

RUMAH PIJAT KELUARGA

# NINGRAT

DENPASAR - BALI



## TRADITIONAL MASSAGE

60 MINS | 150K

90 MINS | 200K

120 MINS | 250K

A full-body massage using oil. First, it begins with the guest lying face down, starting from the lower legs up to the back, shoulders, and neck. Second, in a face-up position, starting from the front legs up to the chest. Finally, in a sitting position, focusing on the shoulders, neck, and head.

## REFLEXOLOGY

30 MINS | 100K

60 MINS | 175K

90 MINS | 225K

A massage focusing on the soles of the feet up to the calves using cream. This treatment improves blood circulation and is combined with a light massage on shoulders, arms, and neck.

## PRENATAL MASSAGE

60 MINS | 175K

90 MINS | 225K

A gentle full-body massage using oil, focusing on safe areas such as shoulders, back, arms, thighs, calves, and chest. Facial acupressure is included. Certain areas like the stomach, lower back, and pelvis are avoided. Recommended for 12-37 weeks of pregnancy to reduce fatigue, cramps, and body aches.

## HOT STONE MASSAGE

90 MINS | 300K

120 MINS | 350K

A massage using heated stones placed on the back to relieve stiffness, reduce stress, and improve circulation. The warmth helps the body feel deeply relaxed.

## CHILD MASSAGE

30 MINS | 150K

60 MINS | 200K

A traditional gentle massage for children using telon oil and baby oil to relax the body and improve sleep quality.

## TITIAN MASSAGE

60 MINS | 200K

An alternative massage therapy focusing on painful areas using strong yet gentle pressure with oil. Often used to relieve persistent headaches or migraines.

## DEEP TISSUE MASSAGE

60 MINS | 250K

90 MINS | 300K

120 MINS | 350K

A massage using deeper pressure and slower movements to reach the inner layers of muscles and connective tissues. Helps release chronic tension, break down scar tissue, restore flexibility, and relieve pain. Ideal for athletes or those who do intense physical activity.

## LULUR MASSAGE

120 MINS | 250K

A combination of traditional massage and body scrub. After a full-body massage, the body is scrubbed with herbal lulur to remove dead skin cells, leaving the skin brighter, smoother, and refreshed.

### IMPORTANT INFORMATION

- All prices are subject to 10% government tax.
- For In-Villa / Home Service, additional transportation fees (Gojek/Grab) apply based on distance.

RUMAH PIJAT KELUARGA

# NINGRAT

DENPASAR - BALI



## POSTNATAL MASSAGE

120 MINS | 350K

A massage for mothers after childbirth using oil, including gentle massage on the chest and face. Special herbal oil is applied to aid blood circulation and recovery. Recommended 7 days after natural delivery or 14 days after C-section.

## MANJAKANI MASSAGE

60 MINS | 150K

A massage focusing on the chest and hips using pure bulus oil. Known to improve blood circulation and help tighten these areas when done regularly. Full session is 60 minutes.

## BODY SCRUB

60 MINS | 100K

Skin treatment using herbal scrub to remove impurities and dead skin cells, leaving the skin brighter and smoother.

## TRADITIONAL SCRAPING (KERIK)

30 MINS | 100K

A traditional therapy using a coin rubbed gently on oiled skin to improve blood circulation and relieve body aches.

## BREAST ACUPRESSURE

30 MINS | 100K

Gentle massage on the chest area using oil, followed by acupressure to stimulate circulation, improve breast firmness, and support milk flow.

## V-ACUPRESSURE

30 MINS | 100K

A massage on specific nerves related to women's intimate health using oil. Helps maintain cleanliness, prevent discharge, itching, and odor, while refreshing and protecting against infection.

## FACIAL ACUPRESSURE

30 MINS | 100K

A massage on specific facial points to improve blood and energy circulation, reduce muscle tension, delay aging, relieve headaches and sinusitis, and leave the skin healthier and rejuvenated.

## RATUS

30 MINS | 100K

Traditional treatment for the female intimate area, performed through vaginal steaming or fumigation. The benefits include cleansing the reproductive organs, preventing vaginal infections, treating discharge, and eliminating odor.

### IMPORTANT INFORMATION

- All prices are subject to 10% government tax.
- For In-Villa / Home Service, additional transportation fees (Gojek/Grab) apply based on distance.

RUMAH PIJAT KELUARGA

# NINGRAT

DENPASAR - BALI



## BUCIL PACKAGE

250K

This package is for mom and child (2-10 years old). Mom gets a 60-minutes traditional massage and the child gets a 30-minutes traditional massage.

## KELUARGA PACKAGE

500K

This package is for dad, mom, and child (2-10 years old). Each receives a 60-minutes traditional massage.

## UNYIL PACKAGE

500K

This package is for mom with two children (2-10 years old). Both children get a 30-minutes traditional massage each, and mom gets a 60-minutes traditional massage plus a 30-minutes face acupressure.

## MASSAGELICIOUS PACKAGE

1000K

A special package for those who love massages. It includes five traditional massage sessions (90 minutes each) plus a bonus 90-minutes traditional massage and a 30-minutes face acupressure.

### IMPORTANT INFORMATION

- All prices are subject to 10% government tax.
- For In-Villa / Home Service, additional transportation fees (Gojek/Grab) apply based on distance.