



S P A ALILA

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## Naturally from The Heart

At Spa Alila, we are committed to providing unique treatments from the heart, blending ancient Asian healing techniques with age-old beauty recipes featuring the curative benefits of fresh, natural, quality ingredients.

Trained in anatomical physiology, massage, meditation and service, our local therapists combine the latest organic nutrition and health knowledge with the most essential element – warm, genuine care that flows from the heart through the hands, to stimulate, rejuvenate, balance and relax your mind and body.

Balancing expertise with an intuitive sense of well-being, and through the contemporary expression of centuries-old therapies, at Spa Alila we create a natural, heartfelt and surprisingly different experience.

## Nurturing Mind and Body Wellness

Indulge in head-to-toe pampering with our luxurious spa treatments, specially created to promote the cleansing and rejuvenation of your body while inducing total mental and physical relaxation.

Choose from our selection of treatments that include:

Massage

Reflexology

Facial masks

Body treatments, scrubs and wraps

Hands, feet and nail care

Hair treatments

We also offer combination spa packages and can create personalised spa experiences that combine pampering treatments with spa cuisine. Whether you choose a single treatment or a full-day programme, Spa Alila offers time for solitude, connection with your body and a renewed sense of well-being on many levels.

You may refer to our treatment menu for details or consult with our spa hosts.

## Pure Inspiration

Spa Alila believes in all things natural, whether it be the Alila Living products or organic spa ingredients that complement our treatment range.

Our carrier massage oils are a pure blend of virgin coconut, sweet almond, kukui nut and wheat germ oils, rich in healing, nutritive and aromatherapeutic qualities.

Virgin coconut oil is a truly unrefined coconut oil which we source from villages in East Bali, where fresh coconut is shredded then cold-pressed to make coconut milk, fermented then separated and filtered. Virgin coconut oil has a much longer shelf life than most other carrier oils due to its natural antioxidant properties and is best applied directly to the skin for moisturising and conditioning.

Sweet almond oil is an excellent scent-free carrier oil for aromatherapy essential oils and is also remedial in the treatment of itching, inflammation and dryness. Rich in minerals and antioxidants, with proteins and vitamins D and E, sweet almond oil is often referred to in naturopathy as the queen of all carrier oils.

Mother-to-be and nut-free oils are also available at Spa Alila.



## Face

### Her

Reveal your skin's full potential with this remarkable facial specifically customised for ladies. See the glowing results of exfoliating sandalwood, detoxifying French red clay, and toning and rejuvenating oils of rose and lemon. A combination of pressure point and lymphatic drainage massage techniques leaves your skin looking alive and lustrous!

### Him

Our Alila Man facial is designed to restore skin's natural pH balance, leaving you with a softer, smoother and radiantly healthy appearance. Treatment includes exfoliation with local rice bran and sandalwood, a detoxifying mask of volcanic clay and lemon, then finished with an ultra moisturising blend of aloe vera juice, wildflower honey and wheat amino acids.

## Massage

At Spa Alila, we draw on the benefits of a range of Asian and European massage techniques that can be tailored to your personal wellness needs. Allow our spa host to help you select the appropriate massage therapy and oils to suit your condition.

### Balinese Massage

Feel tension dissolve with this ancient Balinese healing therapy that combines gentle stretching, long therapeutic strokes and skin rolling to relieve muscle pain. Palm and thumb pressure techniques are also applied to unravel the deepest stress and improve blood flow.

### Therapeutic Massage

Experience a complete body awakening with a combination of therapeutic massage techniques using fluent strokes of different depths and intensity. Long Balinese strokes improve lymphatic drainage and circulation. Swedish deep tissue techniques work into muscles to relieve tension and stiffness. Acupressure points are used for specific stimulation, while Thai movements add elements of stretching to increase mobility.

## **Reflexology**

Reflexology is based on the principle that energy flows freely around the body when we are in good health and that there are reflex areas on the feet that correspond to every part of the body, including major organs. Sit back and relax as your therapist applies varying degrees of pressure to specific points on the feet with thumb and fingers to unblock energy flow and promote the body's natural healing from within.

## **Warm Stone**

The therapeutic power of touch combines with the energy of the earth in this muscle relaxing massage. After our signature foot bath, smooth, heated river stones are used in rhythmic flowing strokes over the body to melt tension and soothe emotions. The stones are also placed on various energy points to stimulate the body's natural healing potential.

## **Shirodhara**

This 5000-year-old Indian therapy is physically rejuvenating, mentally refreshing, and just pure heaven. Experience perfect calmness and tranquillity as a stream of specially blended, warmed medicated oils pours softly onto the third eye transporting your mind and body into a state of deep relaxation. Shirodhara deeply relaxes the nervous system, lowers metabolism, integrates brain function and induces mood stability. This dreamy treatment begins with an Ayurvedic pressure massage to melt away tension and stress.

## **Pregnancy Massage**

Enjoy relief from the physical and emotional demands of pregnancy. This gentle, non-invasive approach to massage will ease your discomfort, reduce swelling and help lower stress. Feel yourself slip into a state of calm relaxation as our skilled therapist uses a lighter touch, concentrating on those areas most vulnerable to changes in your body.

## **Children's Massage**

A gentle and nurturing massage therapy dedicated to your little one's health, well-being and development, featuring a citrus bubble foot bath and gentle coconut oil massage. Treatment may assist with pain reduction, anxiety, gastric problems and sleep patterns. But most of all, it just feels like fun!

## Hair and Scalp

### Traditional Crème Bath

A mind-melting, intensely hydrating crème hair bath with essential oils of rosemary, lavender and grapefruit combined with a nourishing base of coconut and cocoa butter. A clay-based mask is massaged into the hair and scalp then left to condition, strengthen and hydrate while pressure point massage and palm strokes soothe the neck and shoulders. A warm steam is applied to open pores followed by a cool rinse with our signature shampoo and conditioner – the finishing touch for a renewed healthy sheen.

## Hands and Feet

### Manicure

This indulgent spa manicure includes a stimulating hand scrub, soothing hand bath, relaxing hand massage and essential nail maintenance and grooming. Combinations of sea salt and lavender gently exfoliate, while shea butter and aloe nourish your skin. An infusion of cucumber seed and lemon essential oils provides an added layer of protection for the cuticles.

### Pedicure

Treat your feet to the attention they deserve! This pampering spa pedicure includes an invigorating foot scrub, relaxing foot bath, foot massage and essential nail care. Exfoliates of sea salt and papaya smooth and buff your skin, while extracts of ginger and lemongrass fight bacteria to leave feet feeling as fresh as can be.



## Create Your Own Journey to Renewed Balance

Spa Alila's unique approach recognises the individual in you, offering you the flexibility to design treatments according to your personal needs and preferences in consultation with our therapists. Using the following packaged treatments as a guide, enjoy the fun and freedom to create your very own spa experience choosing from a selection of interchangeable products and treatment enhancers.

### **Beauty and Balance**

Awaken your senses and tone your body with this rich cocoa, coffee and coconut treatment. Locally grown coffee grounds gently exfoliate as the caffeine in the coffee draws out impurities and the coconut deeply conditions – a triple combination that gives skin a vivacious glow and toned appearance. Treatment includes our signature foot bath, a 60-minute massage, a coffee and coconut body scrub, and then finished off with a cocoa and coffee body mask.

### **Balinese Beauty Ritual**

Balinese lulur is an ancient village remedy originating from the rice farmers of Bali. It has been handed down through generations and is recognised as a traditional medicine, believed to help warm the body, relieve aching joints and help treat skin problems. Herbs of sandalwood, fennel seed, star anise, eaglewood and fenugreek create this powerful healing remedy. Treatment includes a 60-minute Balinese Massage, a traditional lulur body scrub, a skin-softening body mask and a brightening mini facial.

## Interchangeable Product Elements

Personalise your treatment to suit your skin's current condition.

### Scrubs

Gentle and Kind – aloe vera, cucumber and chlorophyll

Comfort and Cleansing – ginger, lemongrass and orange

Lightening and Brightening – lavender, ylang ylang and lemongrass

### Wraps and Masks

Soothing – chamomile, green clay and geranium

Toning – cocoa, coffee and coconut

Glowing – turmeric, cinnamon and ginger

## Spa Etiquette

### Arrival

Try to be early. Kindly arrive at least 15 minutes before your treatment is scheduled. A late arrival means less spa time.

### Cancellation

Reservations cancelled within 8 hours will be subject to a charge of 50% of the listed price. Treatment times may be changed subject to the approval of our spa host.

### Spa Attire

Please wear comfortable attire. Robes and disposable underwear will be provided. You may choose to be naked, wear your own underwear or swimwear during your spa treatment.

### Gentlemen

Gentlemen, if you have chosen a facial, please shave before the treatment. Although not essential, it is definitely beneficial.

### Mothers-to-be

We have our very own blend of "Mother-to-be" massage oil and modified therapeutic treatments specially for expecting mums.

### Allergies

Our spa host will ask you regarding any health-related issues or known allergies. Simple patch tests will be performed before conducting any treatment to ensure the selected product is right for you.

### Products

All products used throughout Spa Alila are 100% natural, free from synthetic preservatives and additives.

### Continued Glow

To continue your spa regime at home, our complete range of 100% natural products and testers is available at [www.shopalila.com](http://www.shopalila.com) or within our Alila Living and Spa Alila retail stores.

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### Spa Alila Treatments

Facial Her 60 min	575
Facial Him 60 min	575
Balinese Massage 60 min	575
Balinese Massage 90 min	765
Therapeutic Massage 90 min	765
Reflexology 60 min	520
Warm Stone 60 min	715
Shirodhara 60 min	715
Pregnancy Massage 60 min	550
Pregnancy Massage 90 min	765
Children's Massage 45 min	400
Traditional Crème Bath 60 min	575
Manicure 60 min	330
Pedicure 60 min	330
Pedicure and Manicure 75 min	605

### Journeys by Alila

Beauty and Balance 120 min	1,085
Balinese Beauty Ritual 150 min	1,320

### Treatment Enhancers

Add a little something extra special to your spa journey with any of these therapeutic experiences.

Face Awakening and Hydrating Facial Massage	20 min . 270
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Massage Stimulating Scalp, Back, Foot, Hand, Arm, Neck and Shoulders	15 min . 165
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Body Scrubs or Wraps Selected from the Interchangeable Product Elements and tailored to your needs.	30 min . 275
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### Personal and Indulgent Packages

Please ask our spa host to assist you in creating your desired spa experience, or indulge in any of the choices below :

Balinese Massage and Facial  
Traditional Crème Bath and Reflexology  
Manicure and Facial  
Body Wrap, Body Mask and Facial

All Treatment Combinations	90 min . 800
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Prices are in thousand Indonesian Rupiah and subject to 21% government tax and service charge.

Contact

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