


# **Abasan Rainforest Wellness**





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.**

# Signature Treatments

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## **Rainforest Dream**

**IDR 370.000 / 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.

## **Meboreh Healing**

**IDR 260.000 / 1.5 hr** (signature massage only)

**IDR 310.000 / 2 hr** (with spice pack, 6 hr notice)

Experience our deep tissue healing treatment, featuring physiotherapy elements, trigger points, meridian streaming and Balinese Massage. Finish with optional fresh boreh spice pack.

## **Hot Stone Massage**

**IDR 260.000 / 1,5 hr**

Ground and detoxify with heated volcanic stones, combined with Balinese and Lomi-Lomi massage.

# Massage Therapy “Vigor”

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## **Bali Traditional Massage**

**IDR 220.000 / 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.

## **Bali Massage Packages**

**IDR 300.000 / 2 hrs**

### **Bali Spice**

Enjoy a full body Bali Massage, followed by a warming galangal, ginger and rice exfoliating scrub.

Finish with a cool yoghurt rinse.

### **Bali Herbal**

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

Finish with a herbal body mask.

# Massage Therapy “Calm”

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## **Body Relax ‘India’**

**IDR 260.000 / 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

## **Body Relax ‘Nusantara’**

**IDR 220.000 / 1 hr**

Soothing and calming.

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

With fragrant body milk

## **Nusantara Wrap**

**IDR 300.000 / 1 hr 40 min**

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

## **Stress Release**

**IDR 120.000 / 30 Minutes**

Head, Neck, Shoulders massage with special Balinese sandalwood 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

# Face, Hair & Nails

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## 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 160.000 / 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 160.000 / 1 hr**

We hope you have enjoyed our spa treatments.

Have a peaceful journey to health & harmony



**GAIA-OASIS**

Abasan Mountain Retreat,  
Jln Raya Kintamani – Madenan  
Ph : 0811 380 5097