

# S P A ALILA

# Naturally from The Heart

At Spa Alila, we are committed to providing unique treatments from the heart, blending ancient Asian healing techniques with age-old beauty recipes featuring the curative benefits of fresh, natural, quality ingredients.

Trained in anatomical physiology, massage, meditation and service, our local therapists combine the latest health knowledge with the most essential element – warm, genuine care that flows from the heart through the hands, to stimulate, rejuvenate, balance and relax your mind and body.

Balancing expertise with an intuitive sense of well-being, and through the contemporary expression of centuries-old therapies, at Spa Alila we create a natural, heartfelt and surprisingly different experience.



### Spa Alila at Alila Seminyak

Spa Alila at Alila Seminyak offers guests unique and customised spa experiences in a relaxed contemporary environment. A variety of indulgent and rejuvenating spa treatments are combined with personal consultations given by friendly and intuitive therapists. Spa Alila fervently believes in using only natural products for spa therapies where all products are handmade using pure, natural ingredients. In addition, the spa offers a range of yoga and meditation classes for guests who seek to invigorate their senses, along with a variety of self-care recommendations to maintain a balanced sense of well-being. The charming interiors and warm ambient lighting of Spa Alila, together with soothing scents of essential oils, offer guests a comforting prelude to their treatments.

The extensive and exclusive spa treatment menu combines both Asian and Western therapy techniques and showcases Spa Alila's special selection of natural active ingredients. Guests are able to choose from a wide range of therapeutic massages. These include deep tissue, relaxing, nurturing and a special pregnancy massage for expectant mothers. Customisable spa treatments include specialized facials, body scrubs, nourishing wraps, silk baths and Vichy showers. Dedicated spaces are devoted to nail and salon services, including an intimate reflexology seclusion. Spa Alila also takes pride in its nurturing techniques passed down for generations but rarely practised in today's spa treatments. These nurturing movements, locally known as "Sayang Sayang", calm not just the body but also the mind and spirit. Guests are also invited to build their own spa package with a variety of interchangeable product elements and treatment enhancements.

Guests looking to take home a piece of their spa experience can purchase from Spa Alila's extensive range of skin care products. Available at the merchandise section at the spa reception, these products are made from all-natural and locally sourced ingredients.

# Spa Alila Treatment Menu

At Spa Alila, our goal is to help bring you back into balance naturally with treatments personalised to your needs. Through the heartfelt touch of our experienced therapists, our naturally active products and maximum guest input, we create a new dimension in nurturing and divine pampering rituals. Surrender to the blissful Spa Alila experience and you'll see and feel the benefits in your appearance, your spirit and your overall sense of well-being. Step into our sanctuary and let your pampering begin...



#### Face

#### Her

Reveal your skin's full potential with this remarkable facial specifically customised for ladies. See the glowing results of exfoliating sandalwood, detoxifying French red clay, and toning and rejuvenating oils of rose and lemon. A combination of pressure point and lymphatic drainage massage techniques leaves your skin looking alive and lustrous!

#### Him

Our Alila Man facial is designed to restore skin's natural pH balance, leaving you with a softer, smoother and radiantly healthy appearance. Treatment includes exfoliation with local rice bran and sandalwood, a detoxifying mask of volcanic clay and lemon, then finished with an ultra-moisturising blend of aloe vera juice, wildflower honey and wheat amino acids.

75 min

### Facial Enhancements

Awakening and hydrating facial massage	20 min
Revitalising eye treatment	20 min

### Babor - Facial

Working closely with Dr. Michael A. Konig, a leading authority on plastic surgery and harnessing BABOR's longstanding knowledge and experience, BABOR treatments use the unique cleansing and invigorating power of oil and water (HY-OL), a natural creation of sesame oil, shea butter and jojoba oil. Our professional therapists will show you which treatment and skin care products best suit your skins condition.

# Ultimate Face Lifting

"The synergy of medicine and nature"

With 99% collagen obtained from natural, freeze-dried collagen fibers that imitate the skin's collagen structure, this treatment supplies intensive moisture and promotes collagen synthesis in the skin, reducing wrinkles, improving declining skin tone, and preventing the promotion of lines and premature aging.

#### Vita Balance

"Thoroughly moisturize dry skin"

Dry skin that is lacking in moisture loses its suppleness and reveals dryness lines and flakes easily. This moisturizing treatment uses the innovative Deep Moist Complex to regulate the skin's lipid and moisture balance, restore elasticity and suppleness, leaving the complexion looking soft and well cared for.

75 min

# Calming Sensitive

"Care for sensitive skin, sense the unique harmony"

Skin can be sensitive to nature. Our modern way of life increasingly exposes our skin to aggressive environmental influences that weaken the skin's natural protective mantle. It responds by sending out SOS signals, such as redness and tingling. The skin feels taut and itchy, and its moisture levels fall. This permanent lack of harmony can also accelerate the process of skin aging. Calming Sensitive relaxes and calms skin instantly. Irritations, redness, tingling and tightness subside. The combination of pure plant extracts and oils that regulate the skin's moisture levels increase suppleness and protect against environmental damage. 75 min

#### Reversive

"The art of precision skincare"

A fresh, radiant glow and smooth, youthful skin is the epitome of beauty the world over – and is matter of concern for women everywhere. The high-performance active ingredients telovitin, agicyl, epocyl and lumicol work in synergy restore the skin's individual, youthful radiance and luminosity. Skin is left looking firmer and smoother with a beautifully even tone and silky-soft texture.

90 min

### Massage

At Spa Alila, we draw on the benefits from a range of Asian and European massage techniques that can be tailored to your personal wellness needs.

# Cleansing Ritual

All full body massages begin with a lemongrass and lavender aromatherapy footbath ritual and chakra sound balancing; a proven modality using vibrations to help reduce stress, alter consciousness and create a deeper sense of peace and well-being.

Allow our spa hosts to help you select the appropriate therapy and oils to suit your condition. Oil type should be chosen based on your wellness condition, not only by the pleasing aroma.

### Balinese Massage

Feel tension dissolve with this ancient Balinese healing therapy that combines long therapeutic strokes and skin rolling to relieve muscle pain. Palm and thumb pressure techniques are also applied to unravel the deepest stress and improve blood flow

60 min

# Alila Seminyak Massage

It was his skilful hands and focused energy that spoke out over 12 years ago by bringing relief to thousands. A native therapist by the name of Wayan was noticed by our spa director whom operated in this exact location long before Alila Seminyak was conceived; His skill set and magical touch became a well-known healing treatment attracting people from all over the island. Our therapists have been fortunate enough to receive this training so we offer this treatment as a token of pure admiration of his gentle nature and therapeutic abilities. An infusion of body melting technics such as lomi-lomi, acupressure, deep tissue muscle movement and gentle stretching craft this legendary rejuvenation therapy.

# Yoga Massage

The basics of Thai massage has been used for centuries to bring balance to body, mind and energy. It incorporates the Four Elements of Life Theory embracing Earth, Water, Fire and Wind. Given clothed and without oil, this therapy involves pressure point massage using thumbs, hands, arms, knees and feet, as well as yoga based stretching movements. An invigorating therapy that relieves muscular tension, loosens joints and opens energy channels.

# Four-Hand Massage

A unique four-hand massage that brings a wonderful sense of balance and harmony to the body and soul. Surrender to the sublime symphony of healing and pleasure created by two masseuses working together in unison, using Balinese long stroke techniques and incorporating acupressure points on the feet to improve lymphatic drainage and circulation. A Swedish style of deep tissue massage also works into muscles to relieve tension and stiffness.

# Pregnancy Massage

Enjoy relief from the physical and emotional demands of pregnancy. This gentle, non-invasive approach to massage will ease your discomfort, reduce swelling and help lower stress. Feel yourself slip into a state of calm relaxation as our skilled therapist uses a lighter touch, concentrating on those areas most vulnerable to changes in your body.

### Warm Stone

The therapeutic power of touch combines with the energy of the earth in this muscle relaxing massage. After our signature foot bath, smooth, heated river stones are used in rhythmic flowing strokes over the body to melt tension and soothe emotions. The stones are also placed on various energy points to stimulate the body's natural healing potential.

90 min

#### Shirodara

Shirodhara This 5000-year-old Indian therapy is physically rejuvenating, mentally refreshing, and just pure heaven. Experience perfect calmness and tranquillity as a stream of specially blended, warmed medicated oils pours softly onto the third eye transporting your mind and body into a state of deep relaxation. Shirodhara deeply relaxes the nervous system, lowers metabolism, integrates brain function and induces mood stability. This dreamy treatment begins with an Ayurvedic pressure massage to melt away tension and stress 90 min

# Reflexology

Reflexology is based on the principle that energy flows freely around the body when we are in good health and that there are reflex areas on the feet that correspond to every part of the body, including major organs. Sit back and relax as your therapist applies varying degrees of pressure to specific points on the feet with thumb and fingers to unblock energy flow and promote the body's natural healing from within.

60 min

#### Children

# Children's Massage

A gentle and nurturing massage therapy dedicated to your little one's health, well-being and development, featuring a citrus bubble foot bath and gentle coconut oil massage. Treatment may assist with pain reduction, anxiety, gastric problems and sleep patterns. But most of all, it just feels like fun!

Suitable for ages 6-12 years. 45 min

# Create Your Own Journey to Renewed Balance

Spa Alila's unique approach recognises the individual in you, offering you the flexibility to design treatments according to your personal needs and preferences in consultation with our spa hosts. Using the following packaged treatments as a guide, enjoy the fun and freedom to create your very own spa experience choosing from a selection of interchangeable products and treatment enhancers.

# Balinese Beauty Ritual

Balinese lulur is an ancient village remedy originating from the rice farmers of Bali. It has been handed down through generations and is recognised as a traditional medicine, believed to help warm the body, relieve aching joints and help treat skin problems. Herbs of sandalwood, fennel seed, star anise, eaglewood and fenugreek create this powerful healing remedy. Treatment includes a 60-minute Balinese Massage, a traditional skin-softening lulur body polish on our warm aromatherapy beds, and a brightening mini facial.

120 min

# Beauty and Balance

Awaken your senses and tone your body with this rich cocoa, coffee and coconut treatment. Locally grown coffee grounds gently exfoliate while the caffeine in the coffee draws out impurities and coconut deeply conditions – a triple combination that gives skin a vivacious glow. Treatment includes our soothing cleansing ritual, your choice of 60-minute therapeutic massage, a coffee and coconut scrub, cocoa and coffee mask, warm Vichy shower and silky bath. This treatment is also fabulous for couples as the mask can be applied to each other in the privacy of your very own steam room for an intimately therapeutic experience!

150 min

# Interchangeable Product Elements

100% natural and personalised to your wellness needs.

# Scrubs

Gentle and Kind – aloe vera, cucumber and chlorophyll Deep Cleansing – coffee and cocoa Lightening and Brightening – lavender, ylangylang and lemongrass

### Masks

Soothing – chamomile, green clay and geranium Toning – cocoa, coffee and coconut Glowing – turmeric, cinnamon and ginger

#### Treatment Enhancers

Add a little something extra special to your spa experience with any of these therapeutic experiences:

# Vichy Shower & Silk Bath

Performed on our terrazzo beds. a rain like flow of pressured warm water invigorates the senses and increases blood flow within the body by stimulating the skin to bring blood to the skin's surface. This renews the appearance of the skin, giving it a healthy glow. The act of stimulation also soothes the nervous system and helps in the reduction of toxins. Treatment includes a geranium and mandarin soapy body exfoliation and herbal steam session.

45 min

# Body Scrubs or Masks

Select the perfect products for your skin type from our Interchangeable Product Elements. Treatment includes a fresh herbal steam.

45 min

Wrap and Scrub combination 60 min

# Lung Cleansing Herbal Steam

Cleanse your way back to health by inhaling steam particles infused with natural blends of purifying essential oils and fresh fragrant herbs; the perfect remedy for colds, flus, aching muscles and respiratory issues.

30 min

# Personal Packages

Please ask our spa host to assist you in creating your desired spa experience.

# Wellness Escapes - Half Day Escape

Spoil yourself with the perfect half-day escape of physical rejuvenation, age-old beauty therapies and healthy living. Improve your balance, elevate your spirits and satisfy your palate with holistic nurturing and nutrition.

# Create your own well-being escape:

- 3 hours of treatments and afternoon tea ceremony.
- 3 hours of treatments and 2 course healthy lunch.
- 4 hours of treatments and 3 course healthy lunch.

#### Treatment choices:

Balinese Massage, Warm Stone Massage, Yoga Massage. Signature Massage, Shirodhara 90 min

Reflexology, Manicure, Pedicure, Facial for him or her Hair Care

Vichy Shower, Silk Bath rituals, Herbal Steam, Lulur body polish, Body Scrub or Wrap. 30 min

### Full Day Escape

### Awake

Begin the morning watching a breathtaking Bali sunrise from our temple garden with fresh ginger and lemon tea served alongside exotic local fruits.

#### Stretch

Take in a spectacular blue ocean view as you breathe, stretch and balance as our qualified instructors take you through sequences featuring fluent and deliberate movements to open your mind, loosen limbs and rejuvenate your soul.

#### Unwind

Succumb to a relaxing Balinese healing therapy that combines gentle stretching, long therapeutic strokes and skin rolling designed to relieve muscle pain. Palm and thumb pressure techniques are applied to alleviate the deepest stress and tension and improve blood flow.

#### Dream

After your body is soothed, experience a 5000 year old Ayurvedicshirodara ritual. Perfect calmness and tranquility casts over you as a stream of specially blended, warmed ayurvedic oils pours softly onto the third eye transporting your mind and body into a state of deep relaxation. Shirodhara deeply harmonizes the nervous system, lowers metabolism, integrates brain function and induces mood stability.

### Glow

Our terrazzo beds offers the perfect setting to enjoy a full body exfoliation to revitalize dull skin with a refreshing citrusy scrub of lemongrass, mandarin and ginger root oils blended with organic sea salt from East Bali. Rinse and relax as our Vichy showers above rain down warm water that gently massages the whole body and washes away the dead skin.

#### Float

Submerse into our Silk bath where thousands of micro bubbles stimulate and oxygenate the skin, remove impurities, improve metabolism and increase skin hydration.

#### Refuel

A Three-course health conscious lunch is personally crafted by our executive chef and enjoyed in your choice of dining location.

### Beautify

Improve your facial skin tone with our awakening mini facial featuring an all-natural line up of aloe vera juice, rice bran volcanic clay and hibiscus.

# Style

A Spa manicure follows which includes a stimulating hand scrub, soothing hand bath, relaxing hand massage with all essential nail maintenance and care. Combinations of lavender and sea salt gently exfoliate while shea butter and virgin coconut oil nourish your skin. Essential oils of orange peel and lemon are infused, which act as a natural antiseptic to protect the cuticle.

# Sip and Savour

As sunset approaches, leave the spa feeling refreshed and reborn. Savour the sunset with a cocktail in hand and then reflect on a perfect day with a 3 course dinner prepared by our executive chef.

Closed your journey with traditional acupressure to specific points on your feet to release blocked energy and promote natural healing. A cup of chamomile tea is left at your bedside for a soothing end to your day of wellness.

### Seminyak Salon

Devoted to your style and well-being, our therapists pride themselves in delivering consistent quality services that are responsive to each guest's specific needs. Providing you with the best possible experience using high-end international products with natural local infusions and the delicate caring touch of our Indonesian therapists. Relax, indulge and beautify yourself within a stylish and intimate environment.

#### Hair Care & Blow

A deeply cleansing hair washing treatment using our signature shampoo containing Vit B5, geranium and mandarin essential oils. Our therapist will also treat you to a gentle head massage and finish with a blow dry.

45 min

With styling

60 min

# Hair Do & Make up

Require a hairstyle for a special event or occasion? Our stylist will be happy to consult with you ensuring you receive the perfect hair-do and make up. Advance booking is essential

Price upon request

#### Avocado and Coconut Hair Smoothie

A mind-melting, intensely hydrating crème hair bath with essential oils of rosemary and lavender combined with nourishing base oils of coconut, avocado and shea butter. A clay-based mask is massaged into the hair and scalp and left to condition, strengthen and hydrate while pressure point massage and palm strokes soothe the neck and shoulders. A 10-minute warm wrap is applied to open the pores followed by a cool wash with our Alila Living Essence shampoo and conditioner – the finishing touch for a renewed healthy sheen.

60 min

# Hair Stimulation Massage

An invigorating and highly nourishing hair and scalp treatment that powerfully stimulates hair growth through a combination of massage techniques and beneficial plant extracts. Essential oils of sea buckthorn and German blue chamomile stimulate the follicles while an oxygenating massage technique is gently applied to enhance cell stimulation. This protein-rich treatment is especially nourishing for dry or damaged hair.

#### Hair Care Enhancers

Aveda or Kerastase products Avocado & coconut hair mask

#### Hands and Feet

# Spa Manicure

This indulgent spa manicure includes a stimulating hand scrub, soothing hand bath, relaxing hand massage and essential nail maintenance and grooming. Combinations of sea salt and lavender gently exfoliate, while shea butter and aloe nourish your skin. An infusion of cucumber seed and lemon essential oils provides an added layer of protection for the cuticles.

### Spa Pedicure

Treat your feet to the attention they deserve! This pampering spa pedicure includes an invigorating foot scrub, relaxing footbath, foot massage and essential nail care. Exfoliates of sea salt and papaya smooth and buff your skin, while extracts of ginger and lemongrass fight bacteria to leave feet feeling as fresh as can be.

75 min

# Upkeep and Neat

Complete express nail cleaning and trimming ready to polish. Massage and scrubs are not included. 60 min

### OPI Gel Colour

OPI gels wear considerably longer than nail polish, saving precious time for busy women. Gels typically last for two or three weeks, needing attention only after natural growth. Durable, chip resistant and instantly dry, today's gel systems afford women a rich, glossy and varied choice of shades.

Manicure90 minPedicure90 minGel removal30 min

#### Nail Enhancers

Designer nail polish

Nail polish 45 min Gel polish 45 min

# Waxing

Babor soothing sugar wax

LipHalf ArmsFull ArmsUnderarmsHalf LegsFull LegsChestBackBrazilian

Bikini line

#### Care for Kids

#### Sweetheart Nail Care

A bubbly and art-filled version of our traditional spa manicure designed for young children. Little fingers and toes are soaked in cleansing mandarin bubbles, nails trimmed and shaped, with a chocolate and honey all natural moisturiser massage in. The final touch is an application of OPI nail polish or the choice of a delicate nail art design.

Suitable for ages 5-12 years.

45 min

# Happy Hair

Have your little ones lie back and relax while our therapist deeply cleanses and hydrates their hair. Designed to remove builtup oil, chlorine and dirt, and perhaps elicit a giggle or two along the way. Treatments also include a gentle stimulating scalp massage, cookies and a chocolate milkshake.

Suitable for ages 5-12 years.

20 min

# **Pamperlicious**

This package is designed for ages12 years and under who wish to enjoy a pamper-filled day of spa and beauty rituals. Treatment includes a signature foot bath, 45-minute children massage, hair cleansing and complete nail care.

### My Bath

# Recovery

Coconut water
Berocca
Bloody or virgin mary
Grapefruit and juniper berry oils
Lemongrass and lavender sea salt

Fresh ginger and lemongrass bath bomb

# Balinese Royal Bath

Turmeric and tamarind jamu
Traditional Balinese sweets
Local seasonal fruit
Coconut milk
Lavender and Ylangylang sea salt
Lemongrass and lavender essential oil
Balinese scented flowers

# My Body

### Gym

Keep in shape in our fully equipped 24-hour gym.

# Yoga Schedule

Daily yoga session everyday at 07.30 to 8.30 a.m. Yoga classes will be conducted in the "Movement Studio"

# Yoga at The Movement Studio

Yoga at the movement studio is an inspiration combining progressive program philosophies, events and authenticity. Our classes are creatively designed for all levels of capabilities where all you require is the willingness to embrace a healthy balance of poses, sequenced to develop core strength, tone, assist major organs and the nervous system. Foundations of technique and alignment will be expressed verbally and hands-on to help every individual find their place within its structure, regardless of personal challenges and condition.

Discover the fluid flow of the human body giving freedom to our intuition and rising awareness.

All classes are suitable for beginners and advanced practitioners.

# Champagne and Berry Bath

Bottle of Billecart-Salmon Brut Strawberries with dark cocoa dipping chocolate Lavender essential oils Aromatic citrus bubble bath Red rose petals

# Baileys Soothing Milk Bath

90 ml of Baileys on the rocks Vanilla pods Chocolate ganache Truffles Coconut milk bath infusion Geranium and chamomile sea salt Relax essential oil blend Balinese scented flowers

#### Private Session

Private yoga and Pilates classes can be conducted at a venue of choice. Please discuss with our spa hosts or resident yoga instructor

# Ashtanga

90min

This physically strenuous form of yoga dates back at least 5,000 years and is also known as "power" yoga. Ashtanga yoga progresses through six rapidly executed series of pose sequences providing a useful means of achieving weight loss and performing strength training without using weights. This yoga discipline also works to restore the full range of motion to an individual's joints and muscles.

### Dynamic Vinyasa

Vinyasa is a flowing style of yoga that links the breath with movement focusing on inhaling and exhaling as you move from one pose to the next. Vinyasa yoga flows between positions without stopping so is an effective way to improve your endurance, burn calories and sculpt your muscles. Vinyasa yoga works on physical,mental, emotional and spiritual levels to connect the mind with the body as well asimprove flexibility and strength.

# Restorative Yoga

Priorities stillness, relaxation, and calmer state of mind. Incorporating props like blocks, bolster, blankets and straps to support and align the body. Restorative poses allow the body too fully relax in each posture. Sequences typically involves only five or six poses supported by props that allow you to completely relax and rest. Recommended to do in the afternoon or evening.

# Yin Yoga

A quiet yet profound style of yoga based on the expression of theories derived from Chinese medicine and Taoism. Yin yoga targets the connective tissue such ligaments, bones, and joint. A passive practice, uses long-held variations of floor posture and supine poses, accessing deeper layers of fascia. Strengthens chi flow and maintains the health of the meridian system of the body. It's the ideal complement to dynamic, muscular or "Yang" forms of yoga.

90 min

### Spa Etiquette

### Arrival

Try to be early. Kindly arrive at least 15 minutes before your treatment is scheduled. A late arrival means less spa time.

#### Cancellation

Reservations cancelled within 8 hours will be subject to a charge of 50% of the listed price. Treatment times may be changed subject to the approval of our spa host.

### Spa Attire

Please wear comfortable attire. Robes and disposable underwear will be provided. You may choose to be naked, wear your own underwear or swimwear during your spa treatment.

#### Gentlemen

Gentlemen, if you have chosen a facial, please shave before the treatment. Although not essential, it is definitely beneficial.

#### Mothers-to-be

We have our very own blend of "Mother-to-be" massage oil and modified therapeutic treatments specially for expecting mums.

### Allergies

Our spa host will ask you regarding any health-related issues or known allergies. Simple patch tests will be performed before conducting any treatment to ensure the selected product is right for you.

#### **Products**

All products used throughout Spa Alila are 100% natural, free from synthetic preservatives and additives.

# Continued Glow

To continue your spa regime at home, our complete range of 100% natural products and testers are available within the Alila Living and Spa Alila retail stores.

# Service Charge

All treatments are subject to a total of 21% government tax and service charge.



# Wellness & Leisure Price

Face	Duration	Price	My Bath	Duration	Price
For Her	75 min	780	Recovery	-	550
For Him	75 min	780	Champagne and Berry Bath	-	2.530
Awakening and hydrating facial massage	20 min	420	Balinese Royal Bath	-	450
Revitalising eye treatment	20 min	420	Baileys Soothing Milk Bath	-	650
Ultimate Lifting	90 min	1.950			
Vita Balance	75 min	1.620	My Body	Duration	Price
Calming Sensitive	75 min	1.620	Private Yoga class	90 min	650
Reverse	90 min	1.950	Private Yoga for Couple	90 min	800
Massage	Duration	Price	Wellness Escape	Duration	Price
Balinese Massage	60 min	650	Half Day Escape		
Alila Signature Massage	90 min	1.140	Treatment and afternoon tea	3 hrs	1.620
Yoga Massage	60 min	700	Treatment and 2 course healthy lunch	3 hrs	1.800
Four-Hand Massage	90 min	1.340	Treatment and 3 course healthy lunch	4 hrs	2.400
Pregnancy Massage	60 min	650	Full Day Escape		3.820
Warm Stone	90 min	1.140			
Shirodara	90 min	1.140			
Reflexology	60 min	400			
Children Massage	45 min	400			
Create Your Own Journey to	Duration	Price			
Balinese Beauty Ritual	I 20 min	1.300			
Beauty and Balance	150 min	1.500			
Treatment Enhancers	Duration	Price			
Silk Bath	30 min	380	Contact		
Vichy Shower	45 min	420	Alila Seminyak		
Body Scrub or Body Mask	45 min	400	Jalan Taman Ganesha No. 9 Petitenget		
Scrub and Mask combination	60 min	600	Kerobokan, Bali 80361, Indonesia		
Lung Cleansing Herbal Steam	30 min	200	Phone +62 361 3021 888		
			Email: spaalilaseminyak@alilahotels.	com	
			www.alilahotels.com		
			www.shopalila.com		

Prices are in thousand Indonesian Rupiah and subject to 21% government tax and service charge.

Share your moments with us on social media with #AlilaSeminyak www.alilamoments.com/seminyak/happenings

# Seminyak Salon Price

Hair	Duration	Price	Waxing	Duration	Price
Hair Care & Blow	45 min	240	Facial	-	150
With Styling	60 min	360	Chest	-	300
Event Styling	upon request		Back	-	400
Avocado & Coconut Hair Smoothie	60 min	540	Full Legs	-	400
Hair Stimulation Massage	60 min	540	Full Arms	-	300
			Under Arms	-	150
Hair Care Enhancers	Duration	Price	Bikini Line	-	350
Aveda or Kerastase products	=	75	Brazilian	-	450
Avocado & Coconut Hair Smoothies	=	75			
			Care for Kids	Duration	Price
Hands and Feet	Duration	Price	Sweetheart Nail Care	45 min	200
Spa Manicure	75 min	420	Happy Hair	20 min	180
Spa Pedicure	75 min	420	Pamperlicious	120 min	780
Upkeep and Neat	60 min	300			
Hands and Feet	Duration	Price			
OPI Gel Colour Manicure	90 min	540			
OPI Gel Colour Pedicure	90 min	540			
Gel Removal	30 min	120			
Nail Enhancers	Duration	Price			
Gel polish	45 min	150			
Designer nail polish	45 min	100			

# Contact

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Prices are in thousand Indonesian Rupiah and subject to 21% government tax and service charge.

Share your moments with us on social media with #AlilaSeminyak www.alilamoments.com/seminyak/happenings

Naturally from the Heart

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