

Influence by Balinese healing rituals, The Spa provides a true and natural range of massage, body and facial treatment using natural products. Our therapists are experienced in our full range of massage, body and facial treatment. Every treatment begins with a glass of Lemon & Lemongrass Ice Tea and a Foot Bath.

## Relax

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### **INDIAN HEAD massage**

**30 min | IDR 450.000**

*This relaxing holistic treatment uses warm coconut oil combined with an acupressure massage on the head, neck, shoulder & face. This treatment is particularly for alleviating stress, tension, fatigue, insomnia and headaches.*

### **TRADITIONAL massage**

**60 min | IDR 700.000**

*Influenced by the healing rituals of Balinese culture, our Traditional massage combines stretching, acupressure and Swedish massage techniques. The aim of this therapy is to relieve tension and improve blood circulation.*

### **FOOT treatment**

**60 min | IDR 700.000**

*Begins with a foot bath ritual and foot scrub to exfoliate, followed by an acupressure point massage to reflex points on the feet. This soothing treatment releases blocked areas throughout the body whilst refreshing and improving blood circulation.*

### **TRADITIONAL facial**

**60 min | IDR 900.000**

*Custom-made Asian recipes with fresh ingredients to cleanse, refine, restore and re-hydrate your skin. Complemented with attention to the upper chest, neck, shoulder, hand and feet.*

### **AFTER SUN SOOTHING ritual with Aloe Vera**

**90 min | IDR 1.100.000**

- After-sun Soothing Bath
- After-sun Soothing Gel
- Fresh Facial with fresh cucumber slices and honey for face mask
- Cooling Shower with After-sun Shower Gel
- After-sun Soothing Body Lotion
- After-sun Soothing Body Mist
- A refreshing glass of Watermelon Juice

## Energize

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### **AROMATHERAPY massage**

**60 min | IDR 850.000**

Combination of deep stroke massage using lomi-lomi, pressure point and stretching technique to reduce stress and muscle aches. With a choice of aromatherapy oil:

- Relaxation : blend of Clary Sage, Lavender and Geranium
- Revitalizing : blend of Lemon, Basil and Peppermint
- Detoxification : blend of Ginger, Tangerine and Lime
- Sensuous : blend of Rose Geranium, Ylang-ylang and Sandalwood

### **HEALING HOT STONE massage**

**60 min | IDR 900.000**

The healing power of touch comes together with the energy of the earth, in this relaxing muscle melting massage. Specially selected volcanic stones are used to heal the body with their mineral content, which creates a state of complete relaxation.

### **CRYSTAL HEALING HOT STONE body therapy facial**

**60 min | IDR 970.000**

**75 min | IDR 1.000.000**

East Asian bodywork and western scientific empirical data combine using these crystal stones to bring out a simple yet powerful healing treatment. The crystals are chosen for their different special properties to help enhance our bodywork and to facilitate energy movement between body, mind and spirit.

### **HONEY TREATMENT massage (per couple)**

**60 min | IDR 1.500.000**

This sensual and exciting treatment is for couples to enjoy via a long stroke massage technique, combined with warm honey oil. Honey is a traditional and tropical supplement, which will help you sleep at the night while also stabilizing your blood pressure, sugar levels, relieve pain and calm your nerves. A wonderful romantic and blissful experience!

### **ANMA – TRADITIONAL Japanese bodywork**

**75 min | IDR 1.000.000**

Traditional Japanese bodywork/ massage is more than a massage for stress relief. It helps to balance and detoxify the body. During the massage, muscle toxicity is pushed out into the blood stream, but still remains in the body. Drinking water after the treatment will flush out the toxins to leave the body and blood stream healthy and clean

## Rejuvenate

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### COFFEE RITUAL for men

90 min | IDR 1.100.000

- *Body Massage (Espresso massage oil)*
- *Body Scrub (Cappuccino body scrub)*
- *Shower (Mocaccino body wash)*
- *Latte Body Lotion*
- *Fresh coffee or herbal tea in "Bliss"*

### STEAMED RICE facial

60 min | IDR 1.000.000

*Special mixture's from Spice Island's of Indonesia blend with other Asian remedies that moistens the skin to leave your skin younger, lighter and smoother. Complemented with attention to upper chest, neck - shoulder, hand and feet.*

### REJUVINATING Facial

75 min | IDR 1.300.000

*This organic seaweed & avocado anti-aging facial is focusing to renew & hydrate your skin cells. The facial is applied with an acupressure massage on your face and will give your skin a new look of vitality and radiance. This treatment also includes a shoulder & upper chest massage.*

**Manicures & Pedicures are available upon request**

## Spa Package

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Our Culinary team will use their vast experience and knowledge to personalize 2 (two) courses of healthy dining options inclusive in the package prices below. These options are enjoyed in the spa area at the conclusion of your treatment and will be selected in accordance with the nature of the treatment. The duration of the packages below does not include the dining experience. Every treatment will begin with a glass of fresh juice and foot bath.

### TRADITIONAL BALINESE treatment

**130 min | IDR 1.800.000**

- Traditional Body Massage
- Body Scrub (Traditional Lulur or Coconut scrub)
- Body Mask (Boreh body mask or Ginger
- Vanilla body mask)
- Jacuzzi & Body Cream

### THE BALÉ REJUVENATION ritual

**165 min | IDR 2.390.000**

- Traditional Body Massage
- Coconut Seaweed Body Scrub
- Anti Aging Facial
- Jacuzzi & Marine Body Cream

### TROPICAL ROMANTIC ritual

**Single 120 min | IDR 1.800.000**

**Couple 120 min | IDR 3.300.000**

- Aromatherapy Body Massage
- Body Wash (Cananga Sandalwood or Cananga Geranium body wash)
- Scrub Gel
- Jacuzzi & Body Cream

### ZEN RITUAL for body & mind

**120 min | IDR 1.700.000**

- Hot Stone Massage with
- Green Tea massage oil
- Green Tea Body Mask
- Jacuzzi & Green Tea and
- Honey Moisturizing Cream

### EXOTIC FRUITS BODY treatment

**130 min | IDR 1.800.000**

- Hot Stone Body Massage with
- Fruits Body Oil
- Body Scrub with Seasonal Fresh Fruits
- Extract Fruits Body Mask
- Fruits Bath
- Jacuzzi & Extract Fruits Body Lotion

### HONEYMOON INDULGENCE package

**Couple 180 min | IDR 4.800.000**

- Honey Treatment massage
- Honey Body Scrub
- Romantic Bath or Jacuzzi
- Honey Facial

*This package is our new ultimate couples treatment and is a genuine honey experience. A memory to enjoy and savour together!*

• Open daily from 09:00 to 22:00

• Advance booking is advisable, dial 634 for reservation

• All prices are subject to 11% government tax and 10% service charge