

MALALA





Welcome to Malala Spa

Where Healing Grows from the Earth

Named after the Sumbanese word for harmony, Malala Spa is a sanctuary where nature, tradition, and intention come together to offer a rare and meaningful experience of wellness. Guided by a true farm-to-spa philosophy, every ingredient used in our treatments is either cultivated on our own organic permaculture farm or ethically sourced from nearby Sumbanese villages. Here, there are no hidden chemicals – only the pure, healing power of plants.

The island of Sumba is home to a rich variety of endemic botanicals known for their therapeutic potency. Moringa, rosella, vetiver, candlenut, and many others are transformed into oils, powders, and infusions just moments before your treatment begins – preserving their life force and vitality, enhancing their benefits.

Our treatment rituals are born from collaboration: shaped by the wisdom of local shamans and healers, enriched by the ancestral knowledge of our skilled therapists, and elevated by the scientific expertise of British pharmacognosist Dr. Simon Jackson, who has extensively studied Sumba's medicinal flora.

At Malala, healing is more than a service – it is an offering of care and connection. In Sumbanese tradition, to heal is to honour a sacred responsibility. Every treatment is infused with this spirit of purpose and presence, allowing you to feel deeply restored, grounded, and in harmony with the world around you.



Sumba Healing Rituals

150 minutes · 2,900K

Rooted in the sacred traditions of the Marapu religion and the wisdom of Sumba's ancestors, this signature treatment is a journey of deep connection to nature and spirit. Following our farm-to-spa philosophy, and in accordance with the sacred practices of Sumbanese healers, all the plants used in this ritual are harvested fresh just before the treatment begins, preserving their vital energy and medicinal potency.

Begin with a warm plant compress of soursop leaves from our own farm, an ancient remedy passed down from Nenek Moyang, a revered Woman Rato and healer from Kodi, who lived centuries ago and whose practices are still honoured today.

Continue with a full-body massage using botanical oil crafted by local healers, following Nenek Moyang's original recipe. A revitalising scrub of noni and turmeric awakens the skin, followed by a spiced body mask that stimulates circulation and brings warmth to the body. Complete the ritual with a deeply calming herbal tea bath — an invitation to restore balance and harmony in both body and soul.

Medium strength, palm & pressure points, deep flow

Malala Signature

Kodi Healing Massage

90 minutes • 1,850K

Rooted in the ancestral wisdom of Kodinese culture, this healing massage combines moderate pressure, skilled palm techniques, and targeted pressure points to restore balance and relieve deep-seated tension. Ideal for grounding yourself at the start of your Sumbanese journey, it leaves you feeling renewed and ready to embrace both adventure and relaxation.

Light to medium pressure

Moro Ndahaka Sumbanese Massage

90 minutes • 1,850K

Created by the Malala team to honor the sacred Marapu practices, this deeply symbolic treatment tells a story of Sumba's ancestral wisdom and spiritual connection. At its heart is a rare healing oil, crafted from bark and roots fermented according to Nenek Moyang's ancestral recipe, using a tree that grows in only one forest on the island. Unique to Sumba and found nowhere else in the world, this ritual awakens a profound sense of harmony between body, mind, and soul.

Medium to deep pressure



Malala Classic Massage

Balinese Massage

60/90 minutes · 1,250/1,850K

This massage technique follows a traditional style, employing long strokes, stretches, and petrissage movements. Pressure is applied using the arms, palms, and thumbs to calm the nerves, enhance positive energy levels, improve blood circulation, relieve stress and promote lymphatic drainage.

Deep Tissue Massage

60/90 minutes · 1,250/1,850K

The objective is to alleviate tension by applying pressure to specific points using circular motions with the elbows and combined movements with the forearms. This approach aims to alleviate stiffness and reduce muscle tension.

Swedish Massage

60/90 minutes · 1,250/1,850K

Light or gentle kneading with long palm strokes, friction, and rhythmic tapotement movements enhance well-being, improve flexibility, reduce muscle toxins and impurities and boost the immune system.

Back and Shoulder Massage

60/90 minutes · 1,250/1,850K

This targeted massage focuses on specific muscles to relieve pain in the back, shoulders, neck, and head.



Body Scrubs

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

Farm to Glow Scrub

45 minutes • 950k

Rejuvenate and brighten your skin with this gentle, radiance-boosting scrub made from golden turmeric grown on our farm and freshly grated coconut. Rich in antioxidants and anti-inflammatory properties, turmeric helps even out skin tone and reduce dullness, while the coconut provides natural exfoliation and deep hydration. This nourishing blend leaves your skin feeling soft, luminous, and beautifully refreshed, restoring its natural glow with every treatment.

Revitalising Scrub

45 minutes • 950k

Harness the detoxifying power of nature with this invigorating scrub, expertly formulated to purify skin exposed to urban and environmental pollutants. Utilizing crushed candlenut—renowned for its rich emollient properties—and locally sourced kopi, this treatment promotes microcirculation and gently exfoliates to reveal fresher, more radiant skin. The caffeine content in coffee stimulates cellular regeneration, while the candlenut deeply nourishes, restoring suppleness and tone. Feel an instant surge of energy as your skin is awakened and your senses revitalized.

Combine a Body Scrub with a Body Mask or Body Wrap • 1,700K

Hand & Foot Care

Pressure Point Foot Massage

45 minutes • 750K

Foot 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, foot and leg wrap followed by a head massage while the wrap works its magic. Perfect for jet lag, recovery, improvement of circulation and the revival of tired feet. Nail color 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. Nail color optional to finish.

Pedicure

45 minutes • 500K

Manicure

45 minutes • 500K

Nail Gel Removal **20-minutes • 200K**

OPI Nail Polish **20 minutes • 200K**

Signature Facial

60 minutes • 1,550k

A facial unlike any other, crafted entirely with fresh, natural ingredients sourced from our own farm and nearby Sumbanese villages. The Malala Facial is a celebration of simplicity, purity, and the potent power of the island's botanical heritage.

Your treatment begins with a gentle cucumber toner to cool and hydrate the skin, followed by a delicate exfoliation using finely ground candlenut and bengkuang (jicama), rich in natural enzymes to brighten and smooth. A deeply nourishing serum of wild Sumbanese honey and virgin coconut oil is then massaged into the skin, delivering intense hydration and natural antibacterial benefits.

A soothing mask made from mashed banana and purifying mineral-rich kaolin clay is then applied, calming inflammation and drawing out impurities. The ritual concludes with a velvety blend of candlenut and coconut oil to moisturize and seal in the glow.

Gentle enough for sensitive skin, yet powerful in its results, this 100% natural facial leaves your complexion refreshed, rebalanced, and radiant — with the unmistakable softness of skin that has been truly cared for.



Body Wraps

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

Cooling & Calming Body Mask

45 minutes • 950k

Soothe and refresh your skin with this cooling body wrap made from freshly harvested cucumber and aloe vera from our farm. Known for their calming and hydrating properties, these natural ingredients help reduce inflammation, restore moisture, and relieve sun-exposed or overheated skin. This gentle treatment leaves you feeling refreshed, rebalanced, and a long lasting soothing relief.

Nourishing Wrap

45 minutes • 950k

Deeply hydrate and replenish your skin with this soothing body wrap made from ripe bananas grown on our farm and gentle kaolin clay. Rich in vitamins and minerals, banana nourishes and softens the skin, while kaolin clay draws out impurities without drying. This comforting treatment restores balance and elasticity, leaving your skin silky-smooth and beautifully renewed.

Hair treatments & Others

Coconut & Banana Hair Ritual

60 minutes · 800k

A deeply nourishing treatment that restores softness, shine, and strength to tired or sun-exposed hair. Your ritual begins with a slow, rhythmic scalp massage as a rich cream made from fresh coconut milk, coconut oil, and banana is gently applied to the hair and roots. A warm steam infusion follows, opening the follicles and allowing the nutrients to fully penetrate.

As the treatment sets, you'll enjoy a relaxing back and shoulder massage—melting tension while your hair is transformed. For longer-lasting results, we recommend leaving the product in for several hours after your session.

Waxing

With Sugar wax

Under arm · 200K

Half arms · 350K

Bikini · 450K

Half Leg/Full Arm · 500K

Full Leg · 600K

Back/Chest · 600K



Parent & Child

These treatments are designed for young guests aged 6–12 years old.

First Massage Experience

40 minutes · 550K per person

Relax with a welcome drink and foot wash ritual, before young guests are treated to a 30-minute coconut oil body ritual, while you enjoy a back and shoulder massage.

Glowing Facial

40 minutes · 550K per person

Enjoy a calming foot wash ritual and welcome drink together, before relaxing into a 30-minute luxurious facial. Includes a pampering face massage, a cleanse for you, and a honey mask for both.

Hair Cream Bath Indulgence

30 minutes · 400K per person

Sit back, relax, and let the team care for your hair and scalp, as they slowly massage in our specially created hair cream, releasing tension and creating a lustrous shine! Leave the spa with matching hair braids adorned with beautiful fresh flowers from the farm.

All treatments conclude with a herbal drink and delicious iced treat!

Spa Etiquette

Malala Spa welcomes you daily from 10:00 – 20:00

For reservation or more information, feel free to contact our Front Office team via WhatsApp or visit our Spa at your convenience. We look forward to assisting you.

Our spa environment is a place of relaxation and tranquility; we kindly ask that you respect the natural and peaceful surroundings by turning off or silencing your phone while in the spa.

Kindly inform us at least 24 hours prior to your reservation time to avoid a 100% charge for your scheduled treatment.

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

