BALINESE

AYU SPAS





WWW.BALINESESPAS.COM

SPA ETIQUETTE

➢ Arrival to ensure your time with us is pleasurable and as seamless as possible, we kindly request you to arrive at Balinese Ayu Spa a minimum of 10 minutes ahead of your scheduled
treatment time.

➢ Late Arrival If you arrive late for your appointment, you will receive the best treatment possible within the remaining appointment time.

➢ It may be necessary to decrease your pre-allocated time with respect for the next appointment.Full treatment costs apply.

➢ Please inform the Spa if you wish to cancel your treatment at least 4 hours before the scheduled time. Notifications received less than 4 hours prior to the scheduled appointment will incur 50% cancellation charge. No-shows will incur full cost of the treatment.

➢ Reservations Advance bookings are always recommended to guarantee your preferred treatment and time.

➢ Medical Concern Please notify the spa reservation team before booking any treatment if you have any physical ailments, allergies or disabilities, or are taking any medication.

➢ Children's Policy for guests under the age of 16, a parent or legal guardian must be present in the room at the time of the treatment or sign a consent

SPA TREATMENTS

TREATMENT SELECTION

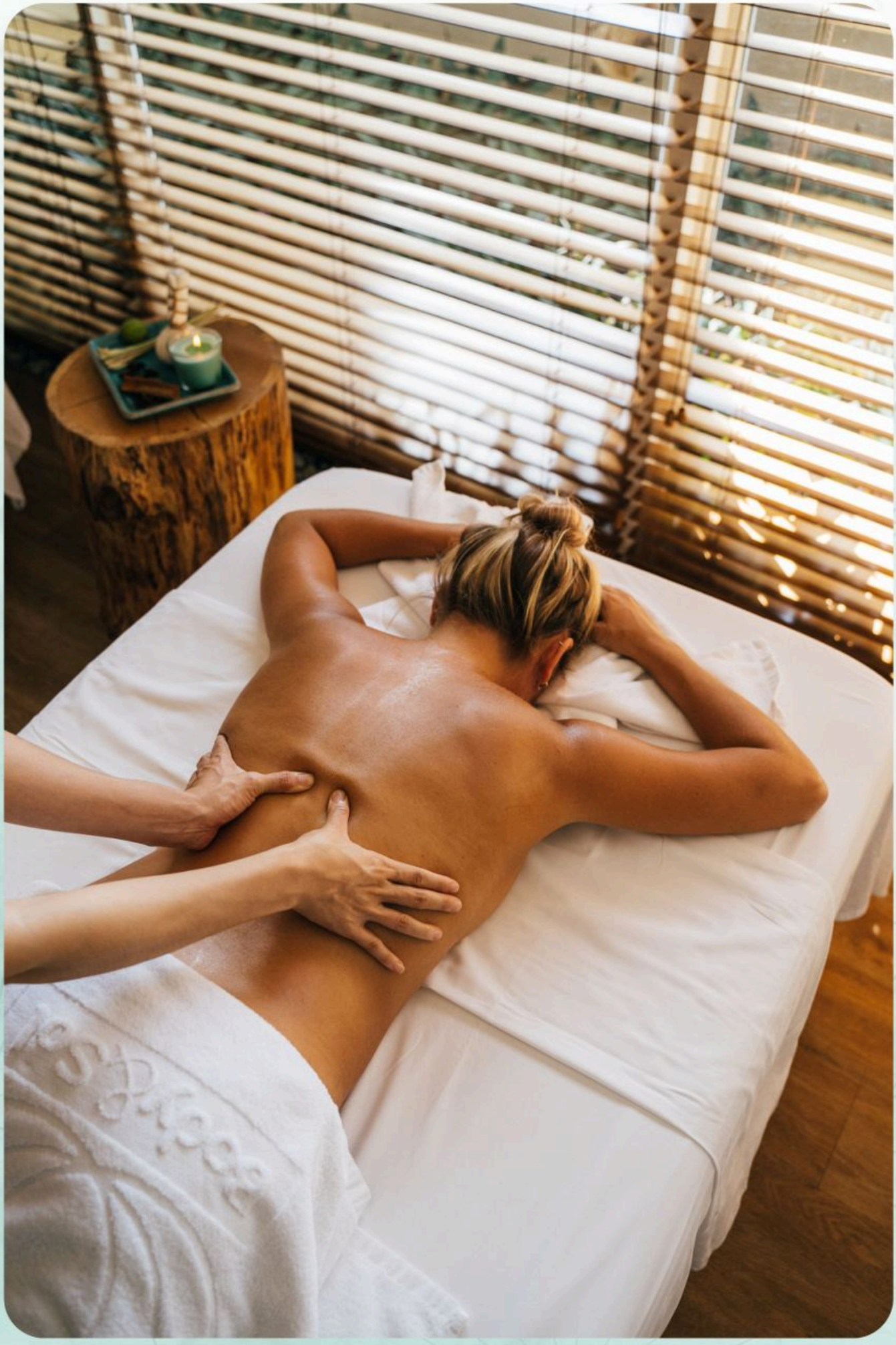
To maximize your choice, we offer a list of treatments which you can choose your preferable eight.

- Head Massage
- Back Massages
- Back and Stone Massages
- Asian Traditional Massages
- Relaxing Aromatherapy Massages
- Shiatsu Massage
- Asian Foot Remedy
- Warm Oil
  Massage

WELLNESS JOURNEYS

Following latest trends and uniqueness of our Balinese ayu spa we introduce treatment that bland perfectly with our philosophy

- Four Hands Massage
- Signature Massage
- Warm Stones Massage
- Sense Of Touch
- Sri Lankan healing
- Deluxe package
- Deluxe couple retreat treatment



HEAD MASSAGE **30 MINUTES – USD 35**

Wonderful massages for your head, neck, shoulders, arm and upper back. This will stimulate the blood circulation to your scalp. This treatment is also effective in relieving headaches.

BACK MASSAGES **30 MINUTES - USD 35**

Feel the tension in your shoulders, neck, and lower back melt with this relaxing massage, where the areas of focus will be customized according to your needs.

BACK AND STONE MASSAGES **60 MINUTES – USD 60**

Starting with shiatsu and traditional massage to warm the body, the stones are then applied on your back in such a way as to relieve your muscles from pain and tension. Back and stones massage is especially adapted for back problem, achieving a feeling of well-being and perfect relaxation.

ASIAN TRADITIONAL MASSAGES **60 MINUTES – USD 60**

90 MINUTES – USD 80

The Asian Traditional massage is a full body massage using palm pressure and long gentle strokes while applying a unique blend of natural essential oils. This combination stimulates your blood circulation, improves energy flow and drains tensions away.

RELAXING AROMATHERAPY MASSAGES **60 MINUTES – USD 60**

Using warm oil, heated up in a bottle and poured all over your body, the relaxing aromatherapy massage is designed to harmonize the corporal functions, such as blood circulation, breathing and mind relaxation. Soft and long strokes envelop all the body from feet to head creating an overall relaxation of the body and soothing effect.

SHIATSU MASSAGE **60 MINUTES – USD 60**

This massage uses pressure, rubbing, stroking and other techniques to stimulate the muscles and circulatory system of the body influencing the body's natural inner energies.

ASIAN FOOT REMEDY **30 MINUTES – USD 25**

60 MINUTES – USD 45

This ancient and natural healing therapy employes pressure on specific points of the foot to stimulate the body's healing power. it is an effective remedy with long-lasting benefits for many ailments

WARM OIL MASSAGE **60 MINUTES – USD 60**

This treatment uses various herbal oils and unique massage technique to bring forth a deeply relaxing, rejuvenating and nourishing experience which will aid in promoting youthfulness, increase energy and mobilization.

FOUR HANDS MASSAGE **60 MINUTES – USD 85**

The ultimate sensation with this massage provided by two therapists working together in perfect harmony that creates overall well-being. The perfect synchronization will balance the pressure of the whole body improving circulation. The four hand massage is a combination of shiatsu, traditional massage and lomi-lomi leaving your entire body re-energized and intensely relaxed.



BALINESE SIGNATURE MASSAGE **90 MINUTES – USD 85**

relaxing combination of 4 massages, starting with long strokes and deep skin massage for 30 minutes is then followed by 10 minutes shiatsu and 20 minutes warm stone massage on your back, shoulders, neck and arms to release the tension of your stressed muscles. It ends with a 30 minutes foot massage to relax and give you a feeling of overall comfort. Discover this deeply relaxing path to health and harmony.

WARM STONES HEAVEN MASSAGE **90 MINUTES – USD 85**

A full body massages starting with a traditional massage and lomi-lomi and then continues with the warm stones. Smooth and warm stones glide across your body in long, flowing strokes. The heat helps to relax the muscle and has a shooting effect on your emotions. Stones are positioned on the various energy body points to develop the healing potential.

SENSE OF TOUCH MASSAGE **90 MINUTES – USD 85**

sense seducing escape from daily life. Combining the world's best massage techniques; inspired by Balinese massage and Lomi-Lomi massage technique, expect a deeply relaxing and uplifting massage experience. This massage works with the body's natural energy system to harmonies the energy flow. Using aromatherapy massage oil to revive your senses whilst enriching your skin with anti-oxidants and deep hydration

SRI LANKAN HEALING **120 MINUTE – USD 100**

Our bespoke top to toe Signature Ritual uses the essences of 100% pure organic coconut native to the Sri Lankan. Experience profound and deep relaxation; enjoy smooth and hydrated skin and shiny, with the tropical scent of coconut.

- Freshly coconut body scrub
- Scalp massage using coconut oil.
- Tropical full body massage with 100% virgin coconut oil



BODY TREATMENT

SUN LOVERS **60 MINUTES – USD 50**

After your day spent in the sun, come and enjoy our Special Sun Lover to calm, soothe and re-hydrate your skin.Sun Lover treatment is specially designed to fight against sun burn and the aging of the skin.This treatment start with body wash for gentle cleansing following by application of cucumber and homey body conditioner for cooling and shooting the skin end by application of body lotion prevent skin peeling and to lock in the moisture

HIMALAYAN BODY SCRUB **60 MINUTES – USD 50**

This Relaxing body scrub with Himalayan salt crystal nourishes both physical and emotional well-being.

Jasmine and sandalwood essential oils work directly with the sense to calm the nervous system and relive stress.

CHOCOLATE BODY SCRUB **60 MINUTES – USD 50**

Soft and Smooth skin that smells amazing. Cocoa removes dead skin cells and exposes a young, natural glow. The ingredient work together to moisturize your skin and boost circulation, stimulating cell renewal.

NATURAL COCONUT BODY SCRUB **60 MINUTES – USD 50**

Renew and refresh your skin with this unique spa experience. a gentle skin exfoliation using our own home-made natural coconut scrub that aids in renewing your skin's chemical balance leaving it soft and subtle.

GREEN TEA ENERGIZING AND DETOXIFYING BODY SCRUB | 60 MINUTES - USD 50

This energizing full-body scrub targets cellulite, stress and exhaustion. Drawing on the ionizing properties of green tea body scrub, it stimulates circulation and toxin elimination, uplifting mind, body and spirit

BEAUTY TREATMENT

REFRESHER FACIAL **30 MINUTE – USD 30**

A great introduction to facial treatment using for principal ingredients: pure honey mask and cucumber, leaving your skin feeling smooth and radiant. Enjoy the benefits of these natural ingredients with an age-old reputation for skin healing, softening, and moisturizing.

NATURAL ASIAN FACIAL **60 MINUTES – USD 50**

Using only Bio natural products, the face is cleansed and gently exfoliated to eliminate all the dead cells on the surface of the skin. While purifying with a gel mask, relax and unwind with a hand and feet massage. This treatment will effectively restore and hydrate your skin, leaving your face fresh, youthful and restored.

SPA MANICURE **30 MINUTES – USD 25**

Give your hands and nails a well-deserved care with our Hands Beauty treatment. Starting with the basics nail cut, file and cuticle repair, your hands are then gently exfoliated for a silky feeling.

SPA PEDICURE **30 MINUTES – USD 25**

Cool, energize and revive your feet with our Feet Beauty Treatment. Comprising of the classical pedicure treatment with nail cut, file, cuticle repair and soothing foot soak of essential oils.

For an extra charge, you may complete your manicure treatment with Nail Polish

Nail Polish – USD 10



DELUXE SPA PACKAGES

RELAXATION PACKAGE 1H20 – USD 75

Balinese Massage 50mn

Foot massages 30 min

PAMPERED PACKAGE 2H20 – USD 120

The Signature Spa

Natural Asian Facial

HARMONY PACKAGE 1H40 – USD 150

Four Hands Massage

Natural Asian Facial & Foot Massage

DELUXE COUPLE TREATMENT

Pamper yourself and your beloved one this holiday with our packages specially designed for couples

A step towards paradise…

ROMANTIC COUPLE RETREAT 90 MINUTE – USD 150

Enjoy precious time together immrsed with the aromas of pure essential oils and indulge in a restoring and calming Balinese Massage followed by body wrap.

ROMANTIC HONEY MOON TREAT 120 MINUTE – USD 185

An enchanting ritual to share with your loved one, captivates all of your senses, alleviates any tensions and connects you to the vital powers of nature's elements.

- Himalayan salt body scrub
- Choice of 60 minutes massage.
- Glowing radiance Mini Facial.

Kid spa menu

BETWEEN 5 TO 13 YEARS OLD



SUPER SPA STAR **60 MINUTE - USD 45**

Happy essential mini massage and fruit mini facial.

PRINCESS TREAT **60 MINUTE – USD 45**

A jolly time for kids, smell and play with fruits scrubs choices of yogurt cucumber and coconut, for a sweet and hydrating caress.

FRUIT MINI FACIAL **60 MINUTE – USD 45**

Let them play and learn how to take care of their skin, with a gentle coconut scrub and chocolate body mask and cucumbers in her eyes, have fun and nourish their skin

A Heartfelt Thank You

Thank you for choosing Balinese Ayu Spas. We are honored to be a part of your wellness journey and to provide you with a sanctuary where you can truly unwind, recharge, and experience the restorative power of authentic Balinese healing.

Find Your Sanctuary

Discover the true meaning of relaxation at our PREMIUM locations. Whether you are in the heart of the city or the lush hills of the high country, your wellness journey awaits. We invite you to step into our tranquil spaces any day between 9:00 AM and 9:00 PM to begin your restoration.

CONNECT WITH US

BOOK ONLINE: WWW.BALINESESPAS.COM

FOLLOW OUR JOURNEY:

AWAKEN YOUR SENSES. RESTORE YOUR SOUL.