

Dear Guest,

Spa at Theanna aims to provide you a memorable spa experience, one that will refresh, rejuvenate and relax your body, mind and spirit.

It is best if you arrive at least five minutes before your scheduled treatment, so you can calm down and enjoy your welcome refreshment. As the pre-treatment will begin your journey to relaxation.

Please let us know in advance if you are pregnant or have any health concern or issues you would like to address during the treatment.

We would also like to advise you reservation of selected treatment are highly recommended as some treatment require special attention and extra time to prepare. Cancellation must be communicated at least 24 hours prior to your scheduled treatment to avoid 100% charge of the booked treatment.

Thank you for your kind attention and we hope you have a pleasant experience at Spa at Theanna.

Spa at Theanna Team

Spa at Theanna offers a one of a kind and sustainable relaxation experience. Only natural products are used, using local, handmade and pure ingredients. Our therapists are local and well-trained and ready to assist you to an ultimate relaxation journey with a warm and friendly attention.

The spa rooms are designed as a sanctuary where guests can slow down, and take a deep breathe away from the crowd to enjoy the gift of life.

Each spa treatment room is equipped with a natural stone bathtub & shower facing waterfall & greenery, two adjustable and standardised beds, as well as all the amenities & grooming you will need during your treatment and an individually controlled personal music selection.

It will be our satisfaction when guests depart leaving balanced naturally after being pampered and nurtured at Spa at Theanna.

Massage

Traditional Balinese

A full body massage that aims for deep relaxation using a combination of palm and thumb pressure, long strokes to relax the mind and body.

60' IDR 472.000

90' IDR 593.000

Theanna Signature

Experience a combination of massage techniques, Balinese strokes to improve circulation, Thai stretching for flexibility, Swedish deep tissue relieving muscle tension and acupressure for stimulation

90' IDR 593.000

Afer Sun

Recommended for dry and sensitive skin. It is also highly beneficial for after sun exposure as aloe vera will cool & moisturize your skin.

90' IDR 714.000

Reflexology

Mind-soothing feet & leg massage to release toxin and restore energy flow in your body.

60' IDR 472.000

Hot Stone Massage

Relieve stiff muscle with the energy of heated local river stone gently gliding across all parts of your body in flowing strokes.

90' IDR 690.000

Warm Oil Massage

Stimulate your blood circulation and relieves muscle aches with our homemade warm oil massage of virgin coconut oil mixed with exotic spice of ginger and clove.

90' IDR 630.000

Additional:

Head, neck, shoulder & back massage

30' IDR 273.000

Mini Foot Massage

30' IDR 303.000

Package Treatment

1. Down to Earth

Regenerate your body, mind, soul and leave feeling balanced and cleansed.

Aromatic Foot Wash	5'
Balinese Massage	90'
Body Scrub	25'

120' IDR 835.000

2. Spa Recovery

A combination of beauty & balance, massage & facial will leave you glowing with radiance.

Aromatic Foot Wash	5'
Balinese Massage	90'
Facial	25'

120' IDR 884.000

3. Bubble Indulgence (for two)

Reconnect with your lovers and take your romance to the next level.

Balinese Massage	90'
Bubble Bath for two	60'

- includes one bottle of wine and a fondue set

150' IDR 2.176.000

**all prices are nett, inclusive of 21 % tax and services*

4. Theanna's Special: Bali Ritual

Experience authentic indigenous and deep healing that has been handed down through generation

Aromatic Foot Wash	5'
Balinese Massage	60'
Scrub	30'
Herbal/Floral Bath	25'
Mini Facial or	30'
Mini Foot Massage	

150' IDR 1.209.000

5. Zen Package

Indulge in the ultimate relaxation, inspired by the Japanese to achieve symphony & healing in your body.

Aromatic Foot Wash	5'
Green tea Massage	60'
Green tea Scrub	30'
Green tea Mask	25'
Relaxation Bath	25'

A cup of hot green tea

150' IDR 1.344.000

**all prices are nett, inclusive of 21 % tax and services*

Beauty

Holistic Facial

Experience youthful skin, this treatment is especially designed to strengthen, smooth and rejuvenate your skin. Leaving you younger looking, wrinkle and line free.

60' IDR 472.000

Mini Facial

30' IDR 351.000

Organic Body Scrub

30' IDR 351.000

Bath

Flower Bath For Two

A beautiful flower bath, fit for a king and queen

30' IDR 303.000

Bubble Bath For Two

A luxurious rose scented bubble bath to follow any treatments, accompanied with 1 bottle of wine, fondue set for two (strawberry, chocolate and cheese), roses and candles

60' IDR 999.000

Products

Massage Oil

Frangipani

Ingredients: Olive Oil, Frangipani Essential Oil

Benefit: Help relieve inflammation, headache, backpain and leaving skin soft

Balancing

Ingredients: Olive Oil, Lemon, Ginger Essential Oil

Benefit: Improve digestion, warm and nourishing skin

Green Tea

Ingredients: Olive Oil, Green Tea Essential Oil

Benefit: Relaxing, prevents aging and helps eliminate toxin

Facial Products

Ingredients: Yogurt, honey, sugar, almond oil, kaolin clay and green tea

Benefit: reduce wrinkle and fine line, fight acne and dark circles, soothes sunburn, remove dead skin, rich in Vitamin E to renew skin cell.

Body Scurb

Lulur

Ingredients: Rice powder, tumeric and sandalwood powder

Benefit: A gentle exfoliator which clarifies, refine and help tired and dull looking skin

Green Tea

Ingredients: rice powder, green tea extract powder and green tea oil

Benefit: A great exfoliant, removing dead skin cell and leaving skin soft and smooth

Coffee

Ingredients: rice powder and coffee powder

Benefit: Anti inflammatory, reduction of cellulite and a gentle exfoliating agent, leaving skin smooth and glowing.