

SELO SPA

Our intention is to nourish, heal and nurture

To provide you with a memorable spa experience, do let us know in advance if you are pregnant or have any health concerns or specific issues you would like us to address. Our trained team of bodyworkers perform treatments Selo'ly to ease you into a state of euphoric deep healing.

MUSCLE-MELT REFLEXOLOGY

Relieve tension and feel the rush of a high tide as nourished blood flows from your soles to carry away toxins and normalize compromised circulation as the body begins to heal itself. Finished with a therapeutic Selo Neck & Shoulder therapy. Recommended for jet lag.

60 MINUTES - IDR 450,000

SELO NECK & SHOULDER THERAPY

Seeking more attention on your neck & shoulder area? This personalized massage is tailored to those who would like to have therapists focus on specific areas of their body. The session time, naturally, is flexible.

30 MINUTES - IDR 260,000 • 60 MINUTES - IDR 460,000

SELO WOW TRADITIONAL RITUAL

A full body massage which will deliver deep relaxation and relief to your stiff muscles. Experience some warm sensations from the heated coconut oil.

60 MINUTES - IDR 480,000 • 90 MINUTES - IDR 572,000

LOMBOK RITUAL

Find yourself getting revamped as you indulge in the optimum benefits of this deeper level massage. Designed to release chronic muscle tension by accessing underlying muscle fibers and connective tissue, this is the perfect treat after a day of barrel riding.

60 MINUTES - IDR 400,000 • 90 MINUTES - IDR 492,000

BALINESE RITUAL

Experience a traditional Balinese body massage using rhythmic long connecting strokes. Recommended for treating stress, muscle pain, sleep problems and anxiety.

60 MINUTES - IDR 400,000 • 90 MINUTES - IDR 492,000