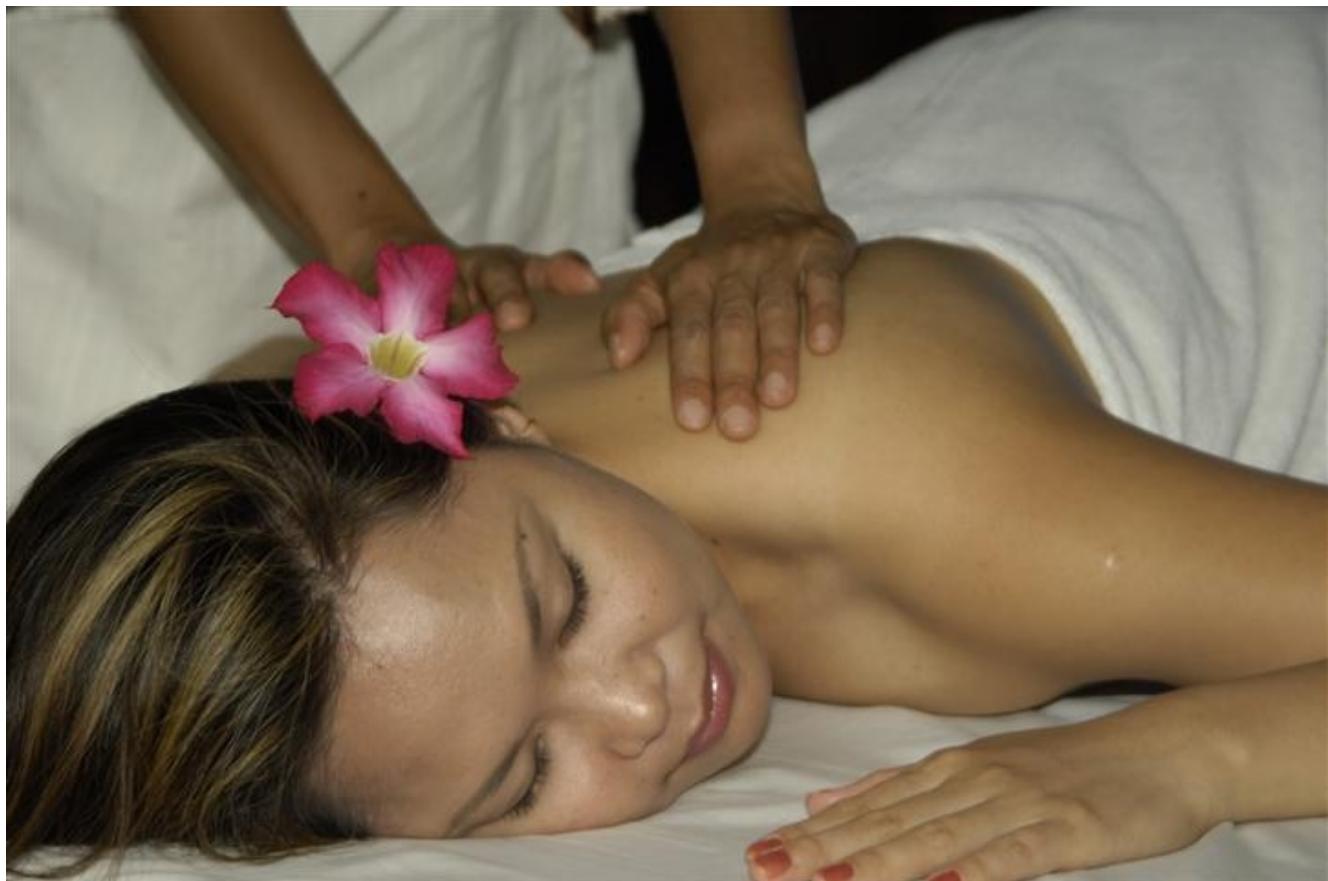


# **Rejuvenating Senses: Indonesian Style Massage**

The Matana Spa is found hidden away behind natural bamboo and stone walls with flowing waterfalls. Situated in the centre of Tasik Ria Resort & Spa (North Sulawesi, Indonesia), just next to the large free from fresh water swimming pool, surrounded by swaying palms and leafy trees, is a treasure of calm and tranquility.



The resort offers a range of procedures include the traditional massage. Indonesian massage techniques are gentle and aim to make the patient feel relaxed and calm throughout. The treatment includes skin folding, kneading, stroking, and other techniques. There is normally no manipulation or twisting of the body.

The massage therapist applies aromatherapy oil throughout the procedure. Patient's blood, oxygen and energy flow is said to increase as a result of the treatment. Balinese hot stones are an option as well.

Besides the Indonesian massage you can go for a number of treatments ranging from a 45 minute "padan ulu" back massage to a 3 1/2 hour indulgence of massage, facial, body scrub and milk bath. Once you have sat and discussed the various treatments with our spa manager, the choice is yours.

Choose oil to reflect your mood or what benefits you require - Peppermint, Clove, Lavender, Green tea, Ginger, Ylang-Ylang, to name a few. Our trained therapists blend our own oils and pastes from natural local produce, using "Copra" coconut oil wherever possible (used extensively in beauty products worldwide).

Don't have time for a full treatment? No problem, we also have an open cabana where you can get an introduction to the delights of the spa by having a fifteen minute "jet lag" massage, pedicure, manicure or reflexology.

Once you have made your choice you will find an oasis of calm. Let us pamper you and allow you to indulge in the ancient art of treating your mind through your body. Bringing together your energies and synchronizing them into a state of relaxation through long remembered qualities of essential oils, combined with the tranquil atmosphere our private treatment rooms provide.

Relax in the knowledge that our trained therapists will treat everyone as an individual, giving all of our guests the most precious of commodities....time! Please talk to us and let us explain the different benefits of each treatment. Perhaps you may need to be revitalized, ready for another day diving or simply want to be in the "chill zone". Whatever, there is sure to be something for everybody's body at the Matana spa.

**By Dan Green** (Resident manager, Tasik Ria Resort, Spa & Diving)

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