

welcome to the sanctuary spa

wellness is treating the mind, body and spirit.

at ahu bay, we embody this ideology by curating holistic therapies infused with natural ingredients and nurturing practices. our spa menu draws inspiration from traditional healing methods, the deep blue ocean and a bountiful collection of hyperlocal herbs and spices. please feel free to inquire further if you wish to know more about the ingredients, modalities or theories used in any of our offerings.

body rituals

deep tissue massage

a comforting ritual that relieves tension and stiffness, fatigue and joint pain, soothing both the body and mind.

60 mins / 90 mins \$80 / \$105

balinese massage

a traditional, full body holistic ritual combining stretches, acupressure and reflexology to bring a sense of calm, rejuvenation and overall wellbeing.

60 mins / 90 mins \$80 / \$105

back + neck + shoulder massage

a comforting ritual that relieves tension and relaxes the muscles of the back, neck and shoulders. choose from a selection of oils to enhance this treatment.

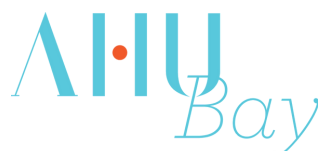
30 mins / 45 mins \$65 / \$80

head + neck + shoulder massage

a comforting ritual that relieves tension and relaxes the muscles of the head, neck and shoulders and also targets the scalp.

45 mins \$65

prices are in usd and are subject to service charge and applicable government taxes



mint foot soother

a relaxing and rejuvenating ritual targeting the feet. the massage techniques used soothes, calms and revitalises the senses complemented by a peppermint lotion, allowing the mind and body to completely relax, promoting inner peace and balance.

45 mins \$65

body scrub

a luxurious full body exfoliant ritual to rejuvenate and renew the mind and body. choose from a range of coconut, tea and vanilla scrubs to invigorate the senses and brighten the skin. a lavender and orchid light moisturiser completes this treatment.

75 mins \$100

hot stone massage

an advanced therapeutic ritual with the use of oils and a combination of soothing strokes. hot stones provide both warmth and recovery, reducing fatigue, stress, anxiety and aid sleep.

90 mins \$110

pampering rituals

back + neck + shoulder massage + mint foot soother

90 mins \$130

head + neck + shoulder massage + mint foot soother

90 mins \$130

facial treatments

hydrating glow facial

a hydrating and nourishing treatment for the face and neck. this ritual purifies and rejuvenates the skin cells at a deeper level, dramatically improving skin complexion and texture in a holistic way.

60 mins \$80

gentleman's facial

an intense deep cleansing and purifying facial treatment for men. this ritual purifies and rejuvenates the skin cells at a deeper level, dramatically improving skin complexion and texture in a holistic way.

60 mins \$80

prices are in usd and are subject to service charge and applicable government taxes

