

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

Rainforest Dream

IDR 420.000 / 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 300.000 / 1.5 hr (signature massage only)

IDR 370.000 / 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 300.000 / 1,5 hr

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

Massage Therapy “Vigor”

Bali Traditional Massage

IDR 250.000 / 1 hr

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

Balinese Foot Massage

IDR 220.000 / 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 370.000 / 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”

Body Relax ‘India’

IDR 300.000 / 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 250.000 / 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 370.000 / 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 150.000 / 30 Minutes

Head, Neck, Shoulders massage with special Balinese sandalwood oil

Scrubs & Wraps

Bali Spice Body Scrub

IDR 200.000 / 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 200.000 / 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 200.000 / 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 200.000 / 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

Natural Facial

IDR 250.000 / 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 150.000 / 45 min

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

With nail polish

IDR 200.000 / 1 hr

Pedicure

IDR 150.000 / 45 min

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

With nail polish

IDR 200.000 / 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