

A serene pond scene featuring several vibrant pink lotus flowers in various stages of bloom. The flowers are surrounded by large, green, textured lily pads. The background is softly blurred, showing a wooden fence and trees, creating a peaceful and natural atmosphere.

平和
HEIWA SPA

MENU



SIGNATURE FACE TREATMENTS

RADIANCE REBORN FACE THERAPY

(90 MIN) IDR 1100K

A luxurious combination of the ancient Japanese art of Kobido Face Massage and cutting-edge Ultimate Light Therapy. This powerful duo is designed to restore your skin's youthful radiance, balance energy flow, and enhance overall facial health.

Package Inclusion:

- Welcome drink
- Head, neck and shoulder massage 10 min
- Kobido face massage 35 min
- Face scrub 10 min
- Alginate mask 15 min
- Perfectio light therapy 20 min
- Refreshment drink

LIFT & GLOW FACE THERAPY

(90 MIN) IDR 1100K

A powerful combination of the transformative Intra-Oral Buccal Massage and the cutting-edge Ultimate Light Therapy. This unique fusion of techniques works from the inside out to sculpt, tone, and rejuvenate your facial muscles, delivering both immediate and long-term results.

Package Inclusion:

- Welcome drink
- Head, neck and shoulder massage 10 min
- Intra-oral buccal massage 35 min
- Face scrub 10 min
- Alginate mask 15 min
- Perfectio light therapy 20 min
- Refreshment drink

**All prices are subject to 21% service charge and government tax*



JAPANESE KOBIDO MASSAGE

(60 MIN) IDR 900K

Discover the rejuvenating power of the ancient Japanese Kobido Face Massage, a unique technique designed to naturally lift, tone, and restore your skin's youthful glow. Known as the "Ancient Way of Beauty," Kobido combines precise hand movements and deep massage techniques to improve circulation, boost collagen, and promote a radiant complexion.

Package Inclusion:

- Welcome drink
- Head, neck and shoulder massage 10 min
- Kobido face massage 35 min
- Alginate mask 15 min
- Refreshment drink

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INTRA-ORAL BUCCAL MASSAGE

(60 MIN) IDR 900K

Our Intra-Oral Buccal Massage is a unique, deep tissue facial technique that works on the muscles inside the mouth and along the jawline. Our practitioner is wearing gloves, and firmly, yet oh-so-relievingly, using their thumbs and forefingers to massage the interior of the lips and cheeks, working their way to the jaw for full release.

By applying gentle yet precise pressure to the inner buccal area, this specialized massage helps release tension, reduce puffiness, and sculpt the face. Ideal for those seeking a non-invasive way to enhance facial contours, this treatment promotes better circulation, a natural lift, and a rejuvenated, youthful glow.

Package Inclusion:

- Welcome drink
- Head, neck and shoulder massage 10 min
- Buccal face massage 35 min
- Alginate mask 15 min
- Refreshment drink

SPA PACKAGE

ZEN RITUAL PACKAGE

(120 MIN) IDR 1300K

Begin your journey with a rejuvenate your skin with a detoxifying green tea body scrub, rich in antioxidants, stimulates circulation, and nourishes your skin, leaving it smooth, soft, and glowing with natural vitality. Next, deeply relaxing aromatherapy massage, where personalized essential oils are used to melt away tension and promote complete relaxation.

The rhythmic, flowing massage techniques soothe muscles, ease stress, and calm the mind, leaving you feeling refreshed and grounded. As you rest in a meditative state, the sounds of singing bowls and gongs resonate through your body, clearing energy blockages, promoting deep relaxation, and enhancing emotional well-being. The sound frequencies help align your mind, body, and spirit, providing a feeling of profound tranquility.

Package Inclusions:

- Welcome drink
- Matcha body scrub 30 min
- Sound bath therapy 15 min
- Heiwa foot ritual 5 min
- Zen renewal aromatherapy massage 70 min
- Refreshment drink

REVIVE & RENEW PACKAGE

(120 MIN) IDR 1300K

Start your journey with an exhilarating Hydrotherapy Ice Bath, known for its powerful restorative benefits. The ice bath stimulates circulation, reduces muscle inflammation, and promotes faster recovery, leaving you feeling energized and mentally refreshed.

After your ice bath, enjoy a comforting Rewarming Phase featuring warm towels and light stretching to balance your body's temperature. This phase helps ease your muscles and ensures a smooth transition from cold to warm, preparing you for the next stage of deep relaxation.

Indulge in a full-body Therapeutic Massage designed to release deep-seated tension, improve circulation, and relax your muscles. Our skilled therapists will customize the massage to your needs, using long, flowing movements that relieve stress and restore balance to your body and mind.

Package Inclusions:

- Welcome drink
- Hydrotherapy ice bath 15 min
- Fusion massage with warm oil 90 min
- Herbal foot ritual 5 min
- Rewarming phase 10 min
- Refreshment drink

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COUPLE'S ZEN RITUALS (150 MIN) IDR 3000K

Begin your experience with a deeply relaxing Herbal Revival Massage. Side by side, you and your partner will enjoy the calming benefits of herbal-infused oils that work to release tension, ease stress, and promote a sense of balance and harmony.

Let the soothing aromas transport you to a state of tranquility as expert hands gently restore your body's natural energy flow. Rejuvenate your skin with a revitalizing Bamboo Body Scrub, crafted from natural bamboo fibers to exfoliate and smooth the skin.

After your scrub, relax in a nourishing Herbal Body Wrap. The warm wrap infused with healing herbs detoxifies and hydrates your skin, enhancing its natural glow while soothing the senses. Complete your ritual with a serene Flower Petal Bath, a romantic soak in a bath filled with fragrant flower petals and aromatic herbs.

Package Inclusions:

- Welcome drink
- Herbal revival massage 60 min
- Herbal body wrap 25 min
- One bottle aga red or white of wine to enjoy
- Flower petal foot ritual 5 min
- Bamboo body scrub 30 min
- Flower petal with herbal bath 30 min

ULTIMATE COUPLE'S RETREAT WITH DINING (120 MIN) IDR 3500K

Escape with your loved one into a world of relaxation and culinary delight with our Ultimate Couple's Retreat with Dining package. Enjoy luxurious spa treatments followed by a romantic lunch or dinner, making this the perfect getaway to nourish both body and soul.

Package Inclusions:

- Welcome herbal elixir for two
- Couples therapeutic massage 60 min
- Aromatic flower bath 30 min
- Lunch or dinner for two
- Flower petal foot ritual 5 min
- Exfoliating body scrub 25 min
- Refreshment and light bites

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BODY TREATMENT

ZEN ENERGY AROMATHERAPY MASSAGE (60 MIN) IDR 850K | (90 MIN) IDR 950K

Your experience begins by choosing a personalized aromatherapy massage oil. As you settle onto the massage table, the soothing sounds of a singing bowl envelop you, creating a tranquil and meditative ambiance. Seven chakra stones, thoughtfully placed along your body's energy centers, promote balance and alignment, encouraging the free flow of vital energy. The sacred Palo Santo wood is used to cleanse your energy field, clearing away any negative or stagnant energies, paving the way for renewal. Finally, a ceremonial sprinkling of tirta (sacred water) and bija (holy seeds) bestows blessings upon you, symbolizing the renewal of your spirit.

Inclusions:

- Welcome drink
- Singing bowl ritual
- Tirta blessing
- Heiwa foot ritual
- Seven chakras alignment
- Refreshment drink
- Aromatherapy massage
- Palo santo cleansing

VACUUM GLOW THERAPY (90 MIN) IDR 900K | (120 MIN) IDR 1000K

Rejuvenate your body with the innovative power of Vacuum Glow Therapy, a cutting-edge treatment designed to stimulate circulation, release tension, and promote deep muscle relaxation. Using gentle suction to lift and massage the skin, this therapy helps to break down stubborn adhesions, reduce cellulite appearance, and enhance lymphatic drainage for a refreshed, toned, and revitalized look. Ideal for relieving muscle fatigue and boosting skin elasticity, Vacuum Massage leaves you feeling lighter, relaxed, and energized from within.

Inclusions:

- Welcome drink
- Heiwa foot ritual
- Vacuum massage
- Refreshment drink

FUSION REJUVENATION MASSAGE (90 MIN) IDR 850K | (120 MIN) IDR 950K

This signature treatment combines Balinese, Thai, Shiatsu, TCM, Lomi-lomi, and Californian long stroke massages. Expertly curated to ensure a seamless flow, it's designed for ultimate relaxation, culminating in a surprising rejuvenating twist. Surrender to soothing strokes and emerge feeling deeply refreshed and invigorated. Discover a fusion of cultures and relaxation like no other.

Inclusions:

- Welcome drink
- Heiwa foot ritual
- Rejuvenation massage
- Refreshment drink

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DEEP MUSCLE MASSAGE (60 MIN) IDR 800K | (90 MIN) IDR 900K

Deep Tissue Massage is an ideal choice for addressing specific areas of tension, pain, or stiffness in the body often referred to as “trouble spots.” Unlike traditional relaxation massages, deep tissue massage involves slow, deliberate strokes that apply firm pressure to the deeper layers of muscles and connective tissues. This focused technique is particularly effective in breaking down adhesions, relieving chronic muscle pain, and improving range of motion. It can be highly beneficial for individuals who suffer from ongoing tension, muscle injuries, or those recovering from intense physical activity.

Inclusions:

- Welcome drink
- Heiwa foot ritual
- Deep muscle massage
- Refreshment drink

TRADITIONAL HEALING MASSAGE (60 MIN) IDR 750K | (90 MIN) IDR 850K

Traditional healing massage is a full-body, deep-tissue, holistic treatment. Traditional healing massage uses a combination of gentle stretches, acupressure, and reflexology to stimulate the flow of blood, oxygen, and “qi” (energy) around your body, as well as to bring a sense of wellbeing, calmness, and deep relaxation.

Inclusions:

- Welcome drink
- Heiwa foot ritual
- Traditional healing massage
- Refreshment drink

ZEN BAMBOO THERAPY (90 MIN) IDR 850K | (120 MIN) IDR 950K

Discover the rejuvenating power of our Zen Bamboo Therapy, a unique treatment that combines the natural warmth and firmness of bamboo with soothing massage techniques. Using smooth bamboo sticks, this massage releases deep-seated tension, stimulates circulation, and promotes a sense of balance and vitality. Perfect for relieving muscle fatigue and enhancing flexibility, the Bamboo Renewal Massage leaves your body feeling relaxed

Inclusions:

- Welcome drink
- Heiwa foot ritual
- Bamboo massage
- Refreshment drink

ZEN FOOT AWAKENING (60 MIN) IDR 650K

Step into a world of relaxation with our Zen Foot Awakening ritual at Heiwa Spa. This soothing treatment focuses on your feet, bringing balance, comfort, and rejuvenation to your entire body. Combining traditional techniques with natural ingredients, this ritual is the perfect way to release tension and restore harmony.

Inclusions:

- Welcome drink
- Soothing foot bath
- Green tea foot scrub
- Acupressure foot massage
- Warm towel wrap
- Refreshment drink

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BODY SCRUBS

(30 MIN) IDR 400K

GREEN TEA REVITALIZING BODY SCRUB

Harnessing the antioxidant power of premium green tea, this luxurious scrub gently exfoliates to reveal smooth, radiant skin. Perfect for soothing tired skin, this treatment not only revitalizes your body but also calms the mind, leaving you feeling refreshed, balanced, and beautifully renewed.

RISE BRAN RADIANCE SCRUB

A soothing and nourishing treatment inspired by the gentle power of rice bran. Known for its rich antioxidant and vitamin content, Rise Bran works to gently exfoliate, hydrate, and brighten your skin, unveiling a softer, smoother texture and a radiant glow. This luxurious scrub promotes skin renewal, leaving you refreshed and revitalized with a velvety finish.

BAMBOO EXTRACT PURIFYING SCRUB

A unique treatment that combines the refreshing essence of bamboo with gentle exfoliation. Known for its rich silica content, bamboo extract helps to smooth and strengthen the skin, while removing impurities and dead cells. This treatment purifies and refreshes, leaving your skin soft, hydrated, and glowing with vitality.

YUZU & LIME REVITALIZING SCRUB

Invigorate your senses and renew your skin with our Yuzu & Lime Revitalizing Scrub. Bursting with the zesty freshness of yuzu and lime, this scrub gently exfoliates to reveal smooth, glowing skin while uplifting your spirit with its vibrant citrus aroma. Packed with Vitamin C and natural antioxidants, yuzu and lime work in harmony to brighten, rejuvenate, and restore your skin's natural glow.



BODY MASK

(30 MIN) IDR 400K

MATCHA DETOX BODY MASK

Indulge in a revitalizing ritual with our Matcha Detox Body Mask, a luxurious treatment that harnesses the powerful antioxidants of matcha green tea to purify, tone, and renew your skin. This rich body mask detoxifies deeply, drawing out impurities while replenishing vital moisture for a smooth, balanced complexion.

BAMBOO HYDRATION BODY MASK

Known for its purifying and moisturizing properties, bamboo extract works to detoxify and replenish your skin, leaving it soft, supple, and radiant. Rich in silica, bamboo helps strengthen and revitalize the skin's natural barrier, enhancing elasticity and imparting a healthy, youthful glow. Ideal for all skin types, this mask provides a refreshing escape, infusing your body with natural hydration and a sense of pure relaxation.

ORANGE GLOW BODY MASK

A refreshing treatment infused with the natural brightness of orange extract. Packed with Vitamin C and antioxidants, this body mask deeply nourishes, tones, and revitalizes the skin, helping to combat dullness and reveal a luminous, youthful glow. The uplifting citrus scent rejuvenates the senses, while the mask hydrates and refines, leaving your skin feeling silky-smooth and radiant.

SAKURA BLOSSOM BODY MASK

Infused with natural cherry blossom extract, this mask hydrates, softens, and rejuvenates the skin, leaving it feeling silky and radiant. Rich in antioxidants, sakura helps to soothe and brighten, enhancing your skin's natural glow while delivering a tranquil, calming experience. Perfect for all skin types.

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BEAUTY TREATMENT

SENSATIA BOTANICALS FACIAL

(60MIN) IDR 750K

Immerse your skin in the natural goodness of Sensatia Botanicals, a Bali-born skincare line renowned for its organic, nutrient-rich ingredients. This facial treatment uses handpicked Sensatia Botanicals products tailored to nourish, balance, and revitalize your skin, harnessing the purity of nature to bring out your natural radiance.

Each product is infused with powerful botanicals like aloe vera, coconut oil, and extracts from exotic Balinese plants, designed to deeply cleanse, hydrate, and protect. From a refreshing cleanser to a luxurious face mask, every step of this facial works to calm, restore, and enhance your skin's glow.

TRADITIONAL BALINESE FACIAL

(60 MIN) IDR 600K

Indulge in this relaxing facial, which is suitable for all skin types. Awaken your senses by combining the purest organic products and plant extracts. Drawing on the soothing properties of organic ingredients, your skin is left feeling smooth and vibrant.

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V-STEAM THERAPY

(30MIN) IDR 400K

Women only, with a soft back and shoulder massage. Also called V-steaming, this centuries-old practice is said to impart a range of health benefits, from detoxifying the womb after childbirth to tightening the vaginal opening, improving blood circulation to the pelvic area, minimizing vaginal odor, helping with vaginal and urinary infections, relieving menstrual cramps, aiding fertility, and balancing your female hormones.

The herb-infused steam travels upwards to your genitals. The vapor carries the volatile essential oils from the herbs to your labia, which are supposedly absorbed through the delicate skin. The steam then enters the vagina, detoxifying the tissue and warming the muscles.



SPA MANICURE/PEDICURE

Indulge in the ultimate pampering experience with our Tranquil Touch Spa Manicure and Pedicure, where relaxation meets beauty for your hands and feet. Our expert nail technicians will treat you to a journey of rejuvenation, beginning with a soothing soak to prepare your skin and nails. We then shape, buff, and polish your nails to perfection.

The Tranquil Touch experience truly comes to life as we apply a luxurious exfoliating scrub and a hydrating mask enriched with nourishing botanicals. Your hands and feet are then wrapped in warm, soothing towels, allowing the rich ingredients to deeply penetrate your skin, leaving it soft and supple.

- SPA Manicure OPI **(75 MIN) IDR 450K**
- SPA Pedicure OPI **(75 MIN) IDR 450K**
- SPA Manicure & Pedicure OPI **(120 MIN) IDR 800K**
- POLISH CHANGE ON HANDS OR FEET OPI POLISH **IDR 150K**

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ICE BATH THERAPY

(15 MIN) IDR 450K

Ice bath therapy is the use of water to promote health or manage disease. cold water immersion stimulates your body's healing mechanism, helping it recover more efficiently from exercise and illness. my significantly increasing your body's red cell, white cell and platelet count, cold water immersion can drastically improve overall immune response.

WHAT ARE THE BENEFIT OF ICE BATH THERAPY?

EASES SORE AND ACHING MUSCLES

The greatest benefit of ice baths, most likely, is that they simply make the bdy feel good. After an intense work out, the cold immersion can be a relief to sore, burning muscles.

TRAINS YOUR VAGUS NERVE

One of the main benefits of an ice bath is being able to train your vagus nerve. The vagus nerve is linked with the parasympathetic nervous system, and training it can help you face stressful situations more adequately.

HELPS YOUR CENTRAL NERVOUS SYSTEM

An ice bath cn also help your central nervous system by aiding in sleep, and consequently, making you feel better from having less fatigue. Plus, it can be help improve reaction time and explosiveness in future work out.

IMPROVES YOUR SLEEP

There is some evidence to suggest that cold water immersion therapy may improve sleep.This benefit is thought to be largely due to the effect of the ice bath on the central nervous system

LIMITS THE INFLAMMATORY RESPONSE

By decreasing the local temperature after exercise ice baths can help limit inflammatory response, decreasing the amount of inflammation and helping you recover faster.

MAY EASE SYMPTOMS OF DEPRESSION

Cold water is not a cure for any mental health condition. But certain case studies suggest that cold open water swimming has helped alleviate symptoms of depression and anxietyin some people.



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