

Om Swastiastu,

the **spa** supports ancient Indonesian healing arts
at kamandalu

by creating our own fresh recipes of time-tested rituals and remedies.

We combine the finest local ingredients with the highest quality of pure essential oils and natural skincare products from Bali and around the world.

You are invited to observe your spa recipe in the making, as our therapists freshly prepare your selection using traditional methods.

Experience true magic in the making.

Om Çanthi Çanthi Çanthi Om.

the **spa**
at kamandalu



scheduling

To make an appointment, call the Spa at extension 347.
If calling from outside the resort, dial +62 361 975825 and ask for the Spa.

arrival time

Please arrive at the Spa at least 15 minutes prior to your scheduled service.
This will allow you time to check-in and complete your Spa assessment.
Please note that services for late arrivals will end at the scheduled time.

atmosphere

In order to provide our guests with a serene relaxation experience,
the Spa is a cell-phone and smoke-free environment.
We also request that you speak quietly while in the Spa.

health and safety

We strongly encourage you to complete the Spa assessment form prior to your treatment.
Please inform your therapist if you are pregnant or have any medical conditions.

during treatment

If you are uncomfortable in any way during your treatment, please inform your therapist.
If the massage pressure is not comfortable for you, we encourage you to notify
your therapist so that adjustments can be made.

change and cancellation

If you need to cancel or change your appointment,
we ask that you notify the Spa at least four hours prior to your scheduled appointment.

signature treatments

Kamandalu signature spa treatments invite couples to experience and indulge in a unique spa treatment with our selected fresh and natural products.

Wrapped in Love

A truly sensual experience for couples.

Relax with a Rose Quartz massage to open up the heart chakra, which represents pure love.

Indulge your senses with a passion fruit scrub followed by a vanilla cream wrap.

Complete with an exotic aromatherapy flower & honey bath and passion fruit elixir.

Undeniably the most divine romantic ritual.

150 min. US\$ 220 per couple

Royal Touch

A combination of Bali sea salt, seaweed, and natural clay, designed to draw out impurities and detoxify the body. Treatment includes a therapeutic massage, organic sea salt scrub, clay & seaweed wrap followed by facial. A flower & herb bath with special balancing essential oils and a cleansing drink completes this ritual of purity.

180 min. US\$ 290 per couple US\$ 150 per person

traditional treatments

Javanese Royal Romance Ritual (just for women)

Our signature royal Javanese romance ritual, traditionally given to princesses in preparation for their wedding day. A special slimming massage is followed by lulur scrub and yogurt rub.

Enjoy the amazing sensation of a traditional herbal steam for cleansing the body,

along with a cooling facial mask. Soak in a tub of frangipani flowers and rose petals with herbs and essential oils as you sip a cleansing Jamu. A final beauty rinse over the entire body completes this royal beautifying ritual. Pure indulgence for the princess in all of us.

150 min. US\$ 130

Javanese Royal Lulur

A traditional Javanese royal beauty ritual, including Indonesian massage,

a glowing turmeric & spice scrub, a cooling yogurt rub, followed by a luxurious flower & herb bath with a herbal Jamu healing drink. Turmeric (also known as Curcuma) gives glow to your skin and keeps some harmful bacteria away from your body.

120 min. US\$ 105

Balinese Boreh

An all-over deep heat experience begins with Indonesian massage, followed by reflexology.

Continued with mocha scrub & Balinese boreh wrap, certain to warm the body and senses with a plethora of Balinese herbs and spices traditionally used for fever, headaches, muscle aches, and chills. Complete with flower & herb bath and Balinese herbal Jamu.

180 min. US\$ 150

romantically inspired

Romantic Interlude

A beautiful romantic experience for couples.

Begin with a relaxing full body massage using a special blend of essential oils to enhance sensuality. Next, relax together in a tub of exotic tropical flowers and essences while enjoying a nectar Jamu.

90 min. US\$ 160 per couple

Ubud Dream

An exfoliating treatment without abrasive ingredients.

Therapeutic massage is followed by a fresh oatmeal/papaya exfoliation and delicious honey lime wrap. Soothing and softening, leaving a pure glow to the skin.

Complete with a flower/herb/honey bath and nourishing drink.

150 min. US\$ 220 per couple US\$ 120 per person

Pampering Of Kamandalu

Specially crafted to invigorate your senses from head to toes.

Begin with a full body traditional massage, followed by our special papaya scrub.

Refresh your face with natural facial with freshly prepared ingredients.

Complete with a flower bath infused with nourishing milk and honey.

150 min. US\$ 220 per couple US\$ 120 per person

one-day programs

Kamandalu Escape

Soothe your skin with oatmeal, honey, nourishing nuts and spices.

A relaxing massage is followed by a fresh scrub of oats, candlenuts, and pure sugar.

Then continue with facial, reflexology and pedicure.

At last, enjoy a cup of warming tea as you soak in a tub of flowers and honey.

4 hours US\$ 330 per couple US\$ 180 per person

Heaven

A full day of delightful spa indulgence. Choose one of our 90 minute massages, followed by a Balinese sea salt scrub and clay & seaweed wrap.

Enjoy a light lunch by the pool, then continue with facial, manicure and pedicure.

Complete with a flower bath infused with nourishing milk and honey.

6 hours US\$ 440 per couple US\$ 240 per person

massage therapies

Traditional Signature Indonesian Massage

A deep therapeutic massage, passed down from generation to generation, using firm hand strokes with full palm pressure. This massage uses traditional Indonesian spice essential oils for warmth and circulation.

60 min. US\$ 55

90 min. US\$ 80

Aroma Therapeutic Massage

An exclusive massage experience implementing Swedish and Shiatsu techniques along with muscle stretching, focusing on specific areas of tension and imbalance. Using a special blend of aroma therapeutic essential oils for a sense of peace and relaxation.

60 min. US\$ 55

90 min. US\$ 80

Kamandalu Duo Massage

A unique four-handed massage, designed to restore balance and ease tension. Two therapists work in harmony as you are pampered to the fullest.

60 min. US\$ 85

Scandinavian Massage

A completely relaxing full body massage, using a selection of aromatherapy oils to soothe tension and leave you feeling delightfully refreshed.

60 min. US\$ 55

90 min US\$ 80

Hot River Stone Massage

A blend of traditional massage techniques with the benefits of aromatic heat therapy. Specially warmed river stones are used to release tension and create balance throughout the energy centers of the body.

60 min. US\$ 55

90 min US\$ 80

Sore Muscle Relief Massage

Especially designed to relieve aches and pains.

A therapeutic massage using tension relieving essential oils is combined with a traditional herbal bolus pack, skillfully placed over areas of tension and discomfort. Relax in a warm herbal bath with a ginger Jamu for complete stress relief.

90 min. US\$ 85

Reflexology

Classic pressure point massage for the feet, legs, arms, and hands.

Stimulates circulation, eliminates toxins, and creates a state of balance within.

30 min. US\$ 30

60 min US\$ 50

Stress Relief Massage

A 30 minute stress relief massage, focusing on the shoulders, feet, and hands for a quick energizing experience. (Nobody will ever know you were gone)

30 min. US\$ 30

beauty treatments

Naturally Pure Facial

Cleanse, exfoliate, hydrate, and nourish with pure, natural, freshly prepared ingredients. After cleansing, enjoy a yogurt papaya scrub to exfoliate, a honey & lime facial massage, followed by a mask of choice: Avocado (dry skin), Cucumber (sensitive skin), Clay (oily and problem skin). A lime refresher and pure facial cream completes this naturally beautifying facial.

60 min. US\$ 55

Botanical Essence Facial

A complete facial using Soapless Facial Cleanser, Coconut & Vanilla Bean Facial Scrub, Cleopatra's Rose massage oil, Sandalwood Facial Masque, Neroli Toner (normal to dry skin) or Sandalwood Toner (normal to oily skin) Blossom Facial Dream Cream, and Botanical Lip Protection.

60 min. US\$ 70

Manicure or Pedicure

A treat for the hands and feet to cleanse, shape and beautify nails, including a simple massage and a nail polish of your choice as the finishing touch.

60 min. US\$ 40