

Spa Menu



The Anandita and its trained spa staff offers guests a range of massages and spa treatments which can be enjoyed in the new spa pavilion or in the privacy of your own room. Indulge and treat yourself to luxury.

THE ANANDITA

www.theanandita.com

**LUXURY BEACHFRONT
VILLA**

MASSAGE TREATMENTS

Stress Relief Massage

Drawing upon eastern and western techniques, this oil massage combines soothing strokes and some stretching to loosen muscular tension, thereby encouraging lymphatic flow to bring back balance to your body.

50 min - Rp. 490,000

90 min - Rp. 690,000

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Ayur Vedic Massage

An ancient massage treatment using a combination of invigorating and soothing strokes to stimulate the circulatory and nervous system. The massage tones the skin, heightens concentration, and leaves you feeling refreshed and rejuvenated.

50 min - Rp. 490,000

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Campur Massage

The term Campur means "Combination". This massage relies on palms and fingertips to apply pressure with continuous strokes that flow rhythmically to stimulate blood circulation, to remove knots, and to induce a state of total relaxation.

50 min - Rp. 490,000

90 min - Rp. 690,000

Traditional Thai Massage

This traditional massage is based on the theory of intrinsic energy flow and energy balance and its link to improved health and healing. This massage focuses in the careful application of pressure to distribute energy, release blockages, and stretch the muscles, leaving the the body relaxed and free from stiffness.

50 min - Rp. 490,000

90 min - Rp. 690,000

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Balinese Massage

This deep pressure massage uses medium strength deep strokes and applied pressure to reach below the superficial muscle layers. To complement the ,assage technique, the blended oil has properties that help relieve muscular tension, and heighten your senses.

50 min - Rp. 490,000

90 min - Rp. 690,000

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Foot and Leg Massage

Stimulates energy flow, promotes relaxation, and restores harmony.

50 min - Rp. 490,000

MASSAGE TREATMENTS

Hawaiian Massage

The renowned grace and warmth of the Hawaiian culture are translated into a unique massage that uses palms and elbows rhythmically to soothe tense muscles and allow the healing energy to flow freely. Feel your stress washed away by the renewed vitality and a sense of tranquility.

50 min - Rp. 490,000

90 min - Rp. 690,000

Head and Shoulder Massage


This ancient therapy was used traditionally by ladies of royal courts in India to keep their long hair healthy and beautiful. Pressure points on the scalp, neck, and shoulder are stimulated to improve circulation, relieve tightness and tension, and promote relaxation.

30 min - Rp. 390,000



Our professional massage therapists will welcome you in our new Spa pavillion.
Please book in advance, preferably one day before.



 *Massage with oil*