



The Bambu Spa

Relax. Renew. Rejuvenate

Full Body Balinese Massage

This relaxing massage will melt away tension in your body, leaving you revived from your head to your toes. The gentle deep tissue techniques and coconut oil will make you feel relaxed and rejuvenated. Our specialist can fully customize your massage to address the problem areas in your body

1 hour, 350.000 IDR

Healing Massage

Our Balinese healing massage specialist Ketut will balance harmonize and re-energize your body, mind and spirit using traditional techniques handed through generations. This massage combines relaxation, acupressure, reflexology and deep tissue techniques. It is recommended for relieving pain and improving overall health.

1 hour, 450.000 IDR

Couples Massage

Treat yourselves to an incredible massage experience, lying side by side on two massage beds with two masseuses working their magic.

1 hour, 700.000 IDR

Back, neck and shoulders massage

Focuses on the classic problem areas where we hold so much tension and stagnant energy in our bodies, caught up in bad posture, sitting at a desk, carrying heavy bags.

30 minutes, 180.000 IDR

Feet and hands massage

Reflexology helps stimulating nerve function, increase energy, boost circulation, induce a deep state of relaxation, and eliminate toxins from the body. Moreover, it helps to stimulate the central nervous system and provides a deep well-being feeling

30 minutes, 200.000 IDR

Our team will welcome you at the reception and accompany you to our Bamboo Massage pods. Please come ten minutes before your treatment in order to enjoy the full relaxing experience

All prices subject to 21% service and tax

BAMBU INDAH HEALING MODALITIES & SPECIALIST MASSAGE

HEALING

Pak Kadek

Our resident yoga instructor is also a powerful energetic healer. Working with the four elements of water, fire, wind and earth, he will realign, clear and charge your chakras and work on your hands and feet using reflexology to assess your internal health and identify problem areas. A fountain of knowledge and advice, Kadek can also help you to put together a dietary plan to balance your mind and body.

Approximately 60-90 minutes: 600,000 IDR++

Conscious Breathwork with Indri

Indri will visit Bambu Indah and work with you in the comfort of your room. Alchemy of Breath in 2014, which is a connected, conscious breathing exercise that can help release stored emotions to live a healthier life. Her main strength as a facilitator is her devotion to be fully present and to create a sacred space for her clients to explore, expand, release and transform. Being a mother of 2 little girls, she is passionate about holding space and support her clients' inner journey so they can access a space of compassion and let go of what no longer serves them. The breath is the greatest gift we never really received and her aim is for people to embrace its full potential.

Please note that this technique brings on intense physical sensations and can be uncomfortable at times. Please contact Indri for a consultation before booking to ensure this is what you are looking for.

Approximately 90 minutes - 1,200,000 IDR++

MASSAGE

Itong

A master of human anatomy, Itong specialising in sports therapy and shiatsu massage. We highly recommend Itong for tackling problem areas of pain and injury, and for releasing blocked energy in the body. Itong does not talk much - this is a no chit chat, no frills deep tissue massage that can be painful at times (let him know if you need him to be gentler) but will get straight to the root of the problem and heal it. Itong releases your stagnant energy with sound and breath work.

60 minutes - 600,000 IDR++

Phonik and Ngurah

Two excellent massage therapists trained internationally in the Essalen technique, which uses smooth, strong movements from head to toe, massaging the body in customised gentle twists to relieve knots and tension. Incredibly professional, nurturing and restorative massage. 90 minutes is a total treat!

90 minutes - 900,000 IDR++