

# THE PAVILIONS

Discover The Pavilions Spa

Our garden sanctuary is located opposite the Bale, at the beginning of our bamboo alley.

We look forward to welcoming you to experience our allnatural wellness rituals; from reviving massages to restoring healing therapies and indulgent beauty treatments, all made with love in Bali.



Learn how to prepare our favourite all-natural beauty treatment

Our experienced therapists will guide you through a lesson in organic wellness, explain how to choose the freshest ingredients, show you how to prepare the skin superfood and treat yourself to some indulgent "me time".

#### **YOUR CLASS INCLUDES:**

- Organic ingredients from our "Spa Kitchen"
- 5-step facial rejuvenation
- DIY facial massage & reflexology
- Your "recipe" booklet to take home

90 Minutes | 560 per person

## **OUR MASSAGES**

Essential Vils & Healing Touches

#### **BALINESE MASSAGE**

60 MINUTES | 420 90 MINUTES | 590

This traditional massage combines long flowing movements and soft palm pressure with the soothing aroma of essential oils for a restoring wellness experience, promoting a deep sense of relaxation.

#### **PAVILIONS SIGNATURE MASSAGE**

60 MINUTES | 450 90 MINUTES | 620

Our best kept secret, combining pressure point massage, kneading and gentle stretching techniques to rejuvenate tired muscles and stimulate the flow of oxygen, leaving you fully reenergised.

HOT STONE 90 MINUTES | 680

Heated stones placed on specific parts of your body melt away tension, ease muscle stiffness and encourage blood flow, allowing optimal access to tense muscle tissue without the need for additional pressure.

#### **HERBAL THERAPY**

90 MINUTES | 650

This ancient practice uses hot compresses, combining the benefits of a traditional oil massage with thermal therapy. Steam releases the essential oils of the herbs and spice mix for a revitalizing effect on body and spirit.

### MINI ME (6 - 12 YEARS)

45 MINUTES | 320

A gentle full body massage using virgin coconut oil aimed at introducing our youngest guests to the benefits of natural wellness.

#### PRENATAL MASSAGE

60 MINUTES | 420

Massage therapy during pregnancy is a soothing complement to your prenatal care and a healthy way to reduce stress and promote wellbeing, based on your specific requirements.

## **OUR MASSAGES**

Essential Vils & Healing Touches

#### **JET LAG RECOVERY MASSAGE**

60 MINUTES | 450

Long, gliding strokes and gentle kneading movements combined with the detoxifying properties of warm peppermint oil provide immediate relief from fatigue to rebalance energy levels, ease muscle pain and successfully reset your internal clock.

#### **COCONUT PASSION**

75 MINUTES | 520

This indulgent treatment uses warm virgin coconut oil combined with fresh coconut flakes to gently exfoliate, smooth and nourish your skin with a full body massage, leaving your skin silky and delicately scented with the tropical fragrance of coconut.

#### **AYURVEDIC MASSAGE**

75 MINUTES | 550

A full body massage with medicated oil aimed at rebalancing your Doshas, the three primary life energies. This ancient holistic healing practice improves circulation, eases the elimination of toxins and promotes all-round relaxation.

#### **HOT STONE BACK RELIEF**

40 MINUTES | 400

The soothing and healing properties of our hot stone treatment applied specifically to the spinal area to ease muscle tension and reduce shoulder strain and fatigue.

#### **FOOT REFLEXOLOGY**

60 MINUTES | 380

Inspired by traditional Chinese medicine, reflexology is a gentle manipulation of the reflex points on the feet, with each point corresponding to a different area of our body. This feel good treatment balances the energy flow and relieves stress.

## BATHRITUALS Immesse Yourself in Essential Bliss

AT THE PAVILIONS SPA | 250 IN YOUR OWN VILLA | 300

#### **MILK & ROSES**

Nourish and brighten your complexion with this soothing aromatic bath.

#### **LEMON & ORANGE**

Revive and purify skin with the detoxifying properties of citrus fruits.

#### **EUCALYPTUS & LEMONGRASS**

Refresh and invigorate body and mind with this energizing blend.

## **ADD-ONS**

The Perfect Complement to Your Favourite Treatment

**30 MINUTES | 230** 

#### **BODY SCRUB**

Get silky smooth skin and that radiant glow with our selection of natural body polishes.

#### **FOOT MASSAGE**

Revive tired feet and improve circulation with the ultimate relaxation ritual.

#### MINI FACIAL

An express version of our all-time favourite organic Aloe Vera facial, the perfect pick me up.

#### **HEAD MASSAGE**

Relieve stress and ease muscle tension with our soothing scalp and neck massage.

## **BODY TREATMENTS**

Assembled with Mature's Finest Ingredients

#### **ULTIMATE BLISS**

120 MINUTES | 790

The best of both worlds: enjoy 60 minutes of our restoring traditional Balinese massage combined with your choice of organic facial to purify, revive and refresh.

#### **AFTER-SUN RECOVERY**

60 MINUTES | 430

The ultimate after sun therapy to soothe overexposed skin with moisturizing and revitalizing properties of our 100% natural Aloe Vera and cucumber body mask, while enjoying a reviving cucumber facial and a de-stress hands and feet massage.

#### **COFFEE & GINGER**

90 MINUTES | 640

This instant mood booster rejuvenates and polishes the epidermis with the natural antioxidant properties of freshly ground coffee beans for a healthy and glowing complexion. Start your treatment with our signature massage, followed by an organic Kintamani coffee scrub.

#### **BODY GLOW**

120 MINUTES | 850

A special treat from top to toe beauty, incorporating an invigorating organic rice scrub, followed by a detoxifying volcanic clay mask, ideal for toning and firming skin. Your pampering session is rounded off by a revitalizing massage.

#### **ROYAL LULUR**

140 MINUTES | 930

This sumptuous beauty ritual, originally reserved for Japanese Princesses, starts with a relaxing massage, followed by a natural exfoliation with aromatic lulur paste and a nourishing yoghurt body mask, before immersing yourself in the sheer bliss of a floral milk bath.

## **ORGANIC FACIALS**

Matural Ingredients For Radiant Skin

60 MINUTES | 460

#### **PURIFY: CUCUMBER & YOGHURT**

Deep clean pores with an oatmeal & brown sugar scrub, followed by a power duo cucumber and yoghurt to moisturize and strengthen skin texture, regulating oil production with its natural anti-bacterial function, to ensure your skin's optimal PH balance is restored.

#### **REVIVE: COCOA & COCONUT**

This combination is rich in antioxidants will keep your skin looking young and luminous. virgin coconut oil and rice gently polish cleanses the skin whilst locking in moisture. The cocoa mask provides for a true nourishing treat, reducing the appearance of wrinkles and fine lines.

#### **REFRESH: ALOE VERA**

The ultimate skin superfood is rich in minerals and vitamins, great for sun-tired skin. Paired with a honey and sugar scrub it speeds up the skins healing process, while its natural anti-inflammatory properties improve elasticity for a smooth and healthy complexion.

## **HANDS & FEET**

#### **MANICURE**

Your manicure includes a gentle hand soak, with nail and cuticle care, a revitalizing scrub and a relaxing hands massage, plus the nail varnish of your choice.

75 MIN 275 60 MIN 220

#### **PEDICURE**

Tired feet are soaked in a soothing bath, followed by with a nail and cuticle care. Enjoy an invigorating scrub and soothing foot massage, before applying the nail varnish of your choice.

75 MIN 330

60 MIN (WITHOUT NAIL POLISH) 275

#### **POLISH CHANGE**

HANDS OR FEET 15 MIN | 165

## YOGA

Yoga is an ancient physical, mental and spiritual practice leading to a sense of wellbeing and inner balance, through a combination of specific postures, meditation and breathing techniques.

## Private Yoga Sessions

Our expert Yogi will guide you through a healing yoga session, tailor made to your individual needs and level of expertise, in our open air yoga studio.

60 minutes 400

90 minutes 500

Max. 2 participants per session Each additional person + 100

24 hours' advance booking essential, subject to availability.

## **SPA ETIQUETTE**

#### **OPENING HOURS**

Daily from 11.00 am to 7.00 pm

#### **ADVANCE BOOKINGS**

Please contact our Guest Service team at ext. 0 to reserve your treatments or for any additional information.

#### **SPA EXPERIENCE**

Please arrive 10 minutes prior to your scheduled time, in order to prepare for your treatment.

#### CHILDREN POLICY

We welcome young guests aged 6 to 12 for selected treatments accompanied by a guardian.

#### **CANCELLATIONS**

Treatments cancelled within 4 hours of the scheduled appointment time incur a 50% penalty charge. Full charges apply for cancellations received within 2 hours of the scheduled appointment time or for no shows.

#### **HEALTH CONDITIONS**

Please advise us of any health conditions, allergies or injuries that could affect your Spa experience when making your booking and review any specific preferences with your therapist prior to your treatment.

#### WHAT TO WEAR

For all body treatments, our therapist will provide you with disposable underwear and a Sarong.

#### **GIFT CERTIFICATES**

The gift of wellness is a great way to celebrate a special occasion or surprise your loved ones. Please contact our Guest Service team for further information on our gift certificates.