



SHUNYATA
VILLAS
"The Secret on the Cliff"

WELLNESS RETREATS

At Shunyata Villas Bali we use only products with natural ingredients such as virgin coconut oil and carefully selected essential oils from UTAMA SPICE, a 100% natural skincare company based in Ubud, Bali.

Please let us know about any allergies, pregnancy, tensions, illnesses, or past surgeries when booking your treatment. We recommend enjoying our treatments not directly after meals.

For the most relaxing experience, we warmly recommend our dedicated Spa area: the massage beds are especially stable there, our team has the best preparation facilities, and you are surrounded by the soothing sounds of nature.

If you would prefer a treatment in the privacy of your villa, please let us know. Depending on the available space and the use of our mobile tables, we will be happy to check if this is possible for your comfort.

The latest time to start a massage is 4 pm.

Office phone for your preferred appointment: +62 811 3857 273



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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 **Rasmini, Eka and Superni** are professionally trained by **international and local professionals**. They dedicate themselves to each massage with passion, sensitivity and awareness. The following prices are our standard prices – if a **treatment has a different price, it will be mentioned directly with the massage description.**

30 minutes – IDR 330 | 60 minutes – IDR 590 | 90 minutes – IDR 790 | 120 minutes – IDR 990

All our prices are in 1000 Rupiah and are already inclusive of tax & service charge.

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

SHUNYATA CLASSICS



HOT STONE MASSAGE

Experience deep relaxation through warm lava stones and soothing massage techniques. The volcanic stones from nearby Seraya Celagi beach support the body's natural healing processes. Their warmth and energy help balance the body, release tension, and create a meditative sense of calm.

- deep muscle relaxation & pain relief
- detoxifying effect through warmth
- improved circulation & joint mobility
- stress reduction and renewed vitality

----> **120 minutes**

FOUR HANDS OF BLISS

Two therapists work in perfect harmony to guide you into profound relaxation. This massage deeply relaxes and stretches the muscles while calming the mind—allowing you to fully let go of everyday stress:

- improved blood circulation
- enhanced body awareness
- increased vitality and creativity

----> **60 minutes - IDR 890 K**

----> **90 minutes - IDR 1.290 K**

Shunyata Lomi Lomi

A signature body ritual for deep regeneration and wellbeing. This Hawaiian-inspired full-body treatment combines flowing, rhythmic movements with warm aromatic oils and mindful touch. It supports nervous system balance, releases muscular tension, and creates a sense of lightness and inner calm. Ideal for guests seeking depth, tranquility, and a modern signature experience. A luxurious moment to let go, restore, and gain clarity.

- wave-like, continuous strokes
- gentle opening of back, shoulders, and chest
- deep relaxation for body and mind
- harmonized energy flow

----> **90 minutes**



SHUNYATA SIGNATURE MASSAGE

A deeply relaxing fusion massage combining traditional Balinese techniques, deep tissue work, long flowing strokes, and aromatic oils. This signature treatment harmonizes body and mind and restores the natural flow of energy.

- deep muscle relaxation & pain relief
- detoxifying effect through warmth
- improved circulation & joint mobility

----> **60 minutes or 90 minutes**

TRADITIONAL BALINESE MASSAGE

Traditionally practiced on the Island of the Gods, Balinese massage is known for its deeply calming and relaxing effects. Once reserved for Balinese and Javanese royalty, these techniques later became widely used for healing and wellbeing. Modern Balinese massage blends various eastern island techniques into one holistic treatment.

- increases energy flow within the organs
- improves oxygen circulation in the body
- gently releases muscle tension

----> **60 minutes or 90 minutes**

SHUNYATA ANTI-AGING SET



SHUNYATA FACE AND INTENSIVE NECK, ARM-/ HAND-/ FOOT-MASSAGE

This deeply revitalizing 90-minute treatment combines an activating face massage with intensive work on the neck, arms, hands, and feet. Effective techniques stimulate blood circulation, enhance oxygen uptake, and support the release of toxins and fluid retention. The skin's tone and texture improve noticeably, leaving you refreshed and visibly radiant.

----> **60 minutes / ----> 90 minutes**

LIFTING FACE MASSAGE WITH HEAD AND INTENSIVE NECK MASSAGE

Targeted stimulation of facial muscles and deep neck work boost circulation, enhance skin tone, and visibly improve elasticity and firmness.

----> **60 minutes**

SHUNYATA LIFTING TREATMENT

Includes the Shunyata Lifting Massage and a natural facial treatment, complemented by gentle pressure work on hands and feet, leaving you deeply refreshed.

----> **90 minutes**

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 / ----> 90 minutes**

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 / ----> 60 minutes**

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 / ----> 60 minutes**

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.

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

----> **60 minutes / ----> 60 minutes**

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 / ----> 60 minutes**

SHUNYATA ANTI-AGING SET



CONTOURING MYOFASCIAL ANTI-AGING MASSAGE

This treatment combines two highly effective manual techniques for natural facial firming and detoxification – without any injections or devices.

A holistic, deeply effective facial treatment – for visibly relaxed freshness and natural contours, combined with decongestive facial lymphatic drainage.

CONTOURING MYOFASCIAL MASSAGE

Deep, targeted pressure on facial fascia structures. It helps release tension, stimulate circulation, and visibly lift and sculpt facial contours.

Upon request: Double or triple action for strong blockages.

MANUAL LYMPHATIC DRAINAGE

Gentle, rhythmic movements activate the lymphatic flow, support detoxification, and reduce puffiness – for a refreshed, clear complexion.

BUCCAL MASSAGE

Deep massage of the masticatory muscles from both outside and inside the mouth (with gloves). This technique releases emotional tension in the jaw area, supports facial symmetry, and provides relief from teeth grinding and tension.

THE BENEFITS:

Effects at a Glance

- Decongesting & detoxifying
- Lifting & sculpting
- Deeply relaxing
- Supportive for TMJ issues (CMD), tension headaches, and “fascia congestion” in the face
- Stimulates cellular metabolism & skin regeneration

-----> **60 minutes**

Recommended as a treatment series or standalone session. For lasting results, we recommend a series of 4–6 sessions.

Contraindications – This massage should be avoided in cases of

- Acute inflammation or infection in the facial area
- Recent surgery, filler or Botox treatments
- Acute dental problems or gum inflammation
- Lymphatic disorders, cold or flu symptoms
- Unclear skin changes or skin conditions
- (e.g., herpes, eczema)
- Blood clotting disorders or use of blood thinners
- Pregnancy (only with medical approval)



A treatment that relaxes you deeply – and makes your face light up from within. Let go. Light up. Each touch releases tension and reveals radiance.

No filters. No hype. Just you, at your most naturally beautiful. Once you feel it, you'll never want to go without it again.

Made popular by celebrity facialist Nichola Joss, it's a non-invasive favorite among stars like Meghan Markle and Kate Moss.

SHUNYATA WELLNESS SPECIALS



KUNDALINI BACK MASSAGE

This treatment awakens the subtle Kundalini energy in the pelvic base and guides it in a warm, wave-like ascent along the spine. In the neck area, the rising flow is gently balanced, creating a sense of clear spaciousness and soft, sensual lightness. The session concludes with a grounding sequence that draws the energy downward again, leaving the body in a state of exotic renewal and inner harmony.

Physical and mental blockages can be solved.

-----> **60 minutes or 90 minutes**

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**

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 or 90 minutes**

ANTI-CELLULITE MASSAGE, 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 or 90 minutes**

INTENSIVE 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 wish 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 or 90 minutes**

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 movement.

-----> **60 minutes or 90 minutes**

AFTER SPA MENU

FRESH HERBAL INFUSION

Mint | Ginger | Lemongrass | Lime

To strengthen the relaxing effect of your spa treatment from inside out

SELECTED HERBAL TEA

Green | Black | Detox

Calming and soothing to make your treatment a complete experience

YOU CAN ENJOY YOUR DRINK HOT OR COLD.