

THE
SPA

AT THE CHEDI LUŠTICA BAY

MY JOURNEY IN WELLNESS – MARTIKA LUH TATIK

Born and trained in Bali, where healing is not a trend but a way of life, I was surrounded by a culture that honors the balance between body, mind, and spirit. From an early age, I learned that true spa therapy is rooted in presence, intention, and respect for the individual. Through this experience, I developed not only technical mastery but also a deep understanding of how touch, atmosphere, and genuine care can transform a guest's experience.

From Bali to Mauritius and the Maldives, my professional journey has now led me to Montenegro at The Chedi Hotel Luštica Bay. One of the most defining chapters of my career has been leading a spa pre-opening project, where luxury hospitality introduced me to a new level of precision, structure, and excellence. From shaping spa concepts to mentoring therapists, I have been deeply involved in building teams from the ground up.

Today, as Spa Manager, my vision continues to bridge cultures—blending Asian-inspired wellness philosophy with European luxury standards.

Since the beginning in 2018, our team has been the foundation of everything we do. Each therapist brings not only technical skill but also intuition, empathy, and a genuine passion for wellbeing.

Every treatment begins with listening—understanding the guest's physical needs, stress levels, and personal preferences. Our therapists transform each service into a personalized journey.



About Nila Ratnasari

Nila began her journey as a therapist, spending years easing tension and calming restless minds. What started as curiosity evolved into practice, and practice into presence. Through learning mindfulness, breathwork, and guided awareness—with the support of Martika—Nila has grown into a Meditation Guide. She blends therapeutic knowledge with gentle guidance, creating a safe and peaceful space for guests. From hands that comfort to a voice that guides others toward calm, clarity, and balance, her approach is both nurturing and transformative.

What We Bring to Our Guests

More than relaxation—an experience.

Personal Connection - We believe true wellness starts with trust.

Consistency & Quality - Our protocols ensure excellence while allowing therapists the freedom to personalize each session.

A Safe Space to Unwind - Our spa is designed as a quiet, comforting sanctuary.

Results-Driven Treatments - Whether the goal is stress relief, muscle recovery, longevity, improved skin health, or simple relaxation, our treatments are designed to deliver visible and lasting results.

Our Promise

We offer our guests more than a treatment—we offer presence, professionalism, and genuine care. Each visit is an opportunity to restore balance, elevate mood, and create a lasting sense of wellbeing.

At The Spa Sanctuary, wellness is not just what we do—it is who we are.

THE SPA MENU

This unique menu is dedicated to the restoration of strength and beauty achieved through a balance of body, mind and spirit. Following the healing traditions of the East, the Spa's choice of products, treatments and applications adheres to a holistic approach where beauty is truly more than skin-deep.

The Chedi Luštica Bay's Asian-inspired spa philosophy originates from the healing traditions of exotic Asian area, spiritual of the holistic therapists and experiences within the context of health and wellness.

The Spa features a selection of beauty and body treatments including invigorating polishes, purifying masks and therapeutic massages all designed to stimulate the senses, rejuvenate the mind and soothe both - body and soul. The range of custom-created botanical-based spa products used incorporates ingredients.

VOYA is a multi-award-winning Spa brand boasting a certified organic status, a family ethos, and a tangible relationship with its core ingredient seaweed.



SIGNATURE MASSAGES

The Chedi Signature Massage · 90 Min € 200

Thai Fusion Therapy is our signature massage that uses a range of organic essential oils for a deeply relaxing full-body experience. This treatment soothes and smooths your body, incorporates renowned Thai yoga stretching techniques, and concludes with a lymphatic face massage to reduce skin fatigue.

The Voyager Signature Massage · 90 Min € 190

Experience a complete top-to-toe relaxation journey with our treatment, which includes a scalp massage, face massage, stretches, and a body massage that mimics the gentle and stimulating movements of the sea. This ultimate luxury treatment is tailored with VOYA's Time to Shine scrub, VOYA oils, and Softly Does It body lotion for a truly indulgent experience.



BODY MASSAGES

Back Massage · 30 Min € 65

A quick massage, whether it's Relaxation, Deep Tissue, Balinese, or Sports, provides relief from fatigue, reduces muscle tightness, and alleviates headaches and back pain.

Scalp Massage · 30 Min € 50

This head massage is designed to relax the mind and stimulate circulation, promoting deep relaxation.

Reflexology · 45 Min € 70

Zone therapy targets pressure points to enhance circulation and promote specific bodily and muscular functions.



BODY MASSAGES



Balinese Massage · 60 / 90 Min

€ 115/165

This traditional Balinese massage is renowned for its deep tissue techniques and holistic approach. It combines gentle stretches, acupressure, and aromatherapy to stimulate blood flow, promoting a sense of well-being, calm, and deep relaxation.

Thai Massage · 60 / 90 Min

€ 100/155

This dry massage boosts body energy by combining acupressure and stretching with stimulation and manipulation of energy, balancing flexibility and reducing fatigue.

Shiatsu Massage · 60 / 90 Min

€ 100/155

A therapy based on a Japanese practice similar to acupuncture, uses manual manipulations to unblock tension and support the body's natural healing process.

Deep Tissue Massage · 60 / 90 Min

€ 115/165

Sometimes our bodies need a little jump start. For stiff muscles and fatigue Deep Tissue massage helps to energize and invigorate our bodies from jet leg, using forearm massage to create deeper pressure and uplifting after treatment.

Bamboo Massage · 60 / 90 Min

€ 100/155

Bamboo massage is a deep tissue technique that utilizes various sizes and lengths of bamboo to stimulate blood circulation, complemented by a forearm massage.

All prices are in euros and include VAT, subject to 10% service charge.

Hot Stone Massage · 75 Min

€ 130

This massage uses smooth, heated stones placed on the seven chakra points of the body to balance energy levels. The warmth of the stones provides a sedative effect, helping to relieve chronic pain, reduce stress, and promote deep relaxation.

Lava Shell Massage · 75 Mins

€ 120

This holistic, eco-friendly therapy offers deep relaxation and rejuvenation as the soothing warmth of heated shells transports you to blissful tranquility. The benefits of the lava shells include relieving sore muscles, releasing blocked energy, restoring balance, boosting blood and lymph circulation, and reducing swelling and water retention.

Golf Massage · 60 Mins

€ 100

Perfect for golf enthusiasts, this specialized deep tissue massage combines the use of golf balls, hand techniques, and therapeutic oils. It enhances circulation, helping to remove metabolic waste that builds up in muscles from overuse and repetitive golf swings. The treatment effectively reduces muscle spasms, trigger points, and adhesions, helping to prevent injury and improve mobility for a better quality of movement.



All prices are in euros and include VAT, subject to 10% service charge.

Drift into sleep · 60 Min

€ 110

A relaxing massage with slow rhythmic movements designed to fully relax both your mind and body. Essential oils are used to balance your nervous system and restore a state of complete calm.

“Mother To Be” Massage · 60 Min

€ 95

Also known as pregnancy massage. This promotes relaxation, soothes nerves, relieves strained back and reduces water retention for expectant mothers.

Voya Cryo - Cooling Gel Massage · 60 Min

€ 110

It's a treatment that offers instant relief for both skin and sore muscles. The gel is powered by menthol, providing an invigorating cooling sensation. It is infused with organic seaweed and aloe vera, which hydrates and calms the skin. Making it ideal for post-workout recovery or after sun exposure. The product is alcohol-free and reflects VOYA commitment to quality skincare solution.

VOYA Herbal Poultice Massage · 75 Min

€ 135

This unique technique uses special poultices made of Fucus serratus seaweed, orange, clove, and ginger to deliver a moist and nutrient-rich relaxation for the skin and muscles. It also enhances body energy flow, relieves energy blockages, and stimulates blood circulation.



Detox Massage · 60 Min

€ 105

A detox massage is a form of deep tissue of our lymphatic system. The lymphatic system depends on strong muscle, efficient breathing, and exercise to push toxins and wastes throughout the body and help to stimulate lymphatic system.

Madero therapy Massage · 60 Min

€ 90

An anti-cellulite massage designed to reduce excess weight and break down fat deposits. It helps to build a firm skin tone using Madero Therapy woods, promoting smoother and more toned skin.

Four Hand Massage · 60 Min

€ 180

This type of massage therapy involves two therapists working simultaneously creating a synchronized massage with long strokes that are designed for deep relaxation.



VOYA ORGANIC BODY SCRUBS

Luscious Salt Glow · 45 Min

€ 65

Luscious salt glow is infused with dead sea salt and organic seaweed oil, a combination which hydrates the skin, stimulates blood lymph flow while firming skin tone and increasing luster. It can remove dull skin refine skin texture.

Effervescence Professional – Nourishing Sugar Scrub · 45 Min

€ 65

Effervescence Professional is an ideal addition to professional body rituals, delivering visible results and an indulgent sensory experience. It gives the skin a beautifully hydrated glow with its sugar base and calming scent of lavender and orange. It contains two types of seaweed for remineralisation and to encourage detoxification. The ready-to-use formula requires no mixing.

Organic Peppermint & Seaweed Sugar Glow · 45 Min

€ 65

This refreshing and all-over exfoliation treatment awakens the skin and body. It features a beautiful mix of organic peppermint leaf, seaweed, and sugar, all of which perform the double action of gently removing dead skin cells while introducing you to the uplifting effects of our peppermint essential oil.

Organic Hydrating Body Scrub · 45 Min

€ 65

Our dual action lathering body buff exfoliates with finally ground walnut shells and nourishes your skin with a blend of almond oil, seaweed, and ginger extracts. Our gentle yet effective formula removes rough and lifeless looking skin cells, to reveal much more refined softer, silky-smooth skin.

Organic Stimulating Seaweed Body Buff · 45 Min

€ 65

Letting us scrub your body head to toe with certified organic bladder wrack body buff (*Fucus Vesiculosus*) is the ultimate treat for tired and dull skin. The antioxidants from our mineral-rich bladder wrack seaweed combines with VOYA's signature seaweed massage oils to offer a powerful organic way to better skin.



ORGANIC VOYA BODY WRAPS

Organic Ocean Essence Total Body Wrap · 60 Min

€ 85

Combining the detoxifying power of Fucus Serratus and cellulite-reducing abilities of this treatment stimulates the blood and lymph flow, detoxifies, and hydrates the skin and encourages the renewal of skin cells. It is an excellent skin rejuvenator, combating cellulite and fatigue and producing a moisturizing effect.

Organic Tangle Me Up Body Wrap · 60 Min

€ 85

This wrap hydrates and relaxes tired and lethargic muscles and relieves stress and fatigue. It also tones and firms the skin and helps against the sign of aging and cellulite. Its antioxidant compound helps to protect against cell damage from the environment and pollution. This treatment includes full body brushing to increase circulation and to aid penetration of the potent seaweed gel.

Organic Warm Spice Mud Wrap · 60 Min

€ 85

The seaweed is taken fresh from the ocean and its purifying elements are encapsulated in the wrap. The extract is rich in potent antioxidants and minerals. For the results-conscious client, this wrap has an immediate and noticeable effect on the boost. Infused with aromatic spices of ginger and orange to revive the senses.

Organic Voya Rice Wrap · 60 Min

€ 85

It's a luxurious spa that combines hand-harvested seaweed with rice and botanicals to create a nourishing body mask. This treatment is designed to tonify, hydrate, and brighten the skin, leaving it feeling toned and refreshed. The wrap is enriched with natural ingredients that promote skin detoxification and rejuvenation, making it an excellent choice for those seeking a revitalizing spa experience.



ORGANIC VOYA FACIAL TREATMENTS

SELF DISCOVERY RADIANCE FACIAL:

This skin type-specific ocean inspired organic facial is deeply detoxifying, thoroughly revitalizing and helps to smooth skin tone and increase clarity. Self- Discovery incorporates a relaxing facial massage used with seaweed products to release any build-up of toxins and toxic micro particles, to repair and nourish any skin cells damaged by pollution and chemical exposure. You will be left with a revived glowing, yet non-greasy complexion that is both enriched and strengthened. Allow VOYA to tailor your facial specifically to your skin's unique needs. Using a combination of gentle exfoliators, serums and masks, this facial helps to transform your skin leaving it feeling purified, nourished and perfectly balanced.

CHOOSE FROM:

PURIFYING FACIAL (OILY/COMBINATION SKIN)	60 Min	€ 120
ULTRA CALMING FACIAL (SENSITIVE SKIN)	60 Min	€ 120
INTENSIVE HYDRAVEIL FACIAL (DRY SKIN)	60 Min	€ 120

Anti-aging Restorative Facial · 60 Min

€ 130

This treatment is suitable for all skin types, especially for those seeking anti-aging results. The anti-aging restorative facial is crafted using VOYA's finest organic ingredients, combined with antioxidant algae complexes and a restorative blend of aromatherapy oils. This mix of seaweed and botanical ingredients helps stimulate collagen production and reduces the appearance of fine lines and wrinkles. The result is instantly firmed, tightened skin with a natural, radiant glow.

Intense De fence for Men Facial · 60 Min

€ 115

Exclusively created for men's specific skincare needs, this powerful treatment exfoliates the skin with bamboo spines, allowing for deeper cleanse. The client will enjoy a soothing face and scalp massage, where VOYA's seaweed leaves and Mermaid's Purse mask are used to calm even the most sensitive skin. Ideal for those dealing with shaving rash, razor burn, or ingrown hairs, this treatment leaves the skin hydrated, refreshed, and mattified.

All prices are in euros and include VAT, subject to 10% service charge.

VOYA MENOPAUSE TREATMENTS

Benefits of VOYA Menopause Treatments

- Aromatherapy - Studies have shown that aromatherapy helps to reduce hot flushes, night sweats, depressed mood, irritability, anxiety, and physical and mental exhaustion.
- Reflexology - Clinical trials have demonstrated that reflexology reduces hot flushes, sweats, and night sweats.
- Massage - A recent study has shown improvements in sleep patterns and general quality of life following massage therapy.
- Seaweed - Seaweed provides a broad range of vital nutrients including fibre, calcium, potassium, and iron. It is known for its high iodine content which helps regulate hormone production by balancing thyroid activity. Balanced hormones can result in better sleep, more energy and better digestion as well as managing the effect of stress on the body.

Nourishing Cocoon Journey · 60 Min

€ 100

During menopause, skin can feel drier and more sensitive as collagen levels fall. The VOYA Nourishing Cocoon deeply hydrates and soothes the body, restoring balance while offering a cocoon of calm and relaxation.

Grounding Sleep Session · 45 Min

€ 80

Aiming to ease menopause-related sleep issues, this VOYA treatment calms the mind with soothing eye masks, cooling marine patches, a gentle face and scalp massage, and a final sound healing ritual—leaving body and mind ready for restful sleep.

Fortify Face and Body Ritual · 70 Min

€ 135

Reconnect body and mind with VOYA's Balancing Ritual, designed to support circulation, hormones, mobility, and reduce stress. Aromatherapy oils soothe while a sequence of treatments like back massage, grounding foot reflexology, gentle stomach massage, and a hydrating facial with cooling marine eye patches restores balance. The ritual concludes with a calming scalp massage, leaving you centered, relaxed, and renewed.

LITTLE STAR · JUNIOR TREATMENTS

FULL BODY MASSAGE

Voya Angelicus serratus body oil
99% Organic

30 MIN

€ 55

LITTLE STAR ORGANIC FACIAL

Voya Totally balmy for cleansing
Voya little hero for massage
Fresh cucumber for Mask

30 MIN

€ 40

PARENTS AND JUNIOR CONNECTION

(Suitable for children aged 5 to 11 years)

30 MIN

€ 110

60 MIN

€ 175

PACKAGES

Create your own package from our menu. Choose from a range of treatments with our VOYA organic products, expertly combined to provide you with the best experience within your desired time.

The Spa Package

3 Hours / 5 Hours / 7 Hours

Indulge in our spa packages and enjoy significant savings with 10% off for 3 hours, 15% off for 5 hours, or 20% off for 7 hours of relaxation. These hours can be applied to any type of massage, allowing you to tailor your experience to your personal preferences.

10% 15% 20%

*Note: this package needs to be selected and pre-paid on the first day treatment

The Pure Bliss Package

75 MIN € 145

This package includes a 45-minute full-body massage designed to relieve tension, improve circulation, and restore balance, followed by a 30-minute rejuvenating facial to refresh and hydrate your skin with a customized treatment tailored to your skin type.

Slimming Package (Scrub + Wrap + Madero therapy Massage)

120 MIN € 210

Pure Romantic Escape (For Two)

75 MIN € 260

Special pamper of you and your loved ones with our 60-minute couples full body massage followed by 15-minute express Facial and celebrate your time together with a glass of sparkling wine at the end including a fruit platter.

Note: Our packages cannot be combined with any other discounts.

All prices are in euros and include VAT, subject to 10% service charge.

MEDITATIONS

Floating Meditation · 60 Min

€ 48

Float effortlessly while listening to the calming tones of singing bowls. The gentle support of water and shooting sounds help relax your body, ease tension, and quiet your mind. This unique experience leaves you feeling balanced, centered, and renewed.

Winter (November to March) every Friday at 9:30 pm

Summer (May to October) every Tuesday at 9:30 pm

Sound Healing Sleep Meditation · 60 Min

€ 48

Drift into deep relaxation with soothing sound vibrations designed to calm the mind and prepare the body for restful sleep. Gentle tones ease tension, reduce stress, and create a peaceful state of mind. Leaving you completely relaxed and rejuvenated.

Winter (November to March) every Saturday at 9:30 pm

Summer (May to October) every Thursday at 9:30 pm

Private Sound Healing Sleep Meditation · 60 Min

€ 78

A deeply relaxing private evening experience designed to guide you into profound rest and balance through sound healing and sleep meditation.

Available upon request, exclusively for in-house guests.

Time: 9:30 pm

WELLNESS PROGRAM

Our Wellness Program offers a serene escape, combining luxury and vitality to help you feel rejuvenated and restored. Hotel guests enjoy complimentary access to an array of exceptional facilities, along with specialized wellness activities available by booking.

Complimentary Facilities

Sauna

Immerse yourself in the soothing warmth of our state-of-the-art sauna, designed to detoxify the body, relieve muscle tension, and improve circulation, leaving you feeling refreshed and renewed.

Steam Bath

Revel in the gentle mist of our steam bath, which promotes deep relaxation, clears the skin, and supports respiratory wellness in a tranquil and aromatic environment.

Experience Shower

Awaken your senses with our invigorating experience shower, featuring variable water pressures, temperatures, and aromatherapy options to refresh and rejuvenate the body and mind.

Indoor Pool

Unwind in our elegant indoor pool, offering a serene space for leisurely swims or light aquatic exercise, with soothing ambient lighting and pristine surroundings.

Gym

Maintain your fitness routine in our fully equipped gym, featuring modern cardio machines, strength-training equipment, and a supportive environment for achieving your wellness goals.

Wellness Activities (Available by Booking)

Boot Camp

Elevate your fitness with our high-energy Boot Camp sessions, led by professional trainers who guide you through dynamic exercises tailored to

E-Bike Adventures

Discover the beauty of the surrounding landscapes with our premium e-bike rentals, offering a blend of leisurely exploration and invigorating outdoor exercise.

Hiking

Reconnect with nature on guided hiking excursions, designed to challenge your fitness while immersing you in stunning vistas and peaceful natural surroundings.

Yoga

Experience tranquility with our yoga sessions, led by expert instructors who help enhance flexibility, balance, and mindfulness in a serene setting.

Personal Training

Achieve your health and wellness goals with personalized guidance from our certified trainers, who design tailored programs to suit your needs and lifestyle.

DISCLAIMERS

Arriving at the spa

Please arrive at The Spa 15 minutes prior to your scheduled treatment and enjoy the calm and serenity of The Spa atmosphere. Arriving late makes it necessary to curtail the time for your treatment.

Mobile phones

Kindly keep your mobile phone on silent mode at all times.

Valuables

We provide a secure place for your personal items inside The Spa complex. However, we do not accept liability for loss or damage. We recommend valuable items are stored inside the safe located in your hotel room/suite.

Sauna area

Round off your visit to The Spa in the Sauna, Steam bath as well as pools for your relaxation and well-being. The unisex facilities require that guests wear bathing suits while on the premises. Large towels and detox water are provided for your convenience. Please note that food is not served in this area.

Health matters

Please communicate health conditions such as high blood pressure and allergies as well as pregnancy or any health-related concerns you may have when making your appointment. We do not recommend the consumption of alcohol before or directly after spa treatments or before using any facilities in the Spa and Health Club.

Children

The minimum age for entry to The Spa after 17:00 pm is 15 years of age. Children under the age of 15 are allowed to use the outdoor pool when accompanied by a parent or guardian, to maintain an atmosphere of peace and tranquility.

Safety

The maximum depth of the pool is 1.40 meters. There is no lifeguard at the pool, Children may only use the pool if accompanied by an adult or parent/guardian.

Spa attire

You can wear the bath robe and slippers from your hotel room, or we can provide you with these in The Spa. We will provide you with spa attire, including a disposal of spa underwear for treatments. Alternatively, you may prefer to wear your own. Our therapists will always use draping techniques to respect your privacy.

Cancellation policy

Your treatments are reserved just for you. Please arrive 15 minutes early to enjoy the calm of The Spa. Late arrivals may result in a shortened treatment. We kindly ask for at least six hours' notice for cancellations. Less than six hours will incur a 50% charge, and no-shows or cancellations under six hours will be charged in full. Appointments may be rescheduled if you are more than 15 minutes late without notice.

Smoking / Pets / Licquor

Kindly note that smoking, pets and licquor in The Spa, The Health Club or sauna area is strictly forbidden.

THE CHEDI
HOTEL & RESIDENCES
LUŠTICA BAY, MONTENEGRO



THE LEADING HOTELS
OF THE WORLD®