



Welcome to SpaLab Bintan, where simplicity unveils a world of sensory indulgence. We cherish your time, offering a sanctuary where traditional wisdom meets cutting-edge global treatments and products. Indulge in the restorative power of touch, a well-deserved reward for all you do. Rediscover the profound joy of life's simplest pleasures.

BODY MASSAGE

Signature Massage

60/90/120-minute treatment : IDR 780 / IDR 980 / IDR 1,180

A harmonious blend of Balinese and Swedish techniques. This expertly crafted massage melts away tension and muscular stiffness, leaving you feeling deeply relaxed and rejuvenated. Experience the soothing rhythm of long, gliding strokes, delivered with gentle to moderate pressure, as your therapist expertly manipulates your muscles to promote complete comfort and tranquility.

Traditional Massage

60/90/120-minute treatment : IDR 650 / IDR 850 / IDR 950

This classic massage realigns deeper muscles and connective tissue, releasing chronic tension in the neck, back, and shoulders. Using elbows for deep pressure, it leaves you relaxed, energized, and revitalized, potentially easing high blood pressure symptoms.

Balinese Massage

60/90/120-minute treatment : IDR 650 / IDR 850 / IDR 950

Described as 'relaxation massage with attitude', this deep tissue spa therapy combines a variety of thumb and whole hand pressure movements to release blockages and relieve pain.

Swedish Massage

60/90/120-minute treatment : IDR 650 / IDR 850 / IDR 950

A full-body treatment that uses gentle techniques to relax muscles, improve circulation, and release tension.

Thai Massage

60/90/120-minute treatment : IDR 550 / IDR 650 / IDR 750

A medium to strong massage adapted from traditional Thai massage techniques which improves overall flexibility from top to toe. Palms and thumbs are applied to pressure points to relieve tired muscles and to boost energy. No oil is used, and a two-piece outfit is worn.

Tender Touch Massage

60/90 treatment : IDR 780 / IDR 980

This pregnancy massage (for women over 12 weeks pregnant) connects mother and baby through gentle touch. A customized session, performed on your side, relieves backaches, neck pain, and leg cramps, improving sleep and circulation while reducing tension. Our therapists prioritize your comfort.

Back, Head and Shoulder Massage

60/90-minute treatment : IDR 550 / IDR 650

Banish fatigue with this deceptively simple combination of upper body massage focusing on head and shoulders.

Indian Head Massage

30-minute treatment : IDR 400

A calming Ayurvedic treatment focusing on the scalp, neck, and shoulders. Using rhythmic strokes and pressure points, it eases tension, clears the mind, and restores balance.

REFLEXOLOGY

Foot Reflexology

30/60/90-minute treatment : IDR 450 / IDR 550 / IDR 650

This treatment applies acupressure to various points on the feet to induce relaxation. Perfect to soothe tired, aching feet whilst traveling, the feet are revived, and a good night's sleep is certain.

BODY SCRUB

Relaxation Sea Salt Body Polish (45-minute treatment) : IDR 580

Seaside Citrus Salt Body Polish (45-minute treatment) : IDR 580

Coffee Body Scrub (45-minute treatment) : IDR 580

BODY MASK

Relaxation Body Mask (45-minute treatment) : IDR 580

Seaside Citrus Salt Body Mask (45-minute treatment) : IDR 580

BUNDLE PACKAGE

Heavenly Moments

180-minute treatment : IDR 1,980

Indulge in a pampering escape: begin with a blissful full-body massage, then experience the revitalizing touch of our Traditional Indian Head Massage with virgin coconut oil. A luxurious body scrub and mask complete this rejuvenating journey.

- 60-minute choice of Body Massage : IDR 650
- 30-minute Traditional Indian Head Massage : IDR 400
- Heavenly Moments Add On : IDR 930
 - 30-minute choice of Body Scrub
 - 30-minute choice of Body Mask
 - 30-minute Healthy Citrus & Flower Bath

The Ultimate Bliss

150-minute treatment : IDR 1,580

Leave nothing but your worries behind when you indulge in the ultimate exploration of luxury, where our expert attendants will take you on a journey of complete relaxation and leave you feeling utterly blissed out at SpaLab Bintan.

- 60-minute choice of Body Massage : IDR 650
- The Ultimate Bliss Add On : IDR 930
 - 30-minute choice of Body Scrub
 - 30-minute choice of Body Mask
 - 30-minute Healthy Citrus & Flower Bath

Couple Indulgence

135-minute treatment : IDR 2,690

Indulge in an exquisite couples' spa experience. Begin with a deeply relaxing 60-minute bespoke body massage, followed by a Traditional Indian Head Massage using the finest virgin coconut oil. Conclude with a luxurious body scrub or mask, leaving your skin radiant and your senses awakened. This is the ultimate escape for two.

- 60-minute choice of Body Massage : IDR 1,300
- 30-minute Traditional Indian Head massage : IDR 800
- Couple Indulgence Add On : IDR 590
 - 45-minute choice of Body Scrub or Body Mask, include Romantic Flower Bath

Bespoke Journey

This personalized treatment incorporates handpicked treatment sequences and other treatment techniques tailored to the unique needs of your pamper day. The experience is tailored from the a la carte menu, creating a feeling of deep relaxation and refreshment for a cherishable memory.

- 120-minute treatment : IDR 1,580
- 150-minute treatment : IDR 1,880
- 180-minute treatment : IDR 2,380
- 240-minute treatment : IDR 2,980