

WELCOME TO SLOW SPA

Organic Luxury Treatments

Designed by the architect Christian Lechien, the spa at Slow Villas adds a wellness spirit to the villa complex, which is essentially designed for you to recharge and fully relax. Here you find three massage rooms, a bath for relaxation and a pilates/yoga studio perfect for yoga classes and retreats.

The Slow Spa's architecture is inspired by the round curves of the island, making you think of a bamboo cathedral. The central window adds air and light to the whole ensemble with gentle curves. The peaceful feeling and the silence support the architecture built around the natural elements, thus recalling Slow's philosophy.

For Slow Spa's signature treatments we only use products that are natural and alive and can be harvested on the island. We love our fresh aloe vera cultivated on-site in our own permaculture garden, and our coconut oil made on the island by Ibu Marnim, supporting the local community.

LOVE YOUR BODY

Balinese Massage - Energy & Acupressure

This massage is an invigorating and energizing experience for the body and soul. Combining Indian, Chinese and European references in a great variation of tempo, acupressure, long strokes and rolling motions.

| | |
|-------------------|-------------|
| 30 minutes | IDR 290.000 |
| 60 minutes | IDR 440.000 |
| 90 minutes | IDR 650.000 |

Aromatic Massage – Boost your senses

An ideal choice if you wish to reduce stress. Thanks to the powerful blend of aromatherapy oils, the body and mind will have an extremely relaxing response.

| | |
|-------------------|-------------|
| 30 minutes | IDR 290.000 |
| 60 minutes | IDR 440.000 |
| 90 minutes | IDR 650.000 |

Aloe Vera Massage – Refresh & Soothe

A gentle mix of freshly picked Aloe Vera from our garden, mixed with our special aromatic oils. Aloe Vera has excellent rejuvenating skin cell properties. Excellent to soothe and cool sunburns, an ideal massage after a sunny day on the beach.

| | |
|-------------------|-------------|
| 30 minutes | IDR 330.000 |
| 60 minutes | IDR 500.000 |
| 90 minutes | IDR 690.000 |

What you need – Efficient & Relaxing

These massages bring focus into specific areas of your body that you wish to treat. Dedicated to hardworking hands and feet in need for a treat, we have a luxurious menu of refreshing hand, feet, neck, and shoulders spa treatments. Organic ingredients are combined with massage for your pleasure.

HEAD, HANDS & FEET

| | |
|-------------------|-------------|
| 30 minutes | IDR 290.000 |
|-------------------|-------------|

NECK & SHOULDERS

| | |
|-------------------|-------------|
| 30 minutes | IDR 290.000 |
|-------------------|-------------|

BACK

| | |
|-------------------|-------------|
| 30 minutes | IDR 290.000 |
|-------------------|-------------|

LOVE OUR PECULIARITIES

Traditional Lombok Massage – Local Culture

Sani's father was one of the first healers in Gili Air. She has learned the traditional techniques of a Lombok massage. Indulge some authentic local traditional treatment in our spa. Please note that this massage needs a pre-booking.

60 minutes

IDR 580.000

90 minutes

IDR 726.000

Deep Tissue Back Massage

Our professional Slow Spa therapists are trained with basic but effective physiotherapy techniques. Do you feel like you have some knots trapped in your back? Would you like to feel less tense?

Then our deep tissue back massage is for you!

Our therapists will locate the knots in your back and work on them to release tension. Finishing with a hot stone technique to balance your body, allowing you to relax and heal.

30 minutes

IDR 370.000

LOVE YOUR FACE

Beauty Cleanser – Deep cleansing by ultrasound

The soft vibration of exfoliation by ultrasound takes away impurities, rebalances PH levels and delicately massages skin muscles. Immediately you will notice a brighter complexion, smoother and revitalised skin. Your skin will be clean and radiant!

60 minutes

IDR 440.000

90 minutes

IDR 650.000

A luxury place for happy people

Pure Aloe Vera - Deep hydration & firming

During this treatment, we will cleanse, exfoliate and apply a mask. We use exclusively natural Aloe Vera cosmetics (99% pure Aloe Vera with rosewood essential oil which is naturally anti-wrinkle). Aloe Vera contains a plethora of antioxidants including: beta-carotene, vitamin C and E. It helps to improve the skin's natural firmness. Your skin will be fresh and hydrated.

| | |
|-------------------|-------------|
| 60 minutes | IDR 440.000 |
| 90 minutes | IDR 650.000 |

LOVE YOUR HAIR

Cream Bath - Refresh & Soothe

Cream bath is an Indonesian traditional hair treatment. Our therapists will wash your hair with shampoo, apply the natural conditioning cream and then proceed with a 30min massage through your hair in sections, from scalp to ends.

| | |
|-------------------|-------------|
| 60 minutes | IDR 440.000 |
|-------------------|-------------|

LOVE YOURSELF

Manicure & Pedicure - Perfectly Polished

Treat your hands and feet to a gentle buffing, smoothing and polishing with a wide choice of colours from the amazing OPI nail varnish collection

| | |
|--------------------------------|-------------|
| MANICURE | |
| 60 minutes | IDR 440.000 |
| PEDICURE | |
| 60 minutes | IDR 440.000 |
| MANICURE & PEDICURE | |
| 90 minutes | IDR 725.000 |

Reflexology - Focus on specific points

The feet have several reflex and pressure points that balance all the functions of the body. Let yourself be seduced by this exquisite foot massage.

30 minutes IDR 290.000

60 minutes IDR 440.000

Ear candle - To clean & purify

Detoxify sinuses and ear canals with this safe, effective process.

30 minutes IDR 360.000

Romantic Flower Bath

Relax and recharge in our stunning flower bath in our handmade Granit bathtub for some relaxing alone-time or romantic partner-time.

30 minutes IDR 360.000

LOVE OUR PACKAGES

Slow Time - Pamper yourself

Time for a break - Time to take care of you

**ALOE VERA FACIAL
+ ALOE VERA MASSAGE
120 minutes** IDR 880.000

**BEAUTY CLEANSER FACIAL
+ BALINESE MASSAGE
120 minutes** IDR 880.000

Book two packages and receive 2 FREE 30 min Reflexology worth 400.000 IDR
Add a couples flower bath in our handmade Granite bath for 300.000 IDR

THE ORGANIC CORNER

Organic Waxing - All natural sugar waxing

Our organic wax is made with honey, sugar, water and lemon.

This oriental method is less painful and is extremely effective on all parts of the body. It will even get rid of your dead skin particles leaving your skin beautifully clean and smooth!

WOMAN

| | |
|----------------|-------------|
| Eyebrow | IDR 100.000 |
| Upper lips | IDR 120.000 |
| Under arms | IDR 150.000 |
| Full arms | IDR 190.000 |
| Half legs | IDR 220.000 |
| Full legs | IDR 360.000 |
| Bikini Classic | IDR 260.000 |

MEN

| | |
|------------|-------------|
| Eyebrow | IDR 100.000 |
| Upper lips | IDR 130.000 |
| Under arms | IDR 190.000 |
| Full arms | IDR 230.000 |
| Half legs | IDR 260.000 |
| Full legs | IDR 395.000 |
| Chest | IDR 250.000 |
| Shoulders | IDR 230.000 |
| Full Back | IDR 350.000 |

Organic Body Scrub

Sugar, ginger, coconut oil and lemon.

Sugar hydrates your skin and keeps moisture within, generating fresher younger-looking skin. Slow Spa's therapists prepare their own organic island scrub. The warm spicy scent of ginger opens up the senses and the lemon will give you an awakening kick. It smells so good that you want to eat it, and you can, it is 100% edible and natural!

30 minutes

IDR 370.000

Organic Face + Body Mask

Aloe Vera, coconut oil and lemon.

Aloe Vera can help improve blood circulation and digestion. It is great for detoxification. Among other things, this plant is renowned for its excellent skin soothing and healing properties. Aloe Vera can treat acne and soothe inflammation that causes redness.

*Whitening option with milk: This mask soothes, moisturizes, brightens and fights acne with the additional power of sugar and milk. Sugar is a natural source of glycolic acid, which aids in cell turnover. It is also a humectant, so it helps draw in moisture. Milk has been used in skin care for thousands of years because of its soothing, brightening and toning properties.

30 minutes

IDR 370.000

ORGANIC PACKAGES

Special combination prices

Combine our organictreatmentswithaSpa Signature Aloe Vera Massage (60min - regular price 350.000IDR) and get a special deal!

**ORGANIC BODY SCRUB +
ORGANIC FACE & BODY MASK
ALOE VERA MASSAGE 60MIN.**

IDR 1.100.000

**ORGANIC BODY SCRUB
ALOE VERA MASSAGE 60MIN.**

IDR 730.000

MONTHLY SPECIAL: ABDOMINAL

Relaxing & Healing Stomach Massage

Abdominal massage, which is also referred to as stomach massage, is a gentle, noninvasive treatment, which has a relaxing and healing effect. It is used to treat a wide variety of health concerns; especially those related to the stomach, such as digestion issues, constipation, and bloating.

- Relieve constipation and improve digestive function
- Reduce bloating and alleviate menstrual pain
- Aid in weight loss and encourage relaxation
- Tone and strengthen the abdominal muscles
- Release physical and emotional tension
- Release muscle spasms
- Increase blood flow to the abdomen
- Great for hangover

30 minutes

IDR 290.000

MONTHLY SPECIAL: FAVORITE

All-in-one relaxing treatment

- Balinese Massage 60min.
- Organic Face Scrub: Ginger/Sugar
- Blackhead Extractor
- Organic Face Mask: Aloe Vera
- Organic Hair Mask: Aloe Vera
- Head Massage 15min.

90 minutes

IDR 730.000

THE HEALING CORNER

Handpicked favorites on the island

TANTRA SESSION

Unlock a deeper connection to yourself and others through our transformative Tantra sessions, designed to harmonize mind, body, and spirit. Set in the tranquil embrace of our villa, these sessions offer a sacred space to explore the full spectrum of sensation—the depth to which you feel your pain is the depth to which you can experience pleasure.

Guided by skilled practitioners, you'll journey through breathwork, movement, and meditation to awaken dormant energy, release emotional blockages, and cultivate profound self-awareness. Experience the power of emotional release through movement, the freedom of authentic expression, and the healing nature of deep connection.

For couples, we offer dedicated sessions focusing on empathic listening, conscious touch, and intimacy-building practices—creating a safe space to deepen trust and rediscover each other beyond words.

Whether you seek relaxation, spiritual growth, or a gateway to deeper intimacy, our Tantra sessions provide a transformative experience that will stay with you long after you leave.

120 EUR | 2.100.000 IDR

BREATHWORK SESSION

Discover the transformative power of breath with our invigorating Breathwork sessions, crafted to elevate your well-being and deepen your self-awareness. Set against the tranquil backdrop of our villa, these sessions offer a sanctuary where you can explore the art of conscious breathing. Guided by experienced practitioners, you'll learn techniques that help release stress, increase energy levels, and promote emotional healing. Whether you are looking to enhance your meditation practice, improve mental clarity, or simply unwind, our Breathwork sessions provide a safe and nurturing environment for personal growth. Embark on this journey to reconnect with your inner self and embrace a renewed sense of balance and vitality during your stay with us.

170 EUR | 2.800.000 IDR

A luxury place for happy people

REIKI SESSION

Unlock the healing potential within you through our serene Reiki sessions, offered within the peaceful confines of our villa. Reiki, a gentle Japanese technique for stress reduction and relaxation, promotes healing by channeling energy into the body, helping to balance the flow of life force energy. Under the care of our skilled Reiki practitioners, you are invited to experience profound relaxation and rejuvenation. Whether you seek relief from physical discomfort, emotional balance, or a tranquil escape from daily stresses, our Reiki sessions provide a safe and nurturing environment for holistic healing. Allow yourself to be enveloped in calming energies, fostering a deep sense of peace and well-being during your villa retreat.

170 EUR | 2.800.000 IDR

HOT COLD THERAPY PRIVATE HAMMAM & ICE PLUNGE

Indulge in the invigorating experience of hot and cold therapy with our exclusive private hammam or sauna and ice bath sessions. Nestled within the comfort and luxury of our villa, this revitalizing treatment offers a unique journey to wellness, combining the soothing warmth of a traditional hammam or sauna with the exhilarating refreshment of an ice bath.

This contrast therapy is designed to enhance circulation, boost immunity, and promote muscle recovery, leaving you feeling refreshed and rejuvenated. Whether you seek to relax after a day of exploring or invigorate your senses, our hot and cold therapy provides the perfect balance of tranquility and vitality. Embrace this holistic retreat to restore your body and mind, adding an extra layer of rejuvenation to your villa experience.

Hammam & Ice 1.800.000 IDR

Hammam, Ice & Restaurant 2.400.000 IDR

RESONANCE & BALANCE

Immerse yourself in the transformative power of sound with Tibetan singing bowls and tuning forks, designed to release what no longer serves you. This session deeply cleanses trauma, negative emotions, and stagnant energies while harmonizing your aura and balancing all chakras. Set in a comfortable and magical atmosphere, you'll be fully guided through the experience. Enjoy hardball tea, refreshing water, and a cleansing shower to complement your healing. Draw inspiration from magical cards and receive private advice to help create a more aligned and fulfilling life. Let the resonance renew your body, mind, and soul.

1 session 2.400.000 IDR

2 sessions 4.500.000 IDR

Couple session 4.500.000 IDR