



ALMA  
SPA & WELLNESS

SPA  
TREATMENTS

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# HOLISTIC JOURNEY

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## **Detox Therapy**

**90 min / IDR 880 K ++**

Using Manual Lymphatic Drainage also known as MLD technique, this therapy is a type of massage that applies gentle strokes to help stimulate your body's lymphatic system. MLD can help to reduce inflammation, manage pain, and promote relaxation. We use a specific massage oil blend for detoxification to maximize the benefits.

## **Therapeutic Dry Brushing Therapy**

**90 min / IDR 800 K ++**

This therapy incorporates massage with dry brushing technique, using the gentle motion of the bristle brush on the skin. It will help not only to exfoliate dead skin cells, but also stimulate blood flows, improve the appearance of cellulite, and help to regulate the flow of lymphatic fluid out of the system.

## **Sound Bath Therapy**

**90 min / IDR 960 K ++**

The vibration coming from Tibetan singing bowl is known for its therapeutic effect to heal the mind, body, and soul. After a relaxing body massage, our therapist will bring you to another journey of sound bath so you will experience improved memory, clarity, and vitality



# RECOVER AND RESTORE YOUR ENERGY

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## **Deep Tissue Massage**

*60 / 90 min / IDR 650 K / 800 K ++*

The treatment involves applying firm pressure and slow strokes to reach deeper layer of muscle. This is the perfect massage to address body ache, severe muscle pain, sport injuries, and tension joint.

## **Hot Stone Massage**

*90 min / IDR 800 K ++*

Hot stones massage is an amazing therapy to regulate blood flow, relax the body, and recharge your energy. This treatment helps to soothe your tensed muscle using warm and smooth stones made from basalt, which is known for its ability to preserve the heat more longer than any other stones.

## **Gentle Swedish Massage**

*60 / 90 min / IDR 500 K / 650 K ++*

Invented by a Swedish fencing instructor named Per Henrik Ling in 1830, the specific technique used in this massage involves the application of long gliding strokes, friction, and kneading movements. He believes it helps to relieve tensions and relax the whole body with light and gentle technique.

## **Waltz Hands Massage**

*90 min / IDR 1.200 K ++*

Working with two therapists at the same time, their hands will be moving harmoniously synchronize like waltz dancing on your body. This beautiful massage will shift your mind into a deep state of relaxation.

## **Blissful Couple Massage**

*120 min / IDR 1.250 K Couple ++*

Spend your precious time with your loved ones by doing a Blissful Couple Massage inside our couple room. Using classic massage techniques, together you will leave the room feeling more relax, stress-free, experience ultimate bonding, and enjoy your time in our sauna facilities after treatment.

## **Mom-To-Be Massage**

*60 / 90 min / IDR 600 K / 750 K ++*

Congratulations! There's nothing in the world like the miracle of pregnancy. Prenatal massage is not only beneficial to soothe body aches, but also to relieve depression related to pregnancy hormone. This massage using gentle techniques, safe for you and the baby.

# INDONESIA HERITAGE

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## **Traditional Balinese Massage**

*60 / 90 min / IDR 550 K/ 700 K ++*

A full body massage using different types of techniques, including acupressure, skin rolling and flicking, firm and gentle stroking, as well as percussion. This is the perfect treatment to regain harmony between your body and mind.

## **Eastern Purification**

*150 min / DR 1.000 K ++*

A complete purifying ritual from head to toe with a combination of Royal Javanese Lulur Body Exfoliation and a selection of Sauna or Steam Shower it's good for detox the toxins in our body. This treatment is perfect for couples who want to have a romantic experience.

## **Ancient Balinese Healing**

*150 min / IDR 1.000 K ++*

Feel the centuries-old remedy made from herbs and exotic spices. We combine a traditional Balinese Massage with a selection of powerful local Boreh blends body wrap and a harmonizing authentic Herbal Bath. Be ready to immerse yourself in ancient Balinese royal beauty. This traditional ancient treatment is perfect for couples to experience a rejuvenating treatment.

## **Authentic Green Tea Rejuvenation**

*120 min / IDR 1.000 K ++*

Starting with a full body massage, this treatment is followed by applying our signature home-made green tea body mask all over your body. We then continue with Herbal Onsen Bath to achieve a complete healthier, softer, and glowing skin. This treatment is perfect if you have sensitive skin as the properties of green tea are known for its therapeutic effect in reducing inflammation, rash, or acne.

# MIND, BODY, AND SOUL REVIVAL

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## **Chakra Balancing Therapy**

*120 min / IDR 1.150 K ++*

Let your mind, body and soul feel deep relaxation with the combination of Tibetan Vibration Therapy. Sound can shift frequencies from low energy of guilt and fear to higher vibrations of love and joy. Sound healing is the use of sacred instruments to release energetic blockages inducing a state of ease and harmony in the body. Followed by body cleansing of Onsen Bath ceremony for a complete rejuvenation.

## **Complete Detox Ritual**

*120 min / IDR 1.000 K ++*

Experience total detoxification with the combination of Manual Lymphatic Drainage technique and Dry Sauna to maximize toxin removal out of your body system.

## **Skin Replenishment**

*120 min / IDR 1.000 K ++*

A combination of Therapeutic Full Body Dry Brushing that stimulates the lymphatic system while invigorating the skin, Body Scrub, and Aromatherapy Steam Shower. Feel the baby-soft skin as the result.

## **Nurturing Motherhood**

*120 min / IDR 1.000 K ++*

Give yourself a pampering time to ease backache, trouble sleeping, hormonal anxiety with the combination of Mom-To-Be Massage, complete with selection of Body Scrub, Body Mask, and Jacuzzi.

## ADD-ONS TREATMENT

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### **Hair Rejuvenation Head Massage**

*30 min / IDR 300 K ++*

Free yourself from daily stress and tension headache with our head massage. We use therapeutic essential oils for hair loss and sensitive scalp.

### **Foot Massage**

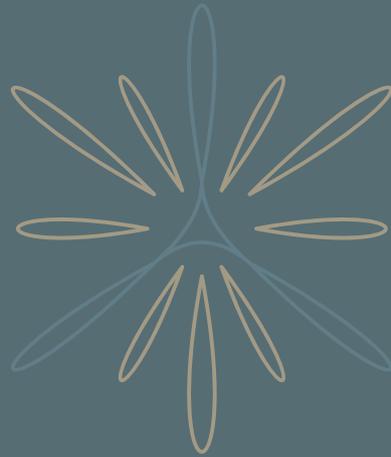
*30 min / IDR 300 K ++*

Soak your feet in warm water infused with bath salt and followed by relaxing foot massage to increase blood flow thus in turn will help tension relieve and ready to start to next activity.

### **Back and Neck Tension Remedy**

*30 min / IDR 300 K ++*

Ease stiffed neck and back problem using deep and long pressure to reach deeper layer around the affected area



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# HYDROTHERAPY TREATMENT

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## **Serenity Jacuzzi**

*45 min / IDR 400 K ++*

Immerse your body in our semi-outdoor Jacuzzi hot pool and feel the deep relaxation while enjoying beautiful rice field view.

## **Onsen Bath Ceremony**

*45 min / IDR 300 K ++*

Inspired by Japanese traditional bath, soak your body in our Onsen hot tub with Alma Matcha powder known for its therapeutic effect, specially made to calm the body and also nourish the skin.

## **Aromatic Steam Shower**

*30 min / IDR 250 K ++*

Cleanse your body and boost your energy with our steam shower infused with delightful, invigorating, aromatic herbal blend for every mood and relaxed breathing.

## **Dry Sauna**

*30 min / IDR 250 K ++*

Sit and relax inside our dry sauna to improve blood circulation weight loss, ease muscle tension, and remove toxin out of your body.





ALMA  
SPA & WELLNESS

WELLNESS  
SERVICES

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# WELLNESS SERVICES

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## **Gentle Yoga Flow**

*45 minutes private session IDR 300 K ++/ per person\**

*\*Minimum two persons*

Gentle yoga is a great way to slow down, connect with your body, and calm your mind. This all levels juicy practice is ideal for anyone new to yoga, but everyone will enjoy this opportunity to move your body, breathe deeply and simply feel good.

## **Mindfulness Meditation**

*45 minutes private session IDR 300 K ++/ per person\**

*\*Minimum two persons*

Slow down your racing thoughts, let go of negativity, and calm your both mind and body with our beautiful calming Mindfulness Meditation session. This simple yet powerful meditation has benefits for your physical as well as your mental health, including playing a role in the management of anxiety, stress, depression, sleep disorders, relationship issues, and eating disorders.

