

# Abasan Rainforest Spa



GAIJA OASIS



Our treatments are inspired by the local environment and living herbal traditions of Bali. Using touch, healing herbs and plants gathered from our 4 hectare organic garden, we hope to share Bali's timeless wisdom and natural healing power with you.

**Abasan Mountain Retreat is a 100% non-profit foundation registered in Indonesia.**

# Massage Therapy

## **Bali Traditional Massage**

**IDR 210.000 / 1 hr**

Invigorating and energizing. Acupressure, rolling motions, long strokes and percussive movements promote blood, oxygen & energy flow.

## **Balinese Foot Massage**

**IDR 200.000 / 1 hr**

Our foot massage technique invigorates tired, aching, and sore feet – leaving your feet fresh, tingling and feeling better all over.

## **Body Relax 'Nusantara'**

**IDR 210.000 / 1 hr**

Soothing and calming. Long, kneading strokes gently relax the muscles, combined with pressure points to boost circulation and calm the mind.

With honey body lotion

## **Body Relax 'India'**

**IDR 250.000 / 1,5 hr**

Meditative and relaxing. Smooth gliding strokes are combined with a soothing stream of warm oil to balance the nervous system.

With pure coconut oil.

## Scrubs & Wraps

### **Bali Spice Body Scrub**

**IDR 150.000 / 1 hr**

Remove rough skin and promote cell renewal, blood and lymph flow with a potent blend of ginger, alpinia galangal and rice. Finish with a cool yoghurt rinse.

### **Bali Herbal Body Polish**

**IDR 150.000 / 1 hr**

Restore your skin's smooth texture and health with a fragrant fresh basil, mint, piduh leaf, aloe, intaran and lime body polish. Finish with a herbal body mask.

### **Papaya Enzyme Body Wrap**

**IDR 150.000 / 40 min**

A nutrient-rich treatment with powerful anti-oxidants to gently replenish and nourish the skin, providing a surge of vitamins and leaving you with a healthy glow.

### **Cucumber Aloe Body Wrap**

**IDR 150.000 / 40 min**

Anti-inflammatory, detoxifying, toning and firming, this natural anti-bacterial treatment will hydrate the skin and counter the effects sun and of ageing.

To enhance their therapeutic benefits, our scrubs and wraps are hand-made purely with ingredients from our organic gardens

# Body Treatments

## Bali Massage Packages

### Bali Spice

**IDR 300.000 / 2 hrs**

Enjoy a full body Bali Massage, followed by a warming galangal, ginger and rice exfoliating scrub. Finish with a cool yoghurt rinse.

### Bali Herbal

**IDR 300.000 / 2 hr**

Combine your massage with a fragrant fresh basil, mint, piduh leaf, aloe and lime body polish. Finish with a herbal body mask.

**Requires 24 hr notice**

### Meboreh Healing

**IDR 300.000 / 1,5 hrs**

A healing treatment featuring potent Balinese herbal remedies, elements from physiotherapy and Balinese Massage.

### Nusantara Wrap

**IDR 300.000 / 1,5 hr**

Indulge in a Nusantara massage with your choice of cucumber or papaya enzyme body wrap to hydrate and nourish the skin.

### Rainforest Dream

**IDR 350.000 / 2,5 hr**

Relax and rejuvenate with a full body massage, body scrub, masque, facial and head massage, all featuring our hand-made organic treatments.

# Face, Hair & Nails

## Natural Facial

**IDR 200.000 / 1 hr**

Ease facial tension, reduce the look of fine lines and clear pores. Includes face, neck and shoulder massage, mask and scrub using honey, curcuma and frangipani.

## Natural Hair Treatment

**IDR 200.000 / 1 hr**

Coconut oil and candlenut is massaged into the scalp, a mix of hibiscus leaf and aloe vera is applied and left on while the hair is wrapped in banana leaves.

## Manicure

**IDR 125.000 / 45 min**

Flower bath, nail shaping, cuticle treatment, hand and lower arm massage and Balinese scrub.

With nail polish

**IDR 150.000 / 1 hr**

## Pedicure

**IDR 125.000 / 45 min**

Flower bath, nail shaping, cuticle treatment, foot and lower leg massage and Balinese scrub.

With nail polish

**IDR 150.000 / 1 hr**

We hope you have enjoyed our spa treatments.

Have a peaceful journey to health & harmony