



# OUR IN-HOUSE SPA

Like everything in Bali, the services offered in the health and beauty industry are abundant! We have researched, tested and tried and been man-handled, flipped, bruised, blissed out, and massaged to high heaven, by more than our fair share of therapists! So we have created our spa menu from our 'favourites' of the treatments on offer here in Bali. As part of your package at Escape Haven you can choose from any of these glorious treatments.

Treatments with an \* can be chosen as a part of your package with Escape Haven. Other treatments are at an additional cost.

## ESCAPE SIGNATURE MASSAGE

60 minutes - USD\$40 90 minutes - USD\$45

When in Bali, why not do as the Balinese have been doing for centuries. Surrender your body and mind to this blissful combination of Western and Eastern techniques. Balinese strokes, Hawaiian lomilomi (ka huna), Swedish kneading and friction, Thai Stretch and Shiatsu pressure point techniques applied with the artful and accomplished skill of insight, sensitivity and intuition. An ancient healing therapy that is as blissful as it is beneficial.

## DEEP TISSUE MASSAGE \*

60 minutes - USD\$30 90 minutes - USD\$45

Deep tissue massage is a therapy that focuses on realigning deeper layers of muscles and connective tissue. It is helpful for chronically tense and contracted areas such as stiff necks, lower back tightness, and sore shoulders. When there is chronic muscle tension or injury, there are usually adhesions (bands of painful, rigid tissue) in muscles, tendons, and ligaments. Adhesions block circulation and cause pain, limited movement, and inflammation. Deep tissue massage works by physically breaking down these adhesions to relieve pain and restore normal movement.

## HOT STONE MASSAGE \*

60 minutes - USD\$40 90 minutes - USD\$50

An incredibly balancing and rejuvenating massage. The placement of stones on your key energy points will help to promote relaxation in the body and to open up meridians while the aromatherapy oil relaxes your mind. Hot stone therapy melts away tension, calms the psyche, and releases toxins from the body and increases circulation and metabolism. Our professional massage therapist also incorporates a customized massage with the use of hot stones. The direct heat of stone relaxes muscles, allowing the therapist access to the deeper muscle layers. The hot stones also expand blood vessels, which encourages blood flow throughout the body.

## SWEDISH RELAXING MASSAGE \*

60 minutes - USD\$30 90 minutes - USD\$45

Slip away into bliss with this relaxing massage. A classic treatment designed for those who like a tender touch.

## REFLEXOLOGY \*

60 minutes - USD\$30

This health enhancing therapy focuses on the feet and legs to affect the whole body. Reflexology works on precise points on the feet that are believed to 'reflex' to other parts of the body. Stimulating these points can increase overall circulation and restore the natural healthy balance to specific parts of the body.

## BIOKOS FACIAL \*

60 minutes - USD\$35 90 minutes - USD\$50

A real indulgence that is truly beneficial for your face and skin. This treatment starts with an Aloe Vera extract cleanser and is followed by an exfoliating scrub. A gentle luxurious face massage is next before applying the seaweed mask. Seaweed is well known as the most detoxifying ingredient on earth. Lie back and relax while the mask sets and your arms and hands are gently massaged. After the mask is removed, a toner is applied to help fight the premature signs of aging. A light moisturizer is finally applied to finish off the treatment. All the products used in this facial are our own organic spa line in conjunction with Martha Tilaar Vital Nutrition.

## SLIMMING MASSAGE

90 minutes - USD\$50

Our unique Slimming Massage is a classic massage that involves greater pressure and a little more intensity in the massage strokes. The techniques encourage the removal of excess weight, and also reduce cellulite, eliminate toxins, and help to reduce the visibility of stretch marks. The slimming massage also works to smooth and nourish the skin and improve skin firmness and elasticity. The experience is a luxurious one, beginning with an exotic body scrub to leave the skin feeling silky smooth, followed by a special body wrap with active organic ingredients and extracts. The massage is then enjoyed after the scrub and wrap, leaving you feeling beautiful, confident and thoroughly pampered from head to toe. Active ingredients in the slimming massage include organic coffee, ginger, green tea, Peppermint, sesame oil, shatavari root and lemongrass.



# ESCAPE HAVEN

Canggu Bali



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## GREEN TEA DETOX - SCRUB & MASK

75 minutes - USD\$40

Green tea is universally renowned for detoxification and aids slimming as it contains theanine and vitamin C & E which are both a potent source of healthy antioxidants. This is a 2 step treatment, you will start with an invigorating green tea body scrub to remove dead skin while opening your pores in preparation for the next step which is a green tea body wrap. Let your body & mind relax while you are wrapped snugly, letting the green tea take action providing a warm tingly yet calming sensation which promotes weight loss and helps to rid cellulite. Our therapist will provide a relieving scalp pressure point massage while the wrap is processing. After this step, rinse in the shower and let the fat blasting sensation continue for another hour!

## CRÈME BATH \*

60 minutes - USD\$30 90 minutes - USD\$45  
(extra 30 minute head, shoulder neck massage)

Sit by the pool (or in your room) and enjoy this famous treatment. Soft, silky and nourishing is the effect of this amazing treatment. Thick cream rich of vitamins and minerals blended with virgin coconut oil will be applied to your scalp with circular movements to encourage the circulation around it and to deeply nourish your hair. If you would like more pressure, let our professional therapist know. Allow your hair to absorb all the ingredients while you lie back and relax and let your therapists' fingers release the tension in your neck, shoulder and hands.



## BODY SCRUB \*

60 minutes - USD\$30

### Lulur As A Princess

In Java history lulur is well known as a treatment for the queen only to keep her health and beauty. Enhanced with the combination of traditional spices and roots, this healing art works well in eliminating dead skin cells and procuring new cells. A refreshing yoghurt moisturizer restoring the skin's natural Ph Balance follows this treatment

### Caffeine Please

Cellulite enemy #1 is caffeine, which tightens and provides antioxidants to skin when applied topically. When applied religiously, it has been shown to reduce the appearance of cellulite – especially over time. Here, we combine coffee grounds with moisturizing, skin-soothing coconut oil and a bit of sea salt for an extra exfoliating kick. By massaging you'll stimulate blood flow resulting in smoother, firmer skin.

### Bali Boreh

Boreh is one of the oldest and most common herbal remedies in Bali. The popular function of boreh is to keep the body warm during the rainy season. Boreh also promotes blood circulation. The spices and herbs that are used in boreh work digestively and support the secretions of toxic substances, great for relieving muscles aches and headache. In addition, the ingredients like cloves and rice create softer skin.

### Sunburn Relief

Specifically designed for those who have gotten too much sun and are feeling the burn. Come relax in the Spa and be soothed while the therapist lathers you up in a homemade organic cooling mixture of yogurt, honey, aloe and cucumber. The ingredients will soothe and refresh you as your skin cools and is re-nourished..

## NAIL COLOUR ONLY (HANDS OR FEET)

USD\$15

## FRENCH POLISH

Additional to manicure or pedicure, 30 Minutes - USD \$7



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## BEAUTY BAR

Silky smooth skin and perfect nails are an essential part of any tropical Bali getaway! Waxing sessions can be done in the privacy and cool comfort of your villa or room and our high-quality wax is imported to ensure a quick and pain-free experience. The gel and shellac nail polish offers an innovative polish with superior durability that resists chipping, so that you can return home with enviable gorgeous nails. Our extensive collection has the perfect colour to suit every woman's preference; from natural to show-stopping!

|                                  |                           |
|----------------------------------|---------------------------|
| BIKINI WAX                       | 25 minutes - USD\$20      |
| BRAZILIAN WAX (maintenance only) | 30 minutes - USD\$30      |
| FULL LEG WAX                     | 45 minutes - USD\$30      |
| HALF LEG WAX                     | 30 minutes - USD\$20      |
| GEL/SHELLAC MANICURE             | 60 - 90 minutes - USD\$30 |
| GEL/SHELLAC PEDICURE             | 60 - 90 minutes - USD\$30 |
| SHELLAC/GEL REMOVAL              | 15 minutes - USD\$10      |

## MANICURE \*

60 minutes - USD\$25

\*\* Combine your manicure and pedicure for just US\$35

Sit back and relax by the pool or lounge while your therapist works on your hands. A detailed manicure shaping your nails and grooming your cuticles. A revitalizing hand massage follows which relaxes the tension in the hands and joints. This therapeutic hand treatment repairs, restores and stimulates both skin and nails and also includes nail buff, cuticle care and colour.

## PEDICURE \*

60 minutes - USD\$25

\*\* Combine your manicure and pedicure for just US\$35

Soak away tension in a warm flower footbath and treat your feet to this wonderfully relaxing and grounding experience. Includes pressure point foot massage and an exfoliation to remove toxins and smooth the skin, leaving the feet feeling rejuvenated and refreshed. Includes nail buff, cuticle care and colour.

## SPA SAMPLER

Get a little taste of some of our most popular treatments all in the one divine 60 minute session. Unwind, relax and allow our professional team to treat all those areas that need a little extra TLC. You will be amazed at how 60 minutes will leave you thoroughly rejuvenated and with a healthy vibrant glow. Perfect to slot into your schedule when a free hour appears.

### Bliss 60 Minutes USD \$ 30

Back neck and shoulder massage, mini facial, head massage

### Escape 60 Minutes USD \$ 30

Back, neck and shoulder massage followed with foot reflexology

### Pamper 60 Minutes USD \$ 30

Back, neck and shoulder massage, mini facial, foot massage

## BALI GET AWAY

120 minutes - USD\$60

This package will prepare you for getting on the plane! – 30 minutes of divine intuitive work on your muscles with our back massage, following with a facial, hair crème bath and polish change (hand or feet). No more worries for a dehydrated skin on the way home, or dry hair because of the surf, or chipped nail polish. Refresh, rejuvenate and look amazing from your Bali Bliss holiday!

## ESCAPE TO BE PAMPERED

120 minutes - USD\$60

Leave your suitcase behind and get pampered, start with floral foot bath the follow with 60 minutes Balinese massage then choose one of your favorite body scrub that you would like to use to soften your skin. You will literally glow from head to tow.



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