

MONTIGO
WELNESS

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 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
Rates are quoted in Indonesian Rupiah and subject to 10% service charge and 11% prevailing government taxes.

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.

RELAXATION TREATMENTS

Nothing says 'holiday retreat' like a relaxing and rejuvenating treatment. Let us pamper you with our deluxe personalised rituals of traditional East Asian techniques..

Indonesian Massage 806,000 (60 minutes) | 1,082,000 (90 minutes)
Improve your blood circulation and the oxygen flow through your body with this traditional Indonesian treatment that combines acupressure, reflexology and aromatherapy using signature Montigo oil blends.

Deep Muscle Melt Massage 841,000 (60 minutes) | 1,117,000 (90 minutes)
This specialized treatment integrates custom-blended oils and ingredients with deep tissue massage techniques to effectively alleviate tension in sore and constricted muscles, mitigate profound stress, and optimize circulatory function. The inclusion of hot stones on the back can further aid in addressing chronic stress, pain, or muscle tightness.

Montigo Massage 756,000 (60 minutes) | 1,032,000 (90 minutes)
Montigo muscle reliever uses long strokes and light-to-medium pressure to provide gentle relaxation. This style generally provides a more relaxing experience, to ease surface tension and stimulate circulation in the muscles. Montigo's Relaxing or Revitalizing oil blends are recommended.

Thai Massage 756,000 (60 minutes) | 1,032,000 (90 minutes)
Feel limber and supple from this dry treatment 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 1,253,000 (60 minutes) | 1,725,000 (90 minutes)
Our 20 fingers traditional treatment is a choreographed rhythmic tension reliever performed by two therapists. This relaxing synchronised ritual helps the body to loosen up muscle tensions and enhances the immune system.

Herbal Compress Massage 1,128,000 (90 minutes)
The healing effects a heated herbal compress containing a blend of traditional herbs and spices and traditional Thai techniques are employed to simultaneously relax and invigorate the mind and body. This ritual purifies, relaxes, warms, relieves aches and pains, and improves the skin condition while stimulating the senses.

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

Hot Stone Massage 1,136,000 (90 minutes)
Heated stones will glide smoothly over your body concentrating on muscle aches and tension through deep heat penetration. Combined with deep tissue pressure, the hot stones have a sedative effect to ease muscle stiffness, increase circulation, reduce stress and promote deep relaxation.

Back Reliever 756,000 (60 minutes) | 1,032,000 (90 minutes)
Traditional Indonesian techniques are employed 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 756,000 (60 minutes) | 1,032,000 (90 minutes)
Specially created for expecting mothers, this gentle treatment 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.

FOCUS WORK

Foot Reflexology 398,000 (30 minutes) | 658,000 (60 minutes)
945,000 (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.

Back Energy 398,000 (30 minutes) | 658,000 (60 minutes)
945,000 (90 minutes)
This massage treatment has been developed to relieve back discomfort that may arise from extended periods of desk work. It is effective in diminishing tension and pain, and it includes a head massage to offer thorough relief and encourage relaxation.

Ayurvedic Head Massage 415,000 (30 minutes) | 685,000 (60 minutes)
This holistic treatment employs acupressure on the head, face, neck, and shoulders with the aim of rebalancing the body's energies. It specifically targets the three higher chakras mind, body, and spirit by focusing on the energy epicenter.

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BODY SCRUBS

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

Montigo Scrub 569,000 (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 569,000 (45 minutes)
A warming scrub that cleanses using fresh herbs and spices.
Galangal, ginger, lemongrass, cloves, fresh milk, oatmeal

Salt Scrub 569,000 (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 569,000 (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 569,000 (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 569,000 (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

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FACIAL

The Traditional Facial (with natural ingredients) 756,000 (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.

MONTIGO TRADITIONAL WELLNESS RITUALS

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

Javanese Lulur 1,128,000 (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 1,187,000 (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 reliever 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 (Jamu).

Men's Vitality Treat 1,187,000 (105 minutes)

Indulge in a 75-minute deep tissue massage that melts away muscle tension and improves circulation, followed by a 30-minute foot reflexology session to ease fatigue, stimulate energy flow, and leave you feeling refreshed and recharged.

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MONTIGO SIGNATURE REVIVAL JOURNEY

2,087,000 (180 minutes)

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

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 or Indonesian Massage

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

Montigo Facial

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

KIDS WELLNESS

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

Kid's Massage — 379,000 (30 minutes) | 687,000 (60 minutes)
A lovely way to share holiday time and introduce your children to the experience of a professional muscle reliever. This unique treatment is tailor made with their health in mind.

Fabulous Facial — 379,000 (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 — 906,000 (90 minutes)

Muscle Reliever
This relaxing treatment 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 — 906,000 (90 minutes)

Muscle Reliever
A great way to introduce your child to relaxing therapies. This experience will help young ones 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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BEAUTY TREATMENT

Classic Manicure — 345,000 (45 minutes)
Cuticle Care, Shaping, Buffing, Vitamin, Express Hand Massage.

Classic Pedicure — 402,000 (45 minutes)
Foot Wash, Scented Sea Salt Bath, Foot file, Foot scrub, Foot Massage, Cuticle care, Shaping Buffing, Vitamin.

Male Pedicure — 460,000 (60 minutes)
Foot Wash, Scented Sea Salt Bath, Foot file, Foot scrub, Foot Massage, Cuticle care, Shaping Buffing, Vitamin.

Nail Design — 57,000 (per nail/design)

Gel Polish — 143,000 (30 minutes)

Gel Remover — 100,000

Soft Gel Extension — 735,000 (150–180 minutes)
Cuticle care, Shaping, Buffing, Nail extension application, gel polish, Overlay, Vitamin, Shoulder and Hand massage.

Classic Gel Manicure — 488,000 (60 minutes)

Classic Gel Pedicure — 545,000 (60 minutes)

Kids Manicure — 172,000 (30 minutes)

Kids Pedicure — 230,000 (30 minutes)

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FOOT TREATMENT

Pedi Callus Treatment 546,000 (90 minutes)
Foot wash, scented sea salt bath, callus application, foot file, foot scrub, foot massage, cuticle care shaping, buffing, vitamin.

Foot Relax Therapy 485,000 (60 minutes)
Foot wash, scented sea salt bath with essential oil and fresh herbs, foot scrub, foot massage, cuticle care, shaping, buffing, vitamin.

HAIR TREATMENT

Blow Dry 460,000 (45 minutes)
Hair wash, blow dry or styling with express shoulder and Hand massage.

Hair Mask 665,000 (45 minutes)
Hair wash, mask application, blow dry or styling with express shoulder and hand massage.

Hair Relaxant Treatment 1,437,000 (90 minutes)
Hair wash, hair treatment application, blow dry or styling with upper body, shoulder and hand massage.

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MONTIGO RESORTS
NONGSA

Nongsa • Seminyak • Somerset (United Kingdom)

spa.nongsa@montigoresorts.com
Jl. Hang Lekir, Nongsa - Batam
++62 811 7000 3381