



# THE PAVILIONS

*Spa*

## *Discover The Pavilions Spa*

Our garden sanctuary located opposite of the Bale, at the beginning of our bamboo alley.

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We look forward to welcoming you to experience our all-natural wellness rituals; from reviving massages to restoring healing therapies and indulgent beauty treatments, all made with love in Bali.

# WELLNESS CLASS

## *Aloe Vera facial*

Learn how to prepare our favourite  
all-natural beauty treatment

Our experienced therapists will guide you through a lesson in organic wellness, explain how to choose the freshest ingredients, show you how to prep the skin superfood and treat yourself to some indulgent “me time”.

### **YOUR CLASS INCLUDES:**

- Organic ingredients from our “Spa kitchen”
- 5-step facial rejuvenation
- DIY facial massage & reflexology
- Your “recipe” booklet to take back home

**90 Minutes | 490 per person**

# OUR MASSAGES

*Essential oils & healing touches*

## AROMATHERAPY

60 MINUTES | 380

A sensory experience based on your preferred blend of essential oils to help you balance body & mind. The therapeutic power of the essential oils is used to activate healing properties in your body and deepen the desired treatment result.

## COCONUT PASSION

75 MINUTES | 450

This indulgent treatment uses warm virgin coconut oil combined with fresh coconut flakes to gently exfoliate, smooth and nourish your skin with a soothing full body massage, that will leave your skin silky and delicately scented with its tropical fragrance.

## HERBAL THERAPY

90 MINUTES | 550

This ancient technique uses hot compresses, combining the benefits of a non-oil, acupressure massage with thermal therapy. Steam releases the essential oils of the herbs and spices for a revitalizing effect on body & spirit. After your massage, enjoy an aromatic herbal bath.

## AYURVEDIC MASSAGE

90 MINUTES | 550

A full body massage with medicated oil aimed at rebalancing your Doshas, the three primary life energies. This ancient holistic healing practice improves circulation, facilitates the elimination of toxins and promotes all-round relaxation.

## HOT STONE

90 MINUTES | 590

Heated stones placed on specific parts of your body melt away tension, ease muscle stiffness and encourage blood flow, allowing the therapist access to deeper muscle layers without applying additional pressure.

# OUR MESSAGES

*Essential oils & healing touches*

## PAVILIONS SIGNATURE MASSAGE

60 MINUTES | 380

90 MINUTES | 520

Our very own wellness secret, combining pressure point massage, kneading and gentle stretching techniques to rejuvenate tired muscles and stimulate the flow of oxygen, leaving you fully reenergised.

## BALINESE MASSAGE

60 MINUTES | 380

90 MINUTES | 520

This traditional massage incorporates long flowing movements and soft palm pressure with the soothing aroma of essential oils for a restoring and calming experience, promoting a deep sense of relaxation.

## ULTIMATE BLISS

120 MINUTES | 700

The best of two worlds: choose between a 60 minutes' Signature or Balinese massage combined with one of our organic facials – for inside-out beauty.

## HOT STONE BACK RELIEF

40 MINUTES | 360

Our signature massage technique combined with the soothing and healing properties of hot stones to ease muscle tension and reduce shoulder strain and fatigue.

## FOOT REFLEXOLOGY

60 MINUTES | 340

Inspired by traditional Chinese medicine, reflexology is a gentle manipulation of the reflex points on the feet, corresponding to different areas of our body. It helps balancing the flow of energy, promoting overall health, as well as relieving stress.



## MOM & KIDS

*Pampering for all ages*

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### MINI ME (6 – 12 YEARS)

40 MINUTES | 250

A gentle full body massage using virgin coconut oil aimed at introducing our youngest guests to the benefits of natural wellness.

### PRENATAL MASSAGE

60 MINUTES | 380

Massage therapy during pregnancy is a soothing complement to your prenatal care and a healthy way to reduce stress and promote wellbeing, based on your specific requirements.

# BODY TREATMENTS

*Assembled with nature's finest ingredients*

## AFTER-SUN RECOVERY

60 MINUTES | 350

The ultimate after sun therapy to soothe overexposed skin with the moisturizing and revitalizing properties of our organic Aloe Vera, cucumber & lavender body mask, while enjoying a refreshing cucumber facial and a de-stress hands & feet massage.

## COFFEE & CHAMOMILE

90 MINUTES | 550

This instant mood booster rejuvenates and polishes your skin with the natural antioxidant properties of freshly ground coffee beans to reveal healthier, more toned skin. Start your treatment with our Signature massage, followed by our organic Kintamani coffee scrub to stimulate blood circulation and hydrate your skin with the healing properties of Chamomile.

## BODY GLOW

120 MINUTES | 760

A special treat for top to toe beauty and relaxation, incorporating an invigorating organic rice scrub, followed by your choice of either a detoxifying volcanic clay mask, ideal for toning and firming skin, or a seaweed mask rich in essential minerals, to nourish and condition skin. Your pampering session is rounded off by our signature massage.

## BALINESE BOREH

120 MINUTES | 700

Boreh is a traditional healing paste made from ground herbs and spices. This warming ritual begins with a Balinese massage, followed by a body mask & scrub and a harmonizing herbal bath to increase blood circulation and relieve sore muscles, leaving your skin beautifully smooth and fresh.

## ROYAL LULUR

140 MINUTES | 800

This sumptuous beauty ritual, originally reserved for Javanese Princesses, starts with a Balinese massage, followed by a natural exfoliation with aromatic lulur paste and a nourishing yoghurt body mask, before immersing yourself in the sheer bliss of our exotic floral milk bath.

# ORGANIC FACIALS

*Pure & natural ingredients to promote healthy skin*

60 MINUTES | 400

## PURIFY: CUCUMBER & YOGHURT

This power duo will moisturize and strengthen skin tissue, with its hydrating and healing properties (great for sunburnt skin), ensuring your natural PH balance is restored.

## REJUVENATE: ALOE VERA

The ultimate skin superfood is rich in nutrients and vitamins, with natural anti-ageing and anti-inflammatory properties, improving elasticity for a brighter and smoother complexion.

## BRIGHTEN: CARROT & HONEY

Great for sensitive skin, the vitamin and antioxidants packed carrot will help you regain that healthy and vibrant glow, while honey locks in moisture for a true nourishing treat.

# ADD-ONS

*The perfect complement to your favourite treatment*

30 MINUTES | 200

## BODY SCRUB

Get silky smooth skin and that radiant glow with our selection of natural body polishes.

## FOOT MASSAGE

Revive tired feet and improve circulation with the ultimate relaxation ritual.

## MINI FACIAL: ALOE VERA

An express version of our all-time favourite organic Aloe Vera facial, the perfect pick me up.

## MILK BATH

This beauty classic will leave your skin silky & smooth, thanks to its moisturizing properties.

Prices are quoted in thousands' IDR and subject to 21% service charge & taxes

# HANDS & FEET

*Natural nail care*

## MANICURE

60 MIN (WITHOUT NAIL POLISH) 200  
75 MIN 250

Relax with a calming hand soak, before your nail and cuticle care. Your mani also includes a relaxing hands' massage, an invigorating scrub and moisturizing session, finished off with the nail varnish of your choice.

## PEDICURE

60 MIN (WITHOUT NAIL POLISH) 250  
75 MIN 300

Tired feet are soaked in a soothing bath, followed by your nail and cuticle care. Enjoy a relaxing foot massage, exfoliating scrub and hydrating lotion care, before applying the nail varnish of your choice.

## MANICURE & PEDICURE

120 MIN (WITHOUT NAIL POLISH) 400  
150 MIN 500

The ultimate pampering session - let our therapists ensure your hands & feet look and feel like new!

## POLISH CHANGE

HANDS

15 MIN | 150

FEET

15 MIN | 150

# YOGA

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Yoga is a physical, mental, and spiritual practice leading to a sense of wellbeing and inner balance.

The unique combination of specific postures, meditation and breathing techniques will deepen your self-awareness and help you achieve mindfulness.

## *Private Yoga Sessions*

Our expert Yogi will guide you through a session of healing yoga, tailor made to your individual needs and level of expertise (beginners welcome), performed in our open air yoga studio.

<b>90 minutes</b>	<b>500</b>
<b>Each additional person</b>	<b>+ 100</b>
<b>Kids below 12</b>	<b>+ 50</b>

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Max. 4 participants per session

Enjoy the benefits of this ancient ritual with our wellness practitioner.  
24 hours' advance booking essential, subject to availability.

# SPA ETIQUETTE

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## OPENING HOURS

Daily from 11.00 am to 7.00 pm

## ADVANCE BOOKINGS

Please contact our Guest Service team at ext. 0 to reserve your treatments or for any additional information.

## SPA EXPERIENCE

Please arrive 10 minutes prior to your scheduled time, in order to prepare for your treatment.

## CHILDREN POLICY

We welcome young guests aged 6 to 16 for selected treatments accompanied by a guardian.

## CANCELLATIONS

Treatments cancelled within 4 hours of the scheduled appointment time incur a 50% penalty charge. Full charges apply for cancellations received within 2 hours of the scheduled appointment time or for no shows.

## HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries that could affect your Spa experience when making your booking and review any specific preferences with your therapist prior to your treatment.

## WHAT TO WEAR

For all body treatments, our therapist will provide you with disposable underwear and a Sarong.

## GIFT CERTIFICATES

The gift of wellness is a great way to celebrate a special occasion or surprise your loved ones. Please contact our Guest Service team for further information on our gift certificates.