

BODY TREATMENTS

HERBAL COMPRESS & WARM COCONUT OIL MASSAGE– Recommendation!!

Derived from the traditional steamed Thai Herbal Compress, this desirable and relaxing treatment relieves aching muscles, preparing them for the massage as warm herbs are absorbed into the skin. A warm coconut oil massage completes this treatment.

Treatment Time: 90 mins. Rp. 650,000

“THE VALUE OF THE SIMPLE COCONUT”

A signature treatment from Puri Mas

When we think “Tropical”, there is no doubt that “coconut” comes to our minds. We think swaying palm trees, young guys climbing trees to bring you one of the purest drinks available to us!!

Island people have long been aware of the many uses of this amazing plant and fruit, and Puri Mas brings to you a fabulous package from the famous coconut. Your treatment begins with a body polish of palm sugar and coconut oil.

After showering with a delicious coconut & citrus shower gel, your spa therapist will massage you with pure edible, drinkable cold pressed coconut oil.

The treatment ends with a smoothing of coconut body cream.

This treatment wouldn't be complete without a refreshing detox drink of coconut water & fresh lemon.

Treatment time: 2 hrs. Rp. 650.000

LULUR THERAPY – An Indonesian Royal Treatment

Lulur originated on the island of Java. A treatment reserved for royalty in ancient times to prepare daily 40 days before a wedding day. You do not have to be getting married to enjoy this luxurious natural therapy treatment. A blend of fine spices turmeric, kemiri & rice powder to make a luxurious exfoliation. To complete the treatment a relaxing massage with body mask of yoghurt is applied to smooth and cool the body.

Treatment Time: 2hrs. Rp. 650,000

LOMBOK COFFEE RITUAL

Lombok is famous for its delicious coffee but did you know it has hidden qualities perfect for your skin?

Begin your treatment with an exfoliation of Robusta Lombok Coffee. Shower away leaving your skin baby smooth, soft and silky. Perfect after a few days of sun, sea and sand! Finish with a relaxing massage with coffee infused massage oil.

Treatment Time: 2hrs. Rp. 625,000

MASSAGES

TOTOK WAJAH – a facial workout!

Also named the face-lift massage! Regular massages to the facial area will release muscle stiffness and increase blood flow giving renewed life to tired, dull skin. The treatment ends with a warm compress of sesame seeds and green tea to stimulate the Marma Points of the face.

Treatment Time: 45 minsRp. 300,000

AROMATHERAPY MASSAGE (A favourite amongst clients)

A fabulous massage of gentle rhythmic movements and pressure applied all over the body relaxing muscles and easing joint movement.

Treatment Time: 1hr Rp. 375,000

SHIATSU MASSAGE-No oil is used in this technique and you can remain dressed in loose comfortable clothing. T shirt & flexible pants!

The effect of this massage is to relieve tension in the muscles by applying an acupressure technique with hands, thumbs, elbows and knees. This technique is similar to an acupuncture therapy in Traditional Chinese Medicine

Treatment Time: 1hr Rp. 300,000

HOT STONE MASSAGE –Unforgettable!!

An organic treatment combined with shiatsu massage movements restoring the flow of the body's natural energy or qi. An all-over massage the shiatsu technique is combined with heated lava stones. Feel your strength renewed and tired muscles relax,your skin and senses totally revived.

Treatment time: 90 mins Rp. 535,000

FOOT REFLEXOLOGY - FOOT MASSAGE

The ancient art of healing through massage and applying pressure to reflex points on our feet, face & hands can improve wellbeing and balance of the body.

Treatment Time: 30mins Rp. 275,000

ICONIC BABOR FACIAL

PERFECT COMBINATION FACIAL BY BABOR OF GERMANY

Refines, Clarifies & Balances the Skin.

Skin is perfectly rebalanced leaving the complexion looking fresh, dewy and blushing. Reduces blemishes and gives pores a more refined appearance. Babor is famous for its skin products and we believe this is one of the best non-invasive facials you can enjoy.

Treatment Time: 1hr. Rp. 500,000

ALTERNATIVE TRADITIONAL LOMBOK TREATMENTS

TRADITIONAL MASSAGE WITH HEALING

You may not know that in Indonesia, and especially in the poorer islands such as Lombok, massage is not only used as a relaxation technique. In fact, massage is used to heal many things. Broken legs, they use no plaster here, but massage is the therapy and this method is used for many other problems arising from injury, ill health and so on.

We are fortunate to have our own Traditional Massage Healer within our staff.

Dewa our Head of Security has learned this handed down technique in his village – techniques that have been used successfully for centuries.

If you are experiencing particular pain, or other health issue, why not experience the traditional methods learned here in the local villages.

Treatment Time: 1hr. Rp. 425,000

KAMPUNG SPA RITUAL

An historic treatment performed by our indigenous Sasak Spa Therapist complete with costume!

A unique signature package using a local recipe of herbs, spices and oils leaving you feeling vibrant and alive from top to toe.

Begin with a lemongrass footbath (home grown in our herb gardens), enjoy a local beverage of dried herbs, galingale, lime and rice powder. Detox with a Lombok coffee exfoliation to invigorate the skin and increase blood flow. Shower away the coffee and enjoy an Indonesian style herbal compress gently pummelling your muscles to relax. Your treatment comes to a delicious end with a massage using warm oil of Jelengan (Coconut oil & Turmeric)

Treatment Time: 2.5hrs. Rp. 950,000

SOUND MASSAGE - USING TIBETAN SINGING BOWLS

We can be affected by sound, whether it is a favourite song, or an annoying sound. It can make or break the moment.

Sound Massage with Tibetan Singing Bowls has been used since ancient times in India and especially in the Himalayas for healing.

Many of us are out of tune. Sound massage with the singing bowls has shown a remarkable and swift improvement in many cases of physical or mental and emotional pain. The energy body, the aura, is cleared and one feels refreshed as if a burden taken off one's shoulders.

Sound massage affects each cell of the body. It is all about "Vibration".

The subtle vibration can be very precisely directed depending upon where the singing bowls are placed on the body.

We recommend you do not do anything strenuous or too thought processing for approximately 30 minutes to an hour following your sound therapy.

Treatment Time: 60 mins. Rp. 560,000



PURI MAS

BOUTIQUE RESORTS & SPA

The Essence of Tradition, Luxury & Style

**PURI MAS BEACH RESORT
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BY APPOINTMENT

Guests in House Dial 0 or contact reception / Visitors Welcome:

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