SKY PENIDA SPA

DIVE INTO SERENITY

Full Body Massages:

Balinese Massage *reccomended: — 1 Hour: 200K, 90 Min: 280k
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.

Relaxing Massage: — 1 Hour: 200K, 90 Min: 280k
A soothing, light-pressure massage designed to calm the nervous system and melt away everyday tension. Ideal for pure relaxation and improved sleep.

Deep Tissue Massage: — 1 Hour: 250K, 90 Min: 350k
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.

Thai Massage: — 1 Hour: 250K, 90 Min: 350k
An energising, oil-free treatment that blends acupressure and assisted yoga stretches to improve flexibility, relieve fatigue, and restore natural energy flow.

Shiatsu Massage: — 1 Hour: 250K, 90 Min: 350k
A Japanese-inspired therapy using rhythmic pressure on key meridian points to relieve tension, balance energy, and promote overall wellbeing.

Body Massages:

Anti-stress Massage — 1 Hour: 200K, 90 Min: 280k
A calming treatment that eases gently tension in the neck, shoulders, and lower back, helping you unwind and restore inner peace.

Back Massage — 30 Min: 120K
Focused on relieving stiffness and pain in the upper and lower back for instant relaxation and comfort.

Back and head Massage — 30 Min: 120K
A deeply relaxing combination that melts away back tension while calming the mind through gentle scalp work.

Arm & Shoulder Massage — 30 Min: 120K
Releases built-up muscle tightness and improves flexibility, perfect for relieving daily strain and fatigue.

Foot Massage — 30 Min: 120K
A restorative treatment that relieves tired feet, boosts circulation, and leaves you feeling light and re-energised.

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

Jl. Br Sental Kawan, Ped, Kec. Nusa Penida, Kabupaten Klungkung, Bali 80771

SKY PENIDA SPA

沉浸于宁静之中

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:
源自经脉穴道疗法，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神。

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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