



ANANTARA

SPA

DISCOVER THE EXOTIC SECRETS OF
INDONESIA'S SPICE ISLAND

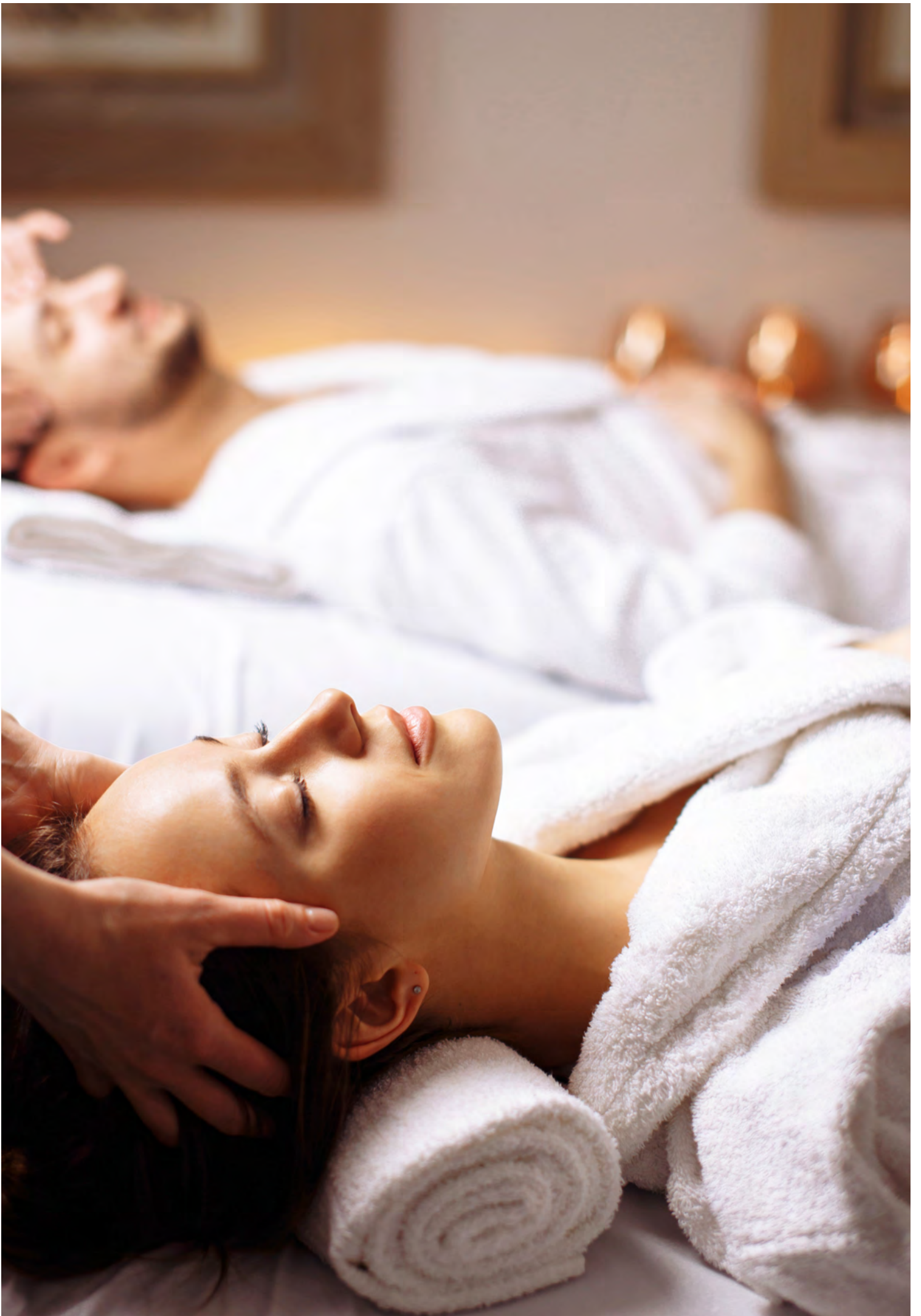


JOURNEYS OF SERENITY

Originating in Thailand, traversing the globe, and now available on Bali's golden shores,
Anantara Spa's award-winning touch heals body, mind and soul.

Each treatment is bespoke, luxurious and holistic, with signature experiences that are rooted in indigenous healing traditions and harness the riches of the Spice Islands. Drop in for an express beauty treatment or linger for a spa journey for all the senses.

AT ANANTARA SPA, THE GREATEST JOURNEYS ARE FELT, NOT TOLD



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 relaxation with powerful, long-lasting benefits for body, mind and soul.

ANANTARA SIGNATURE MASSAGE (90 MINUTES)

Our signature blend of oil, combined with purpose-designed movements, stimulates circulation and promotes deep relaxation, all whilst restoring the flow of energy, or prana, along the meridian lines.

CLIFF-TOP ROMANCE SPA AND DINNER EXPERIENCE

Unwind in harmony with a 90-minute couple's massage and aromatic floral bath, then enjoy an out-of-this-world dining experience. Dining by Design features a five-course gourmet menu prepared by your private chef, served by your butler in a romantic outdoor setting of your choosing.

Floral Foot Ritual • Stress Release Massage
• Aromatic Floral Bath • Dining by Design

Kindly make your reservation for this package two days in advance.

SUNSET COUPLE BLESSING AND HEALING RITUAL (90 MINUTES)

Strengthen your bond with a traditional Balinese ritual under the guidance of High Priestess Ibu Jero. Ideal for engagements, pre-wedding vows or anniversary celebrations.

Water Blessing • Balinese Offering
• Past Life Cleanse • Chakra Cleanse

SPA JOURNEYS

BORNEO ISLAND ODYSSEY (120 MINUTES)

A rich, invigorating scrub of Bornean black rice, cloves and flowers preps and moisturises the skin. Follow with a therapeutic deep tissue massage.

• Steam and sauna • Floral Foot Ritual
• Black Borneo Body Scrub • Shower
• Deep Tissue Massage

BALI ISLAND INDULGENCE (150 MINUTES)

Reinvigorate the skin with an energising salt scrub followed by a soothing massage with island floral oil.

• Floral Foot Ritual • Mango – Passion Fruit Salt Mousse Body Scrub
• Shower • Balinese Massage • Cleansing Facial • Refreshment

BALI DETOX (150 Minutes)

Feel lighter and energised as a lymphatic massage drains toxins and excess water from the body. Moor mud then enriches with naturally occurring minerals and trace elements.

• Steam and Sauna Floral Foot Ritual
• Detox Body Massage • Moor Mud Body Wrap
• Cleansing Facial • Shower • Refreshment



MASSAGES

AUTHENTIC BALINESE MASSAGE (60 MINUTES)

Drawing on an age-old healing practice, your therapist kneads Balinese floral oil into your body with palm pressure to relieve tension and improve blood flow. Relax with traditional Balinese music and the scent of incense. End your treatment with an authentic water blessing ritual.

DEEP TISSUE MASSAGE WITH HERBAL COMPRESS (90 MINUTES)

This vigorous yet relaxing remedy uses classic Swedish massage strokes, and works deeply into the muscles with the addition of a warm herbal compress to stretch muscle fibres and release tension that may otherwise cause restricted movement and pain. Enjoy improved blood flow and flexibility

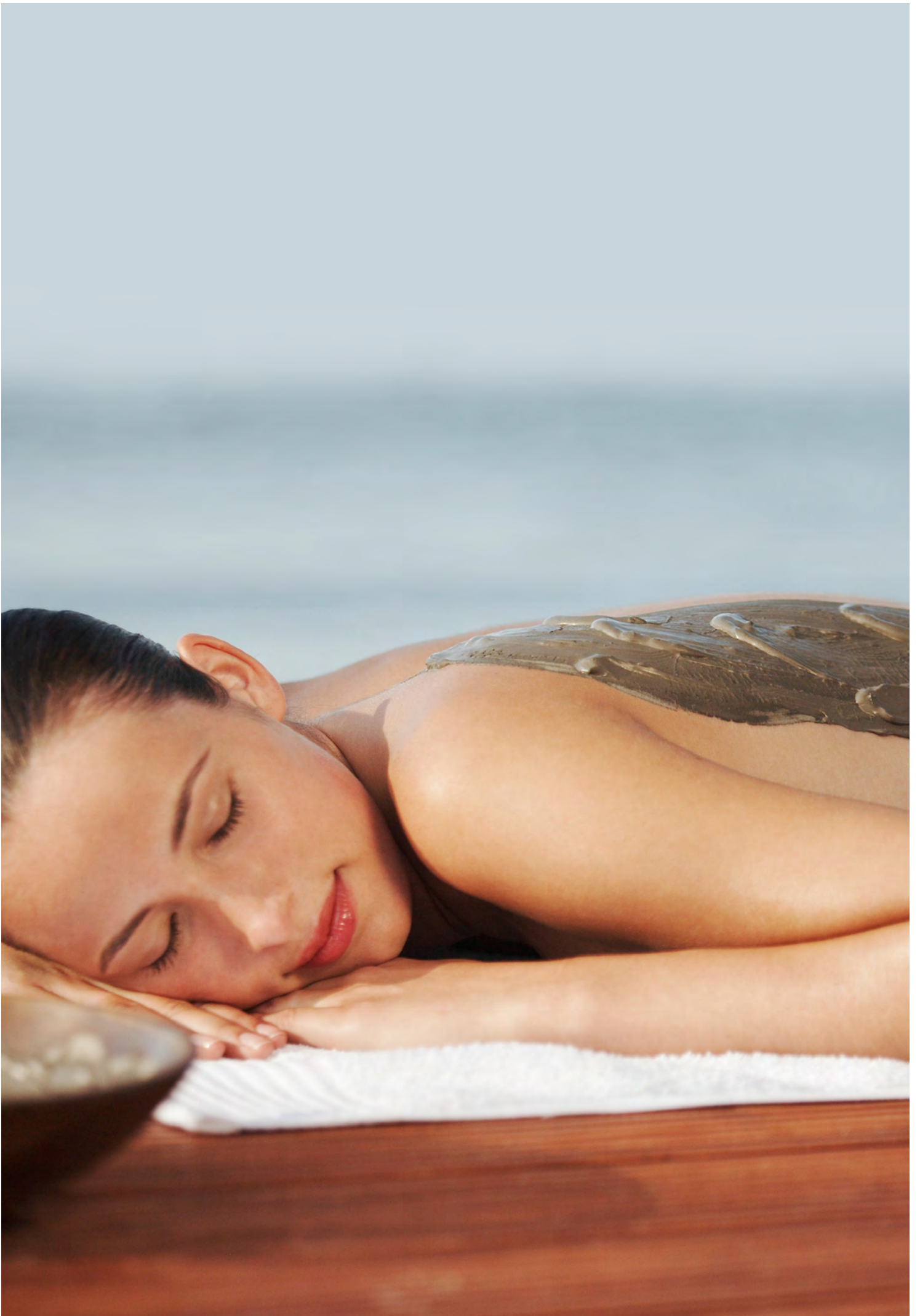
JAVANESE STRESS-RELEASE MASSAGE (90 MINUTES)

Using long massage strokes combined with thumb pressure and a specially blended aromatherapy oil, this gentle massage is the perfect stress-release tonic to relax both body and mind.

FOOT REFLEXOLOGY (60 MINUTES)

Experience physical renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to stimulate corresponding organ groups in the body.





BODY TREATMENTS

All body treatments include a 30-minute Pevonia facial.

BODY SCRUBS

PEVONIA MANGO-PASSION FRUIT BODY SCRUB (60 MINUTES)

Indulge in the divine aroma of tropical fruits, enriched with sea salt and vitamins C and E to leave your skin supple, smooth and glowing.

BODY MASK

PEVONIA MOOR MUD BODY MASK (60 MINUTES)

This healing black magma dates back over 40,000 years, containing a high concentration of minerals, amino acids, vitamins and salicylic acid. Ideal for those prone to chronic pain or fatigue.

WATERLILY AFTER-SUN SOOTHING BODY MASK (60 MINUTES)

The calming and cooling benefits of the waterlily combine with antioxidant green tea to result in a brighter, refreshed and balanced complexion.

HYDROTHERAPY

Best enjoyed as a prelude to spa treatments.

RADJA HERBAL BATH (30 minutes)

Drawing on the healing properties of Indonesian herbs, this exotic ritual uses cinnamon and turmeric to stimulate the circulatory system, nourish the body and restore vitality.

SEDUCTIVE AROMATIC HERBAL BATH (30 minutes)

Fragrant indigenous flowers such as jasmine and rose are blended with essential oils to instil a blissful state of inner calm, balancing your mind, body and spirit.

INFRARED SAUNA (15 minutes)

For those who can't tolerate the heat of a traditional sauna, infrared sauna benefits are far-reaching, from improved circulation and detoxification to weight loss, clearer skin, and relief from sore muscles, joint pain and chronic fatigue.

STEAM (15 minutes)

Clear skin, promote healthy blood flow, eliminate toxins and relieve tension and stress the natural way. Also ideal for post-workout relaxation.



INTRACEUTICALS OXYGEN FACIAL

Align yourself with the Hollywood A-list. Pressurised oxygen and unique protocols are utilised to deliver highly effective anti-ageing ingredients to any skin type. Your skin will look and feel years younger, visibly lifted, toned and hydrated.

REJUVENATE OXYGEN FACIAL (45-60 minutes)

A rejuvenating serum of vitamins and antioxidants is applied to the epidermis to lift and tone.

ANTI-AGEING FACIAL (75-90 minutes)

Instantly reduce the appearance of fine lines and wrinkles, while tightening and firming for a more defined contour.

REJUVENATE BOOSTERS

Enhance your oxygen facial with no additional time needed, adding

VITAMIN A

Vitamin A helps promote skin elasticity and tightness, while softening skin and improving the appearance of visible pores, fine lines and wrinkles. Reveals a more refined and clarified skin tone.

ANTIOXIDANTS

Kakadu plum from the Australian outback helps fight free radicals and improve the appearance of dark circles and puffiness. Revitalises the over-worked or travel-weary.



FACIALS

PEVONIA BESPOKE FACIAL (60 MINUTES)

Organic botanicals improve your skin naturally and restore balanced moisture levels, leaving your skin radiant, softer and hydrated, with each treatment customised for your skin type.

PEVONIA EXPRESS FACIAL (30 MINUTES)

Beauty on the go, a treatment that works deeply to polish and moisturise tired skin using powerful botanical actives.

MICRODERMABRASION (30 MINUTES)

Enhance your facial result with Microdermabrasion system. A gentle tip is smoothed around your face and neck to soften skin texture, brighten skin tone and helps to reduce the fine lines and wrinkles. Ideal for treating acne scars, and oily skin concerns and stimulate collagen production.



BEAUTY TREATMENT

HANDS & FEET

SPA MANICURE (75 MINUTES)

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

SPA PEDICURE (75 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.

GEL POLISH APPLICATION Add to any manicure or pedicure.

HAIR TREATMENTS

- Hair spa, scalp massage and blow dry
- Hair do - Hair styling
- Make up

WELLNESS BRIDAL PACKAGES

PRE-WEDDING BEAUTIFYING

Glow on the most important day of your life, with treatments that are both beautifying and pampering. An IV drip gives you an added burst of energy.

- Steam / Sauna • Floral Foot Ritual • Energising Salt Mousse Body Scrub • Shower
- Balinese Massage • Age Renewal IV • Refreshment.

POST-WEDDING RELAXATION

Unwind completely, draw out any toxins, and reboot your body with an IV drip packed with vitamins and minerals.

- Steam / Sauna • Floral Foot Ritual • Javanese Stress-Release Massage • Moor Mud Body Wrap
- Shower • Recovery IV • Refreshment



BALANCE WELLNESS BY ANANTARA

Balance Wellness is a uniquely flexible approach to looking and feeling good on holiday. Embark on a journey of spa treatments, holistic movement and healthy cuisine, matched by the freedom to explore and indulge in between.

ONE-DAY RETREAT

- Morning yoga (60 mins)
- Wellness juice
- Bali detox (150 mins)
- Wellness lunch
- Balinese reiki (60 mins)
- Young coconut water and fresh fruit
- Wellness dinner

THREE-DAYS RETREAT

Day 1

- Balinese healing
- Balinese massage
- Young coconut water and fresh fruit
- Wellness lunch / dinner

Day 2

- Taichi (60 mins)
- Bali detox (150 mins)
- Cupping therapy
- Young coconut water and fresh fruit
- Wellness lunch / dinner

Day 3

- Yoga (60 mins)
- Detox IV
- Rejuvenate oxygen facial treatment
- Young coconut water and fresh fruit
- Wellness lunch / dinner





IV THERAPY

IV drips provide a quick fix for dehydration, delivering antioxidants and nutrients more efficiently directly into the blood stream. Handled by a professional, English-speaking medical team, recharge with minimum fuss within the comfort of the spa.

DETOX IV

Instantly boost your immune system when feeling under the weather or in need of a quick pick-me-up. With antioxidants for liver detoxification and skin brightening, plus vitamins B and C for nerve health and immune system support, this is the gold standard of IV detox treatments.

AGE RENEWAL IV

Look fresh with a radiant complexion thanks to this antioxidant-rich IV cocktail formulated to rebuild the skin structure and shore up its defenses. In addition to anti-ageing, firming and brightening properties, vitamin C also promotes collagen building and skin plumping hydration.

RECOVERY IV

Fight jet lag, exercise fatigue and general tiredness with this powerhouse of vitamins and minerals, ranging from A to zinc plus the mother of antioxidants, glutathione. As your batteries recharge and your complexion brightens, your immune system gets a boost too.



BALINESE HEALING WITH HIGH PRIESTESS IBU JERO

A native Balinese healer offering traditional therapies combined with the wisdom of both Asian and Western practices, Ibu Jero leads you on an inner journey to find peace and balance.

BALINESE REIKI

Cleanse and align your chakras, a powerful and restorative therapy.

ENERGY CLEANSING

Release negative thoughts and energy through an energy cleansing session.

SEVEN-CHAKRA CLEANSING

Embark on a spiritual journey for healing at sacred temple Tirta Sudamala in Bangli, near Ubud. Bathe away negativity in its ancient holy spring. All inclusive of transportation, lunch, temple offering and ritual.

EASTERN WELLNESS

CUPPING THERAPY

A traditional Chinese medicine practice, special cups are used to create suction, leading to increased blood flow, detoxification, anti-inflammation and relief from pain.

YOGA

Feel your energy flow more freely and improve your strength, flexibility, balance and poise as a qualified yoga instructor guides you through a series of asana postures that are synchronised with the breath. Enjoy our classes at sunrise, at sunset, or even under the full moon.

TAICHI

Reconnect with yourself as a Tai Chi Master leads you in a class of graceful, fluid movements and deep breathing. A serene and gentle exercise, this ancient Chinese martial art improves balance and general health, relieves stress and creates a state of mental calm and clarity.



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. Arriving late will decrease the time of your treatment.
- Any child under the age of 12 years is not permitted to use the spa or its facilities.
- Children between 12 – 16 years are allowed, as long as they are accompanied by an adult and are supervised by that person.
- We recommend that you leave all jewelry in your suite or villa safe deposit box before coming to the spa.
- All treatments will be charged to your room and will appear on your account at check-out.
- Please give 24 hours' cancellation notice on treatments and wellness package, otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after an oxygen facial treatment.
- 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.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant, or have any other medical complications are advised to consult the doctor before signing up for any treatments.
- Please notify spa receptionists of any existing medical conditions.

All prices are in Rupiah and are subject to 21% service charge and government tax

Treatments are available from 09.00 am – 09.00 pm

For reservations, please contact Anantara Spa ext. 6900



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