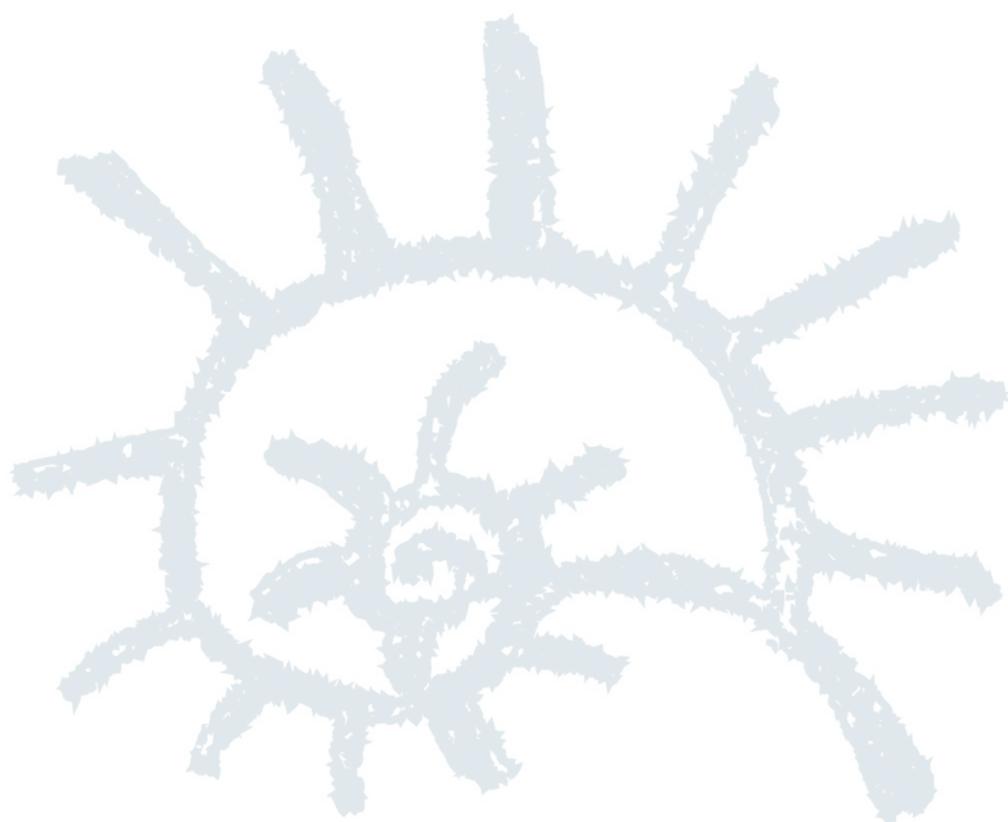


# The Spa at Siladen



Dream, drift, relax

## ***Welcome to The Spa at Siladen***

*Close your eyes. Dream. Drift. Relax.*

*The Spa at Siladen offers you a unique opportunity to relax, benefit from traditional treatments, rest your mind and pamper your body. Indulge in our soothing, uplifting and restorative therapies based on ancient knowledge and indigenous ingredients. Simply restore balance and unwind.*

*Our aromatherapy treatments use the finest oils exclusively prepared for us in Bali.*

*Experience our wide range of natural body cleansers, glows, and rituals. You will yearn for more.*

*At The Spa at Siladen we only use natural products based on local herbal knowledge.*

*All prices are quoted in Rupiah and include 21% Tax and Service charges*

## ***Therapy oils***

*All our aromatherapy treatments use the purest essential oils and fine blends of coconut, soy, almond and other oils as carriers to condition and moisturise the skin.*

*Essential oils are the pure aromatic volatile essence of plants usually extracted by distillation. Each oil has specific healing properties that transform aromatherapy into a treatment for the mind and body.*

*The natural healing powers of the essential oils intensify the effects of the aromatherapy treatment.*

*To fully benefit from the healing properties of aromatherapy we recommend that you do not shower for at least 1 hour after your treatment has ended.*

*At the end of each treatment, please relax a few minutes in one of the lounge chairs and enjoy our natural blend of ginger tea and local spices with its soothing and relaxing properties.*

## ***Natural Scrubs, Polishers, Rituals***

*Daily renewal of the skin can be approached in different ways. Cleansing and exfoliating the skin removes dead skin cells, toxins held on the skin surface and encourages cell rejuvenation.*

*Select among different nutrient rich scrubs based on the use of marine salts and essential oil to leave your skin soft and cleansed and to improve circulation.*

*Alternatively opt for a combination of tropical fruits such as papaya and coconut, pure organic coffee, ginger and cucumber with their natural exfoliating enzymes and detoxifying properties. During these simple rituals, therapists use gentle circular movements to polish your body. Treatments are followed by a tepid shower and moisturising body lotion based on natural ingredients.*

*Body rituals based on ancient traditional recipes use a combination of local Indonesian spices to heat and restore the body.*





## ***Spa Etiquette***

*The Spa is a place for peace and relaxation. Please keep quiet at all times.*

*Guests under the age of 16 may not use the Spa facilities.*

*Please do not take your mobile phones or valuables to the Spa.*

*Please report to The Spa at least 10 minutes before your scheduled appointment..*

*You may use underwear or the disposable underwear provided in your locker for your treatments.*

*We thank you for not smoking.*

## ***Spa Information***

*We recommend that men shave a few hour prior to a facial treatment.*

*Avoid shaving or waxing 1 day prior to body scrubs.*

*You may consider remove hearing aids, eye glasses or contact lenses for greater comfort during Spa treatments.*

*Please note that some products used during treatments may stain the skin or clothing.*

*Rest and avoid vigorous activity for at least 1 hour after treatments.*

*Guests with high blood pressure, heart conditions, are pregnant or have any medical complications, are advised to consult their doctor. Please inform the therapist of any medical conditions.*

*The Spa at Siladen, its employees or representatives will not be held liable for any incident experienced or as a result of any medical condition.*

*We recommend that any valuables is left in your villas, the Spa at Siladen is not liable for any missing personal items left in the locker rooms.*

*We kindly request that any cancellations is done with 24 hours notice, no shows will be charged 50 % of the cost of the treatment.*

*Your comments and suggestions are welcomed.*

# ENJOY OUR MESSAGES

## **HOLISTIC REFLEXOLOGY**

**60 minutes, Rp. 350,000 (walk-in guest Rp. 400,000)**

*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, Rp. 310,000 (walk-in guest Rp. 360,000)**

*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, Rp. 410,000 (walk-in guest Rp. 460,000)**

**90 minutes, Rp. 480,000 (walk-in guest Rp. 530,000)**

*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, Rp. 410,000 (walk-in guest Rp. 460,000)**

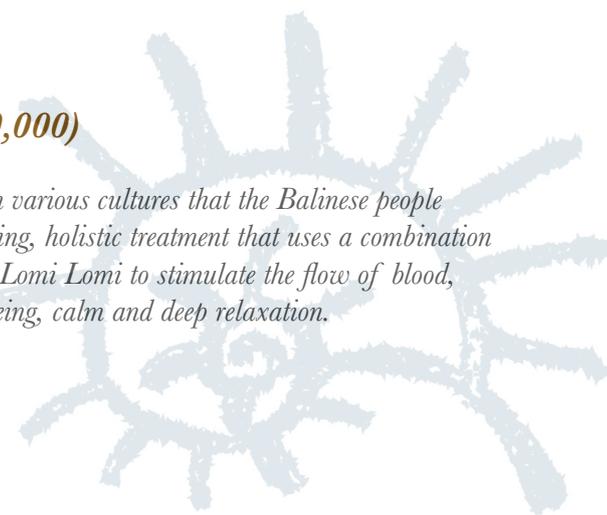
**90 minutes, Rp. 480,000 (walk-in guest Rp. 530,000)**

*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, Rp. 410,000 (walk-in guest Rp. 460,000)**

*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 Hwaiian 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, Rp. 420,000 (walk-in guest Rp. 470,000)**

**90 minutes, Rp. 500,000 (walk-in guest Rp. 550,000)**

*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. **Take advantage of our slimming package for better results at better prices.***

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

**60 minutes, Rp. 420,000 (walk-in guest Rp. 470,000)**

*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, Rp. 500.000 (walk-in guest Rp. 550,000)**

*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, Rp. 500,000 (walk-in guest Rp. 550,000)**

*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, Rp. 330,000 (walk-in guest Rp. 380,000)**

*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, Rp. 330,000 (walk-in guest Rp. 380,000)**

*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, Rp. 330,000 (walk-in guest Rp. 380,000)**

*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, Rp. 330,000 (walk-in guest Rp. 380,000)**

*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**

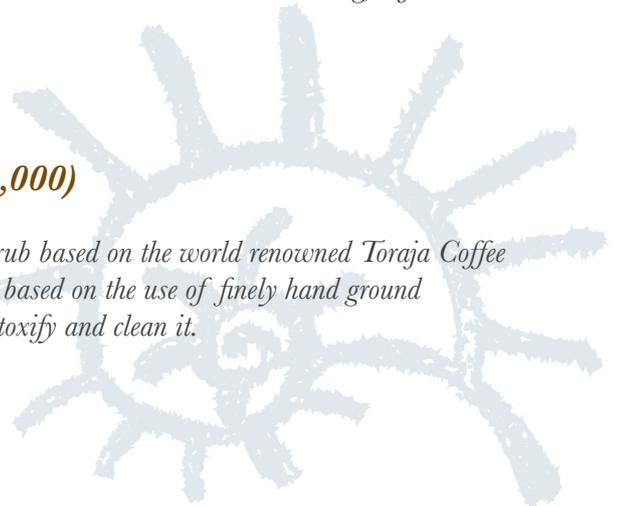
**45 minutes, Rp. 330,000 (walk-in guest Rp. 380,000)**

*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 goeoy. It is great for dry skin and is best done in the morning, before soon.*

## **TORAJA COFFEE SCRUB**

**45 minutes, Rp. 340,000 (walk-in guest Rp. 390,000)**

*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, Rp. 350,000 (walk-in guest Rp. 400,000)**

*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.*

### **TRADITIONAL FACIAL**

**75 minutes, Rp. 530,000 (walk-in guest Rp. 580,000)**

*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, Rp. 500,000 (walk-in guest Rp. 550,000)**

*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.*

## *SPECIAL RITUALS*

### ***CLASSIC MANICURE***

***90 minutes, Rp. 350,000 (walk-in guest Rp. 400,000)***

*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, Rp. 350,000 (walk-in guest Rp. 400,000)***

*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.*

### ***CLASSIC MANICURE + PEDICURE***

***150 minutes, Rp. 550,000 (walk-in guest Rp. 600,000)***

### ***EXPRESS MANICURE***

***45 minutes, Rp. 210,000 (walk-in guest Rp. 260,000)***

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

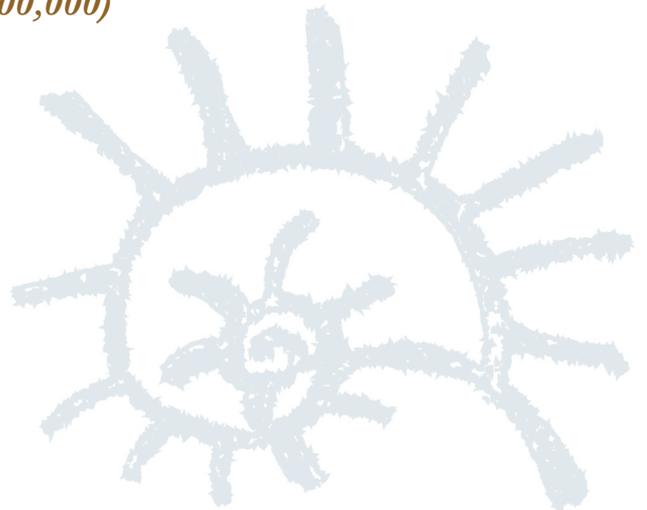
### ***EXPRESS PEDICURE***

***45 minutes, Rp. 210,000 (walk-in guest Rp. 260,000)***

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

### ***EXPRESS MANICURE + PEDICURE***

***90 minutes, Rp. 350,000 (walk-in guest Rp. 400,000)***



## DAILY PACKAGES

### **SILADEN SPIRIT**

**150 minutes, Rp. 740,000 (walk-in guest Rp. 800,000)**

*A 2.5 hours heavenly treatment that gently pampers all parts of your body. The treatment starts with 60 minutes Tropical Fruit Wash to clean and open your skin pores, followed by a 90 minutes Siladen Inner Peace Massage.*

### **SILADEN BLISS**

**180 minutes, Rp. 950,000 (walk-in guest Rp. 1.100.000)**

*A 3 hours treatment that pampers all parts of your body. The treatment starts with a traditional Cinnamon body scrub followed by an Indonesian Massage and ends with a Traditional Facial that will leave your skin beautifully glowing*

## SPECIAL PACKAGES

### **SLIMMING PACKAGE**

**Rp. 1.100,000 (walk-in guest Rp. 1,250,000)**

*Enjoy three 75 minutes slimming massages during your stay*

### **5 DAYS, 4 TREATMENTS**

**Rp. 1.300,000 (walk-in guest Rp. 1,500,000)**

*Select 3 of our 60 or 75 minutes massages*

*1 Cucumber and Ginger Body Cleanser*

### **7 DAYS, 6 TREATMENTS**

**Rp. 2,100,000 (walk-in guest Rp. 2,300,000)**

*Enjoy one 90 minutes Siladen Inner Peace massage*

*Select 4 among our 60 or 75 minutes massage*

*Enjoy 1 Toraja Coffee Scrub*

### **10 DAYS, 8 TREATMENTS**

**Rp.2,650,000 (walk-in guest Rp. 3,000,000)**

*Enjoy one 90 minutes Siladen Inner Peace massage*

*Select 4 among our 60 or 75 minutes massage*

*Enjoy 1 Traditional Body Scrub*

*1 Exotic Body Wrap & Traditional Facial*