

**MALALA**

...for inner peace and harmony...

An oasis of calm and serenity,  
indulge your senses,  
invigorate your body and mind,  
discover the healing properties  
of specially curated treatments,  
all using natural ingredients  
found in Sumba and Indonesia.



Dear guests,

We are offering a smaller selection of treatments before April 15th as a part of our soft launch. For availability of your preferred treatments please check with the reception or our reservations team at [reservations@capkaroso.com](mailto:reservations@capkaroso.com)

Prices are in thousand Indonesian Rupiah and subject to 10% service charge and 10% government tax

# Malala Signature Packages

## Healing Rituals

120-minutes || 1,950k

Inspired by the Marapu religion, rich ancestral traditions, and ceremonies of Sumba, connect with Mother Earth, relax and rebalance your body and soul with this treatment, utilising botanical extracts from indigenous plants such as turmeric, noni and most significantly white sandalwood oil, Sumba's namesake.

Enjoy a full body massage with sandalwood oil and black pepper, warming herbal compress, a body scrub of noni and turmeric extract, spiced body mask to stimulate blood flow, and relaxing herbal tea bath.

Medium strength, palm & pressure points, deep flow

## Freedom

90-minutes || 1,450k

Symbolising the vast savannas and rolling hills of Sumba as they change from a rich, earth-brown during the summer months to a lush, vibrant green as the rains set in, revive, and energise your spirit with this revitalising treatment.

Using the invigorating oils of ginger, coriander and cajeput, relax into a full body massage, before a stimulating coffee body scrub is applied, stimulating blood circulation and leaving you feeling refreshed.

Strong & deep, including stretching & lomi-lomi

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## Rejuvenate

120-minutes || 1,750k

Known to be much drier than other Indonesian islands, Sumba's vegetation truly flourishes when rehydrated during the rainy season. Give your skin the same attention, with this skin boosting treatment, packed full of vitamin-rich, super food ingredients all found in Sumba.

A rich sugar cream scrub infused with avocado oil and cocoa butter precedes a full body massage before the application of a body mask containing hibiscus, moringa and papaya extract. End with a relaxing bath designed to moisturise the skin and nourish the soul.

Gentle, with kneading, rolling & chopping

## Ocean

120-minutes || 1,750k

A beautiful natural resource, providing the people of Sumba with a bountiful marine harvest, rich in antioxidants and minerals...and that turquoise water view!

Inspired by the fresh ocean breeze, and flowing motion of the waves relax into a full body massage using cold pressed coconut oil, perfect for sensitive skin. Next a detoxifying salt scrub containing extract of seaweed and spirulina is applied, followed by a nourishing mineral-rich body mask, before a soothing sea salt and seaweed bath to melt away tension.

Soft to medium pressure, using kneading and palms

## Malala Signature Massage

### Moro Ndahaka Sumbanese Massage

60 or 90-minutes

850k || 1,145k

Created by the Malala team to connect you with the ancient Sumbanese religion of Marapu, this treatment tells a deeply meaningful story of their history and connection with ancestors. Using a special oil, created using Nenek Moyang's family recipe of fermenting bark and roots of a tree found in only one forest in Sumba, this is a truly unique experience found no-where else in the World, leaving you with a profound awareness of mind, body and soul.

## Classic Massage

60 or 90-minutes

850k || 1,145k

## Balinese Massage

## Deep Tissue Massage

## Swedish Massage

## Back & Shoulder Massage

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## Body Scrubs

45-minutes

850k

Prepare your skin for days on the beach with one of our full body scrubs, including a back and shoulder massage and body emulsion.

### Healing Body Scrub

A gentle scrub, with warming spices to release tension.  
Rice powder, turmeric, clove, cinnamon, black pepper

### Rejuvenate Body Scrub

Sugar cream scrub, with hydrating oils to revive dull skin.  
Cane sugar, avocado and moringa oil, cocoa butter, tamarind, kefir lime and rose

### Ocean Body Scrub

A detoxifying salt scrub, with mineral-rich seaweed.  
Sea salt, coconut, soya and key lime oil, seaweed extract, aloe vera

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## Body Wraps

45-minutes

850k

Treat yourself to a cleansing and nourishing body wrap, including a head massage and body emulsion.

## Healing Body Mask

A clay mask, with warming spices to relax muscle and stimulate blood flow. Using clay, sandalwood powder, with extracts of moringa, noni ,ginger and nutmeg.

## Rejuvenate Body Mask

A nourishing mask using Kaolin clay to calm, revive and refresh dry skin. Using Kaolin powder, extract of papaya, hibiscus, moringa and avocado.

## Ocean Body Mask

Deep clean the skin, while benefiting from high-mineral content and tension relief. Using Kaolin powder, key lime oil, extract of seaweed spirulina, jicama and aloe vera.

## Combine any Body Scrub and Body Wrap

1,275k

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## Malala Facials

60-minutes

995k

Curated by the Malala Spa therapist team, the Malala Facials have been developed using only ingredients that can be found in Sumba, for a truly local experience.

## Brightening Facial

Currently being created by the Malala Spa Team

## Tropical Facial

Currently being created by the Malala Spa Team

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## Hand & Foot Care – Signatures

### Reflexology Massage, 45-minutes

690k

Foot reflexology massage with repeated pressure and manipulation of nerve endings, to help clear blocked energy, boost the immune system and provide stress relief.

### Foot Ritual & Pedicure, 90-minutes

915k

A gentle exfoliation, deeply relaxing massage and foot and leg wrap, followed by a head massage as the wrap works its magic. Perfect for jetlag recovery, improvement of circulation and the revival of tired feet. Simple pedicure with colour (optional) to finish.

### Hand Ritual & Manicure, 90-minutes

915k

Designed to nourish, recondition, and rejuvenate hands and arms. Dead skin is removed with a delicate exfoliation, followed by a hand and arm massage before a wrap is applied. Enjoy a tension easing head massage, before a simple manicure with colour (optional) to finish.

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## Hand & Foot Care – Basics

Simple Pedicure, 45-minutes  
535k

Simple Manicure, 40-minutes  
460k

Add OPI nail polish, 15 to 20-minutes  
155k

## Hair Care

Hair Cream Bath, 60-minutes  
675k

Designed to maintain hair elasticity, and prevent damage, enjoy a slow head massage as cream is applied, before a warming steam is applied. Relax and enjoy a back and shoulder massage as the cream works it's magic!

## Waxing

Using sugar wax

Under Arm / Half Arm, 225k

Bikini, 250k

Half Leg / Full Arm, 350k

Full Leg, 400k

Back / Chest, 450k

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