THE SHABA SPA

“the art of
slowing
down”





WELCOME TO THE SHABA SPA

AT BALQUISSE HERITAGE HOTEL · JIMBARAN

Hidden amongst the lush gardens of Balquisse Heritage Hotel, The Shaba Spa is a little world of its own, where the beauty of Balinese traditions and the gentle art of caring for others have found a home.

Here, fragrant oils meet the warmth of skilled hands, ancient rituals unfold with quiet grace, and each treatment is an invitation to surrender to the simple pleasures of being cared for.

Inspired by the island, guided by intuition and offered with the warmth of our family home.

For the moments that belong entirely to you.

THE WAY WE CARE

ARRIVE

Beyond the gardens, the world grows a little quieter. Soft light, the fragrance of lemongrass and the gentle sounds of nature welcome you into a moment entirely your own.

UNWIND

Warm oils, intuitive hands and a rhythm guided by your body. Each gesture is an invitation to release, to soften and to simply be.

LINGER

Stay a little longer, enjoy the quiet of the gardens and carry a little of that feeling with you.





CHOOSE YOUR OIL

FOUR ESSENCES OF THE ISLAND

FRANGIPANI

Soothing and deeply relaxing.
Moisturises the skin and calms inflammation.

SANDALWOOD

Calming and grounding. Brings clarity of mind and balances the emotions.
Ideal for dry or sensitive skin.

CEMPAKA

The golden flower of Bali's temples.
Brings peace, eases fatigue and lifts the mood.

LOTUS

Hydrating and rich in antioxidants.
Restores the skin's vitality and invites mindfulness.



BALINESE MASSAGE

RITUALS FROM THE ISLAND



TRADITIONAL BALINESE MASSAGE

Indulge in the true essence of Bali through our traditional massage. Gentle stretches, palm pressure, and calming strokes help restore balance, relax muscles, and rejuvenate the mind and body.

60 MINUTES	IDR 560K++
90 MINUTES	IDR 690K++

SIGNATURE MASSAGE

Immerse yourself in a healing massage that blends traditional Asian techniques, drawing from Balinese and Thai practices. It combines deep tissue work and acupressure to restore balance and support both body and mind.

60 MINUTES	IDR 760K++
90 MINUTES	IDR 890K++

DEEP TISSUE MASSAGE

Release built-up tension with a deep tissue massage designed to target the deeper layers of muscle, ease chronic tightness, restore strength and flexibility.

60 MINUTES	IDR 660K++
90 MINUTES	IDR 790K++

HOT STONE MASSAGE

A deeply relaxing and grounding therapy using warm stones and precise pressure techniques. Designed to ease muscle tension, improve circulation, and awaken the body's natural energy flow.

90 MINUTES	IDR 960K++
120 MINUTES	IDR 1,090K++



PREGNANCY MASSAGE

A gentle therapeutic practice, specialising in techniques to help relieve lower back tension, reduce leg cramps and swelling, and promote calm, restorative comfort for both mother and baby.

60 MINUTES	IDR 660K++
90 MINUTES	IDR 790K++

KIDS MASSAGE

A soft therapeutic practice designed especially for children aged 3–10 years, encouraging relaxation, better sleep, healthy growth, and improved digestion.

30 MINUTES	IDR 430K++

RITUALS FOR TWO

TIME SHARED, SIDE BY SIDE



BALINESE MASSAGE FOR TWO

Side by side, a Traditional Balinese Massage for each of you: a shared hour of calm. A favourite of our honeymooners and couples.

60 MINUTES	IDR 900K++
90 MINUTES	IDR 1,200K++

THE RITUAL FOR TWO

A Traditional Balinese Massage for each of you, followed by a Flower Bath together: warm water, fresh petals and time to linger.

120 MINUTES	IDR 1,800K++

HEALING RITUALS

THE HEALING ARTS



HOLISTIC HEALING MASSAGE

Embark on a transformative journey of holistic treatment with our experienced healer therapist. Combining ancient techniques, energy balance, and intuitive touch, this therapeutic massage focuses on releasing pain and tension while harmonising your body, mind, and spirit.

Kindly note that this is not a relaxing massage.
Best booked 48 hours ahead

90 MINUTES — IDR 1,200K++

REIKI HEALING

Through light contact or hands held just above the body, the practitioner works intuitively to encourage a sense of flow and balance. An experience that invites you to rest, turn inward and reconnect with your own energy.

90 MINUTES — IDR 1,500K++

BATHS & GENTLE TOUCHES

PETALS, COCONUT & CALM

BACK, HEAD & SHOULDER

Using skilled techniques to ease muscle tension. Targeted movements soften stiffness, enhance circulation, and restore a natural sense of alignment and relaxation.

30 MINUTES	IDR 430K++
60 MINUTES	IDR 660K++

FOOT REFLEXOLOGY

Targeted pressure on the points of the feet, to harmonise the body's energy and bring comfort from head to toe.

30 MINUTES	IDR 430K++
60 MINUTES	IDR 660K++

BATH RITUALS

Warm water, fresh petals and soft fragrance: a serene close to any treatment or a bath of warm coconut milk, rich in antioxidants and naturally soothing, to calm the skin and leave it deeply hydrated.

30 MINUTES FLOWER BATH	IDR 350K++
30 MINUTES COCONUT BATH	IDR 450K++





BALINESE HERITAGE

WITHIN THE SHABA SHALA



MELUKAT CEREMONY

A Balinese water purification held at The Shaba Shala and guided by our pemangku. Dressed in sarong, you receive holy water and blessings: a quiet moment of renewal. Held every day, at a time arranged with you.

60 MINUTES IDR 850K++



OPENING HOURS	THE SHABA SPA WELCOMES YOU DAILY, FROM 10.00 AM TO 8.00 PM.
BOOKINGS	TO ENSURE A BEAUTIFULLY CONSIDERED EXPERIENCE, WE KINDLY INVITE YOU TO RESERVE YOUR TREATMENT AT LEAST 24 HOURS IN ADVANCE.
ARRIVAL	WE INVITE YOU TO ARRIVE 15 MINUTES BEFORE YOUR APPOINTMENT, ALLOWING A LITTLE TIME TO SETTLE IN..
CHANGES	CHANGES ARE WELCOME UP TO 24 HOURS BEFORE YOUR TREATMENT. LATER CHANGES AND MISSED APPOINTMENTS ARE CHARGED AT 50%.
DAY VISITORS	THE PLEASURES OF THE SHABA SPA EXTEND BEYOND OUR RESIDENT GUESTS. VISITORS ARE WARMLY INVITED TO DISCOVER OUR TREATMENTS AND RITUALS.

PRICES SUBJECT TO 10% GOVERNMENT TAX AND 11% SERVICE CHARGE

CONTACT

THE SHABA SPA AT
BALQUISSE HERITAGE HOTEL

18X JALAN ULUWATU, JIMBARAN, BALI

WHATSAPP
INSTAGRAM

BALQUISSE.COM





terima kasih