

## **“SPA LIST AT ABWONDERDIVE BALI “**

### **Balinese Massage (60 Minutes)**

**IDR 340k**

Full body massage, uses a combination of gentle stretches, acupressure, we use special oil to stimulate the flow of blood, oxygen and “Energy” around the body and bring a sense of wellbeing, calm and deep relaxation.

### **Foot Reflexology Massage (60 Minutes)**

**IDR 340k**

In Reflexology we use hand, thumb, and finger techniques to stimulate certain areas of the feet . These areas are believed to correspond to different part of the body. The massage expected to promote health and well-being. We use a variety of techniques including skin rolling, kneading and stroking, pressure-point stimulation combined with the essential oils.

### **Aromatherapy Massage (60 Minutes)**

**IDR 425k**

We are using frangipani oils for the massage. During the aromatherapy massage you will inhale the Frangipani oil molecules and absorb them through to the skin, they are thought to promote beneficial changes in your mind and body.

### **Back and Shoulder Massage (30 Minutes)**

**IDR 200k**

A focused deep massage directed at the most common areas of tension in the body. Swedish massage techniques are used to work into the muscles groups of the back and Shoulder with special attention given to any knots. Specific pressure points are targeted in the upper back and neck to encourage full relaxation and tension release.

### **Deep Tissue Massage (60 Minutes)**

**IDR 400k**

A focused deep massage to target deep muscle layers and connective tissues, while beneficial for musculoskeletal issues, stress, and fatigue.

**PLEASE DON'T SUNBATH WITH MASSAGE OIL ON**

**ALL PRICES ARE INCLUDE TAX AND SERVICE CHARGE**

**PLEASE ASK STAFF HOW TO SIGN UP FOR YOUR NEXT TREATMENT**