

# MENU



YOGA BARN  
wellness

## » YOGA BARN WELLNESS BODY THERAPIES

### Whole Body Therapies

#### **Relaxing Abhyanga Massage** ..... **370,000** / 60min

Our classic whole-body massage with aromatherapy oils, traditionally performed to increase circulation, promote lymphatic drainage and ultimately to preserve a youthful, vital and supple body.

#### **Balancing Ayuryoga Massage** ..... **470,000** / 90min

Our strongest massage combines assisted yogic stretches and marma pressure point therapy with aromatherapy oils. Designed to realign your body's natural balance, ease the tension and revitalizing the whole system of the body.

#### **Grounding Hot Stone Shila Massage** ..... **435,000** / 90min

For deeper cleansing and full body release, the Shila massage uses the heat and weight of smooth river rocks placed at specific energy centers to purify and stabilize throughout the body, bringing one to a deep state of relaxation.

**Contraindications:** Inflammation, fever, heart disease, skin infections, allergies, gastritis, high blood pressure, or chronic cold.

#### **Bamboo Tension Release Detox Massage** ..... **380,000** / 75min

A deeper tissue massage using bamboo rods releases toxins and muscle tensions. Encourages drainage, improves blood circulation.

#### **Kush Thai** ..... **400,000** / 60min

Combines assisted yoga with acupressure techniques. incorporate yogic stretching movements as they knead and press muscles along the body's energy lines with the hands and feet. Thai massage combines the principles of acupressure with benefit to blood flow, balance the energy system in the body, Improved flexibility and range of muscle.

#### **Body Massage + Scrub** ..... **400,000** / 90min

#### **Body Scrub Only** ..... **170,000** / 30min

### Clinical Therapies

#### **Kati Basti** ..... **370,000** / 45min

The treatments for all travelers! This treatment deeply penetrates the body and nourishes and relaxes the nervous system bringing you a profound state deep of relaxation. Kati Basti is the traditional pain-relieving treatment for mid to lower back ailments such as: stiffness, impaired mobility, constipation, sciatica. Please book this on a day and time that you can rest for a few hours directly after the treatment.

**Contraindications:** Inflamed kidneys, or arthritis of the spine.

BOOK YOUR APPOINTMENTS

✉ [wellness@theyogabarn.com](mailto:wellness@theyogabarn.com) ☎ +62 811 3888 126

\*all pricing are for private sessions

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## » YOGA BARN WELLNESS BODY THERAPIES

### Upper Body Therapies

#### **Natural Facial Treatment** ..... **330,000** / 60min

Our facial and upper body treatment combines a specialized Marma pressure-point massage and natural-ingredients to cleanse, nourish, and revive all skin types. A soothing herbal compress purges impurities, awakening inner-radiance, melting away tensions and strain.

#### **Mukha Abhyanga** ..... **160,000** / 30min

This facial massage on the marma points (energy centers) of the face brings balance to the mind and emotions creating peace and tranquillity, while soothing and nurturing the skin.

#### **Shiro Abhyanga** ..... **140,000** / 30min

Shiro Abhyanga involves a gentle massage on the head, neck and shoulders with aromatherapy oil to calm and balance your mind and nervous system. These are the areas that are most affected by stress, which is why Shiro Abhyanga is beneficial in reducing pain and stress in these regions.

#### **Back Massage** ..... **200,000** / 30min

Concentrated on the back, neck and shoulder areas to release tension and help soothe tight, sore muscles. This massage applies pressure to muscles, increasing blood circulation and releasing toxins from stressed areas.

### Foot & Nail Therapies

#### **Foot Acupressure Massage** ..... **190,000** / 45min

Foot acupressure massage increases circulation of blood, lymph and vital fluids throughout the whole system and is recommended as part of insomnia and eye strain therapy.

#### **Hand & Nail Treatment** ..... **200,000** / 45-60min

Indulge in the ultimate nail hand treatment, featuring a rejuvenating hand scrub and the precise snip of nail trimming. Drift into relaxation hand massage with silky lotion and nourishing nail vitamin to pamper your hands, followed by a flawless finish with our vegan top coat.

#### **Foot & Nail Treatment** ..... **200,000** / 60min

Immerse yourself in pure relaxation with our sole rejuvenation therapy. Enjoy a tranquil soak followed by skilled nail trimming and complete with a hydrating foot mask for soft, supple skin. Nourish your nails with a vitamin treatment and leave refreshed by our vegan top coat.

### Add-on

**Herbal Medicine Oil** ..... **75,000**

**Body Brush** ..... **75,000** / 15min

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