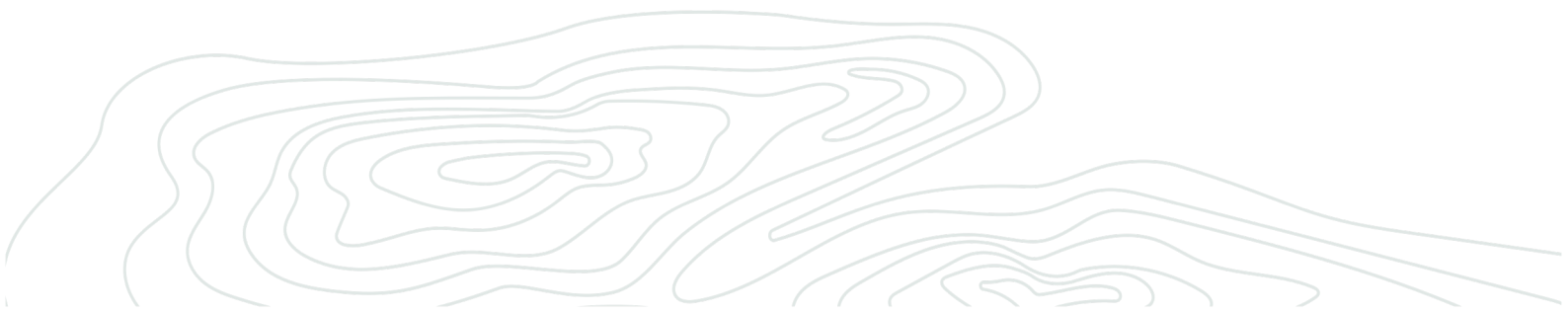


The Retreat

Spa Menu

nirjara



SACRED JOURNEYS FOR TWO

Temple Blessing Ceremony

140 minutes | 2,800 for two

This journey is inspired by traditional Balinese wedding ceremonies; perceived by the Balinese as spiritual milestones. The celebrations encompass a variety of culturally significant elements, most importantly the cleansing and blessing rituals intended to ward off evil spirits and create harmony. This treatment is purifying for both the body and mind.

Traditional sarong for you to bring home
Holy water blessing ceremony by a local Hindu priest at Nirjhara's temple
Foot bath ritual
Soothing Balinese massage
Flower bath ritual
Tea ceremony

Rama and Sita - Spa & Dine

120 minutes & dinner | 3,800 for two

Inspired by the Hindu love story of Rama and Sita; a tale of a couple whose love was tested by a demon king in a battle of good versus evil, light versus darkness. After their victory, the whole kingdom lit candles to guide the couple safely back home. This journey is warm and relaxing, a sense of coming home.

Foot bath ritual
Warm and nurturing Balinese massage
Botanical facial with Ayurveda marma point massage
Flower bath ritual
Tea ceremony
3-course sunset dinner with a bottle of wine

BLESSINGS AT THE RETREAT

120 minutes | 1,150

Melasti - Cleansing Blessing

Energising | Detoxifying | Hydrating

In the days leading up to Nyepi, the Balinese New Year, local communities journey down to the sea for Melasti, a yearly purification ceremony. The ritual is meant to clean the earth from bad karma and to welcome the new year with a clean body, mind and soul.

Foot bath ritual
Cleansing Balinese massage with salt stone and warm sea salt compress
Botanical facial with head massage
Body scrub with warm coconut oil and sea salt
Tea Ceremony

All prices are quoted in '000 Indonesian rupiah and subject to 21 percent service charge and prevailing government tax



Nyepi - Sacred Sleep Blessing

Relaxing | Rejuvenating

Nyepi, the Day of Silence, is a sacred day of fasting and meditation. For one day the whole island becomes still; no lights, electricity or entertainment is allowed. Nyepi is a time for quietude, relaxation and self-reflection.

Foot reflexology with warm compress
Sound healing
Relaxing warm stone massage with ginger remedy pack for the lower legs
Face massage using Ayurveda marma points and Reiki healing techniques
Tea Ceremony

Saraswati - Sacred Woman Blessing

Nurturing | Skin-Nourishing | Cleansing

The beautiful Saraswati, Goddess of wisdom, is often depicted on a lotus flower in a pool of water. Also known as the Goddess of flowing water, Saraswati is a purifying force that helps realize the essence of self. This treatment renews the skin and rebalances the mind.

Foot bath ritual
Nurturing Balinese massage
Botanical facial with Ayurveda marma point massage
Body scrub with moringa and coconut oil
Flower bath
Tea ceremony

Shiva - Sacred Man Blessing

Invigorating | Tension-Releasing

Shiva is one of the most important deities revered by the Balinese. By destroying things that are no longer needed and returning them to their original state, Shiva enables new creations to take form. This treatment releases tension and rejuvenates the skin.

Foot bath ritual
Invigorating deep tissue massage with ginger remedy pack for the lower back
Botanical facial with Ayurveda marma point massage
Body scrub with coffee and coconut oil
Tea ceremony

Ancient Reiki Blessing

Relaxing | Detoxifying

Reiki is an ancient healing technique meant to stimulate the flow of energy, or Chi, in the body. By incorporating Reiki techniques to the treatment, our Reiki-certified spa artisans will soothe both body and mind. This blessing grounds the body and centres the mind.

Foot reflexology with warm compress
Sound healing
Relaxing Balinese herbal compress massage with warm boreh therapy for the back
Botanical facial with Ayurveda marma point massage and Reiki healing techniques
Head massage
Tea ceremony

BALINESE VILLAGE MASSAGE

60 minutes | 750
90 minutes | 950
120 minutes | 1,080

This unique massage is inspired by ancient Balinese tradition where each village has its own healer. Massages are viewed as health remedies, and often include aromatic spice and herb pastes, known as borehs, which are applied topically to detoxify the body. The village healer typically customizes each treatment based on the patient's ailments to heal and restore balance.

As in the tradition of village healers, our spa artisans will curate a massage tailored to your personal needs. Inform your spa therapist if there is anything in particular you would like to focus on; release tension, improve circulation, reduce stress, improve sleep, relieve sore muscles... Your therapist will help craft the perfect treatment for you.

BOTANICAL BODY SCRUBS

90 minutes | 990

Explore our collection of plant-based body scrubs tailored to deeply cleanse, detoxify and polish the skin. Our scrubs incorporate massage techniques to help stimulate the lymphatic system and improve blood flow. Complete the treatment with a body mask and wrap to soothe and hydrate the skin while enjoying a relaxing face and head massage.

Moringa Scrub & Jicama Mask

Recommended for all skin types

Moringa leaves are antioxidant-rich superfood high in vitamin C and A that boost collagen and keep the skin plump. Jicama, also high in vitamin C, can increase firmness and tone the skin, leaving it beautifully soft and refined.

Coffee Scrub & Coffee Mask

Recommended for oily skin

Known for its antioxidant properties, coffee helps regenerate skin cells and increase blood flow. This can help soften the texture of the skin, reduce the appearance of cellulite and offer an overall glow.

Coconut Scrub & Spirulina Mask

Recommended for dry and dehydrated skin

The natural fatty acids found in coconut help reduce inflammation and keep the skin smooth and moisturized. Spirulina, rich in vitamins and both fatty and amino acids, tones the skin and promotes cell renewal.

FACE RITUALS

60 minutes | 800

Nirjhara Signature Facial

This facial honours the power of truly natural skincare by using raw ingredients grown in Bali, transformed here at Nirjhara. Wildflower honey with its antibacterial and natural exfoliating properties works as a natural cleanser. Candlenut, rich in antioxidants and vitamins A and E, provides hydration and protection against environmental stressors. Citrus is antiseptic and detoxifying. Jicama, rich in minerals and vitamins, is hydrating and boasts anti-aging properties. Cucumber reduces puffiness and has cooling and hydrating effects. The treatment incorporates sculpting and lifting massage techniques to release tension stored in the facial muscles and reduce signs of stress and fatigue.

Cucumber skin toner
Wildflower honey and candlenut milk cleanser
Freshly grated candlenut scrub
Virgin coconut oil
Jicama and cucumber mask
Rose and geranium hydrator
Kakadu plum and argan oil eye serum
Coconut and peppermint lip protection balm

Ayurveda Marma Facial

Marma is the Sanskrit word for secret, and refers in Ayurveda to the points in the body that act as junctions between different types of tissues. This deeply relaxing facial treatment incorporates elements of Ayurveda marma point massage to improve blood flow, calm the nervous system and relieve a busy mind. Botanical facial products made in Bali by Sensatia.

Pomegranate and magnolia berry cleansing oil
Rosewater and argan seed scrub
Rosewater and ginseng toner
Neroli, jasmine and ylang-ylang dream cream
Wild honey and seabuckthorn mask
Rose and geranium hydrator
Kakadu plum and argan oil eye serum
Coconut and peppermint lip protection balm

MANICURES & PEDICURES

60 minutes manicure | 500

60 minutes pedicure | 550

Our manicures and pedicures are completed bare or with regular polish. Several additional services are available should you wish to enhance your treatment.

Gel polish | 120
French | 150
Nail art | 25 per nail
Gel polish removal | 80

All prices are quoted in '000 Indonesian rupiah and subject to 21 percent service charge and prevailing government tax



REFLEXOLOGY

30 minutes | 400

60 minutes | 680

This treatment is the perfect remedy after a long day traveling or exploring. Pressure is applied to specific reflex points on the hands and feet to stimulate the nervous system and increase blood flow. This ritual is both relaxing and rejuvenating.

REIKI

60 minutes | 1,200

Reiki is an ancient healing technique based on the application of guided life force energy, or Chi, aiming to treat the body, mind and soul. Reiki Tummo is a specific type of Reiki that channels and harmonizes Chi as well as Kundalini, the energy from within. Tummo, meaning inner fire, is meant to improve health and spirituality. Our guest Reiki Tummo Master, Bapak Ketut Nedia, became a Reiki Tummo Master in 2006 and has been helping others heal since then. This relaxing healing therapy is performed fully clothed and with limited contact.

We recommend that you book at least one day in advance.