



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 MESSAGE

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

PRICE

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

PRICE

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 and 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

PRICE

IDR 2,500,000++

MASSAGE TREATMENT



BODY TREATMENT



BODY CLEANSING



ENERGY HEALING



HEALING MESSAGE

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

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 ginger torch '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.

- Ginger torch flower scrubs and spices with soothing head massage
- Stimulating body massage
- Detox Body wrap with ginger torch '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 uses soft to medium pressure to promote relaxation. The therapist applies fast movement techniques to enhance blood circulation, metabolism, and create a warming sensation 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

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
- Traditional elixir and chocolate-dipped in berry



ACTUAL TREATMENT TIME
150min

TREATMENT SESSION
180min

IDR 7,200,000++/couple



HEALING MASSAGE

BODY TREATMENT

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 & 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

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++



ENERGY REVIVAL

BODY TREATMENT

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

60min

IDR 1,500,000++/beginner

IDR 2,500,000++/advanced

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

90min

IDR 1,500,000++/beginner

IDR 2,500,000++/advanced

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.

MEDITATION SESSION

90min

IDR 1,200,000++/beginner

IDR 2,000,000++/advanced

ENERGY REVIVAL

BODY TREATMENT 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 1,200,000++/beginner
IDR 2,000,000++/advanced

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
90min

IDR 1,700,000++/person
IDR 2,500,000++/couple

IN-BALE TREATMENT

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TREATMENT SESSION

60min

IDR 2,300,000++



BODY CLEANSING

BODY TREATMENT

BODY CLEANSING

ENERGY HEALING

HEALING MASSAGE

Beras Kencur Scrub

Combining rice, aromatic ginger and candlenut, this traditional Balinese body exfoliation relieves stress and induces relaxation.

Boreh Scrub

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

Ketimun Ylang Ylang Scrub

The freshness of 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 900,000++

Herbal Remedy: Boreh Bath

Relax in a warm herbal bath infused with clove, ginger, and aromatic herbs. Enhance relaxation and balance with a handcrafted herbal cocktail.

Scented Romance: Cucumber Ylang Ylang Bath

Rejuvenate with a cooling cucumber and 'Kumkuman' ylang-ylang bath, to hydrate your skin while uplifting your senses. Complete the indulgence with a seasonal cocktail.

ACTUAL TREATMENT TIME
30min

TREATMENT SESSION
60min

IDR 750,000++

ETIQUETTE

OPENING HOURS

Daily: 9:00 am to 9:00 pm

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

The spa host will escort you from your bale or another designated meeting point to your treatment location 15 minutes prior to the scheduled time. Upon your arrival at the spa, you will be required to complete a health assessment form, after which you may take a moment to relax in the serene environment of our spa before your treatment begins.

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.
