# MASSAGE & BEAUTY

### NAILS

# FACIALS

# MASSAGE

# ACUPUNCTURE

# MASSAGE DESCRIPTIONS

### RELAXATION BALINESE MASSAGE I OR 1.5H

A vigorous form of massage that combines elements of Swedish Shiatsu, and reflexology techniques. It involves the use of long, flowing strokes, kneading, and gentle stretching to relax the muscles and increase circulation.

### REFRESHING + RELAXING MASSAGE IH

Starting with soft reflexology and acupressure in the whole body. This massage is good to refresh your body.

### DEEP TISSUE + REMEDIAL MASSAGE 1.5H

A great combination of reflexology, deep tissue, and traditional massage, releasing your stiff muscles. Good for those active in sports, hard workers, or those wanting to experience a deep tissue massage.

#### HEALING + ACUPRESSURE MASSAGE 1.5H

This special healing massage works in the acupuncture points, and body meridians and concentrates on the root of the problem

#### ACUPRESSURE MASSAGE 1.5H

Applying manual pressure to specific points on the body, aligning with TCM principles promoting relaxation, tension release & enhanced wellness

### MASSAGE + BODY SCRUB 1.5H

Massage & Body scrub combines Balinese massage & scrub, a type of physical exfoliant that removes dead skin cells. This helps skin look brighter & may prevent future acne breakouts and relax your body and mind.

### DEEP TISSUE SPORT MASSAGE | OR 1.5H

Deep tissue sports massage targets chronic tension in muscles that lie far below the body's surface. Deep muscle techniques involve slow strokes, direct pressure or friction movements that go across the muscle grain.

#### REFLEXOLOGY TH

Applying deep, strong pressure with thumbs and fingers, particularly focusing on your feet, is effective for stimulating organ energy, releasing stiff muscles, and boosting overall body metabolism.

## ACUPUNCTURE DESCRIPTIONS

#### ACUPUNCTURE MASSAGE 1.5H

Fine needles are used to target specific energy points and channels throughout the body, promoting relaxation, and overall well-being.

#### MASSAGE + ACUPUNTURE 1.5H

After massage do needling to get maximum results on complaints.

### ACUPUNCTURE + MOXA IH

Needling acupoints on Qi circulation problems and heating with moxa to give good results.

## ELECTRIC ACUPUNCTURE IH

Electric Acupuncture works by stimulating the acupoints to release blocked energy and stimulating nerve cells, regenerating nerve cells, promoting blood circulation, and more.

# FACIAL DESCRIPTIONS

#### FACIAL IH

A facial is a rejuvenating skincare treatment to enhance the complexion and promote skin health.

### FULL BODY MASSAGE + NATURAL GLOW FACIAL 1.5H

This treatment starts with a relaxation body massage and continues with a facial using natural ingredients like sugar, honey, fruit, and herbs Following a cleanse, tone, and exfoliation, our therapist will use percussive and light therapy to help stimulate cell regeneration and increase circulation and microcurrent to contour and sculpt facial features and lift and firm the skin

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