

# kamandaka

SPA

## BODY MASSAGE

### Balinese Traditional Massage

**60/90 Minutes**

**600K / 750K**

This massage is a popular form of traditional Indonesian massage originating from the island of Bali. It combines elements of several ancient Asian massage techniques, including Ayurvedic principles, acupressure, reflexology, and traditional Indonesian medicine. It is known for its holistic approach, focusing on the body, mind, and spirit. It aims to restore balance and harmony within the body, release tension, and promote overall well-being. The massage technique involves a combination of gentle stretches, long strokes, deep kneading, and pressure point stimulation. This massage offers a rejuvenating and therapeutic experience, promoting, physical, mental, and emotional well-being.

### Deep Tissue Massage

**60/90 Minutes**

**700K / 800K**

This is a massage technique that focuses on reaching the deeper layers of muscles and connective tissues in the body. It aims to release chronic tension, alleviate muscle stiffness, and address specific muscular issues. Deep pressure is used gradually applying. More pressure and using specific techniques to access deeper layers of muscle tissue. These techniques involve: stripping, friction, stretching and relaxation.

### Volcano Hot Stone Massage

**75/90 Minutes**

**800K / 900K**

Therapeutic massage technique that incorporates the use of smooth, heated stones from Mount Agung to enhance the massage experience and promote deep relaxation and muscle relief. It combines the benefits of heat therapy and traditional massage techniques to creating soothing and rejuvenating treatment. During the treatment, flat, basalt volcanic stones from Mount Agung will be used. This stones where chosen specifically from Mount Agung because they retain heat effectively. The stones are heated to a specific temperature, to ensure they are safe and comfortable to use on the body. Overall, a hot stone massage offers a unique and indulgent experience that combines the benefits of heat therapy and massage to provide relaxation, relief, and a renewed sense of balance for both the body and mind.

All prices are in thousand (000) rupiah and subject to 12,5% Government tax & 10% service charge

Jl raya Tegallalang. Banjar tengah, Tegallalang ubud-bali

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### Reflexology

**30/60 Minutes**

**500K / 650K**

Reflexology is a type of therapy that uses gentle pressure on specific points along your feet. This therapy is designed to encourage energy flow to all vital organs, promote a sense of well-being, reduce stress, and help your body work better. It's also known as zone therapy.

### Sañña Signature Massage

**75/90 Minutes**

**850K / 950K**

Our signature massage that targets tight, sore muscles ideal for post-traveling to revitalize both body and mind. This deep, yet relaxing massage incorporates long rolling, kneading, stretching strokes to lengthen muscles with acupressure movements to release deep-seated tension, with warm stone that focusing on the back will melt your stress and it is blended with Balinese techniques for healing and deep tissue.

## BODY SCRUB & BODY WRAP

### Sea Salt & Coconut Body Scrub

**60 Minutes**

**750K**

A traditional and natural way to deeply cleanse and polish your skin using an invigorating coconut and sea salt scrub, leaving you with glowing skin.

### Coffee & Seaweed Mask

**60 Minutes**

**750K**

Pure and natural ingredient from Bali Coffee is use in this tradition Balinese ritual to cleanse, smooth, and soft your skin. It will brighten the skin by removing dead skin cells and impurities and will leave your skin deeply moisturizing and brightening.

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## SPA PACKAGE

### Kamandaka Journey

**120 Minutes**

**1.000K/Person**

Begin with a footbath ritual followed by body exfoliation and an indulgent soak in a luxurious petal-strewn bath with a glass of white wine as a complement. Next enjoy a deep tissue massage to relieve tension, improve blood flow, ease stress and calm the mind. This journey will leave your soul renewed. A truly perfect moment for the ultimate love celebration.

Footbath Ritual-Body Scrub -Shower-Aromatherapy Bath -Deep Tissue Massage

### Romantic Indulgence

**150 Minutes**

**1.300K/Person**

Indulge in a new journey massage experience using our organic active ingredients from nature, enhancing overall body healing and repair with this indulgent signature treatment experience. Your rebalance process begins with foot bath ritual followed by body exfoliation in addition to a nurturing body wrap, and followed with Aromatherapy bath with glass of red wine. And after that being transported to a state of deep relaxation with our Balinese massage. And leave your skin glowing and moisturized.

Footbath Ritual-Body Scrub-Body Wrap-Shower-Aromatherapy Bath -Balinese Massage

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