



{ s p a m e n u }



## {Ashoka Spa}

*A visit to Ashoka Spa at the Bali Dynasty Resort is a complete wellness experience for mind, body and soul. Our haven of serenity is dedicated to pampering the body, restoring inner harmony and awakening the spirit. Here, you can enjoy innovative and soothing spa services, classic elegance, and the unmistakable touch of Bali.*

*Ashoka Spa presents 13, private, double and single air-conditioned treatment rooms, including three Ashoka Suites for couples with open-air double bathtubs and showers, a Thai massage room, a total of 16 massage beds, and two saunas.*

*The Spa offers a complete range of treatments from traditional Balinese massages to Ashoka's signature massage, which is the perfect therapy to diminish the effects of jet lag. As well as unique treatments especially created for Him there are also massages especially designed for kids. In addition our therapists are trained in Thai and Foot Reflexology therapies. To complement the massages, a range of contemporary and traditional beauty treatments is available including facial treatments using products by Martha Tilaar and the internationally well-known brand Pevonia Botanica, manicures, pedicures and male and female hair removal waxing treatments. At Ashoka Spa, we are highly selective in choosing only the best natural skin care products. Scrubs and body wraps utilise essential oils, herbs and natural ingredients administered in conjunction with massage therapies..*

*Ashoka Spa is the perfect way for you to indulge in holiday pleasure, reviving, energising, refreshing and pampering your way into a brighter complexion and a wonderfully relaxed state of mind, body and soul.*

# {pricelist}

## {made for him and her}

<i>Traditional Balinese Massage</i>	90 min	Rp. 410,000
	60 min	Rp. 275,000
<i>Ashoka Signature Massage</i>	90 min	Rp. 435,000
	60 min	Rp. 300,000
<i>Stone Massage</i>	90 min	Rp. 450,000
<i>Ayurveda Shirodara</i>	90 min	Rp. 600,000
<i>Foot Reflexology</i>	60 min	Rp. 250,000
<i>Royal Thai Massage</i>	90 min	Rp. 450,000
<i>Sole Harmony</i>	90 min	Rp. 500,000
<i>Kid's Massage</i>	30 min	Rp. 150,000

## {spa package for him and her}

<i>Ashoka Rejuvenation</i>	1.5 hours	Rp. 850,000
<i>Tropical Romance</i>	3 hours	Rp. 1,750,000
<i>Divine Dynasty</i>	3.5 hours	Rp. 2,200,000
<i>Mother and Daughter</i>	2 hours	Rp. 1,200,000

## {face treatments for her}

<i>Traditional Indonesian Facial</i>	1.5 hours	Rp. 300,000
<i>Refresher Facial</i>	1 hour	Rp. 200,000
<i>Eye treatment</i>	30 min	Rp. 150,000

## {manicure and pedicure services}

<i>Manicure</i>	45 min	Rp. 200,000
<i>Pedicure</i>	45 min	Rp. 220,000
<i>Nail Polish Change</i>	30 min	Rp. 100,000

## {special treatments for him}

<i>Ashoka Men's Face Treatment</i>	1 hour	Rp. 200,000
<i>Dynasty Boost</i>	2 hours	Rp. 450,000
<i>Head to Toe</i>	1.5 hours	Rp. 350,000
<i>Men's Hands and Feet</i>	1 hour	Rp. 200,000

## {Ashoka special treatments}

Ear Candling

1 hour

Rp. 220,000

## {made for him and her}

### **Traditional Balinese Massage - 60 min or 90 min**

*This massage combines stretching, long strokes, skin rolling, palm and thumb pressure techniques to relieve tension, improve blood circulation, ease stress and calm the mind.*

### **Ashoka Signature Massage - 60 min or 90 min**

*Designed to adjust and fine tune your internal body clock, restore your energy, relax and heal, this is the perfect treatment to diminish the effects of jet lag. Our therapists use a special blend of aromatherapy oils that will enhance your sense of wellbeing, while the massage will stimulate both your respiratory system and your central nervous system.*

### **Stone Massage - 90 min**

*Experience the incredible sensation of this healing massage, which uses heated Balinese basalt stones that are placed at key points on your body complete with therapeutic essential oil. This therapy will balance and restore energy flow and promote a deep relaxation of the muscles, while also relieving stress and tension. While the stones are working their magic, the therapist will apply gentle massage strokes. The handpicked, sedimentary stones are well-known generators of positive energy and harmony.*

### **Ayurveda Shirodara - 90 min**

*This treatment incorporates a back and shoulder massage, and an Indian head massage including scalp, neck and shoulders to stimulate and re-energise. This is followed by the deeply relaxing and meditative Ayurvedic Shirodara therapy in which a soothing stream of warm, blended, essential oil is gently poured over the forehead and onto the sixth chakra (third eye – your intuitive energetic centre) to help calm the nervous system and integrate the mind and body. Perfect for eye diseases, sinusitis, jetlag, insomnia, fatigue, stress or headaches.*

### **Foot Reflexology - 60 min**

*The ancient natural healing art of reflexology is based on the principle that there are reflexes in the feet that correspond to every part of the body. The pressure points and nerve endings in your feet will be stimulated to release energy blockages, improve blood circulation and eliminate toxins, while inducing comfort and relaxation. This traditional healing method can also be applied to the ears and the hands.*

### **Royal Thai Massage - 90 min**

*This dry massage, for which you will be provided with loose clothing, uses no oils. It combines passive stretching techniques and a deep pressure point massage along the body's energy lines to increase energy and flexibility, relieve muscle and joint tension, reduce stress and balance the body's energy system. The therapists use their hands, knees, legs and feet to move you into a series of yoga-like stretches which are deeply relaxing yet also uplifting and energising.*

### **Soul Harmony – 1.5 hours**

*Find a true sense of harmony with this calming spa treatment, which starts with a body massage followed by a sea salt body scrub to exfoliate the skin, finishing with a sauna and an application of lotion to truly relax and revive. Sea salt is renowned for its ability to renew, smooth and soften the skin. This scrub will improve blood circulation, regenerate cells and leave your skin looking younger with a natural glow.*

### **Kids' Massage - 30 min**

*Our pure Balinese massage techniques are easily implemented to support your children's muscle growth. Your kid will love this indulgence. Please note that children must be accompanied at all times by a parent or guardian.*

## **{Ashoka special treatments}**

### **Ear Candling - 1 hour**

*Experience this natural technique to remove excess wax and debris from the inner ears and to alleviate the painful effects of headaches or sinus conditions, ear infections, allergies or vertigo. It is also a great treatment before spending hours in the pool, as it will clean out your ears (or your kids' ears) and thus prevent painful ear infections caused by water pressure pushing your ear wax further into your ear.*





## {spa package for him and her}

### **Ashoka Rejuvenation – 1.5 hours**

*Relax and enjoy our Ashoka signature massage followed with a refreshing facial using Biokos® skin products by Martha Tilaar to ensure that your skin will sustain its youthful radiance and vitality.*

### **Tropical Romance - 3 hours**

*Enter the romantic Ashoka Couples Suite where your spa journey will begin with our footbath cleansing ritual, which is followed by the Ashoka Signature Massage. After the massage, the man will be treated to our coffee scrub while the woman will be indulged with our Javanese Lulur – an exfoliation and body polishing royal wedding treatment that originated in the royal palaces of Central Java – completed with an application of natural yoghurt to refresh and revitalise the skin. You will both then be cocooned in carrot body wraps designed to nourish your skin, leaving it with a beautiful glow. Next you can shower and relax together in a floral bath while enjoying a refreshing herbal tea. The final stage of your spa journey will be a traditional Indonesian facial enabling you to leave our spa feeling completely refreshed and relaxed.*

### **Divine Dynasty – 3.5 Hours**

*This package is especially designed for couples. In the serenity of your private Ashoka Couples Suite, you can relax and enjoy your day, beginning with the indulgence of our footbath ritual. This is then followed by a traditional Balinese massage and your choice of our exfoliating body scrubs. After this, select one of our body wraps in which you will be cocooned and your skin renourished. Next, take a shower and relish a floral fantasy in an aromatherapy bath while savouring a refreshing herbal tea. Continue with the choice of a traditional Indonesian facial, a manicure, or a pedicure.*

### **Mother and Daughter - 2 Hours**

*A great opportunity for the girls to spend some relaxing, quality, and bonding time together. Your treatment will start with our footbath ritual, followed by a traditional Balinese massage, and concluding with your choice of a facial, a manicure, or a pedicure.*

## {special treatments for him}

### **Ashoka Men's Face Treatment – 1 hour**

*Specifically created for men using Biokos® rich with aloe vera. This facial treatment will start with the application of a cleanser, followed by a toner, exfoliation, a facial steam and extraction finishing with a facial massage, which will rejuvenate and nourish the skin.*

### **Dynasty Boost - 2 hours**

*This sensational treatment commences with a Bali coffee scrub, which is made from ground Balinese coffee beans and volcanic pumice to refresh and stimulate your skin. After a shower, you can enjoy a 15-minute sauna before indulging your fresh and smooth skin with a traditional massage.*

### **Head and Toe – 1.5 hours**

*This combination of a facial and a reflexology treatment will re-energise and freshen your body, while making your face glow with beauty.*

### **Men's Hands and Feet – 1 hour**

*This hand and foot care treatment incorporates nail filing, shaping, and cleaning the nail cuticles, soaking the hands and feet and exfoliating the skin, as well as an arm and foot massage.*

## {face treatments for her}

### **Traditional Indonesian Facial – 1.5 hours**

*Using Biokos® pure aloe vera products from Indonesia, your facial includes cleansing, toning, a facial scrub, a facial steam followed by a facial massage, a mask and a nourishing application of moisturiser to your face. You will feel refreshed, and your skin will feel refined. Biokos® incorporates powerful, natural plant extracts working in harmony with skin cells to prevent and correct skin deficiencies by stimulating cell renewal, rejuvenating and reactivating your skin.*

### **Refresher Facial - 1 hour**

*Start with a facial cleansing, toning and exfoliation, followed by a steam and a facial massage after which an application of cream will soothe and moisturise your skin.*

### **Eye treatment - 30 min**

*This amazing treatment promotes a fresh and uplifted appearance while also reducing fine lines and wrinkles around your eyes.*



## {manicure and pedicure services}

### **Manicure – 45 min**

*An exceptional service to invigorate and restore the health and beauty of your nails, our manicure will sculpt, smooth and refine your nails, creating the ideal canvas for a polish masterpiece. This service includes a filing and shaping of the free edge, cleaning the nail cuticles, a hand and arm massage, and finally an application of OPI branded nail polish in the colour of your choice.*

### **Pedicure - 45 min**

*This treatment is a way to improve the appearance of your feet and toenails. Commence with a filing, shaping and cleaning of the nail cuticles, followed by a foot exfoliation and massage. Your feet will feel softer and smoother, while your toenails will be painted to perfection with the colour of your choice from our range of OPI nail polishes.*

### **Nail Polish Change – 30 min**

*This treatment includes the filing and shaping of your nails as well as the application of a new coat of OPI polish in the colour of your choice.*



## {pevonia}

*Pevonia Botanica is an internationally recognised skin care solution not comparable with any product line; unheard of results and satisfaction with every product complete this advance skin care line. Free from artificial colour, fragrance, lanolin, mineral oil, alcohol and paraben. Pevonia is based on natural ingredients from plant, marine and earth sources and is a member of the Organic Trade Association.*

## {pevonia facial}

### **THE ANTI-AGING FACIAL - 60 min**

*Rich in concentrated Collagen rejuvenate skin and reduces the appearance of fine lines. The anti-aging facial to counteract any signs of early aging, to combat excessive dryness, dehydration, fine lines and wrinkles. Perfect to fight signs of dehydration due to the humidity while on holiday, leaves skin plump, with radiant youthful glow.*

### **THE ASHOKA BOTANICAL FACIAL - 60 min**

*Restore a healthy skin balance with rich multi-vitamin masks to restore freshness and radiance. Pure essential oils and blended plant extracts are massaged into the skin, customized for your individual skin type.*

*Rejuvenating Dry Skin : Moisture-bonding Hyaluronic Acid hydrates, while Vitamin E and Carotene act as repairing emollients.*

*Soothing Sensitive Skin : Zinc Oxide and Shea Butter to diffuse your skin's redness and sooth irritation for a calm, smooth appearance.*

*Balancing Combination Skin : Kaolin based, Carrot oil, Green Apple and vitamins to effectively repair and smooth, rendering your skin remarkably radiant and perfectly balanced.*

### **THE MEN'S FACE TREATMENT - 60 min**

*Specifically created for men's skin. Using natural phyto-extracts rich in botanical liposomes of Green Tea and Arnica, and this line helps prevent razor burn, sensitivity and folliculitis. Clean, clear and calm skin.*

### **REFRESHER FACIAL - 30 min**

*Uses pure essential oils that have been blended with Hazel Nut Oil for their unparalleled ability to restore a healthy pH and hydrate the skin.*

*Sevactive "stimulating-dry" - safflower, cucumber, clary-sage*

*Lavandou "calming-sensitive" - lavender, calendula, aloe*

*Fundamental "balancing-combination/oily" - green apple, lemongrass, arnica*

## { pevonía face }

### **MARINE ANTI-AGING FACIAL 60 min**

**Rp. 600.000,-**

*The anti-aging facial to counteract any signs of early aging, to combat excessive dryness, dehydration, fine lines and wrinkles. Rich in concentrated Collagen rejuvenate skin and reduces the appearance of fine lines. Perfect to fight signs of dehydration due to the humidity while on holiday, leaves skin plump, with radiant youthful glow.*

### **PURE ESSENTIAL FACIAL 60 min**

**Rp. 500.000,-**

*Optimize your skin's health and radiance with mask treatments that specifically address your skin type. Whether your skin is dry, sensitive, combination or oily, the Pevonia essential mask series provides the perfect treatment to suit your skin.*

#### **Rejuvenating Dry Skin**

*Exude a smooth, youthful, radiant glow!*

*Superbly rich and creamy, immediately counteracts dryness. Moisture-bonding Hyaluronic Acid hydrates, while Vitamin E and Carotene act as repairing emollients. Revitalizing, your skin is rendered wonderfully smooth and rejuvenated.*

#### **Soothing Sensitive Skin**

*Desensitize for visible improvement!*

*Creamy and gently alleviating, immediately calms your skin with a select combination of Zinc Oxide and Shea Butter. These ingredients harmoniously blend with other key agents to diffuse your skin's redness and sooth irritation for a calm, smooth appearance.*

#### **Balancing Combination Skin**

*A perfect balance!*

*Creamy, non-drying and kaolin based, helps hydrate, brighten, and purify your skin. Wonderfully aromatic, it combines Carrot oil, Green Apple and vitamins to effectively repair and smooth, rendering your skin remarka-bly radiant and perfectly balanced.*

### **GENTLEMEN FACIAL 60 min**

**Rp. 400.000,-**

*Specifically created for men's skin. using natural phyto-extracts rich in botanical liposomes, this line helps prevent razor burn, sensitivity and folliculitis. Clean, clear and calm skin.*

### **REFRESHER AROMATHERAPY FACIAL 30 min**

**Rp. 300.000,-**

*Refresher Aromatherapy Facial 30 min*