

A black and white photograph of a person's face and hands holding watermelon slices. The person's face is partially visible at the top, with their mouth slightly open. Their hands are holding several slices of watermelon, with one large slice prominently displayed in the center. The background is a blurred outdoor setting, possibly a beach or a poolside, with a body of water and a distant shoreline visible. The overall mood is serene and refreshing.

S P A **ALILA**

Naturally from the Heart

Spa Alila at Alila Seminyak offers guests unique and customized spa experiences in a relaxed and contemporary environment. A variety of indulgent and rejuvenating spa treatments is combined with personal consultations provided by friendly and intuitive therapists.

Spa Alila fervently believes in using only natural products for spa therapies, and all products are handmade using pure, natural ingredients. Additionally, the spa offers a range of modern, energetic exercises, yoga, meditation, and recovery classes for guests seeking to invigorate their senses. Along with this, there is a variety of healthy foods and self-care recommendations to maintain a balanced sense of well-being. In addition to customizable spa treatments, Spa Alila at Alila Seminyak takes pride in nurturing techniques passed down for generations but rarely practiced in today's spa treatments. These nurturing movements, locally known as "Sayang Sayang," calm not just the body but also the mind and spirit.

The charming interiors and warm ambient lighting of Spa Alila, along with the soothing scents of essential oils, offer guests a comforting prelude to their treatments. The extensive and exclusive spa treatment menu combines both Asian and Western therapy techniques and showcases Spa Alila's special selection of natural active ingredients. Guests can choose from a wide range of therapeutic massages or tailor-make their own treatment, including deep tissue, relaxing, nurturing, and a special pregnancy massage for expectant mothers.

## SIGNATURE MASSAGE

### Alila Seminyak Massage

Experience the ultimate full-body deep muscle massage designed to combat tiredness, back pain, and jet lag. This fusion of rejuvenating massage techniques, such as lomi-lomi and skin rolling, works to relieve muscle tension and aches, while palm and thumb pressure unravels the deepest stress.

60 min | 990

90 min | 1,400

## SIGNATURE TREATMENT

### Mineral Ritual

Mineral ritual is intentionally crafted to release muscle tension and promote rejuvenation. The pampering begins with our Signature Alila Seminyak massage, incorporating a deep tissue massage using lomi-lomi techniques, along with the application of a volcanic clay mask and a gentle cucumber and aloe vera cleansing around the face area. Followed by acupressure focuses on the feet area, then feel stress fades away as you breathe in lung-cleansing herbal-infused steam followed by full-body scrub using magnesium-rich sea salt—an essential nutrient for healthy muscles, nerves, bones, and blood sugar levels. After rinsing off with a warm Vichy shower, you'll indulge in a magnesium microbubble bath, where countless oxygen-rich microbubbles deeply cleanse the skin, leaving it soft and smooth.

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

180 min | 3,000

### Royal Ritual

Indulge in the epitome of opulence with our exclusive seven-flower bath experience! Beyond its breathtaking beauty, this luxurious treatment offers a harmonious fusion of Balinese massage techniques, using deep, relaxing strokes, acupressure, and an exquisite aromatic blend of chamomile, geranium, and mandarin oil. Immerse yourself in the ancient secrets of pampering with our aromatic lulur, a part of the ancient royal bathing custom used to purify and soften the skin. Rinse off the aromatic lulur with a seven-flowers bath, a traditional custom in several Indonesian royal cultures meant to imbue a person with the vibrational frequency of a highly potent concoction. This bathing ritual is performed with petals of seven distinct colors, believed to increase one's personal aura and infuse it with the natural vitality of flowers, filling it with positivity.

This indulgent royal ritual includes a glass of sparkling wine and a 3-course lunch at Seasalt restaurant.

150 min | 2,400

Prices are in thousand rupiah and subject to 26,5% government tax and service charge.

## MASSAGE

At Spa Alila, we draw on the benefits of a range of Asian and European massage techniques that can be tailored to your personal wellness needs. Allow our spa hosts to help you select the appropriate massage therapy and oils to suit your condition.

### Balinese Massage

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.

60 min | 880

90 min | 1,300

### Lymphatic Massage

This soft and gentle massage aims to help the body maintain a proper blood circulation, body fluid balance, and immune functions. Mostly using gentle palm strokes and hand rolls, it focuses on the lymphatic circulation system. It reduces swelling and improves circulation throughout the lymphatic system and detoxifies.

60 min | 990

90 min | 1,400

### Muscle Recovery

This massage focuses on active muscles to support movement during exercise. Collaboration techniques of deep tissue massage such as tapoment, deep acupressure, and gentle stretching delivered in a fast rhythm to reduce muscle spasm, improve blood flow, decrease neurological excitability, eliminate excess lymph liquid to speeds up recovery, and promote range of motion.

60 min | 990

90 min | 1,400

### Warm Stone

Experience a blissful combination of Balinese Massage techniques, while feeling the soothing warmth of smooth-heated river stones gliding in rhythmic, flowing strokes over your body. This exquisite treatment effortlessly melts away tension and calms your emotions.

90 min | 1,400

Shirodhara

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.

90 min | 1.400

Pregnancy Massage

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.

75 min | 990

Reflexology

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.

60 min | 550

90 min | 750

MASSAGE ENHANCER

Rose Quartz Gua Sha

Oriental ancient healing therapy using rose quartz gemstone scrapper, believed to release stagnant Chi. Gentle but deep strokes are performed in the upper body part to relief muscle tension, which help to improve blood circulation and energy flow.

15 min | 150

Back massage	30 min   500
Reflexology	30 min   275
Neck, shoulders and arms	30 min   275

EXTRA LUXURIOUS

Balinese Boreh

Balinese Boreh is a traditional herbal remedy that has been used for centuries in Balinese culture for its therapeutic and wellness benefits. The term "Boreh" itself means a paste or mixture. This aromatic paste is typically made from a combination of various natural herbs and spices as ingredients, each chosen for its specific properties and benefits. It is commonly used in traditional Balinese spa treatments, where it is applied to the body and gently massaged in. The paste is left on the skin for a period of time, allowing the natural properties of the herbs and spices to be absorbed.

45 min | 495

Balinese Lulur

Balinese Lulur is a beauty ritual centered on exfoliation, skin nourishment, and relaxation. Similar to Boreh, it includes aromatic spices and herbs with therapeutic benefits for the skin. The term 'lulur' denotes a scrub or exfoliant, and this treatment holds deep cultural roots in Balinese traditions. It is frequently linked to traditional ceremonies, weddings, and special occasions where individuals undergo the ritual to attain a sense of well-being and achieve radiant skin.

45 min | 495

Body Scrub or Body Mask 45 min | 495

Body Scrub and Body Mask combination 60 min | 880

Scrubs

Aloe vera and cucumber

Lemongrass and ginger

Lavender, ylang ylang and lemongrass

Coffee and cocoa

Masks

Chamomile, aloe vera gel and geranium

Cocoa, coffee and coconut

Turmeric, cinnamon and ginger



## COMPLETE EXPERIENCE

### Balinese Beauty Ritual

An immersive spa treatment that begins with the soothing strokes of a Balinese massage, melting away tension and transporting you to a realm of tranquility. As your senses revel in relaxation, the experience continues with the exotic allure of Balinese lulur, a ritualistic scrub infused with aromatic spices and herbs. This revitalizing treatment not only exfoliates but also nourishes your skin, leaving it with a radiant glow. Enclosed with facial express to perfect your overall experience.

120 min | 1,600

### You and I

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 Alila Seminyak 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.

150 min | 3,400 – *for two*

Prices are in thousand rupiah and subject to 26,5% government tax and service charge.



## FACE

Spa Alila believes in all things natural, contemporary wellness products whether it be the spa ingredients that we source locally, or international brands that complement our treatment range and services combined with ancient Asian healing techniques and modern technology to give the maximum result and blissful experience..

### 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!

75 min | 880

### Mini Facial

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

30 min | 450

### Awakening Facial Massage

This indulgent massage is designed exclusively for the face, combining the gentle and soothing strokes of lymphatic drainage technique with the added touch of warm stone strokes. The lymphatic drainage technique helps to detoxify and reduce puffiness, promoting a youthful and radiant complexion.

30 min | 450

### Aqua Peel Hydro-dermabrasion and O2

A safe, non-invasive treatment to rejuvenate skin. With the use of exfoliation, iontophoresis, hydration, and integrated vacuum extraction, the procedure is an all-encompassing tool to combat impurities. We elaborate Alila Living facial product and Ampoules from Babor.

90 min | 1,500

Prices are in thousand rupiah and subject to 26,5% government tax and service charge.



FACE

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 plan sesame oil, shea butter, jojoba oil, our professional skin analysis will show you which treatment and skin care products that suit you best.

All BABOR Facials are using Aqua Peel Hydro-dermabrasion and O2.

Ultimate Firming and Lifting

“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.

90 min | 1,600

Ultimate Hydrating and Glow

“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.

90 min | 1,600

Additional Ampoule

“Maximum Result, Minimum Effort”

Babor’s Ampoules are little miracle serums for all skin types: As an ampoule treatment for face and décolleté, the various highly concentrated ingredients cater to all of your skin's needs and every mood. Beauty to go. Anytime. Anywhere.

- Hydra Plus | Ampoule Serum Concentrate for dehydrated, dry skin.
- Collagen Firming | Ampoule Serum Concentrate for greater elasticity and fewer wrinkles.
- Perfect Glow | Ampoule Serum Concentrate for instant rejuvenation and ultimate glow.
- Multivitamins | Ampoule Serum Concentrate for fatigued, tired looking skin in need of protection.

An ampoule | 150

## WELLNESS ESCAPE

At Spa Alila, our goal is to help bring you back into balance naturally with treatments personalized to your needs. Through the heartfelt touch of our experienced therapists, our naturally active products and maximum guest input, we create a new dimension in nurturing and divine pampering rituals. Surrender to the blissful Spa Alila experience and you'll see and feel the benefits in your appearance, your spirit and your overall sense of well-being. Step into our sanctuary and let your pampering begin...

Choose your path to well-being:

### Half-Day Escape

Pamper yourself with three hours of spa and beauty treatments of your choice. This package includes a three-course spa lunch at our Seasalt restaurant.

180 min | 2,600

### Sunset in Paradise

Indulge in a blissful afternoon with three hours of spa and beauty treatments of your choice, followed by a glass of sunset cocktail and a three-course spa dinner at our Seasalt restaurant.

180 min | 2,800

### Treatment to select:

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

60 min selections | Reflexology, Manicure, Pedicure, Purification Facial, Avocado & Coconut Hair Spa.

30 min selections | Balinese Boreh, Balinese Lulur, Body Scrub, Body Mask, Awakening Facial Massage, Facial Express.

### Ultimate Self-Love

You deserve the best! Begin your escape with our signature Mineral Ritual followed by lunch 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 after your lunch, the pampering continues with a Manicure or Pedicure or Avocado Hair Spa.

This escape includes includes a glass of coconut and mint water and a 3-course lunch at Seasalt restaurant as well as a cocktail, and a 3-course dinner at Seasalt and a self-care product to take home.

270 min | 4,200

Prices are in thousand rupiah and subject to 26,5% government tax and service charge.

## 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. All treatments for the little ones include chocolate milk and cookies.

### Children's Massage

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!

45 min | 600

### Sweetheart Nail Care

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.

60 min | 500

### Pampelicious

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 foot bath, 45-minute children's massage, hair cleansing and complete nail care.

120 min | 1,000

### Happy Hair

A laid back and relaxing moment for your little one where our therapist gently yet deeply cleanses and hydrates their hair. Designed to remove built-up oil, chlorine and dirt, and perhaps eliciting a giggle or two along the way.

20 min | 400

## FAMILY SPA

Suitable for the age of 5 - 12 years old

### Daddy & I

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

60 min | 1,000– *for two*

### Pampelicious with Mom

Time to be spoilt together - kids massage for me and back massage for mommy. We will enjoy our Spa Manicure together and a glass of smoothies for both of us while we are pampered in the salon.

120 min | 1,800 – *for two*

HAIR CARE

Hair Wash, Blow Dry and Styling

*Straight or curly*

60 - 75 min | 500

Avocado and 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 and shoulder massage.

60 min | 550

HAIR CARE by DAVINES

Founded in Parma, Italy in 1983 by the Bollati Family, Davines started as a research laboratory, producing high-end hair care products for renowned cosmetics companies worldwide. Davines believe that every product is born from intuition and is processed with an artisan spirit using the most advanced cosmetic technologies. The formulation favor the use of ingredients of natural origin, are generated with renewable electric energy and packaged minimizing the environmental impact, inspired by the ideal of Sustainable Beauty as an inseparable unity between Beauty and Good.

At Spa Alila, Hair Care by Davines included with hair wash, hair mask, relaxing lymphatic massage on your neck, shoulder and gentle blow dry.

90 min | 600

- Energizing | Designed for fragile scalp and hair prone to falling out.
- Rebalancing | Designed for oily scalp to bring freshness and leaves hair and scalp perfectly purified.
- Detoxifying | Designed for scalp lacking in tone and hair stressed by external environment. Contains antioxidant.
- Calming | Designed for sensitive scalp, prone to itching and redness.
- Nourishing | Designed for dry scalp, brittle and damage hair.

HANDS AND FEET

Manicure Gel

Specifically for Gel Manicure, we are using dry Manicure technique for long-lasting result. This treatment includes removal gel or removal normal polish, complete care for nails, cuticle, gel-polish application, enclosed with massage.

75 min | 500

Pedicure Gel

Our Pedicure Gel we are using combination technique that includes removal gel or normal polish, herbal foot bath, callus remover, foot scrub, foot mask, complete care for nails, cuticle, gel-polish application, foot enclosed with massage.

75 min | 500

Deluxe Spa Manicure or Deluxe Spa Pedicure

We offer luxurious Spa Manicure or Spa Pedicure that includes normal polish removal, complete care for nails, cuticle care, hand or foot scrub, hand or foot mask, callus removal, pampering hand or reflexology and OPI normal polish.

75 min | 450

Essential Nail Care Finger and Toes

Essential Nail Care designed for hands and feet consist of fingernails shaping, buffing, cuticle care and herbal foot bath, foot scrub, callus removal, toe nails shaping, buffing, cuticle care.

75 min | 500

Additional

Gel Removal - *fingers or toes* 15 min | 200

Extra Massage – *hands or feet* 15 min | 200

Gel Polish – *fingers or toes* 15 min | 300

Normal Polish – *fingers or toes* 15 min | 200

BUILDER IN A BOTTLE – Gel treatment

Builder in a Bottle is a hard gel and is made to act as a super strong base for nails. Your normal gel colour is a gel polish which is made to last between 2-3 weeks before being redone. The purpose of Builder in a Bottle is to stay on the nails pretty much until it is soaked off, making the natural nails super strong!

15 min | 100





## 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.

### In-Room Treatment

Additional surcharge at IDR 200,000++/ setup and based on availability.

### 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 (children) they are having a treatment.

# Skin Studio

A e s t h e t i c s

IV THERAPY TREATMENTS

## IV DRIP By Skin Studio

The epitome of modern beauty clinics where luxury and wellness seamlessly intertwine.

Designed exclusively for Alila Seminyak guests seeking rejuvenation and revitalization during their holiday, this cutting-edge therapy combines the benefits of intravenous infusion with the expertise of their doctor and nurses.



## IV DRIP By Skin Studio

### After Party Cure | 1,100

Recover swiftly from a night of indulgence with our IV recovery drip. Banish headaches, nausea, and stomach cramps as we re-energize and rehydrate your body. Our infusion replenishes vital minerals, electrolytes, and restores optimal pH balance, supporting mental clarity and elevating your mood.

### Recovery Booster | 1,200

Experience immediate relief from the dreaded Bali Belly with our potent infusion. We rapidly rehydrate your body, alleviating nausea, and providing respite from diarrhea and abdominal pain. Feel revitalized and rejuvenated as your energy levels soar. We replenish essential minerals and electrolytes, ensuring your body functions optimally.

### The Revival – Jetlag Therapy | 980

Prepare for or bounce back from your travels with The Revival infusion. Adjust to time zone changes effortlessly as we provide optimal hydration for your body's overall well-being. Feel a surge in energy shortly after treatment and enjoy an elevated mood. Our infusion promotes enhanced blood flow and cardiovascular health while regulating stress hormones, ensuring restful and rejuvenating sleep.

### Fitness Booster | 1,600

Optimize your performance and recovery time with our Fitness Recovery infusion. Deep cellular rehydration promotes muscle recovery and regeneration, while uplifting your mood and boosting energy levels. Restore your body's hydration and natural pH balance for overall well-being.

### Anti-Aging | 1,800

Unleash your skin's natural radiance and health with our Anti-Aging infusion. Witness a noticeable reduction in visible wrinkles and an increase in skin elasticity. Enjoy supple lips and stimulate the growth of healthy hair, skin, and nails. Our infusion aids in preventing and healing skin conditions, such as dermatitis and hyperpigmentation. Reclaim your youthful appearance and confidence.

### Immune Booster | 1,200


Arm your body with essential nutrients to combat cold, flu, and other illnesses. Strengthen your immune system, reducing the risk of infection and minimizing the severity and duration of existing symptoms. Boost your energy levels, restore hydration, and amplify your body's natural immune response.

### Myer's Cocktail | 1,300

Experience the renowned Myer's Cocktail infusion for optimal health and well-being. Boost your energy levels and fortify your immune system against illnesses and infections. Alleviate stress and anxiety, promoting a sense of calm and relaxation. Reduce bodily inflammation while our active ingredients stimulate and optimize your metabolism.

### The All-Nighter | 1,500

Look and feel your best of the day or night ahead with our invigorating All-Nighter infusion. Hydrate your body and replenish nutrients to help you stay on top of your game. Embrace increased energy, stamina level, and an elevated mood.



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