ESSENTIAL
BODY SPA & BEAUTY LOUNGE

ESSENTIAL BODY SPA

Rested. Lighter. Completely You.
Treatments That Balance, Restore And Rejuvenate.

Let Your Body Exhale. Let Your Glow Return. Let Your Soul Rest.

Each Ritual Is A Curated Journey Of Renewal — Thoughtfully Designed To Restore Balance, Awaken Radiance, And Offer Soul-Deep Stillness. Whether You Seek Detox, Beauty, Serenity, Or Shared Connection, These Packages Deliver More Than Pampering — They Offer Purposeful Transformation.

ESSENTIAL BODY SPA PACKAGES

REJUVENATION PACKAGE — **Duration : 150 Min** — **510K**

A restorative trio for full-body harmony and radiance.

Melt away tension with our signature deep sleep ritual massage, designed to ease muscles and soothe your nervous system. Lavender essential oil is used throughout the treatment to promote deep relaxation, reduce stress, and soothe the senses. Continue your journey with a nourishing Radiance Glow facial to revive your skin, and complete your ritual with a grounding flow foot ritual massage to reawaken your foundation.

Deep Sleep Ritual | Radiance Glow Facial | Flow Foot Ritual

Ideal For : A full reset for the body, skin, and spirit — perfect after travel, long work weeks, or emotional fatigue

ULTIMATE RELAXATION — **Duration : 150 Min** — **570K**

A sensory escape to stillness, softness, and self-care.

Begin with a Calm & Restore Massage, enhanced with your choice of frangipani or cempaka essential oil to relax the body, uplift the mood, and quiet the mind with their delicate, tropical floral aromas. A gentle Body Scrub follows, exfoliating and renewing the skin's natural glow. The experience is crowned with a luxurious Gua Sha Lift & Sculpt Facial — lifting, smoothing, and hydrating for total face-and-body tranquility.

Calm & Restore Massage | Body Scrub | Gua Sha Lift & Sculpt Facial

Ideal For : Those craving gentle, full-body indulgence and emotional reconnection.

WARM & GLOW PACKAGE — **Duration : 180 Min** — **620K**

A grounding ritual to melt tension and awaken skin vitality.

This deeply soothing package begins with a Hot Stone Therapy massage — warm volcanic stones placed on the body to ease muscular and energetic blockages. Cempaka essential oil is used throughout the massage to calm the senses, soften the skin, and enhance emotional release with its gentle, floral aroma. You'll then receive our Detox Glow Facial to purify, hydrate, and leave your skin glowing with renewed clarity.

Hot Stone Rebalance | Detox & Clarity Facial

Ideal For : Cold bodies, tired minds, and anyone needing to feel held and recharged.

PAMPERING PACKAGE — **Duration : 180 Min** — **675K**

Total-body love, nourishment, and sensory comfort.

Let go of the world with a Deep Sleep Ritual, enhanced with the soothing aroma of cempaka essential oil, known for its calming, floral properties that relax the body and uplift the senses. followed by a hydrating Body Mask to drench your skin in moisture and care. A rejuvenating Gua Sha Lift & Sculpt facial and brightens the face, and a calming Ear Candle Lux session gently clears physical and energetic tension.

Deep Sleep Ritual | Body Mask | Gua Sha Lift & Sculpt Facial | Ear Candle Lux

Ideal For : Self-celebration, birthdays, or any moment you need to feel deeply cared for.

ESSENTIAL DETOX PACKAGE — **Duration : 150 Min** — **570K**

A detoxifying duo to refresh your body and clear your skin.

This powerful ritual begins with our Lymphatic Reset Therapy — a light-touch technique that stimulates lymph flow, reduces fluid retention, and supports internal cleansing. Lavender essential oil is used throughout the massage to calm the nervous system, support relaxation, and gently enhance the body's natural detox process. You'll then receive our Detox & Clarity Facial to purify your complexion, rebalance oils, and reveal skin that feels light and alive.

Lymphatic Reset Therapy | Detox & Clarity Facial

Ideal For : Bloating, water retention, sluggish skin, or post-travel recovery.

ESSENTIAL SLIM & SERENITY — **Duration : 150 Min** — **510K**

Define your silhouette. Uplift your glow. Reconnect with your body.

Begin with our signature Essential Slimming Massage. Enhanced with green tea oil, known for its antioxidant-rich, detoxifying, and skin-firming properties. Contouring treatment that stimulates circulation, reduces puffiness, and supports lymphatic drainage. Follow with a sculpting Gua Sha Lift & Sculpt Facial to lift, tone, and reveal your skin's natural luminosity.

Essential Slimming Massage | Gua Sha Lift & Sculpt Facial

Ideal For : Feeling refreshed before events, post-detox, or regaining your sense of shape and lightness.

RATUS & RADIANCE — **Duration : 105 Min** — **385K**

Reconnect with Your Feminine Energy

This sacred ritual begins with a full-body massage to relax the mind and release physical tension, followed by a gentle vaginal acupressure massage to stimulate circulation and restore energetic flow in the womb space. The experience concludes with a warm herbal vaginal steam using a blend of natural leaves, flowers, and spices — supporting internal cleansing, tightening, and renewal. A deeply grounding and liberating treatment that reconnects you to your sensual self, leaving you glowing from the inside out.

Deep Sleep Ritual | Ratus Ritual

Ideal For : Reconnecting with your feminine energy, Releasing tension and stress, Feeling refreshed, balanced, and renewed

HARMONY INDULGENCE — **Duration : 120 Min** — **735K**

Synchrony, stillness, and beauty from head to toe.

Let two expert therapists work in perfect harmony during our Harmony Four Hands Escape — a deeply immersive, synchronized treatment that quiets the mind and melts tension. Cempaka essential oil is used throughout the massage to calm the senses, nourish the skin, and create a serene, floral atmosphere that enhances emotional relaxation. A Radiance Glow Facial nourishes your skin, while a deeply relaxing Flow Foot Ritual restores balance at your foundation.

Harmony Four Hand Escape | Radiance Glow Facial | Flow Foot Ritual

Ideal For : Those needing deep release, stillness, and full-body beauty in one sacred space.

COUPLE'S ROMANTIC ESCAPE — **Duration : 195 Min** — **1.600K**

A shared journey of connection, renewal, and pure indulgence.

Celebrate intimacy and shared stillness in this thoughtfully curated ritual for two. Begin with a deeply relaxing side-by-side massage, enhanced with the warm, tropical aroma of frangipani essential oil, known for its calming, sensual qualities that soothe the body and uplift the spirit. followed by a skin-renewing Body Scrub. Then enjoy personalized treatments: a Ratus Herbal Steam for her, and a Head, Neck & Shoulder Massage for him. Reunite with an Radiance Glow Facial for both — glowing, soft, and reconnected. Complete the journey with a toast to love and a sweet delight.

Deep Sleep Ritual (Both) | Body Scrub (Both) | Ratus Ritual (Female) | Head, Neck & Shoulder Massage (Male) | Radiance Glow Facial (Both)

Ideal For : Anniversaries, honeymoons, proposals — or simply choosing to be present together.

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CALM & NERVOUS SYSTEM RESET

DEEP SLEEP RITUAL **Duration : 60/90/120 Min** **225K/285K/340K**

Supports deep, restorative sleep and a calmer nervous system

Drift into deep rest with this soul-soothing full-body massage, thoughtfully paired with calming lavender oil to help your body and mind slow down. Long, flowing strokes ease muscle tension while the gentle rhythm of touch signals safety to your nervous system. This is more than relaxation — it's a ritual to reset your internal clock and promote truly restorative sleep. Ideal for those with insomnia, overthinking, or burnout.

CALM & RESTORE MASSAGE **Duration : 60/90/120 Min** **225K/285K/340K**

Reduces anxiety, soothes the heart, and brings emotional peace

This is your sanctuary for stillness. A nurturing blend of warm cempaka essential oils, slow strokes, and focused breathwork is used to dissolve stress and lower cortisol levels. As your body softens, your mind follows — allowing space for clarity, calm, and deep emotional release. Designed for those seeking relief from daily overwhelm, anxiety, or emotional exhaustion.

HARMONY FOUR HANDS ESCAPE **Duration : 60/90 Min** **400K/575K**

Releases built-up mental tension and quiets overactive thoughts

Experience the rare luxury of two skilled therapists working in perfect synchrony — a dance of touch enhanced by the delicate aroma of cempaka oil or frangipani oil, guiding you into a deeply meditative state. The harmonious flow of four hands soothes your nervous system, breaks mental loops, and grounds your energy. Perfect for those craving a full-body surrender into peace, presence, and pure stillness.

KIDS SERENITY MASSAGE **Duration : 60/90 Min** **210K/260K**

Promotes restful sleep, emotional grounding, and a sense of safety

Created especially for children (ages 4–12), this gentle treatment uses soft, nurturing strokes and hypoallergenic frangipani or lavender oil to calm busy minds and restless bodies. Ideal for kids navigating growth spurts, school stress, or screen fatigue, this massage encourages better sleep, emotional regulation, and a deep sense of safety in their own bodies.

EAR CANDLE LUX **Duration : 45 Min** **120K**

Enhances clarity, balances energy flow, and relieves mental fog

A multi-sensory ritual designed to clear both the physical and energetic space around the head and heart. Gentle ear candling draws out impurities and calms the mind, while LED stick cleansing and a relaxing neck and shoulder massage restore energetic flow. A light feather finish completes the experience — subtle yet powerful, leaving you feeling lighter, clearer, and beautifully re-centered.

DETOX & LYMPH FLOW

LYMPHATIC RESET THERAPY **Duration : 60/90 Min** **285K/400K**

Gently activates the lymph system to support detox, immunity, and water balance

This deeply therapeutic massage uses light, rhythmic strokes and calming lavender oil to encourage the movement of lymphatic fluid throughout the body — assisting in the release of toxins, reducing bloating, and stimulating immune function. Ideal for those experiencing water retention, fatigue, sluggish digestion, or post-travel swelling.

FLOW FOOT RITUAL **Duration : 60 Min** **170K**

Reawakens tired feet, supports detox channels, and restores circulation

A healing ritual for the feet — where energy pathways begin and balance returns. This treatment starts with a rejuvenating exfoliating scrub to remove dead skin and awaken the senses, followed by a reflexology-inspired massage using cempaka oil to release fluid build-up, improve lymph flow, and reinvigorate circulation.

HERBAL DETOX COMPRESS MASSAGE **Duration : 60/90/120 Min** **285K/340K/400K**

Melts muscle tension, soothes the nervous system, and purifies from within

Rooted in the wisdom of Thai healing traditions, this treatment uses warm compresses filled with detoxifying herbs to gently press and roll across the body. The heat helps open the pores, ease aches, and stimulate circulation — allowing the healing properties of the herbs to penetrate deeper. Paired with slow massage strokes and the soothing scent of frangipani oil, it brings profound relaxation while helping release stored toxins and stagnant energy.

SUNBURN SOOTHING THERAPY **Duration : 60/90 Min** **260K/310K**

Cools inflammation, restores hydration, and promotes skin repair

When your skin has had too much sun, this calming and replenishing ritual comes to the rescue. A combination of VCO oil, aloe-based gels, natural cooling agents, and gentle massage techniques help reduce redness, calm irritation, and deeply rehydrate the skin. Ideal after long beach days or poolside lounging, it not only repairs damage but leaves your skin feeling comforted and nourished.

ESSENTIAL SLIMMING MASSAGE **Duration : 90/120 Min** **340K/450K**

Contours your body, reduces fat, and boosts inner circulation

A specialized contouring massage designed to target stubborn fat deposits, stimulate circulation, and support the body's natural detoxification process. This treatment combines deep, rhythmic massage techniques and the use of wooden sticks, enhanced by the antioxidant-rich benefits of green tea oil to help break down fat and improve body contour. It is complemented by a plastic body wrap to enhance product absorption and maximize results. Perfect for those seeking a smoother, firmer, and more sculpted silhouette.

MUSCLE & PERFORMANCE RECOVERY

MUSCLE MELT DEEP RELIEF **Duration : 60/90/120 Min** **285K/340K/400K**

Releases stubborn knots, relieves chronic fatigue, and restores freedom of movement

This is your antidote to deep-seated muscle tension. Using focused deep-tissue techniques, firm pressure, and intuitive targeting, this treatment goes beyond the surface — working into the fascia to unravel built-up stress, improve circulation, and reset muscle patterns. Eucalyptus essential oil is used throughout the treatment to further soothe the muscles, invigorate the senses, and support natural recovery. Ideal for those who sit long hours, train hard, or carry long-term muscular discomfort. Leave feeling restructured, lighter, and more aligned in your body.

SPORTS RECOVERY MASSAGE **Duration : 60/90/120 Min** **285K/340K/400K**

Accelerates muscle recovery, reduces soreness, and supports peak performance

Tailored for athletes, movers, and high-performers, this dynamic massage is all about restoring flow and flexibility. A blend of deep tissue, assisted stretches, and myofascial work targets overused areas, prevents injury, and supports recovery post-activity. Whether you're prepping for a game, recovering from a race, or healing from physical burnout — this treatment helps your body bounce back stronger.

STRETCH & FLOW FOOT THERAPY **Duration : 30/60 Min** **145K/170K**

Releases foot tension, activates energy zones, and improves mobility from the ground up

Your feet carry the story of your entire day — and this ritual is their reset. A therapeutic blend of Thai-inspired foot massage, targeted pressure point work, and guided stretches revitalizes tired soles, loosens stiff joints, and helps realign your posture from the base. Cempaka essential oil is used to calm the senses, nourish the skin, and enhance the overall relaxation experience with its delicate, grounding floral aroma. As circulation improves, you'll feel lighter, more energized, and deeply connected to your foundation.

HOT STONE REBALANCE **Duration : 90/120 Min** **340K/400K**

Relieves tension, grounds the body, and awakens circulation

Melt into stillness as warm volcanic stones glide over your body and rest on pressure points, inviting your muscles to fully surrender. The gentle weight and steady heat of the stones stimulate deep relaxation while enhancing blood flow, easing pain, and realigning your energy centers. Lavender essential oil is used throughout the treatment to soothe the nervous system, promote deep calm, and enhance the overall sense of peace with its gentle, floral aroma. Perfect for those who need to release stored emotional tension and reconnect with their body's natural rhythm.

GLOW & REJUVENATION

RADIANCE GLOW FACIAL **Duration : 45 Min** **170K**

Deeply hydrates, evens skin tone, and restores luminous softness

A sensory-rich facial that's as nurturing as it is transformative. Natural botanicals and moisture-binding ingredients work in harmony to awaken tired, dull skin and replenish hydration at every layer. Gentle cleansing, exfoliation, and massage techniques help stimulate circulation and reveal your skin's inherent radiance. Perfect before special events or anytime your glow needs a little boost.

GUA SHA LIFT & SCULPT FACIAL **Duration : 60 Min** **225K**

Contours, depuffs, and energizes the skin from within

More than a facial — this is a sculpting ritual. Using the traditional Gua Sha stone, our therapists guide slow, intentional strokes across your face to lift tension, move stagnant lymph, and define natural contours. The results? Brighter eyes, smoother lines, and a visibly lifted, refreshed appearance. This treatment is especially beneficial for those holding tension in the jaw, forehead, or neck.

DETOX & CLARITY FACIAL **Duration : 90 Min** **340K**

Purifies the skin, clears congestion, and balances oil production

This targeted treatment is designed for skin that feels heavy, inflamed, or out of balance. A combination of deep cleansing, gentle exfoliation, and detoxifying masks (like charcoal or mineral clay) draw out impurities while soothing inflammation. Ideal for oily, acne-prone, or congested skin types. The experience not only resets your complexion — it leaves you feeling mentally clear and emotionally refreshed.

MEN'S POWER REVIVE FACIAL **Duration : 60 Min** **225K**

Recharges tired skin, combats oiliness, and restores confidence

Tailored specifically for male skin, this facial tackles sun damage, excess oil, and daily environmental stress. A deep cleanse opens the pores, followed by exfoliation and a cooling, hydrating moringa face mask to reduce fatigue and enhance skin clarity. It's the perfect go-to for men seeking refreshed, well-groomed skin with zero fuss and maximum results.

REJUVENATE & POLISH SCRUB **Duration : 90/120 Min** **260K/310K**

Smooths texture, removes buildup, and energizes the body's surface

This full-body exfoliation is the ultimate ritual to refresh and awaken your skin from head to toe. Using your choice of invigorating coffee scrub or nourishing coconut scrub, this treatment gently removes dull, dry skin while stimulating circulation and leaving your body feeling smooth, soft, and radiant. Perfect before sun-soaked days, after long travels, or anytime you crave that fresh, renewed glow. Ideal before sun exposure, after travel, or anytime you want to feel completely refreshed in your own skin.

MATERNITY & WOMEN'S WELLNESS

PRENATAL COMFORT MASSAGE **Duration : 60/90 Min** **255K/370K**

Relieves swelling, calms the nervous system, and aids emotional grounding for mothers-to-be

This deeply soothing treatment offers physical and emotional relief for expectant mothers. Using safe, side-lying techniques, our trained therapists gently release tension in the back, hips, and shoulders while improving circulation and reducing water retention. Lavender essential oil is used throughout the treatment for its gentle, calming properties — helping to relax the nervous system, reduce stress, and promote a sense of inner peace. With nurturing touch and calming breathwork, the session invites moments of stillness and self-connection — supporting both mama and baby in harmony. Recommended for the second and third trimester.

POSTNATAL RECOVERY RITUAL **Duration : 90/120 Min** **340K/450K**

Restores depleted energy, supports healing, and rebalances the post-birth body

Inspired by time-honored Indonesian traditions, this restorative ritual includes a warm Javanese Selendang wrap and therapeutic massage to bring the body back into alignment. Green tea oil, rich in antioxidants and anti-inflammatory properties, is used throughout the treatment to support skin renewal, reduce swelling, and promote inner balance. It gently supports abdominal toning, circulation, and emotional release after childbirth. Perfect for new mothers needing space to heal, feel held, and begin the next chapter with renewed strength and softness.

RATUS RITUAL **Duration : 45 Min** **200K**

Cleanses, tones, and reawakens the feminine essence

Inspired by time-honored Indonesian traditions, this restorative ritual includes a warm Javanese Selendang wrap and therapeutic massage to bring the body back into alignment. Green tea oil, rich in antioxidants and anti-inflammatory properties, is used throughout the treatment to support skin renewal, reduce swelling, and promote inner balance. It gently supports abdominal toning, circulation, and emotional release after childbirth. Perfect for new mothers needing space to heal, feel held, and begin the next chapter with renewed strength and softness.