

## SPA PACKAGE

### PURIST SIGNATURE PACKAGE | 2.5 hours | 1.350k

Beginning with a gentle yet firm Purist massage to reduce tension and promote healing by focusing on meridian pressure points. Followed by our invigorating coffee body-scrub to indulge your senses and revive your spirit. Finish with a deeply cleansing and moisturizing facial to further relax, encourage renewal, and revitalize the complexion.

### DEEP TISSUE & JAVANESE LULUR PACKAGE | 105 mins | 1.100k

Suited for sports, active or heavily stressed - a firm technique concerned with realigning deeper layers of muscles to help relieve chronic aches and contracted tissue, including stiff-neck and sore shoulders. Followed by a sumptuous, exfoliating beauty ritual with a moisturizing turmeric scrub. Finish with a relaxing, salt-water and tropical flower bath.

### BALINESE HARMONY PACKAGE | 2 hours | 1.180k

A combination of gentle stretches, acupressure, reflexology, and aromatherapy stimulating the flow of blood, oxygen and energy around your body, followed by a soft, moisturizing candlenut body scrub and warming boreh mask designed to induce a sense of calm, deep relaxation and wellbeing.

### HAND, FEET & NAIL TREATMENTS

Royal Manicure | 60 mins | 300k

Celebrity Pedicure | 60 mins | 380k

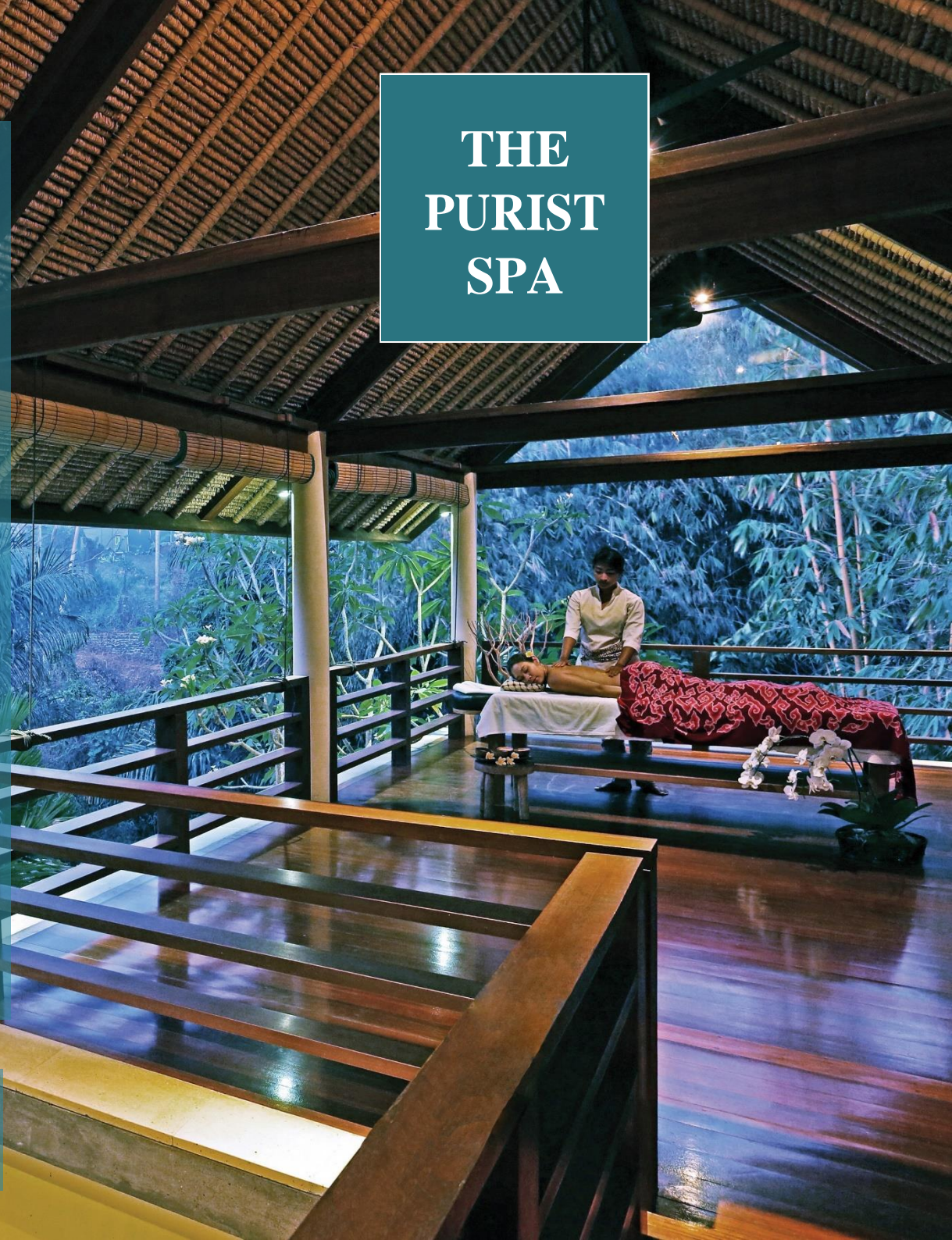
Aristocrat Nail Polish | 30 mins | 180k

\*Prices are quoted in IDR “000”

“Subject to 21% government tax and service charge”

\*To make an appointment by phone please dial 200”

## THE PURIST SPA



# SPA MENU

## **THE PURIST MASSAGE**

**60 mins 570k | 90 mins 800k**

A heavenly signature massage using soft movements and high-quality base oils infused with essential oils. The PURIST massage focuses on meridian pressure points with a gentle yet firm technique to reduce tension and promote natural healing.

## **DEEP TISSUE MASSAGE**

**60 mins 570k | 90 mins 800k**

Deep tissue massage is a therapy that focuses on realigning deeper layers of muscles. It is used for chronic aches and pain and contracted areas, for example stiff neck and upper back, low back pain, leg muscle tightness and sore shoulders.

## **HOT STONE | 90 mins 900k**

This treatment goes beyond the physical and results in a sense of deep relaxation. In the Balinese tradition of “sekala niskala” (seen and unseen), you will feel relaxed within body and mind. The use of heated basalt stones relieves tension and soreness therefore restoring flexibility and vitality.

## **TENSION RELIEF | 45 mins 390k**

A stimulating treatment for your back, neck and shoulders relaxing stressed muscles and reducing tension through the whole body. This Balinese technique is ideal for those with little time. It is very effective to revive and refresh, as well as improving over-all blood circulation.

## **FACIAL CARE | 60 mins 450k**

A deep cleansing moisturizing balancing and relaxing pressure facial that encourages renewal to revitalize the skin a gentle stimulation carry organic plant base ingredients into the skin to restore.

## **REFLEXOLOGY | 60 mins 485k**

The natural “healing art” of Reflexology is based on the principal that there are pressure points in the feet that correspond with every part of the body. Beginning with a foot bath, followed by applications of pressure to strategic points in the feet, this wonderful therapy significantly boosts blood circulation.

## **SHIRODHARA | 60 mins 740k**

After a warm massage a steady stream of herbal oil is gently streamed over the forehead. This deeply calming treatment improves mental clarity by balancing mind, body and spirit.

## **CHAKRADHARA | 120 mins 1.190k**

One of the most important Ayurveda therapies – Chakra Dhara is where a gentle drip of warm herbal oil is centered over key energy points (Chakras) in order to balance energy flows, to purify and strengthen the body’s immune system.

## **KATI VASTI | 75 mins 955k**

A nurturing back treatment in which medicated oils are pooled on the lower back to reduce stiffness and discomfort. This gentle relaxing technique improves spinal conditions, lubricates the joints and benefits overall wellbeing throughout the whole body experience. This treatment focuses specifically on treating discomfort relating to the back, such as chronic tension, a prolapsed disk or sciatica.

## **ABHYANGA | 90 mins 800k**

A rejuvenating massage with warm herbal oil chosen to balance each individual’s doshas. The full body treatment will relieve fatigue and restore a lasting youthful glow to the skin

## **LYMPHATIC MASSAGE | 60 mins 680k**

Manual lymph drainage massage is designed to stimulate and maintain a healthy lymphatic system. The techniques are applied both gently and slowly to mimic the pulse and rhythm of the lymphatic system itself. This massage will deeply relax both body and mind alleviate inflammation and reduce fluid congestion.

## **ROMANTIC BATH IN YOUR OWN VILLA PER COUPLE | 350k**

Relaxation bath salt Contain active plant botanicals of chamomile, mandarin, lavender calming, balancing, smoothing and stress relief.

\*Prices are quoted in IDR “000”  
“Subject to 21% government tax and service charge”

\*To make an appointment by phone please dial 200”

\*Prices are quoted in IDR “000”  
“Subject to 21% government tax and service charge”

\*To make an appointment by phone please dial 200”