

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 580,000

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 520,000

1 Hour 30 Minutes IDR 740,000

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 540,000

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 650,000

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 650,000

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 420,000

1 Hour 30 Minutes IDR 570,000

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

All rates are subject to 21% tax and service charge

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 420,000

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 820.000

Shooting Leg and Foot Retreat

Indulge in the ultimate relaxation as you treat yourself to a revitalizing massage designed specifically for your legs and feet. This invigorating treatment aims to activate and invigorate your muscles, enhance blood flow, reduce stiffness and tension, and alleviate any discomfort or soreness you may be experiencing. It serves as the ideal remedy to unwind and find relief after a busy day of work and various activities.

30 Minutes IDR 290.000

1 Hour IDR 440.000

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 590,000

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 470,000

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 290,000

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.

1 Hour 30 minutes IDR 650,000

All rates are subject to 21% tax and service charge

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 750,000

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 900,000

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 450,000

- **Spa Pedicure**

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

1 Hour IDR 450,000

- **Spa Double Delight**

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

1 Hour 30 minutes IDR 800,000

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 620,000

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 594,000

All rates are subject to 21% tax and service charge

MMP's Beauty Facial

Experience MMP's Beauty Facial to reveal radiant skin. Our Indonesian beauty care brand brings a natural, cruelty-free, and premium product. It is free from harmful substances like parabens and synthetic dyes. The process involves cleansing, rejuvenating, and nourishing, preventing aging for a youthful glow. Enjoy a relaxing massage for improved blood circulation and a refreshed face, neck, and head.

1 Hour IDR 650,000

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 360,000 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 900,000

All rates are subject to 21% tax and service charge

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 1,450,000

Balinese Coffee Scrub

Indulge in the Balinese Coffee Scrub, a blissful experience surrounded by nature. Begin with a shooting full-body massage to unwind and release tension and stress. Then, enjoy our coffee scrub, enriched with antioxidant that exfoliate, promote the growth of healthy skin cells, soften the skin, and combat free radicals. It's the ideal self-care ritual to rejuvenate and transform your well-being.

1 Hour 30 minutes IDR 700,000

Only Scrub (Coffee Scrub or Boreh Bali)

30 minutes IDR 280,000

Meeting The Traditional Balinese Healer

The healer is always the first option when villagers have health problems. The healer helps with simple cases like the flu, but also assists with more serious situations such as child birth and broken legs. Traditional medicines and holy water with “*mantra*“ are key ingredients of every treatment. Finally, healing massage is also used very frequently.

It usually takes a long time before people become a healer – always with the blessing of the God. A healer *is* typically either a son or grandson or a great grandson of a healer. Balinese believe that the healer are blessed by the God and awarded a spiritual power, which they can transfer to people who need help. The transfer of power is done through traditional healing massage with the number of sessions depending on how serious the problem is.

The meeting the traditional healer programme involves a Question & Answer session with the healer followed by 1 hour of healing massage. Interpretation is provided by our staff.

As the healer is often busy with local patients, we highly recommend that you book this programme a day in advance. Some flexibility in your schedule may be needed in the rare case that the healer arrives late because he is helping people with a serious problem.

IDR 590,000 per person

All rates are subject to 21% tax and service charge