



**JIMBARAN PURI**

**SPA**

## **SPA MENU**

## **WELCOME TO THE WONDERFUL WORLD OF BELMOND**

We are totally dedicated to your wellness when you stay with us at Belmond. Whether lazing in our spa or dining on nutritious cuisine, practicing yoga on a beach or enjoying a moment's peace in a tranquil hideaway, do take this special opportunity to refresh both your body and your soul.

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## **01 RELAX AND REVIVE AT THE BEACH SPA, JIMBARAN PURI, A BELMOND HOTEL, BALI**

We invite you to unwind in the healing energy of The Beach Spa as waves whisper along the shore, sea breezes gently caress the skin and sweet scents of frangipani and jasmine dance on the air. Beneath trembling palms in the shade of a semi al-fresco gazebo, experience the undiluted force of Balinese wellbeing wisdom and spirituality combined.

Signature treatments include the Best of Ayurveda, where you experience the ancient benefits of Ayurvedic herbal massage. Begin with a rhythmic 'four hands' Abhyanga ritual, then calm the mind and nourish hair and scalp with a restorative Shirodara oil-based head massage.

Indulge in our:

Relaxation lounge with spectacular ocean views

Outdoor spa treatment room

Listen to the gentle lapping of the waves. Feel the warm sea breeze. Inhale the aroma of therapeutic oils. A treatment at our beachside spa delights all the senses.

Please enjoy complimentary use of all our delightful spaces during your visit.

Opening times:

Daily: 10.00 - 21.00

Access: Follow the stone path that winds through the palms trees

Reservations: Dial 736

## 02 SIGNATURE INDULGENCES

### ENERGY HEALING & CHAKRA ALIGNMENT

90 MINUTES

Is a systematic holistic treatment using “Bandul” or a crystal healing pendulum, bowl and a unique powerful Balinese therapeutic massage and inner energy treatment. This unique treatment will nourish your body, mind and spirit through a special journey

Your journey will start with a consultation with the healer, followed by energy and chakra reading (with pendulum and bowl) to raise the energy level. It is continued with Balinese therapeutic massage using a unique technique that focuses on the muscle, tendon and blood circulation, lymphatic and vital energy systems, all at the same time for some parts of body, started with feet, back, hands, shoulders and head.

The treatment is combined with water purification using holy water or sea water , which can also be replaced with young coconut water, river water which mixed with lemon grass, lotus petals flower, rose petals, and some other flowers .

### AYURVEDIC TREATMENTS

#### SHIRODARA

60 MINUTES

This Indian Ayurvedic oil flow treatment focuses on the third eye area to clear the mind and promote deep relaxation, acting as gateway to total rejuvenation of the entire body.

#### ABYHANGA

60 MINUTES

A rhythmic oil massage with warm herbal oils. Impurities and toxins are released from the body. Circulation is stimulated whilst ensuring a deeply calming experience.

#### BEST OF AYURVEDA

90 MINUTES

An hour of rhythmic oil massage using warm herbal oils followed with 10 minutes of shirodara oil flow for deep relaxation of body, mind and spirit.

#### SPA SAMPLER

90 MINUTES

Relax as you enjoy our Balinese massage followed by a refresher facial.

RITUAL OF BALI 90 MINUTES  
Discover paradise with our Balinese massage, followed by your choice of body scrub to exfoliate and freshen or citrus body wash to truly relax and restore harmony.

BALINESE SPA DELIGHT 120 MINUTES  
Aromatherapy foot bath  
Balinese massage  
Choice of scrub Shower  
Choice of bath treatments  
Mangosteen lotion moisturizing application

THE ULTIMATE SPA JOURNEY 150 MINUTES  
Aromatherapy foot bath  
Warm stone massage  
Refresher facial or foot massage  
Choice of scrub Shower  
Choice of bath treatment  
Mangosteen lotion application

## 03 MASSAGES

BALINESE MASSAGE 60/90 MINUTES  
Traditional Balinese massage combines stretching, long strokes, skin rolling, and palm and thumb pressure techniques to relieve tension and encourage harmony of body and soul.

WARM STONE MASSAGE 75 MINUTES  
Massage enhanced by the use of warm, polished Bali river stones as an extension of your therapist's gifted hands. Special focus given to back and feet.

WARM JAMU MASSAGE 90 MINUTES  
The heated muslin compress of aromatic medicinal herbs and spices is a truly heavenly health treatment. Hot compresses are frequently used to address chronic problems such as back pain, tendonitis and shoulder strain, as well as to increase the flow of energy.

REFLEXOLOGY FOOT MASSAGE 60 MINUTES  
Ancient healing therapy that is as blissful as it is beneficial. Reflexology is a technique of applying gentle pressure on the feet to bring about a state of deep relaxation while stimulating the body's own healing process.

PRENATAL MASSAGE 60 MINUTES  
A gentle Balinese massage technique comfortably supported with cushions to relieve areas of tension, ease sore spots, and improve circulation and mobility using pregnancy-safe aromatherapy oil.



## 04 BODY RITUALS

CHOCOLATE SCRUB 30 MINUTES  
Your skin will feel the nourishing qualities of this delicious body scrub made from chocolate extracts, minerals, botanicals and essential oils. The exfoliation leaves your skin feeling smooth and supple, and is followed with a yogurt skin conditioner.

BALINESE COFFEE SCRUB 30 MINUTES  
Made from finely ground local coffee and volcanic pumice from Bali's sacred Mt. Agung, this scrub smooths and refines your skin and revitalizes your spirit. After exfoliation, we apply a carrot conditioner to your skin.

JASMINE JAVANESE LULUR 30 MINUTES  
A traditional Javanese Royal Court beauty ritual, this exquisitely aromatic treatment made from powdered spices and sweet wood will soften and refine your skin as it gently exfoliates. After removing the Lulur, a fresh yogurt splash is used to nourish.

BALINESE SPICE BOREH 30 MINUTES  
This traditional Balinese boreh/scrub is made from a mix of warming aromatic spices and herbs. A wonderfully aromatic scrub, it is particularly good for helping to relieve fever, headaches, muscles aches and jet lag.

## 05 FACIAL THERAPIES

TRADITIONAL BOKOS FACIAL 60 MINUTES

Relax and enjoy a treatment that will leave your skin feeling totally rejuvenated. Combines a gentle exfoliation cleanse, smoothing face massage, mask and a moisturizer selected especially for your skin.

M3 (MADU, MUKA, MUDRA) 60 MINUTES

M3 or Madu, Muka and Mudra ( honey, face and Mudra, which literally means a symbolic gesture of the hands) is a treatment to open the aura of the face so that it looks fresher and brighter, using Balinese honey produced by local stingless bees (kele-kele) and seven linjong or 7 hand gestures that are meant to be treatment points on the face with 7 hand movements (mudra) with mantras  
Seven Linjong are seven hand movements with seven mantras to purify hands to make it easier for positive energy to enter the body

FRUIT FACIAL 60 MINUTES

Made from fresh fruits, the mask has high concentrates of fruits, that helps in deep cleansing of the skin. It will leave your face fresh, moisturized and nourished

Four mask selections are available, freshly prepared for you:

- Avocado
- Papaya
- Aloe vera
- Lemon

Consult with out therapist for the best fruit selection for you.

## 06 **FINISHING TOUCHES**

EAR CANDLING

30 MINUTES

Ear Candling is a traditional treatment from Ancient India. It is a natural way of cleansing inside the ears with a soothing effect.

## 07 FOR YOUNGER GUESTS

CARE FOR YOUNG TRAVELLERS 30 MINUTES  
Invite your child to discover the world of wellbeing under the care of Balinese therapists. Treatments can help improve the quality of sleep, soothe the nervous system, strengthen the immune system or can simply be just for fun.

BACK AND HEAD MASSAGE 30 MINUTES  
BACK, HAND, LEGS, AND FEET MASSAGE 30 MINUTES  
MANICURE (WITH FLOWER ART ON REQUEST) 30 MINUTES  
PEDICURE (WITH FLOWER ART ON REQUEST) 30 MINUTES

## 08 SPA STYLE

We're delighted you will be joining us. Our spa is on the beach of calm, and we therefore ask that you help us maintain the peaceful ambience by speaking in a soft voice and turning off your cell phone.

### APPOINTMENTS

As treatments are subject to availability, we strongly recommend scheduling your appointments before your arrival. Your credit card number will be requested when you book. For reservations please contact:

Extension: 736

Email: [endang.arianti@belmond.com](mailto:endang.arianti@belmond.com)

### BRINGING THE SPA TO YOU

We understand that sometimes you just want to relax in your villa. So, you don't miss out on the spa nurturing, we'll be happy to send one of our massage therapists to you.

Enjoy any of our massages in your villa for additional RP. 200,000.

### CANCELLATIONS

We ask that you make any cancellation or change to treatments at least four hours before your appointment to avoid being charged in full.

### ARRIVAL

We invite you to arrive at least 10 minutes before your appointment to allow adequate time to change. For your comfort we provide a robe, towels and slippers.

As a courtesy to other guests, should you arrive late we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the treatment or service will still be charged.

### WELLBEING

For your comfort and safety, we ask you to complete a pre-treatment survey. Please notify us of any specific requirements for your visit which may include injuries, illnesses or allergies.

### COMMUNICATION

Prior to the start of your treatment, kindly advise your therapist of the areas you would like to focus on and any areas to be avoided. During your service, let the therapist know if you feel any discomfort. Communication is key to obtaining the full benefit of your spa experience.

#### CHILDREN

We warmly welcome children, accompanied by an adult, at our spa. We offer a selection of treatments tailored to ages 6 to 13.

#### GRATUITIES

Our treatment prices do not include gratuities. If you have enjoyed your treatment, please feel free to leave a gratuity at your discretion.

#### GIFT CARDS

Our gift certificates make perfect presents for spa lovers. Choose an individual treatment, a special package or a voucher for a specific denomination.

## 09 PRICE LIST

Prices are subject to 21% tax and services. All prices are quoted in Indonesian Rupiah

### **SIGNATURE INDULGENCES**

ENERGY HEALING AND CHAKRA ALIGNMENT	(90 MIN)	2,000,000
SHIRODARA	(60 MIN)	1,000,000
ABHYANGA	(60 MIN)	1,000,000
BEST OF AYURVEDA	(90 MIN)	1,500,000
SPA SAMPLER	(90 MIN)	1,400,000
RITUAL OF BALI	(90 MIN)	1,500,000
BALINESE SPA DELIGHT	(120 MIN)	1,800,000
THE ULTIMATE SPA JOURNEY	(150 MIN)	2,300,000

### **MASSAGES**

BALINESE MASSAGE	(60 MIN)	1,000,000
	(90 MIN)	1,300,000
REFLEXOLOGY FOOT MASSAGE	(60 MIN)	1,000,000
WARM STONE MASSAGE	(75 MIN)	1,250,000
PRENATAL MASSAGE	(60 MIN)	1,000,000
WARM JAMU MASSAGE	(90 MIN)	1,500,000

### **BODY RITUAL**

COCONUT SCRUB	(30 MIN)	500,000
BALINESE COFFEE SCRUB	(30 MIN)	500,000
JASMINE JAVANESE LULUR	(30 MIN)	500,000
BALINESE BOREH SCRUB	(30 MIN)	500,000
BALINESE BOREH WRAP	(30 MIN)	500,000

### **FACIAL**

TRADITIONAL BLOKOS FACIAL	(60 MIN)	800,000
M3 (MADU, MUKA, MUDRA)	(60 MIN)	1000,000
TRADITIONAL FRUITS FACIAL	(60 MIN)	800,000

### **FINISHING TOUCHES**

EAR CANDLING	(30 MIN)	400,000
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## 09 PRICE LIST

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### **SALON SERVICE**

SPA MANICURE	(60 MIN)	550,000
SPA PEDICURE	(60 MIN)	550,000
FRENCH MANICURE	(60 MIN)	550,000

### **FOR YOUNGER GUESTS**

BACK AND HEAD MASSAGE	(30 MIN)	450,000
BACK, HAND, LEGS AND FEETS MASSAGE	(30 MIN)	450,000
MANICURE (FLOWER ART ON REQUEST)	(30 MIN)	450,000
PEDICARE (FLOWER ART ON REQUEST)	(30 MIN)	450,000

### **UNIQUE SPA JOURNEY**

#### **SANDAT PACKAGE**

60 MIN BALINESE MASSAGE	(150 MIN)	1,800,000
60 MIN FOOT MASSAGE		
30 MIN BACK MASSAGE		

#### **PADMA PACKAGE**

60 MIN BALINESE MASSAGE	(180 MIN)	2,050,000
30 MIN LULUR SCRUB		
60 MIN MANICURE OR PEDICURE		
30 MIN FOOT MASSAGE		

#### **CEMPAKA PACKAGE**

75 MIN WARM STONE MASSAGE	(315 MIN)	3,500,000
60 MIN FACIAL		
30 MIN BALINESE BOREH SCRUB		
60 MIN FOOT MASSAGE		
60 MIN MANICURE OR PEDICURE		
30 MIN FLOWER BATH		

### **PAMPER AND UNWIND AT YOUR ROOM**

ADDITIONAL CHARGE TO THE VILLA		200,000
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