

## IN-VILLA SPA MENU

### BODY MASSAGE

**Back Relief Massage / 30 min** 500K

Uses long strokes and pressure point techniques, focusing on the large muscle groups and sensitive nerve plexus on the back to ease tension.

**Head and Shoulder Stress Relief / 60 min** 775K

Focusing on alleviating stress in the upper body using deep tissue massage techniques to break down muscle knots and increase oxygen intake in the tissues. An excellent stress buster to relax the mind and improve concentration.

**Traditional Balinese Massage / 60 min** 845K

Influenced by the healing rituals of Balinese culture, this traditional massage combines stretching and acupressure techniques to relieve tension and improve circulation.

**Lymphatic Drainage Massage / 60 min** 910K

Using gentle and rhythmic lymphatic massage techniques, this treatment effectively stimulates the lymphatic system, encouraging the elimination of toxins and increases blood circulation.

**Jade Stone Body Massage / 60 min** 910K

This invigorating full body massage combines the healing powers of jade stone with a series of century-old Chinese techniques to stimulate circulation that helps release toxins from the body's deep tissue.

**Amala Holistic Signature Massage / 90 min** 1,040K

This signature massage uses a combination of techniques to release physical stiffness, tissue adhesions, and tension, together with The Amala's exclusively blended essential oils, this holistic full body treatment uses a fusion of therapeutic techniques from the East and the West to give you the ultimate soothing and pampering experience.

### KIDS SPA (suitable for 5-12 years-old children)

**Children Massage / 45 min** 350K

**Sweetheart Nail Care / 45 min** 200K