

THE SAKALA RESORT BALI

WELLNESS  
SPA

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

Presenting luxurious rooms with private steam showers, oversized stone baths and relaxation lounges, every detail is designed to create memorable experiences for our guests. All treatments may also be enjoyed privacy of your own suite or villa or on the beach.

Our wellness programs have been designed to give you a perfect kick start to a newer and happier you.

We are waiting for you in the WELLNESS SPA at The Sakala Resort Bali.



# 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	500
90 minutes (includes a herbal steam or bath)	630

## 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	550
90 minutes (includes a herbal steam or bath)	600

## 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	500
90 minutes	630

## Foot Reflexology

Reflexology is based on the theory that the feet are reflections of the entire body. It 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	430
90 minutes (including head, neck and shoulders)	500

## Hot Stone Massage

Shooting away stress and dissolving muscular tension is key to this treatment. Great for easing muscle stiffness and increasing circulation & metabolism. It also promotes deeper muscle relaxation.

90 minutes	630
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## 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	400
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Prices are in thousand Rupiah (IDR). All prices will be subject to prevailing Government Tax and Service Charge of 21%

# Elemis Treatments

Elemis is the leading luxury British spa and skincare brand favored by as many as 6.5 million spa-visitors per year. The successful combination of natural active ingredients with cutting-edge technology has enabled Elemis to bring to market some of the most influential anti-ageing products and professional spa-therapies the beauty industry has ever seen.

## Pro-Collagen Quartz Lift facial

Clinically proven, after just 1 treatment, to reduce the number of wrinkles by up to 94%\* and improves skin firmness by up to 57%\*. Uses professional strength formulations for maximum efficacy, leaving a firmer, uplifted, more youthful looking appearance.

**1 hour 15 minutes**

**1,100**

\*Independent Clinical Trials 2007

## Skin IQ+ Facial for Men

Clinically proven\*, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

**1 hour 15 minutes**

**1,100**

\*Independent Clinical Trials 2006

## Exotic Lime and Ginger Salt Glow

A body exfoliation to invigorate and revitalize. After light body brushing, warm oil is dripped over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturized, leaving it glowing and vibrant, replenished and flawless.

**30 minutes**

**550**

## Exotic Frangipani Body Nourish Wrap

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce Monoi which is poured over the body then cocooned in a foil wrap or dry float. Drenches skin with moisture and provides ultimate radiance, vitality and all over body glow.

**45 minutes**

**780**

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# Romantic Rituals

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

*Body massage at the treatment room at sunset hour, romantic dinner under the Stars, ceremonial lantern release.*

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

**2 hours 30 minutes**

**2,880 per couple**

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

*Body massage at our luxurious spa suite, body wrap followed by a romantic herbal steam and a sensuous bubble bath served with our favourite Champagne and fresh juicy strawberries.*

A sumptuous luxurious treatment that delivers romance to those who are starting out on their journey together or those who are celebrating being a partnership for many years.

**2 hours 30 minutes**

**2,880 per couple**

\*\*A celebration flower upgrade is available

## 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**

**2,180 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**

**2,180 per couple**

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# 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 benefits of a body massage.

**90 minutes**

**720**

**2 Hours (includes a herbal steam or bath)**

**850**

## Renewal

*Body massage, Elemis taster facial*

This treatment will help you feel radiant and recovered by combining the traditions of the massage and the finest European skincare.

**90 minutes**

**910**

## Frangipani Bliss

*Elemis Lime and Ginger Salt Glow, Elemis Exotic Frangipani Monoi Oil, Body Massage*

Begin by enticing your body with drizzled warm oils followed by a luxurious body exfoliation with Elemis Lime and Ginger Salt Glow. After that cocoon your body with Elemis Exotic Frangipani Monoi Oil while you receive a scalp massage and a mini facial and finish with a 60 minutes body massage.

**2 hours**

**1,260**

## 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**

**910**

## 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 mineral rich orange and mandarin 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, which highlights healthy and great taste sensations.

**4 hours 30 minutes (excluding spa cuisine time)**

**1.950**

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# 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

540

## Waxing

Bikini	234
Full Leg	380
Half Leg	160
G-String	160
Arm	160
Under Arm	120
Upper Lip	120

## Manicure and Pedicure

Manicure	330
Pedicure	330
French Manicure	380
French Pedicure	380
Express Manicure	225
Express Pedicure	225
Polish Change	110
Combined Manicure and Pedicure	600

## Hair Treatment

Hair Cream Massage	400
Hair Blow and Dry	300

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# 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** **300**

## Body Massage

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

**45 minutes** **350**

## Munchkin Package

*Body massage, bubble bath*

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

**60 minutes** **470**

## Mum and Me

Back Massage, natural mini facial and express manicure.

**60 Minutes + express manicure** **1,170 for two-person**

## Manicure and Pedicure

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

**60 minutes** **200**

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# General SPA Information

Please reserve your treatments in advance by dialling extension **7000** from your room.

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.

### Jewellery

Please make sure you are not wearing any jewellery. We will provide a jewellery box during in each treatment room however we will not be responsible for the loss or misplacement 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.

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