

# kamandaka

SPA

## BODY MASSAGE

### Balinese Traditional Massage 🏠

**60/90 Minutes**

**980K/1,320K**

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**

**980K/1,320K**

This is a massage technique that focuses on reaching the deeper layers of muscles 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**

**1,250K / 1,450K**

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 21% government tax & service charge

Jl Raya Tegallalang. Banjar Tengah, Tegallalang Ubud-Bali



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## BODY MASSAGE

### Sañña Signature Massage

**75/90 Minutes**

**1,280K / 1,480K**

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.

### Back Massage

**30/60 Minutes**

**580K/860K**

A deep tissue massage focusing on the tension areas of the body including back neck and shoulders to dissipate any muscular tension.

### Foot Massage

**30/60 Minutes**

**580K/860K**

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.

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## FACIAL

### Traditional Balinese Facial

**30/60 Minutes**

**680K/ 920K**

This is a traditional beauty therapy originated in Bali. It combines natural ingredients, traditional techniques, and cultural rituals to promote healthy and radiant skin. Balinese facial natural therapy focuses on nourishing the skin, improving skin tone and texture and rejuvenating the face. This treatment offers a holistic approach to skincare, combining the benefits of natural ingredients, massage, and cultural traditions. It not only promotes healthy and glowing skin but also provides a deeply relaxing and rejuvenating experience for the mind and the spirit.

## BODY SCRUB

### Sea Salt And Coconut Body Scrub

**60 Minutes**

**880K**

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 Scrub

**60 Minutes**

**880K**

Pure and natural ingredients Bali coffee is used in this traditional Balinese ritual to cleanse, smooth and soften your skin. It will brighten the skin by removing dead skin cells, impurities and it will leave your skin deeply moisturizing and brightening.

### Lulur Scrub

**60 Minutes**

**880K**

Experience the ultimate pampering with our Indulgent Exfoliation Ritual, where our luxurious lulur scrub gently buffs away impurities, followed by our Yogurt body mask that leaving your skin smooth, radiant and revitalized.

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## BODY WRAP

### Balinese Boreh

**60 Minutes**

**880K**

Transport yourself to the tranquil landscapes of Bali with our Balinese Boreh treatment. This treatment will start with a gentle back massage followed by a Balinese boreh body wrap. This ancient healing remedy combines a rich blend of traditional spices using cinnamon, cloves, ginger, rice powder with other spices to invigorate your senses and deeply nourish your skin, promoting relaxation and rejuvenation from within.

### Seaweed Body Mask

**60 Minutes**

**880K**

Immers yourself in the healing embrace of marine botanicals with our oceanic renewal wrap. Rich in detoxifying seaweed, this nourishing body mask infuses minerals, soothes the skin, and restores vitality from the ocean's depths.

### Aloe Vera Gel Mask

**60 Minutes**

**880K**

Indulge in the healing power of nature with our deeply hydrating Aloe vera body mask. This refreshing skin gel treatment envelopes the skin in cooling veil of pure aloe, soothing irritation, reducing inflammation, and replenishing moisture from head to toe. Ideal for sun-exposed, sensitive, or dehydrated skin, this calming ritual leaves your feeling restored, rebalanced, and radiantly smooth.

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## SPA PACKAGE

### Tantri Kamandaka Journey

**1,580 K / Person**

**120 Minutes**

**2,980 K / Couple**

Rebalance, revitalize, renew. 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 footbath ritual continue with body exfoliation which tightly tones the skin and cleanse your nadis, followed by aromatherapy bath with a glass of white wine as a complement. Before being transferred to a state of deep relaxation with our selectable body massage.

*Footbath Ritual-Body Scrub-citrus Aromatherapy Bath-Body Massage.*

### Perjalanan Cinta

**1,580 K / Person**

**120 Minutes**

**2,980 K / Couple**

"Only from the heart you can touch the sky" Inspired by the Balinese fables this treatment focuses on the heart, the centre of unconditional love, compassion and forgiveness. A traditional Balinese foot ritual welcomes you and your loved one, and prepares your body and mind for the ceremony to come with love meditation. Featuring a blissful body massage followed by a rejuvenating facial to pamper both body and soul.

*Footbath Ritual-Body Massage-Facial*

### Bungkus Kerajaan

**1,880 K / Person**

**150 Minutes**

**3,400 K / Couple**

A traditional Balinese body exfoliation using coffee scrub to cleanse and seaweed body wrap to smooth and hydrate the skin. Combined with aromatherapy bath with a glass of white wine and being transport to a state of deep relaxation with our Balinese Massage.

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

### Royal Bali Ceremony

**1,350 K / Person**

**120 Minutes**

**2,580 K / Couple**

Pamper the soul by removing all negative energy at our private Beji. This spiritual cleansing ritual in Bali will purify your mind, body, and soul, as well as your positive energy. Followed by a gentle massage from an experienced therapist who will make your body calm and relaxed.

*Purification at Spa Beji-Footbath Ritual-Body Massage*

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## +ADD ON TREATMENT

### Private Yoga

**480 K / Person**

**60 Minutes**

**850 K / Couple**

Reconnect with body, mind, and breath through our curated yoga sessions designed for all levels. Whether you're seeking deep relaxation, gentle movement, or a revitalizing flow, each practice is guided by skilled instructor. Our yoga offerings promote flexibility, balance, and inner peace.

### Purification At Sarira Sauca

**680 K / Person**

**60 Minutes**

**1,280 K / Couple**

As part of this sacred ritual, we invite you to experience a private purification at Sarira Sauca, our holy spring at Sanna Hotel. Immerse yourself in the harmonious embrace of sacred waters drawn from the heart of our land—gently cleansing your spirit, awakening inner peace, and restoring balance to the mind, body, and soul.

### Citrus Aromatherapy Bath

**30 Minutes**

**450 K**

Awaken your senses with this invigorating citrus-infused bath ritual. A bright blend of essential oils, sweet oranges lemon and kafir lime leaves fills the air as skin softening botanical swirl through warm water. This energizing soak helps boost circulation, uplift mood, and refresh both body and mind, leaving you radiant and renewed.

### Bubble & Milk Bath

**30 Minutes**

**450 K**

Indulge in a luxurious soak that blends rich, creamy milk with soft aromatic bubbles to nourish the skin and soothe the senses. This calming ritual deeply hydrates, gently softens the skin, and promotes relaxation with a touch of elegance.

### Jacuzzi

**30 Minutes**

**450 K**

Surrender to the soothing embrace of warm, bubbling waters in our therapeutic jacuzzi ritual. This hydrotherapy experience combines gentle water massage and heat to ease muscle tension, stimulate circulation, and calm the nervous system

### In Villa Massage

**180K / Person**

We offer in-villa massage services for all treatments with the code 🏠 Please note that there will be an additional charge for the setup and preparation. Kindly inquire for more details.

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## Kamandaka Spa Etiquettes

- 1.** Kamandaka Spa opens daily from 09.00 a.m. until 9.00 p.m., and the last treatment reservation is at 7.30 p.m. for a one-hour spa treatment.
- 2.** Reservations for spa treatments at our Kamandaka Spa can be done at Kamandaka reception or by dialing 0 or 3 on the phone in your room. We strongly encourage all of the guests to schedule their spa appointments first to allow us to allocate the time they prefer.
- 3.** We kindly request that all of the guests arrive at least 15 minutes prior to the spa treatment appointment time; arriving late will limit the time of the treatment
- 4.** For the first visit to Kamandaka Spa, all of the guests will be asked to complete a confidential consultation form. This is to check for possible contraindications to any treatments.
- 5.** All the guest treatments will be finished as scheduled.
- 6.** All guests must leave the treatment room no later than 5 minutes after the treatment is completed, for the preparation of the next guests.
- 7.** All guests wishing to cancel their spa treatment appointments must provide us with a minimum notice of 6 hours in advance; otherwise, a 50% cancellation fee will be applied if the cancellation is made less than 6 hours in advance.
- 8.** We are providing our professional therapist and spa treatment. No sexual harassment of any kind is tolerated; the treatment might be immediately stopped in such a case, and management will definitely take action as per our hotel policy.
- 9.** Spa facilities need to be booked in advance. Please inform your personal butler to ensure your preferred time and service are available.
- 10.** To maintain a peaceful atmosphere and to respect other guests' privacy, we kindly request that mobile phones be silenced when arriving at the spa. Our spa is a whisper zone and non-smoking area.
- 11.** For valuable items, we recommend that no jewellery be worn at the spa. The management and staff are not responsible for any loss or damage to valuables of any kind.
- 12.** All guests are required to honour the spa etiquette above in order for us to provide maximum pleasure and pleasant care to all of our guests.

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