



ANANTARA
SPA

DISCOVER THE EXOTIC SECRETS OF
INDONESIA'S SPICE ISLAND



JOURNEYS INTO WELLBEING AND SERENITY

Rooted in the beautiful country of Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins and extends seamlessly to our global reach of spas located in the most exotic destinations around the world. Our enduring belief is expressed in perfect harmony through the traditions of each locale, beyond which a yearning for ageless, natural remedies is answered by a finely tuned repertoire of health and beauty concepts which deliver intoxicating authenticity.

Surrender to the cascading romance of a cliff-side escape and feel refreshed by lush garden views. Luxuriously designed to reflect a traditional Balinese "lumbung" rice barn, Anantara Spa treatments are inspired by the intrigue of our exotic destination, and harness the richness of Indonesia's Spice Islands which were once the world's largest producer of mace, nutmeg, cloves and pepper. Symbolising luxury and highly valued for their distinctive flavour and medicinal benefits, we fuse precious spices from Indonesia and beyond to bring you a wealth of pampering, aromatic rituals.

Step into the world of Anantara and experience exceptional luxury in breathtaking surrounds, letting your cares slip away and your sensual journey begin...

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 the 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 stress release 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 a private chef and served by a butler in a romantic outdoor setting of your choosing. The ultimate in romance.

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)

Share a memorable journey under the guidance of High Priestess Ibu Jero. Ideal for engagements, pre-wedding vows or anniversary celebrations, move forward together through a past life and chakra cleanse, water blessing purification and traditional Balinese offering ceremony.

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

BALI ISLAND INDULGENCE (150 MINUTES)

Bring your body to life with a centuries-old recipe of Balinese herbs and spices. Relax into an indigenous massage with essential oils before beautifying with a cleansing facial.

Floral Foot Ritual • Balinese Boreh Body Wrap
• Shower • Balinese Massage • Cleansing Facial
• Refreshment

SPA JOURNEYS

Carefully crafted to bring you a luxurious choice of extended experiences, these 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.

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.

Floral Foot Ritual • Black Borneo Body Scrub
• Shower • Deep Tissue Massage • Refreshment

BALI DETOX (150 Minutes)

A journey of exotic island ingredients. Emerge with radiant skin, face and body, after a detoxing massage that leaves you feeling lighter on your feet

Floral Foot Ritual • Detox Body Massage
• Bali Limau Salt Scrub • Bali Spice Body Wrap
• 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, in turn creating waves of muscle relief. 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.

STRESS RELEASE MASSAGE (90 MINUTES)

Using a combination of massage strokes and classical movement techniques, along with a specially blended signature aromatherapy oil, this gentle massage is the perfect stress-release tonic to completely relax both body and mind.

FOOT REFLEXOLOGY (60 MINUTES)

Experience holistic balance and deep relaxation. This ancient 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 body.





BODY TREATMENTS

All body treatments include a 30-minute ELEMIS cleansing facial.

BODY SCRUBS

BORNEO BODY SCRUB (60 MINUTES)

Derived from the virgin rainforests of Borneo, this revitalising scrub is made from black rice, cloves and fragrant flowers, and provides nutrition to the skin, deeply cleansing and moisturising.

ELEMIS INTENSELY CLEANSING SALT SCRUB – LIME AND GINGER (60 MINUTES)

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb deeply nourishing body oil.

BODY WRAPS

BALINESE BOREH BODY WRAP (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.

HYDROTHERAPY

Best enjoyed as a prelude to spa treatments.

RADJA HERBAL BATH

Refresh and relax after a long trip. 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

Enchanting local flowers such as jasmine and rose are blended with essential oils to instill a blissful state of inner calm. Soak up the sensual relaxation of this floral aromatic bath, balancing your mind, body and spirit.

INFRARED SAUNA

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

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



INTRACEUTICALS OXYGEN FACIALS

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

High-pressure oxygen and a rejuvenating serum of vitamins and antioxidants are applied to the epidermis to lift and tone, with instantaneous results.

REJUVENATE ANTI-AGEING FACIAL

Combine the powers of the Rejuvenate and Atoxylene facials to instantly reduce the appearance of fine lines and wrinkles while tightening and firming for a more defined facial 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.

MICRODERMABRASION

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.





ELEMIS FACIALS

ELEMIS BESPOKE FACIAL (60 MINUTES)

A facial tailored to your needs and skin type, boosting collagen and radiance. Enjoy a soothing head and shoulder massage to deeply relax.

ELEMIS EXPRESS FACIAL (30 MINUTES)

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

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
- Make up



BALANCE WELLNESS

Anantara Spa provides a soothing setting for Balance Wellness by Anantara programmes. Discover a uniquely flexible approach to feeling and looking good with a range of holistic treatments, exercise and healthy menus, matched by the freedom to explore and indulge in between.

BALINESE HEALING

WITH HIGH PRIESTESS IBU JERO

A native Balinese healer offering traditional therapies combined with the wisdom of both Asian and Western ideology, Ibu Jero leads you through deep meditation practices to enhance your energy. Listen to your inner voice and achieve 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.

CUPPING THERAPY

The special cups used in this treatment create suction, leading to a relaxing state with a host of benefits, including detoxification, anti-inflammation and relief from pain.

MEDICAL QI GONG

Align bodily structure with your meridians using breathing techniques, meditative focus and gentle martial arts movements to cultivate your qi. Connect mind to body, increase inner strength and energy, and find stillness through a newfound sense of concentration and self-awareness.



PERSONAL FITNESS & HEALTH CONDITIONING

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 enlivening full moon.

TAI CHI

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.



WELLNESS BEING PROGRAMME

CHOOSE FROM 1-DAY OR 3-DAYS PROGRAMME

A sedentary lifestyle, work stress and unhealthy eating habits can deplete energy, leading to fatigue and adverse effects on the immune system. Take time out to rejuvenate with this series of unique, holistic wellbeing programmes

Morning yoga, Balinese Reiki and relaxing spa therapies. Indulge in island healing and a natural detox of wellness cuisine, raw juices, coconut water and exotic fruits. Your path to self discovery starts here.

1-DAY PROGRAMME

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

3-DAY PROGRAMME

Day 1

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

Day 2

- Medical qi gong (60 mins)
- Wellness juice
- Wellness lunch
- Cupping therapy
- Young coconut water and fresh fruit
- Wellness dinner

Day 3

- Healing meditation (60 mins)
- Balinese massage
- Wellness juice
- Wellness lunch
- Rejuvenate oxygen facial treatment
- Young coconut water and fresh fruit
- Wellness dinner

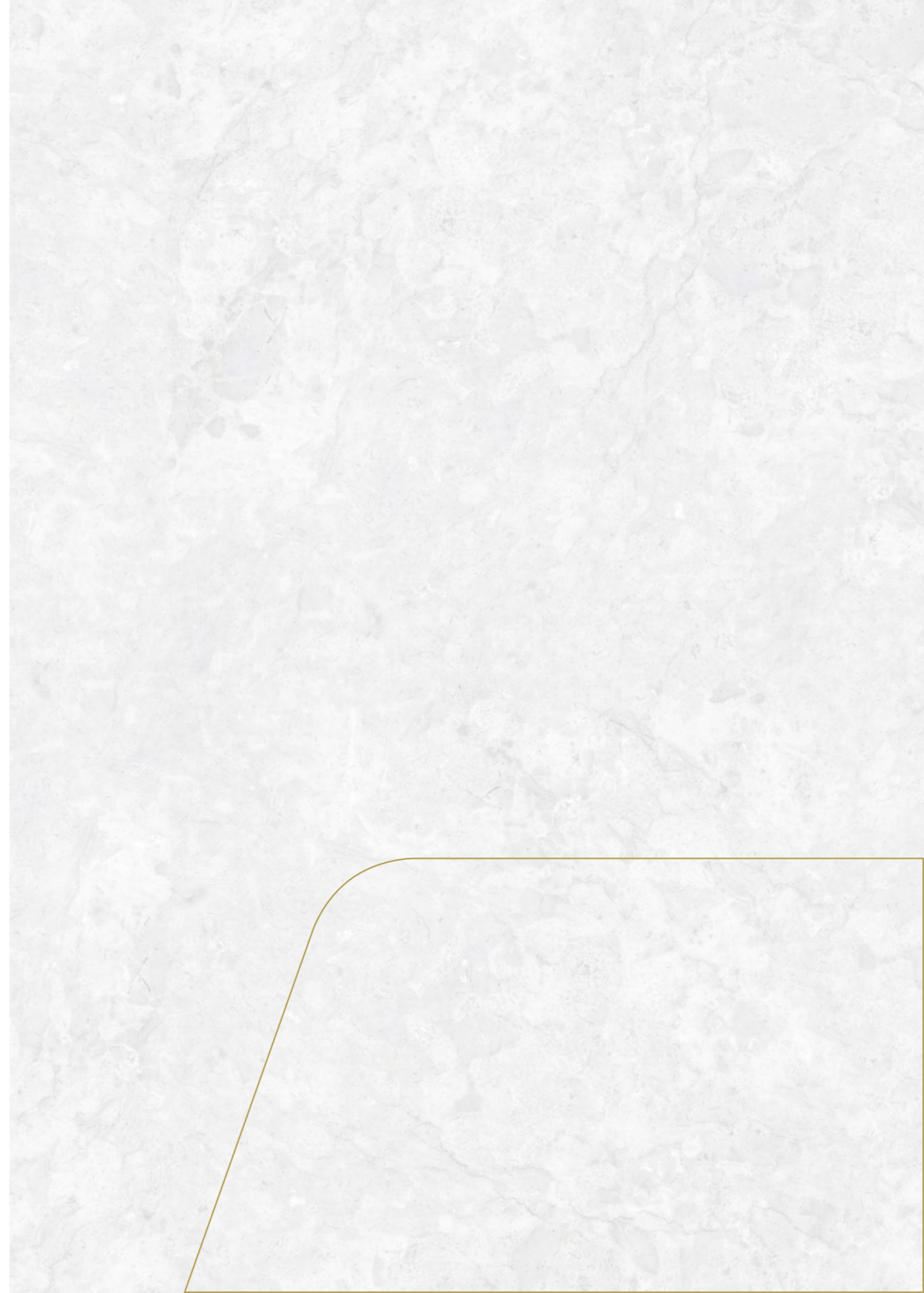
SPA ETIQUETTE

- 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, otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after an aromatherapy 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. 6912





ANANTARA

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