



Wild Wellness

BY NIHI SUMBA

BE WILD. BE FREE. BE WELL

Wild Wellness

Welcome to Wild Wellness,
an extraordinary holistic immersion
that fuses the rawness of nature with
unregulated luxury and the best in healing
practices, adding happiness-inducing and
results-oriented wellbeing experiences to
the world of wellness.

At NIHI® Sumba, we believe that true wellness comes from forging an intimate connection with the power of nature. As a direct response to the growing demand for transformative and holistic travel, NIHI's guests are invited to enter a world that transcends spa; a place to be totally wild whilst practicing each of the leading pathways to wellbeing; physical, emotional, spiritual, and environmental.

From long walks along the remote Nihiwatu beach to rejuvenating spa treatments at our award-winning Nihioka Spa, unique hikes and treks, to meditating underwater, practicing yoga in the jungle, or building trust with our wild sandalwood horses through soulful equine experiences, wellness at NIHI® Sumba is pure and transformative, awakening the primal self, and allowing our guests to fully disconnect.

Let us dare to lose ourselves, for it is in the depths of this wilderness that we find our way back to our true vibrant nature.

Nihioka Spa

The Nihioka Spa is more than just a place for relaxation, it's a sanctuary for the soul and a haven for nature.

Nestled on 100 acres of untouched paradise, just a 10-minute journey from the main resort, our spa is a secluded haven of tranquility, embraced by lush rice fields, verdant jungle, and the endless expanse of the ocean. Here, nature and wellness intertwine seamlessly, offering an immersive experience of rejuvenation and serenity. With two pristine beaches and a serene infinity pool, this sanctuary invites you to unwind in an atmosphere of pure bliss. Nihioka is a sanctuary for our retired Sumba Sea Horses, where these gentle creatures enjoy a second life in peaceful surroundings. Now part of our **Equine Wellness** program, they offer guests a deeply healing and transformative experience.



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Spa Treatments

We offer a wide range of wellness treatments at Nihioka Spa with a minimum treatment time of 90 minutes. For added convenience and privacy, you may also enjoy any treatment in the comfort of the resort, either at your villa or at our exclusive wellness bale; an open-air sanctuary with breathtaking ocean views.

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.

🕒 90 MINUTES

NIHI FREEDOM

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

🕒 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.

🕒 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.

🕒 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 massages 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.

🕒 90 MINUTES



*Check Our
Price List Here*

Body Wraps & Scrubs

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. This treatment deeply hydrates you while restoring and revitalizing your damaged 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 your skin feeling 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

Infused with hair-growth-promoting essential oils, avocado cream, coconut, and cocoa butter, this hydrating mask is gently massaged into your hair and scalp. As it nourishes and revitalizes, sink into deep relaxation with a soothing neck, shoulder, and arm massage.

🕒 45 MINUTES

MASSAGES & TREATMENTS*

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

Signature Treatments

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

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

SUMBA 7 FACIAL

A restorative facial tailored to your skin type, using natural ingredients to refresh and rejuvenate. Finished off with our miracle Sumba 7 Botanical Elixir oil.

🕒 60 MINUTES • RP. 1,200

NIHI Wildlings

SPA TREATMENTS FOR CHILDREN

NOURISHING FACIAL

A silky coconut oil cleanse followed by a pampering face massage and a honey mask for a soft, radiant glow. Perfect for sensitive skin

🕒 30 MINUTES

COOL KIDS ALOE WRAP

A soothing blend of aloe vera and chamomile to calm, hydrate, and refresh delicate skin—ideal for soothing sunburn.

🕒 30 MINUTES

COMFORT MASSAGE

A gentle, nurturing massage designed to relax and soothe with light, calming strokes.

🕒 30 MINUTES

CACAO & BROWN SUGAR SCRUB

A fun and gentle exfoliation treatment to leave your little one's skin soft and glowing.

🕒 30 MINUTES

Spa Packages

MOTHER & ME PAMPER

A nurturing 90-minute experience featuring a soothing full-body massage, a deeply hydrating hair smoothie treatment, and a glow-enhancing facial — perfect for mothers and children to relax and connect.

🕒 90 MINUTES

MOTHER-TO-BE SERENITY

A nurturing 90-minute experience designed for expecting mothers. Enjoy a soothing side-lying body massage to ease tension, a gentle hand and arm massage to relieve stiffness and swelling, and a calming scalp and head massage for deep relaxation. This treatment uses only natural, chemical-free products with no essential oils, ensuring the utmost safety and comfort.

🕒 90 MINUTES

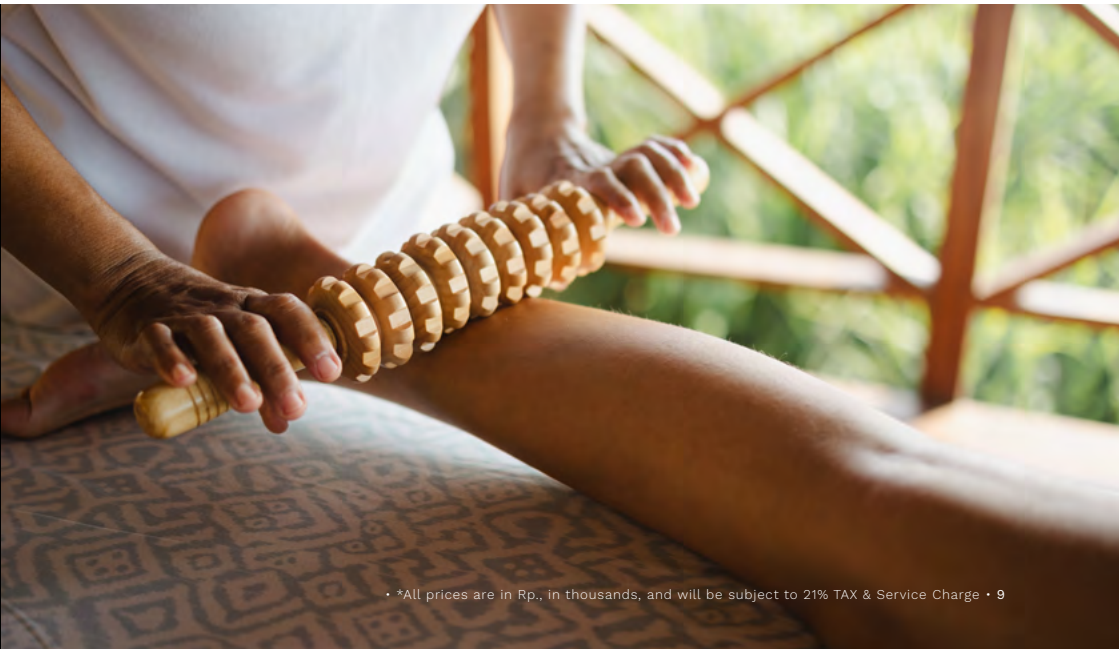
JET LEG RECOVERY

An invigorating journey to eliminate toxins, while leaving you feeling alive and renewed. Reignite yourself with a restoring body scrub, muscle melting deep tissue massage and Sumbanese natural facial. This spa ritual is specifically designed to leave your body, mind and spirit feeling revitalised, so you are ready for your holiday adventure.

🕒 180 MINUTES • RP. 6,200

MASSAGES & TREATMENTS*

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



Spa Safari™

Shake off your jet lag and begin your NIHI experience in the most rejuvenating way possible with our signature Spa Safari™.

BEGIN YOUR JOURNEY

Embark on either a 120-minute trek, a 90-minute horseback ride*, or a breezy 15-minute safari drive along Sumba's rugged west coast. As you pass rolling hills and cultural villages, your Sumbanese guide shares insights into the island's rich heritage and timeless way of life.

UNMATCHED TRANQUILITY

Arrive at Nihioka Spa, where serenity awaits. Sip a refreshing young coconut as waves crash below, then enjoy breakfast or lunch at the Nihioka treehouse, overlooking breathtaking ocean views.

RELAX AND EXPLORE

Stroll along secluded beaches, swim in a pristine jungle pool, and soak in the tranquility before your ultimate spa experience.

LUXURIOUS TREATMENTS

Indulge in 2.5 or 5 hours of pampering, with luxurious massages and body treatments designed to rejuvenate and refresh.

THE JOURNEY BACK

End your day with a scenic safari drive back to the resort, or, for experienced riders, return on horseback or by bicycle for an added sense of adventure.

Beyond Nihioka: Your Journey Continues

Your Spa Safari™ continues on the following day with a 60-minute Sumba 7th Heaven massage in your villa, featuring a full-body massage and a 30-minute facial with our signature botanical elixir.

Enjoy 50% off additional in-villa treatments and 30% off Sumba 7 products throughout your stay.



*Please note that the horse ride experience to Spa Safari is an add-on and incurs an additional charge. For pricing details reach out to our team for assistance.

CHOOSE YOUR OWN SAFARI...

Half Day Spa Safari

4 HOURS OF INDULGENCE

Experience the Spa Safari with 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.

Spend the Night

VILLA RAHASIA

You've spent a day immersed in tranquility, and the thought of it ending is not something you want to contemplate. Extend your journey at Nihioka Spa by staying at Villa Rahasia, an exclusive, remote, and wildly romantic retreat, tucked away in the Spa Safari's secret hideaway.

Surrounded by Nihioka's untouched nature, Villa Rahasia offers the ultimate in privacy and seclusion, allowing you to fully embrace 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

120-minute guided trek through Sumba's landscapes & villages
• Nourishing breakfast with ocean view • 2,5 hours of spa treatments • Exclusive Sumba Seven 7th Heaven massage in your villa the following day •

RATE || RP. 7.800 • PERSON

RATE || RP. 13.000 • COUPLE

FULL DAY SPA SAFARI

120-minute guided trek through Sumba's landscapes & villages • Nourishing breakfast & lunch with ocean view • 5 hours of spa treatments • Exclusive Sumba Seven 7th Heaven massage in your villa the following day •

RATE || RP. 12.600 • PERSON

RATE || RP. 21.000 • COUPLE

SPEND THE NIGHT

Nourishing breakfast, lunch & dinner with ocean view • Private beach and 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

Mindfulness

Our mindful experiences foster deep peace and a profound self-connection.

HATHA YOGA

A gentler class than the Vinyasa Flow classes, Hatha Yoga consists of dynamic Yoga postures that will help you develop strength, balance, flexibility and increase concentration & inner calm.

🕒 60 MINUTES

VINYASA FLOW

A fluid yoga practice synchronizing breath with movement, building strength, flexibility, and mindfulness. This energizing flow adapts to all levels, promoting grace, balance, and ease.

🕒 60 MINUTES

YIN YOGA

Yin Yoga, a Taoist practice, targets the connective tissue of the hips, pelvis, and spine. Held at a slow pace, postures are maintained for 3–5 minutes, promoting deep release, mindfulness, and inner connection.

🕒 60 MINUTES

RESTORATIVE YOGA

Replenish your body, mind, and soul with restorative yoga. Settle into deep, supported stretches with soothing music, props, and stillness—allowing total release and relaxation.

🕒 60 MINUTES



COMPLIMENTARY GROUP YOGA CLASSES

Every day at 8AM and 4:30PM, Yoga pavilion



MEDITATION & BREATH WORKS

Connect with your inner self through breath and meditation. Learn simple techniques to enhance focus, clear the mind, and deepen awareness. Meditation promotes relaxation, well-being, and mindfulness, while breathwork balances the nervous system for inner harmony.

🕒 60 MINUTES

PRIVATE YOGA MEDITATION

Enjoy a personalized yoga session at your pace, tailored to your needs. Held in our Yoga Pavilion or your villa, all levels welcome—no experience needed.

🕒 60 MINUTES

BREATHWORK & YIN YOGA

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

🕒 60 MINUTES || 90 MINUTES

YOGA & MINDFULNESS

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

🕒 60 MINUTES || 90 MINUTES

AQUA LUNGS

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

🕒 60 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

Equine Wellness

We invite you to experience the healing power of horses at NIHI® Sumba.

Engage with NIHI's habituated Sumba horses in a rare opportunity to honor the island's rich traditions and deep spiritual connection to the land. Their intuitive, grounded nature offers a powerful path to emotional healing, self-reflection, and presence. Our Equine-Wellness sessions provide meaningful horse-human interactions, guided by the horse's wisdom and personalized for all experience levels.



Equine Connection

Experience a personalized connection with NIHI's intuitive Sumba horses through our Equine Connection program, rooted in the island's rich equestrian traditions. Guided by four core pillars—

Equine-Essence, Equine-Seen, Equine-Tuned, and **Equine-Feel** — each session fosters trust, mindfulness, communication, and leadership.

Whether seeking personal growth, emotional balance, or a deeper presence, these transformative experiences will leave you feeling more connected to yourself, the horses, and the land. Customize your focus and book single or multiple sessions to strengthen your bond and understanding.

🕒 45 MINUTES • RP. 1,200**

**PER SESSION || FOUR SESSIONS AVAILABLE

The Four Pillars of Equine Connection

EQUINE-ESSENCE

An introduction to the Nihi herd, focusing on horse communication and sensory perspectives. Learn the differences between Sumba and western horses, and deepen your connection with them and yourself.

EQUINE-SEEN

Engage in exercises to understand how horses experience the human world, building trust, vulnerability, and awareness of your nervous system and stress responses.

EQUINE-TUNED

Through sound and meditation, synchronize with horses to quiet the mind and elevate emotional states, promoting well-being and healing.

EQUINE-FEEL

Develop communication through body language and energy, focusing on trust, leadership, and self-confidence for deeper awareness and connection.

YOGA WITH HORSES

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

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.



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Active Wellness

Active wellness flows naturally, turning workouts into immersive experiences in nature.

Amidst untamed nature, guests embrace movement while prioritizing rest and recovery. Guided by expert trainers, explore diverse activities — from padel and pickleball to surfer-specific mobility training. Work out by the beach with free weights or in an air-conditioned gym with ocean views. Move with purpose, restore balance, and build lifelong fitness.

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

MOVEMENT & MOBILITY ASSESSMENT

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

🕒 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



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Hikes & Treks

Designed for longevity and mobility, our active wellness experiences build strength and flexibility while immersing guests in Sumba's stunning landscapes. With over 150km of trails, NIHI® offers hikes from 7km to 27km, winding through timeless villages, buffalo-dotted fields, and lush rice paddies.

Explore panoramic vistas, majestic waterfalls, and rugged coastlines while enhancing endurance, conditioning, and mental clarity.

NIHIOKA

This intermediate 7km trek starts at NIHI® and takes explorers across beautiful rice fields and over jungle ridges, finishing at our out-of-this-world spa destination with a delicious breakfast cooked over open fire. Or do this hike in reverse with an open-fire breakfast at Nihioaka to fuel yourself for the 7km trek back to NIHI®.

DASANG BEACH

A 10km intermediate to advanced hike that takes explorers over three bridges and verdant rice fields, and through four small villages.

PRONA HAI TO RICE ISLAND

A 12km medium to advanced hike that will take you through the backyard of NIHI's grounds, through villages and jungle terrain, past buffalo herds, and over rice fields.

WANUKAKA KETAPAN

17km advanced hike that begins at the infamous Pasola grounds. Discover the local life at Praigoli village, ancient culture, and every day rituals around the nurturing of precious rice fields. The trek ends with majestic views over Pahiwi Beach.

NIHI TO DASANG BEACH

A 27km endurance hike that is designed to challenge and inspire. The route covers beautiful natural landscapes and passes through villages, schools, and local meeting points. Pass by Litti Village, locally known for ceramics, as well as three rivers (Litti River, Litti River two and Welowa river).

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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 QR Code or ask your Guest Kapten for more information of the Visiting Guru currently on site.

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NIHI

SUMBA

FOR MORE INFORMATION,
PLEASE CONTACT OUR TEAM

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