

**NEW**

# Hydrating Mud Wrap

**Our clay masks are made from 100% natural ingredients**

These ingredients work together to provide intensive hydration, nourishment, and detoxification for your skin.

They contain a wealth of minerals and nutrients that nourish the skin, restore its vitality, and aid in the regeneration and growth of cells. In addition to their nourishing properties, kaoline clay masks also help to detoxify the skin by drawing out impurities and absorbing excess oil. This can help to unclog pores and leave your skin feeling fresh and revitalised.

**With Kaoline Clay, Aloe Vera,  
Honey, Jojoba Oil & Rose  
Water**



Treat yourself to the nourishing and revitalising benefits of our clay mud wraps and experience the difference in your skin's health and wellness.

**NEW**

# Detoxifying Clay Wrap

**Our clay masks are made from 100% natural ingredients**

Our bentonite clay based detox mud wrap is an excellent choice to get rid of some of the bodies toxins. The muds ability to attract heavy metals, ions, and unwanted compounds makes it perfect for detox and cleansing of the system while Epsom salt will help to deliver nutrients to the skin.

Treat yourself to a detox!

**With Bentonite Clay, Vinegar, VCO Oil, Rose Water & Epsom Salt**



## Massage Options

### Balinese (house favourite) ♥

A variety of techniques such as pressing, squeezing, rubbing and kneading are used to administer this massage, ending with a head massage. This full body treatment with special focus on the neck, shoulders and back.

### Traditional ♥

Our full body massage focusing on legs and circulatory system. Thumbs and hands reach deeper into the muscle than with other massage and it includes a stomach massage.

### Office Massage (house favourite) ♥

Let's begin with a brief foot reflexology and progresses to target the 'office muscles', focus on the larger muscles of the body. It features pressing, stretching and kneading in the back, shoulder and neck area, which helps to increase circulation, alleviate tension and energises both body and spirit.

### Indo-Thai

Full body massage, half oil, half dry focusing on legs and circulatory system then back, neck and shoulder. Thumbs reaching deeper into the muscle with stretching incorporated into the massage.

### Tandem/Couples Massage (advance reservation recommended)

Experience a truly side-by-side couple's massage. Hand in hand, same treatment in synchronised perfection. Sensual aromatherapy oils.

**Choose oil : Green Tea, Lavender or Bali Blend**

### Aromatherapy Oil

Enjoy a soothing oil massage made from our own scented oil blends for you to choose. Thumbs and hands massage the entire body starting with the feet and legs and include the stomach.

**Choose oil : Green Tea, Lavender or Bali Blend**

### Shiatsu

In Japanese, the word Shiatsu means finger pressure. This is an oil free pressure point massage, pressing and holding all the meridians to clear out bad or blocked energy.

### Swedish

Using the palms of the hands, the body is rubbed down in therapeutic, long strokes as well as light, rhythmic, tapping strokes. This massage is both relaxing and energising.

### Hawaiian Lomi-Lomi

Relaxing, liquid flowing massage using the forearms in a wave like motion. Large surface areas of the muscles are massaged. Excellent for anyone who prefers a more gentle massage.

### Prenatal (advance reservation recommended)

The nurturing massage can reduce stress hormones in your body and loosen your muscles. In fact, research shows that regular prenatal massages help mums to relax, and help to relieve insomnia, joint pain, back pain and leg cramping.

**Each treatment lasts 1 hour, indicate any health conditions before choosing your treatments, the strength (soft, strong) and sequence preference to your check-in host**

### Hot Herbal Compress ♥

This 400 year old heat massage treatment uses steamed rounded (handmade) cloth bundles with herbs and spices, allowing a feeling of warmth to travel deep into the muscles to soothe chronic body aches and pains. The bundles are rapidly pressed on the body until the desired temperature is reached, then used to administer a massage.

### Foot reflexology - invigorates tired, aching and sore feet ♥

Some of the many benefits of foot reflexology are feeling of calmness and serenity, improved blood circulation and increase in physical energy levels. Enjoy this treatment sitting at our outdoor spa area, enjoying the sound of water and listening to soft balinese tunes.

### Ear Candling - ancient practice dating back 2500BC

Laying sideways for a face/head/neck lymphatic drainage massage. Then the candle burns and a low-level suction force pulls unwanted ear wax from your ear.

### Pedicure - your feet never take a day off

Let's remove dead skin, soften hard soles and shape and treat your toenails. Pamper your feet and leave with nails shining (regular or OPI).

### Dry brushing

Combination of brushing & kneading to promote lymphatic drainage and detoxification. Address cellulite issues & exfoliate away dead skin.

### Milk Bath - experienced in our outdoor gazebo

Live the life of Cleopatra, keep skin silky smooth. Reduce itchy, flaky and patchy skin.

### V Spa / Ratus

A traditional Javanese treatment for women to cleanse the vaginal area using dried herbs from Indonesia called Ratus. The treatment uses smoke, while sitting on a specialized chair in the privacy of your room.

### Hair Spa (Deep conditioning from roots to tips - 100% natural) ♥

For lustrous and shiny hair, treat your scalp and roots to a hair spa treatment. It soothes away head tensions as the hair mask is massaged into the scalp in our beautiful outdoor setting.

### Rejuvenating Facials - for a smooth and glowing skin

This five-in-one facial features vacuum suction for deep cleaning, multi polar radio frequency therapy which help lift, firm and tighten your skin. Cooling mist and cold hammer to firm and tone, a bio cellulose mask of your choice and a facial massage.

### Sugar Scrubs and Traditional Beauty Ritual Javanese Lulur ♥

Tiny sugar crystals will buff, polish and exfoliate your skin to a natural glow. It will brighten your skin while increasing blood circulation. Choose from our variety of scrubs, from soft to course - depending on your skin type and preference, created in our on-site laboratory.

#### Face Mask Options :

- Orange Phyto Cell (Rejuvenating)
- Seaweed & Algae (Detoxifying)
- Avocado & Bergamot (Moisture reboot)
- Lemon Matcha (Oil balancing)
- Butterfly Pea (Antioxidants)
- Hyaluronic Acid (Hydrate & Purify) +133K IDR

#### Scrub Options :

- Rose Petal & Coconut (Moisturising)
- Irish Moss (Protect & Hydrating)
- Coffee & Cacao (Anti cellulite & Stimulating)
- Acai Berry (Anti aging warrior)
- Bamboo & Lemongrass (Coarser Scrub)
- Lemon Matcha (Balancing for combination skin)
- Butterfly Pea Flower (Antioxidants, Anti inflammatory)
- Traditional White or Lavender Lulur (Mix of natural materials such as pandanus powder, medicinal ginger, yellow wood & rice flour)

#### Hair Cream Options :

- Butterfly Pea Flower (Strengthening & Promoting growth)
- Desert Rose & Magnolia (Balances oil production, Dandruff control)
- Magnolia & Collagen (Fight hair damage)
- Avocado & Bergamot (Moisture, Vitamins, Silky soft hair)
- Peppermint (Dry scalp & Refreshing)
- Seaweed and Irish Moss (Moisture, Smoothness & Shine)

Each treatment lasts 1 hour, indicate any health conditions before choosing your treatments, the strength (soft, strong) and sequence preference to your check-in host

**New**

# **Manual Lymphatic Drainage**

## **Focus of this treatment:**

**to activate and drain  
lymphatic system with  
a powerful detox effect**

**relieving muscle tension,  
lymphatic drainage  
massage uses light pressure to  
mobilize the lymphatic system**

**relieve swelling that is caused by  
blocked flow, excess fluids will  
disappear**

**manipulating specific areas of your  
body to help lymph move to an area  
with working lymph vessels, can  
help with swelling, joint pain and  
stiffness**

