



THE SIRA

LOMBOK

SPA MENU

THE TOUCH OF LOMBOK

EMBRACING ANCIENT SASAK HEALING WISDOM

Welcome to our sanctuary of wellness, where centuries-old Sasak healing traditions blend seamlessly with contemporary spa therapies. Inspired by the sacred Merariq ritual—a traditional Sasak wedding ceremony celebrating unity and renewal—our treatments embody the same transformative elements of purification and rejuvenation that have been passed down through generations of belian Sasak, the revered traditional healers of Lombok.

Our thoughtfully curated menu combines ancestral practices with modern wellness approaches. From signature massages incorporating traditional Sasak pressure point techniques, to facial treatments featuring indigenous botanical ingredients, each therapy honors the depth of Sasak healing wisdom. Just as the Merariq ceremony marks a profound transformation through carefully selected natural elements and sacred rituals, our treatments offer a path to renewal for body and spirit.

We invite you to experience this unique fusion of ancient wisdom and contemporary comfort, where every treatment reflects the timeless healing traditions of the Sasak people.



THE SIRA TRANQUILITY

THE ORIGIN OF SASAK

MERARIQ

Two-day treatment for two persons

Inspired by the ancient Sasak wedding tradition of Merariq, this two-day ritual honors the sacred preparation time when a bride-to-be is sheltered by her relatives before her wedding day. During this period of anticipation and preparation, traditional beauty and wellness rituals prepare both body and spirit for the union ahead. Join us for this exclusive two-day journey of renewal and transformation, steeped in Lombok's rich cultural heritage.

DAY 1

150 minutes

Herbal Steam

Lulur Kuning Pengantin

Traditional scrub from Mataram region used in wedding ceremonies

Sasak Massage

Boreh

A body mask and healing paste made from a variety of natural ingredients

DAY 2

150 minutes

Herbal Steam

Hydrating Facial

Popot Massage

A therapeutic traditional treatment from Lombok, offering a deeply relaxing and healing experience

Foot Massage



SIGNATURE TREATMENTS

HEART OF LOMBOK

LOMBOK HEALING RITUAL

120 minutes

Drawing from centuries-old Lombok healing traditions, this therapeutic journey begins with a specialized massage, using aromatic herbal pouches filled with medicinal herbs, spices, and rice. The treatment harmoniously blends acupressure points, Ayurvedic Abhyanga flows, deep tissue techniques, Shiatsu pressure, and rhythmic lomi-lomi movements. The experience culminates with a traditional boreh herbal body wrap. This masterful fusion delivers profound muscle relief while inducing deep relaxation and restoring inner balance.

INDIGENOUS TUAK EXPERIENCE

60 minutes

Experience total indulgence of our signature package. This experience starts with a relaxing foot ritual, followed by a scrub using a mix of coconut brown sugar, sugar scrub, and aromatic coconut oil to tone and fortify malnourished skin, boost circulation, increase cell hydration, and regenerate your skin. It ends with a drop of tuak and mask on the whole body to refresh and moisturize your skin. As you complete your treatment, a glass of tuak will be served to conclude your whole indigenous wellness experience.



MASSAGE THERAPIES

A TOUCH OF THE SIRA SPA

AROMATHERAPY MASSAGE

60/90 minutes

Embark on our most cherished ritual—a blissful full-body massage that weaves together flowing strokes with the therapeutic power of essential oils. This gentle yet effective treatment soothes tired muscles while calming the mind, guiding you into a state of deep relaxation. Personalize your experience by selecting from our curated collection of aromatic oil blends.

SIGNATURE SASAK MASSAGE

60/90 minutes

Indulge in this traditional massage that uses the thumbs and the body weight other than hand pressure, creating a strong massage with deeper impact.

FOOT MASSAGE

30/60 minutes

The ancient art of healing through massage, this treatment applies pressure to reflex points on feet that can improve wellbeing and balance of the body.

SIGNATURE POPOT MASSAGE

30/60 minutes

Using warm herbal oil, this treatment includes a massage of the scalp, neck and shoulders to sweep away tension and to relieve mental tiredness.

RINJANI VOLCANO STONE MASSAGE

90 minutes

Experience profound healing through the ancient power of Mount Rinjani's volcanic stones. Skillfully warmed and combined with aromatic oils, these smooth stones deliver therapeutic heat deep into tired muscles. As they glide across your body in expert hands, their restorative warmth melts away tension, creating a harmonious sense of well-being and deep inner calm.

BEAUTY THERAPIES

BODY TREATMENT

Cooling Aloe Vera & Green Tea Body Mask

60 minutes

Calm, soothe, and nourish irritated skin from sunburn with a nourishing concoction that is made fresh aloe vera, green tea, and cucumber. Enjoy a heavenly mini facial, while your body is cocooned in the body mask. After a refreshing rinse, aloe vera will be applied on your body, followed by a restoring cream to promote the healing process.

FACIAL

Soothing Facial

60 minutes

A therapeutic facial treatment specifically formulated for sensitive and environmentally reactive skin. This gentle procedure addresses visible signs of sensitivity including redness, dryness, and discomfort. Our specialized technique combines targeted pressure point massage to release facial tension with a calming mask designed to restore and protect delicate skin.

Tropical Facial

60 minutes

Immerse yourself in the essence of nature with our signature facial featuring organic ingredients. This rejuvenating treatment harnesses the natural properties of tamarind and green tea. Experience the pure, botanical benefits of these pristine ingredients as they nourish and revitalize your skin.

SALON

Classic Manicure or Classic Pedicure

60 minutes

Our essential nail care ritual delivers impeccable grooming for hands and feet. Each treatment includes professional nail shaping, precise cuticle care, and gentle exfoliation. Choose from our curated collection of classic shades for a timeless, polished finish.



PRICE LIST

The prices are subject to 11% tax and 10% service charge.

THE SIRA TRANQUILITY

Merariq (for two persons)	2 days	IDR 8,000,000
	1 day	IDR 4,500,000

SIGNATURE TREATMENT

Lombok Healing Ritual	120 minutes	IDR 2,800,000
Indigenous Tuak Experience	60 minutes	IDR 1,200,000

MASSAGE THERAPIES

Aromatherapy Massage	60 minutes	IDR 1,600,000
	90 minutes	IDR 2,200,000
Sasak Massage	60 minutes	IDR 1,600,000
	90 minutes	IDR 2,200,000
Foot Massage	30 minutes	IDR 900,000
	60 minutes	IDR 1,200,000
Popot Massage	30 minutes	IDR 900,000
	60 minutes	IDR 1,200,000
Rinjani Volcano Stone Massage	90 minutes	IDR 2,500,000

BODY TREATMENT

Cooling Aloe Vera & Green Tea Mask	60 minutes	IDR 1,000,000
------------------------------------	------------	---------------

FACIAL

Soothing Facial	60 minutes	IDR 1,800,000
Tropical Facial	60 minutes	IDR 1,800,000

SALON

Classic Pedicure or Manicure	60 minutes	IDR 900,000
------------------------------	------------	-------------

SPA ETIQUETTE

TRANQUIL ENVIRONMENT

To maintain a peaceful atmosphere, we kindly request that you speak softly and respect the privacy of other guests. Mobile phone use and smoking are strictly prohibited within all spa facilities. You may choose to embrace the silence and enhance your relaxation experience.

ARRIVAL & PREPARATION

We recommend arriving 15 minutes prior to your scheduled appointment. This allows time to unwind in our reception lounge while enjoying our signature herbal tea. Please note that late arrivals will result in a shortened treatment time to accommodate subsequent appointments.

ATTIRE

For your comfort, we provide complimentary bathrobes and disposable garments. As aromatherapy oils require time to be absorbed by the skin for maximum benefit, we advise against wearing valuable clothing that may be susceptible to oil stains.

CHILDREN'S SPA ACCESS

We welcome young guests under the age of 18 for select spa treatments. For their comfort and safety, a parent or guardian must accompany them and remain present in the treatment room throughout the service. Our spa team will gladly assist in recommending appropriate treatments tailored to your child's needs.

HEALTH CONSIDERATIONS

Your wellbeing is our priority. Please inform your therapist of any medical conditions, including:

- High or low blood pressure
- Heart conditions
- Skin allergies
- Other medical concerns

We recommend consulting your healthcare provider before booking treatments if you have any medical conditions. Please refrain from consuming alcohol or heavy meals before and after treatments.

CANCELLATION POLICY

- Appointment rescheduling is subject to availability
- Cancellations with less than four hours' notice will incur a 50% charge
- No-shows will be charged the full treatment price

