



spa menu





massages: traditional massage



Enjoy a soothing variety of traditional Indonesian massage techniques, handed down over the generations to encourage relaxation, dispel tension, and stimulate circulation. Using our signature Misool blend of lemongrass-ginger massage oil, this massage features a gentle blend of stretching, long strokes, acupressure, and gentle muscle manipulation. Our skilled therapists will work in harmony with your body to give you the full benefits of this soothing treatment.

duration	90 minutes
massage type	full body oil massage
cost	USD 60



massages: diver's massage



Bring the serenity of the underwater world back to land with you. The blissful treatment is specifically tailored to dives.

This gentle massage focuses on the back, shoulders, and neck, areas which can become tense from wearing a BCD. Long sweeping strokes using light pressure ease tension away, leaving you refreshed and ready to enjoy your next dive.

duration	45 minutes
massage type	back, shoulder and neck massage
cost	USD 42



massages: signature 'batu lola' massage



Enjoy a warm foot wash followed by a soothing variety of traditional Indonesian massage techniques. Using a selection of hand-blended oils, this massage features a gentle blend of stretching, long strokes, acupressure, and muscle manipulation. We then heat and apply the 'Batu Lola,' which is the operculum of a giant turban shell you may have seen along the beach.

The turban shell is particularly important to the community in SE Misool, and once every two years the community free-dives and collects the shell. They consume the flesh and sell the shell for use in the cosmetic industry. The discarded operculum, called 'batu lola' then washes up on local beaches.

*we do not recommend this massage immediately after diving

duration	105 minutes
massage type	10 minute foot bath + 90 minute traditional massage combined with heated 'batu lola' massage
cost	USD 74



massages: archipelago 'jamu' massage



This healing therapy is designed to relieve stress stored in the body, as well as alleviating emotional and psychological tension. Deep tissue massage is paired with a traditional warm homemade 'jamu' compress, made with herbs from around the Indonesian archipelago, including clove, galangal, lemongrass, and pandanus leaf. This treatment soothes weary or overtaxed muscles and recharges the body, mind, and spirit.

*we do not recommend this massage immediately after diving

duration	105 minutes
massage type	full body oil massage + warm herbal 'jamu' compress
cost	USD 74



massages: sole survivor massage



Our feet connect us with the earth and will take us on adventures that are yet unknown, so take some time to pamper them. Weary feet are washed and scrubbed, then massaged using Chinese acupressure techniques and a lemongrass-ginger lotion. This treatment is believed to stimulate nerve endings corresponding to internal organs, promoting comprehensive health and relaxation. The ankles and calves are stimulated using heated 'batu lola,' the operculum of a triton shell.

duration	75 minutes
massage type	10 minute foot bath and scrub + 60 minute foot massage
cost	USD 52



Relax and unwind together as you share the soothing energy of side-by-side traditional Indonesian massages. Surrounded by lapping waves and clean, fresh air this is the ultimate journey into shared relaxation.

Using our signature Misool blend of lemongrass-ginger massage oil, this massage features a gentle blend of stretching, long strokes, acupressure, and gentle muscle manipulation.

duration	90 minutes
massage type	full body oil massage x2
cost	USD 110



body treatments: coffee coconut spice treatment



This treatment uses natural Indonesian herbs and spices and fresh coconut to restore the skin's natural suppleness. The gentle strokes of the traditional massage, using coffee cinnamon oil, relax and warm the muscles while opening the skin's pores. This is followed by an aromatic exfoliating scrub, incorporating Papuan highland coffee, island-fresh coconut, and Indonesian spices such as clove and nutmeg to resurface the skin and invigorate the body.

duration	135 minutes
treatment type	10 minute foot wash + 90 minute traditional massage + 30 minute coffee coconut spice scrub
cost	USD 80



body treatments: aloe vera rejuvenation



This treatment starts with a gentle traditional massage using local organic Raja Ampat coconut oil. Natural aloe vera gel from our garden is then applied in soothing strokes, cooling and moisturising skin. The body is wrapped in freshly cut banana leaves to seal in the moisture. This is particularly recommended for sun-damaged and mature skin and will hydrate and destress.

duration	90 minutes
treatment type	60 minute traditional massage + aloe vera and banana leaf body wrap
cost	USD 74



body treatments: jet lag & sinus treatment



This circulation stimulating therapy is designed to fight off the fatigue of jet lag along with the stiffness of travel. The use of lavender essential oil in a 40 minute massage focuses on well-being and reducing swelling in the calves and ankles. A cucumber and honey facial mask is applied while the head, neck and shoulders are massaged. Lastly, essential oils are used in combination with pressure point massage to relieve blocked sinuses. We recommend this massage after arriving on the island to set the tone for your blissful vacation.

duration	75 minutes
treatment type	40 minute leg, back and shoulder massage + 15 minute mini-refresher facial combined with head and neck massage + 20 minutes ear & sinus pressure points
cost	USD 68



body treatments: refresher facial



This refreshing facial uses all-natural ingredients blended in our own kitchen to deeply cleanse your skin, leaving your face feeling fresh and naturally rejuvenated. A lemon-honey cleanser is followed by a gentle kemiri (candlenut) scrub, fresh-pressed cucumber toner, and a honey and cucumber moisturising mask. The face, scalp, neck, shoulders, and hands are also massaged to leave you feeling refreshed.

duration	60 minutes
treatment type	40 minute facial + head, neck, shoulders, and hand massage
cost	USD 60



packages: exotic misool package



A footwash is followed by a relaxing traditional massage, using the oil of your choice. We recommend warming lemongrass-ginger or citrus-clove. The body is then scrubbed with an exotic blend of cinnamon oil and kemiri, also called candlenut, to nourish and rejuvenate the skin. This exfoliation is followed by a refreshing facial using all-natural ingredients. A lemon-honey cleanser is followed by a gentle scrub, fresh-pressed cucumber toner, and a honey and cucumber moisturising mask. This luxurious 165 minute treatment is designed to pamper, heal and soothe. Indulge yourself as our therapists calm your body from head to toe.

duration	165 minutes
treatment type	10 minute footwash + 90 minute traditional massage + 40 minute kemiri-cinnamon body scrub + 20 minute refresher facial
cost	USD 148



packages: decompress three day package



Treat yourself to three consecutive days of bliss. Choose from one of the following each day:

traditional massage, 90 minutes

Enjoy a soothing variety of traditional Indonesian massage techniques, handed down over the generations to encourage relaxation, dispel tension, and stimulate circulation.

archipelago 'jamu massage', 105 minutes

Deep tissue massage is paired with a traditional warm homemade 'jamu' compress, made with herbs from around the Indonesian archipelago.

refresher facial, 60 minutes

This refreshing facial uses all-natural ingredients blended in our own kitchen to deeply cleanse your skin, leaving your face feeling fresh and naturally rejuvenated.

duration	3 day package
treatment type	combination
cost	USD 154



packages: submerge four day package



Day 1: traditional massage, 90 minutes

A soothing variety of traditional Indonesian massage techniques to encourage relaxation and stimulate circulation.

Day 2: coffee coconut spice treatment, 130 minutes

This treatment uses herbs and spices and fresh coconut to soothe your skin.

Day 3: signature 'batu lola' massage, 105 minutes

This gentle massage features is followed by the application of heated 'Batu Lola,' shells.

Day 4: refresher facial, 60 minutes

All-natural ingredients deeply cleanse your skin, leaving your face feeling naturally rejuvenated.

duration	4 day package
treatment type	combination
cost	USD 240