



NIHI[®] ROTE
& HOSPITALITY ACADEMY

DAY PASS

Spend the day on the Edge of Indonesia

USD \$80++ PER PERSON*

Inclusions

- Access to Nammo Beach Club
- Pool and sun loungers
- Gym access
- 3-course meal (lunch or dinner)
- Non alcoholic beverages

ENHANCE YOUR DAY

Spa treatments, wine, signature cocktails, beer, and spirits available at an additional charge.

*Day pass available daily from **12:00 PM to 9:30 PM**.
Pre-booking required. Spa treatments must be reserved in advance and are subject to availability.

BOOK NOW



Enhance Your Day

Elevate your time at NIHI Rote with a selection of optional experiences and wellness rituals, available as additions to your Day Pass.



Private Sessions

TCONCEPT SIGNATURE SESSION

A workout-led wellness experience designed to strengthen the body while creating space for clarity and presence. Combining strength and conditioning, conscious movement, relaxation, meditation, and reflective journaling, this signature session addresses physical, mental, and emotional well-being in one cohesive flow.

🕒 90-120 MIN

💰 \$150

YOGA & MEDITATION

A personalized yoga and meditation session combining mindful movement, breathwork, and guided meditation to improve mobility, reduce stress, enhance clarity, and restore balance.

🕒 60-MIN

💰 \$125

PILATES

A full-body Pilates session focused on strength, mobility, posture, and body awareness through controlled movement. Improves stability, flexibility, coordination, and mind-body connection.

🕒 60-MIN

💰 \$125

Spa Treatments

NIHI FREEDOM MASSAGE

A fluid, intuitive massage that honours the guests individual needs on the day, lighter or deeper, focused or full-body. The therapist reads the body and responds. True freedom: no fixed routine, only presence.

🕒 60-MIN

💰 \$130

🕒 90-MIN

💰 \$185

Group Sessions*

YOGA

Enjoy a guided yoga session at Menara, the resort's open-air pavilion overlooking the ocean. Led by our in-house practitioner, each session is designed to restore balance, build strength, and cultivate both physical and mental clarity.

**Available on scheduled activity days only.*

🕒 60 MIN

💰 \$25

A 10% discount applies to all spa treatments and private wellness sessions. Functional Fitness sessions are also eligible for a 10% discount off menu prices.