

In Balance by NOVOTEL Spa

BODY MASSAGE

Upper Body Massage (45 min) **Rp. 250,000++**
Relaxes and relief muscle tension on your back and neck.

Foot Detox (60 min) **Rp. 325,000++**
Whether you are a runner, high heeled shoe wear or simply just on your feet all day, you'll float out the door after this complete foot & lower leg massage.
The treatment includes foot massage and foot mask

Reflexology (60 min) **Rp. 300,000++**
This massage stimulates reflex area on the feet by applying pressure to specific point on the feet to influence the health of corresponding parts of the body.

Traditional Massage (75 min) **Rp. 350,000++**
Using the therapeutic power of touch to relax your muscles, stimulate blood circulation and to release inner tension.

Aroma Massage (75 min) **Rp. 375,000++**
The treatment works your body in a very natural and holistic way by gently activating the body's own healing energies. Choose according to your needs such as: Relaxing Oil, Pain Relief Oil, Cellulite Oil, or Love Oil.

Bamboo Massage (75 min) **Rp. 375,000++**
Inspired by the culture of Dayak race in Kalimantan Island (part of Indonesia), with the famous dance using the rhythm of bamboo. This treatment is a non oil massage using combination of hands and bamboo roll over on your body that works on muscle and nerve pathways that eases muscle stiffness and encourage blood circulation which will give you totally refreshed.

Hot Stone Massage (1, 5 hrs) **Rp. 450,000++**
Using heated basalt stone of varying sizes to key points on the body giving a deep massage and creating sensation of comfort, warmth, and deeply relaxed.

Dwi Jegeg Massage (1, 5 hrs) **Rp. 500,000++**
Massage by two therapists with the same rhythm and pressure to reduce stiff muscle and tiredness.