

Om Swastiastu,

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

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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.

massage therapy

Signature AromaTherapeutic Massage

An exclusive massage experience, complete with a variety of massage methods, including Swedish and Shiatsu techniques, along with muscle stretching and a special focus on specific areas of tension and imbalance. A special aroma-therapeutic blend of pure essential oils provides you with a sense of peace and relaxation.

60 min. US\$ 55

90 min. US\$80

Traditional 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

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

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

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

Optional Flower Bath

After your massage, soak in a warm tub filled with rose petals, frangipani blossoms, honey and aromatherapy sea salts.

15 min. US\$10

rituals and remedies

We use pure, natural ingredients prepared fresh, along with Sensatia Botanicals natural skincare products, providing you with the highest quality healing and beautifying preparations.

All of our Whole Body Rituals and Remedies begin with a flower and herb foot cleansing ritual and are completed with a healing *Jamu*, tea, or coconut water as you relax in a tub of fresh blossoms.

for the whole body

Javanese Lulur

A traditional Javanese royal beauty ritual, including Indonesian massage, a glowing turmeric and spice scrub, followed by a cooling yogurt rub. After an application of Tropical Flowers coconut oil, enjoy a warm bath filled with luxurious flowers and Javanese herbs.

120 min. US\$ 110

Balinese Boreh

An all-over deep heat experience, beginning with Indonesian massage, followed by a *Boreh* wrap, certain to warm the body and senses with a plethora of Balinese herbs and spices. Traditionally used as a remedy for colds and flu. Complete with a flower bath infused with Balinese herbs and spices. A perfect remedy for jet lag.

120 min. US\$110

Volcanic Sea

A combination of Bali sea salt, seaweed, and natural clay, designed to draw out impurities and detoxify the body. This treatment includes a massage of your choice, organic sea salt scrub and a clay and seaweed wrap. A flower and herb bath with aromatic-infused bath salts completes this ritual of purity.

120 min. US\$110

90 min. US\$95 (massage and scrub only)

Fruit and Honey

An exfoliating treatment without abrasive ingredients.

Your choice of 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 bath infused with nourishing milk and honey.

120 min. US\$110

90 min. US\$95 (massage and scrub only)

Island Mocha

A delicious synergistic blend of Bali coffee, cocoa beans, vanilla, and coconut to delight the senses. This treatment includes a relaxing massage, mocha scrub, and a beautiful vanilla coconut milk mask, followed by a bath of Balinese flowers and vanilla essence.

120 min. US\$110

90 min. US\$95 (massage and scrub only)

rituals and remedies

Sweet Oatmeal Spice

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

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

A honey spice wrap provides a soft, nourishing natural moisture barrier.

Finally, soak in a tub of flowers, oats, spices and honey.

120 min. US\$ 110

90 min. US\$95 (massage and scrub only)

Sore Muscle Relief

Specially 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

Sweet Dreams

Sleep peacefully after this ultimate relaxation experience.

Begin with a relaxing body massage using aromatic essences to induce peaceful slumber.

Followed by a chamomile and lavender essence flower bath and herbal sleep tea.

Recommended for evening time.

90 min. US\$85

for the face

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 and lime facial massage, followed by a mask of your choice:

Avocado for dry skin, Cucumber for sensitive skin, Clay for 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 the highest quality of natural skincare products available.

Includes Soapless Facial Cleanser, Coconut & Vanilla Bean Facial Scrub,

Cleopatra's Rose massage oil, Sandalwood Facial Masque, Neroli Toner for normal to dry skin

or Sandalwood Toner for normal to oily skin, Blossom Facial Dream Cream, and Botanical Lip Protection.

60 min. US\$70

for the feet

Herbal Foot Therapy

This traditional ritual begins with a Javanese herbal foot soak (*pocor bayi* herb) to cleanse, soften,

and increase blood circulation throughout the body. A full reflexology treatment follows,

focusing on pressure points and energy zones. Enjoy a warm ginger *Jamu* to complete your experience.

90 min. US\$60

rituals and remedies

romantically inspired

Royal Romance Ritual (just for women)

Our signature royal Javanese romance ritual, traditionally given to princesses on the day of marriage. A special slimming massage is followed by our freshly prepared lulur scrub, yogurt rub, and rinse. Enjoy the amazing sensation of a traditional herbal steam for cleansing and balancing 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

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 *Jamu* nectar created with romance in mind.

90 min. US\$160 per couple

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 a romantic aromatherapy flower and honey bath and passion fruit elixir. Undeniably the most divine romantic ritual available.

150 min. US\$220 per couple

customized creations

A Day of Bliss

A full day of delightful spa indulgence.

Choose any of our 90 minute massages, followed by a body ritual of your choice.

Enjoy a light lunch by the pool, then continue with a facial, herbal foot therapy, sauna and flower bath.

6 hours US\$250 per person US\$450 per couple

A Quick Escape

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\$25

Custom Combo

Create your own spa experience with the help of our skilled therapists.

Mix and match our selection of options to suit your needs and desires.

Time and price varies according to selections chosen.