

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.

Balinese Herbal Cocoon **250,000** / 45min

A traditional herbal sauna with bamboo cocoon filled with steam-infused fresh herbs combine with head and shoulder massage. This rejuvenating treatment boosts physical health, promotes detoxification, and revitalizes the body. Ideal for enhancing circulation, relieving stress, and nourishing the skin.

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

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Upper Body Therapies

Herbal Head Stamp 370,000 / 45min

A soothing scalp treatment using steamed herbal bundles to relieve tension and refresh the mind. With herbs like lemongrass, ginger, mint, tulsi, patchouli, cinnamon, white turmeric, and more, this natural therapy improves circulation, eases stress, and promotes relaxation. Ideal for scalp health and mental clarity.

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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» READING & COUNSELING

Channeling Training	1,600,000 / 60min
Detox & Digestion Consultation	1,350,000 / 60min
Dream Interpretation	2,200,000 / 90min
Human Design	1,900,000 / 60min
Hypnotherapy (Inner Child Healing & Relationship Healing)	2,200,000 / 90min
Ho'oponopono	1,800,000 / 60min
Naturopathy for Women's Health	2,200,000 / 90min
One Minute Eye Reading	2,200,000 / 60min
Spiritual Growth Coaching	2,200,000 / 90min
Tarot Reading	1,000,000 /45-60min
Tropical Astrology Reading	2,700,000 /60min
Vedic Astrology Reading	2,700,000 /90min
Women's Hormonal Health	2,200,000 / 60min

» ENERGY HEALING

Access Bars/ Access Body Process/ Access Facelift Bach	1,600,000 / 60min
Flower Remedies	1,900,000 / 60min
Balinese Chakra Healing	1,467,000 / 60min
Somatic Embodied Insight	1,800,000 / 60min 2,500,000 / 90min
Spiritual Heart Attunement	2,200,000 / 90min
Punnu Healing Session	2,200,000 / 60min 3,200,000 / 90min
Punnu Healing Session	4,200,000 / 120min 6,200,000 / 180min
Theta Healing	2,400,000 / 60min
Reiki with Melani/Amit	2,200,000 / 60min 3,300,000 / 90min

» DETOX

Colon Hydrotherapy	1,270,000 / 40-60min
Infra-red Sauna	170,000 / 15-30min 130,000 / 15-30min (KTP / KITAS Price)

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» HANDS ON HEALING

Abdominal Acupuncture	2,500,000 / 75min
Acupuncture + Moxibustion	1,800,000 / 60min
Acupuncture + CST	2,500,000 / 90min
Applied Kinesiology / Craniosacral Therapy	1,500,000 / 60min 1,200,000 / 60min (KTP / KITAS Price)
Bio Dynamic Rebalancing Massage	1,500,000 / 90min
Chi Nei Tsang	2,500,000 / 75min
Chi Nei Tsang with Acupuncture	3,500,000 / 90min
Deep Reflexology	1,600,000 / 60min
Deep Tissue Massage	450,000 / 60min 550,000 / 90min
Esalen Massage	1,000,000 / 75min 1,200,000 / 90min
Hair Test with Bioresonance	1,600,000 / 30min (add-on) 2,800,000 / 60min
Inversion Bodywork / HANGAB	2,500,000 / 90min
Lymphatic Drainage Massage	700,000 / 30min 1,350,000 / 60min
Master Osteopath	1,800,000 / 30min (add-on) 3,000,000 / 60min 4,500,000 / 90min
Master Osteopath with Continuum in Pool	3,500,000 / 60min 5,000,000 / 90min
Moxa with Eye Reading	1,800,000 / 60min
Mobility Therapy	2,500,000 / 60min
Physiotherapy	600,000 / 60min
Qi Abdominal Massage	2,500,000 / 75min
Thai Massage	800,000 / 60min 1,000,000 / 90min
Watsu Water Healing	1,600,000 / 60min 2,100,000 / 90min

» SOUND HEALING

Private Sound Healing	2,500,000 / 60min
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