



S P A **ALILA**

Naturally from The Heart

## SIGNATURE TREATMENT

### **Alila Seminyak Massage**

**60 min | 90 min**

This 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 fades away as you breathe in lung-cleansing herbal-infused steam followed by a full body scrub with magnesium-rich sea salt . Rinse off with a warm Vichy shower before soaking in a magnesium microbubble bath, which innumerable oxygen-rich microbubbles deeply cleanses the skin, leaving it soft and smooth.

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

## MASSAGE

### **Balinese Massage** 60 min | 90 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.

### **Lymphatic Massage** 60 min | 90 min

This massage aims to help the body maintain a proper blood circulation, body fluid balance, and immune functions. Mostly using gentle palm strokes and hand rolling's, it focuses on the lymphatic circulation system. It reduces swelling and improve circulation throughout the lymphatic system as well as to detox.

### **Warm Stone** 60 min | 90 min

After our signature foot bath, combination technique of Balinese Massage acupressure and smooth-heated river stones are used in rhythmic flowing strokes over the body to melt tension and soothe emotions.

### **Muscle Recovery** 60 min

This massage is focuses on active muscles to support movement during exercise. Collaboration techniques of deep tissue massage and fast rhythm to reduce muscle spasm, decrease neurological excitability, improve blood flow to speeds up recovery, and promote range of motion.

### **Shirodhara** 90 min

This 5000-year-old Indian therapy is physically rejuvenating and mentally refreshing. Experience an ultimate 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.

### **Pregnancy Massage** 75 min

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

### **Reflexology** 60 min | 90 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.

### **You and I** **150 min**

Revel in a romantic rejuvenating escape to reconnect and cherish an intimate moment with your other half. This treatment for two starts with a relaxing warm stone massage followed by an aromatic cocoa mud mask that you may apply to each other in our private steam room. Complete the indulgence with a microbubble marigold bath while sipping a glass of sparkling wine or mocktail.

## EXTRA LUXURIOUS

### **Balinese Boreh** **45 min**

Balinese Boreh is a traditional scrub made of herbal ingredients that has been used for centuries as a home remedy for healing and beauty.

### **Body Scrub or Body Mask** **45 min**

### **Body Scrub and Body Mask combination** **60 min**

Treatment includes a herbal steam.

### **Scrubs**

Aloe vera, cucumber and chlorophyll | Coffee and cocoa  
| Lavender, ylang ylang and lemongrass

### **Masks**

Chamomile, green clay and geranium | Cocoa, coffee and coconut | Turmeric, cinnamon and ginger

## FACE

### **Purification Facial**

A combination of pressure point, lymphatic drainage facial massage techniques using warmed river stones and Alila living facial product will leave your skin looking alive, toned and lustrous!

### **Her 75 min**

Reveal your skin's full potential with this remarkable facial specifically customized for ladies.

### **Him 75 min**

Our Alila Man facial is designed to restore skin's natural pH balance, leaving you with a softer, smoother and radiantly healthy appearance.

### **Facial Express 30 min**

Express cleaning and moisturizing focus in the face and décolleté area.

### **Microdermabrasion, Collagen and 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**

Pamper your skin with regenerating and revitalizing BABOR's range in its joint collaboration with Dr. Michael A. Konig, a leading facelift specialist, to maximize skin's natural and youthful appearance. Using unique cleansing and invigorating power of oil and water (HY-OL) and natural plant sesame oil, shea butter, jojoba oil, our professional skin analysis will show you which treatment and skin care products that suit you best.

### **Ultimate Firming and Lifting 90 min**

"The synergy of medicine and Nature"

With 99% of collagen obtained from natural freeze-dried collagen fibers that imitate the skin's collagen structure, supplies intensive moisture and promotes collagen synthesis in the skin. This treatment can reduce wrinkles, improve declining skin tone, and prevent the promotion of lines and premature aging.

### **Ultimate Hydrating and Glow 90 min**

"Thoroughly moisturize dry skin, sense the unique harmony"

Dry skin that is lacking in moisture has lost its suppleness and reveals dryness lines and flakes easily. This vita balance treatment uses deep moist complex for the care of dry skin. This moisturizing treatment regulates the skin's lipid and moisture balance, restores elasticity and suppleness, leaving the complexion looking soft and well cared for.

## HAIR CARE

Hair Wash and Blow Dry	60 min
Hair Wash, Blow Dry and Styling <i>Straight or curly</i>	60 - 75 min

<b>Avocado and Coconut Hair Spa</b>	<b>60 min</b>
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 and shoulder massage.	

## HANDS AND FEET

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

Spa Manicure with nail polish	60 min
Spa Pedicure with nail polish	60 min
Men Nail Care	60 min
OPI Gel Manicure or Pedicure	75 min
Gel Removal Manicure or Pedicure	20 min
Nail Polish for fingers or toes	20 min
Gel Polish for fingers or toes	20 min

## WELLNESS ESCAPE

Choose your path to well-being:

<b>Half-Day Escape</b>	<b>180 min</b>
Includes 3 hours of spa and beauty treatments of your choice, followed by 3 course Spa lunch.	

<b>Sunset in Paradise</b>	<b>180 min</b>
Includes 3 hours of spa and beauty treatments of your choice, followed by 3 course Spa diner and a glass of cocktail.	

3 hours treatment selections:

90 min selections:  
Balinese Massage, Warm Stone Massage, Alila Seminyak Massage.

60 min selections:  
Reflexology, Manicure, Pedicure, Facial, Hair Care.

30 min selections:  
Nail Polish for Fingers or Toes, Lulur Body Polish, Body Scrub or Wrap.

<b>Ultimate Self-Love</b>	<b>270 min</b>
You deserve the best! Begin your escape with our signature Mineral Ritual and enjoy being extra spoiled as we serve 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 dinner at Seasalt and a self-care product to take home.	

## SPA FOR THE LITTLE ONE

Suitable for the age of 5 - 12 years old

Children are to be accompanied by an adult during their treatment.

### **Children's Massage** **45 min**

A gentle and nurturing massage therapy dedicated to your little one's health, well-being and development, featuring a citrus bubble foot bath and gentle coconut oil massage. Treatment may assist with pain reduction, anxiety, gastric problems and sleep patterns. But most of all, it just feels like fun!

### **Sweetheart Nail Care** **45 min**

A bubbly and art-filled version of our traditional spa manicure designed for young children. Little fingers and toes are soaked in cleansing mandarin bubbles, nails trimmed and shaped, then a massage with chocolate and honey all-natural moisturizer. The final touch is an application of nail polish or choose between applying nail polish or a delicate nail art design as the final touch.

### **Pampelicious** **120 min**

This treatment is designed for the little ones aged 12 years and under who wish to enjoy a pamper-filled day of spa and beauty rituals. Treatment includes a signature footbath, 45-minute children's massage, hair cleansing and complete nail care.

### **Daddy & I** **60 min**

Finally, quality time for daddy and I at Spa Alila while enjoying a relaxing foot, neck and shoulder massage. I will get my chocolate milkshake while he enjoys his ice tea during our massage. Love this holiday!!

### **Pampelicious with Mom** **90 min**

Time to be spoilt together - kids massage for me and back massage for mommy. Then we will get our manicure and pedicure so I have pretty nails like mommy. Smoothies for both of us while we are pampered in the salon.

### **Happy Hair** **20 min**

A laid back and relaxing moment for your little one while our therapist gently yet deeply cleanses and hydrates their hair. Designed to remove built-up oil, chlorine and dirt, while perhaps eliciting a giggle or two along the way. Treatment also includes a gentle stimulating scalp massage, cookies and a chocolate milkshake.

## SPA & BEAUTY TREATMENT PRICE LIST

<b>Signature Treatment</b>	<b>Duration</b>	<b>Price</b>	<b>Hair</b>	<b>Duration</b>	<b>Price</b>
Alila Seminyak Massage	60 min   90 min	800   1,200	Hair Wash and Blow Dry	60 min	240
Mineral Ritual	180 min	2,400	Hair Wash, Blow Dry and Styling	60 - 75 min	360
			Avocado & Coconut Hair Spa	60 min	420
<b>Massage</b>	<b>Duration</b>	<b>Price</b>	<b>Hands and Feet</b>	<b>Duration</b>	<b>Price</b>
Balinese Massage	60 min   90 min	780   1,170	Spa Manicure or Pedicure with polish	60 min	300
Lymphatic Massage	60 min   90 min	800   1,200	Men Nail Care	60 min	200
Warm Stone	60 min   90 min	800   1,200	OPI Gel Manicure or Pedicure	75 min	350
Muscle Recovery	60 min	780	Gel Removal Manicure or Pedicure	20 min	150
Shirodhara	90 min	1,200	Nail Polish for fingers or toes	20 min	150
Pregnancy Massage	75 min	780	Gel Polish for fingers or toes	20 min	150
Reflexology	60 min   90 min	400   600			
<b>Complete Experience</b>	<b>Duration</b>	<b>Price</b>	<b>Wellness Escape</b>	<b>Duration</b>	<b>Price</b>
Balinese Beauty Ritual	120 min	1,300	Half-Day Escape	180 min	2,200
You and I – <i>price for two</i>	150 min	2,800	Sunset in Paradise	180 min	2,600
			Ultimate Self-Love	270 min	3,820
<b>Extra Luxurious</b>	<b>Duration</b>	<b>Price</b>	<b>Spa for the Little One</b>	<b>Duration</b>	<b>Price</b>
Balinese Boreh	45 min	420	Children's Massage	45 min	400
Body Scrub or Body Mask	45 min	420	Sweetheart Nail Care	45 min	200
Body Scrub and Body Mask combination	60 min	600	Pampelicious	120 min	780
			Daddy & I	60 min	600
<b>Face</b>	<b>Duration</b>	<b>Price</b>	Pampelicious with Mom	90 min	1,400
Her	75 min	780	Happy Hair	20 min	180
Him	75 min	780			
Facial Express	30 min	390			
Microdermabrasion, Collagen & O2	90 min	1,600			
<b>Facial by BABOR</b>	<b>Duration</b>	<b>Price</b>			
Using Microdermabrasion					
Ultimate Firming and Lifting	90 min	1,950			
Ultimate Hydrating and Glow	90 min	1,950			

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**

Please try to be early. Kindly arrive at least 15 minutes before your scheduled treatment. A late arrival means reduced spa time.

### **Allergies**

Our Spa Concierge will ask you regarding any health related issues or known allergies. Simple patch tests will be performed before conducting any treatment to ensure the selected product is right for you.

### **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 a 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.



**Contact**

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