



## THERAPEUTIC MASSAGES

Balinese massage 60 minutes IDR 540K

This is a traditional massage that has been passed down through the generations. Its age-old techniques vary from dry massage of warming the body to deep tissue massage with thumb and palm pressure. The massage will leave you feeling invigorated in your body but peaceful in your mind.

Natura massage 50 minutes IDR 473K

This is different massage style. Individual muscles will be worked on using stimulating and kneading techniques. This massage will help to alleviate aches and pain on the body. This massage will leave you feeling freshness for your next work-out!

Aromatherapy 50 minutes IDR 473K

This is balancing and calming. It works on energy lines to clear the body and mind in unison. You will have a choice of aromatherapy oils for this massage, which have different benefits. Some oils will leave you invigorated and others will leave you calm and relaxed .... Remember the oil like the most is always the one you need.

Anti-Stress massage 30 minutes IDR 338K

This is specifically for the back neck and shoulders. A combination of all the techniques will be used to relieve the aches and take out the stress of every day life.

Foot Reflex massage 50 minutes IDR 473K

This massage is performed entirely on the feet concentrating on reflex points. As the reflexes are stimulated energy lines are cleared helping to stimulate and cleanse internal organs. Although this is not a diagnostic treatment you can be aware of weaknesses in your system. With regular treatments the body can be restored and balanced by receiving this massage.

Lomi-Lomi Massage 60 Minutes IDR 675K

1 Hour and 30 Minutes IDR 743K

An Unique healing massage derived from the ancient Polynesians is a " Loving Hands " with total energy, using the long continuous, flowing fingers, palm, forearm and elbow strokes, combined with the very loving touch, relaxed, blood and lymph flow assisted and the elimination of wastes and toxins stimulated.

All above rates are subject to 21% Government tax & service charge



## SPA PACKAGE MENU

### RELAX AND THERAPEUTIC PACKAGE

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|---|------------|
| 1. Balinese, Anti stress, jacuzi and lunch            | IDR 1.080K |
| 2. Natura massage, Anti stress, jacuzi and lunch      | IDR 1.013K |
| 3. Aroma Theraphy, Anti stress, jacuzi and lunch      | IDR 1.013K |
| 4. Anti stress, Foot reflex massage, jacuzi and lunch | IDR 1.013K |

### REJUVENATION PACKAGE

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|---|------------|
| 1. Balinese massage, coconut scrub or tea scrub, Jacuzzi and lunch            | IDR 1.080K |
| 2. Natura massage, coconut scrub or tea scrub, Jacuzzi and lunch              | IDR 1.013K |
| 3. Aroma Theraphy, coconut scrub or tea scrub, Jacuzzi and lunch              | IDR 1.013K |
| 4. Anti Stress, coconut scrub or tea scrub, Jacuzzi and lunch                 | IDR 878K   |
| 5. Balinese, coconut scrub or tea scrub, pedicure or manicure and lunch       | IDR 1.418K |
| 6. Natura Massage, coconut scrub or tea scrub, pedicure or manicure and lunch | IDR 1.350K |
| 7. Aroma Theraphy, coconut scrub or tea scrub, pedicure or manicure and lunch | IDR 1.350K |

### REFRESH TREATMENT PACKAGE

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| 1. Selection of Body Treatment and Lunch<br>Lulur or Boreh or Coconut Scrub  | IDR 1.013K |
| 2. Selection of Beauty and Body Treatment, and Lunch<br>Lulur or Boreh or Coconut Scrub, Pedicure or Manicure        | IDR 1.350K |
| 3. Selection of Body Treatment, Beauty Treatment and Lunch<br>Lulur or Boreh or Coconut Scrub, Pedicure and Manicure | IDR 1.688K |

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## TRADITIONAL BODY TREATMENT

Boreh 1 hour and 45 minutes IDR 810K

Traditionally this is a village remedy from the rice farmers in Indonesia. A combination 2 of warm spices is blended together and applied as a paste to the entire body. As the herb are working on relieving tired muscles and joints the therapist will massage the pressure points of the to stimulate internal organs. A bath is the taken to enhance the warmth of this treatment and a ginger drink will be served in your private bale.

Lulur 1 hour and 45 minutes IDR 810K

Traditionally this is treatment comes from the Royal palaces of central Java. It is designed as a beauty treatment for brides before the get married. A massage will be given first then a yellow turmeric paste will be applied. This has an exfoliating effect on the skin to remove dead skin and make skin soft and supple. The skin is impregnated with a sweet smell of essential oils and then a shower is taken. To finish this exotic experience a bath will be filled wit fresh tropical flowers for the final indulgence.

Coconut Scrub 30 minutes IDR 338K

This coconut scrub will gently remove dead skin cells revealing a softer more supple texture. This recommended for dry skins for maximum benefit.

Tea Scrub 30 minutes IDR 338K

This tea scrub will function for taking up and drawing out dead skin cells to have visible soft and clear skin.

Herbal Compress 50 Minutes IDR 473K

The herbal compress is used to eliminate aches and pains, ease muscle tension and relax tensed joints. Each compress contains herbs and other ingredients known for their medicinal and curative power such as lemon grass, turmeric, tamarind leaves, rock salt and kaffir lime.

Chocolate Scrub 30 Minutes IDR 338K

Chocolate scrub can prevent skin cancer. Chocolate or butter contained in nutrition chocolate scrubs soften and smooth the skin, prevent wrinkles chatechin content which is a antioxidant can prevent premature pensions. Eliminaied body odor, protect the skin from polution and make the skin glowing as well youthful for skin that is often in air conditioned room.

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## TRADITIONAL BODY TREATMENT

Herbal Compress + Balinese Massage                      1. 45 Minutes    IDR 878K

Combination Balinese traditional massage with long strikes to relax and percussion techniques, herbal compress made more than 12 herb's work together to rid your body of toxin through perspiration, improve circulation and respiratory functions, relax muscles, reduce stress, relieve allergy, brighten complexion and even stimulate weight loss.

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## BEAUTY TREATMENT

Manicure 45 Minutes IDR 405K

This treatment is designed to groom the hands. Shaping the nails by treating the cuticles and leaving them with a healthy glow or polished if desired.

Pedicure 45 Minutes IDR 405K

This treatment is designed to groom the feet. Shaping the nails by treating the cuticles and leaving them with a healthy glow or polished if desired.

Natural Balinese Facial 60 Minutes IDR 405K

A facial which deeply cleanses the skin using, selected exfoliating for particular type. Aloe Vera or sea weed to rejuvenate, stimulate and refresh your face, neck, and shoulder.



## **Set Menu Lunch**

### **Cold Spring Roll**

Rice Pepper Roll with Fresh Vegetables, Herb Glass Noodle  
And served with Thai Dressing

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### **Lemon Chicken**

Pan Friend Chicken Breast on Lemon Sauce, served with  
Vegetables  
And Rice

Or

### **Tuna Sesame Seed**

Grilled Tuna Fillet, served with Mahed Potatoes, Vegetable  
And Sesame Seed Sauce

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### **Fruit Crepes**

Served with mixed fruits, Ice Cream and Orange Sauce

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