



L A M I M A

Spa Menu

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— MASSAGE —

Balinese Massage (1 Hour)

Balinese massage technique using acupressure, skin rolling and flicking, firm and gentle stroking and percussion. Applied using essential oils.

Shiatsu Massage (1 Hour)

Works on specific pressure points in the body to improve blood circulation, metabolism and health.

Foot Massage (1 Hour)

There are reflexes in the feet that relate to every organ in the body. Massaging the feet can heal and revitalise the body.

Head, Neck and Back Massage (1 Hour)

A combination of different strokes, pressure points and the right positioning to relax the mind and the muscles, improving blood circulation and thus increasing oxygen to the body to eliminate stress and fatigue.

Lymphatic Massage (1 Hour)

Lymphatic drainage massage is a gentle form of massage that helps to reduce water retention and is good for blood circulation.

Combination Massage (1 Hour)

A combination treatment of Shiatsu, Thai and Deep Tissue (depending on your request) and a face massage, followed by a relaxation massage.

Face Massage (25 Minutes)

A 25-minute face massage with fast finger movements to reduce wrinkles and refresh your skin.

— BEAUTY —

Facial

Traditional techniques are used to enhance natural beauty, improve skin softness and give the face a fresh, smooth and rejuvenated appearance.

Manicure and Pedicure

A cosmetic treatment for the hands and feet which also helps with relaxation and, of course, leaves you beautiful from top to toe.

Body Scrub

A body scrub helps remove dead skin and leaves your skin smooth and moisturised.