

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. 2.525.000

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.

### HARMONY (2 hrs) Rp. 2.025.000

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.

### SPA SAMPLER (1 hr 20 mins) Rp. 1.350.000

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

## FAMILY SPA MENU

### DAD AND SON SPECIAL (1 hr 10 mins) Rp. 2.250.000

Aromatherapy Floral Footbath ~ Express Massage ~ Foot Massage.

*(Age requirement: 4 - 16 years)*

## COUPLES SPA MENU

### JUST THE 2 OF US (2 hrs 30 mins) Rp. 4.950.000

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. 3.825.000

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)*

## FACE OF CLUB MED SPA

### PURE NATURE FACIAL (50 mins) Rp. 900.000

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 two 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.

**Enrich** - a nourishing facial for dry or mature skin.

## BODY OF CLUB MED SPA

### BALINESE MASSAGE (1 hr 20 mins) Rp. 1.350.000 (50 mins) Rp. 900.000

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.

### FOUR HAND MASSAGE (50 mins) Rp. 1.350.000

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.

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

**WARM STONE MASSAGE (50 mins) Rp. 1.125.000**

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. 1.125.000**

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. 900.000**

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. 900.000**

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.

**HEMOCARE & GIFTS**

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

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Bali

**Club Med Bali**

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