

MASSAGE TREATMENTS

Traditional Balinese Massage

60 MIN - 220K

90 MIN - 300K

Experience the essence of Balinese healing through long, flowing strokes, palm pressure, and gentle stretches. This traditional massage improves circulation, relieves muscle tension, and brings your body and mind into deep relaxation. Pressure can be tailored from gentle to firm according to your preference.

Aromatherapy Massage

60 MIN - 240K

90 MIN - 320K

A soothing full-body massage using a personalized blend of essential oils and gentle strokes to release emotional and physical stress. This treatment promotes relaxation, balances energy, improves circulation, and leaves you feeling refreshed and at peace.

Deep Tissue Massage

60 MIN - 250K

90 MIN - 330K

Designed for those who prefer stronger pressure, this massage targets deep layers of muscles and connective tissue. It helps reduce chronic pain, muscle stiffness, and tension from daily stress or intense physical activity. Ideal for active individuals or anyone needing intensive muscle work.

Shirodara

60 MIN - 400K

A deeply calming Ayurvedic treatment where a warm stream of herbal oil is gently poured over the forehead (third eye), helping to relieve mental fatigue, reduce stress, and promote restful sleep. This therapy is usually combined with a relaxing head, neck, and shoulder massage to enhance relaxation and restore emotional balance.

Hot Stone Massage

90 MIN - 320K

Warm basalt stones are placed on specific points and used to massage the body. The heat from the stones melts away muscle tension, enhances circulation, and promotes a profound sense of peace. Perfect for those who seek comfort and warmth.

Foot Relaxing Massage

30 MIN - 100K

60 MIN - 180K

A restorative massage focused on the feet and lower legs. It stimulates reflex points to improve overall wellness, relieve fatigue, and restore energy flow. Ideal after long walks or travel.

Back & Shoulder Massage

30 MIN - 120K

60 MIN - 210K

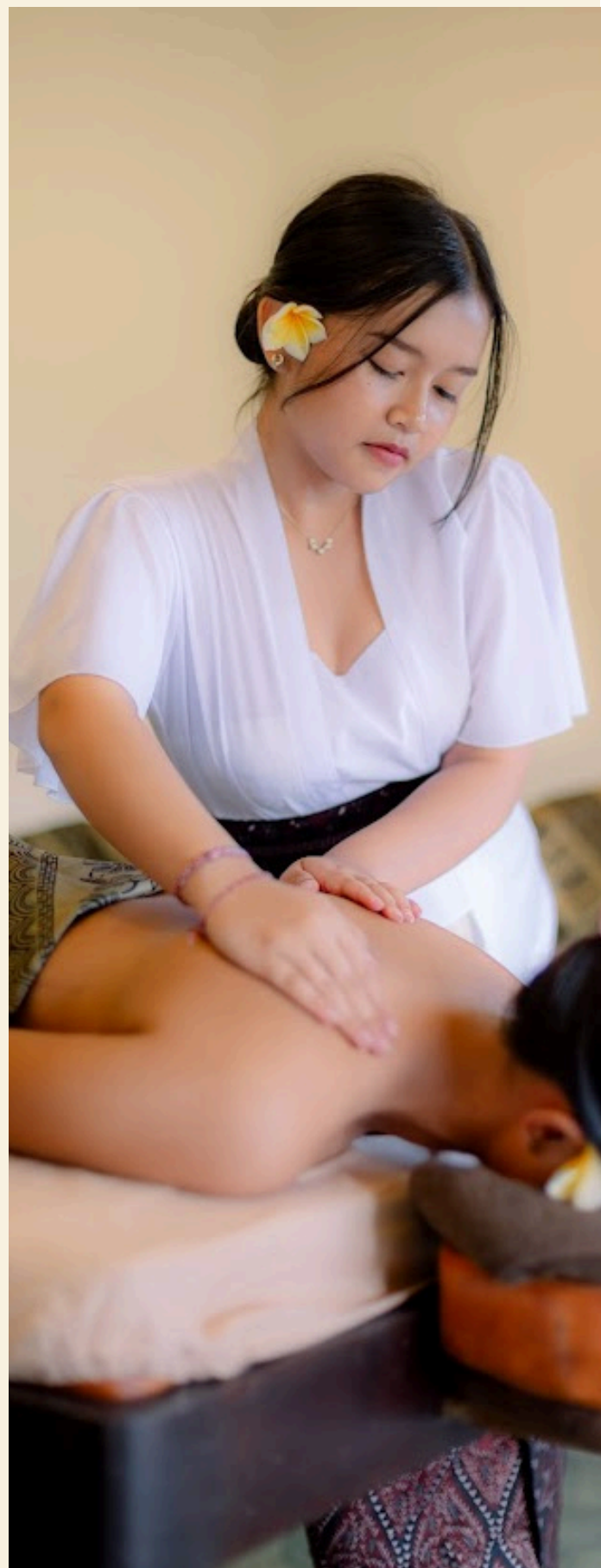
A focused massage to release built-up tension in the back, neck, and shoulders. Great for relieving stress and muscle tightness caused by poor posture or prolonged sitting.

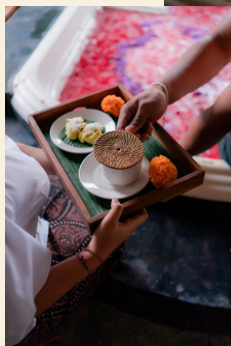
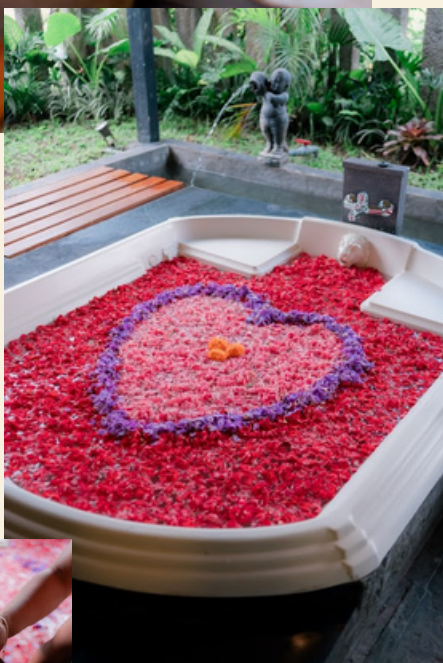
Head Massage

30 MIN - 100K

60 MIN - 160K

A focused massage to release built-up tension in the back, neck, and shoulders. Great for relieving stress and muscle tightness caused by poor posture or prolonged sitting.





BODY CARE

Body Scrub

30 MIN - 120K

A natural exfoliation treatment using traditional herbal scrubs to remove dead skin cells and reveal smooth, radiant skin. Leaves the body feeling fresh and renewed.

Body Mask

30 MIN - 140K

A full-body wrap using nourishing, mineral-rich ingredients to hydrate, tone, and detoxify the skin. Especially recommended for dry or sun-exposed skin.

Body Scrub + Mask

60 MIN - 230K

A luxurious two-step treatment that starts with exfoliation and ends with a hydrating body mask, offering complete skin rejuvenation and softness.

Body Scrub + Bath

45 MIN - 250K

Refresh your skin and calm your senses with a body scrub followed by a soothing flower bath. A perfect combination to unwind and revitalize.

Body Mask + Bath

45 MIN - 260K

This treatment blends a nourishing body mask with a serene flower bath for deep hydration and inner calm.

Body Scrub + Mask + Bath

60 MIN - 320K

An indulgent full-body ritual that includes exfoliation, a rich body mask, and a flower bath. Ideal for a special self-care day.

FLOWER BATH

Flower Bath Single

150K

Enjoy a tranquil moment in your own private tub filled with fresh flower petals and aromatic water. A peaceful escape after any treatment or as a standalone indulgence.

Flower Bath Couple

250K

A romantic experience for two, surrounded by a colorful arrangement of blossoms. Perfect for honeymoons, anniversaries, or simply quality time together.

FACIAL

Refreshing Facial

60 MIN - 220K

A gentle cleansing and hydrating facial using natural-based products suitable for all skin types. Helps remove impurities, refresh the skin, and restore your natural glow. Ideal for travelers or those needing a quick refresh.

- Not including 10% tax & service charge.
- All prices are in Indonesian Rupiah (IDR)

PARINA SPA PACKAGES



SPA PACKAGES (SINGLE)

Sundara Glow Ritual

120 MIN - 480K

Balinese Massage (60'), Body Scrub (30'), Body Mask (15'), Flower Bath (15')

A full-body ritual for glowing skin and deep relaxation. Combines traditional massage, natural skin care, and a soothing flower bath.

Tirta Agni

90 MIN - 340K

Balinese Massage (60'), Traditional Boreh Mask (30')

An energizing treatment that uses warming spices and herbal compress to improve circulation and ease muscle stiffness.

Padma Ayu Ritual

60 MIN - 220K

Back & Shoulder Massage (30'), Facial (30')

A compact but effective combination for instant refreshment, targeting stress points and revitalizing your face.

Sundari Serenity

90 MIN - 350K

Aromatherapy Massage (60'), Facial (30')

A calming journey for body and face, combining the healing power of essential oils and rejuvenating skin care.

ROMANTIC COUPLE PACKAGES

Tresna Sari Royal Escape

120 MIN - 850K

Balinese Massage (60'), Body Scrub (30'), Body Mask (15'), Flower Bath (15')

Share a royal experience with your partner in a private couple room. Full-body care with a romantic flower bath to end your spa escape beautifully.

Tunjung Asmara

105 MIN - 880K

Aromatherapy Massage (60'), Facial (30'), Flower Bath (15')

An intimate couple ritual designed to calm your senses, brighten your skin, and celebrate love in a serene flower-filled bath.



- Not including 10% tax & service charge.
- All prices are in Indonesian Rupiah (IDR)