



SHUNYATA
VILLAS

HOLISTIC WELLNESS MENU

Management Team Phone
+62 811 3857 273



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VILLAS



HOLISTIC WELLNESS

The villagers of Seraya believe that the high vibrational energy of the place, the spiritual temple next to the villas, volcanic mountains and the Indian Ocean have a transformational and healing impact on the body, mind and soul. Inspired by the wisdom and knowledge of ancient cultures we have designed a holistic wellness offer that consists of delightful massages, nourishing spa treatments, yoga and crystal frequency therapy, .

Our aim is to co-create a trusting connection and gently guide you through a personalized wellness program. It is a gradual discovery process that naturally unfolds - one where you will experience greater harmony of body, mind and soul through the energies and elements that lead to health and wellbeing. We invite you to enjoy a journey of pure joy, relaxation and peace of mind. Our massage therapists Astini, Rasmini, Eka and Superni are professionally trained by international and local professionals. They dedicate themselves to each massage with passion, sensitivity and awareness.

Enjoy a holistic wellness experience at Shunyata Villas Bali. If you have any questions, we are happy to answer them anytime.

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SHUNYATA CLASSICS

SHUNYATA SIGNATURE MASSAGE

The Shunyata Signature is a fusion massage, which seamlessly blends together various highlights and massage techniques that can be found on our wellness menu. By combining traditional Balinese techniques with firm finger and palm pressure, deep tissue work, long strokes combined with aromatherapy oils to lull the senses into a state of euphoria, this massage will guide the body and mind into a deep relaxation.

THE BENEFITS:

- relief of stress and tension
- restoring the natural flow of energy
- rebalance and harmonize the function of the entire body

60 minutes - IDR 590 K

90 minutes - IDR 790 K

TRADITIONAL BALINESE MASSAGE

The treatment of the Balinese massage, traditionally performed on the "island of Gods" has its own special way of relaxation and calmness. Initially, the use of this cure was reserved only for the Balinese and Javanese royalty. Over time, the techniques and the knowledge became accessible to the general public and could thus be used in many areas for health purposes. The modern Balinese massage is based on various massage techniques and therapeutic styles from the east of the island. By combining the best parts of each method.

THE BENEFITS:

- increase of energy flow within the organs
- improvement of oxygen saturation in the body
- release of muscle tension through gentle movements

60 minutes - IDR 590 K

90 minutes - IDR 790 K

FOUR HANDS OF BLISS

Four hands work in harmony here. Embark in the fulfilling feeling of deep relaxation. The amount of stretching and relaxation of the muscles caused by this massage technique ignites a very intense sense of touch. Time literally runs away from us in everyday life. Enjoy this precious time where you allow your mind a break and your body can fully relax.

THE BENEFITS:

- improvement of the blood circulation in the body
- strengthening body awareness for more vitality and creativity

60 minutes - IDR 790 K

90 minutes - IDR 990 K

At Shunyata Villas Bali we use only products with natural ingredients such as virgin coconut oil, selected essential oils from Utama Spice, a 100% natural skin care company based in Ubud, Bali.

We recommend to enjoy all our treatments before 5 pm and not directly after meals.

Please inform us about any allergies, a pregnancy, tensions, diseases or past surgeries when booking your treatment.

HOT STONE MASSAGE

Enjoy the interaction of warm stones and soothing massage grips! A hot stone massage, combined with the applied massage technique and the use of warm stones, can positively contribute to the activation of the healing process. Our natural lava rocks come from the volcanic beach Seraya Celagi right next to our resort. Due to the high energetic power of the stones, they are optimally suited for our hot stone massage. The heat and the earth magnetism in the stones have a balancing and healing effect on our body system. Enjoy the meditative tranquility that comes with placing the stone.

THE BENEFITS:

- lymphatic drainage and cleansing
- decongestion of the liver due to the relaxation of vessels
- relaxation of the colon for a better digestion
- detoxification of the body due to the sauna effect of the warm stones
- relaxation of muscles, soothes aches
- improves musculoskeletal system through targeted mobilization of joints
- significantly reduces your stress level
- body and mind gain new strength and vitality through the warmth

120 minutes - IDR 990 K

CLASSIC FACE MASSAGE

The elasticity and tonicity of the facial skin is significantly increased by stimulating the facial muscles and promoting tissue perfusion.

30 minutes - IDR 330 K

60 minutes - IDR 590 K



SHUNYATA VILLAS



SHUNYATA ANTI AGING SET

SHUNYATA LIFTING FACE- & LEG MASSAGE

Effective massage techniques stimulate the blood circulation of the skin activate oxygen uptake and dissipate swelling and toxins. The tone of the skin improves amazingly.

60 minutes - IDR 590 K

SHUNYATA LIFTING TREATMENT

This treatment includes the Shunyata Lifting Massage, a natural face treatment, and an acupressure massage of the palms and soles of the feet. You will feel significantly refreshed afterwards.

90 minutes - IDR 790 K

SHUNYATA LYMPH DRAINAGE

The lymphatic system is the body's inner 'drainage system'. A network of blood vessels and lymph nodes responsible for the fluid exchange of tissue and blood. Its primary role is to protect the body against external threats such as infections, bacteria and cancer cells, while keeping the fluid level in balance and boosting the immune system. With this massage we can stimulate the opening of the initial lymphatic and the volume of lymphatic flow can be increased 20-fold.

60 minutes - IDR 590 K

90 minutes - IDR 790 K

SHUNYATA LYMPH RECOVERY

This relaxing treatment helps to release blockages, tension and agglutination and supports the lymphatic flow. It stimulates and activates the reflex points on the back. The automatic nervous system can recover, which helps to relax and reduce stress. This massage is carried out in 3 positions: sitting (neck, shoulders, neck), supine: belly - the lymphatic reflow center) and prone: entire back.

90 minutes - IDR 790 K

THE BENEFITS:

- toxins from the body are removed to aid tissue regeneration
- the aging process of the body is slowed down
- the immune system is strengthened
- drainage of macromolecules (large proteins) that help to eliminate high-protein fluid from the cellular tissue
- accumulated fats are discharged through lymphatic vessels
- improvement of the lymphatic flow and supportive effect in the physical defense of chronic and subacute conditions
- by reducing the toxic load in the body, a significant improvement in digestive problems is noticeable

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BACK AND SHOULDER MASSAGE

This massage will help you when facing back pain or tension in the area of your back and shoulder. Afterwards you will feel freed and pleasantly relaxed.

30 minutes - IDR 330 K

60 minutes - IDR 590 K

HAND & ARM MASSAGE

A hand massage not only relaxes tired muscles. It also promotes mobility and increases the blood flow. You will feel a noticeable liberation.

30 minutes - IDR 330 K

60 minutes - IDR 590 K

FOOT & LEG MASSAGE

This massage is very beneficial. It relaxes the muscles and stimulates blood circulation. Afterwards you will feel as walking on clouds.

30 minutes - IDR 330 K

60 minutes - IDR 590 K

CLASSIC FACE MASSAGE

The elasticity and tonicity of the facial skin is significantly increased by stimulating the facial muscles and promoting tissue perfusion.

30 minutes - IDR 330 K

60 minutes - IDR 590 K

all prices are .000 and include tax and service



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SHUNYATA WELLNESS SPECIALS

KUNDALINI BACK MASSAGE

According to the tantric teaching, every human being hides a certain power called Kundalini. It finds its place at the base of the spine and is seen in conjunction with a sleeping snake that acts as an energy center in the body (Sanskrit: Kundala "rolled up"). The powerful Kundalini energy is stimulated by a targeted massage along the spine, in the area of the pelvis, as well as the shoulder girdle and neck to make them flow. The massage also strengthens the muscles, bones and nerve tissue. Physical and mental blockages can be solved.

60 minutes - IDR 590 K

ABHYANGA AYURVEDA MASSAGE

This very soothing oil massage is also called "massage of the kings" in Ayurveda. It has its origin in the Indian area. Translated, Abhyanga means something like "oiling" or "loving hands" and serves primarily to harmonize the body's energies. The body is supported in purifying and strengthening the immune system. This massage technique uses sensual strokes along the body and punctual work.

60 minutes - IDR 590 K

90 minutes - IDR 790 K

VITALIS PINDA SVEDA - STAMP MASSAGE

This exotic-warm herbal stamp massage stimulates the metabolism, activates the blood circulation, relieves tension and provides new vitality. It is a very powerful massage with two herbal stamps filled with lemon and fresh coconut.

90 minutes - IDR 890 K

DEEP TISSUE MASSAGE

The deep tissue massage acts on the muscular level. The massage technique is aimed at the deep layers of muscle and fascial tissue and tries to loosen them. This has a positive effect on the physical consciousness. In addition, a new feeling of body balance arises. To get the most out of it, the therapist uses precise and crosswise movements.

60 minutes - IDR 590 K

90 minutes - IDR 790 K

ANTI-CELLULITE MASSAGE FOR ARMS & LEGS

This powerful massage helps to reduce cellulite. Through a special rolling, kneading and coating technique, the blood circulation is increased, and the fat burning activated. This massage is recommended alternating with lymphatic drainage or lymphatic regeneration.

60 minutes - IDR 590 K

90 minutes - IDR 790 K

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INTESIVE BACK & SHOULDER MOXA MASSAGE

Moxa is a unique relaxation therapy involving the gentle steaming of a medical extract into the skin, leading to deep relaxation. In addition, this method noticeably improves the blood circulation in the treated parts of the body. We especially recommend the Moxa method to people who suffer from stress, who which to unwind from busy schedules and a hectic lifestyle- Moxa is suitable for rest and relaxation of stiff, tight or injured muscles and joints.

60 minutes - IDR 590 K

90 minutes - IDR 790 K

CRYSTAL FREQUENCY THERAPY

Our Spirit Wave Table works with vibrational-enhancing, positive frequencies, which are forwarded by special computer programs and then transferred by radiators using cut crystals. These crystals are directed to specific locations in the body known as chakras. Crystals are used for delivering new energy to body, mind & soul.

At the beginning of the first therapy session there is an analysis talk about your mental attitudes and past experiences. The analysis helps to adjust the Spirit Wave Table to your given energy frequency in order to be able to balance its current condition. The scent of highly effective Bach flowers also contributes to the success of the therapy.

60 minutes - IDR 590 K

90 minutes - IDR 790 K

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