

The background features a collection of natural spa-related items: a white ceramic bottle, a wooden spoon filled with white salt crystals, a sliced lime, a white towel, a textured beige towel, a small white ceramic jar, and various green leaves and a wicker ball. The text 'BALI SPA' is in the top right, and 'Treatment Menu' is in the bottom right.

BALI  
SPA

# Treatment Menu

## DETOX ME!

### Open Cakra Massage

Unique massage combine an Ayurveda practice with medicated oils and special pressure technique to detoxify and release blockage. It's clear out and processes your emotions and improve your anxiety problems.

### Shirodara Treatment

### Bali Spa Signature

Incarnation of tender stretches, acupressure using with Balinese Technique to stimulate the stream of blood, oxygen and liveliness around your body, and bring bottomless relaxation and wellness. Balinese massage works deeply to calm damaged tissue, and relieve strained muscles and joint pain.

#### SINGLE

60 Min IDR 252++  
75 Min IDR 300++

30 Min IDR 210++

60 Min IDR 228++  
90 Min IDR 252++

#### COUPLE

60 Min IDR 480++  
75 Min IDR 570++

30 Min IDR 396++

60 Min IDR 438++  
90 Min IDR 480++

## SPORT MASSAGE

### Deep Tissue Massage

This will focus on meridian points, and muscle groupings, employing skillful techniques with the palm, elbow, and forearm, accompanied with gentle stretching and long strokes to relieve tension, tight muscles, and sore joints.

60 Min IDR 228++  
90 Min IDR 270++

60 Min IDR 438++  
90 Min IDR 510++

## FLOW OF BODY ENERGY

### Soothing Stone Massage

Unwind, relax and restore your energy, with our unique hot stone massage to your body. The heat is both deeply relaxing and helps warm up tight muscles so our therapist can work more deeply.

#### SINGLE

90 Min IDR 300++

#### COUPLE

90 Min IDR 570++

*All prices are in thousand rupiah and subject to 21% service charge and prevailing government tax.*

## FLOW OF BODY ENERGY

### Aromatherapy Massage

The beauty of essential oils transcends beyond just an aroma, true aromatherapy creates a sense of calm, pleasure and clarity. Your therapist will blend traditional East and West massage techniques to infuse your customized blend of oils rhythmically into your body.

#### SINGLE

60 Min IDR 240++  
90 Min IDR 300++

#### COUPLE

60 Min IDR 450++  
90 Min IDR 570++

## MEETING RELIEF

### Head, Neck and Back Massage

30 Min IDR 150++  
60 Min IDR 228++

30 Min IDR 276++  
60 Min IDR 438++

### Foot Massage

A deeply relaxing traditional foot massage combine with reflexology massage that will relieve stress and anxiety in your entire body.

30 Min IDR 150++  
60 Min IDR 228++

30 Min IDR 276++  
60 Min IDR 438++

### Specialized Body Bath

- Warming Spice Bath (ingredients: lemon leaf, fresh ginger, pandan leaf, clove, lemongrass, sirih leaf, lemongrass EO).
- Refreshing Citrus (ingredients: lemon, lemon leaf, jepun flower/ pacah flower and orange essential oil).
- Milk Bath (ingredients: seasonal flower, fresh milk/ powder, plain yogurt, Jasmine essential oil and jepun flower).

30 Min IDR 150++

30 Min IDR 276++

### Body Beauty Exfoliation (Scrubs)

Organic sugar is combined with exotic nut oils, creating the ultimate body beautifying experience. Warmed coconut milk is gently poured over the body in preparation for the pure cane sugar (white sugar) and tropical oils, which will be massaged gently to exfoliate layers of dry skin. An application of hydrating body lotion concludes this treatment to leave the body glowing (sugar scrub and massage oil).

30 Min IDR 150++

30 Min IDR 276++

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## MEETING RELIEF

### Relaxing Facial (Papaya, avocado and green apple)

Skin that has been neglected for far too long becomes congested and lacks the glow it once had, creating a need for a thorough cleansing and revival. Perfectly pH balanced nutrients are worked into the skin to relieve congestion, purify the pores and stimulate circulation to restore the vitality of youthful vibrant skin. Extractions performed as needed.

SINGLE

60 Min IDR 168++

COUPLE

60 Min IDR 312++

## CHOOSE YOUR OWN PACKAGE!

### Relaxing Package

- Bali spa signature massage 60 minutes
- A beautiful glow (Coconut, sugar + milk) 30 minutes
- Milk bath 30 minutes

120 Min IDR 480++

120 Min IDR 900++

### Ayurveda Package

- Open cakra 60 minutes
- Shirodara 30 minutes
- Milk bath 30 minutes

120 Min IDR 600++

120 Min IDR 1.140++

### After Sun Treatment

- Bali spa signature 60 minutes
- Aloe vera body scrub 30 minutes
- Yogurt mask 30 minutes

120 Min IDR 540++

120 Min IDR 1.020++

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# BALI --- SPA

**Jalan Dewi Saraswati III Seminyak, Bali 80117, Indonesia**  
**tel. (+62) 361 474 1400 | [www.ramadaencoreseminyakbali.com](http://www.ramadaencoreseminyakbali.com)**