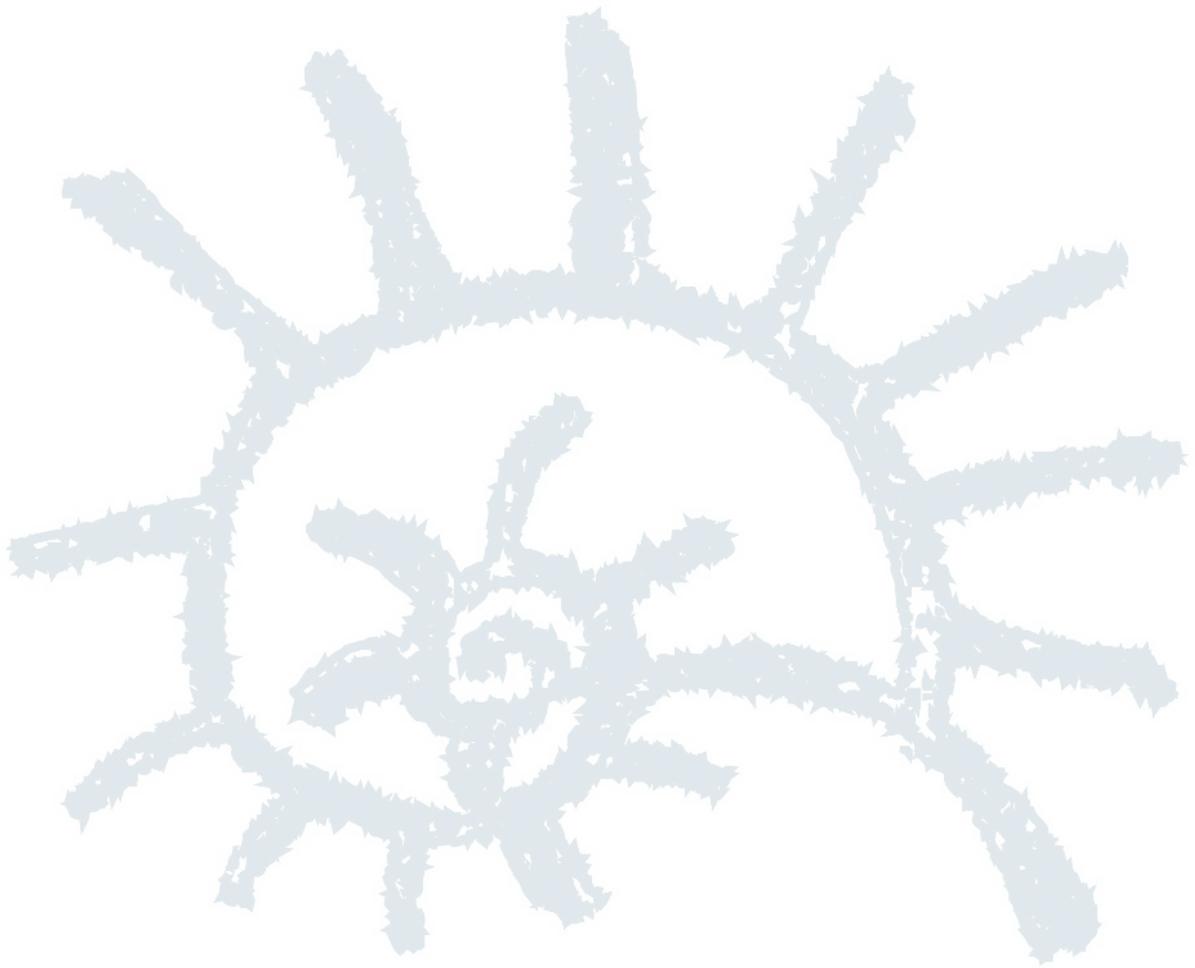


# *The Spa at Siladen*



*Dream, drift, relax*

# ENJOY OUR MESSAGES

## **HOLISTIC REFLEXOLOGY**

**60 minutes**

*A Special massage technique, Reflexology applies pressure to a range of particular points on your hands and feet that correspond with all the organs, glands, tissues and muscles in your body.*

*It is a very effective way to relieve pain, helping to restore the body's natural balance, cleansing the body of impurities and toxins and revitalising the energy level.*

## **BACK RELIEF**

**45 minutes**

*The perfect treatment to alleviate back aches.*

*The treatment concentrates on the back, neck and lower back using oil to calm and loosen muscle knots. This is then followed by a head massage.*

## **SILADEN CHILL**

**75 minutes or 90 minutes**

*Immerse your senses in the invigorating aroma of our special blend that gives your mind a boost and improves your circulation, increasing your wellbeing while our therapists revitalise your tired body with firm massage strokes. This massage uses rhythmic palm and elbow strokes to release tension from every pore of your body. Let us refresh you with 75/90 minutes of rejuvenation and get you ready for a relaxing holiday.*

## **TRADITIONAL INDONESIAN**

**75 minutes or 90 minutes**

*Drawn from timeless traditions, this ancient massage technique hails from the beautiful Island of Bali in Indonesia and is known for its spiritual and physical healing properties. The concentrated blends of Indonesian floral oil extracted from plants release their soothing properties into the skin during this relaxing massage. Using a combination of thumb and palm pressure are applied to the body to relieve tension and muscle fatigue, improve blood flow and bring you total serenity and body restoration.*

## **BALINESE MASSAGE**

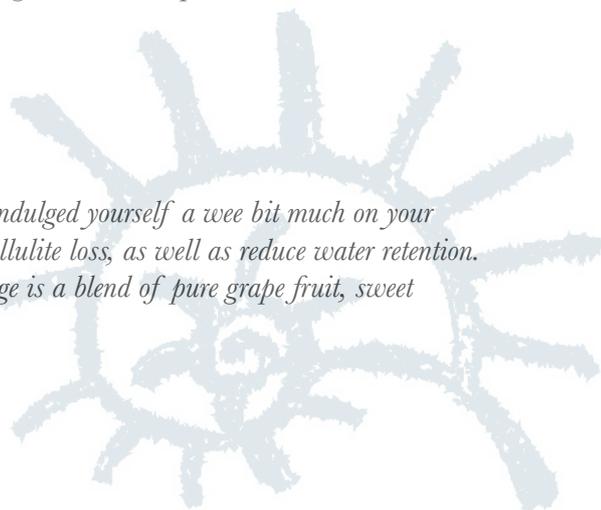
**75 minutes**

*Balinese massage consists of a combination of different techniques from various cultures that the Balinese people adopted and created their own unique style. It is a full-body, deep-relaxing, holistic treatment that uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy Hwaian Lomi Lomi to stimulate the flow of blood, oxygen and "qi" (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation.*

## **SLIMMING MASSAGE**

**75 minutes or 90 minutes**

*Haven't had the time to take care of your body lately? Or perhaps over-indulged yourself a wee bit much on your holiday? Try our slimming massage which will help stimulate fat and cellulite loss, as well as reduce water retention. Our slimming massage oil selected from the Siladen Spa special care range is a blend of pure grape fruit, sweet marjoram and black pepper in vitamin E carrier oil.*



## **SUNBURN CUCUMBER & ALOE VERA (With Mini Refreshing Facial)**

**60 minutes**

*Feel the heat seep out of your sunburnt body thanks to the soothing properties of cucumber and aloe. Blended fresh cucumber is mixed with Aloe Vera gel and gently applied to the body to create a cool coating. The body is then wrapped in a cotton sheet and left to recover while the therapist does a mini refreshing facial treatment.*

## **WARM STONE MASSAGE**

**90 minutes**

*This treatment is based on the study of energy, releasing the chakra in you. Hot and smooth lava stones are heated and used to enhance the regular therapeutic massage. Stones with energy from the earth are placed on the body's meridian points to enhance the body's natural healing powers.*

*It's a deeply relaxing massage and touches you deeper than a normal massage given only with the hands. Let your therapist know if the temperature of the stones is not right.*

## **SILADEN INNER PEACE**

**90 minutes**

*Your feet will be scrubbed with salt, massaged and soothed in a bath of essential oils.*

*By using palm strokes and thumb pressure, the therapist works on your body's key pressure points to free you from stress and strengthen your inner qi.*

*The Lavender oil used in this treatment has a balancing effect on the nervous system, refreshes the skin, relaxes the body by increasing blood circulation and soothes the mind.*

*A 90 minute Signature massage that uplifts and revives the spirit, exclusively created for The Spa at Siladen.*

# **ENJOY OUR BODY SCRUBS**

## **CUCUMBER & GINGER BODY SCRUB**

**45 minutes**

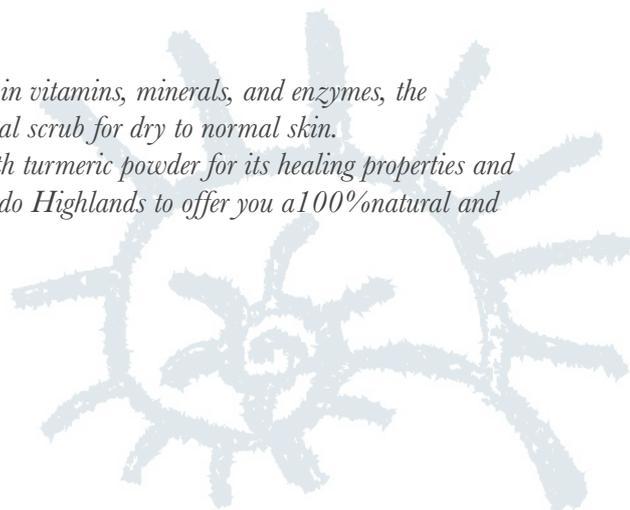
*An exotic blend of rice powder, cucumber and ginger is prepared and carefully applied to the skin. By using circular strokes, the blend is worked into the skin to gently scrub and remove dry and dead skin and to improve blood circulation. The combined qualities of Cucumber & Ginger not only nourish and refresh the skin, but also have a cooling and toning effects.*

## **SILADEN FRESH COCONUT & TEA SCRUB**

**45 minutes**

*Treat your body to one of nature's most versatile fruits: coconut. Rich in vitamins, minerals, and enzymes, the nourishing properties of its oil and tender flesh make it a perfect natural scrub for dry to normal skin.*

*We take our Island grown coconuts, use their rich flesh and mix it with turmeric powder for its healing properties and finely crushed tea- a natural stimulant and detoxifier -from the Manado Highlands to offer you a 100% natural and gentle skin scrub.*



## **PAPAYA & NATURAL LULUR SCRUB**

**45 minutes**

*An exotic blend of vitamin rich fresh “puréed” Papaya fruit from the Island blended with a natural “traditional lulur” polishing scrub. The scrub is applied with gentle circular movements to exfoliate dead surface skin cells. The fresh Papaya fruit softens and revitalises the skin leaving a healthier skin texture. This treatment is particularly suitable for dry skin*

## **TROPICAL FRUIT WASH SCRUB**

**45 minutes**

*Milk and powdered Manado Highlands rice with freshly squashed oranges and honey are combined in this delightful 100% natural scrub. A revitalising treatment it releases all impurities and increases the moisture level of your skin.*

## **CINNAMON & PANDAN LEAF BODY SCRUB**

**45 minutes**

*An exfoliating scrub that is rich in natural vitamins, and amino acids that helps to oxygenate the skin, the fragrant pandan leaf makes the scrub mixture a little gooey. It is great for dry skin and is best done in the morning, before soon.*

## **TORAJA COFFEE SCRUB**

**45 minutes**

*Reflecting our commitment to nature we have developed this exclusive scrub based on the world renowned Toraja Coffee grown in the hills of Central Sulawesi. Vibrant in aroma, this scrub is based on the use of finely hand ground organically grown Toraja coffee beans softly worked into your skin to detoxify and clean it.*

# **SPECIAL RITUALS**

## **NATURAL GINGER & COCONUT BODY WRAP**

**45 minutes**

*Treat your skin to this thorough deep – cleansing wrap specially formulated for its detoxifying and therapeutic properties. It is ideal for all skin types: the ginger relaxes, detoxifies, and nourishes the skin, while the coconut in the wrap moisturises your skin, leaving it soft and supple. Active ingredients : ginger, coconut, almond oil, vitamin E.*

## **NATURAL AVOCADO & HONEY BODY WRAP**

**45 minutes**

*Restore your skin smoothness and moisture. This avocado and honey mix will rejuvenate and treat dry skins.*

## **NATURAL HONEY & COFFE BODY WRAP**

**45 minutes**

*Treat your skin to this thorough cleansing wrap specially formulated for its exfoliating, brightening and smoothing properties. Appropriate for all skin types.*



## **TRADITIONAL FACIAL**

**75 minutes**

*This exclusive facial treatment combines fresh-from-the-garden produce to clean, gently scrub, tone and moisturise the skin. Your face is then scrubbed and gently massaged. The facial will cleanse, balance, rehydrate, tighten and brighten your skin in a natural way.*

## **CREAMBATH HAIR TREATMENT**

**60 minutes**

*The Creambath is a traditional Indonesian hair treatment that is beneficial for improving elasticity, hair growth and for damaged hair. Having a beautiful, shiny, healthy hair can make you feel wonderful. Discover the secrets of Indonesians luxurious shiny hair by using fresh ingredients combined with a scalp and back massage.*

## **CLASSIC MANICURE**

**90 minutes**

*Cuticle treatment, nail shaping & buffing and a gentle scrub followed by a moisturising, relaxing massage and scrub on hands and arms. Completed with an application of your favourite nail lacquer.*

## **CLASSIC PEDICURE**

**90 minutes**

*Exfoliation, foot soak & scrub, followed by a moisturising & soothing massage of the lower legs & feet, cuticle treatment, precise buffing & shaping, topped off with an application of your favourite nail lacquer.*

## **EXPRESS MANICURE**

**45 minutes**

*Cuticle treatment, nail shaping & buffing. Completed with an application of your favourite nail lacquer.*

## **EXPRESS PEDICURE**

**45 minutes**

*Cuticle treatment, nail shaping & buffing. Completed with an application of your favourite nail lacquer.*

