



# OUR IN-HOUSE SPA

## Your Spa Journey Begins Here

*Like everything in Bali, the services offered in the health and beauty industry are abundant! We have done the hard work for you and researched, tried and tested than our fair share of therapists and treatments! We have created our spa menu from our 'favourites' and the best-of-the-best treatments on offer here in Bali.*

*Our spa team are hand-picked by us and have years of dedicated experience to ensure every single treatment offered will take you to cloud 9. We use high quality ingredients and even make our own hand-crafted oil blends. We go the extra mile because we know it makes a huge difference to your experience.*

*As part of your retreat package at Escape Haven you can choose from any of these glorious treatments below that are marked with an \**

*Other treatments on the menu are our highly specialized treatments which can also be easily scheduled for you at an additional cost.*

### ESCAPE HAVEN 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.





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## 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.

## 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

Boreh scrub is one of the oldest and most common herbal remedies in Bali. Boreh promotes blood circulation in the body and the spices and herbs that are used also work to ease and support digestion and assist with the release of toxins. It is also used to relieve muscle aches and headaches. In addition, the ingredients such as clove and rice work to create beautiful soft, luscious skin.

## 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.



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Canggu Bali



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The following treatments and services are our highly specialized services that are available for all guests to book at an additional price. All treatments are offered by highly trained professionals in the spa industry to ensure the most professional and enjoyable experience.

## 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

## SUNBURN RELIEF

60 minutes - USD\$25

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

Brighten up your nails with your choice of beautiful colour polish from our wide selection of high quality varnishes.

## FRENCH POLISH

30 minutes - USD\$7

Elegant, classy and natural, add a French Polish to any manicure or pedicure.

## 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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## WEIGHT LOSS TREATMENTS

*Our dedicated weight loss treatments have been meticulously designed to offer you therapeutic benefits in an enjoyable and blissful treatment! While each treatment is unique, they are all created to ensure you leave glowing and radiating! Unique and medicinal ingredients combined with specialised massage techniques have been shown to reduce cellulite, balance skin tone, reduce swelling and fluid retention, shift stagnant fat deposits in the body and boost metabolism and circulation. They also help the body to naturally detox and release toxins, helping you to look and feel healthier, lighter and brighter.*

### LYMPHATIC DRAINAGE

60 minutes - USD\$40

Lymphatic drainage is a deeply therapeutic massage treatment which uses light pressure and long, gentle, rhythmic strokes to increase the flow of the lymphatic system. The main task of the lymphatic system is to keep the immune system operating well while cleaning and nourishing all the cells. Lymphatic drainage can counteract the effects of adverse lifestyle choices and environmental pollutants that can compromise the immune system. It is a popular treatment to have during a detox as it helps to rid the body of unwanted stored toxins. Lymphatic massage can help reshape your body and it can act as a diuretic to help rid your body of excess fluid. Lymphatic drainage massage can also assist menstrual problems, skin issues, metabolic issues including fatigue, sleep disorders, chronic pain and stress, gastrointestinal issues, such as IBS, celiac and Crohn's disease, arthritis, osteoporosis and migraines.

### BAMBOO MASSAGE - With Dry Skin Brushing

75 minutes - USD\$69

Known for its healing properties, this ancient therapy works at all levels to balance, calm and energise you physically, mentally and spiritually. We start by dry brushing the skin which increases circulation on the whole body then using heated bamboo we roll and knead the tissue. Stimulation of the tissue by the bamboo stick helps in getting relief by dissipating the heat that results from an accumulation of toxins and poor circulation. It improves the quality of sleep and helps insomnia. Known to increase mental clarity and cures depression it also increases lymphatic drainage and helps remove toxins from the body. Bamboo massage is known to also improve the texture of your skin. The silica from bamboo extract helps your body absorb essential minerals such as potassium, calcium and magnesium, which helps to minimize wrinkles. It's the perfect mixture of beauty & pleasure.

## UDWARTANA SCRUB

30 minutes - USD\$40

Udwartana means to energize and elevate the whole body. A specially blended medicated powder that is home made is deeply massaged into your body using specific palm and finger movements. This treatment is performed to complement a weight loss regime as it tones muscles, stimulates blood circulation and reduces cellulite. By revitalizing the skin and sense of touch, it enhances Youthfulness.

## 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!

## 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.



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