

## PAMPERING RITUALS

### Simplicity

#### Body massage, body scrub

Get the best of a body treatment by combining the benefits of a body exfoliation with the hydrating and relaxing elements of a body massage.

90 minutes IDR 720,000

2 hours (includes a herbal steam or bath) IDR 850,000

### Renewal

#### Body massage and Elemis taster facial

This treatment will help you feel radiant and recovered by combining the traditions of the massage and mini facial.

90 minutes IDR 910,000

### After Sun Delight

#### Body massage, cooling body mask, mini facial - not recommended for acute sunburn

Begin with a relaxing massage using moisture-rich lavender oil to revitalize your skin. The rehydrating process begins with a cooling body mask. While your body is wrapped in a sheet bringing you to a calm and cool state, enjoy a hydrating and restoring mini facial. A true oasis for those who worship the sun.

2 hours IDR 910,000

### The Absolute Treat

#### Body massage, body exfoliation, body mask, herbal steam or bath, natural facial, express manicure and pedicure, spa cuisine menu

This is an opportunity to spend a day discovering tranquillity. Begin with a Symmetry relaxing massage, followed by a body exfoliation to prepare your skin for a body mask. Balance head to toe with a cleansing natural facial followed by an express manicure and pedicure. Complete the experience by enjoying a choice of spa cuisine, offering healthy and great taste sensations.

4 hours 30 minutes (excluding spa cuisine time) IDR 1,950,000

## BEAUTY TREATMENTS

### The Powers of Jade Facial

This all natural anti ageing facial uses the century old favourite in fighting wrinkles, the jade stone. This Chinese medical massage technique uses a gentle push and pull movement. Therapists massage over 20 acupuncture points on the face. To complete this facial, discover the ancient cooling and therapeutic effects of the Jade roller. The rolling technique of the stone closes the pores while helping to move the lymph to reduce puffiness and wrinkling.

75 minutes IDR 540,000

### Manicure and Pedicure

Manicure IDR 330,000

Pedicure IDR 330,000

Express Manicure IDR 225,000

Express Pedicure IDR 225,000

Polish Change IDR 110,000

Combined Manicure and Pedicure IDR 600,000

### Hair Treatment

Hair Cream Massage IDR 400,000

## SPA FOR THE LITTLE ONES

We know that a healthier lifestyle from a young age brings lifetime benefits for our loved ones. These treatments are designed for children over 10 years old.

### Foot Treat

Feel relaxed from head to toe as your feet are soaked and tenderly massaged with a cooling and hydrating foot cream.

45 minutes IDR 300,000

### Body Massage

Enjoy this relaxing and therapeutic full body massage with our all-natural oils.

45 minutes IDR 350,000

### Munchkin Package

#### Body massage, bubble bath

A relaxing session designed for your child to relax. Unwind and let us massage out the stress and tension, in your child's body. The Wellness SPA also offers super relaxing bubble bath using our botanical products.

60 minutes IDR 470,000

### Mum and Me

Back massage, natural mini facial and express manicure.

Kids under 10 years old not allow to do facial to avoid skin irritation

60 minutes + express manicure IDR 1,170,000/two people

### Manicure and Pedicure

Treatment includes soak, citrus scrub, cuticle trimming, gentle foot and hand massage and a choice of nail polish color.

60 minutes IDR 200,000



All prices will be subject to prevailing Government Tax and Service Charge of 21%.

# WELLNESS SPA

## WELLNESS SPA The Sakala Resort Bali

A multi-sensory modern sanctuary, introducing an artful curation of details: skilled therapist, a romantic setting, extreme comfort, with wholesome fitness and wellness programs.

Presenting precious treatment rooms with private steam showers, oversized stone baths and relaxation lounges; every detail is designed to create a sanctuary senses experience. Specific treatment may also be enjoyed at your own suite or villa, on the beach or in one of iconic ocean-front Kul Kul towers.

The wellness and fitness programs have been designed to give a perfect kickstart to a newer and happier you.

Release the tension at WELLNESS SPA under intuitive of the expertist therapist at The Sakala Resort Bali.

Please reserve your treatments in advance by dialing extension #7000 from your room.



## SPA GENERAL INFORMATION

When you arrive at Wellness Spa, our spa receptionist will explain your scheduled treatment and she will ask you to complete a Spa Consultation Form. Please take the time to answer all the questions thoroughly and let us know if you have any medical conditions or concerns.

Disposable underwear, slippers and a bathrobe will be provided for your use.

Special notice for pregnant guests:

You may want to avoid treatments using deep pressure. Please inform our spa receptionist of your condition when you book your treatment so that we can assist you in selecting the most suitable options for you. We have a suitable massage bed for pregnancy so please feel free to ask for this feature in advance.

## SPA ETIQUETTE AND POLICY

### Arrive Early

Please try to arrive at least 10 minutes before your scheduled treatment time. Arriving late will shorten your spa time with us as your treatment must end on time to prevent delays for the next appointment.

### Jewelry

Please make sure you are not wearing any jewelry. We will provide a jewelry box during in each treatment room however we will not be responsible for the loss or missplacement of any valuable items.

### Minors

Spa guests must be at least 16 years of age or otherwise be accompanied by an adult.

### Smoking and Alcohol

Smoking and alcoholic beverages are NOT permitted in the spa except for in house Champagne inclusion in packages. We recommend that you refrain from consuming alcohol at least 8 hours before your treatment.

### Respect to Other Guests

Wellness Spa is harmonious and relaxing, so please respect the peace and privacy of other guests. Cellular phones and electronic devices MUST be switched off in the spa.

### Cancellation Policy

Please let us know at least four hours before your scheduled appointment time if you wish to cancel or reschedule your booking. If you miss your appointment with no previous notice we will charge 100% to your bill or to your credit card.

## BODY TREATMENTS

### The Sakala Signature Massage

Exquisite in all its movements, the Sakala Signature Massage is a holistic approach to balance the body by using massage techniques such as long stroke palm and customised approaches to each individual. Simply sublime.

60 minutes IDR 500,000

90 minutes IDR 630,000  
*(includes a herbal steam or bath)*

### Traditional Balinese Massage

This traditional healing massage is an ever-present part of the island's spiritual and physical beauty and is both relaxing and therapeutic utilizing both thumb pressure and skin rolling. Good to relieve stress and tension in the body.

60 minutes IDR 550,000

90 minutes IDR 600,000  
*(includes a herbal steam or bath)*

### Sports Massage

Ideal for chronic stiffness and soreness, our Sports Massage utilizes various deep tissue techniques and stretching. A perfect treatment to release specific areas of congestion, loosen muscle tissue, release toxins, and increase blood and oxygen circulation throughout the entire body. Loved by all our male guests.

60 minutes IDR 500,000

90 minutes IDR 630,000

### Foot Reflexology

Reflexology is based on the theory that the feet are reflections of the entire body. This foot massage will focus on specific points to stimulate and improve blood circulation and promote a healthy, balanced body. Ideal for tired legs and feet.

60 minutes IDR 430,000

90 minutes IDR 500,000  
*(including head, neck and shoulders)*

### Hot Stone Massage

Dissolving muscular tension and releasing stress is key to this treatment. Great for easing muscle stiffness and increasing circulation and metabolism. It also promotes deeper muscle relaxation.

90 minutes IDR 630,000

## Body Scrub

Body scrubs are a therapeutic exfoliating treatment for the skin, leaving the entire body glowing and healthy. A choice of scrubs is available to suit your mood and skin type.

30 minutes IDR 400,000

## Body Warp

Body wrap is an effective SPA treatment to fully moisture the skin in the whole body and cleanse it from toxins, leaving it all refreshed. A choice of body wrap is available to suit your mood and skin type.

30 minutes IDR 400,000

## ROMANTIC RITUALS

### Spa Under the Stars – our Honeymoon Favourite\*\*

A detailed series of steps that will bring alignment to the newly-wed couple.

90 minutes IDR 2,880,000 per couple

\*\*Book in advance inquiry

### Bubble Bliss – Vow Renewal and Anniversary Favourite\*\*

Body massage at our luxurious SPA suite, concluded in a body wrap, followed by a romantic herbal steam and a sensuous bubble bath served with a glass of Champagne.

A luxurious treatment that delivers romance to those who are starting out on their journey together or those who are celebrating years of romantic partnership.

2 hours 30 minutes IDR 2,180,000 per couple

\*\*A celebration flower upgrade is available, Book in advance inquiry

### Melting Chocolate Fondue

Body massage, local cocoa body scrub, cocoa body mask, steam bath and a sumptuous couple's bath. This decadent package is recommended even for those on the strictest of diets! Begin with a traditional Balinese body massage and followed by a body exfoliation and a rich, creamy milk chocolate body mask. Relax in a hot steamy shower followed by a romantic warm chocolate bath. Irresistible!

2 hours 30 minutes IDR 2,180,000 per couple

### Sakala Couple's Special

Sakala Signature body massage, exfoliation, choice of herbal steam or bath and natural facial with jade roller. Begin with a ritual footbath to relax and prepare your body for a balancing massage. The experience continues with a detoxifying and invigorating body exfoliation with a sea salt scrub followed by a herbal bath (clove, star anise, cinnamon or peppermint) to prepare for a natural cleansing facial.

3 hours IDR 2,180,000 per couple

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