Rejuvenating Rituals: Spa Treatments at Munduk Moding Plantation/ Bamboo Spa

MMP Signature Bliss

Indulge in our signature treatment, a harmonious blend of ancient Balinese massage, soothing hot stones, and the calming power of aromatherapy. This holistic experience targets tense muscles, improves circulation, and melts away stress, leaving you feeling deeply restored in body and mind.

60 mins: IDR 650k/ 90 mins: IDR 850k

Aromatherapy Escape

Unwind with the timeless art of relaxation. Select your perfect essential oil blend, a symphony of botanical extracts, to awaken your senses and soothe your soul. Gentle yet effective massage techniques melt away tension, leaving you feeling utterly serene. This treatment is also suitable for expecting mothers.

60 mins: IDR 625k/ 90 mins: IDR 750k

60 mins: IDR 625k/ 90 mins: IDR 800k

Acupressure Rejuvenation

Experience the profound relaxation of acupressure massage. Using gentle yet firm pressure applied with thumbs, fingers, and palms, our therapist will target specific points on your body to stimulate energy flow and address areas of fatigue. This deeply restorative treatment can alleviate stress and tension, promote restful sleep, minimize headaches, and even aid with digestion.

Unwind in the tranquility of your villa/ suite with our selection of in-room spa treatments: Traditional Balinese Massage, Aromatherapy Escape, Reflexology Massage and Back & Shoulder Massage

All prices are subject to 21% tax and service charge

Bamboo Massage

Immerse yourself in a tradition revered for centuries across Indonesia. Our unique Bamboo Massage utilizes gently heated bamboo stalks in combination with expert kneading and pressure techniques. This powerful treatment targets muscle tension, stimulates the lymphatic system, and promotes detoxification, leaving you feeling invigorated and renewed.

90 mins: IDR 750k

MMP's Hot Stone Massage

Embark on a journey of deep relaxation with our Hot Stone treatment. This luxurious experience begins with a calming Balinese massage using essential oils, followed by the soothing warmth of volcanic stones placed on key points throughout your body. The combination promotes optimal circulation and energy flow, leaving you feeling utterly refreshed and revitalized.

90 mins: IDR 750k

60 mins: IDR 550k/ 90 mins: IDR 700k

Traditional Balinese Massage

Relax while our skilled therapist utilizes a combination of gentle pressure and targeted stretches to melt away tension and restore balance throughout your body.
This deeply relaxing experience is also suitable for expecting mothers.

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Leg and Foot Rejuvenation

Unwind from head to toe with our Leg & Foot Rejuvenation treatment. This targeted massage focuses on your hard-working legs and feet, invigorating muscles, enhancing circulation, and melting away tension. Say goodbye to stiffness and soreness after a day of exploration. This is the perfect way to rediscover deep relaxation and pamper yourself from the ground up.

30 mins: IDR 300k/ 60 mins: IDR 550k

Reflexology Massage

Embrace complete rejuvenation with our Reflexology Massage. This classic treatment utilizes targeted pressure points on the feet to stimulate circulation, promote relaxation, and leave you feeling revitalized. A simple yet profound experience that restores balance and awakens a sense of renewal.

30 mins: IDR 300k/ 60 mins: IDR 550k

Back and Shoulder Massage

Melt away stress and tension in your upper body. This focused treatment targets tight muscles in your back, shoulders, and neck, leaving you deeply relaxed. To complete this blissful experience, your therapist will provide a soothing head massage, promoting complete serenity.

30 mins: IDR 300k / 60 mins: IDR 550k

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90-mins full ritual: IDR 750k

Boreh Bali Ritual

Immerse yourself in a timeless Balinese tradition with our Boreh Ritual. This luxurious treatment begins with a rejuvenating 60-minute Balinese massage. Following this, your therapist will perform a gentle body scrub with grated coconut, removing impurities and preparing your skin for the next step. The culmination of this experience is a blissful application of Boreh, a warming spice paste revered for its beautifying properties. Emerge from your opulent cocoon with renewed radiance and silky-smooth skin.

Royal Rejuvenation

Indulge in our Royal Rejuvenation treatment. Inspired by the rituals of 17th-century Javanese royalty, this immersive experience promises complete relaxation and renewed radiance.

The journey begins with a luxuriously long massage using calming essential oils. This melts away tension and prepares your body for the next step. Next, a fragrant lulur, a traditional Javanese scrub infused with turmeric and jasmine, gently exfoliates, revealing a healthy, soft glow. Following this, a soothing bengkoang body mask, rich in antioxidants, deeply nourishes your skin. Finally, immerse yourself in an exotic flower bath, a fragrant and fitting finale to this

105 mins: IDR 850k

135 mins: IDR 1,050k

Simply Paradise

Surrender to pure indulgence. This treatment combines the deeply relaxing warmth of volcanic stones with a targeted facial.

Your journey begins with a luxuriously warm hot stone massage, melting away tension and promoting ultimate relaxation. Following this, a customized facial treatment utilizes soothing aloe vera products, suitable for all skin types. To complete this blissful experience, your therapist will perform a deeply relaxing face, head, and scalp massage, leaving you feeling utterly serene and rejuvenated.

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MANICURE AND PEDICURE

- **Spa Manicure**
  Indulge in a relaxing soak, followed by expert shaping, buffing, and flawless polish application. The perfect touch for beautiful hands.
  60 mins: IDR 500k
- **Spa Pedicure**
  Indulge in a soak, followed by expert shaping, buffing, and flawless polish application for blissful feet.
  60 mins: IDR 500k
- **Deluxe Mani Pedi**
  A combination of the two above treatments for your nails' beauty.
  90 mins: IDR 900k
- **Gel Polish Removal - Hands**
  Removal of gel polish from up to 10 nails
  30 mins: IDR 200k
- **Gel Polish Removal - Hands & Feet**
  Removal of gel polish from up to 20 nails
  60 mins: IDR 300k
- **Nail Polish Application**
  A simple polish application to refresh and beautify your nails
  30 mins: IDR 250k
- **Nail Grooming**
  Nail trimming, shaping, and gentle exfoliating scrub
  30 mins: IDR 250k

Note: *Our nail removal service is available for soft gel polish only. Hard gel removal is not available.*

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FACIAL TREATMENTS

Facial Sensation

The MMP Facial Sensation offers a refreshing escape using natural ingredients grown right here on the Plantation. The treatment starts with a cleanse using cucumber and yogurt to remove impurities and rejuvenate your skin. Then, enjoy a gentle exfoliation with a candlenut scrub. Finally, a soothing honey mask, made with our own Plantation honey, nourishes your skin. To complete the experience, a head and shoulder massage melts away tension, leaving you fully relaxed.

60-mins facial: IDR 600k
30-mins facial without mask: IDR 300k

Natural Radiance 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 circulation and a refreshed neck, face and head.

60-mins facial: IDR 700k
30-mins facial without mask: IDR 350k

BODY SCRUB RITUALS

Lulur Body Scrub & Bengkoang (Jicama) Mask

A gentle body scrub followed by a cooling bengkoang mask to exfoliate and refresh the skin, completed with a refreshing shower, leaving the skin soft and radiant.

30 mins: IDR 300k

Coffee Body Scrub

An invigorating coffee scrub that gently exfoliates and smooths the skin, followed by a refreshing shower to leave you feeling fresh and revitalized.

30 mins: IDR 300k

Boreh Body Scrub

Grated coconut is applied first to release its natural oils and soften the skin, followed by a warming Balinese boreh treatment to gently exfoliate and soothe the body, completed with a refreshing shower.

30 mins: IDR 300k

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Spa Packages

Sustainable Indulgence: Coffee Body Scrub & Aromatherapy Massage

Embrace eco-luxury with our signature Coffee Body Scrub treatment. Crafted from sustainably sourced coffee grounds, this invigorating scrub gently buffs away dead skin cells, revealing a brighter, smoother texture. Packed with antioxidants, coffee grounds also help to improve circulation and leave your skin feeling energized.

Following the scrub, a customized aromatherapy massage using essential oils melts away tension and promotes deep relaxation. This luxurious treatment is the perfect way to pamper yourself while supporting our commitment to sustainable practices in the region.

The 2-hour treatment consists of:

- *Thalasso foot bath*
- *Aromatherapy Body Massage*
- *Coffee Body Scrub*
- *Flower Petal Bath*

IDR 900k

Ultimate Coffee Rejuvenation Ritual

Unleash ultimate relaxation with our **Ultimate Coffee Rejuvenation Ritual**. This luxurious experience begins with our signature homemade coffee body scrub. Packed with antioxidants, coffee grounds gently buff away dead skin cells, revealing smoother, brighter skin. The invigorating scrub also helps improve circulation, leaving your skin feeling energized.
Next, melt away tension with a customized aromatherapy body massage using essential oils. To complete this head-to-toe pampering, a relaxing and beautifying facial treatment nourishes your skin, while a manicure and pedicure add the finishing touches. This extensive treatment is designed to fully recharge your batteries and leave you feeling renewed from head to toe.

The 4-hour treatment consists of:

- *Thalasso foot bath*
- *Aromatherapy Body Massage*
- *Coffee Body Scrub*
- *Flower Petal Bath*
- *Bali Tropical Facial*
- *Manicure & Pedicure*

IDR 1,750k

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SAUNA

Infrared Sauna Therapy

Experience the transformative power of Infrared Sauna Therapy. Our state-of-the-art sauna uses infrared heat to penetrate deep into your body, promoting relaxation and rejuvenation. Unlike traditional saunas, you'll experience a gentle, soothing warmth at lower temperatures. Customize your sauna session to optimize your experience and emerge feeling refreshed and revitalized.

PACKAGES

Padel & Recover
Rate: IDR 700K per 2 persons
Session: 60 minutes padel, 30 minutes sauna, Healthy Drink

Morning Detox Sauna
Rate: IDR 200K per person
Session: 60 minutes morning yoga, 30 minutes sauna, Herbal Tea

Sauna & Coffee Wellness
Rate: IDR 700K per person
Session: Coffee plantation tour, 30 minutes sauna, Coffee Scrub, Choices of Coffee Drinks

Rainy Day Sauna Experience
Rate: IDR 360K for up to 2 guests
Session: 45 minutes sauna, Herbal Tea

Note: last booking at 7.00 PM

UNWIND IN THE TRANQUILITY OF YOUR VILLA/ SUITE WITH OUR SELECTION OF IN-ROOM SPA TREATMENTS: TRADITIONAL BALINESE MASSAGE, AROMATHERAPY ESCAPE, REFLEXOLOGY MASSAGE AND BACK & SHOULDER MASSAGE

ALL PRICES ARE SUBJECT TO 21% TAX AND SERVICE CHARGE

Discover Traditional Balinese Wellness : Meet the Healer Program

Immerse yourself in the time-honored wellness traditions of Bali with our Meet the Healer program. This unique experience offers insights into traditional Balinese approaches to physical well-being.

Experience the Heart of Balinese Wellness:

- Consultation with a Healer: Engage in a consultation with a respected local Balinese wellness practitioner, gaining insights into their traditional practices and philosophies related to physical health and well-being. A dedicated staff member will provide interpretation to ensure clear communication.
- Therapeutic Touch: Experience a one-hour therapeutic massage, a cornerstone of traditional Balinese wellness practices. This massage focuses on addressing physical discomfort and promoting relaxation. The number of sessions may be adjusted based on your individual needs.

Important Notes:

- Lineage of Healers: These wellness practices are often passed down through generations, representing a deep understanding of the body and its natural healing abilities. Healers possess extensive knowledge of traditional techniques for addressing physical ailments.
- Traditional Techniques: Expect treatments incorporating natural remedies, specialized massage techniques, and other traditional methods aimed at promoting physical well-being.
- Advanced Booking Recommended: As healers prioritize the needs of their local community, booking this program a day in advance is highly recommended.
- Schedule Flexibility: Occasionally, the healer may be delayed tending to urgent cases. Your understanding is appreciated.
- Focus on Physical Well-being: This program specifically addresses physical ailments and discomforts through the lens of traditional Balinese practices; it does not encompass spiritual or emotional healing modalities.

IDR 590k per person