



M O N T I G O
W E L L N E S S

UNWIND • ALIGN • THRIVE


MONTIGO WELLNESS

Montigo Wellness has something for all generations, young and aged, seeking respite from urban life. Restore your body's balance with centuries old therapies, accentuated by the ambient infusion of soothing fragrances and light. Recharge and be holistically revived at the Montigo Wellness Sanctuary.

The timeless Sumatran huts have had their rich authenticity preserved for over a century. Acquired exclusively for the resort, this rustic cluster adjoins its own stretch of beach. A revived body also needs some stimulation for the mind, and you're sure to find it in the spa's library and reading area.

Our restorative treatments are formulated without chemicals on premise, utilising the raw potential of what Mother Nature has to offer. To ensure the natural oils and juices retain their efficacy during treatment, ingredients are hand ground minutes before your appointment. Offering personalised experiences, share your preferences with a wellness therapist, and we will ensure it's a visit you'll long cherish.

WELLNESS ETIQUETTE & POLICY

Please reserve your treatment(s) in advance by touching  or 3 on the phone in your villa or by visiting Wellness Sanctuary at your convenience.

Arriving Early

Arriving late will shorten your treatment, please remember that your treatment will end on time to prevent further delays, regardless of how late you start.

Cancellation Policy

For cancellations or changes in your appointment, a minimum of four hours is required in order to avoid being charged in full for any scheduled appointment, programme or service not attended.

Health Concern

When making your reservation, please advise our receptionist of any health condition, allergies or injuries that could affect your treatment. Our team is available to assist in recommending treatment(s) that are customised to your needs and ensure your comfort and safety.

Rates

Prices are in Indonesian Rupiah (IDR) and subject to 11% government tax and 10% service charge

Respect for Others

Montigo Wellness promotes an environment of tranquility and relaxation. Please respect the rights of others to enjoy privacy and peace. The use of cellular phones and gaming devices is prohibited in the sanctuary.

Smoking & Alcohol

Smoking is not permitted in the Wellness Sanctuary. We recommend that you refrain from consuming alcohol within eight hours of your treatment.

Jewellery Care

You are advised to remove all jewellery prior to your arrival at the Wellness Sanctuary. Upon arrival, please proceed to the Reception Counter. Our Receptionist will reconfirm and briefly explain your scheduled treatments.

Parental Consent

Montigo Wellness is committed in providing a safe environment for everyone. Therefore, persons aged 17 and under ("minor") who receive closed door therapies must have a parent or an adult guardian in the room during the treatment. Children (aged 4-12 years) must be accompanied by a parent or guardian during their Montigo Wellness visit.

MASSAGES

Nothing says 'holiday retreat' like a trip to the massage parlour. Let us pamper you with our deluxe personalised massages, adopting traditional East Asian techniques.

Indonesian Massage idr 658,000 (60 minutes) | idr 898,000 (90 minutes)
Improve your blood circulation and the oxygen flow through your body with this traditional Indonesian massage that combines acupuncture, reflexology and aromatherapy using signature Montigo oil blends.

Montigo Massage idr 658,000 (60 minutes) | idr 898,000 (90 minutes)
Relieve muscle tension and aches with this massage designed with the sports enthusiast in mind. Light or medium pressure is applied using long strokes and kneading techniques according to your personal needs. Montigo's Relaxing or Revitalising oil blends are recommended.

Thai Massages idr 658,000 (60 minutes) | idr 898,000 (90 minutes)
Feel limber and supple from this dry massage adapted from traditional Thai methods, that works on the body's meridian lines to stretch every limb and ease aching muscles. It improves blood circulation as well as relieves tension.

Dua Puluh Jari Massage idr 1,090,000 (60 minutes) | idr 1,500,000 (90 minutes)
Our 20 fingers massage is a choreographed rhythmic massage performed by two therapists. This relaxing synchronised massage helps the body to loosen up muscle tensions and enhances the immune system.

Herbal Compress Massage idr 938,000 (90 minutes)
This Herbal Compress Massage combines the healing effects of traditional Thai Massage techniques with heated herbal compress containing a blend of traditional herbs and spices, simultaneously relaxing and invigorating the mind and body. This ritual purifies, relaxes, warms, relieves aches and pains, and improves the skin condition while stimulating the senses.

Hot Stone Massage idr 988,000 (90 minutes)
Heated stones will glide smoothly over your body concentrating on muscle aches and tension through deep heat penetration. Combined with deep tissue massage, the hot stones have a sedative effect to ease muscle stiffness, increase circulation, reduce stress and promote deep relaxation.

Back Reliever idr 658,000 (60 minutes) | idr 898,000 (90 minutes)
This massage focuses on the back using traditional Indonesian massage techniques to relax tired back muscles, shoulder and neck. Our therapist's expert hands will apply warm spice and herbal blend, to relieve back tension and aches.

Pregnancy Massage

idr 658,000 (60 minutes)

Specially created for expecting mothers, this gentle massage helps to relieve stress on weight-bearing joints and soothe neck and backaches. Pure grape seed oil is used to delicately ease overworked muscles and rejuvenate the body and mind.

BODY SCRUBS

Unleash your skin's full potential with our premium exfoliating scrubs and blends.

Montigo Scrub

idr 495,000 (45 minutes)

A cooling and refreshing scrub that softens and refines the skin and stimulates new cell growth. Suitable for all skin types.

Green tea scrub, rice blend, oatmeal, fresh milk, mint leaves

Island Spice Blend

idr 495,000 (45 minutes)

A warming scrub that cleanses using fresh herbs and spices.

Galangal, ginger, lemongrass, cloves, fresh milk, oatmeal

Salt Scrub

idr 495,000 (45 minutes)

Using exfoliating minerals with antibacterial salt scrubs to return the natural glow of the skin, leaving it smooth and soft.

Mineral sea salt, essential oil

BODY WRAPS

Our wraps are designed to tighten and tone the physique, revitalise and heal skin, and relax and soothe muscles.

After Sun Treat idr 495,000 (45 minutes)

Specially designed for sunburnt and dry skin, this cooling after sun treat, nourishes and invigorates the skin condition. The treatment includes a 30-minute wrap and ends with the application of a gentle hydrating lotion.

Aloe vera, cucumber

Firming Wrap idr 495,000 (45 minutes)

The warming effect of this wrap relieves tension and leaves a refreshing feeling after. The therapist will apply a mask containing a fresh blend of herbs and spices.

Lemongrass, ginger, galangal, black and white sesame, fresh milk, almonds

Montigo Wrap idr 495,000 (45 minutes)

It is suitable for all skin types and stimulates new cell growth, nourishing the skin with a whitening effect.

Green tea, white clay, oatmeal and rice blend

FOOT TREATS

Foot Reflexology idr 318,000 (30 minutes) | idr 538,000 (60 minutes)

idr 788,000 (90 minutes)

A healing touch that relieves pain, headaches and other effects of stress. Foot reflexology is the application of pressure onto particular areas of the soles believed to be connected to internal organs.

FACIAL

The Traditional Facial (with natural ingredients) idr 658,000 (60 minutes)

This unique facial experience captures the natural essence of raw vegetables or fruits that best work for your skin type. Treatment starts with cleansing and exfoliating the skin, followed by relaxing massage and finishing with a customised mask application to leave your skin looking fresh and hydrated.

HAIR TREATMENT

Keep your hair supple and glowing under the blazing sun and in the summer seas.

Conditioning Creambath

idr 550,000 (60 minutes)

An age-old Indonesian tradition that will leave your hair feeling healthy and shiny. Rich in vitamins derived from all-natural ingredients including avocado, coconut, aloe vera and carrot meticulously applied onto the scalp and the hair.

MONTIGO TRADITIONAL WELLNESS RITUALS

Designed to enhance the body's health and natural functions, our traditional massages combine acupressure, reflexology and aromatherapy, with a Javanese scrub that uses fresh herbal ingredients, following techniques and recipes passed down for generations.

Javanese Lulur

idr 938,000 (90 minutes)

A traditional body treatment that combines deep tissue techniques, acupressure, reflexology and aromatherapy to improve blood circulation and the oxygen flow through the body. A Javanese scrub using blends of turmeric powder, candlenut, sandal wood, rice blend and yoghurt to nourish and enhance the skin.

Ladies Intimacy Treat

idr 1,033,000 (105 minutes)

This treatment has been practiced for generations as part of Indonesian custom. Highly recommended for feminine discomfort and helps strengthen the uterus after menstruation.

This package includes a 60-minute deep tissue massage combined with a 30-minute body scrub. It ends with a 15-minute Ratus, a famous Indonesian treatment for vaginal health and strengthening that provides comfort and health benefits to intimate areas. The treatment concludes with a special herbal drink (Jamul).

Men's Vitality Treat

idr 1,033,000 (105 minutes)

This package includes a 90-minute deep tissue massage to stimulate energy points and helps to loosen and warm up the muscles. After the body is limber and restored to prime condition, the massage is followed by a 15-minute aromatic steam and sauna to relax, detoxify and rejuvenate the body.

MONTIGO SIGNATURE REVIVAL JOURNEY

idr 1,380,000 (180 minutes)

Embark on a meditative healing journey with traditional wellness rituals, tailored to suit your physical needs and restore your mind and soul.

Traditional Facial

A refreshing facial using with natural fresh ingredients for a 60-minute treatment. Suitable for all skin types.

Island Spice Blend or Montigo Scrub

The Island Spice Blend scrub is a warming scrub that cleanses using fresh herbs and spices. A cooling and refreshing scrub that softens and refines skin and stimulates new cell growth.

Firming Wrap or Montigo Wrap

The warming effect of this wrap relieves tension and leaves a refreshing feeling after. A mask containing a fresh blend of herbs and spices, that stimulates new cell growth and nourishes the skin. Suitable for all skin types.

Montigo Massage or Indonesian Massage

Designed to relieve muscle aches and tension, leaving you completely relaxed.

KIDS WELLNESS

Share the health benefits of the wellness experience with your kids through these specially designed therapies.

Kid's Massage idr 330,000 (30 minutes) | idr 598,000 (60 minutes)
A lovely way to share holiday time and introduce your children to the experience of a professional massage. This unique massage is tailor made with their health in mind.

Fabulous Facial idr 330,000 (30 minutes)
Let their smiles light up your life. Enjoy this relaxing facial complete with a face mask and cucumbers for the eyes. This special treatment is sure to please!

WELLNESS PACKAGES FOR CHILDREN

The perfect wellness package for the little ones to experience an authentic massage. Take a break from the fun in the sun and enjoy a relaxing time of pampering and luxury treatment.

Girls idr 788,000 (90 minutes)

Massage
This relaxing massage uses long strokes and soft pressure to help calm the body and mind. Choose between oil or cream with delicious flavours such as chocolate, strawberry or lavender and camomile oil.

Facial
Make smiles and laughter even brighter with our organic facial. A gentle treatment for delicate skin.

Boys idr 788,000 (90 minutes)

Massage
A beautiful way to introduce your child to massage. This experience will help young spa-goers learn to deal with future stress or sports injuries.

Facial
Make smiles and laughter even brighter with our organic facial. A gentle treatment for delicate skin.



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