherished ritual. Practised by generations of local rice farmers, this herbal remedy uses an aromatic paste made from cinnamon, cloves, ginger and rice powder to provide relief from muscle and joint pain. Your boreh journey begins with a foot bath and a soothing Balinese massage, before applying a freshly made boreh paste all over your body. This signature experience is designed to enhance circulation, draw out toxins and leave you feeling rejuvenated and refreshed.

Foot Bath • Balinese Massage • Boreh Body Wrap with a Steamed Banana Leaf

TAKSU MASSAGE

60 MINUTES | 2.250.000/Pax++

90 MINUTES | 2.550.000/Pax++

Meaning “charming aura” in Balinese, this traditional ritual combines the unique techniques of Japanese Shiatsu bodywork, Hawaiian kneading Lomi-Lomi ritual and classic Balinese massage to deliver deep relaxation, enhance blood circulation and relieve muscle tension. Feel your stress melt away as you discover a new level of serenity and rejuvenation.

BALINESE MEPIJET

60 MINUTES | 1.850.000/Pax++

90 MINUTES | 2.100.000/Pax++

A perfect choice for those seeking a profound sense of well-being and deep calm, this traditional Balinese treatment using locally made ginger oil from the herbalists of Jamusara includes stretching, skin rolling and firm pressure application.



Massages

LAVA STONE MASSAGE

90 MINUTES | 2.100.000/Pax++

In this calming treatment, heated lava stones are carefully applied in a pattern that revitalises tired muscles and stills the anxious mind. The deep, penetrating warmth of the stones will leave you feeling grounded, rejuvenated and in tune with your body.

BAMBOO MASSAGE

60 MINUTES | 2.150.000/Pax++

90 MINUTES | 2.450.000/Pax++

Designed to provide relief to hard-to-reach areas, traditional bamboo therapy improves circulation and promotes overall relaxation. Using warm, rounded bamboo sticks to apply pressure at specific points on the body, producing a soothing effect that lingers, as well as leaving you with firmer looking skin thanks to a lifting effect.

DEEP TISSUE MASSAGE

60 MINUTES | 1.550.000/Pax++

90 MINUTES | 1.950.000/Pax++

A perfect choice for those seeking for the ultimate rejuvenation, this traditional Balinese treatment using locally made ginger oil from the herbalists of Jamusara includes stretching, skin rolling and firm pressure application.

SPORTS MASSAGE

60 MINUTES | 1.850.000/Pax++

Designed to help correct imbalances in soft tissue caused by repetitive and strenuous physical activity and trauma, this classic sports massage penetrates deep into the inner layers of muscle and layers of muscle and connective tissue, releasing tension throughout the entire body.

Massages

STRESS RELEASE MASSAGE

60 MINUTES | 1.950.000/Pax++
90 MINUTES | 2.400.000/Pax++

Using a combination of strokes and acupressure techniques, along with the signature aromatherapy oil blend of your choice, this gentle massage delivers waves of deep relaxation and pure pleasure.

JET LAG RELIEF MASSAGE

60 MINUTES | 1.950.000/Pax++
90 MINUTES | 2.400.000/Pax++

Ideal for those recovering from a long flight, this full body treatment focuses on the back, head, neck and shoulders to relieve fatigue and improve circulation, leaving you feeling refreshed and rejuvenated.

FOUR HANDS MASSAGE

60 MINUTES | 5.500.000/Pax++

Two experienced Balinese therapists work in perfect harmony, using synchronised massage techniques, to reach deep into knotted muscles, reduce tension, open acupuncture points and stimulate energy flow. This coordinated approach leaves you in a state of absolute relaxation.

THAI HERBAL COMPRESS

60 MINUTES | 2.500.000/Pax++

Find instant relief from migraines, stiffness and stress with a centuries-old Thai therapy for sore muscles and aches. Your healing session begins with the application of a warm herbal poultice containing therapeutic Thai herbs and spices, followed by a full-body massage with carefully selected herbal oils.

SHIATSU MASSAGE

60 MINUTES | 1.950.000/Pax++

Originating in Japan, Shiatsu is a form of acupressure that integrates Japan's traditional manual therapies with Western medical knowledge. Your therapist will apply direct pressure on various points in the body to provide relaxation, healing and relief. It is performed through loose clothing without using oils.

AROMATHERAPY MASSAGE

60 MINUTES | 1.950.000/Pax++

In this indulgent experience, therapeutic touch meets the aromatic essence of oils to elevate emotional balance and uplift the mood. Experience the synergy of scent and sensation as an expert therapist applies flowing movements to soothe and remove tension.

Massages

INDIAN HEAD MASSAGE

60 MINUTES | 1.850.000/Pax++

Offering a holistic approach to managing stress and enhancing physical well-being, the therapy aids in the relief of migraines, insomnia and anxiety, as well as stimulating lymphatic drainage by circulating blood to the neck area.

FOOT MASSAGE

60 MINUTES | 1.500.000/Pax++

Adapted from reflexology, this treatment targets specific reflex points on the feet linked to internal organs, enhancing energy flow throughout the body. Enjoy soft, medium or strong pressure based on your preference for a personalised, revitalising experience.

FOOT REFLEXOLOGY

60 MINUTES | 1.650.000/Pax++

Immerse in a serene wellness ritual inspired by timeless tradition. A fragrant botanical foot rinse prepares the senses before skilled pressure techniques are applied to key reflex zones to support balance and harmony. This grounding experience eases fatigue, restores natural energy flow, and leaves you feeling centred and renewed.

NOURISHING NEROLI NECK & SHOULDER SOOTHER

60 MINUTES | 1.950.000/Pax++

Surrender to tranquillity with a calming ritual that eases disrupted sleep, melts away stress, and soothes chronic tension. Gentle stretching enhances circulation through the neck and shoulders before a blissful Neroli oil back massage releases deep-set tightness. Facial acupressure and a warm oil head massage complete the experience with profound relaxation.

HIMALAYAN REVITALISE LEG THERAPY

60 MINUTES | 1.950.000/Pax++

Rejuvenate weary legs with a revitalising therapy that blends ancient healing wisdom with modern comfort. Targeted acupressure and a soothing leg massage release deep-set tension and fatigue, while a warm Himalayan salt compress boosts circulation. Long, flowing strokes and gentle stretching leave the limbs feeling lighter, refreshed, and energised.



Body Wrap

BOREH BODY WRAP

60 MINUTES | 900.000/Pax++

Activate your vitality with a centuries-old healing ritual in which a blend of aromatic spices such as ginger, cinnamon and cloves is combined with rice powder to create an aromatic paste that is applied to your body to stimulate circulation and detoxify.

SUN SOOTHER

60 MINUTES | 900.000/Pax++

Relieve sunburn with our homemade aloe vera gel, cocooning your body in a cooling embrace for deep penetration and comfort. Afterwards, a poultice of cold black tea and mint will help reduce redness and pain while drawing heat from the skin's surface. Ideal for daily use until redness subsides.

Body Scrub

BESPOKE BODY SCRUB

60 MINUTES | 900.000/Pax++

Be carried away on a wave of pure bliss as our therapist polishes your skin with a gentle scrub infused with Bali citrus or lemongrass essential oils, suitable for all skin types. Enjoy the benefits of improved circulation and enhanced skin texture, and emerge feeling revitalised, refreshed and beautifully soft from head to toe.

JAVANESE LULUR

60 MINUTES | 900.000/Pax++

Lulur, the ancient beauty ritual of Javanese royals, is a deeply nourishing, hydrating and calming experience. Your therapist will exfoliate your skin with a powder made of rice flour, turmeric and ground sandalwood to promote cellular turnover and brighten the skin.

ROSE GARDEN BODY SCRUB

60 MINUTES | 900.000/Pax++

This exquisite treatment combines the gentle exfoliation of natural sugar crystals with the soothing properties of rose extracts. As the fragrant scrub delicately buffs away dead skin cells, it reveals a radiant and refreshed complexion while leaving your skin silky smooth.



Anantara Holistic Skin Spa by Niance

FACIAL ANTI-AGING TREATMENT

60 MINUTES | 3.150.000/Pax++

Rejuvenate your skin with a transformative anti-aging facial that inspires a youthful radiance. This luxurious treatment embraces NIANCE's signature products, starting with a gentle cleansing peel and followed by a soothing hydrating mask. Each harmonious step restores your natural glow. Concluding with a premium serum, cream, and SPF, your skin emerges protected, hydrated, and revitalized, ready to shine.

WHITENING FACIAL TREATMENT

60 MINUTES | 2.800.000/Pax++

This comprehensive facial treatment uses a range of NIANCE® products to combat hyperpigmentation and reveal a more radiant complexion. The treatment features a luxurious combination of cleansing milk, toner, a gentle peel, and a whitening mask, along with a serum and cream to leave the skin glowing and firm, made from natural ingredients and free of steroids. This facial is ideal for anyone looking to balance their skin tone and obtain a radiant, protected glow.

FACIAL TREATMENT FOR SENSITIVE SKIN

60 MINUTES | 2.800.000/Pax++

A gentle and calming facial focuses on re-hydrating and repairing, perfectly designed for delicate skin. It uses a range of NIANCE® anti-aging products, including a soothing mask, serum, cream, and concludes with a light SPF 50 sun lotion, providing a smooth and non-intensive experience that leaves your skin relaxed, hydrated, and protected.

FACIAL ANTI-AGING TREATMENT FOR MEN

60 MINUTES | 3.150.000/Pax++

This facial treatment for men uses a specially selected range of NIANCE® skin care products to combat signs of aging. The experience includes a gentle cleansing peel, a hydrating mask, and a premium facial serum and fluid. The treatment is finished with an SPF-50 sun lotion to protect the skin. Formulated with Kalahari watermelon extract, this treatment is perfect for those seeking to refresh, revitalise and strengthen the skin's natural protective system.

Niance Body Treatment

LUXURY MULTI ANTI-AGING & RELAX BODY TREATMENT

60 MINUTES | 3.350.000/Pax++

Experience a luxurious anti-aging body treatment that will leave your body feeling renewed, relaxed, and beautifully contoured. Begins with a gentle peel and continues with a nourishing blend of body oil, serum, and cream. This treatment uses a combination of massage and lymphatic drainage to help stimulate collagen synthesis, reduce the appearance of cellulite, and tighten the skin for a smooth, youthful glow.

Spa Etiquette

Appointments

Advance booking is recommended to ensure availability of preferred times and services. Please call reception to make a booking.

Cancellation Policy

We understand that schedules may change, and we will do our best to accommodate such changes. Once your spa appointment is reserved, we kindly ask for a minimum cancellation notice period. Cancellations made with less than 6 hours' notice will be subject to a 50% charge of the booked service. Immediate cancellations will be charged at 100%.

Special Considerations

A consultation form must be completed and signed before the treatment to identify any allergies or previous injuries, ensuring comfort during the session. Most treatments can be adapted to accommodate pregnancy or injury. Please inform the spa of any medical or health concerns.

Pricing

All prices are subject to local taxes and service charges.

Treatment Preparation

Please arrive 30 minutes prior to your scheduled treatment time to allow for a consultation and to enjoy the relaxation areas.

Spa Environment

The minimum age for spa treatments and gym use is 14 years. Guests under 14 must have parental consent before booking.

Guest Attire

Proper attire is required for all fitness and wellness activities. Undergarments and bathrobes are provided for spa treatments.

Valuables

Please store all valuables in the safe in your villa or suite.

Treatments are available from 9:00 am to 9:00 pm (last booking is at 7:30 pm).
Please call reception to make a booking.

