

## SIGNATURE TREATMENT

Alila Seminyak Massage 90 min

This aromatherapy deep muscle massage is designed to combat tiredness, back pain and jet lag. Experience a fusion of rejuvenating massage techniques such as lomi-lomi and skin rolling to relieve muscle tension and aches, along with palm and thumb pressure to unravel the deepest stress.

Mineral Ritual 180 min

Your pampering begins with a deep acupressure reflexology treatment, followed by a therapeutic Alila Seminyak Massage, a volcanic clay mask, and gentle cucumber and aloe vera cleansing. Then feel stress fade away as you breathe in a lung-cleansing herbal-infused steam and a full body, magnesium-rich sea salt scrub is applied. Rinse off with a warm Vichy shower before soaking in a magnesium microbubble bath, whose innumerable oxygen-rich microbubbles deep clean skin, leaving it soft and smooth.

This mineral-packed ritual includes a glass of coconut and mint water to refresh and a 3-course spa lunch at Seasalt Restaurant.

### MASSAGE

## Balinese Massage

60 min

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.

## Pregnancy Massage

60 min

Enjoy relief from the physical and emotional demands of pregnancy. This gentle, massage will ease your discomfort, reduce swelling and help lower stress.

## Warm Stone

90 min

After our signature foot bath, smooth, heated river stones are used in rhythmic flowing strokes over the body to melt tension and soothe emotions.

## Shirodara

90 min

This 5000-year-old Indian therapy is physically rejuvenating and mentally refreshing. Experience perfect calmness as a stream of specially blended, warmed medicated oils is poured softly onto the third eye, transporting your mind and body into a state of deep relaxation.

## Reflexology

60 min

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.

### COMPLETE EXPERIENCE

## Balinese Beauty Ritual

120 min

Balinese lulur is an ancient village remedy originating from the rice farmers of Bali. Treatment includes a 60-minute Balinese Massage, a traditional skin-softening lulur body polish on our warm aromatherapy beds, and a brightening mini facial.

### **EXTRA LUXURIOUS**

## Body Scrub or Body Mask

45 min

Treatment includes a herbal steam.

## Body Scrub and Body Mask combination

60 min

Treatment includes a herbal steam.

### Scrubs

Aloe vera, cucumber and chlorophyll.

Lavender, ylang ylang and lemongrass.

### Masks

Chamomile, green clay and geranium. Cocoa, coffee and coconut.

Turmeric, cinnamon and ginger.

## **BEAUTY TREATMENT** FACE

### Purification Facial

Experience the glowing results of exfoliating rice bran, detoxifying French clay, and the toning oils of lavender and lemongrass. A combination of pressure point and lymphatic drainage facial massage techniques will leave your skin looking alive, toned and Justrous I

Her 75 min Him 75 min 30 min Facial Express

The express procedure includes gentle cleaning, a scrub, and clay mask application.

### Collagen Booster 75 min

Alila's latest facial technology offers a deeply hydrating and soothing collagen mask for smoother, younger-looking skin!

### Microdermabrasion, Collagen & O2 90 min

A combination of deep cleaning microdermabrasion and a collagen booster mask reveals skin's full potential. The treatment ends with an ampoule and O2 application for immediate glowing and supple results

## Facial by BABOR

Working closely with Dr. Michael A. Konig, a leading authority on plastic surgery, and harnessing BABOR's longstanding knowledge and experience.

Ultimate Firming & Lifting 90 min Ultimate Hydrating & Glow 90 min

## **BEAUTY TREATMENT** HAIR

Hair Wash & Blow Dry 60 min Hair Wash, Blow Dry & Styling 60 - 75 min Straight or curly

## Avocado & Coconut Hair Spa

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. Includes a relaxing neck

60 min

20 min

20 min

## BEAUTY TREATMENT HANDS & FFFT

and shoulder massage.

Our indulgent spa manicure and pedicure treatments include a cleansing scrub, soothing bath, relaxing massage and essential nail maintenance and grooming.

Spa Manicure with nail polish	60 min
Spa Pedicure with nail polish	60 min
Upkeep and Neat	60 min
OPI Gel Manicure or Pedicure	75 min
Gel Removal Mani or Pedi	20 min

# SPA FOR THE LITTLE ONE Suitable for age 5 12 years

Nail Polish for fingers or toes

Gel Polish for fingers or toes

Suitable for age 3 - 12 years	
Children's Massage	45 min
Sweetheart Nail Care	45 min

## WELLNESS ESCAPE HALF DAY

## Choose your path to well-being:

- Half-Day Escape with afternoon tea
- Half-Day Escape with 2-course spa lunch
- Sunset in Paradise with cocktail and 3-course spa dinner

Includes 3 hours of spa and beauty treatments of your choice:

### 90 min selections:

Balinese Massage, Warm Stone Massage, Alila Seminyak Massage.

### 60 min selections:

Reflexology, Manicure, Pedicure, Facial for Him or Her, Hair Care.

### 30 min selections:

Nail Polish for Fingers or Toes, Facial Express, Lulur Body Polish, Body Scrub or Wrap.

### FULL DAY

### Ultimate Self-Love

270 min

You deserve the best! Begin your escape with our signature Mineral Ritual and enjoy being extra spoiled as we serve you a bottle of sparkling wine and delicious chocolate truffles while you soak in the bath. Whenever you are ready, the pampering continues with a Collagen Facial Express and either a Manicure and Pedicure, or Avocado Hair Spa and blow dry.

This escape includes a cocktail, a 3-course spa dinner at Seasalt, and a self-care product to take home.

### WAXING

Soothing sugar wax from BABOR
Facial Back
Underarms Half Legs
Half Arms Full Legs
Full Arms Bikini Line
Chest Brazilian

### SALON & BRIDAL

This hair and makeup service is provided by our partner *Rob Peetoom*.

## **Bridal Services:**

Includes a trial at the Rob Peetoom salon Bridal Hair Bridal Makeup Bridal Hair & Makeup Retouch Bridal Hair Retouch Bridal Makeup

## Regular Service:

Regular Hairdo Regular Makeup Hairdo and Makeup Haircut for Her Haircut and Styling for Him Haircut and Styling for Her

## SPA & BEAUTY TREATMENT PRICE LIST

Must Try   Signature Treatment Alila Seminyak Massage Mineral Ritual	Duration 90 min 180 min	Price 1,200 2,400	Hands and Feet  Spa Manicure or Pedicure with polish Upkeep and Neat OPI Gel Manicure or Pedicure Gel Removal Manicure or Pedicure	Duration 60 min 60 min 75 min 20 min	Price 300 200 350 150
Massage	Duration	Price	Nail Polish for fingers or toes	20 min	150
Balinese Massage	60 min	780	Gel Polish for fingers or toes	20 min	150
Pregnancy Massage Warm Stone	60 min 90 min	650 1,200			
Shirodara	90 min 90 min	1,200	Spa for the Little One	Duration	Price
Reflexology	60 min	400	Suitable for age 5 - 12 years		
Reliexology	00 111111	700	Children's Massage	45 min	400
Complete Experience	Duration	Price	Sweetheart Nail Care	45 min	150
Balinese Beauty Ritual	I 20 min	1,300			_
,			Wellness Escape	Duration	Price
Extra Luxurious	Duration	Price	Half-Day Escape with afternoon tea	180 min	1,620
Body Scrub or Body Mask	45 min	420	Half-Day Escape with 2-course spa lunch	180 min	1,800
Body Scrub and Body Mask combination	60 min	600	Sunset in Paradise	180 min	2,600
			Full-Day Escape   Ultimate Self-Love	270 min	3,820
Face	Duration	Price	Movins	Duration	Price
Her	75 min	780	Waxing Facial	Duration	100
Him	75 min	780	Underarms / Half Arms / Full Arms	- 100	/ 150 / 300
Facial Express	30 min	390	Chest/ Back	- 100	300 / 400
Collagen Booster	75 min	1,140	Half Legs / Full Legs	-	200 / 400
Microdermabrasion, Collagen & O2	90 min	1,600	Bikini Line / Brazilian	-	350 / 450
Facial by BABOR Using microdermabrasion	Duration	Price	Salon & Bridal Includes a trial at the Rob Peetoom salon		Price
Ultimate Firming & Lifting	90 min	1,950	Bridal Hair		4,000
Ultimate Hydrating & Glow	90 min	1,950	Bridal Makeup		4,000
			Bridal Hair & Makeup		7,500
Hair	Duration	Price	Retouch Bridal Hair		7,500
Hair Wash & Blow Dry	60 min	240	Retouch Bridal Makeup		750
Hair Wash, Blow Dry & Styling	Wash, Blow Dry & Styling 60 - 75 min		Regular Hairdo		1.140
360			Regular Makeup		1,140
Avocado & Coconut Hair Spa	60 min	420	Haircut for Her		600
			Haircut and Styling for Him		450
			Haircut and Styling for Her		750
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Prices are in thousand Indonesian Rupiah and subject to 21% government tax and service charge.



## Spa Etiquette

## Cancellation

Reservations cancelled within 4 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.

### Arrival

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

### Gentlemen

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

### Switch Off

Please turn your mobile phone to silent mode and keep conversation to a minimum to enjoy the maximum benefit of your treatment.

## Children

Infants and children are not allowed in the spa treatment rooms unless they are having a treatment.

