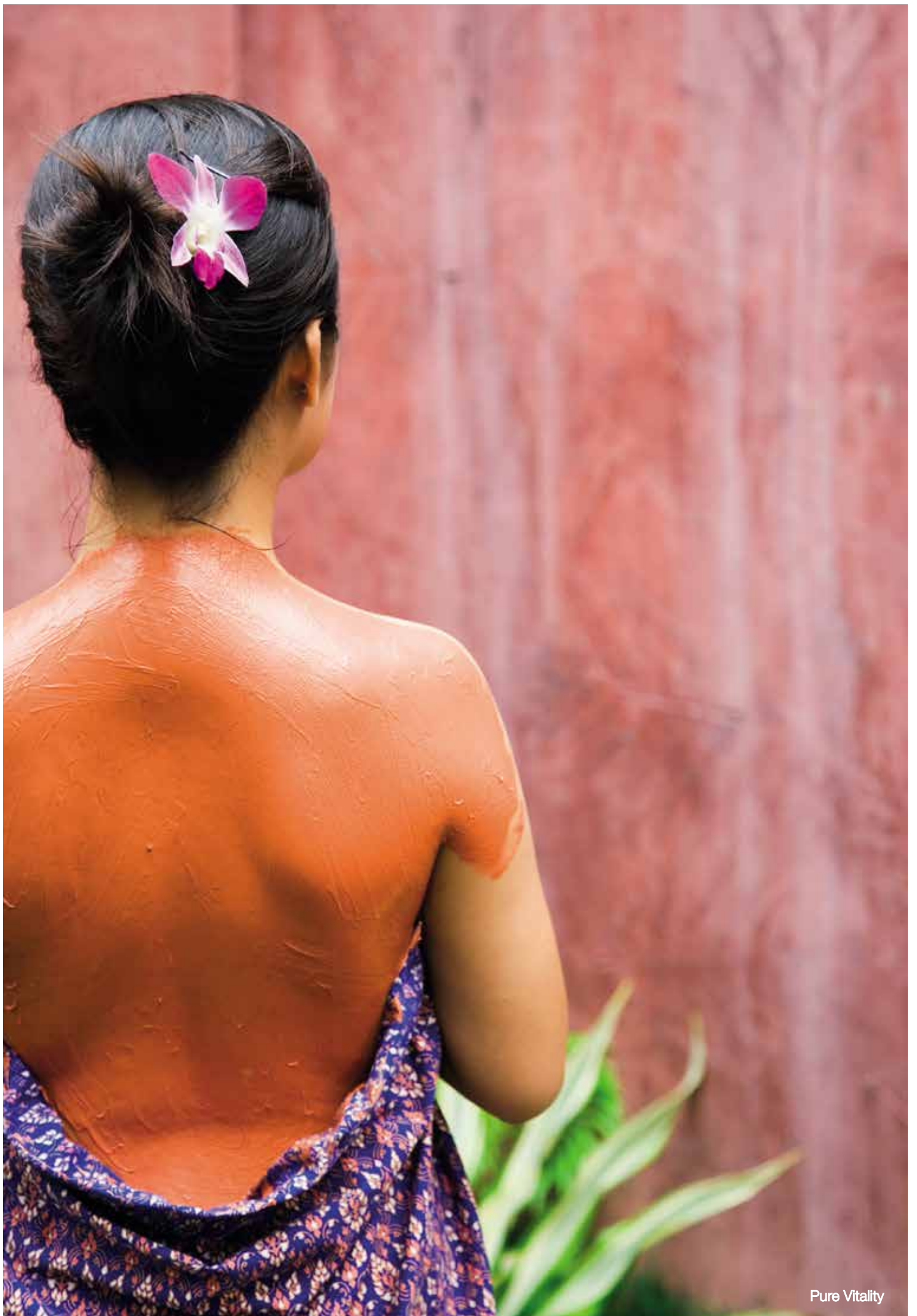




THE GREATEST JOURNEYS
ARE FELT, NOT TOLD.





EXOTIC BALINESE JOURNEYS IN A LUXURIOUS ROOFTOP SANCTUARY.

Rooted in Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins and is beautifully expressed at Anantara Spa Seminyak through the exotic touch and heartfelt spirituality that blossoms on the Island of the Gods.

Escape to a tranquil rooftop sanctuary overlooking tropical gardens and beyond to Mount Batukaru. Indulge in some of the world's most revered spa treatments or our collection of pampering cultural journeys, from Bali's holistic wellness traditions to ancient royal Javanese beauty secrets and unique therapies that harness Indonesia's precious spices.

At Anantara Spa, the greatest journeys are felt, not told...

Opening hours: 10.00 am – 10.00 pm

Spa treatments between 10.00 pm and 11.00 pm are available with advanced reservation.



SIGNATURE EXPERIENCES

Drawing on Anantara Spa's world class expertise, the finest indigenous wellness traditions and unique holistic therapies, our collection of highly specialist rituals blend luxurious pampering with powerful, long lasting benefits for body, mind and soul.

ANANTARA SIGNATURE MASSAGE (60/90 Minutes)

Drawing on Anantara Spa's world class expertise, the finest indigenous wellness traditions and unique holistic therapies, our collection of highly specialist rituals blend luxurious pampering with powerful, long lasting benefits for body, mind, and soul.

Floral Foot Ritual • Anantara Signature Massage
• Refreshment

MAUWUT MASSAGE (60/90 Minutes)

Experience a traditional wellness practice that is intrinsically connected to Balinese culture. Stemming from Ayurvedic wisdom and offering holistic care, this ancient Hindu treatment has evolved over time and is customised to each person's needs and age, working in harmony with the cycle of life from infants to the elderly. Penetrating deeply, this unique full body massage combines warm ginger oil with pressure point techniques using fingers, thumbs, palms, knuckles and body weight to promote healthy circulation and energy flow, tone muscles, heal bones and nerve paths, whilst also relieving stress and exhaustion, restoring balance and inner tranquillity products.

Floral Foot Ritual • Mauwut Massage
• Refreshment

KEROKAN THERAPY (30 Minutes)

In this ancient Balinese and Javanese treatment, an expert therapist rubs the skin with ginger oil and scrapes on the neck and back area using a coin until it turns purple or red. Traditionally used to treat common cold symptoms such as sneezing, a runny nose, headache and fever, this therapy has a stimulating and warming effect, promotes stamina and increases vital energy flow.

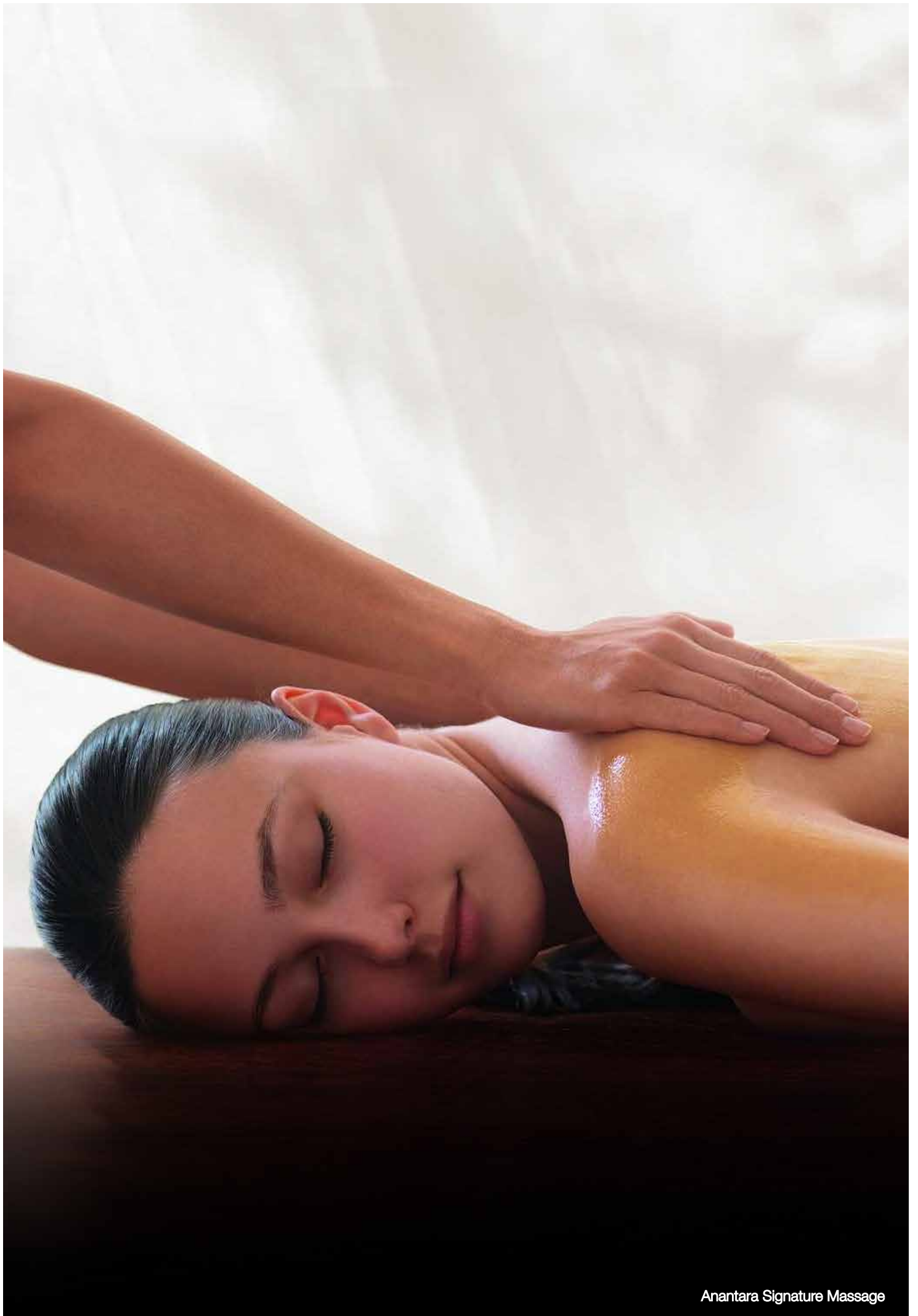
Floral Foot Ritual • Kerokan • Refreshment

BESPOKE SPA EXPERIENCE (90 Minutes)

Indulge in an exclusive massage, designed to suit your needs and mood. Highlight the areas you wish to focus on or the benefits you'd like to receive, and we'll tailor the perfect 90 minute treatment and offer you a choice of luxurious massage oils.

Floral Foot Ritual • Bespoke Massage
• Refreshment





SPA JOURNEYS

Carefully crafted to bring you a luxurious choice of extended experiences, these special journeys are designed to help you escape the limits of space and time. Indulge in unique destination inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.

PURE VITALITY

(200 Minutes)

Indulge in a revitalising journey. Impurities are drawn out and cells are nourished by an ancient Balinese body mask of mineral rich white kaolin clay, spice and bark. Stimulating massage techniques enhance circulation and energy flow, before your complexion is pampered by a facial that is perfectly suited to your skin type for optimum results.

Floral Foot Ritual • Bali Boreh Mask • Shower
• Energising Massage • Choice of Elemis Skin Specific Facial • Refreshment

ISLAND OF JAVA JOURNEY

(165 Minutes)

Originating from the Royal House of Java, this traditional beauty ritual is no longer reserved for royalty, but is sure to bestow a regal radiance by relieving tension, improving blood flow and bringing waves of muscle relief.

Floral Foot Ritual • Javanese Lulur Beauty Treatment • Shower • Balinese Massage Refreshment

ANCIENT ASIA ODYSSEY

(165 Minutes)

Experience two of Asia's most unique and popular ancient wellness techniques. Feel invigorated by Thai pressure point and stretching techniques to release stress, enhance flexibility and stimulate healthy energy. Relax into an Ayurvedic head massage that uses pressure point and massage techniques with coconut oil to relieve tension, insomnia and chronic headaches.

Shower • Floral Foot Ritual • Traditional Thai Massage
• Indian Head Massage • Refreshment

DAWN RENEWAL

(165 Minutes)

Rise to a refreshing ritual of replenishing therapies. Cleanse and exfoliate with a scrub of healing coconut and warming cinnamon, followed by an invigorating, powerful massage.

Floral Foot Ritual • Coconut & Cinnamon Body Polish
• Shower • Deep Tissue Massage • Refreshment

DUSK RELAXATION

(165 Minutes)

End your day with a soothing series. Feel recharged by our signature full body massage of eastern and western techniques and special oil blend, followed by a reflexology treatment, both offering deep relaxation and enhanced wellbeing to balance body, mind and spirit.

Shower • Floral Foot Ritual • Anantara Signature Massage
• Foot Massage • Refreshment

ANANTARA RETREAT

(120 Minutes)

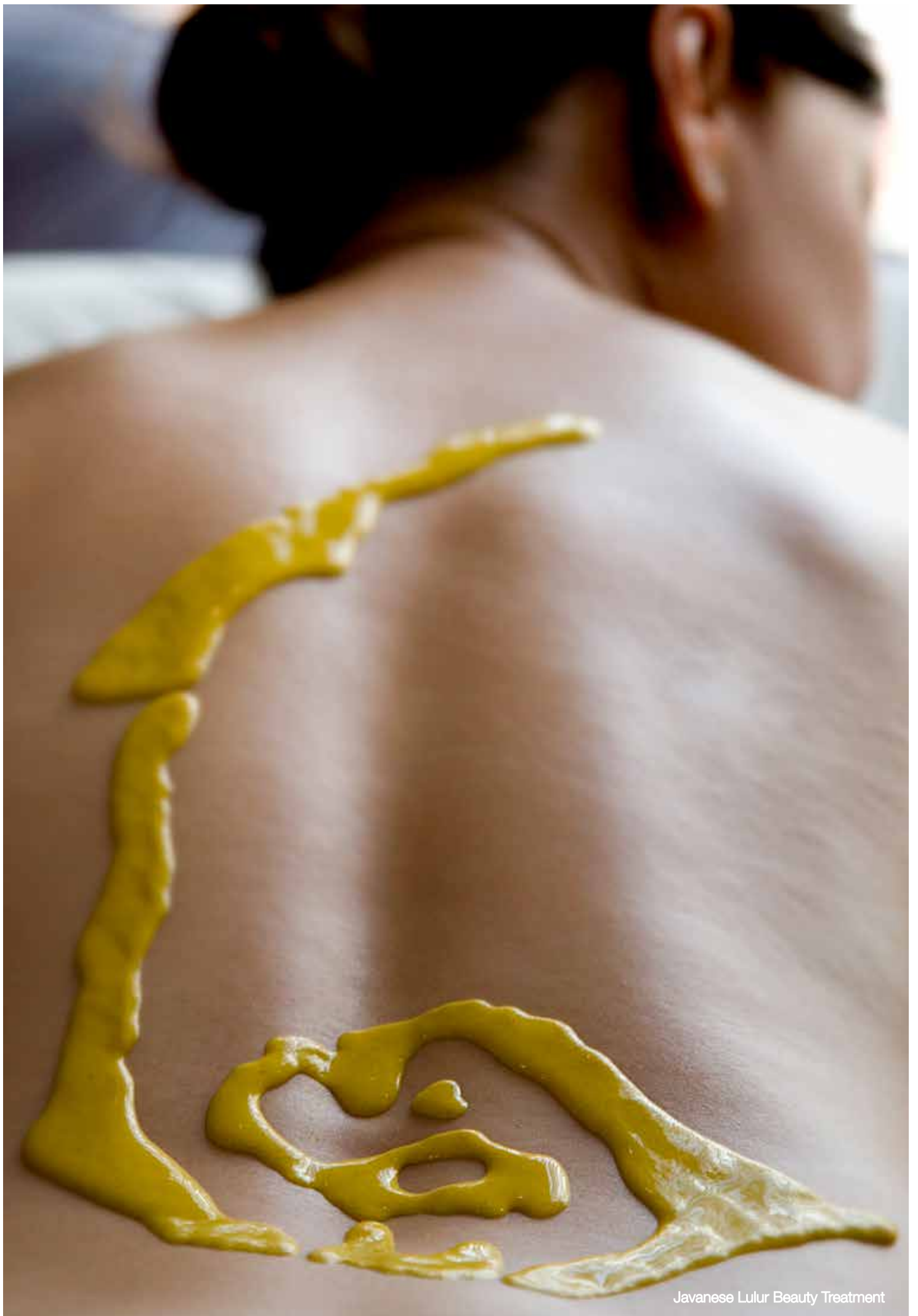
A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturized, leaving it glowing and vibrant, replenished and flawless.

ABSOLUTE INDULGENCE

(120 Minutes)

For immediate softness and suppleness, the aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body and then cocooned in a nourishing foil wrap or unique dry float. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.





Javanese Lulur Beauty Treatment

MASSAGES

BALINESE MASSAGE

(60/90 Minutes)

In this authentic massage style influenced by ageless tradition, your therapist uses an Indonesian floral oil together with palm pressure and stretching techniques to relieve tension and improve blood flow, and in turn create waves of muscle relief.

Floral Foot Ritual • Balinese Massage • Refreshment

TRADITIONAL THAI MASSAGE

(90 Minutes)

This unique and exotic technique, known to many as 'passive yoga', has been passed down through the generations and offers the ultimate body workout. Let your therapist do all the work – using pressure point and stretching techniques to release tension and increase vitality and flexibility – while you enjoy a wealth of benefits.

Floral Foot Ritual • Traditional Thai Massage • Refreshment

THAI HERBAL COMPRESS

(90 Minutes)

Discover how the healing powers of medicinal Thai herbs can alleviate sore muscles and joints, flu and cold symptoms, the pain of rheumatism and arthritis, at the same time aiding the healing process of sprains and bruises and quieting the mind. First a warm herbal oil massage melts away stored tension. Then a heated cotton cloth compress filled with therapeutic herbs is gently pressed and rolled over your entire body to deepen the holistic benefits.

Floral Foot Ritual • Thai Herbal Compress Massage • Refreshment

DEEP TISSUE MASSAGE

(60/90 Minutes)

This vigorous yet relaxing remedy uses classic Swedish massage strokes and works deeply into the muscles to stretch fibres and release tension that may otherwise cause restricted movement and pain. Enjoy improved blood flow and flexibility, as well as relief for sore muscles.

Floral Foot Ritual • Deep Tissue Massage • Refreshment

ENERGIZING MASSAGE

(60/90 Minutes)

An excellent therapy to prepare the body for sport activities or to relax after a strenuous workout, this stimulating, deep muscle massage focuses on the upper body and combines classic western and eastern techniques to reduce soreness in the joints, muscle tension and stiffness.

Floral Foot Ritual • Energizing Massage • Refreshment

ELEMIS NURTURING

MOTHER-TO-BE TREATMENT

(75 Minutes)

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Adapted to each stage of pregnancy, specialised positioning ensures safety, comfort and relaxation. Designed to relieve tension in the back and alleviate swelling in the hands and feet, this harmonious massage eases the mind and uplifts the spirit.

Floral Foot Ritual • Mother-To-Be Massage • Refreshment

FOOT REFLEXOLOGY

(60 Minutes)

Experience holistic balance and deep relaxation. This fascinating treatment provides physical and spiritual renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to stimulate corresponding organ groups in the upper body.

Floral Foot Ritual • Foot Reflexology • Refreshment

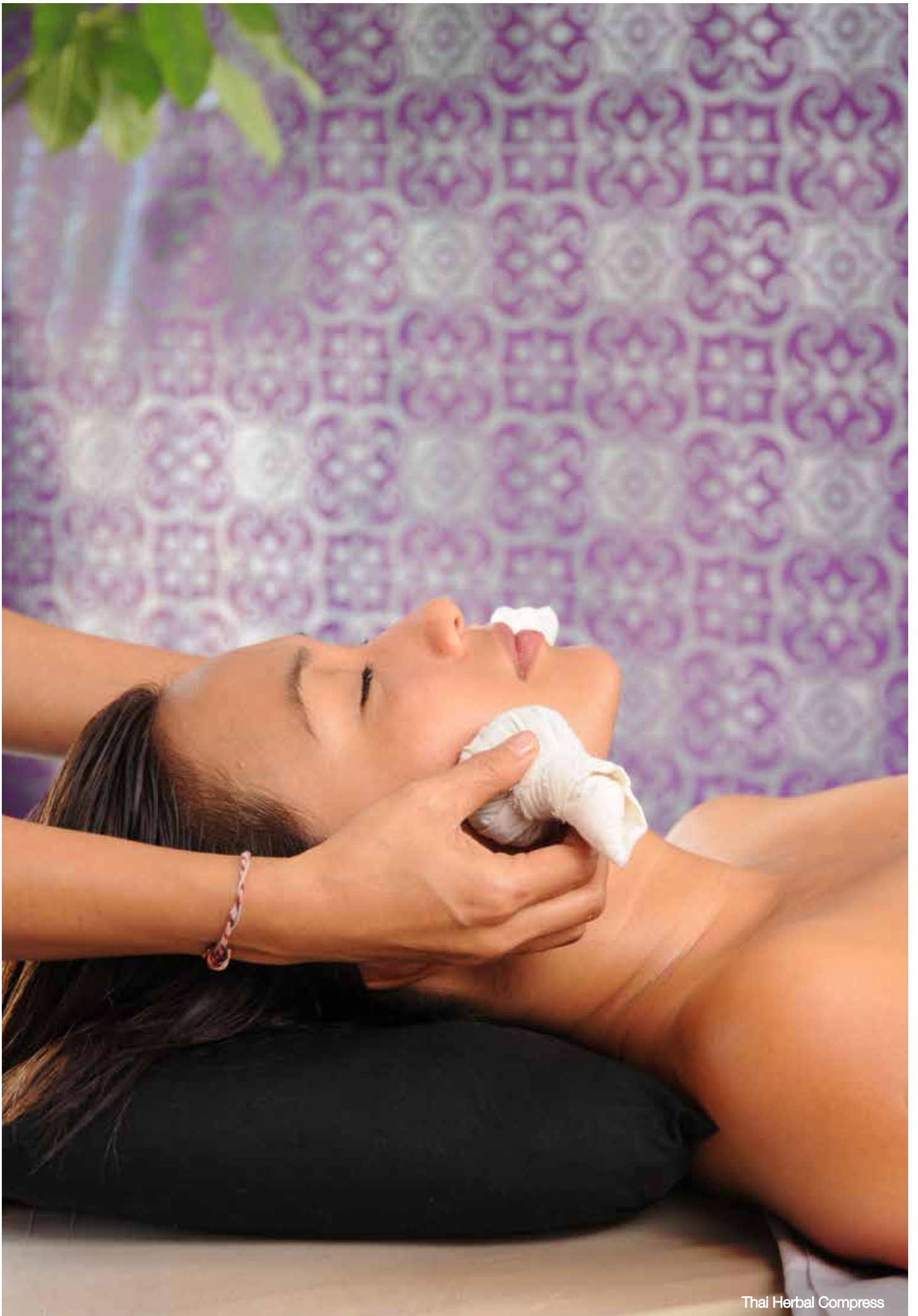
INDIAN HEAD MASSAGE

(60 Minutes)

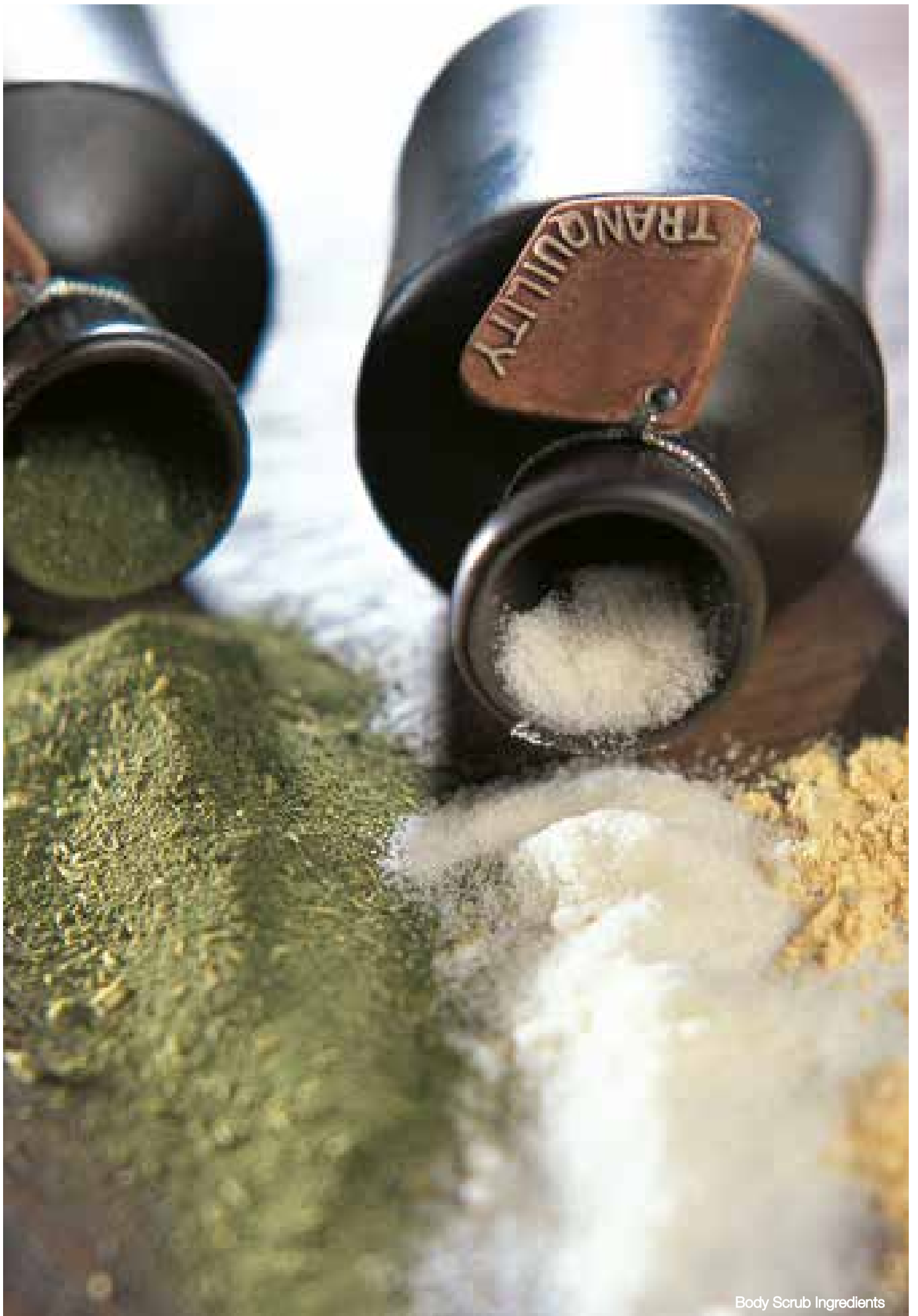
Based on ancient Ayurvedic principles, this massage combines pressure point techniques and massage movements with coconut oil to relieve tension in the head and neck. Both soothing and energising, this therapy can help to relieve insomnia and chronic headaches.

Floral Foot Ritual • Indian Head Massage • Refreshment





Thai Herbal Compress



Body Scrub Ingredients

BODY SCRUBS

JAVANESE LULUR BODY SCRUB

(60 Minutes)

An age-old beauty secret of Javanese royalty, this scrub lavishes skin with a variety of finely blended spices and herbs to gently remove dead cells and smooth skin to a golden glow.

Floral Foot Ritual • Javanese Lulur Body Scrub
• Conditioner • Shower • Body Moisturizer
• Refreshment

COCONUT & CINNAMON BODY POLISH

(60 Minutes)

Rich in vitamins and anti-oxidants, ground apricot pits and cinnamon bark remove dead cells and strengthen new skin for a completely clear and flawless appearance.

Floral Foot Ritual • Coconut & Cinnamon Body Polish •
Conditioner • Shower • Body Moisturizer • Refreshment

EXOTIC LIME AND GINGER SALT GLOW

(45 Minutes)

Enjoy an exfoliation ritual that awakens the senses. After light body brushing, warm oil is dripped over the entire body, before the refreshing lime and warming ginger polish is massaged into your skin to leave it deeply cleansed and moisturised, replenished, flawless and vibrant.

Floral Foot Ritual • Exotic Lime & Ginger Salt Glow
• Shower • Body Moisturizer • Refreshment



BODY WRAPS

BALI BOREH BODY MASK

(60 Minutes)

Treat your skin to an ancient Balinese body mask, combining a mineral rich white kaolin clay base with spice and bark to draw out impurities and nourish cells back to health.

Floral Foot Ritual • Bali Boreh Body Mask • Shower
• Body Moisturizer • Refreshment

EXOTIC FRANGIPANI BODY NOURISH WRAP

(45 Minutes)

Aromatic Tahitian coconut and frangipani flowers are soaked together to produce the Monoi elixir which is poured all over the body and then cocooned in a nourishing foil wrap or unique dry float. Drenching the skin with moisture, this exotic therapy generates radiance and glowing vitality.

Floral Foot Ritual • Exotic Frangipani Body Nourish Wrap
• Shower • Body Moisturizer • Refreshment

ALOE AFTER SUN SOOTHER

(60 Minutes)

Wonderfully soothing and calming, expert therapists apply fresh, cooling aloe Vera gel and a poultice of cold black tea and mint to decrease redness and pain.

Floral Foot Ritual • Aloe and Cucumber Juice Mask
• Shower • Aloe Body Moisturizer • Refreshment



ELEMIS FACIALS

ADVANCED ANTI-AGEING

PRO-COLLAGEN AGE DEFY (60 Minutes)

An anti-wrinkle facial with proven results. This exceptional facial has been independently tested with phenomenal results and is clinically proven to reduce wrinkles by up to 94% and improve skin firmness by up to 57%, after just one treatment. Specialised lifting massage techniques and professional strength anti-ageing formulations leave skin firmer, uplifted and more youthful.

SUPERFOOD PRO-RADIANCE (60 Minutes)

Anti-ageing booster for tired and stressed skin. Charged with the clinically proven, anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment combats the harsh, ageing effects of frequent shaving, environmental pollution, a hectic lifestyle and constant travel, for the ultimate skin overhaul with maximum anti-ageing results.



SKIN SPECIFIC

SENSITIVE SKIN SOOTHER (60 Minutes)

Fragile skin needs special attention. A soothing massage technique help 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.

ANTI BLEMISH MATTIFY AND CALM (60 Minutes)

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

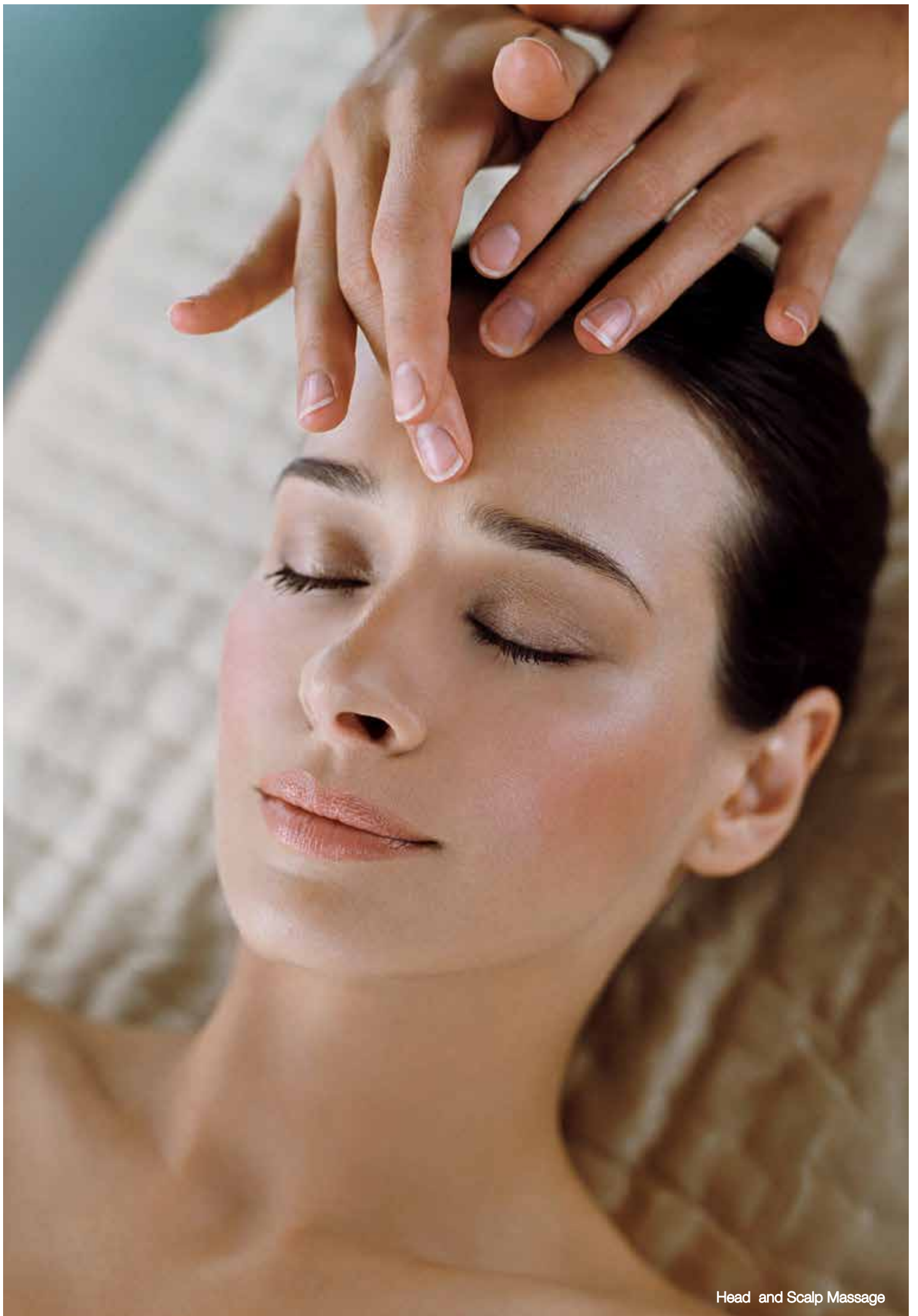
TESTER FACIAL (30 Minutes)

This introductory facial provides a quick and instant pick-me-up.

FRUIT FACIAL RITUALS (60 Minutes)

Making the most of nature's bounty, these highly beneficial facial rituals draw their lure from various tropical fruits hailed in Indonesia for their beautifying and healing qualities. Created to suit all skin types, exfoliate and detoxify tired skin and emerge with a radiant, youthful glow. All products are freshly prepared according to the skin condition.





Head and Scalp Massage

BATH RITUALS

ANANTARA FLORAL BATH (30 Minutes)

A sensual and romantic experience to enliven the senses. Enjoy a private tea service as the exotic aromas of a relaxing floral bath balance your body, mind and spirit.

HAND AND FOOT CARE

SPA MANICURE (60 Minutes)

Pamper hands and nails with a sequence of soaking, filing and buffing, a nourishing mask and gentle massage, before an immaculate paint finish.

SPA PEDICURE (60 Minutes)

Soothe and soften your feet in an aromatic foot soak, then enjoy toes that are clipped, filed and buffed to perfection. A foot mask replenishes vital moisture and a massage deeply relaxes, before an immaculate paint finish concludes this lavish beauty ritual.

KIDS SPA

BABY MASSAGE | below 2 years (20 Minutes)

A gentle relaxing massage for the little ones Designed to stimulate body metabolism and strengthen growing muscles. A baby massage helps babies to sleep soundly Product use: plain olive oil to smooth the skin

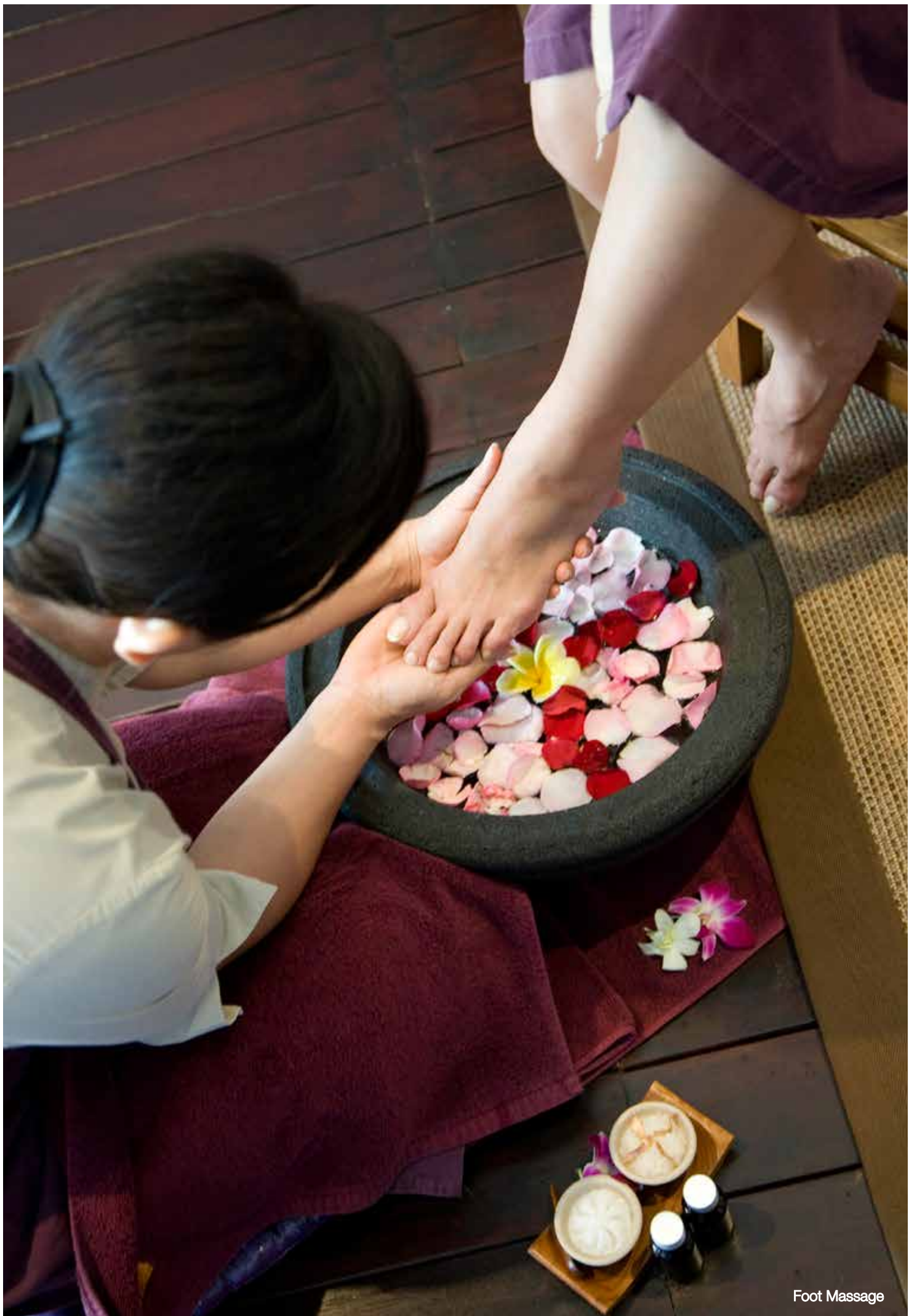
CHOCOLATE MASSAGE | 2 - 12 years (30 Minutes)

Starting with floral footbath ritual. This fun and revitalizing massage for toddlers, helps to release tiredness and tension for the little active person Product use: chocolate massage oil

PRINCESS/LITTLE GUY NAILS (30 Minutes) 10/nail

Balinese Massage
A fascinating manicure or pedicure followed by relaxing massage, colors are included. Nail art additional



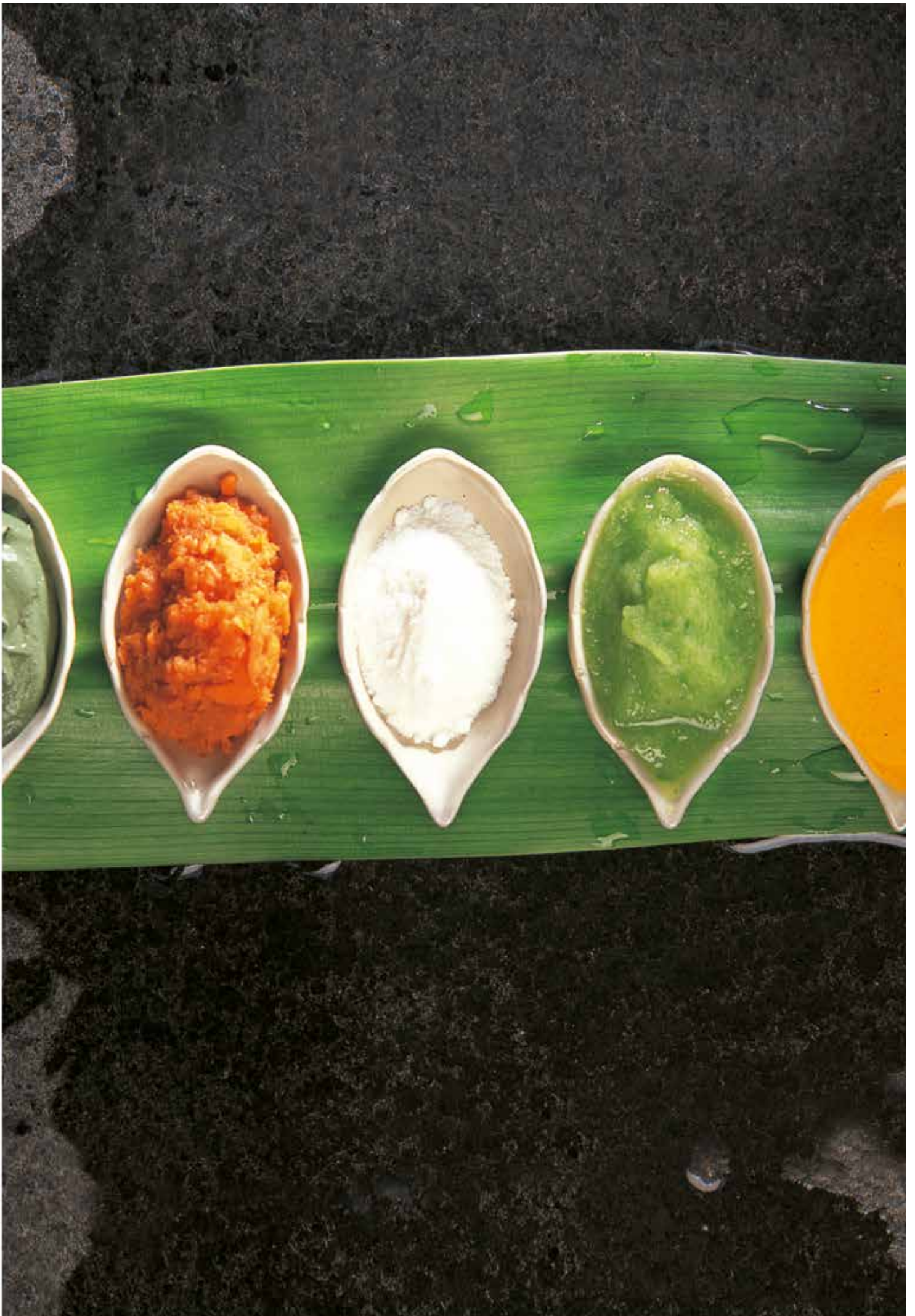


Foot Massage

SPA ETIQUETTE

- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings.
- We have a wonderful selection of refreshing teas, which can be prepared for you to enjoy after your treatment.
- Please note that the spa is unsuitable for small children and babies, as we try to ensure that all our guests benefit from the tranquil surroundings.
- We recommend that you leave all jewellery in your suite before coming to the spa.
- All treatments will be charged to your suite and will appear on your account at check-out.
- Please give four hours' cancellation notice on individual treatments and 24 hours' notice on packages, otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after aromatherapy and waxing treatments.
- For men, please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones is not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- Guests with high blood pressure, heart conditions, allergies, who are pregnant, or have any other medical complications, are advised to consult a doctor before undergoing any treatments.
- Please notify the spa receptionists of any existing medical conditions.





TREATMENT PRICE LIST

| | Mins | IDR |
|-----------------------------------------|-------|-------------------|
| SIGNATURE EXPERIENCES | | |
| Anantara Signature Massage | 60/90 | 825,000/1,155,000 |
| Mauwut Massage | 60/90 | 935,000/1,210,000 |
| Kerokan Therapy | 30 | 440,000 |
| Bespoke Spa Experience | 90 | 1,100,000 |
| SPA JOURNEYS | | |
| Pure Vitality | 200 | 2,050,000 |
| Island of Java Journey | 165 | 1,450,000 |
| Ancient Asia Odyssey | 165 | 1,275,000 |
| Dawn Renewal | 165 | 1,450,000 |
| Dusk Relaxation | 165 | 1,365,000 |
| MASSAGE | | |
| Balinese Massage | 60/90 | 825,000/1,155,000 |
| Traditional Thai Massage | 90 | 1,045,000 |
| Thai Herbal Compress | 90 | 1,210,000 |
| Deep Tissue Massage | 60/90 | 880,000/1,210,000 |
| Energizing Massage | 60/90 | 715,000/1,072,000 |
| Elemis Nurturing Mother-To-Be Treatment | 75 | 1,210,000 |
| Foot Reflexology | 60 | 605,000 |
| Indian Head Massage | 60 | 605,000 |
| BODY SCRUBS | | |
| Javanese Lulur Body Scrub | 60 | 715,000 |
| Coconut & Cinnamon Body Polish | 60 | 715,000 |
| Exotic Lime and Ginger Salt Glow | 45 | 858,000 |
| BODY WRAPS | | |
| Bali Boreh Body Mask | 60 | 770,000 |
| Exotic Frangipani Body Nourish Wrap | 45 | 858,000 |
| Aloe After Sun Soother | 60 | 770,000 |
| FACIALS | | |
| Pro Collagen Age Defy | 60 | 1,391,500 |
| Super Food Pro Radiance | 60 | 990,000 |
| Sensitive Skin Soother | 60 | 990,000 |
| Anti Blemish Mattify and Calm | 60 | 990,000 |
| Tester Facial | 30 | 572,000 |
| Fruit Facial Rituals | 60 | 660,000 |
| BATH RITUALS | | |
| Anantara Floral Bath | 30 | 875,000 |
| HAND AND FOOT CARE | | |
| Spa Manicure | 60 | 440,000 |
| Spa Pedicure | 60 | 495,000 |

All prices are in Indonesian Rupiah and are subject to 10% Service Charge and 11% Applicable Government Tax.

Advance booking is highly recommended to ensure the availability.

Appointments cancelled with less than 4 hours notice will incur a cancellation fee of 50% of the reserved treatment price. In the event you are late for your scheduled appointment, we will accommodate you to the best of our abilities, but your treatment may be shortened or rescheduled.

Prices are subject to change without prior notice.
Treatments are available from 10.00 am - 10.00 pm.
For reservations, please contact Anantara Spa Ext. 7901





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