

# HEALTH CLUB

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THE PRICES THAT SHOWN IN THIS MENU IS IN  
INDONESIA RUPIAH  
AND  
SUBJECTED TO 10% GOVERNMENT TAX

OPERATIONAL HOURS:  
10:00 – 22:00 DAILY

LAST RESERVATION: 21:00

Email : [healthclubresortcenter@gmail.com](mailto:healthclubresortcenter@gmail.com)  
Mobile : +62 82285223118  
Ext : 1135  
Address : Resort Center, Nirwana Resort Hotel  
JalanPanglimaPantar, Lagoi – Bintan Resort

# HEALTH CLUB

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**Duration: 60mins / 90mins / 120mins**

**418K / 578K / 738K**

## RELAXATION MASSAGE

A gentle massage with vital points simulation to relax body and create calm and deep relaxation.

## ULTIMATE DEEP TISSUE MASSAGE

Deep massage techniques that focus on the layers of muscles and connective tissue. Serve to relieve chronic tension, pain and increase body flexibility.

## DRY THAI MASSAGE

Originally known as “nuadbo-rarn” in Thai, it involves a combination of acupressure, stretching, and assisted yoga poses to release tension and promote relaxation.

## HAVEN COUPLE MASSAGE (for 2 people)

**60 mins / 90 mins / 120 mins**

**688K / 1,018K / 1,238K**

You and your loved one will be pampered in a couple room for a journey of blissful rejuvenate massage.

# HEALTH CLUB

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**Duration: 45 mins / 60 mins / 90 mins**

**318K / 418K / 578K**

## BACK MASSAGE

Soothes away tensions on the lower back, back, neck and shoulder area. This treatment will be focusing on giving maximum relaxation and easing out muscle tension.

## FOOT MASSAGE

This session is focused on specified pressure on the meridian key points on soles of the feet to reduce stress levels and keep energy levels flowing through nervous system.

## BODY SCRUB – 45 MINS

This treatment exfoliates the skin on your body, leaving it fresh, smooth, moisture and soft.

## PURITY FACIAL – 60 MINS

Gentle facial treatment starts with a deep cleansing, gentle exfoliation and a balancing mask followed by light moisturizer with gentle massage for soft and radiant skin.

# HEALTH CLUB

## PACKAGES

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**Duration: 120 mins**

**738K**

There is one for everyone's taste.

Choose one of your favorite massages:

(Relaxing Massage / Deep Tissue Massage / Dry Thai Massage / Back Massage / Foot Massage) and combine it with our selected package.

**MASSAGE + BODY SCRUB**

**MASSAGE + FACIAL**

# HEALTH CLUB

## In room Service

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**Duration: 60mins / 90mins**

**498K / 658K**

RELAXATION MASSAGE

ULTIMATE DEEP TISSUE MASSAGE

DRY THAI MASSAGE

BACK MASSAGE

FOOT MASSAGE

The prices that shown in this menu is in Indonesian Rupiah and subjected to 10% Gov Tax