



Wild Wellness

BY NIHI SUMBA

BE WILD. BE FREE. BE WELL

Discover Spa Safari™

AN EXCLUSIVE WELLNESS ESCAPE

Unwind in the most captivating setting imaginable. NIHI Sumba's Spa Safari is a transformative wellness journey designed for those seeking profound relaxation amidst Sumba's natural splendor. Open to outside guests, this unique experience offers a taste of luxury and adventure unlike any other.

BEGIN YOUR JOURNEY

Your journey begins with an invigorating 90-minute trek, a 90-minute horseback ride, or a breezy 15-minute ride in an open-air safari vehicle along Sumba's dramatic west coast. As you pass through rolling hills and charming cultural villages, your Sumbanese guide will share fascinating insights into the island's traditional tribal culture and the untouched way of life its people have preserved for generations.

UNMATCHED TRANQUILITY AT NIHIOKA

Upon arrival at Nihioka, the serene setting will immediately put you at ease. You will be greeted with a refreshing young coconut and the sound of waves crashing below. Begin your retreat with a delicious breakfast or lunch at the Nihioka treehouse, overlooking breathtaking ocean views.

RELAX AND EXPLORE

Take a peaceful stroll along one of Nihioka's two secluded beaches or unwind with a swim in the pristine pool, nestled amidst lush greenery. Feel the breeze and take in the surrounding tranquility as you prepare for the ultimate spa experience.

INDULGE IN LUXURIOUS TREATMENTS

Immerse yourself in 2.5 or 5 hours of pampering, featuring luxurious massages and body treatments tailored to rejuvenate and refresh your senses.

THE JOURNEY BACK

Your day of indulgence concludes with a scenic return to the resort in one of our open-air safari vehicles. Or for those with riding experience, the adventure can continue with the option to return to NIHI® on horseback or by bicycle, adding an extra touch of freedom and thrill to your day of indulgence.

Hours of Service

7:30 AM TO 5:00 PM

Should you wish for an appointment outside NIHI® Sumba's normal opening hours, please ask your Guest Kapten or our Experience Team.

CANCELATION POLICY

Cancellations made with less than 24 hour notice will be charged.

CHOOSE YOUR OWN SAFARI...

Half Day Spa Safari

4 HOURS OF INDULGENCE

Experience the Spa Safari in a half day adventure.

Enjoy breakfast or lunch cooked on an open fire before choosing from a range of full-body massages, sumptuous body wraps and scrubs.

Treatments are thoughtfully combined to create the ultimate 2.5-hour relaxation experience.

Full Day Spa Safari

8 HOURS OF INDULGENCE

The ultimate spa experience that stretches on for an entire day. Allow yourself to fully let go under the healing hands of our Sumbanese spa team and experience unparalleled indulgence. Unlimited massage treatments are thoughtfully combined to create the ultimate 5-hour relaxation experience.

Spend the Night

VILLA RAHASIA

Never want the day to end? Villa Rahasia, our exclusive, remote, and wildly romantic villa, hidden away in the Spa Safari's secret hideaway. Surrounded by untouched nature, Villa Rahasia offers ultimate privacy and seclusion, allowing you to fully immerse in the luxury and serenity of your spa experience. Fall asleep to the soothing sounds of the ocean, and wake up to breathtaking views, continuing your journey of relaxation and rejuvenation.

Inclusions & Rates*

HALF DAY SPA SAFARI

- Breakfast or Lunch
- Private beach & pool access
- 2.5 hours of massages of your choice. We recommend 3-5 treatments.

RATE || RP. 13.000 • COUPLE

FULL DAY SPA SAFARI

- Breakfast and Lunch
- Private beach & pool access
- 5 hours of unlimited massages and treatments of your choice.

RATE || RP. 21.000 • COUPLE

SPEND THE NIGHT

- Breakfast, Lunch & Dinner
- Private beach and private pool access
- Depending on the Package, will include either 2.5 hours or 5 hours of massages of your choice.

RATE || RP. 50.000 • COUPLE



Indonesia's
Best Wellness Retreat



DESTINATION
DELUXE
AWARDS & WELLNESS DAY 2024

Wildly Well

WELLNESS TREATMENTS

Outside of the magic of our Spa Safari™, we also offer an abundance of wellness treatments in the privacy and comfort of your villa or at our special wellness bale, with ocean view, above the boathouse.

Full Body Massages

TRADITIONAL HEALING

A deeply relaxing massage, light to medium pressure including a specialized stomach massage, reflecting the Sumbanese belief that the stomach is the body's second brain.

🕒 60 MINUTES || 90 MINUTES

NIHI FREEDOM

A restorative medium pressure massage, with sweeping massage motions incorporating the use of elbow and forearm. Tailored to the individual.

🕒 60 MINUTES || 90 MINUTES

KADU KARABAU

A powerful strong deep tissue massage combined with Thai stretching techniques. Utilises a buffalo horn to alleviate deep-seated tension and muscular stress.

🕒 60 MINUTES || 90 MINUTES

SUMBANESE HEAD MASSAGE

Soothing technique to relieve tension, promote relaxation, and improve circulation, leaving you feeling calm and rejuvenated.

🕒 45 MINUTES

HOT & COLD WATU

Contrast therapy has been shown to be extremely effective in stimulating micro-circulation, flushing away tissue toxins and acids. Choose only hot stones for a more muscle warming experience or only cold stones to cool and soothe overly sun-kissed skin.

🕒 60 MINUTES || 90 MINUTES

DOUBLE THE PRESSURE

For the ultimate nirvana, enhance your massage experience with two therapists and four hands working in tandem for double the relaxation

🕒 90 MINUTES • RP. 4,400

THAI

By incorporating dynamic movements, passive stretching, and acupressure techniques, Thai massage can help alleviate muscle tension, improve flexibility, and reduce stress levels. A special Thai shirt and pants are provided for your comfort while receiving the treatment.

🕒 60 MINUTES || 90 MINUTES



*Check Our
Price List Here*

MASSAGES & TREATMENTS*

| | |
|------------|-----------|
| 60 MINUTES | RP. 2,200 |
| 90 MINUTES | RP. 2,600 |
| 45 MINUTES | RP. 850 |

Body Preps and Wraps

SUN KISSED BODY WRAP

A cooling treatment for overly sunned skin. A soothing mask of aloe vera infused with chamomile is generously applied over the entire body before you are wrapped in green banana leaves to draw heat from the skin and tissues. Leaves you deeply hydrated while repairing damaged, lackluster skin.

🕒 45 MINUTES

SUMBANESE LULUR EXFOLIATION

Using rice powder, green tea extract and other natural spices, this exfoliation gently buffs the skin, while providing a rich vitamin E, antioxidant boost. The body scrub is removed with cooling natural yogurt balm, leaving skin smooth and silky.

🕒 45 MINUTES

SOFTENING SALT GLOW

This mineral-rich body scrub contains a refreshing blend of soft local sea salt, sweet almond oil, lavender, sandalwood & lemon. Perfect for enhancing your refreshed, tropical glow by nourishing deeply while buffing and polishing your skin.

🕒 45 MINUTES

WARMING BOREH

An exotic spicy blend of clove, nutmeg, cinnamon and ginger come together to make this warming body scrub to tone and detoxify the skin. Excellent for achy joints and muscles.

🕒 45 MINUTES

HYDRATING HAIR SMOOTHIE

An intensely hydrating crème bath for the hair! A combination of hair growth promoting essential oils avocado cream, coconut and cocoa butter, your hydrating mask is soothingly massaged into your hair and scalp. While working its magic, drift off with a deeply relaxing neck, shoulder and arm massage.

🕒 45 MINUTES

SUMBA 7 FACIAL

A restorative facial tailored to your skin type, using natural ingredients to refresh and rejuvenate. Finished off with our miracle Sumba Seven botanical elixir oil.

🕒 60 MINUTES • RP. 1,200

Speciality Massages

SUMBA SEVEN DETOX

A detoxing cellulite break down massage. Fascia-loosening rollers, cold stones and lymphatic drainage cupping work to eliminate toxins and excess fluids, smooth skin, de-bloat, increase cellular metabolism and boost the immune system.

🕒 90 MINUTES

KADU KARABAU MASSAGE

A powerful strong deep tissue massage combined with Thai stretching techniques. Utilises a buffalo horn to alleviate deep-seated tension and muscular stress.

🕒 60 MINUTES || 90 MINUTES

REIKI

This ancient healing treatment targets the subtle energy field in and around your body. Reiki induces deep relaxation, while assisting the body's natural healing processes, relieving emotional stress and improving overall wellbeing.

🕒 60 MINUTES

FAR INFRA-RED DETOX SESSION

In this sweaty session, you will benefit from muscle recovery, stress reduction, detoxing, and improvement of your heart health. Whilst in the sauna blanket, your therapist will use lymphatic drainage techniques on your neck and face to support the lymphatic system detoxification process.

🕒 60 MINUTES

FOOT REFLEXOLOGY

Pressure is applied, using thumbs and fingers, to specific areas on the feet which link directly to the internal organs throughout the body. A dynamic mix of stimulation and relaxation.

🕒 60 MINUTES || 90 MINUTES

NIHI Wildlings

FOR CHILDREN

NOURISHING FACIAL

Enjoy the silky sensation of a coconut oil cleanse, followed by a pampering face massage and a honey mask for a deliciously nourished glow. Perfect for sensitive skin.

🕒 30 MINUTES

COOL KIDS ALOE WRAP

Soothing aloe vera and chamomile treatment will restore, nurture, and cool the most delicate of skin. Great to reduce sunburn.

🕒 30 MINUTES

COMFORT MASSAGE

Enjoy the silky sensation of a coconut oil cleanse, followed by a pampering face massage and a honey mask for a deliciously nourished glow. Perfect for sensitive skin.

🕒 30 MINUTES

CACAO & BROWN SUGAR SCRUB

Gentle exfoliation treatment to reveal glowing skin for your mini-me.

🕒 30 MINUTES



MASSAGES & TREATMENTS*

| | |
|------------|-----------|
| 60 MINUTES | RP. 2,200 |
| 90 MINUTES | RP. 2,600 |
| 30 MINUTES | RP. 735 |



CLASSES*

60 MINUTES

RP. 2,200

90 MINUTES

RP. 2,600

Movement Classes

Wildly Fit

UNDERWATER ROCK RUNNING

A dynamic underwater workout using weights. Designed to build strength, endurance, and lung capacity through resistance training in the ocean.

🕒 60 MINUTES

AQUA LUNGS

A water-based meditation exercise that strengthens lung capacity and enhances breathing techniques through aquatic resistance training.

🕒 60 MINUTES

MOBILITY FOR LONGEVITY

Enhance flexibility and joint health with targeted exercises designed to promote long-lasting mobility and vitality.

🕒 60 MINUTES || 90 MINUTES

RECOVERY SESSION

A restorative session that aids in muscle recovery, alleviates soreness, and helps rejuvenate your body after physical exertion.

🕒 60 MINUTES || 90 MINUTES

STRENGTH & REBALANCE TRAINING

Focused strength-building and balance improvement for a more stable and resilient body.

🕒 60 MINUTES || 90 MINUTES

SURFERS MOBILITY

Specialized mobility training for surfers, focusing on flexibility, strength, and movement patterns for peak performance on the waves.

🕒 60 MINUTES || 90 MINUTES

BREATHWORK & YIN YOGA

A calming practice that blends deep breathwork with restorative Yin Yoga to promote mental clarity and physical relaxation.

🕒 60 MINUTES

YOGA & MINDFULNESS

A holistic session combining yoga postures and mindfulness techniques to enhance body awareness, balance, and mental peace.

🕒 60 MINUTES || 90 MINUTES

MOVEMENT AND MOBILITY ASSESSMENT

A comprehensive evaluation of your movement patterns to identify imbalances and improve mobility for overall well-being.

🕒 60 MINUTES

Equine Wellness

EQUINE YOGA AND SYNERGY

A unique and calming yoga experience that blends mindful movement and breathwork whilst on and beside your equine partner.

🕒 60 MINUTES • RP. 2,000

📍 NIHIOKA & RESORT

AN INTRO TO EQUINE CONNECTION

A tailored therapeutic experience that teaches you how to interact, communicate, and understand your equine partner, fostering a deeper emotional bond and personal growth.

🕒 45 MINUTES • RP. 1,200**

**PER SESSION || FIVE SESSIONS AVAILABLE

MASSAGE WITH HORSE

Indulge in a soothing massage where the calming presence of a horse enhances the flow, promoting deep relaxation and a profound sense of harmony with nature.

🕒 90 MINUTES • RP. 3,000

📍 NIHIOKA

REIKI WITH HORSE

Experience the blend of energy healing and nature as you receive a soothing reiki session surrounded by the gentle presence of horses.

🕒 60 MINUTES • RP. 3,000

* According to the availability of the Reiki Master.





Visiting Gurus

GURUS AT NIHI SUMBA

At NIHI® Sumba, immerse yourself in transformative experiences with a diverse range of Visiting Gurus. Engage in personalized sessions or group workshops tailored to your needs, whether seeking physical relief or enhancing mental well-being. Surrounded by Sumba's breathtaking beauty, each session offers a nurturing environment for personal growth and holistic healing.

Experience the journey of self-discovery and rejuvenation at NIHI Sumba!



For More Information

Please scan the barcode or ask your Guest Kaptan for more information of the Visiting Guru currently on site.



Wellness Programs

TRANSFORM YOURSELF

NIHI's Wellness Programs are rooted in a distinctive love for the untamed nature of the island of Sumba, ancient wisdom found in culture, and a spirit of freedom.

At NIHI®, we invite you to calmly and organically get closer to the essence of your true self. Observe how the wild, free and savage nature of the innate creative mind is unleashed, allowing for deep healing to take place. Here, you won't need to be told to leave your laptop or worries behind, you will simply forget about them. We invite you to disconnect through one of our immersive wellness programmes. Meticulously curated activities, treatments, and cuisine come together to provide profoundly effective wellness as an enhancement to your stay.



Rebalance

[4 NIGHTS || 6 NIGHTS || 9 NIGHTS]

Born deep within the heart of the rainforest, inspired by the cocooning of Mother Nature, this program is for those seeking mental and physical unloading. Expect discernible clearing of mental fog, gut-biome regeneration, clarity of mind, and a feeling of embodiment and boundless energy. This program is supported through extensive luxurious massage treatments, NIHI's nutritionally rich Sumba Seven diet combined with an approachable combination of mindful movement, yoga, meditation and cultural activities to ground the body and mind.

Wildly Fit

[4 NIGHTS || 6 NIGHTS || 9 NIGHTS]

Active Wellness is at the core of this complete recalibration program promoting long lasting transformation. Challenge your stamina with breathtaking hikes through the dramatic landscapes of West Sumba. Improve your fitness, flexibility and strength with specially curated movement classes, and indulge in our unique Aqua Lungs and Rock Running experiences expanding your fitness horizons. Alleviate any sore muscles with prescribed recovery spa treatments and support your body with NIHI's nutritionally rich Sumba Seven diet.

Equine Connection

[4 NIGHTS]

The horses of Sumba take centre stage in this program. The graceful synergy between humans and horses becomes a transformative journey of healing and self discovery where you learn to build trust, assert boundaries, and embrace vulnerability.

Equi-Essence

SOUND, SILENCE, AND SYNCHRONIZATION

This session is an introduction to our NIHI® herd, to instill a general awareness to the horse's sensory perspectives, and how they communicate and navigate their world.

Equi-Seen

EXPERIENCE THE HORSE'S WORLD

Explorers will be guided through interactive exercises demonstrating how a horse may see and feel when engaging in the human world.

Equi-Tuned

SOUND, SILENCE, AND SYNCHRONIZATION

This activity is designed to create a serene space for personal meditation, supported by the calming presence of a horse and harmonized through sound.

Equi-Feel

LEADERSHIP AND TRUST BUILDING

The exercise in this session further opens the channels of communication with the horse through body language and an energetic feel.

Equi-Sana

HARMONY IN MOTION

This dynamic and powerful movement session incorporates yoga asanas and breathwork, while working alongside your horse partner.



NIHI

SUMBA

FOR MORE INFORMATION,
PLEASE CONTACT OUR TEAM

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