



TOJA SPA

Toja Spa, named after the word for "water" in Indonesian, is our open-air spa concept designed to nourish your connection with nature. Taking full advantage of its natural setting, Toja Spa leverages the sensory perception of the surrounding environment with homemade scrub and bath experiences that guests can personalize.

[escape.banyantree.com](https://www.escape.banyantree.com)

MASSAGE TREATMENT

BODY TREATMENT BODY CLEANSING ENERGY HEALING HEALING MASSAGE ENERGY REVIVAL

Island Massage

Inspired by local Balinese massage techniques that have been passed down from generation to generation, our Island Massage is best for relieving tension and rejuvenating the body. It incorporates deep tissue techniques and long, broad strokes that ease tightness and invigorate sore muscles.

DIY massage oils:

Ylang Ylang, rose, patchouli
Lemongrass, lemon, ginger

ACTUAL
TREATMENT TIME

60/90min

TREATMENT
SESSION

90/120min

IDR 1,800,000++ /60min

IDR 2,300,000++ /90min

Sleep Essential

Lull the mind and body into a deep, restorative state of rest with our Sleep Essentials treatment – a unique ritual that harnesses evidence-based techniques and the power of natural scents. This treatment is ideal for those who struggle with insufficient rest or poor sleep.

Choices scent of sleep:

Calming sleep or grounding sleep

ACTUAL
TREATMENT TIME

60/90min

TREATMENT
SESSION

90/120min

IDR 1,800,000++ /60min

IDR 2,300,000++ /90min

Ayung Stone Massage

This soothing massage helps relax tight muscles and ease tension throughout the body. Smoothed by centuries of water currents flowing through the Ayung River, steam-heated river stones are used alongside aromatic oils to warm and massage the muscles with long, rhythmic strokes. Heat from the stones expands blood vessels and improves circulation, thus helping to alleviate aches and pains.

ACTUAL
TREATMENT TIME

90min

TREATMENT
SESSION

120min

IDR 2,500,000++

MASSAGE TREATMENT

BODY TREATMENT BODY CLEANSING ENERGY HEALING HEALING MASSAGE ENERGY REVIVAL

Crowning Head Massage

Soothe tension and release knots in the muscles of your upper body to decrease discomfort and improve flexibility with this head and shoulder massage. Warm coconut oil relieves headaches by encouraging blood circulation and stimulating nerves on the scalp, while also nourishing the skin and promoting healthy hair growth.

ACTUAL TREATMENT TIME

60min

TREATMENT SESSION

90min

IDR 1,800,000++

Soothing Touch Massage

A gentle and comforting massage designed for expectant mothers or the elderly, to relax the physical body and calm the mind. Relieve the discomforts that naturally come with pregnancy, as our expert therapists help release tension in the lower back that may arise from carrying the baby.

ACTUAL TREATMENT TIME

60min

TREATMENT SESSION

90min

IDR 1,800,000++

Foot Relief Massage

Relieve tired soles by balancing energy flow and improving circulation, as a warm oil and traditional balm soothes aching muscles and joints.

ACTUAL TREATMENT TIME

60min

TREATMENT SESSION

90min

IDR 1,800,000++

SIGNATURE TREATMENT

BODY TREATMENT
 BODY CLEANSING
 ENERGY HEALING
 HEALING MASSAGE
 ENERGY REVIVAL

Buahan Bliss Package

Harnessing Buahan's rich heritage and traditions, as well as its native flora, the Buahan Bliss package provides the ultimate Toja Spa experience. This signature package boosts circulation with a natural scrub of local ingredients including torch ginger 'kecombrang' flower and other local spices, to gently exfoliate the skin. Inspired by the flowing waters of our sacred rivers, a stimulating massage then helps to relax the body and relieve tension. Finally, a wrap made of 'kecombrang' leaves and other herbs completes the restorative experience.

- Torch ginger flower scrubs and spices with soothing head massage
- Stimulating body massage
- Detox Body wrap with torch ginger 'Kecombrang' leaves



ACTUAL
TREATMENT TIME

120min

TREATMENT
SESSION

150min

IDR 2,900,000++

Concept

DRY BODY BRUSH

Starting detox with a natural scrubs of local growth plant, ginger torch flower to help exfoliate dead skin cells and improve blood circulation as well antioxidant.



STIMULATING MASSAGE

The massage technique promotes relaxing, soft to medium pressure. Therapists use fast movement techniques to increase blood circulation and metabolism and a warming reaction on the skin surface.



Ingredients & Equipment



TAMARIND PASTE



COCONUT MILK



RICE GRAIN



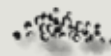
GINGER TORCH FLOWER



CAKAR AYAM LEAVES



CLARITY OIL



BLACK PEPPER



LONG CHILI

COUPLE TREATMENT

BODY TREATMENT

BODY CLEANSING

ENERGY HEALING

HEALING MASSAGE

ENERGY REVIVAL

Sejoli For Couple

Harness the purity of the forest by focusing on the heart – the center of unconditional love and compassion. You and your partner are welcomed at a private spa bale with a foot scrub ritual that uses homegrown cocoa, followed by a gentle body exfoliation using rice and nutmeg. Next, a body cleansing bath drains all stresses away and invokes a calming state of bliss, just in time for the island massage body therapy to release inner tension using deep thumb techniques, broad palm pressure, and long kneading strokes. Finally, enjoy a herbal wood bath Kum-Kuman (fragrance flower bath) ritual and conclude your experience with Baligroni and refreshments to the sound of the Tjampuhan waterfall.

- Reconnection meditation
- Nutmeg scrubs
- Reconnection massage
- Relaxing bath
- Baligroni and chocolate-dipped in berry



ACTUAL
TREATMENT TIME

150min

TREATMENT
SESSION

180min

IDR 7,200,000++ /couple



BODY CLEANSING

BODY TREATMENT BODY CLEANSING ENERGY HEALING HEALING MASSAGE ENERGY REVIVAL

Beras Kencur – Warm Bath (Beras Kencur Scrub + Dry Sappan Bath)

Combining rice, aromatic ginger and candlenut, this traditional Balinese body exfoliation relieves stress and induces relaxation, while the cleansing herbal bath stimulates blood circulation and promotes relaxation while nourishing the skin.

ACTUAL
TREATMENT TIME

30min

TREATMENT
SESSION

60min

IDR 650,000++



Boreh - Aromatic Hot Bath (Boreh Scrub + Herbal Bath)

Soothe your skin with our therapeutic body cleansing treatment and bath, using a mist of herbal fragrances made with ginger, cloves, white pepper and galangal.

ACTUAL
TREATMENT TIME

30min

TREATMENT
SESSION

60min

IDR 650,000++



Ketimun Ylang Ylang - Fragrance Cooling Bath (Cucumber Scrub + Kumkuman Bath)

Kumkuman refers to the ritual of washing with holy water steeped with fragrant flowers and using a smoking technique combining many kinds of refreshing native herbs. The freshness of Kumkuman and Ketimun (cucumber) mixed with our cool, exfoliating scrub of yoghurt, rice flour and ylang ylang helps smooth and hydrate the skin.

ACTUAL
TREATMENT TIME

30min

TREATMENT
SESSION

60min

IDR 650,000++



HEALING MASSAGE

BODY TREATMENT BODY CLEANSING ENERGY HEALING HEALING MASSAGE ENERGY REVIVAL

Taksu Healing Massage

A combination of deep release acupressure, intuitive massage techniques, energy healing practices and a Balinese blessing, the Taksu Massage is a unique therapeutic experience that works both the subtle energetic systems and the physical body in which they reside. The skillful touch of our therapists soothes muscular tension and promotes circulation, enabling a sense of freedom and lightness while bringing about a feeling of harmony from within.

TREATMENT SESSION **90min**

IDR 2,300,000++

Pranic Crystal & Intuitive Touch

Experience the transformative power of Pranic Healing with Crystal 7 Chakras, a holistic approach that combines the ancient wisdom of pranic healing with the modern technology of crystals. With the intuitive touch of a skilled practitioner, you can release blocked energy and restore balance to your mind, body, and spirit. This treatment can unlock your full potential and promote good physical, mental and emotional health.

TREATMENT SESSION **90min**

IDR 2,300,000++

Pranic & Therapeutic Healing Massage

A comprehensive wellness approach blending massage with Pranic healing principles. Integrating Swedish, deep tissue, and myofascial techniques, skilled practitioners tailor sessions for individual needs, addressing physical tension and fostering relaxation. This unique fusion extends beyond the physical, aiming to cleanse and balance the body's energy centers, promoting overall vitality. Ideal for stress reduction, alleviating discomfort, or enhancing mind-body connection, this holistic experience offers a rejuvenating journey that taps into the body's natural healing potential, fostering a harmonious balance of physical, mental, and energetic well-being.

TREATMENT SESSION **90min**

IDR 2,300,000++

ENERGY HEALING

BODY TREATMENT BODY CLEANSING ENERGY HEALING HEALING MASSAGE ENERGY REVIVAL

Sound Healing & Chakra Balancing

This singing bowl healing session is a beautiful and relaxing journey where vibrations help align frequencies and unblock chakras to achieve optimal physical and emotional balance and harmony. The placement of the bowls on your body provides a messaging effect that calms and clears the mind, while the healer's energy relieves stress on all levels and eliminates negativity and toxins.



TREATMENT
SESSION

90min

IDR 2,300,000++ /person

Ayurvedic Marma & Reiki

Marma healing is an important part of Ayurveda that helps to maintain health by cleansing blocked energy through very light stimulation of points on the body. After a personalized consultation and an intuitive assessment, bask in this powerful process that opens the body's energy channels, even stimulating positive chains of events.



TREATMENT
SESSION

90min

IDR 2,300,000++ /person

ENERGY REVIVAL

BODY TREATMENT BODY CLEANSING ENERGY HEALING HEALING MASSAGE ENERGY REVIVAL

Resonance Meditation

(All Level)

Embark on a journey inward to discover a peaceful connection with your inner self. Let the soothing vibrations of singing bowls align your frequencies, allowing you to breathe deeply and freely. Immerse yourself in the serene sounds and breathtaking view to attain a harmonious connection with nature and self. This inward reflection will leave you feeling rejuvenated and inspired.

MEDITATION
SESSION

90min

IDR 900,000++ /person
IDR 1,500,000++ /couple

Moon Meditation

(All Level)

Tap on the energies of openness, healing, renewal, intuition and wisdom. Connecting to the phases of the moon can bring awareness to rhythms and patterns within your body, mind, heart, and spirit.

MEDITATION
SESSION

90 min

IDR 900,000++ /person
IDR 1,500,000++ /couple

Balance & Breath Yoga

(All Level)

Experience the transformative power of breath awareness and balancing exercises in this yoga session. Immerse yourself in the beauty of nature and observe the world with mindfulness and appreciation. By aligning your body and breath with the natural harmony of the environment, you can discover your true core and center your energies.zzz

YOGA
SESSION

90min

IDR 900,000++ /person
IDR 1,500,000++ /couple

All prices are subject to 23,75% for government tax & service charge

ENERGY REVIVAL

- BODY TREATMENT BODY CLEANSING ENERGY HEALING HEALING MASSAGE ENERGY REVIVAL

Yin Yoga *(All Level)*

Regardless of fitness level, this practice is ideal for most people who want to develop a relaxed, meditative practice or balance an intense exercise routine. Yin Yoga encourages slowing down to relax and turn inward, thus alleviating stress and restoring energy levels.

YOGA
SESSION

90min

IDR 900,000++ /person
IDR 1,500,000++ /couple

Soul Freedom at Tjampuhan Waterfall

Connect with nature in an intuitive way with our Soul Freedom experience. This journey starts with a traditional Balinese gratitude offering 'canang sari' to our Divine God. Dress in traditional Balinese attire before taking a short hike through an intimate and peaceful valley to visit the captivating Tjampuhan waterfall, located where the rivers Satang and Ayung meet. Next, partake in a spiritual purification ritual to cleanse both body and mind, refreshing the spirit and dissolving negativity, before being guided through a meditation and offering session. Afterwards, our wellbeing host will guide you into the waterfall to harness its energy, before a cathartic release ritual followed by a flower release ritual at the river.

WELLBEING
SESSION

120min

IDR 1,500,000++ /person
IDR 2,300,000++ /couple

IN-BALE TREATMENT

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TREATMENT
SESSION

60min

IDR 2,300,000++/person

SPA ETIQUETTE

SPA OPENING HOURS

Daily: 9:00 am to 9:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please contact our Escape Host. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your villa before coming to the spa.

ARRIVAL

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment.

CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

CANCELLATIONS

Please allow six hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Toja spa is a sanctuary of peace and harmony, please be aware of the volume of your voice so as not to disturb other guests.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage.

PAYMENT

All treatments will be charged to your villa and will appear on your account at the time of departure from the resort.
