



### OCEANIC RITUAL | 120 minutes - USD 150

Just like the ocean, this detoxifying and clarifying experience features continuous, flowing strokes, encouraging you to surrender to the nurturing touch. We now know that memories are not just in the brain and mind, but also in every cell of the human body. The long, continuous strokes of the Oceanic massage are designed to help the body let go of its old patterns and behaviors, which can cause stress and strains.

The Oceanic experience begins with meditative Sea Water Ritual and is followed by the invigorating Seaweed Body Wash, Oceanic Body Scrub, and a detoxifying Blue Water wrap. The experience concludes with an Oceanic Massage where hot and cold glass stone gently glide on the body and are used to stimulate the nervous system, aiding in the body's detoxifying process.

### SACRED FLOWER RITUAL | 120 minutes - USD 150

The flowers of Bali... Their intoxicating fragrance and beauty epitomize this island paradise. To the Balinese, however, these delicate flowers represent the multitude of powerful and protective deities who watch over them. The Sacred Flower Ritual harnesses the healing power of Bali's most treasured flowers: magnolia, tuberose and frangipani. This soothing and calming treatment uses a combination of gentle stretches, a deep tissue massage and floral essences to stimulate the flow of the blood and the oxygen throughout the body, bringing a feeling of calm and wellness.

The Sacred Flower experience begins with a spiritually cleansing Scented Water Ritual, followed by a Sacred Flower Body Wash and Fresh Flower Scrub to sooth the skin. To conclude the body will experience a rich and moisturizing Flower Steam Wrap, concluding with a deeply soothing and truly indulgent Sacred Flower Massage.

### DEWI SRI RITUAL | 120 minutes - USD 150

Rice is the source of life to the Balinese, and on this Island of the Gods, Dewi Sri is the beloved Rice Goddess. Rice is the source of energy and nourishment, and the Dewi Sri ritual revives and revitalizes a fatigued body and a stressed out mind into renewed health.

The Dewi Sri Ritual warms and nourishes the body with "arak", Balinese rice wine, and tropical spices such as cinnamon, ginger and nutmeg. This therapeutic treatment uses wet and dry heat, or thermotherapy and heated lava stones to improve circulation of blood and lymph to the skin, and relieve your body of aches and pains.

The Dewi Sri Ritual experience begins with a scented paddy water ritual, followed by rice wine scrub, steam arak wrap and a rice wine body washing gel. To conclude, the body will experience a warming, therapeutic "arak massage" which works to soothe muscle and joint pains.

### DIVINE FIRE RITUAL | 120 minutes - USD 150

The Divine Fire is the heat, passion and life giving energy that burns within all living things. The Balinese guard their inner fire with prayers and offerings. Inspired by the deep devotion of the Balinese, the Divine Fire Ritual is a soulful and meditative journey towards an inner equilibrium. The treatment uses sound and vibration to release energy blockages within the body resulting in the energy flowing freely, and a balanced and healthy body, mind and soul.

The treatment also features the skin glowing Coconut Body Washing and scrub and the Lotus Blossom Steam Body Wrap. The Divine Fire ritual experience begins with a scented coconut water ritual, followed by a coconut body scrub, coconut body wash, and a lotus blossom steam wrap. To conclude the body will experience a meditative massage.

### OCEANIC MASSAGE | 75 minutes - USD 80

A detoxifying massage that works gently yet deeply into the muscles with continuous, flowing strokes to release and shift tensions. Hot and Cold Glass Stones are applied on various pressure points to stimulate the nervous system, blood and lymph flow for better waste and toxins elimination. Recommended for jet-lag and/or general feeling of lethargy and/or fatigue.

*All prices are subject to 21% to government tax & service charge*



### **SACRED FLOWER MASSAGE | 75 minutes - USD 80**

A soothing and calming massage that combines gentle stretches, a deep tissue massage and floral essence to stimulate the flow of blood and oxygen throughout the body, bringing a feeling of calm and wellness. An excellent stress reliever and mood filter.

### **ENERGIZING HOT STONE MASSAGE | 75 minutes - USD 80**

This "thermo" (heat) therapeutic massage works deeply to soothe damaged tissue and relieve strained muscles and joint pain. Heat inducing spices such as ginger, nutmeg and cinnamon are used to warm the body. Smooth water heated lava stones are carefully applied to key energy points of the body. This direct heat relaxes the muscles, boost blood circulation and reduces stress. Recommended for muscles aches and pain or as an immune booster.

### **MEDIATIVE MASSAGE | 75 minutes - USD 80**

A soulful and meditative massage which uses ancient Ayurvedic and Balinese techniques to restore balance within the body. The massage also uses sounds, vibration and percussions (gentle tapping on the feet and body using a wooden hammer) to release tension and increase muscle strength. Excellent for restoring the overall sense of wellbeing, mental calmness and focus.

### **THE EDGE MASSAGE | 60 minutes - USD 65**

Using traditional Asian healing massage technique works deep into your muscle tissue with strong and firm strokes, often referred to as the Balinese Massage.

### **HAND AND FOOT THERAPY | 60 minutes - USD 65**

Traditionally inherited from the Chinese, this thumb pressure technique stimulates the reflex points in the feet. Float off into deep relaxation and experience the health benefits of pressure point acupressure.

### **AGELESS FACIAL MASSAGE | 60 minutes - USD 65**

This therapeutic facial massage slows down the aging process and promotes younger-looking and healthier skin. It also relieves stress, migraine headache, and sinus congestion. Heated glass stones are used on various acupressure points on the face. This helps to release all the stress-induced toxins and restore the skin to its natural balance. A line of 100% organic skin care products are used to cleanse, tone and moisturize.

### **NOURISHING SCALP TREATMENT | 60 minutes - USD 80**

A gentle scalp massage and hair treatment that works to feed your hair and provide a healthy scalp. Indulge in a natural treatment, rich in vitamins and minerals with candlenut oil to free the hair of impurities, or the option of a mixed sesame and rosemary oil to nourish your scalp and hair.

### **MANICURE AND PEDICURE | 120 minutes - USD 100 or 60 minutes - USD 65**

The ultimate treatment for your hands, this manicure and/or pedicure features a skin pampering scrub and a relaxing massage that will leave your hands and/or feet softer, brighter and younger looking. This is followed with nail shaping and buffing, cuticle treatment and nail polish application.

### **HERBAL MASSAGE | 90 minutes - USD 80**

The hot herbal compress contains of numerous herbs tightly bound in fabric which is steamed. The hot herbal compress is pressed over the entire body to soothe muscles and stimulate the vitals organs and senses. The compress is ideal for relief from general muscular aches, pains and tensions, improving and stimulating the lymphatic system and increasing blood flow and circulation.

This treatment begins with a foot bath and an aromatherapy massage complete with herbal steam compress.

### **COFFEE AND PANDAN BODY WRAP | 120 minutes - USD 80**

By combining two traditional remedies for conditioning the skins; the Coffee & Pandan Wrap is a natural & effective way to help combat the appearance of Cellulite. Caffeine's natural ability to stimulate & increase blood-flow helps improve circulation in affected areas & creates a visibly improved skin texture.

Treatment begins with a Balinese massage using natural oil, followed by an organic, soft & gentle body wrap and steam session. Due to the warmth of the steam room, your muscles are able to further relax and revive your skin.

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