



BAMBU INDAH

WELLNESS

MASSAGE RITUALS

Warisan Bali Massage

A Timeless Healing Ritual Passed Through Generations

50 / 80 Minutes

Price: IDR 750,000++ / IDR 950,000++

Rooted in the timeless rhythms of Balinese village life. This massage draws inspiration from the farmers who laboured under the tropical sun, tilling the earth with strength and devotion. At day's end, loved ones and healers restored them, drawing on the philosophy of Pancha Maha Bhuta. The five great elements Earth, water, fire, air and ether, to bring body and mind back into harmony. With flowing strokes and grounding touch, this treatment releases deep muscle tension, calms the nervous system, and restores vitality. More than a massage, it is a ritual of renewal, leaving you grounded, clear, and ready to greet a new day.

Thaiatsu Massage

The Harmony of Thai Flow and Japanese Touch

80 Minutes

Price: IDR 950,000++

Tayatsu as a meeting of movement and stillness. In Thailand, there's a tradition of flowing stretches that open the body. In Japan, the quiet wisdom of the hands, mindful pressure, guiding the body back to balance. Tayatsu brings these two philosophies together. Where flow meets stillness, a dialogue of stretch and touch that restores suppleness, steadies the breath and clears the mind. It's a journey that feels both ancient and freshly alive.

MASSAGE RITUALS

Warrior Massage

Where Warrior Strength Meets Deep Recovery

50 / 80 Minutes

Price: IDR 950,000++ / IDR 1,200,000++

Every body carries a warrior's spirit. Warrior Massage uses slow, deep pressure to release those knots, ease stiffness, and restore movement in bodies that are pushed by training, long hours on your feet, or everyday stress. It's ideal when your muscles feel stubbornly tight and you need a clear, physical reset. You'll walk away feeling looser, stronger and ready for what's next.

Head, Neck, and Shoulder

Calm Starts at the Crown

25 / 50 Minutes

Price: IDR 400,000++ / IDR 750,000++

In just 25 minutes, this short but focused treatment works through the head, neck, and shoulders to release built-up tension and quiet a busy mind. Ideal for desk strain, tight necks and shoulders, and stress headaches, leaving you feeling clear, light and ready to go.

Jetlag Massage

From Travel-Weary to Refreshed

25 / 50 Minutes

Price: IDR 400,000++ / IDR 750,000++

After the miles, this jet lag massage focuses on your legs and feet, boosts circulation, eases swelling, and wakes up heavy legs. Perfect after flights, long drives, or a day on your feet, this treatment helps you bounce back, so you're ready to dive into Bambu Indah's wild charm and all the little surprises that are waiting for you.

FACIALS RITUALS

Muka Signature Facial

Radiance Through Ritual

90 Minutes

Price: IDR 950,000++

More than a facial, Muka Signature Facial is a complete ritual designed to restore your skin's natural vitality. Featuring MUKA Fresh Natural's botanical skincare, crafted with fresh, naturally derived ingredients, this treatment combines deep cleansing, expert facial massage, and restorative techniques to boost circulation, melt away facial tension, and replenish hydration. Your complexion is left smooth, luminous, and naturally radiant, while your mind enjoys a luxurious moment of calm and renewal.

Muka Guasha Face-Lifting Massage

Where Copper Meets Natural Lift.

60 Minutes

Price: IDR 750,000++

Using handcrafted copper gua sha tools and MUKA Fresh Natural's botanical skincare, this sculpting facial massage stimulates lymphatic drainage, relieves facial tension, and helps reduce puffiness. Crafted with fresh, naturally derived ingredients, the nourishing products enhance the treatment, leaving the skin refreshed, sculpted, and beautifully radiant.