

Ā M A N
S P A

Spa Facilities

Jungle Cove Spa and Spa Tent

Amanwana Spa is a wilderness hideaway forgotten by time, surrounded by the turquoise water and untouched reefs of the Flores Sea. Amidst the beauty of the island's nature, here one can take the time and space to reconnect with your inner self. Not your traditional spa, Amanwana offers an alternative to the regime and routine. The Spa was conceived and created to blend Indonesian-influenced techniques with the best of the East and the West. The Jungle Cove Spa features tranquil views of Amanwana Bay from an open-air double treatment room with an outdoor shower and large sunken tub just steps from the water's edge. In addition, there are 2 single treatment rooms with an outdoor shower. Treatments can also be enjoyed in our Spa Tent, located near the Restaurant, or in the privacy of your own tent. The Spa Tent features two massage beds, a bathtub, separate shower, and toilet.

Body Treatments

Indonesian Milk Bath

150 minutes

After a relaxing 60 min Amanwana massage, a gentle white rice and white turmeric body scrub exfoliates and prepares the skin before the application of a natural detoxifying mask made from milk powder, white clay and honey. After the mask, enjoy a warm herbal milk bath. This treatment leaves the skin soft and supple.

Javanese Lulur

120 minutes

This traditional Javanese cleansing treatment starts with a 60 min Amanwana massage. Followed by a white rice and turmeric herbal body scrub to soften the skin, continue with honey yoghurt then finish off with a soak in herbal bath (lime, lemongrass, cinnamon, ginger) to calm the body and mind.

Aloe Vera and Lavender After Sun Treatment

90 minutes

After Sun Treatment Soothe your sun-drenched skin in aromatic lavender bath after 60 min Amanwana massage. Following the bath, a cooling Aloe Vera hydrating elixir will be gently applied.

Massages

Amanwana Massage

60 minutes

90 minutes

Treatment to rebalance the body and promote a sense of wellbeing. Using energizing Lemongrass oil, this Indonesian influenced massage combines elements of Swedish massage and reflexology.

Jungle Massage

90 minutes

Our Jungle Massage incorporates a variety of techniques including stretching, Swedish massage, and acupressure to provide you with the best of the East and West.

Back, Neck and Shoulders Massage

60 minutes

This targeted massage relieves deep-seated tension in the upper back, shoulders, and neck.

Foot Scrub and Massage

60 minutes

A scrub featuring coconut, lemongrass and Moyo honey deeply cleanses and prepares the feet for an invigorating reflexology massage. It is highly recommended after a hike or walking on the beach.

Hand and Foot Care

Manicure

60 minutes

Pedicure

60 minutes

Manicure & Pedicure Combination

60 minutes

Enjoy a luxurious hand and foot bath, cleansing hand peel, nourishing mask and a therapeutic massage. Our manicure and pedicure treatments include a scrub made with freshly cut lemongrass and Moyo honey.

Spa Reminders

Appointment

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

Special Considerations

Most treatments can be adapted to accommodate pregnancy or injury. Please contact us with any queries and let us know of any medical or health concerns.

Treatment Preparation

We recommend that you arrive 10 minutes prior to your scheduled treatment time, allowing time to complete your holistic health assessment.

Age Requirements

The minimum age for taking a spa treatment is 16 years (except for Spa for the Young treatments). Guests under the age of 18 years are required to have parental consent prior to the booking being accepted.

Cancellation Policy

The treatment you select is reserved especially for you. Guests will be charged a 50% cancellation fee for treatments cancelled less than four hours prior to the appointment time. No-show or cancellation within one hour will be charged at 100%.

Valuables

Please leave your valuables in your room.

Operating Hours

The Jungle Cove Spa is open from 9.00 am – 5.00 pm (last booking at 4.00 pm)

The Spa Tent is open from 8.00 am – 21:00 pm (last booking at 8pm)

For reservations, please contact our Guest Assistants by dialing 0 or 1

Pricing

All prices are subject to 21% government tax & service charge