

Mana Scrubs

All our scrubs and wraps are 100% homemade and natural.

Detox Coffee

Coconut with freshly ground coffee, full of natural minerals and antioxidants.

30min - 150k

Glow & Hydrate

Fresh coconut with green tea powder makes this scrub rich in Vitamin E.

30min - 150k

Traditional Lulur

Made with traditional Indonesian spices, jasmine & coconut oil. Traditionally this treatment is prepared for woman just before their wedding.

30min - 150k

Mana Wraps

Volcanic Detox

Using local volcanic mud clay containing high concentrations of trace minerals.

45min - 200k

Aloe After Sun Rescue

Cool down your skin after a long day at the beach with our Aloe and Cucumber body wrap followed by a moisturising and refreshing facial mask.

45min - 220k

About Us

We are committed to providing a unique treatment from the heart, blending ancient Asian techniques with age-old beauty recipes featuring the curative benefits of fresh, natural, quality ingredients.

- All **taxes** are included in the price but you are welcome to tip the therapist.
- **Disposable underwear** will be provided or you can choose to use your own tight fitting underwear.
- If you need to reschedule or **cancel** your reservation, we require 3 hours notice for individual appointments and packages. Cancellations after the required time will be billed fully.

Reach Out:



Mana Eco Retreat
Jl. Baturiti, Kuta Lombok Tengah
WA: +62 821 45299689
www.manalombok.com

Opening times: everyday 7.30AM - 10PM

MANA SPA

Experience the secrets of relaxation.



Mana Packages

Slice of Heaven

Customized 30 min massage followed by 30min express facial treatment and a 30 min homemade body scrub of choice.

90min - 410k

Mystique of Indonesia

Deep traditional massage (60min) followed by a traditional herbal Lulur body scrub (30min).

90min - 380k

Pampering of Mana

Relaxing full body massage (60min) followed by a full facial (60min) and a full body scrub of choice (30min)

150min - 660k

Couple`s service

Enjoy treatments for two with a loved one or friend in our tranquil couples room.

Massage Therapy

Traditional full body or surfers back massage for 2.

60min - 500k | 75min - 600k | 90min - 720k

Massage and Body Scrub

Full Body or Surfer back massage followed by a body scrub of choice.

90min - 780k

Better Together

Full body massage followed by a facial to hydrate your sun-kissed skin and finish with a natural body scrub to detoxify the skin.

120min - 1.050k

Mana Facials

100% Natural facial treatments with the high quality beauty products of Sensatia Botonicals Bali.

Express

Deep pore cleansing and exfoliation followed by a hydrating mask that improves texture and tone.

30min - 150k

Intensive Hydration

This treatment will leave your skin feeling soft and ultra-hydrated.

60min - 280k

Detoxifying

A deep cleansing treatment to purify and rebalance your skin.

60min - 280k

Anti-Ageing

This anti-wrinkle facial slows down the visible signs of aging, leaving the skin firmer and uplifted.

75min - 350k

Mana Hair Treatment

Enjoy a traditional Indonesian hair treatment that is beneficial for improving elasticity, hair growth and damaged hair.

We will start by applying a hair mask followed by a scalp, neck & shoulders massage. Enjoy a relaxing foot massage while a hot towel is stimulating the benefits of the mask. When the treatment is finished you can rinse your hair in the shower

75min - 300k

Mana Massages

Traditional Full Body Massage

From relaxing to deep tissue: choose your pressure.

60min - 250k | 75min - 300k | 90min - 360k

Surfer Back

Focus on the neck, shoulders and back. Designed to release chronic muscle tension.

60min - 250k | 75min - 300k

Thai Massage

Traditional healing massage combining deep tissue pressure, muscle and joint stretching and gentle adjustments of the body into yoga-like poses.

75min - 300k | 90min - 360k

Volcanic Stone Massage

Massage that uses smooth, heated stones to deeply penetrate the muscles and release tension.

90min - 400k

Ayurvedic Massage

The Ayurvedic practice of abhyanga, or oil massage, touts physical benefits like released muscle tension, lymphatic drainage, and more nourished skin from head to toe.

75min - 340k | 90min - 400k

Head in the Sky

Relax and unwind with a stimulating and soothing face, head and shoulder massage.

30min - 130k

Free Sole

Gentle massage that uses essential oils to promote relaxation and balance in the body and mind.

30min - 130k