



The Spa
Discovery

Couples Spa Experience

COUPLES WELLNESS DAY 5 hours

2,900

Embark on a journey to wellness with your partner. This package is a wonderful way to learn lifestyle tools, which you can take away with you after your stay and implement back at home together. This package includes:

PRIVATE YOGA 60 minutes

A guided class on meditative physical postures and breathing.

PRIVATE SUNRISE MEDITATION 60 minutes

Experience sunrise meditation by the ocean or learn the wonders of breathing and discover ways to quiet the mind. Perfect for beginners and those with a stressful lifestyle.

TIPS ON EATING HEALTHY AND SIGNATURE SMOOTHIE CREATION 60 minutes

Learn the benefits of using fresh, wholesome ingredients for your health guided by our Chef, and create a signature smoothie together with your partner. We will feature your smoothie on our juice menu for other guests to sample or even make at home.

CONNECT WITH MASSAGE 120 minutes

This hands-on session enables you to connect on a deeper level with your partner, contributing to your joint relaxation. Learning how to do simple head, neck and shoulder massages enable you to help each other relieve the stress from your daily lives, bringing you closer to each other as you improve each other's physical and mental wellbeing.

Single 1,450

PENGANTEN MELUKAT* 100 minutes

Double 2,500

Traditionally, preparation leading up the wedding begins three days in advance in the villages of the bride and groom. In each of their homes, their mothers would prepare them by performing the traditional *melukat* (body cleansing ritual). Beginning with the *mewangsul* (traditional Balinese massage) to relax and soothe, the ritual continues with the *meodak* (boreh body scrub) to leave skin reinvigorated and glowing. *Empahan* (fresh milk) is then applied to nourish and moisturise the skin, finally culminating with the *mersiram sekar* (floral bath). This treatment is designed to purify and cleanse the mind, body and spirit of each individual before they embark on their new journey together.

Single 1,450

SANGKARAJAYA (HERBAL REJUVENATION) 100 minutes

Double 2,500

Plants have been used in Bali for generations both internally and externally to support the natural healing process. This refreshing experience begins with a fragrant combination of fresh basil, mint, neem and lime to exfoliate and soften the skin. Enjoy a relaxing scalp and facial massage while cocooned in a potent herbal body masque. Tired muscles are invigorated with a rhythmic full body massage utilising *lengis nyuh* (coconut oil) to improve circulation, and rejuvenate the skin.

Body Treatments

CAMPUR-CAMPUR (SPA VILLAGE SIGNATURE)* 100 minutes 1,450

The name *Campur-Campur* means a blending of varieties in Malay. Combining the best techniques of Malay and Thai massage, our special creation uses touch, tone and aromatherapy to give you a memorable experience. During the treatment, the scent of lemongrass and pandan leaves fill the air as steamed herbs are pressed along the body using a traditional steam pouch.

NAPAK PERTIWI (CLAY BODY WRAP) 50 minutes 750

Clay has been used for millennia to draw impurities from the skin. Its unique ability to cleanse and nourish makes pelotherapy (therapeutic application of clay) an important component of a detox regime, whether used externally or internally.

SANGKARA AYU (TEMBOK REMEDY BODY MASQUE)* 50 minutes 750

Warm up with a fresh boreh masque that uses a mixture of galangal, ginger, cloves and rice. This treatment helps to expel wind, relieving muscle aches and flu symptoms while improving blood circulation.

INTARAN (NEEM BODY MASQUE) 50 minutes 750

The Balinese believe that neem and betel leaves contain wonderful anti-bacterial qualities. Try this natural treatment and benefit from the healing properties while rejuvenating your skin.

TIMUN (CUCUMBER ALOE BODY WRAP) 50 minutes 750

A superb after-sun smoothy! Anti-inflammatory and highly recommended for sun sensitive conditions.

PEPAYA (PAPAYA ENZYME BODY WRAP) 50 minutes 750

Locally grown papayas have inspired this unique use of the fruit, gently conditioning the skin and leaving you with a healthy glow.

LAPIS-LAPIS (SPICY HERBAL WRAP)* 50 minutes 750

In this treatment, a fresh mixture of lemongrass, ginger, galangal and camphor is applied to the body, which is then wrapped in warm sheets. This is an excellent precedent to a Malay or Balinese massage. It helps to detoxify, reduce water retention and relieve joint and muscle pain.

Massage Therapy

Deluxe 50 minutes	750
Supreme 80 minutes	1,000

BALINESE

This massage combines historical reference from many cultures, especially Indian, Chinese and European influences, which form the foundation of Balinese traditions. The ritual offers techniques which vary in tempo of acupressure, rolling motions, long strokes and percussion, providing an invigorating and energising experience for the body. Choose to enjoy this massage with or without using oil.

MALAY

The art of traditional Malay massage is passed on from generations. The technique consists of long kneading strokes that focus on the muscles and pressure applied to various points on the body. This treatment uses *lengis nyuh* (coconut oil), a powerful anti-oxidant which protects, heals and softens the skin.

MELIMPUN (PREGNANCY MASSAGE)

A traditional Balinese pre-natal massage tailored to meet the changing bodies of pregnant women. Trained therapists apply gentle strokes combined with coconut oil to relax tense muscles, ease sore spots, improve blood circulation and mobility for an overall feel good experience.

MEPIJIT POINT (THREE POINT MASSAGE)

This deeply cleansing massage is a synergistic ritual on three areas of the body integral to the detoxification process. Inspired by the movements of Indian head massage, the head is massaged to release tension and reignite neural pathways. Traditional Balinese strokes assist the natural cleansing processes of the intestines whilst stimulation of reflex zones on the feet unifies the total body experience. The varying tempos of acupressure used provide an invigorating and energising experience for the whole body.

FOOT MASSAGE

The theory of reflexology lies in the understanding that feet have reflex points which correspond to internal organs and limbs to balance all functions of the body. By stimulating these points, circulation of the entire body is improved.

Outdoor Treatments

Single 750
Double 1,300

VOLCANIC SAND BATHING AND OCEAN SCRUB 50 minutes

Black sand beaches are commonly linked to volcanic activity, offering a unique connection to nature. Engage in traditional practices that promote grounding and tranquility, allowing you to truly immerse yourself in the experience. Indulge in exfoliation, detoxification, and relaxation as you embrace the soothing effects of the volcanic nature of the black sand. These effects can help alleviate muscle aches and reduce inflammation, providing a rejuvenating and calming sensation for your body.

Single 950
Double 1,800

MASSAGE UNDER THE STARS 50 minutes

Harnessing the healing powers of the sea and sky, feel yourself drift into the heavens during this starlit massage at the ocean's edge. Candles light a sandy path to your celestial experience of stargazing, relaxation washing over you with every breaking wave. Specially prepared herbal oils are used to release tension from the head, neck, shoulders, feet and hands while balancing male and female energy. The feel of the breeze, the smell of the flowers, the view of the stars and the sound of the sea crystallise to create a powerful, deeply relaxing natural journey.

INTARAN FOOT TREATMENT 50 minutes

750

The superb anti-bacterial and skin rejuvenating qualities of aloe vera and *intaran* (neem leaf) come together to create a serene outdoor garden experience before the ocean that pampers, exfoliates and softens your feet. An invigorating foot scrub of dried jackfruit leaves follows a warm relaxing foot soak in neem leaf extract. Then, indulge in a fresh mint, neem leaf and aloe vera foot masque while enjoying a relaxing neck and shoulder massage. This treatment concludes with a therapeutic foot massage. The Intaran Foot Treatment improves your blood circulation and revitalises the feet, leaving it smooth, soft and truly pampered.

BALE: NIRWANA AND PERTIWI (HEAVEN AND EARTH)

Individual 25 minutes 400

Combined 50 minutes 750

Relax in a bale or a Balinese outdoor pavilion, with a spectacular ocean view while enjoying Spa Village's rejuvenating "Bale: Heaven and Earth" treatments. Choose to combine both experiences or have an individual treatment.

The "Nirwana" or "Heaven" experience releases deep tension in the head, neck and shoulders while the fragrant aroma of the frangipani, the heavenly flower of the Balinese, delights the senses.

OR

The "Pertivi" or "Earth" experience rebalances our energy by activating powerful reflex zones on the feet through traditional Balinese pressure point techniques and the use of smooth lava pebbles.

Skin Care

MESIPAT (NATURAL FACIAL) 50 minutes 750

This traditional Balinese facial uses local herbs, *kayu cendana* (sandalwood) and tamarind leaves. This facial incorporates a Balinese facial massage using mini floral pouches and will leave your skin feeling naturally soft and smooth.

GELESIN (ORGANIC CLAY FACIAL) 25 minutes 400

A traditional Gelesin or express facial starts with a Balinese rice scrub, a face massage with coconut oil before concluding with a choice of volcanic clay, seaweed clay or red clay masque. The soothing clay lifts, firms and exfoliates, resulting in a revitalised and youthful looking complexion. It also helps to draw out toxins and impurities embedded deep within the skin's pores.

Hair Care

MEKRAMAS (HAIR TREATMENT) 25 minutes 400

Coconut oil is traditionally used by Balinese for hair care. This treatment uses *lengis nyuh* (coconut oil) and fried *tingkih* (candlenut) which are applied to the hair and massaged into the scalp. A mixture of *daun pucuk* (hibiscus leaves) and fresh *lidah buaya* (aloe vera) is then applied and left on the hair. This treatment is good for dry scalp, strengthening your hair follicles, moisturising, adding shine and leaving your hair feeling soft and silky. It's an ideal add-on to any massage, body treatment or facial.

Nail Care

Well-groomed, beautiful hands and feet are a necessity for everyone. Our natural manicure and pedicure include nail and cuticle conditioning, nail shaping and buffing.

STANDARD MANICURE 50 minutes 750

STANDARD PEDICURE 50 minutes 750

In-Room Baths

The spa staff will lovingly prepare and have a bath drawn and ready for you to relax. All our baths combine locally sourced ingredients of sea salt, essential oils, homegrown herbs and detoxifying volcanic clay. All to deeply relax, hydrate and calm your skin. These baths are especially beneficial to have at the full moon when the healing process and absorption potential of your body is at its peak. Your bath is accompanied with our signature detox herbal tea. A 24-hour reservation notice is required for all experiences. Please dial '0' for reception to confirm your booking.

TIRTA HARUM (HERBAL) BATH 400

Good for releasing toxins from the body and nourishing the skin.
Ingredients: volcanic clay, moringa, tusli, daun piduh and neem leaves
Essential oils: neem, piper betle, turmeric, tea tree, citronella and patchouli

NAPAK PERTIWI (INVIGORATING) BATH 400

Good for releasing toxins and re-energising the body.
Ingredients: volcanic clay, neem leaves and rose essence
Essential oils: neem, tea tree, citronella and patchouli

MANDI SUSU (NURTURING MILK) BATH 400

Good for releasing toxins from the body and moisturising the skin.
Ingredients: volcanic clay, milk and pandan leaves

Movement and Awareness

Our movement and awareness sessions help to expand your sense of self and aliveness in your body. These sessions encourage balance and harmony in body, mind and spirit creating more clarity and happiness, resulting in a more complete and functional you.

Single 800
Double 1,500

YOGA 60 minutes

Private tailor-made classes.

GUIDED MEDITATION 60 minutes

Experience sunrise meditation by the ocean or learn the wonders of breathing and discover ways to quiet the mind with meditation. This is perfect for beginners and those with a stressful lifestyle.

Single 400
Double 700

YOGA SWING 60 minutes

A guided class to improve flexibility and strengthen yoga postures using the yoga swing. Not advised for beginners.

PENCAK SILAT 60 minutes

An introduction to this ancient Balinese martial art, which promotes physical wellbeing.

BALINESE DANCE 60 minutes

Learn the basic steps of a graceful Balinese dance. Local tea will be served.

MEET THE HEALER 60 minutes

750

Jro Gede Pasek, our esteemed in-house spiritual healer, is also recognized as a "Balian" within our community. He possesses exceptional skills in the realm of spiritual healing. His distinctive technique revolves around utilizing water as a medium to eliminate negative energy through a profound water purification ceremony. Those who yearn for a comprehensive comprehension of their physical health and spiritual well-being can avail themselves of his services by undergoing a personalized consultation.

Spa Recommendations and Guidelines

Services that are listed with a * symbol are considered heat treatments and are not recommended for guests that have heart conditions, suffer heat sensitivity, or are pregnant.

OPERATION HOURS

Segara Giri Pre-Treatment: 8.00am - 6.00pm

Spa Treatments: 9.00am - 9.00pm (last booking at 8.00pm)

RESERVATIONS

Advance reservations are recommended. Itinerary discussions are open with our guest liaison and spa representative at the reception daily between 9.00am - 6.00pm.

CANCELLATION POLICY

As a courtesy to other guests and our therapists, please give us 4 hours notice if you must cancel or change any treatments. Without this notification you will be charged in full.

KIND CONSIDERATION

As the spa is a calm and peaceful space, we ask you to kindly speak softly and turn off your mobile phone.

HEALTH AND WELLBEING

Upon arrival, we kindly request that you complete a wellbeing assessment. Please notify our spa receptionist if you have any health related concerns, requests, allergies or if you are pregnant for a safe and comfortable spa visit.

AGE RECOMMENDED

The Spa Village is appropriate for guests 16 and above.

WHAT TO WEAR

Dress comfortably. You are welcome to use the guest attire provided in your room. As your privacy is important to us, we will discreetly drape you at all times while providing disposable underwear and sarongs for your convenience.

VALUABLES

We recommend that all your personal belongings are locked in the safety box provided in your room.

SPA RETAIL

Be sure to visit our spa retail for an array of spa products and spa-related merchandise.

PRICES

All prices are quoted in '000 Indonesian Rupiah and subject to prevailing service charge and government tax.

FULL BOARD PACKAGE SPA INCLUSIONS

Our Spa Representative will assist you in selecting the ultimate treatments to suit your needs and requirements in your package. Please note the full board package includes any indoor treatment for the duration of fifty minutes per person per night.