

Spa



MMP's Signature Massage

A perfect combination of traditional Balinese massage, hot stone and aromatherapy. This treatment is designed to normalize strained muscles, improved blood circulation and relaxing your body and soul.

1 Hour IDR 450,000

Aromatherapy Massage

Choose your oil and this massage relies on the ancient art of relaxation by combining a treat of the senses with a celebration of touch. Essential oils of plants and flower and a gentle, effective massage will reduce stress levels and induce unparalleled relaxation.

Note: This treatment is possible to pregnant woman.

1 Hour IDR 420,000

1 Hour 30 Minutes IDR 600,000

MMP's Acupressure Massage

A specific type of massage that primarily on using thumbs, fingers and palms to apply pressure to various points on the body. The therapist will press on specific points to promote energy flow to the fatigue area. It is a deeply relaxing experience and can help with relieving stress and tensions, improving sleep, minimizing headaches and reducing digestive issues.

1 Hour IDR 420,000

Bamboo Massage

Bamboo is considered a powerful healing tool in the ancient cultures of many islands of the Indonesian Archipelago. You can now experience this at Munduk Moding Plantation through our unique bamboo massage in which gently heated bamboo is used in combination with kneading and pressure techniques. This treatment is aimed at reducing muscle stress, improving the functioning of the lymphatic system and to rid of the body of toxin, waste and other unwanted materials.

1 Hour 30 Minutes IDR 525,000

MMP's Hot Stone Massage

This treatment is a combination of a traditional Balinese massage and a hot stone massage. It is an ideal treatment to improve the blood circulation and the flow of energy in your body. The treatment starts with a relaxing slow Balinese body massage with essential oil. Hot stones are then progressively integrated in the massage and subsequently placed on nodal points on your body to ensure relaxation. Our therapist will pamper you to ensure that you feel refreshed and relaxed.

1 Hour 30 Minutes IDR 525,000

Traditional Balinese Massage

Relax while our experienced therapist work on your whole body using a combination of pressure and stretching techniques according to local Balinese tradition.

Note: This treatment is possible to pregnant woman.

1 Hour IDR 330,000

1 Hour 30 Minutes IDR 450,000

The following treatments are available for room service: *Traditional Balinese Massage, Aromatherapy Massage, Back & Shoulder Massage, and Reflexology.*

Dry Delight Massage

A deeper full body massage that does not use oils or lotions. This technique includes stretching, pressing, kneading while using the thumbs, palms, knuckles, and elbow on specific points of the body. This treatment works effectively to improve blood flow and lymphatic circulation, addresses energy imbalances, reduces muscle stiffness, and leaves you feeling refreshed and energized.

Note: This treatment is not recommended for pregnant women

45 minutes IDR 330,000

Blissful Balance Treatment

Rejuvenate your body and mind with the combination of Facial and Reflexology massage. We use natural products that help to relax, hydrate, and brighten your face. This is followed by a foot massage to stimulate key pressure points and promote overall body healing. Our spa therapists shall provide you with the ultimate relaxing and rejuvenating experience.

1 hour 45 minutes IDR 650.000

Warm Herbal Massage

Warm herbal is an ideal treatment for those who want to revitalize their energy and tired muscles after activities. It starts with an hour Balinese massage. Then the warm herbal, which is made of ginger, lemongrass, clove, and sweet galangal will be applied.

1 Hour 30 minutes IDR 480,000

Reflexology Massage

This classical foot massage relies on rhythmic stroke to improve circulation and induce relaxation. One feels reborn after this treatment.

1 Hour IDR 375,000

Back and Shoulder Massage

This massage is focused on relieving specific stress and muscle tension around back, shoulder and neck. The therapist will apply a very relaxing head massage at the last treatment.

30 minutes IDR 225,000

Boreh Bali

From the island of the Gods, this traditional Balinese treatment developed over a thousand years. Start your treatment with a one hour Balinese massage. Your body will be cleaned with grated coconut to assist with the removal of impurities. Then the exotic spice named Boreh will be applied. Emerge from the opulent exotic wrap with your skin feeling smooth and soft after an application of Boreh.

All rates are subject to 21% tax and service charge

1 Hour 30 minutes IDR 525,000

Munduk Moding Plantation Royal Lulur

This is a traditional 17th century Javanese Royal treatment that is guaranteed to make you feel rested and relaxed. The treatment begins with a long and gentle massage with essential oils and continues with *lulur*, turmeric and jasmine skin scrub applied to exfoliate and soften the skin. After this your body is pampered with a traditional bengkoang body mask application followed by an exotic flower bath.

1 Hour 45 minutes IDR 600,000

Simply Paradise

the inevitable enjoyment of the hot stone, the most favorite treatment. This treatment continued by facial treatment which is enriched by the use of products made from aloe vera which are safely applied on all skin types. Lastly, enjoy the deep relaxing face, head and scalp massage to reduce tensions and stress.

2 Hour 15 minutes IDR 750,000

MANICURE AND PEDICURE

- **Spa manicure**

Traditional fingernail treatment starting with a relaxing cleaning of the nails followed by the application of nail polish. We also provide flower nail art.

1 Hour IDR 300,000

- **Spa Pedicure**

Traditional toe nail treatment which also includes a cleaning of the nails. We also provide flower nail art.

1 Hour IDR 300,000

- **Spa Double Delight**

Combination of the two above treatments for your nails' beauty.

1 Hour 30 minutes IDR 555,000

FACIAL TREATMENTS

MMP Facial Sensation

A real refreshing treatment using natural products from Munduk Moding Plantation. At the start of the treatment, cucumber and yogurt are applied to clean the impurities and rejuvenate your skin; then enjoy the gentle exfoliation by candlenut scrub. Thereafter, you will feel the soothing sensation of a honey mask, consisting of honey which is harvested from our own plantation. A head and shoulder massage are also included to relieve the stress and help you fully unwind and relax.

1 Hour IDR 495,000

All rates are subject to 21% tax and service charge

Facial Including Neck Massage

This facial was developed to effectively remove impurities and skin flakes while controlling the balance of oil in your skin. Bio-hazel extract is applied to maintain the skin's natural balance of oil leaving your skin looking clean, smooth and supple. Suitable for all skin types.

1 Hour IDR 495,000

SAUNA

MMP Sauna Therapy

Experience Infrared Sauna Therapy to improve your overall health and fitness. Your body is heated directly by infrared heat which absorbs deeper into the body. This therapy helps you relax at a lower temperature than a traditional sauna, leaving you fully refreshed and rejuvenated. You can control the sauna temperature to further optimize the benefits of this experience.

45-minutes session : IDR 290,000 for 2 persons

PACKAGES

Coffee scrub and massage

In line with our mission to conserve coffee in this region, we would like to introduce our home-made coffee body scrub with contains antioxidant that softens your skin and remove impurities. The coffee body scrub treatment is combined with an aromatherapy body massage that will leave you fully relaxed.

The two hours treatment consists of :

- Thallaso foot bath
- aromatherapy body massage
- coffee body scrub
- flower petal bath

IDR 750,000

Coffee therapy for beauty: the full works

Our home-made coffee body scrub also forms the basis of our most extensive treatment that is guaranteed to fully relax you and recharge your batteries. Coffee contains antioxidant with softens your skin and remove impurities and it is therefore an excellent starting point for other therapies. The coffee body scrub treatment is combined with aromatherapy body massage alongside a relaxing and beautifying facial with manicure and pedicure thrown in to complete the treat.

The four hour treatment consists of:

- Thallaso foot bath
- aromatherapy body massage
- coffee body scrub
- flower petal bath
- Bali tropical facial
- manicure and pedicure

IDR 1,200,000

All rates are subject to 21% tax and service charge