



WELLNESS ACTIVITIES




NIHI
S U M B A

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PRIVATE YOGA LESSONS

WELLNESS ACTIVITY

The Yoga Pavilion offers breathtaking 360° views atop the ridge of the resort, an open-aired platform for private or group practices. A place where the state of meditation will easily be attained, the surreal surroundings provide the perfect stage for that “me moment”.



CAPACITY

private
couple/small group



PRICE

1.700 IDR | \$125++ per person
2.700 | \$200++ per couple/small group



NIHIOKA SPA SAFARI

WELLNESS ACTIVITY

The unique ‘Nihi Oka Spa Safari’ offers couples a full day experience journeying across Sumba’s dramatic west coast to nearby Nihi Oka valley. After breakfast, couples can relax in their private bale for the day, which includes their own dedicated spa therapists.



CAPACITY

Max. 3 couples



PRICE

from 8.000 IDR | \$595++ p/bale (Half Day)
from 10.700 IDR | \$795++ p/bale (Full Day)



SPA MENU

REFLEXOLOGY

Reflexology is based on the principle that the body has natural energy that flows freely around inside when in good health. Therapists gently apply pressure to specific points around the feet, hands, shoulders and neck to target problematic areas due to poor diet, stress and tension and assist the energies pathway for natural healing.



DURATION

30 min
60 min



PRICE

750 IDR | \$55++
1.500 IDR | \$110++

DEEP TISSUE RECOVERY

A strong massage therapy designed to unknot tight muscles and deliver instant relief. This is the perfect recovery pit stop for surfers or divers after spending hours in the water.



DURATION

60 min
90 min



PRICE

1.800 IDR | \$130++
2.100 IDR | \$150++

SIGNATURE MASSAGE

This divine, therapeutic treatment is created to bring your body back to balance, combining gentle stretching, long therapeutic strokes and skin rolling. Palm and thumb acupressure techniques target problematic areas to alleviate deep stress and tension, improving blood flow and restoring a relaxed and rejuvenated sense of wellbeing.



DURATION

60 min
90 min



PRICE

1.800 IDR | \$130++
2.100 IDR | \$150++

SOFTENING SALT GLOW

This nourishing, natural body scrub is filled with a refreshing blend of sea salt, coconut oil and lavender essential oil. Perfect for revealing refreshed tropical glow by nourishing and removing damaged dry skin.



DURATION

30 min



PRICE

750 IDR | \$55++

SUMBANESE DREAM

Eliminate toxins and smooth your skin with this stimulating treatment that promotes purification and renewed skin tone. Treatment begins with a mineral-drenched footbath followed by our full body Nihiwatu® Signature Massage. A salt scrub of skin-softening lavender is then applied, smoothing and removing dead skin cells. A Chamomile and Aloe Vera mask follows, spread over the whole body allowing the skin to absorb the healing nutrients while peacefully wrapped up in a blanket.



DURATION
120 min



PRICE
2.450 IDR | \$180++

HYDRATING HAIR SMOOTHIE

An intensely hydrating crème hair bath with essential oils of rosemary combined with a nourishing base of avocado, coconut and cocoa butter. The hydrating mask is massaged into the hair and scalp and left to condition while a combination of pressure point and palm strokes soothe the neck and shoulders. A cool rinse is then applied leaving a renewed, healthy sheen.



DURATION
45 min



PRICE
750 IDR | \$55++

SUMBANESE LULUR EXFOLIATION

Recognized as traditional medicine, this ancient village remedy full of detoxifying herbs and spices originated on the rice farms of Bali and has been handed down through generations. It warms the body, relieving aching joints and soothing sore muscles. This can be used both as a body mask or a scrub due to its complex, healing texture.



DURATION
30 min



PRICE
750 IDR | \$55++

SOOTHING SUN-KISSED BODY WRAP

A deeply soothing and cooling total-body mask designed to hydrate and repair damaged or dull skin. Infused with healing essential oils of chamomile and aloe vera, this wrap is the fastest way to soothe your skin, save your cells and savor your tan.



DURATION
30 min



PRICE
750 IDR | \$55++

MANICURE

A traditional manicure and soothing treatment for total nail and hand care including forearm and hand massage with moisture rich balm. A choice of nail color from the polish collection is applied.



DURATION
1h



PRICE
675 IDR | \$50++

PEDICURE

A traditional pedicure and soothing treatment for total nail and foot care including a nourishing soak and moisturizing foot massage. A choice of nail color from the polish collection is applied.



DURATION
45 min



PRICE
675 IDR | \$50++

MANICURE & PEDICURE

After time spent in the sea and sand, try our mani/pedi combo to accentuate your sunkissed glow. A moisturizing hand and foot massage will help keep your skin hydrated. Choose from our selection of polish colors, or bring your own.



DURATION
1h



PRICE
1.200 IDR | \$90++

MIMPI INDAH FACIAL

This facial is suitable for all skin type.

Our natural products, which include pure coconut oil cleanser, Mint leaf and green tea toner, Rosella tea and red rice scrub, hydrating mud mask with face serum, will naturally improve the skin condition. It is designed to be a totally relaxing facial; we use the pressure points, stretching and a unique lymphatic drainage technique. This delivery ideal benefits for tension relief, naturally rejuvenated, refreshed and renewed skin



DURATION
1h



PRICE
\$1.000 IDR | 75++

CHOCOLATE MASSAGE

The chocolate massage are done by two therapists simultaneously to re-balance the energy of your body. Chocolate is known to redeemed skin and is the ultimate skin savior.

High caffeine content stimulates your blood circulation and help get rid of tiredness and fatigue.

This massage includes a cocoa mask mini facial to rejuvenate your skin face from pollution.



DURATION

90 min



PRICE

5.400 IDR | \$400++ per couple

BLOW DRY

Tired of having messy bed hair all day? Our manicure & pedicure specialist also does a phenomenal blow dry. After you have washed your hair, she will come to your villa armed with a salon suited hairdryer and brushes to give you that perfect look for a special evening.



DURATION

40 min



PRICE

400 IDR | \$30++

