REJUVENATE YOUR MIND, BODY AND SOUL

BALINESE MASSAGE
75M FOR IDR 400,000

REFLEXOLOGY MASSAGE
60M FOR IDR 380,000

AROMATHERAPY MASSAGE
90M FOR IDR 440,000

FOOT MASSAGE
30M FOR IDR 210,000

BACK & SHOULDTERS MASSAGE
30M FOR IDR 210,000

MIMPI ART MOVEMENT
90M FOR IDR 490,000

MIMPI SPRING WATSU
60M FOR IDR 420,000

BODY WRAP WITH HERBAL BATH
60M FOR IDR 380,000

BODY SCRUB WITH HERBAL BATH
60M FOR IDR 380,000

THAI BAREFOOT PRESSURE
75M FOR IDR 420,000

MIMPI HERBAL COMPRESS
75M FOR IDR 460,000

TIBETAN SINGING BOWL
60M FOR IDR 300,000

BANYUWEDANG WATER CEREMONIAL
150M FOR IDR 800,000

MAGIC DETOX & REVITALIZING RITUAL
4H30M FOR IDR 1,250,000

HAWAIIAN WARM STONE THERAPY
90M FOR IDR 480,000

NATURAL FACIAL WITH POULTICE & JADE STONE
60M FOR IDR 550,000

ULTIMATE HOT SPRING RITUAL
FULL DAY FOR IDR 1,800,000

ALL PRICES INCLUSIVE OF TAX & SERVICE CHARGE. TERMS & CONDITIONS APPLY.
Body Work

Balinese Massage

Derived from traditional Balinese massage techniques to renew, strengthen and heal the mind, body and soul. The massage applies stretching, effleurage, palm and thumb pressure techniques to each part of the body to relieve tension, improve circulation and create a feeling of well-being. Ingredients include God Island Body oil combined with sweet almond, virgin coconut and spiced essential oils to warm and nourish the body.

Reflexology Massage

An ancient healing therapy, blissful as it is beneficial. Reflexology works on the principle that all body organs are connected to reflex points in the feet, via constantly flowing energy channels. Massaging these reflex points will improve well-being by restoring the body's natural energy flow. This treatment is combined with a refreshing natural foot cream.

Aromatherapy Massage

A relaxing massage that combines Swedish, Shiatsu, Indonesian and Acupressure techniques using your choice of body oil, and finished with a soothing mini face massage. This massage is designed to allow you to enjoy total relaxation.

Mimpi Art Movement

Inspired by the art of Esalen massage, this treatment applies long flowing strokes all over the body to help release you from the stresses of everyday life, leaving you feeling integrated and deeply relaxed. The treatment is combined with your choice of aromatherapy sweet almond body oil to restore the mind, body and soul to be in harmony.
Mimpi Spring Watsu

Watsu's name comes from a combination of “water” and “shiatsu”. It is a deeply relaxing and nurturing form of bodywork that takes place in one of our natural hot spring pools, with the therapist cradling you and performing gentle stretches. The buoyancy and support of the water allow the spinal column to be moved in ways that aren't possible on land. Watsu can be a profound treatment that works on both body and mind. The warm water creates a space safe enough for the one in our arms to access every level of their being.

Foot Massage

A relaxing foot massage using long strokes and friction movements from the sole to the upper calf. This treatment is designed to rejuvenate tired feet.

Back & Shoulders

This relaxing massage focuses on shoulders and upper back to relax the muscles, ease tension, smoothen the wrinkles from your daily stresses, and uplift the mood.
Body Wrap & Energizing Herbal Spring Bath

Choice of Body Wraps to energize and moisturize the skin:

- **Spicy**: A traditional Balinese recipe of spiced herbs with ground rice, giving a warming and energizing effect.
- **Aloe Vera After-Sun Gel**: A body wrap designed for sun-burnt skin. Aloe-based infused with Lavender and Geranium essential oils. Cooling and relaxing effect on the skin.
- **Wrap of the Day**: Our spa provides wraps made from fresh ingredients according to the season. Ask the spa reception for more information.

Body Scrub & Energizing Herbal Spring Bath

Choice of Body Scrubs to soften and brighten the skin:

- **Sandalwood Lulur**: A traditional skin exfoliator made from turmeric and sandalwood powder infused with sandalwood essential oil. Relaxing and soothing effect on the skin.
- **Green Tea**: A skin exfoliator made from green tea powder infused with citrus essential oil. A great antioxidant and has an anti-aging effect on the skin.
- **Scrub of the Day**: Our spa provides scrubs made from fresh ingredients according to the season. Ask the spa reception for more information.

All treatments above are perfected with an Energizing Herbal Spring Bath and an application of the rich and nourishing Serenity Body Lotion to moisturize the skin.
Natural Facial with Poultice and Jade Stone

The Natural Facial uses traditional beauty recipes made with fresh ingredients, mother of pearl powder, nourishing plants and vegetable extracts. Warm herbal poultice gently massaged onto your chest, shoulder and neck, and acupressure points will relax the muscles. The treatment is perfected with uplifting movements using a jade stone.

Hawaiian Warm Stone Therapy

This therapy is designed to relieve sore and stiff muscles. The treatment starts with a Hawaiian lomi-lomi massage using a detoxifying aromatherapy sweet almond body oil, followed by brushing warm rocks across the body in long, flowing strokes. Simultaneously, other rocks are placed on the body's various energy points, the heat penetrating deep within the muscles to melt away tension and restore balance.

Thai Barefoot Pressure

This Thai massage begins with a barefoot shiatsu massage on the back using rocking and deep pressure movements from the feet, continued with Thai massage techniques using the acupressure points along the meridian line, stretching and mobilize movements aimed at increasing blood circulation and soothing sore muscles. This massage is designed without oils.

Mimpi Herbal Compress

Inspired by an ancient Asian healing therapy, the treatment starts with warming up the body without oil, followed by a warm herbal compress containing fresh herbs from our very own Mimpi Organic Garden such as tamarind, ginger, turmeric and cloves to balance your body, relieve stress, boost energy and improve blood circulation.

Tibetan Singing Bowl

An ancient sound and vibration healing therapy that originates from Tibet, the treatment uses 4 different bowls, all working harmoniously together to balance the chakra, relax the mind, body and soul, and strengthen the immune system.
Mimpi Signature Rituals

Banyuwedang Water Ceremonial

A ritual designed to purify your mind, body and soul. This ceremonial ritual utilizes the power of sandalwood powder, essential oils and an aromatherapy flower spring bath. A foot cleansing ritual is followed with an ancient exfoliation and polishing process using a natural scrub made from sandalwood and candlenut. Afterwards, enjoy the colorful and fragrant Balinese flower spring bath infused with romantic essential oils. Lastly, achieve ultimate relaxation with our Balinese Massage with your choice of aromatherapy sweet almond body oil. The ceremonial ritual ends with a relaxing moment at the bayside wantilan while enjoying our refreshing traditional beverage, Jamu Kunyit Asem, and cookies.

Magic Detox & Revitalizing Ritual

This ritual is specially designed to detox and revitalize your body using the power of herbs, natural hot spring water and essential oils. It begins with a foot cleansing ritual followed by an ancient exfoliation and polishing process using a natural scrub made from green tea and avocado. Afterwards, soak in the energizing herbal hot spring bath while enjoying warm tea and cookies. The ritual will continue with an organic lunch accompanied with the ancient sound and vibration healing therapy of the Tibetan Singing Bowl. The ritual is completed with a detoxifying Hawaiian Warm Stone Therapy using a sweet almond body oil blended with lemon, juniper and cypress essential oils. Take a moment post-ritual to recover and relax at the bayside wantilan while enjoying refreshing beverages and dried fruits.

Ultimate Hot Spring Ritual

A full day treatment designed to totally pamper your mind, body and soul. The morning session begins with a workout in the hot spring with the therapist to warm up and relax the body. Afterwards, refreshing drinks and fruits are provided to balance the body. The ritual is followed by your choice of nourishing body scrub and a flower and spiced milk bath. Take a break mid-day to enjoy a delicious organic lunch before continuing your pampering journey with the Mimpi Art Movement and Natural Facial. Since each person may be physically different, we offer the option to either complete the whole ritual in one day, or continue with the post-lunch Mimpi Art Movement and Natural Facial treatments the following day.