



## **MASSAGE THERAPY TREATMENTS**

### **TRADITIONAL BALINESE MASSAGE**

A full body massage using palm pressure, long gentle strokes and precise acupressure, combined with a unique blend of essential oils to promote total relaxation, disperse tension, improve energy flow, stimulate blood circulation and bring harmony to your entire being.

1 hour - US\$ 35

### **FOUR HANDS MASSAGE**

A four-hand massage with two-therapists working in tandem to gently ease the body into a state of total relaxation, employing special techniques to revitalize tired muscle and improve blood circulation. Our highly trained therapists work in perfect harmony, they match each other in terms of both physique and disposition, and their smooth movements along the length of your body are focused on creating the illusion four hands and one therapist.

1 hour - US\$ 55

### **THE SWEDISH MASSAGE**

The Swedish massage promotes general relaxation, and uses warm oil, which is spread over your entire body. The technique employs long and soft strokes, and is effective for most ailments, because massaging the skin, the body's largest organ, sets up a chain reaction that produces a positive effect on all layers and system of the body. Additional massage techniques, such as Hawaiian 'Lomi-Lomi', are also included, working gently but deeply into your muscle to release tension and bring a free energy flow throughout your entire body.

1 hour - US\$ 40



### **HOT STONES MASSAGE**

Massage where hot stones are rubbed in long, flowing strokes on the oiled body, then placed on energy points to ease away tension

1 hour - US\$ 55

### **THAI MASSAGE**

An ancient technique from Thailand, influenced by Chinese and Indian healing arts. An interactive manipulation of the body using passive stretching, gentle rocking, and pressure point work along energy lines for improved health and vitality. Designed to be both relaxing and stimulating, Thai massage improves flexibility, reduces tension, stimulates internal organs, and balances the body's energy system. This massage is oil free.

1 hour - US\$ 40

### **AROMATHERAPY MASSAGE**

Harnessing the power of pure essential oils conjunction with specific massage techniques, aromatherapy targets the nervous system with carefully directed spinal pressures to ease away stress, provoke positive feelings and bring your body and mind back into balance.

Chose from the finest quality, all natural, therapeutic essential oils blended with nourishing grape seed oil. Tropical jasmine, tropical frangipani, lavender, peppermint, ginger, and more

You can also try the special Simona Cocktails.

Energising oil : Frangipani & Ginger  
(Very strong aroma, indicated for energetic therapy and recommended for men only)

Refreshing oil : Ylang ylang & Peppermint  
(Gentle fragrances, the stimulating properties of this blend are a remedy for digestive disorders such as nausea and indigestion)

Relaxing oil : Passion fruit & Jasmine  
(Soft aroma, this blend promotes relaxation, and is also effective in aiding concentration)



Sweet Harmony : Lotus & Avocado  
(The perfect aroma for honey moon couples who want to relax mind, body and soul)

Tranquility : Lavender & Nutmeg  
(For stress related disorders such as anxiety and insomnia, in addition to various skin complaints)

1 hour - US\$ 35

### **HEAD, BACK AND SHOULDER MASSAGE**

This combination massage is an ideal treatment for tight or stressed muscles, and will ease any aches or pains in your neck, shoulders and upper back. The massage begins with a focus on your back to stimulate your blood circulation and continues with a shoulder and neck massage to release tension. We particularly concentrate on your head to ensure true relaxation.

45 min - US\$ 30



## **TRADITIONAL BODY CARE TREATMENTS**

Traditional body care treatments include a flower cream bath.

### **GREEN TEA SCRUB**

Green tea is an effective antioxidant and this scrub is suitable for all types of skin.

1 hour - US\$ 35

### **JAVANESE LULUR**

This exotic beauty ritual is inspired by an ancient exfoliation and body polishing treatment that originated centuries ago in the royal palaces of Central Java, utilizing a granular aromatic paste blended from finely ground rice powder, turmeric, sandalwood and jasmine oil. After the vibrantly colored paste dries, it is removed with a gentle massage, and your skin will then be moisturized with yogurt.

1 hour - US\$ 35

### **BALINESE BOREH**

Boreh is a traditional remedy that has been used by Balinese villagers for many generations to relieve muscular aches and pains and boost circulation after long days of toiling in the rice fields. Warm potent spices and herbs are blended into a fragrant paste and applied to your body as a warming, healing masque. Balinese Boreh is wonderful not only for its relaxing and curative properties but also for exfoliating and softening the skin.

1 hour - US\$ 35



### **SALT BODY SCRUB**

Scrubs are an essential element of the traditional Asian beauty routine. This scrub contains a mixture of salt and essential oils to exfoliate dead skin cells and stimulate circulation restoring a vital glow to the appearance of your skin.

1 hour - US\$ 35

### **COCONUT SCRUB**

Exfoliating and hydrating Indonesian scrub made from a paste of flowers, spices, ground rice and grated coconut.

1 hour - US\$ 35



## **FACIAL TREATMENTS**

Fragrant herbs and spices have been used for centuries to promote natural beauty and healing. Our fresh facial ingredients are prepared daily and are designed to inspire healthy, lustrous skin while they balance, cleanse, exfoliate and relax. Natural ingredients will be complemented by top quality tropical products.

### **SARI AYU FACIAL**

Traditional facial treatment especially indicated for dry skin.

1 hour - US\$ 30

### **BIOKOS FACIAL**

Traditional facial treatment especially indicated for combination and sensitive skin.

1 hour - US\$ 30



## **OTHER TREATMENTS**

### **HAIR TREATMENTS**

A treat for your hair that will leave it looking thick, shining and healthy. Using selected serums that gently detoxify and regenerate the hair structure, this luxurious conditioning treatment has been created to cleanse and stimulate your scalp, while deeply nourishing your hair. The type of product that we use – avocado or aloe Vera– will depend on your particular hair type.

45 min. - US\$ 35

**\*If you wish, you can ask to have this treatment in your own bathroom**

### **WAXING**

Full leg - US\$ 25  
Half leg - US\$ 15  
Full arm - US\$ 15  
Bikini - US\$ 15

### **MANICURE TREATMENT**

Manicure followed by wonderfully relaxing and pampering hand massage.

45 min - US\$, 25

### **PEDICURE TREATMENT**

A total make over for your tired feet that will leave them refreshed, relaxed and ready for action A foot soak with warm water and essential oil is combined with cream foot massage and a pedicure.

45 min - US\$ 25

### **REFLEXOLOGY MASSAGE**

The ancient natural healing art of reflexology is based on the principle that there are reflexes in the feet that correspond to every part of the body. The



pressure points in your feet will be stimulated to improve blood circulation and eliminate toxins.

45 min - US\$ 25

**AFTER SUN FACIAL AND BODY TREATMENT**

After-sun therapy created with the cooling and nourishing properties of cucumber, thanks to its high water content, mixed with healing aloe vera gel to create a superb after-sun cooler.

20 min - US\$ 30



## **SPECIAL TREATMENTS**

### **LYMPHATIC DRAINAGE “BETULLA OIL” MASSAGE**

This massage uses a special oil which contains betulla extracts that has stimulant properties, focusing on the lymphatic system, which help to remove toxic build-up and enhance the flow of lymph (the milk fluid in which the organs and muscle are bathed) through the body. Working in tandem with drainage massage, the treatment helps reduce fluid retention. It is highly recommended after a long flight.

1.5 hour - US\$ 70

### **ANTICELLULITE MASSAGE**

This massage uses a special slimming cream, which contains sweet almonds, green coffee and guarana extracts that has stimulant properties which help to remove deposit of body fat and shape the silhouette. Working in tandem with drainage massage, the treatment helps reduce cellulite. It is highly recommended to have at least four treatment, in order to achieve visible and good results.

1.5 hour - US\$ 70

### **ANTI-STRETCH MARK OIL MASSAGE**

This massage uses a special oil, that thanks to its soothing properties (it contains corn, sweet almonds, green tea and calendula extracts) visibly reduces skin's stretch marks.

1.5 hour - US\$ 70



### **CLEOPATRA'S BATH**

In ancient times, Cleopatra used to soak her beautiful body in a milk bath in order to achieve a smoother and softer skin. Maybe this is why Anthony fell in love with her! In our Spa we try to recreate that atmosphere. To enhance the properties of the milk, we use a cosmetic powder and an essential oil. Prior to the bath, our therapists will indulge you with a special treatment.

Green tea body scrub and Balinese traditional massage

2 hour - US\$ 70

### **CLEOPATRA'S BATH soft Version**

Balinese traditional massage + Cleopatra's milk bath.

1.5 hour - US\$ 50



## **SPECIAL PACKAGES**

### **ORANGE PACKAGE (ANTICELLULITE TREATMENT)**

This treatment uses a special, pharmaceutical combination of products, which thanks to the orange's properties, and its essential oil, mixed with guarana extracts, helps to remove deposit of body fat and shape the silhouette.

Orange body scrub + Orange Bath and Orange hair treatment + Hydrating and slimming Orange massage.

2 hours. - US\$ 90

### **SEA PACKAGE**

This treatment uses a special, pharmaceutical combination of products that thanks to the Arose seaweed, mixed with jojoba oil, collagen production is stimulated and the skin is protected against age-inducing free radicals.

Salt body scrub + Sea Bath and Sea hair treatment + Hydrating Sea massage.

2 hours - US\$ 80

### **SIMONA'S PACKAGE**

Salt Body Scrub + Hair Treatment + Aromatherapy

2 hours - US\$ 70

### **HONEYMOON PACKAGE**

A special treatment for two  
Green Tea Scrub + Hair Treatment + Cleopatra's Bath

2 hour. - US\$ 140 (for couple)