



# Spa Menu



ANANTARA

SPA



## Anantara Signature Treatment

Fusing Anantara Spa's world-class expertise with indigenous wellness traditions and time-honoured holistic therapies, our collection of highly specialist rituals blends luxurious pampering with powerful, long-lasting benefits for body, mind and soul.

**‘SIRAMAN HARMONY’  
COUPLES’ RITUAL**  
180 MINUTES

Strengthen the spiritual bond with your partner through Siraman, a Javanese pre-wedding ritual centred on purification. Then, after a soothing foot bath, the traditional Taksu massage will transfer spiritual energy between you while relieving tight muscles. Following this, a Lulur body scrub using a blend of spices will polish the skin, with a nourishing facial concluding the journey. The experience ends with a healthy meal, leaving both of you glowing, refreshed and deeply connected.

Siraman Ritual • Foot Bath • Taksu Massage • Lulur Ritual • Facial • Wellness Meal

**ANANTARA  
SIGNATURE MASSAGE**  
90 MINUTES

Combining revered Eastern and Western techniques in purpose-designed movements with our signature oil blend, this soothing massage stimulates the circulation and deeply relaxes muscles. Meanwhile, reflexology clears blockages of energy and promotes overall wellbeing.



**ROYAL JAVANESE  
LULUR RITUAL**  
90 MINUTES

Experience the timeless elegance of Javanese traditions with Lulur, a pre-wedding ritual used to cleanse, soften and purify the skin, ensuring you both look radiant. Begin with a calming foot bath, followed by a soothing body massage that melts away tension and calms the mind. Next, enjoy a gentle exfoliation with a blend of saffron, rice flour and native spices, suitable for all skin types.

**PAYANGAN  
SERENITY**  
90 MINUTES

Discover tranquillity inspired by Payangan, a place of mythical powers, where gods dwell amid lush mountains. Your journey begins with a warm oil body massage, utilising long, soothing strokes to melt away tension. This is followed by an Indian head massage, focusing on acupressure points along the head, neck and shoulders to promote deep serenity and elevate you to the peak of bliss.

**CRYSTAL CHAKRA  
BALANCING**  
90 MINUTES

Experience deep relaxation through a combination of lymphatic drainage with crystal-infused oils to balance body, mind and spirit. Enhanced by singing bowls tuned to the seven chakras, the treatment reduces stress, fluid retention and promotes natural detoxification. Choose from four crystals to personalise your session and unlock positive energy.



# Indigenous Balinese Therapy

## TRADITIONAL BALINESE BOREH 90 MINUTES

Step into the world of ancient healing traditions with this cherished ritual. Practised by generations of local rice farmers, this herbal remedy uses an aromatic paste made from cinnamon, cloves, ginger and rice powder to provide relief from muscle and joint pain. Your boreh journey begins with a foot bath and a soothing Balinese massage, before applying a freshly made boreh paste all over your body. This signature experience is designed to enhance circulation, draw out toxins and leave you feeling rejuvenated and refreshed.

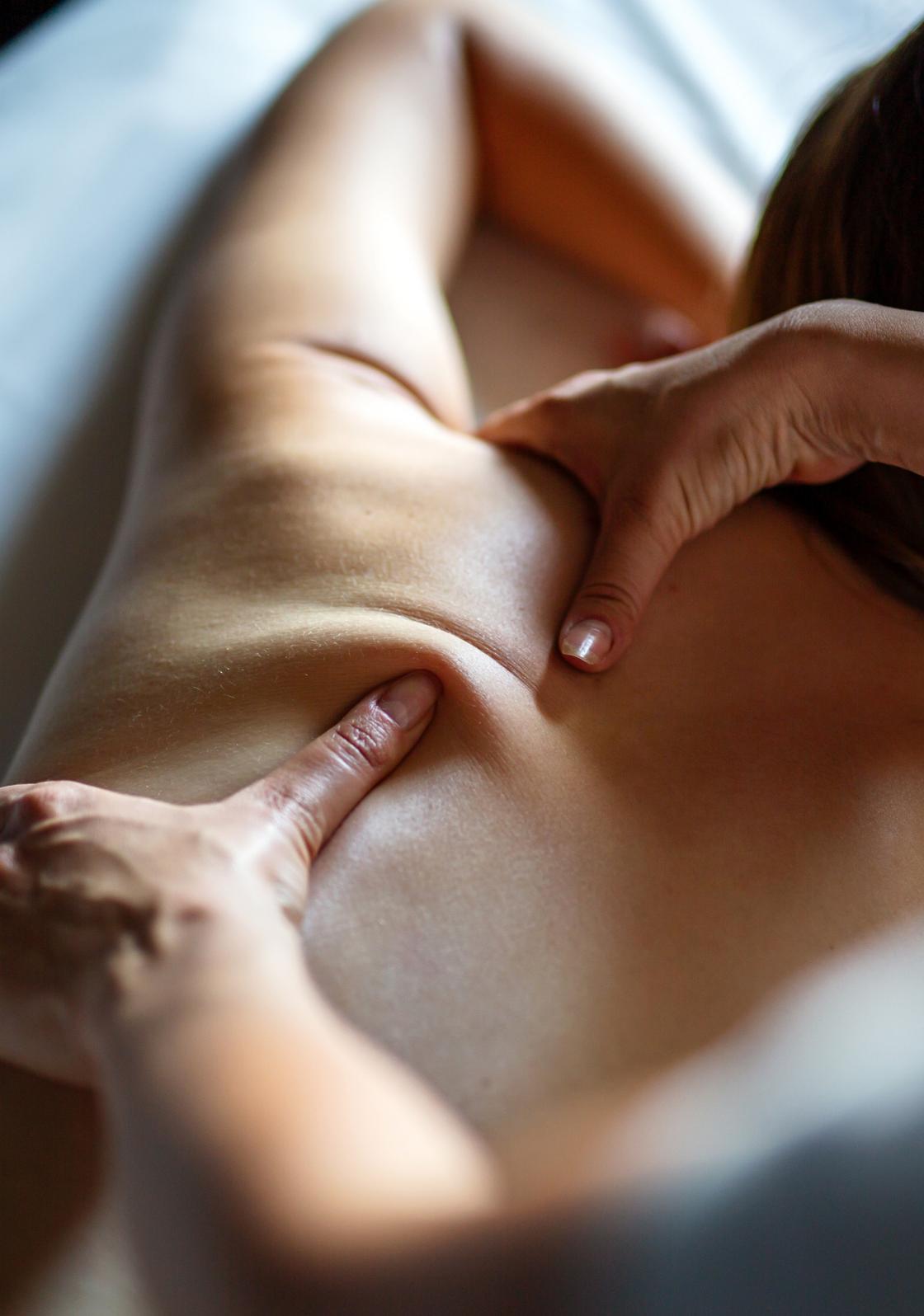
Foot Bath • Balinese Massage • Boreh Body Wrap with a Steamed Banana Leaf

## TAKSU MESSAGE 90 MINUTES

Meaning “charming aura” in Balinese, this traditional ritual combines the unique techniques of Japanese Shiatsu bodywork, Hawaiian kneading Lomi-Lomi ritual and classic Balinese massage to deliver deep relaxation, enhance blood circulation and relieve muscle tension. Feel your stress melt away as you discover a new level of serenity and rejuvenation.

## BALINESE MEPIJET 60/90 MINUTES

A perfect choice for those seeking a profound sense of well-being and deep calm, this traditional Balinese treatment using locally made ginger oil from the herbalists of Jamusara includes stretching, skin rolling and firm pressure application.



# Massages

## LAVA STONE MASSAGE 90 MINUTES

In this calming treatment, heated lava stones are carefully applied in a pattern that revitalises tired muscles and stills the anxious mind. The deep, penetrating warmth of the stones will leave you feeling grounded, rejuvenated and in tune with your body.

## BAMBOO MASSAGE 60/90 MINUTES

Designed to provide relief to hard-to-reach areas, traditional bamboo therapy improves circulation and promotes overall relaxation. Your therapist will use warm, rounded bamboo sticks to apply pressure at specific points on the body, producing a soothing effect that lingers, as well as leaving you with firmer looking skin thanks to a lifting effect.

## DEEP TISSUE MASSAGE 60/90 MINUTES

A perfect choice for those seeking a profound sense of well-being and deep calm, this traditional Balinese treatment using locally made ginger oil from the herbalists of Jamusara includes stretching, skin rolling and firm pressure application.

## MASSAGES

### SPORTS MASSAGE

60 MINUTES

Designed to assist in correcting imbalances in soft tissue caused from repetitive and strenuous physical activity and trauma, this classic sports massage penetrates deep into the inner layers of muscles and connective tissue, releasing tightly held tension throughout the body.

### STRESS RELEASE MASSAGE

60/90 MINUTES

Using a combination of strokes and acupressure techniques, along with the signature aromatherapy oil blend of your choice, this gentle massage delivers waves of deep relaxation and pure pleasure.

### JET LAG RELIEF MASSAGE

60/90 MINUTES

Ideal for those recovering from a long flight, this full-body treatment alleviates fatigue and exhaustion, helping you feel refreshed and rejuvenated. Our therapist will focus on your legs, lower back, head, neck and shoulders to relieve tension and improve circulation.

### FOUR HANDS MASSAGE

60MINUTES

Two experienced Balinese therapists work in perfect harmony, using synchronised massage techniques, to reach deep into knotted muscles, reduce tension, open acupuncture points and stimulate energy flow. This coordinated approach leaves you in a state of absolute relaxation.

### THAI HERBAL COMPRESS

60 MINUTES

Find instant relief for migraines, stiffness and stress with a centuries-old Thai therapy for sore muscles and aches. Your healing session begins with the application of a warm herbal poultice containing therapeutic Thai herbs and spices, followed by a full-body massage with carefully selected herbal oils.

## MASSAGES

### SHIATSU MASSAGE 60 MINUTES

Originating in Japan, Shiatsu is a form of acupressure that integrates Japan's traditional manual therapies with Western medical knowledge. Your therapist will apply direct pressure on various points in the body to provide relaxation, healing and relief. It is performed through loose clothing without using oils.

### AROMATHERAPY MASSAGE 60 MINUTES

In this indulgent experience, therapeutic touch meets the aromatic essence of oils to elevate emotional balance and uplift the mood. Experience the synergy of scent and sensation as an expert therapist applies flowing movements to soothe and remove tension.

### INDIAN HEAD MASSAGE 60MINUTES

Offering a holistic approach to managing stress and enhancing physical well-being, the therapy aids in the relief of migraines, insomnia and anxiety, as well as stimulating lymphatic drainage by circulating blood to the neck area.

### FOOT MASSAGE 60MINUTES

Adapted from reflexology, this treatment targets specific reflex points on the feet linked to internal organs, enhancing energy flow throughout the body. Enjoy soft, medium or strong pressure based on your preference for a personalised, revitalising experience.



# Body Wrap

**BOREH BODY  
WRAP**  
60 MINUTES

Activate your vitality with a centuries-old healing ritual in which a blend of aromatic spices such as ginger, cinnamon and cloves is combined with rice powder to create an aromatic paste that is applied to your body to stimulate circulation and detoxify.

**SUN  
SOOTHER**  
60 MINUTES

Relieve sunburn with our homemade aloe vera gel, cocooning your body in a cooling embrace for deep penetration and comfort. Afterwards, a poultice of cold black tea and mint will help reduce redness and pain while drawing heat from the skin's surface. Ideal for daily use until redness subsides.

# Body Scrub

## **BESPOKE BODY SCRUB** 60 MINUTES

Be carried away on a wave of pure bliss as our therapist polishes your skin with a gentle scrub infused with Bali citrus or lemongrass essential oils, suitable for all skin types. Enjoy the benefits of improved circulation and enhanced skin texture, and emerge feeling revitalised, refreshed and beautifully soft from head to toe.

## **JAVANESE LULUR** 60 MINUTES

Lulur, the ancient beauty ritual of Javanese royals, is a deeply nourishing, hydrating and calming experience. Your therapist will exfoliate your skin with a powder made of rice flour, turmeric and ground sandalwood to promote cellular turnover and brighten the skin.

## **ROSE GARDEN BODY SCRUB** 60 MINUTES

This exquisite treatment combines the gentle exfoliation of natural sugar crystals with the soothing properties of rose extracts. As the fragrant scrub delicately buffs away dead skin cells, it reveals a radiant and refreshed complexion while leaving your skin silky smooth.

# Facial

## RESTRUCTURING & SMOOTHING

60 MINUTES

Perfect for all skin types, our signature facial treatment begins with a thorough deep cleansing and gentle exfoliation. This is followed by the application of a revitalising mask and a deeply hydrating moisturiser, working together to reveal a sculptured, radiant complexion.

## ANTI-AGEING & LIFTING

60 MINUTES

Tackle fine lines and wrinkles with the age-defying benefits of Biologique Recherche's all-natural products made with pure, raw active ingredients to enhance skin texture and boost firmness. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

## BRIGHTENING & BALANCING

60 MINUTES

Eliminate dullness and address uneven skin tone with a luxurious facial designed to minimise discoloration and target the triggers of a lacklustre complexion. Paired with lifestyle adjustments, this bespoke treatment reveals your most radiant, healthy-looking and luminous skin.

# Spa Etiquette

## Appointments

Advance booking is recommended to ensure availability of preferred times and services. Please call reception to make a booking.

## Cancellation Policy

We understand that schedules may change, and we will do our best to accommodate such changes. Once your spa appointment is reserved, we kindly ask for a minimum cancellation notice period. Cancellations made with less than 3 hours' notice will be subject to a 50% charge of the booked service. Immediate cancellations will be charged at 100%.

## Special Considerations

A consultation form must be completed and signed before the treatment to identify any allergies or previous injuries, ensuring comfort during the session. Most treatments can be adapted to accommodate pregnancy or injury. Please inform the spa of any medical or health concerns.

## Pricing

All prices are subject to local taxes and service charges.

## Treatment Preparation

Please arrive 30 minutes prior to your scheduled treatment time to allow for a consultation and to enjoy the relaxation areas.

## Spa Environment

The minimum age for spa treatments and gym use is 14 years. Guests under 14 must have parental consent before booking.

## Guest Attire

Proper attire is required for all fitness and wellness activities. Undergarments and bathrobes are provided for spa treatments.

## Valuables

Please store all valuables in the safe in your villa or suite.

Treatments are available from 9:00 am to 9:00 pm (last booking is at 7:30 pm). Please call reception to make a booking.

