



fivelements  
RETREAT

# Healing & Wellness Menu

We invite you to experience a day of wellness, healing and inspiration.

Our Wellness Team is pleased to guide you in selecting the most suitable therapies for your needs.

Reservations are required at least 24 hours prior to arrival to secure your desired treatments.

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# Balinese Sacred Ceremonies

These rituals include traditional offerings and ceremonial guidance. Available as private or group sessions.

## Agni Hotra Fire Blessing Ritual

Considered part of the five elements, fire represents transformation. Attending this Balinese fire blessing offers an opportunity to offer negative thoughts or unwanted energy into the fire to be purified or transformed into more positive energy. This healing ritual is known to be effective in helping one let go of unwanted aspects in their lives, and bring in and manifest new intentions and new life.

The ritual begins with meditation in the Agni Hotra ceremonial fire space, while listening to the hotri(s), ceremony priest or facilitator, as he rings the Balinese bell and chants Sanskrit mantras to evoke the Divine and blessings of health and abundance. Following the lighting of the fire, you are invited to participate by making offerings of grains, lentils and other foods into the fire. A silent meditation is shared toward the end to complement this ancient ritual.

45 minutes                      1,600,000  
(Private - Max 2 persons)  
(Group - Max 10 persons) 2,500,000  
/ Additional Person        / 350,000

## Melukat Water Blessing Ritual

Bali is often referred to as the island of "holy water" because of the countless number of sacred springs on Bali and because holy water is the key element in their purification ceremonies. One of the five elements, water represents flow of energy (also known as prana or chi), connected to emotion and intuition. Balinese participate in water blessings regularly called Melukat, and believe that these rituals assist in cleansing our bodies on the physical, emotional and spiritual levels.

Sitting in meditation in one of our Sacred Spaces, a temple priest prepares the holy water in a vase with flowers and incense while chanting mantras in ancient Sanskrit. Following the mantras, you are invited to receive a holy water cleansing as this blessed water is poured gradually over your head and body, giving a full sensation of having a "holy shower."

20 minutes                      1,000,000  
(Private - Max 2 persons)  
(Group - Max 10 persons) 2,000,000  
/ Additional Person        / 200,000

# Massage Therapies

All 90-minute sessions begin with the Fivelements Foot Bath Ritual and close with a Healing Tea Offering.

## Ida Pinggala Massage

A beautifully choreographed four-hands massage that mirrors the harmony of the body's energy channels. This synchronised treatment works intuitively along the Ida and Pinggala pathways to restore inner balance, calm the mind and awaken a deep sense of flow. Rhythmic, seamless and immersive, this is a journey of energetic alignment and total body harmony.

120 minutes

3,150,000

## Fivelements Signature Massage

Rooted in the ancient wisdom of the Balinese healing traditions and the elemental philosophy of Fivelements, this signature journey is a sacred dance of touch, energy and sound. It begins with grounding dry massage pressure points to awaken the body's meridians, followed by the flowing movements of Balinese massage that restore balance and release deep-seated tension. Warm bamboo is then glided across the body, echoing the strength and resilience of nature, while a gentle Gua Sha facial massage enhances radiance and vitality. The experience culminates with an energy clearing through the vibrations of sound healing, harmonising body, mind and spirit. A celebration of the five elements within and around us, this treatment is an immersive journey of renewal, alignment and inner peace.

90 minutes

1,600,000

## Heaven Scent Aroma Massage

Open your senses with Fivelements aromatic signature oils. Referred to as "nature's living energy", aromatic essential oils have been recognised for more than 6,000 years for healing and relaxation. Inhaling their fragrance can be helpful in improving our physical, mental and emotional wellbeing. Combined with the soothing power of our traditional Balinese massage, these oils are absorbed through the skin and carried around the body, stimulating our natural immune system. Select your favourite scent from an array of Fivelements aromatherapy blends with pure phyto essences promoting inner harmony, allowing an organic healing process to unfold. Helps reduce stress, lift mood and support immune function through aromatic healing.

90 minutes

1,550,000

## Warm Stone Massage

Inspired by the sacred energy of Mount Agung, this deeply grounding treatment combines flowing Balinese massage techniques with the healing warmth of heated volcanic stones. The natural heat from the stones helps to ease muscle tension, improve circulation and promote deep relaxation, while reconnecting you with the earth's elemental power. A nurturing ritual to restore balance to the body, mind and spirit.

90 minutes

1,550,000

## Deep Tissue Massage

Drawing on the grounding energy of the earth element, this deeply therapeutic massage unravels layers of tension held within the body. Guided by slow, steady rhythms, the treatment combines dry pressure point massage, assisted stretching, and firm, flowing strokes with the elbows and forearms to target the deeper tissues and release muscular tightness. Restorative and strengthening, this immersive ritual restores balance to the body's structure, revitalises energy flow, and nurtures a profound sense of stability and inner strength.

90 minutes

1,550,000

## Traditional Balinese Massage

A full-body oil massage drawing on time-honoured Balinese techniques. This treatment blends skin rolling, kneading, acupressure and reflexology, performed with nourishing virgin coconut oil suitable for all skin types. Each therapist brings their own intuitive touch to this ritual, releasing muscular tension, encouraging free-flowing energy, and restoring harmony to body and mind.

90 minutes

1,550,000

## Balinese Herbal Compress Massage

Grounded in the healing traditions of Bali, this therapeutic massage blends warm herbal compresses with rhythmic, flowing techniques to ease tension and restore harmony within the body. Gentle pressure from the heated bundles, filled with aromatic roots, leaves and flowers, helps stimulate circulation, soothe muscular discomfort and encourage deep relaxation. As the warmth permeates the tissues, the herbs release their restorative properties, supporting detoxification and enhancing overall wellbeing. This nurturing ritual invites a deep sense of balance, clarity and renewed vitality.

90 minutes

1,550,000

<p><b>Lymphatic Drainage Massage</b></p> <p>A gentle yet deeply effective detoxifying massage that stimulates the lymphatic system to support natural cleansing, reduce fluid retention and improve immune function. Using soft, rhythmic strokes, this soothing therapy enhances circulation, eases swelling, and restores internal balance. Ideal for rejuvenation, post-travel fatigue or anyone seeking a holistic wellness boost.</p>	60 minutes	1,200,000
<p><b>Ultimate Back, Neck &amp; Head Massage</b></p> <p>A deeply soothing massage focusing on relieving tensions of the back, neck and shoulders. Focusing on areas of discomfort and muscular tightness, this massage helps unknot blockages and release tension from our important energy centres, the back, neck and head.</p>	60 minutes	1,000,000
<p><b>Revive Foot Reflexology</b></p> <p>Awaken the body's natural healing energy through the ancient art of foot reflexology. Rooted in the principle that specific points on the feet correspond to vital organs and systems, this therapeutic treatment encourages balance and harmony throughout the body. Performed by our skilled therapists, reflexology promotes deep relaxation, improves circulation, supports cellular renewal, and eases tension. Experience this restorative journey in our serene riverside sanctuary, embraced by the calming flow of the Ayung River.</p>	60 minutes	1,000,000
<p><b>Face &amp; Neck Massage</b></p> <p>A therapeutic massage to boost circulation, relieve tension and promote collagen production. Combines acupressure and gentle strokes to support lymphatic flow and enhance overall facial clarity and tone.</p>	60 minutes	1,000,000

# Body Treatment Rituals

All treatments begin with a Fivelements Foot Bath Ritual and conclude with a Healing Tea Offering.

## Botanical Honey Harmony Ritual

150 minutes

2,500,000

Designed to harmonise body and complexion, this deeply nurturing ritual combines the soothing warmth of a Balinese herbal compress massage with the rejuvenating properties of a botanical facial enriched with stingless bee royal jelly. Heated herbal compresses ease muscular tension, stimulate circulation and encourage profound relaxation, while a radiance-enhancing honey mask infuses the skin with bioactive nutrients, moisture and natural vitality. The experience restores balance, luminosity and a deep sense of wellbeing, celebrating the synergy between plant wisdom and the healing essence of the bees.

*Includes: Balinese Herbal Compress Massage · Botanical Facial with Stingless Bee Royal Jelly Mask*

## Fivelements Shakti Ritual

120 minutes

2,250,000

An ultimate purification ritual to awaken inner beauty and restore harmony from within. This deeply rejuvenating journey begins with a muscle-melting full-body massage, followed by a mineral-rich sea salt exfoliation infused with holy basil and lemongrass to cleanse, hydrate and energise the skin. Your ritual culminates in a revitalising herbal bath composed of five powerful plant allies: lemongrass, Balinese orange, lime, pandan leaves and ginger, to stimulate circulation, clear the senses and invite radiant, regenerative energy.

*Includes: Full body massage • Crystal sea salt scrub with holy basil & lemongrass • Five elements herbal bath*

## Balinese Boreh Ritual

120 minutes

2,150,000

An ancient healing ritual rooted in Balinese tradition to warm, restore and invigorate. Begin with a full-body massage to release tension and encourage deep relaxation, then experience the warming intensity of a traditional herbal Boreh scrub, blended from sacred spices, rice powder and healing herbs, to stimulate circulation and detoxify the skin. The ritual concludes with a serene aromatic flower bath by the sacred Ayung River, allowing the body to soak in the essence of Balinese nature.

*Includes: Full body massage • Herbal Boreh body scrub (choice of blend) • Aromatic flower bath*

## Cacao Essence Ritual

120 minutes

2,150,000

A decadent journey of sensory indulgence, designed to nourish the body and uplift the soul through the healing power of cacao. This mood-enhancing ritual begins with a gentle Balinese chocolate-almond body scrub to refine and awaken the skin, followed by a warm, antioxidant-rich cacao body mask that deeply hydrates and soothes. The experience concludes with a deeply relaxing cacao butter massage, leaving your skin velvety smooth and your spirit enveloped in pure, sensual delight.

*Includes: Chocolate-almond body scrub • Warm cacao body mask • Cacao butter body massage*

## Prema Blossom Ritual

120 minutes

2,150,000

A romantic self-care journey to reconnect with your heart and awaken inner harmony. Embrace a sacred moment of self-love as you are spoiled with a head-to-toe aromatic massage, enveloped in the harmonising essence of patchouli and rose, our signature Prema Love blend. This nurturing ritual concludes with a botanical red flower bath, accompanied by a chilled glass of rosella kombucha tisane, inviting you to celebrate the beauty of love in all its forms, starting with self-love.

*Includes: Aromatic full-body massage • Red botanical flower bath • Rosella kombucha tisane*

## Pure Seaweed Ritual

90 minutes

1,600,000

A detoxifying and skin-renewing ritual drawn from the ocean's living treasures. Nourish your body with a therapeutic massage using a mousse of pure seaweed, golden honey and lime to deeply replenish and exfoliate the skin. Rich in vitamins, alpha hydroxy acids and essential minerals, this blend restores balance and vitality. The ritual concludes with a cleansing sea salt bath infused with betel leaf and juniper berries to eliminate toxins and refresh the senses.

*Includes: Seaweed massage with honey & lime • Detoxifying sea salt bath with betel leaf & juniper*

## Coconut Harmony Ritual

90 minutes

1,600,000

A soothing tropical ritual that celebrates the healing power of the coconut tree. Unwind with a full-body massage using virgin coconut oil, known in Balinese tradition as a symbol of life and healing. Continue the tropical indulgence with a fragrant coconut milk bath infused with our calming Shanti essence and floating frangipani blossoms, offering nourishment for the skin and serenity for the soul.

*Includes: Virgin coconut oil massage • Coconut milk flower bath with Shanti essence*

# Bathing Rituals

Each bath includes fresh coconut water or a Healing Tea Offering.

Deeply soothing rituals to reconnect with the sacred element of water. Infused with herbs, flowers and fragrant oils, each bath promotes physical renewal and emotional balance, honouring centuries of Balinese healing tradition.

A selection of bath options is available, each offering a unique experience and benefits:

## Fivelements Shakti Bath

Revitalise your body with lemongrass, Balinese orange, lime, pandan leaves and ginger, infused with our energising Sakti bath oil.

25 minutes  
(Max 2 Persons)

950,000

## Botanical Flower Bath

Relax in a colourful blend of fresh Balinese flowers, complemented by the grounding aroma of our Ahimsa bath oil.

25 minutes  
(Max 2 Persons)

950,000

## Prema Blossom Bath

Awaken the senses with red botanical flowers, pacah flowers and cinnamon, paired with our love-infused Prema bath oil.

25 minutes  
(Max 2 Persons)

950,000

## Coconut Harmony Bath

Harmonise your energy in a silky coconut milk bath with fragrant frangipani and our calming Shanti bath oil.

25 minutes  
(Max 2 Persons)

950,000

# Botanical Facials

## Fivelements Superfood Facial

120 minutes

1,600,000

A nutrient-rich facial ritual that deeply purifies, recharges and restores radiance through nature's most powerful superfoods. This luxurious experience combines Bali-grown neem, pineapple enzymes, chilled quartz crystals, and fresh Aloe Vera to cleanse and tone, followed by a revitalising spirulina-seaweed mask to nourish and restore the skin. A grounding crystal facial massage enhances circulation and energy flow, leaving you with a luminous, healthy glow.

*For all skin types, especially dull, tired or mature skin in need of deep renewal.*

*Includes: Deep cleanse with neem & pineapple enzymes • Aloe Vera & quartz crystal massage • Spirulina-seaweed mask*

## Balinese Garden Facial

90 minutes

1,200,000

A tropical facial ritual that hydrates, softens and revitalises with traditional Balinese botanicals. Inspired by nature's garden, this facial features a sweet corn and coconut milk exfoliation, a deeply moisturising coconut oil facial massage, and a soothing mask of honey, lime and cucumber to restore natural radiance and suppleness.

*For normal to dry skin, and those seeking gentle, natural nourishment.*

*Includes: Coconut milk & corn exfoliation • Coconut oil massage • Honey-lime-cucumber mask*

## Green Tea Facial

90 minutes

1,200,000

A calming and age-defying ritual powered by matcha, oats and green tea to rejuvenate and protect. This soothing facial begins with a gentle oatmeal exfoliant, followed by a virgin coconut oil massage to deeply nourish and improve elasticity. A green tea mask, rich in antioxidants, revitalises and protects for a smoother, fresher complexion.

*Ideal for ageing, sensitive or tired skin needing antioxidant protection.*

*Includes: Oatmeal exfoliation • Coconut oil facial massage • Antioxidant green tea mask*

## Purifying Turmeric Facial

60 minutes

1,000,000

A clarifying and brightening facial ritual designed to detoxify, tone and restore balance. Harnessing the power of turmeric and soya, this facial deeply cleanses and refines the skin while a lymphatic drainage massage supports detoxification. A targeted mask reduces inflammation, clears impurities and reveals a more even, radiant tone.

*Best for oily, congested or blemish-prone skin.*

*Includes: Turmeric & soya deep cleanse • Lymphatic drainage massage • Clarifying treatment mask*

## Ultra Hydrating Facial

60 minutes

1,000,000

A deeply moisturising facial ritual that replenishes, heals and soothes with cooling botanicals. This comforting treatment features a nourishing blend of avocado and yoghurt to restore moisture, while a coconut oil and peppermint massage soothes inflammation and enhances skin healing, leaving the complexion calm, plump and glowing.

*Perfect for dry, dehydrated or sun-damaged skin.*

*Includes: Avocado & yoghurt hydrating treatment • Coconut oil & peppermint massage • Cooling nourishment mask*

# Pre-Natal Care

These treatments take into account all contraindications and avoid the general use of essential oils during pregnancy as advised by the Aromatherapy Organisation Council. Recommended only for women over 12 weeks of pregnancy.

## Pre-Natal Essence Massage

90 minutes

1,600,000

This wonderful massage involves gentle techniques to increase circulation and energy levels while relieving discomfort in areas that need special attention. A choice of virgin coconut oil or pure cacao butter will improve the elasticity of the skin, leaving it smooth, soft and protected. Soft and fluffy cushions adapt to accommodate any stage of pregnancy, keeping you and your baby safe and comfortable.

## Pre-Natal Essence Ritual

90 minutes

1,400,000

This pregnancy ritual has been carefully designed to nurture you and your baby during this very special time. It begins with a relaxing mother-to-be massage, followed by a traditional Balinese tummy mask based on rice and kencur, a mild ginger-like root. Balinese women have used this method for centuries to maximise skin strength, health and elasticity. Combined with the luxury of a face, neck and head massage, it will leave you feeling totally relaxed and replenished.

## Radiant Mother Facial

90 minutes

1,000,000

This gentle facial begins with a moisturising coconut milk cleanse and flower tonic, followed by a fresh sweet corn scrub, rich in vitamins and magnesium, to free your skin from dead cells. A face-décolleté and neck massage with virgin coconut oil will deeply nourish and relax. A final honey-lime-cucumber mask will activate regeneration, leaving your skin velvety smooth and silky.

# Ritual Enhancements

Elevate your experience with a curated selection of ritual enhancements, designed to enrich your chosen treatment and deepen its benefits. Each add-on is 30 minutes unless otherwise stated.

<b>Ultimate Back, Neck and Shoulder</b> Melt away layers of tension with focused, therapeutic massage techniques to relieve tightness, restore mobility and ease muscular stress in the back, neck and shoulders.	30 minutes	600,000
<b>Traditional Head Massage</b> A deeply relaxing massage using gentle yet firm techniques to release tension from the scalp, improve circulation and calm the mind.	30 minutes	600,000
<b>Revive Foot Massage</b> Invigorating pressure point techniques soothe tired feet, stimulate circulation and leave the body feeling grounded and energised.	30 minutes	600,000
<b>Face &amp; Neck Massage</b> A rejuvenating massage that releases facial tension, enhances lymphatic flow and restores a healthy, radiant glow to the complexion.	30 minutes	600,000
<b>Gua Sha Face Massage</b> This traditional technique uses smooth stone tools to gently sculpt, lift and revitalise the face while stimulating circulation and reducing puffiness.	30 minutes	600,000

## Botanical Body Polish

An exfoliating ritual using nutrient-rich natural botanicals to buff and smooth the skin, leaving it soft, radiant and renewed.

30 minutes

600,000

## Bright Eyes Ritual

A targeted treatment to refresh and revive the delicate eye area, reducing puffiness, easing tension and restoring brightness.

30 minutes

800,000

## Luminous Face Mask

An intensive botanical mask infusion to deeply nourish, hydrate and restore luminosity to the skin.

30 minutes

800,000

## Vitality Hair Mask

A restorative hair treatment that replenishes moisture, strengthens strands and revitalises scalp and hair health.

30 minutes

800,000

## Warm Stone Infusion

Smooth warm stones are gently incorporated into your massage to enhance muscle relaxation, melt away tension and deepen the overall sense of calm, without extending your treatment time.

Enhancement

600,000

# Little Ones & Loved Ones Therapies

A nurturing collection of treatments created especially for children, teens and families, using natural ingredients and gentle techniques to relax, hydrate and uplift.

## For Teens (12 – 17 years)

### Balinese Teens Massage

A gentle version of our traditional Balinese massage, adapted for growing bodies. With intuitive touch and flowing movements, this treatment helps release tension, improve circulation, and bring body and mind into harmony.

60 minutes

900,000

### Balinese Teens Massage & Body Scrub

Extend the massage experience with a natural body exfoliation for smooth, refreshed skin and deep relaxation.

90 minutes

1,200,000

### Purifying Turmeric Teens Facial

Designed for young, acne-prone skin, this healing facial includes a gentle cleanse, detoxifying face and neck massage, and a turmeric-soya mask to purify, soothe and brighten the complexion.

60 minutes

950,000

## For Children (12 years and under)

### Chocolate Dream

A deliciously dreamy experience featuring a light cacao butter massage and a coconut cream-chocolate face mask to nourish and protect delicate skin. The journey ends with a sweet surprise: a chocolate milkshake treat.

60 minutes

950,000

### Cucumber Facial

A soothing and fun facial that begins with a coconut milk cleanse and gentle, sweet corn exfoliation. A cooling honey-lime-cucumber mask calms and hydrates young skin, leaving it refreshed and glowing.

60 minutes

950,000

### Mani-Care / Pedi-Care Kecil

Little hands and feet soak in a warm, floral bath before nails are neatly trimmed and shaped. A fragrant lotus lotion completes the ritual for baby-soft skin, served with a tasty milkshake for a touch of joy.

45 minutes

500,000

### Family Chocolate Dream (1 child and 1 adult)

A sweet bonding experience for parent and child.

60 minutes

1,600,000

/ Additional Person

/ 800,000

- Chocolate Dream for the child
- Cocoa Butter Back, Neck & Head Massage for the adult
- Complimentary chocolate milkshakes for both

Add-ons available for additional children or adults.

# Holistic Hand & Foot Care

A gentle, plant-based approach to natural nail and skin wellness, focusing on the health and vitality of your hands and feet, without the use of polish or synthetic products.

## Holistic Hand Renewal

60 minutes

600,000

Nurturing natural care for the hands to restore softness, strength and balance. Indulge in a soothing, warm floral soak followed by a crystal sea salt exfoliation infused with aromatic herbs to revitalise tired hands. Nails and cuticles are carefully groomed, and a special natural buffing technique is applied for a healthy, radiant shine. The ritual concludes with a deeply hydrating hand and arm massage using our signature Shanti lotion to restore moisture, stimulate circulation, and leave your skin feeling supple and balanced.

*Includes: Herbal hand soak • Natural exfoliation • Nail & cuticle care • Buffing • Hydrating hand & arm massage*

## Holistic Foot Revival

75 minutes

700,000

Grounding foot therapy to renew vitality and ease tension. This revitalising foot care ritual begins with our signature foot bath and crystal sea salt scrub to refresh and renew. Nails and cuticles are gently groomed with precision and care. The experience is elevated with a soothing massage using Sakti lemongrass lotion, leaving your feet cool, soft and reenergised, while promoting overall balance and relaxation.

*Includes: Herbal foot soak • Natural exfoliation • Nail & cuticle care • Rejuvenating foot massage*

## Holistic Hand & Foot Ritual

150 minutes

1,000,000

A complete wellness journey for the hands and feet. Experience the restorative power of our hand and foot rituals combined. This treatment begins with warm, floral and herbal soaks followed by natural exfoliation using crystal sea salt blends. Nails and cuticles are groomed with care, and a nourishing massage for both hands and feet supports hydration, circulation and total relaxation. A harmonious treatment to restore balance and connection from head to toe.

*Includes: Herbal hand & foot soak • Natural exfoliation • Nail & cuticle care • Hand & foot massage*

# Specialised Healing Therapies

## Watsu-Inspired Water Healing

90 minutes

3,150,000

Let go and float effortlessly in our hydrotherapy pool as our water healing therapist glides you gracefully through the water and applies artful stretches and luxurious massage, assisted by the water. As you allow yourself to relax and surrender to the support of the water and free movement, the body unwinds and releases holding patterns, inviting healing on the mental and emotional planes. Profoundly relaxing and nurturing, this therapy recalls the safety, timelessness and peacefulness of the womb. The Balinese concept of Tri Hita Karana comes to life with human and elemental connection and a sense of the deeper connection to life itself. Our therapists, trained in the aquatic bodywork traditions of Watsu, Healing Dance and Water Dance, share this gift of love.

## Hypnotherapy Session

90 minutes

2,800,000

A gentle yet powerful journey into the subconscious, hypnotherapy invites you to access a deep state of relaxation where the mind becomes open to positive transformation. Guided by a skilled practitioner, you will be supported in releasing limiting beliefs, easing emotional blockages, and cultivating new patterns of thought and behaviour. This therapeutic process harnesses the innate wisdom of the mind-body connection, helping you move towards clarity, balance and lasting inner harmony.

## Embracing Change Coaching

90 minutes

2,800,000

A powerful integration of counselling, coaching and hypnotherapy designed to address emotional, behavioural and psychosomatic challenges. In a safe, confidential and non-judgmental space, you are invited to explore whatever is most present in your life. Through deep listening, mindful inquiry and intuitive guidance, this process helps dissolve emotional blocks, release unresolved traumas and resolve inner conflicts, allowing the authentic self to emerge. The session may weave together mindfulness practices, breathwork, guided meditation, visualisation or affirmations, supporting profound and lasting transformation from within.

## Taksu Massage

A holistic healing experience that blends deep-release acupressure with intuitive massage, energy work and a Balinese blessing. The journey begins with a Balinese Sanskrit prayer to invoke blessings, divine guidance and healing energy. An energy scan is followed by stimulation of chakra activation points, guided by the body's needs and the practitioner's intuition. Acupressure techniques are combined with therapeutic massage strokes to dissolve tension, smooth the muscles and restore balance. Rooted in the philosophy that the true healer is the Taksu, the divine inspiration and life force, the treatment closes with a sacred mantra, leaving you with a sense of deep alignment, renewal and reverence for the whole being.

90 minutes

2,000,000

## Prema Healing Massage

A sacred and intuitive massage evoking health, timeless safety and a profound sense of love. The experience begins with a silent recitation of a sacred mantra to invite spirit, wellness and inner joy. Gentle, shiatsu-like palm pressure flows into long, graceful strokes, suspended stretches and delicate acupressure. Guided by intuition, the therapist attends to areas needing special care, creating a cocoon of nourishing touch and subtle energy. As the session draws to a close, you are left embraced with prema (love) blossoming gently like a lotus.

90 minutes

2,000,000

## Muscle Release Massage

An intuitive deep tissue massage designed to ease tension and soothe aching muscles. This therapeutic full-body treatment combines traditional Balinese techniques with rhythmic kneading, focused pressure and percussive movements to release deep-seated stress and restore physical harmony. The experience promotes circulation, flexibility and a profound sense of relaxation throughout the body.

90 minutes

2,000,000

## Deep Healing Reflexology

A powerful reflexology journey designed to move energy, release blockages and stimulate deep healing through the feet, legs, hands and arms. Using very strong, targeted pressure, this treatment focuses on key reflex points that correspond to internal organs and glands. The precise touch stimulates circulation, supports the body's natural healing processes and may help alleviate a wide range of concerns from tension, fatigue and joint discomfort to stress-related conditions. The result is a profound sense of release, vitality and renewed energy flow.

90 minutes

2,000,000

## Danda Reflexology

Therapeutic reflexology for the feet and hands, enhanced by the precise use of a traditional wooden massage stick, combined with an energy scan and energy transfer. The treatment begins with an intuitive scan to detect imbalances and areas of deficiency. Focusing on the feet and palms, the therapist applies rhythmic, pinpoint pressure using both hands and the danda (wooden stick) for maximum effect. Calves, spine and skull may also be massaged to improve circulation to spinal nerves and enhance the therapy's benefits. Throughout the session, the connection between reflex points and specific organs is explained, while positive energy is channelled to restore balance and accelerate healing.

90 minutes

2,000,000

## Energy Realignment

An intuitive energy healing session to harmonise the body and mind. The experience begins with prayer and meditation, working to balance buana alit, the microcosm of the five elements of earth, water, fire, air and ether within the body. This is then connected to buana agung, the macrocosm, or the five elements of the universe, creating a powerful sense of unity and alignment. The therapist's hands pass over the body, clearing unhealthy energy at its source, whether rooted in emotional, mental or physical imbalance. The session may conclude with personalised insights and suggestions to support ongoing health and wellbeing.

90 minutes

2,000,000

## Om Prana Healing

A sacred ritual of cleansing and energy restoration, combining the healing power of water, fire and sound. The journey begins with a purifying bath infused with Balinese sea salts, betel nut leaves and golden flowers. Sanskrit mantras are then chanted over an intimate fire offering, accompanied by the resonant tones of a singing bowl, invoking healing, harmony and peace. Energy flows through the heart and hands, transferring positivity, love and light. This deeply spiritual experience invites a sense of renewal, serenity and connection to higher guidance.

90 minutes

2,000,000

## Chakra Balancing

A gentle yet profound cleansing of the subtle energy body to remove blockages, release negativity, and restore inner clarity and self-love. The session begins with the resonant vibration of a singing bowl, dispersing stagnant energy and creating a calm, receptive state. Through intuitive scanning, light touch and sacred Sanskrit mantra, each of the seven chakras is cleansed, activated and balanced in succession. This alignment supports physical vitality, emotional harmony and mental clarity, while awakening a deeper connection to the heart, the source of love, compassion and guidance.

90 minutes

2,000,000

## Hands of Paranditha

A deeply nurturing therapy combining the raindrop technique with energy healing to restore harmony in body, mind and soul. Using therapeutic-grade essential oils and gentle, rhythmic movements, this treatment stimulates the body at a cellular level, supporting immunity, improving structural balance and aiding detoxification. The sequence blends vitaflex, light massage and aromatic oils to awaken the body's energy system while promoting profound relaxation and emotional release. In just 60 minutes, you'll be enveloped in soothing scents, gentle touch, and a renewed sense of clarity, balance and inner peace.

60 minutes

2,300,000

## Inner Alchemy Reading

A sacred intuitive journey that awakens the wisdom within. Through the art of tarot and reflective guidance, this experience reveals the subtle energies shaping your life path, offering clarity and deeper understanding of the transformations unfolding within you. Rooted in the philosophy of harmony and mindful living, the Inner Alchemy Reading invites balance, renewal and alignment between body, mind and spirit.

60 minutes

2,000,000

## Physiotherapy Session

Physiotherapy is a holistic approach to restoring movement, relieving pain and improving quality of life. It combines targeted exercises, hands-on techniques and education to aid recovery from injury, surgery or illness, and to manage chronic conditions. Each session begins with an assessment to identify needs and create a personalised treatment plan. Therapies may include exercises for strength and flexibility, manual techniques to mobilise joints and soft tissues, and strategies to prevent future issues, supporting both rehabilitation and long-term wellbeing.

60 minutes

2,000,000

## Colonic Hydrotherapy

A gentle and effective cleanse of the colon for better health. Colon Hydrotherapy assists in the detoxification of the intestinal tract and is known to encourage better overall health. The colon cleansing process is done with the help of an advanced colon therapy machine from Dotolo Research Corporation, USA, assisted by a trained nurse who will gently guide you through the entire process with care. This treatment begins with a brief consultation, gentle massage and meditation, and continues with the colon hydrotherapy. With proper distribution, monitored pressure and tepid water, combined with specialised massage, the water travels through the colon, permitting the removal of impacted, embedded waste material.

60 minutes

1,650,000

The benefits of colonic hydrotherapy can be observed in the improvement of digestion and many types of skin conditions, greater mental clarity, a stronger immune system, as well as improvement in inflammatory, circulatory or obesity issues, especially when accompanied by positive lifestyle and dietary support.

## Colour & Sound-Acupoint Healing Therapy

A healing method derived from traditional Chinese medicine. The session begins with questions about your health and how you are feeling, followed by a pulse and tongue diagnosis, and palpation to analyse the pattern of symptoms. By using the colours of the five elements that are placed on the hand to balance the five elements within the body. Colour, known also as chromotherapy, supports and accelerates your body's natural ability to heal itself while alleviating pain, decreasing muscle tension and promoting a sense of wellbeing. The combination of sound and vibration from tuning forks can amplify the therapeutic effect of colour.

60 minutes

1,650,000

## Acupuncture

In traditional Chinese medicine, it can be a blockage of qi (energy) that causes pain, stress, anxiety and illness. This is an ancient form of alternative medicine originating in China, performed by licensed acupuncturists inserting very fine, sterile, disposable needles into points on the body's meridians (the channels of energy) in order to stimulate the body's own healing response and help restore its natural balance.

60 minutes

1,500,000

# Sacred Movement & Breathing

## Ananda Meditation

A guided journey into Ananda, the blissful state of inner joy described in Tantra Yoga philosophy. This session combines insightful teachings on the path to spiritual expansion with a powerful meditation practice designed to awaken the heart, calm the mind and cultivate compassion. Through gentle guidance, you will learn practical tools to bring greater peace, harmony and happiness into daily life, while experiencing a deep connection to your inner self and the radiance of divine love.

90 minutes 2,000,000  
(Private – Max 2 Persons)

## Breath & Mindfulness

A practice of slowing down and living fully in the present moment through conscious breathing. With non-judgmental awareness, you observe thoughts, emotions and sensations, deepening self-understanding. This mindful presence helps you connect with inner guidance, embrace change and make wise choices.

90 minutes 1,700,000  
(Private – Max 2 Persons)  
(Group – Max 4 Persons 2,200,000  
/ Additional Person / 500,000

## Sound Healing & Meditation

An immersive journey into sound vibration for emotional release, physical restoration and mental clarity. Begins with voice activation to awaken inner resonance, followed by meditative listening to instruments and tones. Encourages presence, trust and surrender, guiding you into deep relaxation and balance.

90 minutes 1,700,000  
(Private – Max 2 Persons)  
(Group – Max 4 Persons 2,200,000  
/ Additional Person / 500,000

## Hatha Yoga

A gentle, classic yoga style focusing on posture alignment, breath control and balance of body, mind and spirit. Each pose creates a geometric harmony in the body that stimulates natural healing. Steady, calm breathing supports mental clarity and inner peace, allowing the practice to become a holistic process of physical and emotional wellbeing.

90 minutes 1,250,000  
(Private – Max 2 Persons)  
(Group – Max 4 Persons 2,000,000  
/ Additional Person / 450,000

## Qigong

An ancient Chinese practice of cultivating life energy through gentle movement, controlled breathing, and focused awareness. Qigong harmonises body, mind, and spirit, enhancing vitality and restoring natural balance. This meditative flow invites inner stillness and a deeper connection to the life force that moves through all living things.

90 minutes 1,700,000  
(Private – Max 2 Persons)  
(Group – Max 4 Persons 2,200,000  
/ Additional Person / 500,000

## Qigong & Sound Healing

A deeply restorative experience that unites the mindful movement of Qigong with the vibrational resonance of sound healing. As the body flows through gentle, energy-awakening sequences, the therapeutic tones of singing bowls and instruments guide the mind into a state of profound calm and harmony. Together, these ancient practices promote energetic alignment, emotional release and a renewed sense of wholeness.

90 minutes 1,700,000  
(Private – Max 2 Persons)  
(Group – Max 4 Persons 2,200,000  
/ Additional Person) / 500,000

## Yin Yoga

A meditative and restorative practice that invites stillness and surrender. Through long-held, gentle postures, Yin Yoga nourishes the body's deeper connective tissues while calming the mind and cultivating inner awareness. This slow, grounding practice allows energy to flow freely through the meridians, harmonising the elements within and restoring balance to the body and spirit.

90 minutes 1,250,000  
(Private – Max 2 Persons)  
(Group – Max 4 Persons 2,000,000  
/ Additional Person) / 450,000

## Yin Yoga & Sound Healing

A soothing fusion of yin yoga and sound therapy to elevate the body's vibration and open energetic flow. Gentle stretches prepare the body for deep relaxation, while resonant tones from instruments and mantras calm the mind and awaken subtle awareness. This practice supports emotional release, inner peace and openness to new experiences.

90 minutes 1,250,000  
(Private – Max 2 Persons)  
(Group – Max 4 Persons 2,000,000  
/ Additional Person) / 450,000

## Balance Flow Yoga

A dynamic–restorative blend that harmonises the body's fire and water elements. Flowing sequences build heat and vitality; gentle poses at the end invite stillness and clarity. Breathwork and mindful pacing rebalance energy, quiet the mind and bring a deep sense of restfulness.

90 minutes 1,250,000  
(Private – Max 2 Persons)  
(Group – Max 4 Persons 2,000,000  
/ Additional Person) / 450,000

## Vinyasa Yoga

A flowing practice synchronising breath with movement to build strength, flexibility and mental focus. Slow, conscious transitions allow the mind to settle and the body to connect with its inner fire. The session leaves you both energised and grounded, with a calm mind, steady breath and revitalised body.

90 minutes 1,250,000  
(Private – Max 2 Persons)  
(Group – Max 4 Persons 2,000,000  
/ Additional Person) / 450,000

## In-Room Treatments

Enhance your wellness journey in the privacy and comfort of your own room. Most of our treatments may be enjoyed in-room with a 25% surcharge on the base price. Certain experiences, such as Water Healing, Water Blessing Ritual, or Fire Blessing Ritual, require dedicated facilities and are therefore available only in designated venues. Advance booking is essential, and all in-room treatments are subject to availability, as advised by our Wellness Team at the time of reservation or inquiry.