



Massage at Jendela di Bali

Massage services are provided subject to therapist availability, which can vary due to their religious commitments. One days' notice is preferred, but our manager Dayu Made is happy to contact your preferred massage therapist to check availability.

Massage is generally provided in the Wayang Kulit Massage Bale on our professional massage table.

We offer two styles of massage at Jendela di Bali:

- **Relaxation Massage** – with our **female** therapist Ibu Wayan.

Suitable for those seeking a relaxing, indulgent massage. Our therapist Ibu Wayan has 3 years experience. She lives in our neighbouring village of Padpadan. Please ask our manager to check the availability and arrange a mutually agreeable time.

- **Therapeutic Massage** – with our **male** therapist Bapak Gede Urip Tama

Suitable for those with a need for deep, therapeutic massage for healing. Gede uses a range of healing techniques including acupressure, reflexology and traditional Balinese healing massage techniques. This is a robust treatment that will suit those seeking treatment for specific issues.

TURN OVER FOR TREATMENT DETAILS

www.jendeladibali.com

Relaxation Massage (female therapist)

Balinese massage is a full-body, deep-tissue, holistic treatment. Balinese massage uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and "qi" (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation. Balinese massage uses a variety of techniques including skin rolling, kneading and stroking, and pressure-point stimulation, combined with the aromas of essential oils.

Relaxing Balinese Massage

60 minutes

Rate IDR 160k

Using traditional Balinese techniques with firm finger and palm pressure and nominal oil to ease away all bodily tension and invigorate the senses.

Treat the Feet

60 minutes

Rate: IDR 130k

Special foot treatment assists in the relief of stress and tension to all parts of the body via constantly flowing energy channels that improve wellbeing by restoring the natural flow of body energy.

Lulur Balinese Boreh

90 minutes

Rate: IDR 250k

Inspired by traditional Balinese remedies, boreh treatment has been developed to detoxify and warm the body using a stimulating mixture of powdered cloves and cinnamon.

Therapeutic Massage (male therapist)

Intu-isi Therapeutic Massage

60 minutes

Rate: IDR 200k per hour

Please note: For an effective treatment for all but the simplest issues, a **two-hour** treatment is recommended (that is, double the above rate). A course of three treatments is suggested for chronic conditions.

A healing therapy tailored to your specific needs to restore wellbeing using acupressure, reflexology and traditional Balinese healing massage techniques. This is a robust treatment that will suit those seeking assistance for specific issues. Movement and varying degrees of pressure in single direction concentrate on the muscle form, circulation and lymphatic system to recharge the body, mind and spirit.