

SPA MENU

Spa & Wellness

MASSAGES · BODY TREATMENTS · FACIALS
MANICURE & PEDICURE · HEALING THERAPIES

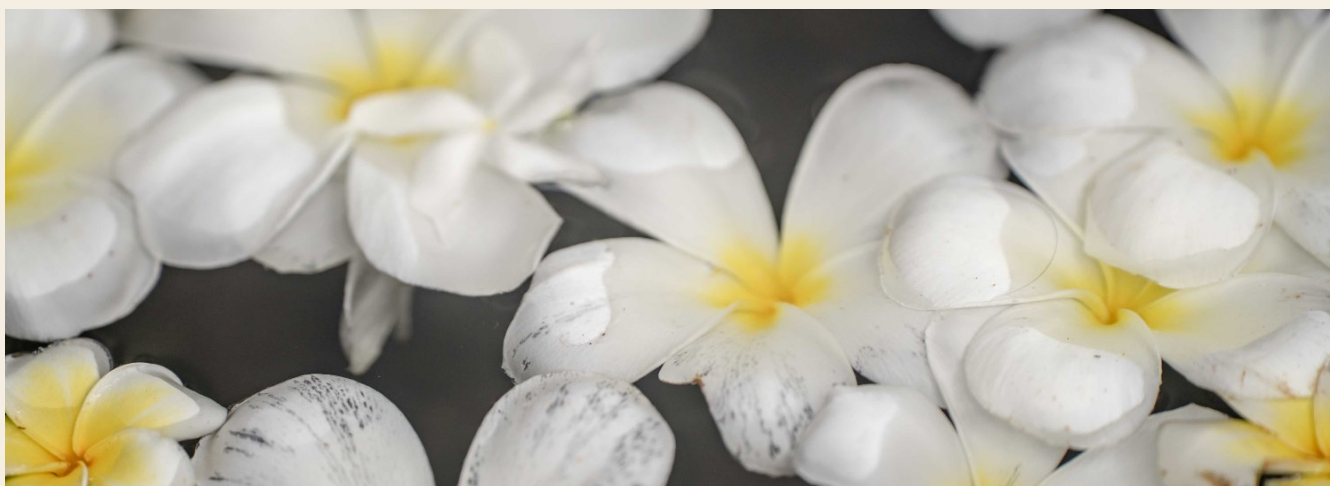


The spirit of Bali

At our spa, we believe that every treatment is more than just a service. It's a sacred moment of self-care that nurtures your body and soul. Our skilled Balinese therapists carry generations of healing wisdom, creating space for deep relaxation and renewal in our oceanfront sanctuary.

Whether you choose a traditional Balinese massage in our seaside gazebo or a rejuvenating facial in our indoor treatment rooms, each experience is thoughtfully designed to complement your retreat journey and support the rhythm of your stay.

Let island wisdom and healing touch restore your natural balance.



Reservations & bookings

To book your spa treatments, please visit our reception or contact us via WhatsApp at +62 813 3952 3458. Our team will be happy to help you select the perfect treatments and schedule your sessions to harmonize with your program.

WWW.POINCIANARESORTBALI.COM

By the tranquil sea, wellbeing whispers in the breeze, peace found, heart at ease.



THE SPA

Welcome to our spa at Poinciana



Where traditional Balinese healing wisdom meets modern wellness practices. Our skilled therapists genuinely care for your overall well-being, using only natural, organic products and premium essential oils. Set within our resort's serene oceanfront setting, treatments are available in both our indoor spa and our oceanfront gazebo. Here, surrounded by tropical gardens and the gentle rhythm of waves, you'll find a quiet place to rest.

Massages



Balinese Massage 60 MIN

Rp 290,000

Our classic Balinese massage uses firm thumb pressure and long, flowing strokes to relieve tension and tiredness. This traditional technique reduces headaches and eases stress, leaving your whole body feeling deeply relaxed and refreshed.

Painless Massage 60 MIN

Rp 310,000

Quick relief for tired, aching muscles. This healing treatment uses magnesium, arnica and essential oils to ease pain and help your tired body recover.

Warm Oil Aromatherapy Massage 60 MIN

Rp 320,000

Choose your favorite aromatherapy oil and let your tension float away. Warm, fragrant oils are smoothed into your skin with flowing strokes, easing stress while improving circulation and supporting your body's natural healing. A calming journey for body and mind.

Signature Massage 60 MIN

Rp 340,000

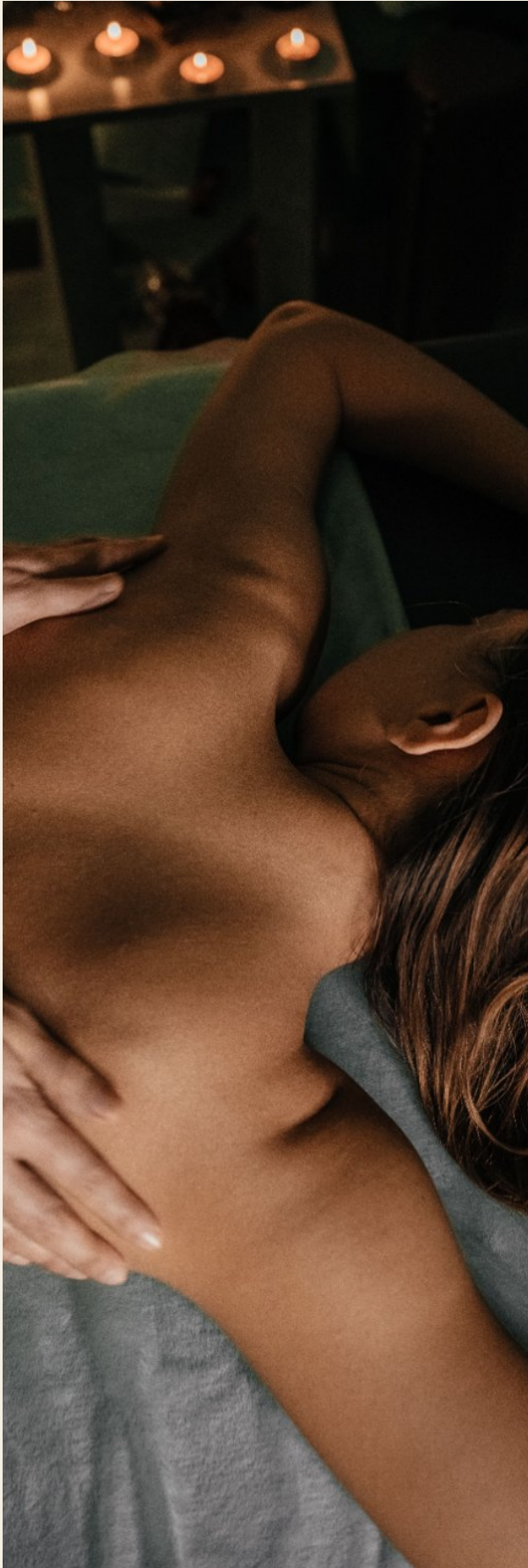
For those who prefer a strong, deep massage with firm pressure. This signature treatment combines Swedish and traditional Balinese techniques, including thumb walking, skin rolling, percussion and pressure point foot massage. The perfect choice to release deep tension and relieve muscle aches.

Four Hand Massage 60 MIN

Rp 530,000

Looking for the deepest kind of rest? Two therapists work together in perfect harmony, giving you what feels like two full body massages at once. This unique experience allows your mind to completely relax. Simply close your eyes and enjoy the wonderful sensations.

Massages



60 MIN

Full Back, Head & Facial Massage

Rp 310,000

Feeling stressed? Headache? This focussed treatment targets all areas where tension sits. First you will experience a deep, stress relieving back massage, then you turn over for deeper relaxation of head and facial massage.

ADD WARM STONES • RP 30,000

ADD HERBAL PODS • RP 30,000

Full Back, Leg & Feet Massage

Rp 310,000

Want to feel lighter & refreshed? This treatment is 30 minutes of deep back massage, then nurturing firm massage for your legs and feet.

ADD WARM STONES • RP 30,000

ADD HERBAL PODS • RP 30,000

For a little extra nurturing

90 MIN

Balinese Massage

Rp 410,000

Herbal Massage

Rp 430,000

Beginning with a soothing Balinese massage, warm herbal compresses are then gently pressed onto your body. The aromatic heat opens blood vessels and improves circulation throughout. Especially gentle for sensitive areas, this treatment leaves you feeling deeply restored.

Warm Stone Massage

Rp 430,000

This relaxing treatment combines a warm oil massage with smooth, heated stones. The heat from the stones reaches deep into your muscles without strong pressure, helping you relax deeply and feel peaceful and calm.

Body treatments

Balinese Massage & Natural Body Scrub

90 MIN **Rp 430,000**

This lovely combination begins with a Balinese massage to warm and awaken your skin, followed by your choice of natural, organic body scrub. Gentle scrubbing removes dry skin, leaving you feeling silky smooth, fresh and glowing.



Natural Body Scrub Only

45 MIN **Rp 240,000**

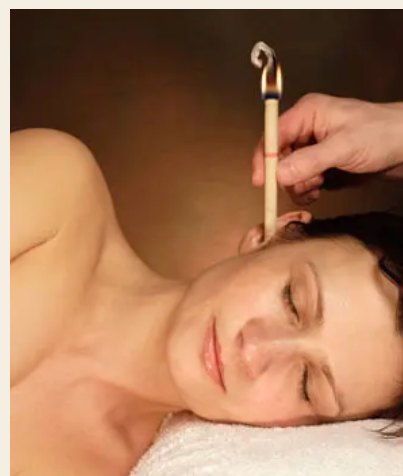
Discover your softest skin with this refreshing treatment. Choose from our selection of natural, organic scrubs that gently remove dry skin and leave you feeling fresh, smooth and beautifully soft all over.



Sunburn Treatment

45 MIN **Rp 240,000**

Cooling relief for skin that has had too much sun. Pure aloe vera gel is gently applied to soothe and heal affected areas, while a relaxing massage on comfortable areas keeps you relaxed.



Ear Candle & Back Massage

60 MIN **Rp 330,000**

This gentle, traditional therapy uses the warmth of special hollow candles to naturally help remove excess ear wax. Combined with a soothing back massage, it's perfect for quieting a busy mind. You'll leave feeling balanced and deeply relaxed.

Ear Candling Only

20 MIN **Rp 100,000**

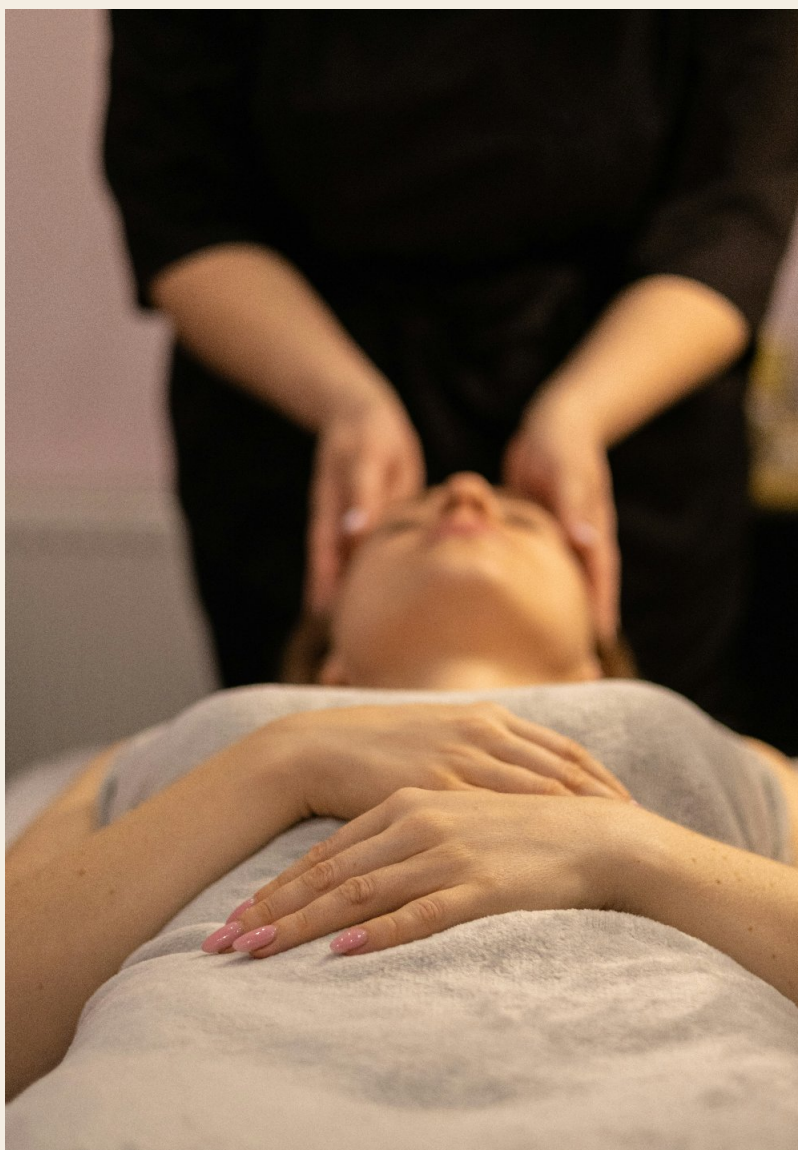
Add this gentle therapy to your massage. A simple addition that complements your massage beautifully.

Facials

natural beauty from Bali

Our facial treatments use Sensatia Botanicals, a beloved Balinese skincare brand born in the small fishing village of Jasri on Bali's east coast. Founded in 2000, Sensatia creates pure, natural products using high-quality ingredients carefully sourced with care for both people and planet.

What makes Sensatia special? Every product is handcrafted without chemicals or artificial substances, and the company is the first and only GMP-certified cosmetics producer in Bali. Even more beautiful: 20% of revenues go directly to employees, supporting the local community that makes these wonderful products possible.



Cleopatra's Rose Collection



Our facials feature the gentle Cleopatra's Rose collection, enriched with precious rose petals from Damascus, nourishing plant oils and natural botanicals. Rose damask is known to calm sensitive skin and help prevent signs of aging. Combined with ingredients like aloe vera, argan oil and shea butter, this collection is perfect for nearly all skin types, whether your skin is dry, oily, sensitive or mature.

Express Facial

30 MIN **Rp 200,000**

Short on time? Refresh with a cleanse, scrub, mask and moisturiser.

Cleopatra's Rose Facial

60 MIN **Rp 390,000**

A complete facial journey using the full Cleopatra's Rose collection. We begin with gentle cleansing, followed by a nourishing scrub with argan seeds and rose oil that removes dry skin while moisturizing deeply.

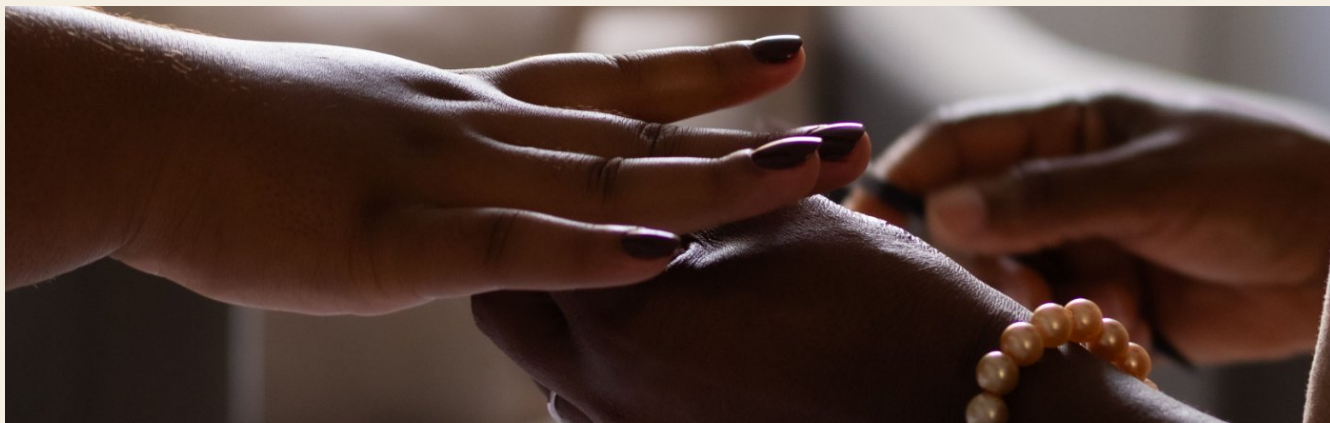
A relaxing massage of your face and chest improves circulation and gives you a healthy glow. Then we apply a purifying clay mask infused with rose and strawberry extracts. While the mask does its work, enjoy a soothing hand and arm massage. We finish with toner and moisturizer, leaving your skin hydrated, soft and radiant.

Cleopatra's Rose Deluxe Facial

90 MIN **Rp 470,000**

Want more time to relax? This treatment begins with a gentle back massage using warm essential oils to help you fully unwind. Then enjoy the complete Cleopatra's Rose facial: cleanse, rose scrub, facial massage, mask, and moisturizing finish. While your mask does its work, we'll massage your hands and arms. Pure pampering from start to finish.

Manicure & pedicure



Manicure

45 / 60 MIN

Rp 260,000 / 280,000

incl. polish

Treat your hands to complete care. Enjoy a relaxing hand and arm massage, nail shaping, gentle cuticle care and polishing to a beautiful natural shine. Add polish for the finishing touch.

Pedicure

45 / 60 MIN

Rp 260,000 / 280,000

incl. polish

Begin this treatment with a soothing foot soak, then enjoy foot smoothing, nail shaping and cuticle care. Then enjoy a relaxing feet and lower leg massage, and then your nails will be polished to a beautiful shine. Complete care from knees to toes.



Foot Smoothing Only

Rp 160,000

Give your feet the care they deserve. We gently remove hard, dry skin, leaving your feet feeling wonderfully smooth and soft. A simple treatment that makes a big difference: your feet will feel brand new.

Healing therapies



Crystal Healing

A unique combination of crystal therapy and gentle full-body oil massage. Experience the harmonizing power of carefully selected crystals while nurturing touch releases physical tension and enhances energy flow.

45 MIN

Rp 450,000

90 MIN

Rp 870,000



Banana Leaf Healing

Ancient Balinese healing ritual using banana leaves rich in antioxidants to detoxify and nourish your body. You can choose a warm or cold treatment. Warm treatment combines galangal, ginger, cloves, lemongrass, and rice for circulation and rejuvenation. Cool treatment uses cucumber's natural cooling properties, ideal for sunburned or sensitive skin.

45 MIN

Rp 450,000

90 MIN

Rp 870,000



Bamboo Healing

Traditional Asian massage using smooth bamboo sticks expertly rolled and pressed over your body. This therapy promotes blood circulation, improves sensory perception, drains the lymphatic system, and provides deep muscle relaxation. Perfect for releasing tension and improving joint mobility.

45 MIN

Rp 450,000

90 MIN

Rp 870,000

For bookings and information, please visit our reception desk.

