



Full Body Massages:

Balinese Massage *reccomended:

A traditional Balinese ritual that combines gentle stretching, acupressure, and long flowing strokes using aromatic oils. Perfect for deep relaxation and restoring harmony to body and mind.

1 Hour: 200K
90 Min: 280k

Relaxing Massage:

A soothing, light-pressure massage designed to calm the nervous system and melt away everyday tension. Ideal for pure relaxation and improved sleep.

1 Hour: 200K
90 Min: 280k

Deep Tissue Massage:

Focused on releasing muscle tension and tightness, this firm-pressure massage targets deeper layers of muscles and connective tissue, leaving you feeling rebalanced and rejuvenated.

1 Hour: 250K
90 Min: 350k

Thai Massage:

An energising, oil-free treatment that blends acupressure and assisted yoga stretches to improve flexibility, relieve fatigue, and restore natural energy flow.

1 Hour: 250K
90 Min: 350k

Shiatsu Massage:

A Japanese-inspired therapy using rhythmic pressure on key meridian points to relieve tension, balance energy, and promote overall wellbeing.

1 Hour: 250K
90 Min: 350k

Body Massages:

Anti-stress Massage

A calming treatment that eases gently tension in the neck, shoulders, and lower back, helping you unwind and restore inner peace.

1 Hour: 200K
90 Min: 280k

Back Massage

Focused on relieving stiffness and pain in the upper and lower back for instant relaxation and comfort.

30 Min: 120K

Back and head Massage

A deeply relaxing combination that melts away back tension while calming the mind through gentle scalp work.

30 Min: 120K

Arm & Shoulder Massage

Releases built-up muscle tightness and improves flexibility, perfect for relieving daily strain and fatigue.

30 Min: 120K

Foot Massage

A restorative treatment that relieves tired feet, boosts circulation, and leaves you feeling light and re-energised.

30 Min: 120K

Special Offers:

Personalised Wellness Experience

Personalised WellnesCreate your own package with a Balinese massage, foot massage, and a romantic balcony dinner at Sky Penida Restaurant.s Experience. Contact us to personalise your experience



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全身按摩:

巴厘岛按摩 - 最为推荐: 🍌🍌

传统巴厘岛护理疗法，结合温和拉伸、穴位按压以及使用芳香精油的流畅长推手法。非常适合深度放松，并恢复身心平衡。

1 Hour: 200K
90 Min: 280k

放松按摩

舒缓、轻柔力度的按摩，帮助放松神经系统，缓解日常压力。非常适合纯粹放松，并改善睡眠质量。

1 Hour: 200K
90 Min: 280k

深层组织按摩-不适合潜水期间潜水员:

专注于缓解肌肉紧张与僵硬，采用较强力度深入肌肉及结缔组织层，使身体恢复平衡并焕发活力。

1 Hour: 250K
90 Min: 350k

泰式按摩:

手劲更足的无油疗法，结合穴位按压与辅助瑜伽拉伸，提升身体柔韧性，缓解疲劳，并恢复自然能量流动

1 Hour: 250K
90 Min: 350k

指压按摩:

源自经穴疗法，通过有节奏地按压关键经络穴位，缓解压力，平衡能量，促进整体健康。

1 Hour: 250K
90 Min: 350k

身体局部按摩:

肩颈背部放松按摩

舒缓放松的护理，帮助缓解颈部、肩部和背部的紧张，让您放松身心，恢复内在平静。

1 Hour: 200K
90 Min: 280k

背部按摩

针对上下背部的僵硬与疼痛，带来即时的放松与舒适体验。

30 Min: 120K

背部与头部按摩

深度放松的组合护理，缓解背部压力，同时通过轻柔头部护理放松心情。

30 Min: 120K

手臂与肩部按摩

缓解肌肉紧张，提升灵活性，非常适合缓解日常压力与疲劳。

30 Min: 120K

足部按摩

舒缓疲劳双脚，促进血液循环，让身体轻盈并恢复活力。

30 Min: 120K

特别组合套餐:

个性化身心疗愈与落日晚餐体验

打造专属于您的身心疗愈体验套餐，可包含巴厘式按摩、足部按摩，以及在 Sky Penida 餐厅的浪漫落日晚餐。欢迎联系我们为您定制专属体验。



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