

# Specialised SERVICES

## IN-HOUSE SPA MENU

The following treatments and services are our highly specialised 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 mins - \$20
BRAZILIAN WAX (maintenance only)	30 mins - \$30
FULL LEG WAX	45 mins - \$30
HALF LEG WAX	30 mins - \$30
GEL/SHELLAC MANICURE	60-90 mins - \$30
GEL/SHELLAC PEDICURE	60-90 mins - \$30
SHELLAC/GEL REMOVAL	15 mins - \$10

### 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 yoghurt, honey, aloe and cucumber. The ingredients will soothe and refresh you as your skin cools and is re-nourished.

60 mins - \$25

### NAIL COLOUR

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

\$15

### FRENCH POLISH

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

30mins - \$7

### 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 & shoulder massage, mini facial, head massage

**ESCAPE** | 60 Minutes USD \$ 30

Back, neck & shoulder massage followed by reflexology

**PAMPER** | 60 Minutes USD \$ 30

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

\*all prices in USD

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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

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.

60 mins - \$40

### GREEN TEA DETOX

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!

75 mins - \$40

### SLIMMING MASSAGE

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.

90 mins - \$50



\*all prices in USD