

# The Retreat Spa Menu

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## SACRED JOURNEYS FOR TWO

### TEMPLE BLESSING CEREMONY

140 minutes – IDR 2,700,000 per couple

This ritual is inspired by traditional Balinese wedding ceremonies; beautifully colored, sacred and festive affairs. More than a union between two people, a Balinese wedding is perceived as a spiritual milestone and often features a blessing, a purification ritual, music and celebration.

Sacred Water Blessing Ceremony at Nirjhara's Temple

Complimentary Traditional Sarong

Flower Foot Ritual

Relaxing Balinese Massage

Flower Bath Ritual

Tea Ceremony

### RAMA AND SITA, SPA & DINE

120 minutes & dinner – IDR 3,800,000 per couple

Inspired by the Hindu love story of Rama and Sita – a tale of passion, struggle, gods and goddesses. This treatment honors ceremony, rituals and lasting love.

Holy water & flower foot ritual

Warm coconut oil Balinese village massage

Hindu Ayurveda Marma-point facial release

Restorative flowerbath

Tea ceremony

Sunset 3-course dinner with bottle of wine

## BLESSINGS AT THE RETREAT

120 minutes – IDR 980,000

### MELASTI CLEANSING BLESSING

Energising | Detoxifying | Hydrating

Every year in the days leading up to 'Nyepi', the Balinese New Year, the Balinese journey down to the sea or to a holy spring for a purification ceremony, a deeply introspective ritual of spiritual cleansing.

Cleansing Foot Ritual

Warm Sea Salt & Coconut Oil Body Scrub

Salt Stone Massage with Warm Sea Salt Back Compress

Detox Facial with head & scalp therapy

Tea Ceremony

## SACRED SLEEP 'NYEPI' BLESSING

Relaxing | Rejuvenating

This soothing ritual honours the day of silence celebrated during Balinese 'Nyepi' New Year. During this sacred day, no lights or electricity are used and instead the Balinese spend this time in quietude, fasting and meditation.

Warm Compress with Foot Reflexology

Warm Stone Massage with Ginger Remedy Pack with focus on lower legs and feet

Sound Healing

Facial Massage with Reiki Mind Release

Tea Ceremony

## SACRED WOMAN 'SARASWATI' BLESSING

Nurturing | Skin-Nourishing | Cleansing

A ritual to renew your skin and rebalance the mind. Inspired by the Hindu celebration of the Goddess Saraswati, revered as the symbol of knowledge.

Water Cleansing Foot Ritual

Lymphatic Body Polish

Balinese Village Massage with Sound Healing

Hindu Ayurveda Marma-Point Facial Release

Flower Bath

Tea Ceremony

## SACRED MAN 'SHIVA' ENERGY BLESSING

Invigorating | Tension-Releasing

This healing ritual is inspired by the celebration of the male god 'Shiva' who is honoured by the Balinese during their 'Night of Siwa' rituals – a time of self-reflection, inner strength, and connecting with our higher selves.

Deep Tissue Massage with Sound Healing

Balinese Coin Scraping Therapy

Warm Ginger Lower Back Remedy

Acupressure Facial

Head & Scalp Massage

Tea Ceremony

## ANCIENT REIKI BLESSING

Relaxing | Detoxifying

A grounding blessing inspired by the magic and mystical stories, traditions and tales of Bali. Our spa artisans are reiki-certified and deliver a sequence of treatments to warm the skin, ground the body and centre the mind.

Warm Aroma Foot Compress

Balinese Herbal Compress Massage

Warm Boreh Back Therapy

Hindu Marma-Point Facial Release with Reiki Healing

Head & Scalp Massage

Tea Ceremony

## **BALINESE VILLAGE MASSAGE**

60 minutes – IDR 480,000

90 minutes – IDR 640,000

120 minutes – IDR 840,000

This unique massage is inspired by ancient Balinese traditions where each village had its own healer and where no two massages were ever the same.

Based on the ailments one might have, this local village healer would perform specific sequences using healing herbal treatments to restore balance. Massages were a health remedy rather than a luxury experience. When suffering the flu, for example, the healer would ground up spices and herbs into a paste known as a 'boreh' and apply topically to the body to help detoxify body.

During our signature Balinese Village Massage, our trained spa artisans will curate a massage tailored to your personal needs. Feeling sluggish? We suggest a more vigorous deep tissue release massage to soften the muscles, improve circulation and leave you feeling recharged. Suffering tech-neck? We focus more on your upper back, neck and shoulder area and apply warm ginger packs to remedy computer fatigue and tension. Experiencing sleep issues? We deliver a slow and mindful face, neck and scalp massage to ease you into a deep slumber.

As in the tradition of the Balinese village healer, no two massages will ever be the same. Our signature Balinese Village Massage is tailored to rebalance, heal and cure at a deeper level.

## **BOTANICAL BODY SCRUBS**

90 minutes – IDR 720,000

Explore our collection of plant-based body scrub blends tailored to deeply cleanse, detoxify and polish the skin. Our scrubs incorporate massage techniques to help stimulate the lymphatic system and improve blood flow, along with a body wrap to soothe and hydrate the skin.

### **MORINGA BODY SCRUB**

Moringa leaves are an antioxidant-rich superfood high in vitamin C that can be used to firm and tone the skin, leaving it beautifully soft and refined.

*Recommended for all skin types.*

### **COCONUT BODY SCRUB**

The natural fatty acids found in coconut help reduce inflammation and keep the skin smooth and moisturized.

*Recommended for dry and dehydrated skin types, as well as mildly sunburned skin.*

### **COFFEE BODY SCRUB**

Known for its antioxidant properties, finely-ground coffee helps regenerate skin cells and softens the texture of the skin for improved glow and complexion.

*Recommended for oily skin types.*



## **FACIAL RITUALS**

60 minutes – IDR 550,000

### **HINDU MARMA-POINT FACIAL**

This calming facial sequence combines natural ingredients known for their purifying virtues with Marma-pressure point therapy to improve energy flow and align the body and soul.

Cleanse your skin with a pomegranate oil, coconut & vanilla exfoliator followed by a rosewater toner before indulging in a wildflower honey mask and amber cream for deeper nourishment.

This deeply relaxing facial treatment incorporates elements of Marma-point acupuncture therapy to calm the nervous system and relieve a busy mind.

### **NIRJHARA HYDRATION FACIAL**

Our signature facial uses pure ingredients grown in Bali including nourishing virgin coconut oil, papaya, wildflower honey, aloe vera, cucumber and lavender essential oil.

The treatment is enhanced with a mind-soothing neck and shoulder release, followed by a sculpting and lifting facial massage. Depart with hydrated and glowing skin.

## **MANICURES & PEDICURES BY DAZZLE DRY**

60 minutes manicure – IDR 350,000

60 minutes pedicure – IDR 350,000

Manicure & pedicure combination – IDR 650,000

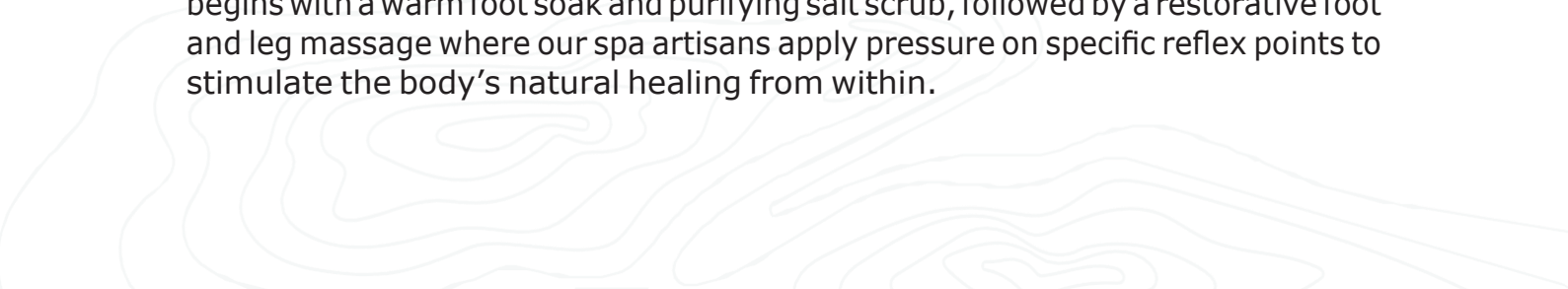
Dazzle Dry is a quick-drying, long-lasting natural nail lacquer free from harmful chemicals, animal by-products, and animal testing. It uses a signature four-step system to strengthen nails, protect against abrasion and deliver long-term results.

Allow our spa artisans to enhance your beauty treatment by selecting a deep relaxing hand and arm or lower leg and foot massage.

## **REFLEXOLOGY**

60 minutes – IDR 480,000

The perfect remedy after a long day traveling or trekking, our reflexology sequence begins with a warm foot soak and purifying salt scrub, followed by a restorative foot and leg massage where our spa artisans apply pressure on specific reflex points to stimulate the body's natural healing from within.



## **REIKI**

60 minutes – IDR 1,100,000

Reiki is a method of healing based on the application of guided life force energy, or “prana”, aiming to treat the body, emotions, mind and soul. Our guest Reiki master, Bapak Made Warmana, became Reiki master in 1999 and has been helping others heal since then.

This healing therapy is performed while the patient is fully clothed. We recommend you to book at least one day in advance.

## **INFORMATION**

Opening Hours for Outside Guest:

- The Retreat : 9:00 am - 9:00 pm
- The Yoga Shala : 7:00 am - 7:00 pm
- Fitness Centre : 7:00 am - 9:00 pm
- Sauna : 7:00 am - 9:00 pm
- Infinity Pool : 11:00 am - 7:00 pm

