



MONTIGO  
WELLNESS

UNWIND • ALIGN • THRIVE

## WELLNESS ETIQUETTE & POLICY

Please reserve your treatment(s) in advance by touching 🏠 or 6600 on the phone in your room or by visiting Montigo Wellness at your convenience.

### Arriving Early

Arriving late will shorten your treatment, please remember that your treatment will end on time to prevent further delays, regardless of how late you start.

### Cancellation Policy

For cancellations or changes in your appointment, a minimum of four hours is required in order to avoid being charged in full for any scheduled appointment, programme or service not attended.

### Health Concern

When making your reservation, please advise our receptionist of any health condition, allergies or injuries that could affect your treatment. Our Therapist is available to assist in recommending treatment(s) that are customised to your needs and ensure your comfort and safety.

### Rates

Rates are quoted in thousand Indonesian Rupiah and include service charge and prevailing government taxes.

### Respect for Others

Our wellness promotes an environment of tranquillity and relaxation. Please respect the rights of others to enjoy privacy and peace. The use of cellular phones and gaming devices is prohibited in the Wellness Sanctuary.

### Smoking & Alcohol

Smoking is not permitted in the Wellness Sanctuary. We recommend that you refrain from consuming alcohol within eight hours of your treatment.

### Jewellery Care

You are advised to remove all jewellery prior to your arrival at the Wellness Sanctuary. Upon arrival, please proceed to the Reception Counter. Our Receptionist will reconfirm and briefly explain your scheduled treatments.

### Parental Consent

Montigo Wellness is committed in providing a safe environment for everyone. Therefore, persons aged 17 and under (“minor”) who receive closed door therapies must have a parent or an adult guardian in the room during the treatment. Children (aged 3-12 years) must be accompanied by a parent or guardian during their Montigo Wellness visit.

## MASSAGES

Nothing says 'holiday retreat' like a trip to the massage parlour. Let us pamper you with our deluxe personalised massages, adopting traditional East Asian techniques.

### Balinese Massage 60/90 mins

Improve your blood circulation and the oxygen flow through your body with this traditional Indonesian massage that combines acupressure, reflexology and aromatherapy using signature Montigo oil blends.

400 / 550

### Montigo Massage 60/90 mins

Relieve muscle tension and aches with a combination of Hawaiian long stroke, Swedish and kneading techniques according to your personal needs.

400 / 550

### Thai Massage 60/90 mins

Feel limber and supple from this dry massage adapted from traditional Thai methods, that works on the body's meridian lines to stretch every limb and ease aching muscles. It improves blood circulation as well as relieves tension.

360 / 450

### Swedish Massage 60/90 mins

This therapy is among the ones which are really soothing with smooth and long swings in beat. Only experts can bring out this massage type completely with their tapping movements. It contains use of effleurage and rubbing with stroking tapotement.

400 / 600

### Aromatherapy Massage 60/90 mins

Aromatherapy massage is the alternative therapeutic technique which combines the natural therapeutic properties of the essential oil with based grapeseed oil and the healing power of massage therapy.

450 / 600

### Dua-puluh Jari Massage 60 mins

Our 20 fingers massage is a choreographed rhythmic massage performed by two wellness therapists. This relaxing synchronised massage helps the body to loosen up muscle tensions and enhances the immune system.

650

### Herbal Compress Massage 90 mins

This Herbal Compress Massage combines the healing effects of traditional Thai Massage techniques with heated herbal compress containing a blend of traditional herbs and spices, simultaneously relaxing and invigorating the mind and body. This ritual purifies, relaxes, warms, relieves aches and pains, and improves the skin condition while stimulating the senses.

600

### Hot Stone Massage 90 mins

Heated stones will glide smoothly over your body concentrating on muscle aches and tension through deep heat penetration. Combined with deep tissue massage, the hot stones have a sedative effect to ease muscle stiffness, increase circulation, reduce stress and promote deep relaxation.

600

### Back Reliever 60/90 mins

This massage focuses on the back using traditional Indonesian massage techniques to relax tired back muscles, shoulder and neck. Our therapist's expert hands will apply warm spice and herbal blend, to relieve back tension and aches.

400 / 550

## FACIAL

Facial include cleansing, toning, scrubbing, and moisturizing, as well as a massage and a mask. Choose either a Traditional Facial or a Signature Montigo Facial.

### The Montigo Signature Facial 60 mins

Our montigo signature facial addresses issues such as wrinkle lines, skin sensitivity and lack of radiance using natural products which are formulated with organic ingredients.

500

### The Traditional Facial with Natural Ingredients

60 mins

This unique facial experience captures the natural essence of raw vegetables or fruits that best work for your skin type. Treatment starts with cleansing and exfoliating the skin, followed by relaxing massage and finishing with a customised mask application to leave your skin looking fresh and hydrated.

350

## BODY SCRUBS

Unleash your skin's full potential with our premium exfoliating scrubs and blends.

### Montigo Scrub 60 mins

A cooling and refreshing scrub that softens and refines the skin and stimulates new cell growth. Suitable for all skin types.  
*Green tea scrub, rice blend, oatmeal, fresh milk, mint leaves*

300

### Munduk Spice Blend 60 mins

A warming scrub that cleanses while lightening the skin using fresh herbs and spices.  
*Galangal, ginger, lemongrass, cloves, fresh milk, oatmeal*

300

### Salt Scrub 60 mins

Using exfoliating minerals with antibacterial salt scrubs to return the natural glow of the skin, leaving it smooth and soft.  
*Mineral sea salt, essential oil*

300

## BODY WRAPS

Our wraps are designed to tighten and tone the physique, revitalise and heal skin, and relax and soothe muscles.

### After Sun Treat 60 mins

Specially designed for sunburnt and dry skin, this cooling after sun treat, nourishes and invigorates the skin condition. The treatment includes a 30-minute wrap and ends with the application of a gentle hydrating lotion.  
*Aloe vera, cucumber*

300

### Firming Wrap

60 mins

300

The warming effect of this wrap relieves tension and leaves a refreshing feeling after.

The therapist will apply a mask containing a fresh blend of herbs and spices.

*Lemongrass, ginger, galangal, black and white sesame, fresh milk, almonds*

### Mud Wrap

60 mins

300

Aids in detoxification by drawing out toxin through the skin pores, improving skin tone and shaping the figure. It also soothes muscles, eases joint pain and reduces inflammation.

*Black mud*

### Montigo Wrap

60 mins

300

It is suitable for all skin types and stimulates new cell growth, nourishing the skin with a whitening effect.

*Green tea, white clay, oatmeal and rice blend*



## HAND & FOOT TREATS

For beach-ready hands and feet, treat yourself to our luxurious manicures and pedicures.

### Classic Manicure 60 mins

250

This classic manicure satisfies every need of the nails, comprising treatments inclusive of nail shaping, filing, cuticle cleaning, special hand massage techniques and polish or buff application.

### French Manicure 75 mins

300

This luxurious manicure is the perfect facial for hands, complete with exfoliation, hand mask and topped with a generous lather of ultrarich moisturiser.

### Classic Pedicure 60 mins

250

Designed to treat and indulge the feet, this classic pedicure includes treatment such as nail shaping, filing, cuticle cleaning, special massage techniques and polish or buff application.

### French Pedicure 75 mins

300

Revitalise overworked feet with a salt scrub exfoliation, callus treatment and a mask that offers tender soothing. End off this treatment with a foot massage with the use of hot stones on the feet for ultimate relaxation.

### Foot Reflexology 60/90 mins

250 / 300

A healing touch that relieves pain, headaches and other effects of stress. Foot reflexology is the application of pressure onto particular areas of the soles believed to be connected to internal organs.

## MONTIGO TRADITIONAL WELLNESS RITUALS

Designed to enhance the body's health and natural functions, our traditional massages combine acupressure, reflexology and aromatherapy, with a Balinese scrub that uses fresh herbal ingredients, following techniques and recipes passed down for generations.

### Jati Luwih Ritual Balinese Massage

90 mins

A traditional body treatment that combines deep tissue techniques, acupressure, reflexology and aromatherapy to improve blood circulation and the oxygen flow through the body. A traditional scrub using fresh ingredients such as red rice, guava leaves and yoghurt to nourish and enhance the skin.

650

### Ladies Intimacy Treat

120 mins

This treatment has been practiced for generations as part of Indonesian custom. Highly recommended for feminine discomfort and helps strengthen the uterus after menstruation.

750

This package includes a 75-minute deep tissue massage combined with a 30-minute body scrub. It ends with a 15-minute Ratus, a famous Indonesian wellness treatment for vaginal health and strengthening that provides comfort and health benefits to intimate areas. The treatment concludes with a special herbal drink (Jamu).

### Men's Vitality Treat

120 mins

This package includes a 90-minute deep tissue massage to stimulate energy points and helps to loosen and warm up the muscles. After the body is limber and restored to prime condition, the massage is followed by a 15-minute aromatic steam and sauna to relax, detoxify and rejuvenate the body.

750

### Wellness by Organic Fruit

160 mins

Therapeutic wellness package that will brighten, hydrate and relieve tension leaving your skin refreshed and renewed.

- Balinese Massage
- Fruit Body Wrap
- Traditional Facial
- One fresh fruit juice

850

### Montigo Signature Revival Journey

Embark on a meditative healing journey with traditional rituals, tailored to suit your physical needs and restore your mind and soul.

180 mins

950/person

### Montigo Facial

A refreshing facial using with natural fresh ingredients for a 60-minute treatment. Suitable for all skin types.

### Island Spice Blend or Montigo Scrub

The Island Spice Blend scrub is a warming scrub that cleanses using fresh herbs and spices. While our signature Montigo Scrub is a cooling and refreshing scrub that softens and refines skin and stimulates new cell growth.

### Firming Wrap or Montigo Wrap

The warming effect of this wrap relieves tension and leaves a refreshing feeling after. A mask containing a fresh blend of herbs and spices, that stimulates new cell growth and nourishes the skin. Suitable for all skin types.

### Montigo Massage or Indonesian Massage

Designed to relieve muscle aches and tension, leaving you completely relaxed.

## WELLNESS COUPLE EXPERIENCE

140 mins

1,400/couple

Spend quality time together relaxing and indulging in the treatments that our entrancing wellness couple experience has prepared for you.

### For Her

- 60-minute massage of choice (except dua-puluh jari)
- 30-minute body scrub of choice
- Manicure
- Honeymooner's special jamu traditional drink

### For Him

- 60-minute massage of choice (except dua-puluh jari)
- 30-minute body scrub of choice
- Manicure
- Honeymooner's special jamu traditional drink

## BATH RITUAL SENSATIONS

The ultimate bath experience fusing health, hygiene and pleasure, enjoyed in your very own private room.

### Romantic Milk Bath

Refresh and rejuvenate with this homemade bath made of fresh lime, pandan leaves and milk, containing vitamins and minerals to smoothen, hydrate and relieve your dry skin.

350

### Aromatherapy Bath

Pamper yourself and your loved one with a sensual, luxurious aromatherapy essential oil and tropical flowers. This bath nourishes the skin and refreshes the mind and soul. A romantic experience like no other.

250

## KIDS WELLNESS

Share the health benefits of the wellness experience with your kids through these specially designed therapies.

### Kid's Massage

30/60 mins

A lovely way to share holiday time and introduce your children to the experience of a professional massage. This unique massage is tailor made with their health in mind.

180 / 280

### Fabulous Facial

30 mins

Let their smiles light up your life. Enjoy this relaxing facial complete with a face mask and cucumbers for the eyes. This special treatment is sure to please!

150

### Mani For Me

30 mins

This fun manicure is a delightful experience. Your child's hands are soaked and cleansed with a fruity strawberry or chocolate bubble bath followed by a scrub and a massage. Includes nail trim and your choice of colour.

150

### Twinkle Toes (Pedicure)

30 mins

150

A chocolate or strawberry version of our Pedicure. First, we soak the feet in a chocolate or strawberry bubble bath, then we scrub, trim, clean and apply a chocolate cream while massaging. For a final touch, we buff the nails for that additional shine.

### Mom and I

90 mins

800

(Mom) will enjoy a 60-minute massage of her choice followed by lulur scrub, which was traditionally used by the princess of Java.

(I) will indulge in a specially designed massage using chocolate, strawberries or relaxing lavender and camomile massage cream with a facial and manicure to complete the special day with mom.

### Dad and I

90 mins

800

(Dad) will enjoy a herbal scrub and back treatment to relieve tired muscles. It is perfect for those in search of back tension and ache relief.

(I) will enjoy a massage, mini facial and pedicure for a completely relaxing day with dad.



## WELLNESS PACKAGES FOR CHILDREN

The perfect wellness package for the little ones to experience an authentic massage. Take a break from the fun in the sun and enjoy a relaxing time of pampering and luxury treatment.

### GIRLS

90 mins

380

#### Massage

This relaxing massage uses long strokes and soft pressure to help calm the body and mind. Choose between oil or cream with delicious flavours such as chocolate, strawberry or lavender and camomile oil.

#### Facial

Make smiles and laughter even brighter with our organic facial. A gentle treatment for delicate skin.

#### Manicure

Includes gentle shaping of the nails followed by a scrub and your choice of nail color and nail art.

### BOYS

90 mins

380

#### Massage

A beautiful way to introduce your child to massage. This experience will help young to deal with future stress or sports injuries.

#### Facial

Make smiles and laughter even brighter with our organic facial. A gentle treatment for delicate skin.

#### Pedicure

Includes cleaning and gentle shaping of nails followed by a scrub, foot massage and for a final touch, buffing the nails for that additional shine.





Nongsa • Seminyak • Somerset (United Kingdom)

[montigowellness.seminyak@montigoresorts.com](mailto:montigowellness.seminyak@montigoresorts.com)  
Jl. Petitenget, Seminyak, Bali 80361, Indonesia  
+62 361 301 9888