



CHAPUNG SPA

# CHAPUNG SPA

## *AN OPULENT ESCAPE*

Nestled in lush green gardens on the edge of our Resort, Chapung Spa is a true sanctuary of peace for those seeking rejuvenation, relaxation and serenity.

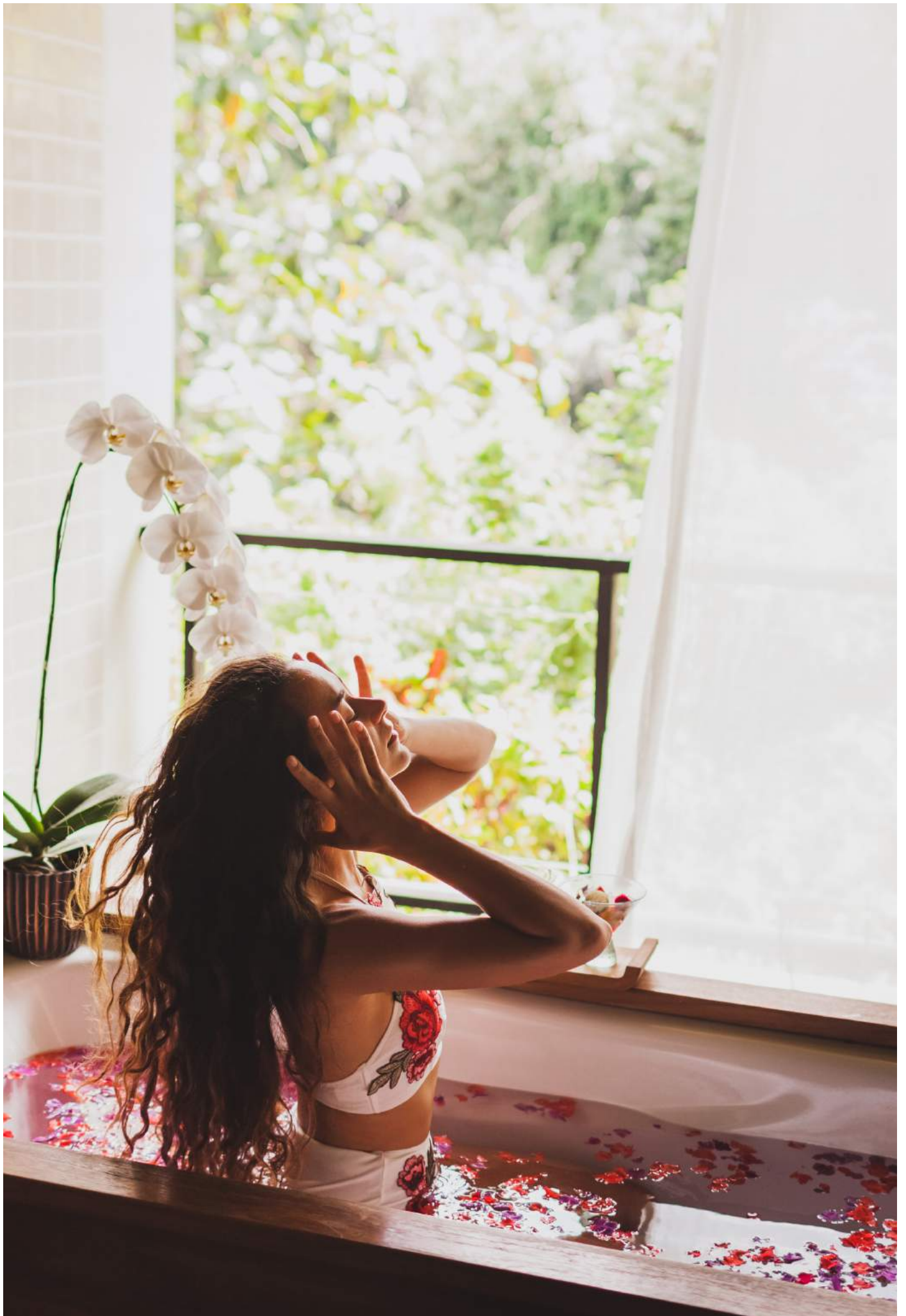
Our Spa is located next to the Jungle Fish Pool Bar, with its stunning views over the Wos river valley. Here guests can swim, chill out, have lunch and snacks, and indulge in massage therapy or a treatment. Chapung Spa also provides a personalized, individual experience.

Our highly-trained therapists will happily conduct a private assessment with you, helping to establish the best-suited program of treatments for the most beneficial results during your visit.

The Spa offers a range of head-to-toe pampering, from signature massages, hot stone therapies, to custom made body, facial and hair care treatments.

Besides the common therapies like Balinese massage, facial treatments and pedicures, we also specialize in therapies that allow you to indulge in undiscovered healing techniques.

We offer Shiatsu, Kahuna, ancient Balinese ritual massage, and a comprehensive range of Ayurvedic treatments.



# Ancient Balinese Royal Beauty Ceremonies

## **KSATRIA PUTRA FOR MEN • 120 MINUTES • IDR 700,000**

One of our traditional Balinese rituals, specially performed for active gentlemen, and believed to improve their vitality. The therapy begins with a herbal foot soak, a mix of herbs including galangal, pandanis and turmeric leaves, which helps to improve circulation. For the duration of the bath, we will perform a scalp and shoulder massage, followed by a ginger and kaffir lime scrub removing dead skin cells, giving your skin a healthy glow. After a quick rinse, we continue with the energizing Pijat Bayu, a warming oil with ginger root, turmeric, galangal, and palm oil. Incorporated into the massage, this oil is good for removing excess wind from the body. To complete the treatment, we serve the traditional cleansing Jamu, perfect for enhancing a man's vitality.

## **TARU NYUH ZAMAN • 120 MINUTES • IDR 600,000**

We begin the treatment with an exfoliating mix of desiccated coconut, white rice, pandanus and vanilla extract, increasing your blood flow and leaving the skin smooth. Then follows the application of a warm coconut milk steam pack. This contains coconut powder, white clay, pandan and vanilla extract, to further soothe and soften the skin. Our therapist will perform a scalp massage during the wrap, and then once showered, you will continue with a traditional massage. The Pijat Bali, which starts on the feet and uses medium to firm pressure, is good for increasing blood circulation and easing muscle tension. We use pure virgin coconut oil known for healing and repairing the skin.

## **TARU HERITAGE RITUAL • 120 MINUTES • IDR 600,000**

A relaxing and nourishing treatment, it begins with a traditional Pijat Bali massage for deep relaxation, followed by a coconut milk wrap to nourish the skin. To complete the treatment, and while enjoying the coconut milk bath, you will be served herbal tea.

## **CALMA REFLECTIONS • 120 MINUTES • IDR 800,000**

A unique spa experience, designed to bring you deep and inner peace, promoting a feeling of wellbeing. The treatment begins with a healing session of Reiki, to balance your energy flow. This is followed by a meditative Indian herbal oil massage, a soft and gentle massage designed to calm your mind. After the massage, we will use the vibrations from a Tibetan singing bowl to carry you into a deeper state of tranquility. Afterwards a bath is prepared with Neem leaves, lime and Aman Bath salts. The salts contain a mix of Himalayan rock salt, oil of patchouli, lavender and Ylang Ylang. The combination soothes you physically and spiritually, and follows with herbal tea to quench your thirst.

## **THE ROYAL PERMAISURI FOR WOMEN • 120 MINUTES • IDR 800,000**

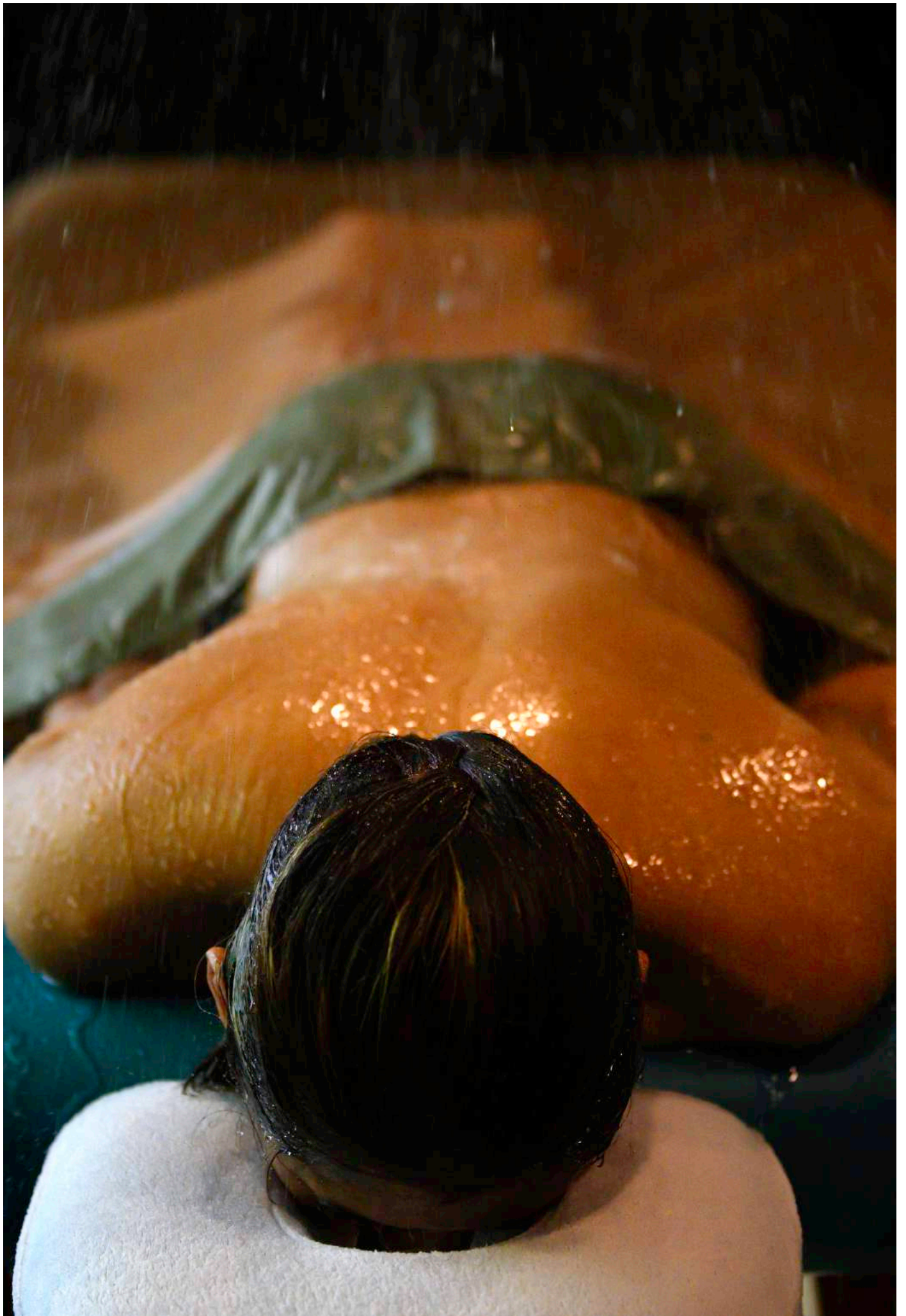
The treatment begins with Bertungku, a Malay compress massage technique used to complement traditional methods of massage. Bertungku incorporates the use of heated river stones/tungku wrapped in various leaves, to provide compression and medicinal benefits to the body. This method helps relieve tired muscles, improving blood flow, releasing blood clots, toning the stomach and enhanced the healing of the body. The treatment continues with Bertanggung, a herbal steam containing a mix of herbs rich in essential oils, known for their anti-inflammatory and anti-bacterial properties, and believed to promote strengthening of the vaginal muscles, healing of stiches and swelling reduction. And to complete your treatment, a herbal bath with a combination of highly aromatic herbs. These will refresh, re-energize and lift your mood, perfume the body and help soothe tired muscles. While bathing, we will serve herbal tea.

## **CHAPUNG TROPICAL MIST • 120 MINUTES • IDR 800,000**

The package begins with a bristle brush exfoliation, using a mineral rich black soap. A Vichy shower treatment follows, relaxing the body, aiding in lymphatic circulation, and providing an immunity boost for the body. The Vichy treatment simulates the feeling of floating on water, and combined with the fluid strokes of the Kahuna massage, will leave your body and mind relaxed.

*Subject to 21% Government Taxes and Service Charge.*





# Face and Body Holistic Rejuvenation

With Pevonia Botanica products

## **TOPICAL ESCAPE • 3.5 hrs • IDR 1,000,000**

Footbath ritual – De Aging Tropical Salt Mousse - De Aging Tropical Body Mask - Fruit Bath - Tropical Body Massage - Organic Facial

A De-aging, Tropical Salt Mousse for gentle exfoliation, followed by a Tropical Fruit Body Mask, that will awaken your senses, and result in supple and youthful looking skin. A luxurious, relaxing Fruit Bath, to wash away any of impurities from the skin, followed by a Massage and skin pampering Organic Facial, that will leave you smooth and glowing.

## **DIVINE SENSES • 2.5 hrs • IDR 850,000**

Footbath ritual – Mango & Passionfruit, Body Scrub-Balinese - Massage-Express Organic Facial

For firmer and brighter looking skin, our Mango and Passionfruit scrub contains mineral salt and Squalane to gently exfoliate. A divine aroma pampers your senses and rich anti-aging properties deliver the ultimate in skin rejuvenation. This is followed by a relaxing Balinese body Massage and an Organic Facial to leave your skin deeply hydrated and radiant.

## **HOLISTIC EARTH GIFT • 2.5 hrs • IDR 850,000**

Steam Session – Jojoba & Chamomile Scrub – Aromatic Moor Mud Body Wrap – Balinese Massage

This Holistic earthy treatment is designed to awaken and rejuvenate the skin while recharging and rebalancing the body. The healing aromatic Magma mud is rich in natural vitamins and minerals. Ideal for those suffering aches and pains, rheumatism or arthritis joint pain. This holistic treatment will restore strength and inner balance.

## **FOREST MIST • 2.5 hrs • IDR 850,000**

Steam Session – Silky Body Scrub & Massage – Express Organic Facial

Inspired by nature and designed to refine and renew you. A face and body treatment, using anti-aging corrective botanical elixirs, to restore your body to its optimal condition. Active ingredients of Vitamin E and A in a micro emulsion oil, are designed to restore the skin, while recharging and rebalancing the body.

## **ORGANIC WHITE LOTUS & GREEN TEA • 2.5 hrs • IDR 850,000**

Footbath Ritual – Lemon & Chamomile Scrub – White Lotus Body Wrap & Scalp Massage – Green Tea Bath – Body Massage

Perfect for revitalizing all forms of dry, sensitive, or stressed skin caused by free radical damage. This involves a Lemon and Chamomile scrub, followed by the body being wrapping in a warm gel made up of White Lotus and Green tea. Deeply hydrating, counteracting the visible signs of aging caused by pollution and city living, the treatment continues with a relaxing body massage. This treatment leaves you with a brighter, more moist, and healthier looking complexion.

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# Signature Ayurvedic Treatments

Chapung Signature Treatments blend Ayurvedic healing principles with Western practices. We aim to create treatments that nurture and rebalance the body in times of change, pressure and stress. Each treatment is a truly personal experience created to meet your specific needs of the moment, with the therapist selecting the most appropriate oils.

## **BRAHMI ABYANGA**

Brahmi or Gotu kola, is a mind balancing herbal oil originating from the Ayurvedic traditions of India. And Brahmi Abhyanga is a renowned treatment for rejuvenating the mind and body. Using long rhythmic strokes to calm and regulate the circulatory and nervous system, it promotes inner peace and vitality. Cooling the mind, Brahmi eases tension and anxiety, helping to improve clarity and concentration.

## **BHRINGARAJ ABHYANGA**

Bhringaraj is a plant widely used in Ayurveda practices. Bhringaraj is affectionately known as "Ruler of the Hair". This treatment delivers exceptional nourishment to the hair and scalp. Bhringaraj is calming to the skin and enhances its natural texture and radiance, as well as promoting a good night's sleep and an increased sense of wellbeing.

## **ASWAGANDHA ABHYANGA**

Aswagandha is a highly acclaimed ingredient, and is used extensively in the formulas for Ayurvedic skin care. Our treatment is an exquisite experience that nourishes, revitalizes energy levels and builds stamina. Helping the body to endure the stresses and strains of a busy lifestyle. A warming and regenerating massage that relieves aching and tired muscles. Ashwagandas properties are known to improve the respiratory and nervous system, restoring the body's natural energy levels.

## **VATA COMFORTER**

When Vata is out of balance, the skin may feel dry and the body and mind may suffer with anxiety and hyper-activity. The warmth, nourishment and hydration of this treatment will restore balance and bring comfort to the mind and body.

## **PITTA PACIFIER**

In a state of high pitta, a stressed mind and body may be overactive and agitated. This soothing, cooling and calming treatment reduces muscular tension and brings peace of mind.

## **KAPHA STIMULATOR**

In a state of Kapha, the skin may be dull or oily. It is often accompanied by a reduction in energy levels, and reduced saturation of the blood. Balance is achieved through purification and stimulation, improving circulation and energizing the mind and body.

### **AYURVEDIC ABHYANGA • 150 MINUTES • IDR 800,000**

Following a ritual foot bath and consultation to establish your Dosha type. The treatment will commence with a refreshing facial cleansing, to restore and uplift the skin. Dosha specific Ayurvedic oils, rich in medicinal herbs are united with the long, soothing symmetrical strokes of an Abhyanga massage. Offering total rejuvenation and restoring the natural balance and suppleness of the body, this traditional practice also increases vitality and enhanced physical wellbeing. Choose either Shirodhara or Shirobyanga to complete this exquisite treatment and to ensure a renewed sense of awareness and inner peace.

### **DOSHA SPECIFIC MASSAGE & WRAP • 120 MINUTES • IDR 700,000**

Following a consultation to establish the Dosha, the treatment will be designed exclusively for your needs. These traditional yet sophisticated Ayurvedic inspired treatments commence with a foot cleansing ritual, followed by a full body exfoliation to enhance circulation. Individually prepared warm Chapung oils, combined with Ayurvedic blends, are used for a Dosha specific massage. The body is covered in an application of warm marine algae, marine mud or traditional clay, and natural linens are used to envelop the body. The luxurious oriental head massage that follows is combined with the deep inhalation of the aromatic oils, to relax and clear the mind.

### **SHIROBHYANGA • 30 MINUTES • IDR 200,000**

A calming yet energizing scalp massage focusing upon vital energy points. If time is of the essence, this short treatment will help to reduce tension, increase circulation and boost your wellbeing. Ideally combined with an essential body massage.

### **PADABHYANGA • 30 MINUTES • IDR 200,000**

Pressure points located on the feet represent all the organs of the body, and are exposed to stress on a daily basis. This treatment uses a Dosha specific blend of warm Ayurvedic oils, and begins with a footbath and exfoliation, before continuing with a therapeutic Marma point foot treatment. This consists of a deeply relaxing foot and lower leg massage, that revitalizes tired muscles, whilst easing aches and pains. An ideal complement to an intensive facial.

### **SHIRODHARA • 30 MINUTES • IDR 200,000**

Traditionally an Ayurvedic treatment, Shirodhara is the process of pouring a stream of warm oil onto the forehead, and over the scalp. This rejuvenating and revitalizing treatment helps ease body stress and calm the emotions of the mind. A wonderful addition to any of our Chapung Ayurvedic Treatments.

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# Facial Focus

Designed to naturally improve the condition of the skin and enhance its appearance. Each intensive facial includes our specialized triple cleansing technique.

The treatment begins with a detailed skin analysis to ensure the process is individually tailored to your skin type.

Beginning with a gentle exfoliation, we follow with an acupressure facial massage, and finish the treatment with an intensive facemask.

## **SKIN FOCUS FACIALS • 60 MINUTES • IDR 400,000**

With Pevonia Botanica products

### Nourishing Facial – For Dry Skin

Perfect for counteracting dryness. Moisture-bonding Hyaluronic acid hydrates, while Vitamin E and Carotene act as repairing emollients. Revitalized, your skin is rendered wonderfully smooth and rejuvenated.

### Soothing Facial – For Sensitive Skin

Calms your skin with a combination of Sea butter and Chamomile. These ingredients are blended with other key agents to diffuse your skin's redness and reduce irritation, producing an even skin tone.

### Balancing Facial – For Mixed / Oily Skin

Helps to brighten and purify your skin. Wonderfully aromatic, it combines carrot oil, green apple and vitamins to effectively repair and smooth, leaving your skin perfectly balanced.

## **POWER REPAIR FACIALS • 60 MINUTES • IDR 600,000**

With Pevonia Botanica products

### Age Defying Facial – Suitable for all skin types

A combination of Elastane and Kombucha, a black tea known for its beneficial properties. Together they counteract the skin's lack of elasticity by hydrating and toning, resulting in a reduction of fine lines and wrinkles. Ideal for any skin type showing signs of aging, or as an instant repair boost when you want to look your absolute best!

### Rehydrating Facial – Suitable for all skin types.

Ideal for delaying the early signs of aging and excellent in combating dry and dehydrated skin. Marine collagen leaves the skin plumper, supple, and noticeably younger looking.

## **ESSENTIAL FACIALS • 60 MINUTES • IDR 250,000**

With Viva Natural products

### Hydrating Facial – All Skin Type

Pro Vitamin B5 instantly restores moisture loss to dry skin, deeply hydrating, and repairing the damage caused by free radicals. Highly recommended and suitable for all skin types, its rejuvenating qualities help with any damage caused by pollution and other external factors, and can help prevent premature aging of the skin.

### Nourishing Facial – Dry Skin

Ideal for counteracting dryness, this includes moisture bonding hyaluronic acid hydrate, while Vitamin E and extract of Akar manis act as repairing emollients. Revitalizing in nature, your skin is rendered wonderfully smooth and rejuvenated.

### Balancing Facial – Combination Skin

A wonderfully aromatic tonic that helps balance, brighten, and purify your skin. Combining tea tree oil and extract of lemon to effectively repair and smooth the skin's surface, rendering it remarkably radiant and perfectly balanced.

### Soothing Facial – Sensitive Skin

Calm your skin with a rose water, extract of Lidah buaya, and Pro Vitamin B5. These ingredients harmoniously blend with other key elements to reduce redness and soothe irritation, resulting in a uniform, smooth appearance.

*Subject to 21% Government Taxes and Service Charge.*

## **INTENSIVE FACIALS • 60 MINUTES • IDR 300,000**

With Viva Natural products

### Clarifying

Promotes skin radiance while correcting sun damage, spots, or uneven skin color. Extract of Papaya renders skin brighter, drenching it with moisture rich antioxidants.

### Anti – Aging

Repairs and improves the skin's lack of elasticity with collagen, while hydrating and smoothing contours.

Ideal for any skin type showing signs of aging or requiring an instant boost when you want to look your absolute best.

60 minutes - Suitable for all skin types

With Traditional products

## **FRUIT FACIAL • IDR 250,000**

Our vitamin enriched strawberry face mask combats against environmental damage, and entices the senses with its fruity aroma. The high antioxidant content will leave your skin feeling refreshed, with a radiant glow.

## **HERBAL FACIAL • IDR 300,000**

A unique combination of ingredients including French rose, Neroli, Lavender and Safflower, to soothe, nourish and de-stress skin. Leaves the skin smooth, soft and refreshed.

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# Massage



## SPECIALTY MASSAGES

### **THAI YOGA MASSAGE • 60 MINUTES • IDR 400,000**

Traditional Thai massage focusing on pressure points along the body's energy lines. Incorporates gentle stretching movements ideal for releasing muscles increasing energy and flexibility.

### **PRENATAL MASSAGE • 60 MINUTES • IDR 400,000**

A full body massage, which uses medium pressure and stretching, to relax your body and ease muscle tension. Using natural unscented oil, this massage incorporates the use of comfortable wedges and pillows.

### **MASSAGE BERTUNGKU • 60 MINUTES • IDR 500,000**

Mother care massage. Recommended for women after giving birth (post-natal massage). This gentle massage uses a warm herbal oil to firm the muscles and skin, and increase the blood circulation.

### **KAHUNA MASSAGE • 90 MINUTES • IDR 700,000**

A therapeutic massage technique based on the teachings and practices of the ancient Hawaiian kahunas. Perfect for gentle relaxation and healing.

## HEALING MASSAGES

### **SHIATSU • 60 MINUTES • IDR 400,000**

An acupressure technique involving the application of pressure to specific points of the body. Brings balance by aligning and unblocking energy channels, it is recommended to those wanting relief from stress and muscle pain.

### **DEEP TISSUE MASSAGE • 60 MINUTES • IDR 400,000**

A restorative massage that helps to release deeply held tension and eliminate toxins from the body. This special technique includes deep muscle compression and manipulation to increase blood and lymphatic flow.

## ESSENTIAL BODY MASSAGES

### **SWEDISH MASSAGE • 60 OR 90 MINUTES • IDR 400,000 | 600,000**

One of the best known traditional massages. Your therapist will use regulated pressure, focusing on and releasing knots and tension within the body. Stimulating strong movements, effectively ease aching muscles and limbs, leaving you feeling energized and invigorated.

### **CHAPUNG MASSAGE • 60 MINUTES • IDR 400,000**

A deeply soothing and relaxing massage using long strokes and warm oils. Warmly recommended for jet lag relief.

### **TRADITIONAL BALINESE MASSAGE • 60 MINUTES • IDR 400,000**

Our traditional full body massage using medium to firm pressure. Excellent for increasing energy levels and promoting a feeling of well-being.

### **SYNCHRONIZED MASSAGE • 60 MINUTES • IDR 600,000**

Two therapists working in unison combine long strokes and medium pressure. A relaxing massage increasing energy levels and leaving you feeling energized.

### **ASIAN FUSION MASSAGE • 60 MINUTES • IDR 400,000**

A massage incorporating Thai pressure point, Balinese and Malay stretching techniques, to stimulate the body systems and restore balance.

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## **AROMATHERAPY MASSAGE • 60 OR 90 MINUTES • IDR 400,000 | 600,000**

A sensory, therapeutic massage using blends of essential oils, whose aromatic appeal is a personal response to each individual's needs.

**DETOXIFIER** - An invigorating blend of essential oils with cleansing Lemon and refreshing Grapefruit. Stimulating Cypress and uplifting Juniper assist in the detoxification process.

**BODY TONER** - A combination of Sweet Orange, Myrrh and Palma Rosa essential oils, known to possess toning and firming qualities.

**DE-STRESSER** - Soothing aromatic oils of Frankincense and Myrrh have relaxing and sleep enhancing properties, helping to still the mind and reduce stress levels.

**MUSCLE SOOTHER** - Warming and comforting essential oils of Clove, Rosemary and Peppermint help to relieve muscular tension and soothe aching and tired limbs.

**IMMUNE BOOSTER** - A powerful blend of Tea Tree and Eucalyptus helps to boost the immune system, and strengthen the body's natural defenses.

**ENERGY ENHANCER** - Uplifting and stimulating essential oils of Eucalyptus and Rosemary help give the body a natural boost and enhance concentration levels.

**JET LAG ELIMINATOR** - Re-balance your energy levels with uplifting Eucalyptus and Rosemary oils. Or relax into an untroubled sleep with soothing Frankincense and Myrrh.

## **HOT STONE THERAPIES**

Chapung Spa has combined the ancient method of Hot Stone Therapy with modern day practices, creating a unique range of treatments. This traditional therapy has been used for thousands of years to harmonize, cleanse and relax the body at its deepest level. Volcanic in origin, Basalt lava stones are rich in minerals. They are heated, and used for deep body massage. The stones can also be used to work on specific energy points known as chakras, to help the body clear blocked energy centers.

### **HOLISTIC HOT STONE TREATMENT • 90 MINUTES • IDR 600,000**

A relaxing and therapeutic massage to calm the body and spirit. Hot lava stones are gently moved across the body, promoting the release of excessive energy and bringing about a sense of wellbeing. Chapung Holistic hot stone treatment will help dissolve aches and pains and still the mind.

### **HOLISTIC TOTAL BODY CARE • 90 MINUTES • IDR 600,000**

This deeply relaxing treatment focuses on rebalancing and harmonizing the mind and body. The treatment begins with skin brushing, body exfoliation and a facial cleanse. This is followed by the placement of hot stones on vital energy points, to harmonize the seven subtle energy centers, known as Chakras. An indulgent body massage follows, using essential oils selected by the client, to release tension and restore energy and equilibrium. This full body treatment then focuses on easing pressure around the neck and shoulders, with an acupressure head massage, and gentle stretching, to leave your body feeling soothed and your spirit calm.

### **ADVANCED BACK, FACE & SCALP TREATMENT • 90 MINUTES • IDR 600,000**

Designed to target the common areas of stress, including headaches, neck pain and shoulder tension. Reducing the effects those ailments have on the body, a stimulating and deep cleansing back exfoliation is followed by a powerful back massage. Using hot volcanic stones, and aromatic oils to melt away tensions. The personalized Chapung facial uses specific products designed to suit the needs of your skin, and is followed with a stress relieving scalp massage. The result is rehydrated and revitalized skin, and a sense of deep relaxation for your mind and body.

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## CHAPUNG TOUCHES

You can select one of the oils below:

### DETOXIFIER

The Detoxifier helps improve circulation, speeding up the elimination of toxins and excess fluid. It also helps improve the appearance of the skin, minimizing the dimpled appearance of cellulite.

### BODY TONER

The Body Toner is a luxurious way to help restore skin tonicity. Ideal after weight loss or pregnancy, this oil is deeply nurturing, moisturizing, and leaves the skin smooth, toned and nourished.

### **NOURISHING HAND & ARM TREATMENT WITH HOT STONES • 60 MINUTES • IDR 300,000**

This holistic arm and hand treatment includes a gentle skin refiner, and a therapeutic massage utilizing a suitable aromatherapy oil. Marble, or volcanic hot stone massage techniques, are incorporated into the treatment to enhance relaxation. Hands and nails are treated to a paraffin wax bath, to nourish and condition the skin and nails. An application of your chosen nail color completes the experience.

### **ULTIMATE BODY FOCUS • 60 MINUTES • IDR 400,000**

This tailor-made experience includes lymphatic skin brushing, body exfoliation and a body wrap of algae (marine mud or dead sea mud) combined with individually chosen essential oils. The body wrap is designed to comfortably raise your temperature, induce perspiration and increase the effects and absorption of the present oils. To finish, ultimate tranquility is achieved with a mind calming oriental head massage.

### **RECOVERY MASSAGE • 30 MINUTES • IDR 150,000**

A combination of a manipulation, deep pressure points and a relaxing massage focusing on the back of the body. This massage increases energy levels and blood circulation.

### **HEAD & SHOULDER MASSAGE • 30 MINUTES • IDR 150,000**

A stimulation of very deep pressure points to release built-up tension in the neck, shoulders and head, often a result of stress or chronic ossification.

### **FOOT REFLEXOLOGY • 30 MINUTES • IDR 150,000**

Specialized foot massage focusing on the pressure points of the feet. Ideal for relieving both stress and tension, as well as improving blood circulation.

### **FACE & BODY SUN RECOVERY • 30 MINUTES • IDR 150,000**

Aloe Vera's active compounds help reduce inflammation, pain and help to stimulate the growth and repair of skin. Not only does Aloe Vera hydrate the skin, it also provides a protective layer that helps hold in moisture. This treatment involves chilling the Aloe Vera, and the cooling sensation provides relief from sunburn.

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# Salon Treatments



## NAIL TREATMENTS

### **MANI & PEDI • 90 MINUTES • IDR 400,000**

Our four-stage manicure begins with a warm mineral bath to soften the hands and nails. Once ready, the nails are cleaned, clipped and filed. Our technician will apply moisturizer before polishing, and apply a base coat, followed by the main coat in a colour of your choice. To complete the manicure a protective topcoat is applied. During this procedure your feet are soaked in warm water to soften and prepare them for the pedicure. The feet are then scrubbed to remove any imperfections. Nails are clipped and filed, and before colour and varnish are applied, the therapist provides a soothing foot and leg massage.

### **OPI Gel Mani • IDR 350K**

### **OPI Gel Mani & Pedi • IDR 600K**

### **FRENCH MANI & PEDI • 120 MINUTES • IDR 600,000**

Your hands and feet are treated to the same four-stage process as above, ending with the technician applying a coat of translucent polish in a pale pink or white over the whole nail. This is followed by a white polish at the end of the nails, enhancing and mimicking the look of a natural nail.

### **SPA MANI & PEDI • 120 MINUTES • IDR 700,000**

Treat your hands and nails with an OPI scrub or paraffin wax treatment. An OPI scrub will dissolve dead and damaged cells, renewing the skin. While our paraffin wax treatment involves placing the hands into a warm paraffin wax solution, before resting them in special gloves. This results in the exfoliation and hydrating of the skin, leaving your hands wonderfully soft and smooth.

- get OPI gel application for an extra 350K

### **HOT STONE MANI & PEDI • 120 MINUTES • IDR 600,000**

Involves all the stages of our traditional therapy, but with the added benefit of a relaxing hot stone treatment. This is a great choice if your hands and feet are feeling over worked, as the warm stones placed on them will draw out any aches and pains, providing relief.

## BODY WAX

Before any hair removal begins, the chosen area is thoroughly cleaned. Then, once the applied wax has dried, it is carefully removed using muslin or paper strips. Hard wax is used on smaller areas such as the bikini line or face, and soft wax applied thinly for any larger surfaces. After the area is cleaned of wax residue, a soothing cream is applied.

Lower leg – 30 minutes – IDR 150,000

Full leg – 60 minutes – IDR 300,000

Arm pits – 15 minutes – IDR 50,000

Hands – 30 minutes – IDR 150,000

Full arms – 60 minutes – IDR 300,000

## TRADITIONAL HAIR TREATMENT

### **PATAH MAYANG • 60 MINUTES • IDR 400,000**

Our traditional hair treatment combines Neem and Gotu to cleanse the hair, while active ingredients of rice bran, coconut, apricot and rose oil, nourish damaged areas and stimulate growth. While receiving your hair treatment, soothe your feet in a warm herbal bath, while we treat your shoulders & arms to a warm stone massage. Your treatment concludes with a blow dry.

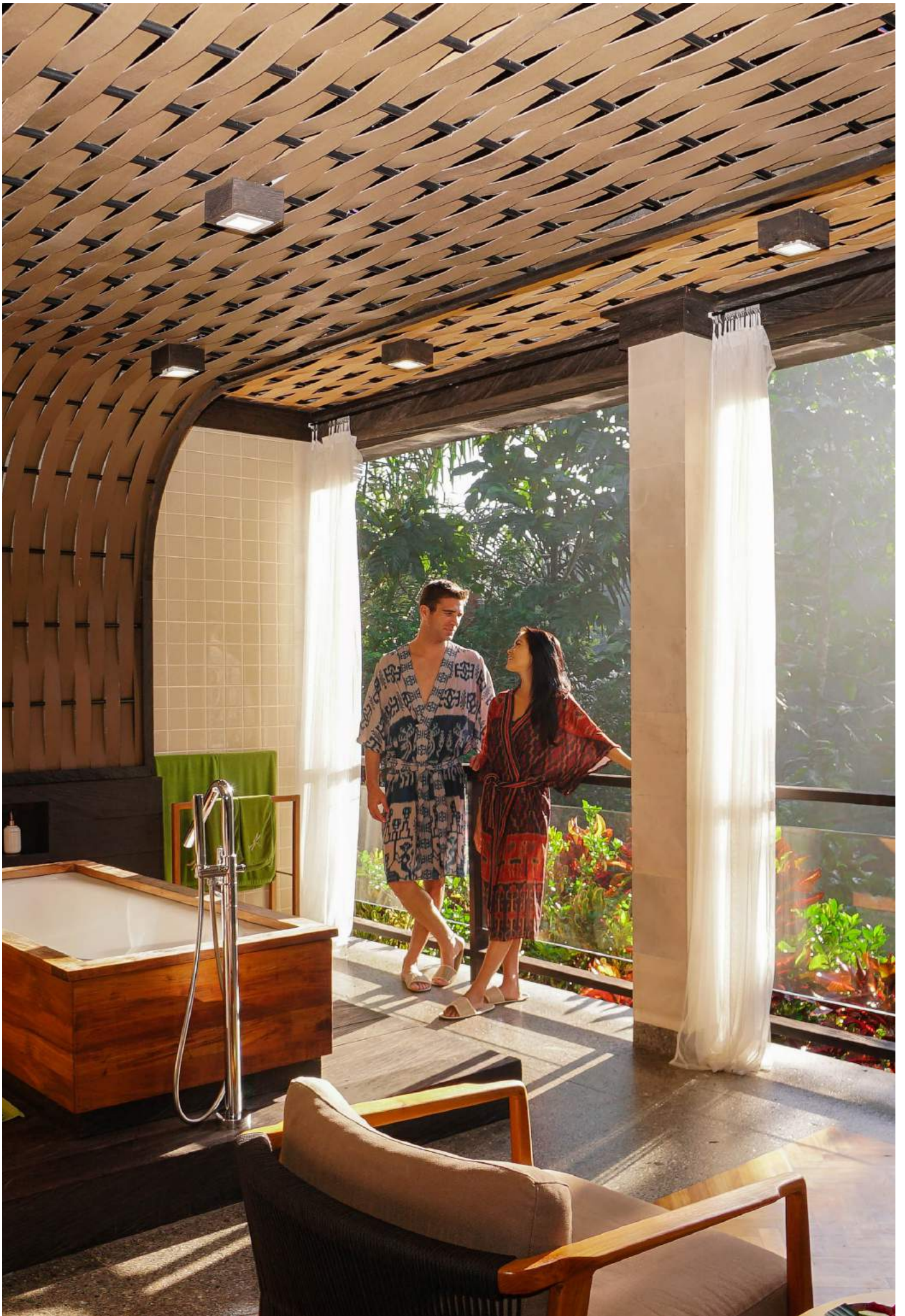
## EAR CANDLING

### **EAR CANDLING THERAPY • 30 MINUTES • IDR 100,000**

Ear Candling, also called ear coning, or Thermal Auricular Therapy, is an alternative practice claimed to improve general health and wellbeing. The client is made comfortable, and then one end of a hollow candle is lit, before placing the other end in the ear canal. The negative air pressure gently removes impurities and debris, leaving your ears feeling cleaner.

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# Packages

## 4 HOUR PROGRAM

### Option 1 • IDR 1,300,000

30 minutes Patah Mayang (traditional Hair treatment)  
60 minutes massage to choose from: Prenatal - Shiatsu - Swedish - Chapung - Asian fusion - Traditional Balinese or Deep Tissue  
60 minutes Essential facial with Viva Natural  
60 minutes Manicure or Pedicure with nail color application  
Ended by a light lunch or Afternoon tea or Tapas & 1 Cocktail

### Option 2 • IDR 1,800,000

120 minutes Royal Permaisuri for Woman or Ksatria Putra for men  
60 minutes Power Repair facial with Pevonia Botanica  
45 minutes Spa Manicure or Pedicure with nail color application  
Completed with a light lunch or Afternoon tea or Tapas and 1 Cocktail

## 5 HOUR PROGRAM • IDR 1,900,000

120 minutes Calma reflections  
60 minutes Herbal Facial  
60 minutes Patah Mayang (traditional Hair treatment)  
45 minutes Spa Manicure or Pedicure with nail color application  
Completed with a light lunch or Afternoon tea or Tapas and 1 Cocktail

## 6 HOUR PROGRAM

### Option 1 • IDR 1,900,000

30 minutes Patah Mayang (traditional Hair treatment)  
60 minutes massage to choose from: Prenatal - Shiatsu - Swedish - Chapung - Asian fusion - Traditional Balinese or Deep Tissue  
30 minutes Herbal and flower bath  
20 minutes Body butter  
60 minutes Herbal Facial  
120 minutes Spa manicure and pedicure with nail color application  
Completed with a light lunch or Afternoon tea or Tapas and 1 Cocktail

### Option 2 • IDR 2,400,000

150 minutes Ayurvedic Abhynga  
60 minutes Patah Mayang (traditional Hair treatment)  
120 minutes Spa manicure and pedicure with nail color application  
Completed with a light lunch or Afternoon tea or Tapas and 1 Cocktail

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