



serenity can't wait

**Club Med Spa**  
by MANDARA

SPA MENU

# SPA MOMENTS FROM 45 MINS TO 2 H 30 MINS

## WHERE TIME SLOWS DOWN...

### PACKAGES OF CLUB MED SPA

#### **PURE INDULGENCE (2 hrs 30 mins) Rp.2.250.000**

Immerse yourself in the Spa experience with this indulgence treatment package. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage ~ Choice of Refresher Facial or Foot Massage.

#### **FRANGIPANI BODY GLOW (2 hrs) Rp.2.250.000**

Entice your body to an exfoliation with a difference. Warmed oils drizzled over your body ~ sumptuous ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger, massaged into the skin to slough away dryness ~ shower ~ embalm the body with ELEMIS Frangipani Monoi Body Oil ~ receive a relaxing mini facial whilst wrapped in the fragrant cocoon ~ Balinese Massage.

#### **HARMONY (2 hrs) Rp.1.800.000**

A delightful package that will leave you looking refreshed and radiant. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage or Pure Nature Facial.

#### **OCEAN DETOX WRAP (1 hr 50 mins) Rp.1.500.000**

Essentially a seaweed and clay body treatment designed to stimulate the lymphatic system, purge impurities and provide a mineral blast to the skin. Aroma Reflex Foot Ritual ~ Dry Body Brushing ~ Green Clay and Seaweed Wrap ~ Scalp Massage ~ Infrared Detox Sauna ~ Express Massage.

#### **SPA DISCOVERY (1 hr 20 mins) Rp.1.200.000**

Age old tradition combines with the finest European skincare for a deliciously relaxing experience. Enjoy a Balinese Massage followed by an ELEMIS Taster Facial.

#### **SPA SAMPLER (1 hr 20 mins) Rp.1.200.000**

Experience the pleasure of relaxation with this combination of Balinese Massage and your choice of Refresher Facial or Foot Massage.

### FAMILY SPA MENU

#### **FAMILY SPA DAY (1 hr) Rp.3.000.000**

Aromatherapy Floral Footbath for everyone in the family.

- Kids: Aromatherapy Floral Bath with tasty Cookies and Orange Juice or Tea, followed with Nail Polish & Shoulder Massage.
- Parents: Choice of Balinese Massage or Fancy Foot-work.

*(for two adults and two kids below 12 years)*

#### **MUM AND DAUGHTER SPECIAL (1 hr 10 mins) Rp.2.200.000**

Indulge yourself with an hour of our signature Foot Massage, whilst your little one enjoys a lovely Aromatherapy Floral Footbath followed by a Nail Polish.

*(Age requirement: 4 - 16 years)*

#### **DAD AND SON SPECIAL (1 hr 10 mins) Rp.2.000.000**

Indulge yourself with an hour of our signature Express Massage, whilst your little one enjoys a lovely Aromatherapy Floral Footbath followed by a Foot Massage.

*(Age requirement: 4 - 16 years)*

### KIDS SPA MENU

#### **KID'S MINI MESSAGE SPECIAL (15 mins) Rp. 150.000**

- HAND MASSAGE
- FOOT MASSAGE
- SHOULDER MASSAGE
- HEAD MASSAGE

#### **KID'S GROOMING SPECIAL Rp. 300.000**

- HAIRCUT
- SHAMPOO
- MINI MANICURE
- MINI PEDICURE
- NAIL POLISH FOR HANDS & FEET

#### **KID'S BRAIDING SPECIAL**

- SHORT HAIR Rp. 200.000
- LONG HAIR Rp. 300.000
- BRAIDING / PCS Rp. 30.000

*(Age requirement: 4 - 12 years)*

### COUPLES SPA MENU

#### **JUST THE 2 OF US (2 hrs 30 mins) Rp.4.400.000**

Immerse yourself in the Spa experience with this indulgent treatment package. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage ~ Choice of Refresher Facial or Foot Massage.

#### **BETTER TOGETHER (2 hrs) Rp.3.400.000**

A delightful package that will leave you looking refreshed and radiant. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage or Pure Nature Facial.

*(Price for two person)*

## ELEMIS

### ELEMIS FACE

#### ELEMIS PRO-COLLAGEN AGE DEFY

(1 hr) **Rp. 1.459.000**

Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

#### OXYGEN FACIAL (1 hr 15 mins) **Rp. 1.300.000**

Oxygeneuticals treatment delivers beautifully hydrated, refreshed and contoured skin with absolutely no downtime and results that last.

This treatment uses ELEMIS products and is designed to nourish your skin and promote collagen growth. It involves a machine to spray highly concentrated molecules of oxygen right into your epidermis (the outer layer of your skin). The oxygen that's applied to your face and neck is infused with vitamins, minerals, essential nutrients, and botanical extracts.

#### ELEMIS SUPERFOOD PRO-RADIANCE

(1 hr) **Rp. 1.119.000**

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.

#### ELEMIS SENSITIVE SKIN SOOTHER

(1 hr) **Rp. 1.119.000**

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

#### ELEMIS ANTI-BLEMISH MATTIFY AND CALM

(1 hr) **Rp. 1.119.000**

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

*\*Independent Clinical Trials.*

### ELEMIS BODY

#### ELEMIS BODY NECTAR NOURISHING WRAP - FRANGIPANI

(45 mins) **Rp. 880.000**

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

#### ELEMIS INTENSELY CLEANSING SALT SCRUB - LIME & GINGER

(45 mins) **Rp. 705.000**

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

### FACE OF CLUB MED SPA

#### PURE NATURE FACIAL (50 mins) **Rp. 800.000**

Club Med Spa's signature facial is rich in enzymes that can peel away dead skin, antioxidant vitamins to protect and treat the cells from environmental (and self-induced!) pollutants and natural oils for deep nourishment. We use only natural ingredients with no harmful preservatives or additives. There are three options for different skin types, relying on nature's life-force to restore the equilibrium and deliver a vitamin and mineral burst to your skin. Preserve ~ a cleansing and rejuvenating facial for normal skin. Renew ~ a fruit acid facial for treating environmentally damaged skin. Enrich ~ a nourishing facial for dry or mature skin.

### BODY OF CLUB MED SPA

#### ROYAL THAI MASSAGE (1 hr 30 mins) **Rp. 1.200.000**

Exotic, rejuvenating and the ultimate subliminal body workout. Using no oil, this firm massage aims to release tension, increase vitality and flexibility, and create wholeness of body, mind and spirit. It is a masterful fusion of Indian Ayurvedic stretching techniques and the Chinese method of deep tissue pressure point massage. It helps to release toxins, stimulate blood flow, realign the body and restore suppleness.

#### FOUR HAND MASSAGE (50 mins) **Rp. 1.185.000**

Not to be missed, never to be forgotten. Our signature massage, performed by two therapists working together, is a unique blend of five different massage styles – Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. The synchronisation of the two therapists makes this massage a sublime experience.

#### WARM BAMBOO MASSAGE (1 hr 20 mins) **Rp. 1.000.000**

Let your mind and body escape reality and find its inner-balance. This deep but soothing massage will release knots and relax tense muscles through the use of long strokes using warm bamboo stalks and aromatherapy massage oil.

#### BALINESE MASSAGE (1 hr 20 mins) **Rp. 1.000.000** (50 mins) **Rp. 800.000**

Our most relaxing massage, harnessing the therapeutic properties of 100% pure essential oils. Used for centuries to renew, strengthen and heal both body and mind, this traditional therapy combines stretching, long strokes, skin rolling and palm and thumb pressure techniques to relieve tension, improve blood flow, ease stress and calm the mind. It can also help to improve the circulatory, lymphatic, muscular and nervous systems. For jetlag recovery, choose our Tranquility massage oil blend.

#### WARM STONE MASSAGE (50 mins) **Rp. 1.000.000**

The healing power of touch combines with the energy of the earth in this relaxing, muscle melting massage. Smooth, warmed rocks glide across your body in long, flowing strokes. The heat helps to relax the muscles and has a soothing effect on your emotions. Simultaneously, rocks are placed on the body's various energy points to encourage the body's healing potential.

**TENSION RELIEF MASSAGE (1 hr 20 mins) Rp. 1.000.000**

Slow, deep massage strokes deliver pressure to the inner layers of muscles and connective tissue to ease tightly-held tension. It relieves chronic pain by speeding up the blood circulation and thus delivers fresh oxygen and nutrients to the muscles to help them repair and improve their condition.

**ASIAN HEAD MASSAGE (50 mins) Rp. 800.000**

This shoulder, neck, upper back, arm and scalp massage is based on the ancient healing system of Ayurveda. A Thai poultice filled with exotic leaves, flowers and lime essential oil is dipped in warm coconut oil and used on the scalp, for scalp and hair care as well as complete relaxation. Deep thumb and finger pressure, friction and soothing strokes help to reduce tension, improve circulation and flush out physical and emotional toxins.

**FANCY FOOT-WORK (50 mins) Rp. 800.000**

The most blissful ride your feet will ever take you on. It's like reflexology without the 'ouch'. Based on the same therapeutic principles of its ancient ancestor, this foot massage will help to release toxins and restore your body's energy flow. And it feels like bliss at its celestial best.

**MORE OF CLUBMED SPA**

<b>POWER POLISH MANICURE</b>	<b>(1 hr)</b>	<b>Rp. 750.000</b>
<b>POWER POLISH PEDICURE</b>	<b>(1 hr 15 mins)</b>	<b>Rp. 750.000</b>
<b>SPA PEDICURE</b>	<b>(1 hr 15 mins)</b>	<b>Rp. 600.000</b>
<b>FRENCH MANICURE</b>	<b>(1 hr 15 mins)</b>	<b>Rp. 600.000</b>
<b>SPA MANICURE</b>	<b>(1 hr)</b>	<b>Rp. 525.000</b>
<b>INFRARED DETOX SAUNA</b>	<b>(15 mins)</b>	<b>Rp. 250.000</b>

**GIFT CERTIFICATE**

Gift certificate purchase is available for all Spa treatments or at a value amount. Please contact our Spa Reception for further details.

**MEGACARE & GIFTS**

Luxury skin and body care products along with beautiful gifts are available at our Spa boutique.

**SALON**

<b>TRADITIONAL CREAM BATH</b>	<b>Rp. 415.000</b>
<b>HAIR CUT</b>	<b>Rp. 365.000</b>
<b>FRINGE/BANGS</b>	<b>Rp. 180.000</b>
<b>SHAMPOO, CUT &amp; BLOW DRY</b>	<b>Rp. 525.000</b>
<b>BLOW DRY</b>	<b>Rp. 325.000</b>
<b>BLOW DRY + STYLING</b>	<b>Rp. 595.000</b>
<b>MAKE-UP ONLY</b>	<b>Rp. 405.000</b>

**BRAIDING**

<b>SHORT HAIR</b>	
- FULL BRAIDING	Rp. 415.000
- HALF BRAIDING	Rp. 255.000
<b>LONG HAIR</b>	
- FULL BRAIDING	Rp. 525.000
- HALF BRAIDING	Rp. 325.000
<b>BRAIDING / PCS</b>	<b>Rp. 50.000</b>

**WAXING**

<b>BACK WAXING</b>	<b>Rp. 470.000</b>
<b>FULL LEG</b>	<b>Rp. 470.000</b>
<b>HALF LEG</b>	<b>Rp. 365.000</b>
<b>BIKINI</b>	<b>Rp. 325.000</b>
<b>UNDER ARM</b>	<b>Rp. 200.000</b>

All prices are quoted in Indonesian Rupiah and inclusive of applicable Government Tax. Rates are subject to change without notice.

# SPA BASICS

## Should I reserve my treatments?

Yes, either phone or visit the Spa to book a reservation at your earliest convenience so we may accommodate your schedule.

## When should I arrive?

Please arrive at the Spa 15 minutes before the scheduled time to check-in and change.

## What if I have special health considerations?

Please notify our Spa Manager or Receptionist before booking your treatments if you have high blood pressure, allergies, other physical ailments or disabilities, or if you are pregnant. If you have any concern at all, let us know.

## What do I wear during my treatment?

Choose what is most comfortable for you. Treatments may be enjoyed without clothes. Our therapists will always use draping techniques to respect your privacy. Alternatively you may wear your own bikini or briefs.

## What about my valuables?

Please leave valuables in the safe in your hotel room, as we do not assume any liability for personal items.

## What if I'm late for my appointment?

Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

## What if I need to cancel a Spa reservation?

The treatments you select are reserved especially for you. Guests will be charged 50% for treatments not cancelled six hours in advance.

## What about payment for Spa services?

You may charge Spa services to your hotel bill. We accept all major credit cards (Visa, Amex, Mastercard, JCB).



Bali

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