



# NARASOMA BODY SPA

## MASSAGE

Balinese Massage 60 Min / Rp 220 90 Min / Rp285

Balinese Massage includes massage techniques with a subtle touch, long strokes and some stretching to enhance relaxation. Combining rolling, rubbing and pressing to stimulate blood circulation and relax tense muscles. This technique makes the heart comfortable and helps the body get rid of chaos.

Narasoma's Signature Massage: 60 Min / Rp 245 90 Min / Rp 305  
Combination of deep tissue with Balinese massage

Deep Tissue Massage 60 Min / Rp 285 90 Min / Rp350

Deep tissue massage targets 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.

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Therapy Healing Massage with Sudiana 60 Min / Rp 605

Ketut Sudiana is a massage therapist and yoga teacher. He has studied therapy healing massage with a Balinese master healer and has more than 20 years of experience.

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Therapy Massage with Ibu Nur 60 Min / Rp 400  
90 Min / Rp 600

Ibu Nur is a massage therapist who follows her inner intuition. With 13 years of experience in bodywork she offers a combination of Deep tissue and Balinese massage.

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Back, neck & shoulders 30 Min / Rp 160 45 Min / Rp 180  
60 Min / Rp 220

Salt Foot Bath & Massage 30 Min / Rp 130 45 Min / Rp 150  
60 Min / Rp 170

Foot Reflexology 30 Min / Rp140 60 Min / Rp200

10% Government Tax will be added to your final bill.  
Prices are in thousand Rps.

