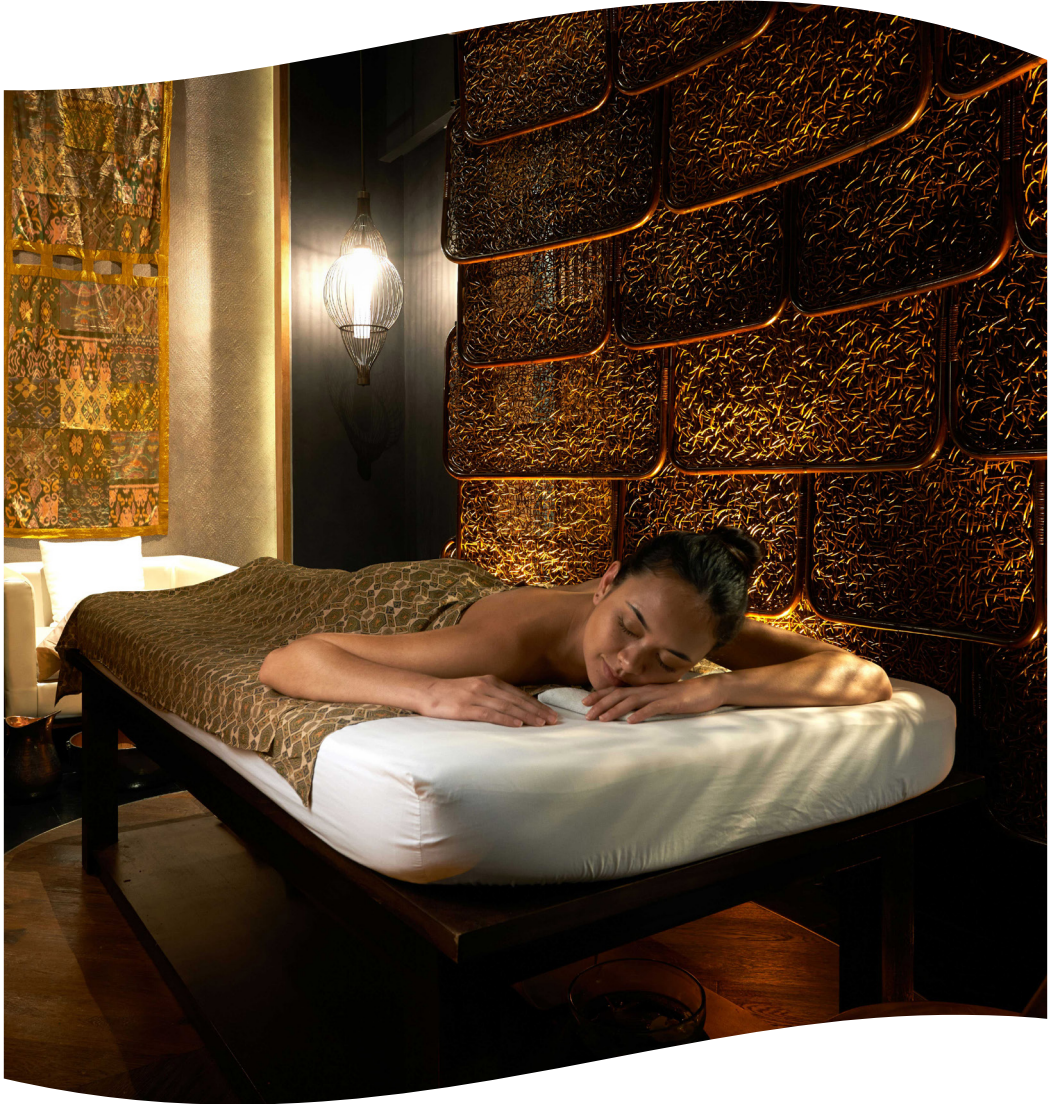




# SPA MENU



SOFITEL  
SPA

# GO WITH THE FLOW

Ancient traditions from around the world meet the skill and refinement of the latest in Balinese techniques to create Sofitel SPA; an exhilarating and rejuvenating experience.

Awaken your senses, feel re-energized, and explore a new kind of spa experience with a wide range of surprisingly poetic treatments. Discover the ingredients that enhance your natural glow. Make the stresses and strains of daily life fade away.

Bali's rich local ingredients and their healing properties, in marriage with innovative treatments, offer an unforgettable spa experience on this Island of Gods.

Allow us to soothe, pamper, and invigorate your mind and body with fully customized treatment plans tailor-made to your needs. Each treatment is carefully crafted to address your particular requirements and areas of attention, providing you with a unique spa experience.

Choose from a variety of signature massage that combine ancient and contemporary techniques with expert knowledge from all over the world. Both male and female guests are also invited to build their own spa package with a variety of interchangeable product elements and treatment enhancements.

# FIND YOUR FRENCH GLOW

REJUVENATING  
WORLD TRADITIONS,  
BALINESE COSMETOLOGY.



Sofitel SPA welcomes you  
Daily from 09.00 to 18.00

# SPA ETIQUETTE

## OPENING HOURS

The Spa is open daily from 09.00 to 18.00  
Last treatment service conducted by 17.00

## RESERVATIONS

Spa treatment reservations can be made by telephone through operator by dialling "0". For outside guests please contact 0361 849 2888. When making a reservation, your room number and full name are required. Reserving one day in advance is highly recommended to ensure availability.

## CANCELLATION POLICY

Should you need to cancel your appointment, please allow four hours notice to avoid a 50% charge. A "no show" will be charged at full value of the scheduled treatment.

## ARRIVAL

We encourage you to arrive at least 15 minutes prior to your scheduled treatment to ensure complete relaxation and enhanced treatment results. This will allow you time for spa consultation, rest and relax ready for your treatment. Arriving late for your appointment will limit your treatment duration, reducing its full benefits and your enjoyment. Your treatment will end on time to prevent any inconvenience to the next guest and the same treatment price will apply.

## SPECIAL CONSIDERATIONS

- Your health and safety are our utmost priority. Please help us provide you with the best possible spa experience by completing the guest consultation form.
- As the Spa offers each guest a chance to relax and rejuvenate, we appreciate your support by leaving your mobile phone in your room or switching it to silent or completely off upon arrival at Sofitel SPA
- Smoking and consumption of alcohol inside the spa premises are strictly prohibited. Alcohol consumption is not recommended prior to any spa treatment.

## GRATUITIES

Gratuities are only acceptable if you feel your experience was gratifying. Should you wish to give a gratuity to one of the therapists for exceptional service, we kindly request to add this directly to your bill. Please do not hand cash directly to the staff.

## VALUABLES

The Management shall not be held responsible for the loss of any items, cash or valuables brought into the spa premises.

Disclaimer:

Prices along with the terms and conditions are subject to change without prior notice

# SOFITEL SIGNATURE TREATMENTS

## **So Exhilarating Massage** (B)

A euphoric and soothing body massage, combining a rocking and pampering experience that will shape and tone up your silhouette.

90 minutes | IDR 1,750++

60 minutes | IDR 1,350++

## **So Rejuvenating Facial** (F)

A refreshing and refined facial care. Combining honey and cucumber harmoniously with the best of Balinese techniques to revitalize and bring back youth to the skin.

60 minutes | IDR 1,350++

## **Re-Balancing Jet-Lag Massage** (B)

Stimulates energy levels and cleanses the body after travel. Start with an invigorating body scrub to boost your circulation, reducing fatigue, followed by a massage to relieve the body of sluggishness and congestion.

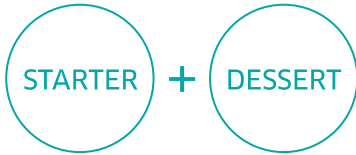
90 minutes | IDR 2,000++

(F) Face Treatment | (B) Body Treatment

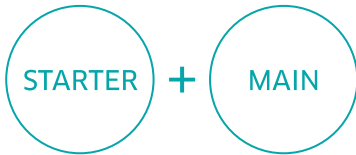
All prices are quoted in .000 (thousands Indonesian Rupiah) and are subject to 21% government tax and service charge.

# SET MENU

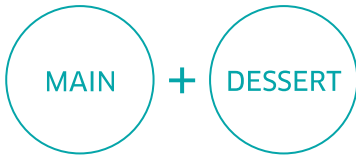
Select your own starter, main and dessert.  
Create your own package, that best suits your needs  
and available from these attractive offers.



**60 minutes**  
**IDR 1,170++**



**120 minutes**  
**IDR 2,160++**



**120 minutes**  
**IDR 2,160++**



**150 minutes**  
**IDR 2,745++**

# MY SPA DAY

Celebrate your special occasion (birthday, anniversary, etc.) with Sofitel SPA. Foot Bath Ritual, Relaxing Massage, Body Scrub, Body Wrap, Express Facial, Bath Ritual, and Refreshment.

3 hours | IDR 3, 500++ per person

**F** Face Treatment | **B** Body Treatment

All prices are quoted in .000 (thousands Indonesian Rupiah) and are subject to 21% government tax and service charge.

# À LA CARTE

## STARTERS

30 minutes | IDR 650++

### Head and Shoulder Massage <sup>ⓑ</sup>

An invigorating massage treatment that essentially focuses on the key stress areas of the body. Include scalp massage for healthy blood circulation to induce good sleep. It is a great way to unwind after a long active day.

### Back Relief <sup>ⓑ</sup>

This 30-minute massage serves as the perfect tension and aches relief to iron out the tension and pain for those who spend long hours working at the desk or encountering backaches.

### Foot Massage <sup>ⓑ</sup>

Enjoy and relax as your therapist applies varying degrees of pressure to specific points on your feet with thumb and fingers to unblock energy flow and promote natural healing from within. It helps to shed away any tension or fatigue on your feet.

### Pure Exfoliation <sup>ⓑ</sup>

A complete body exfoliation treatment with essential oils benefits. This treatment promotes a wonderful feeling of well-being, leaving skin feeling ultra soft and smooth.

<sup>ⓕ</sup> Face Treatment | <sup>ⓑ</sup> Body Treatment

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## MAINS - BODY

90 minutes | IDR 1,750++

60 minutes | IDR 1,350++

### Relaxing Body Massage ⓑ

An indulging experience of stress relief using blended aromatherapy oils, allowing the body to restore health and well-being. Enjoy a complete relaxation while treating stress, anxiety, headache, fluid retention, poor circulation and fatigue.

### Inner Strength Massage ⓑ

This nurturing treatment incorporates a variety of soothing massage techniques using firm pressure, to ease physical tension and emotional anxiety. Indulge in a full body massage that combines long strokes, meridian pressure points, and breathing techniques to help you detach from everyday stress. Enhance the indulgence with the use of a shooting blended massage oil for a complete relaxation.

### Chinese Hot Stone Massage ⓑ

Heated stones are used to enhance a nurturing head-to-toe tissue massage. Melt tension away as the warmth sensation soothes the muscles to release stress, relief pain and evoke deep relaxation, promoting physical, mental and spiritual wellbeing.

### Beautiful Mother-to-be Body Massage ⓑ

A pampering treatment which relieves tension, lightens the legs, improves skin elasticity and helps prevent marks from the pregnancy. A perfect way to prepare your body and skin for welcoming the little one.

### Rejuvenating Foot Therapy ⓑ

Massages your feet and calves to improve circulation and alleviate swelling from your flight. This massage can be used to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance.

## DESSERTS

30 minutes | IDR 650++

### Express Facial <sup>ⓕ</sup>

Everyday hustle could have an impact to your facial skin. Unwind with a half-hour facial, featuring plant extracts, pure essential oils and natural ingredients to restore your skin's radiance. This treatment allows your skin a quick nourishing 'drink' with a cleansing and exfoliating facial massage, leaving it refreshed and lustrous!

### Relaxing Body Wrap <sup>ⓑ</sup>

This gentle wrap offers a re-mineralizing action on the skin and promotes a wonderful feeling of relaxation. This approach improves texture and tone by stimulating circulation and infusing the skin with vitamins and minerals. Leaving the skin feeling silky soft and nurtured.

### Detoxifying Body Wrap <sup>ⓑ</sup>

Nutrient-rich detox package for a revitalized and relaxed skin. Immerse in a therapeutic blend of organic extracts, essential oils and herbs that are full of healthy nutrients that helps to stimulate warmth to the skin. The treatment helps to remove impurities while encouraging the skin's natural healing power, leaving the skin feeling soft, firm and healthy.

### After Sun Treatment <sup>ⓑ</sup>

Nurture your skin after a long day under the sun with Aloe Vera Wrap. The sun-loving treatment is specially designed for anti-aging and to fight sunburn. Enjoy the sensation of soothing, cooling and rehydrating your skin through the following treatments:

- Lavender body wash for gentle cleansing
- Aloe vera, Cucumber and Honey body wrap to cool and soothe
- Aloe vera gel lotion to ease sunburn, prevent exfoliation and to lock in moisture

### Bath Ritual <sup>ⓑ</sup>

Pamper in a sensuous bath experience with aromatic healing properties of essential oil for a relaxing sensation, relieving tension and leaving you with a firmer and healthier skin.

<sup>ⓕ</sup> Face Treatment | <sup>ⓑ</sup> Body Treatment

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## NAIL & FOOT LOUNGE

### Hand and Foot Mapping <sup>(B)</sup>

Release stress and tension by having the reflex points of your feet stimulated followed by a hand and shoulder massage. Your Therapist will apply pressure to the soles of the feet that correspond with different body organs to restore depleted energy levels and encourages overall good health.

60 minutes | IDR 1,000++

### Foot Spa <sup>(B)</sup>

Indulge in a relaxing foot treatment with a gentle scrub, massage and mask. A treatment that leaves your feet luxuriously soft and velvety smooth.

45 minutes | IDR 800++

## NAIL CARE

**SPA Manicure** 60 mins | IDR 600++

**SPA Pedicure** 60 mins | IDR 750++

**Express Manicure** 30 mins | IDR 300++

*(Cleansing, trimming, shaping, cuticle remover)*

**Express Pedicure** 30 mins | IDR 400++

*(Cleansing, trimming, shaping, cuticle remover)*

**Nail Polish** IDR 20++ | Finger

**Gel Removal** IDR 300++

**Gel Polish** IDR 600++

## SPA FOR KIDS

Our kids live in the same world with the same stresses. Give them the gift of relaxation and have them experience kid friendly minispa treatments or our popular spa session. Kid's spa services are conducted in the spa and must have an accompanying adult present in the spa room during the time of service. These services are only for those between 2 - 10 years old

### Soft Balinese Massage <sup>(B)</sup>

A customized relaxing session designed for your child to relax.

30 minutes | IDR 500++

### Yummy Mini Facial <sup>(F)</sup>

Learn basic skin care using all-natural cleansing and moisturizing products.

30 minutes | IDR 500++

**Kids Manicure & Nail Polish** IDR 200++

**Kids Pedicure & Nail Polish** IDR 300++

<sup>(F)</sup> Face Treatment | <sup>(B)</sup> Body Treatment

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# MASSAGE BY THE BEACH



Opening Hour  
Daily from 08.00 to 18.00

# GAZEBO MENU

## Balinese Healing Massage <sup>ⓑ</sup>

A traditional massage originated from the centuries old legacy. The ritual utilizes a variety of techniques including skin rolling, kneading, stroking and pressure-point stimulation combined with the use of aromatherapy essential oils. The massage will increase blood and lymphatic circulation for a complete relaxation.

## Thai Healing Massage <sup>ⓑ</sup>

It is also known as 'Yoga Massage' combining stretching and bending movements with an art of ancient traditions. The bespoke treatment is focusing on applying pressure through the therapist's palms, elbows and thumbs to release muscle tension, activate circulation, increase vitality and flexibility.

## Foot Massage <sup>ⓑ</sup>

A relaxing foot massage effectively stimulates and improves blood circulation to balance hormones, remove toxins, relieve back pain, and improve the quality of sleep and overall wellbeing.

## Head and Shoulder Massage <sup>ⓑ</sup>

An invigorating massage treatment that essentially focuses on the key stress areas of the body. Include scalp massage for healthy blood circulation to induce good sleep. A great way to unwind after a long active day.

## Back Relief <sup>ⓑ</sup>

This 30-minute massage serves as the perfect tension and aches relief to iron out the tension and pain for those who spend long hours working at the desk or encountering backaches.

30 minutes | IDR 300++

45 minutes | IDR 450++

60 minutes | IDR 600++

90 minutes | IDR 900++

<sup>ⓕ</sup> Face Treatment | <sup>ⓑ</sup> Body Treatment

All prices are quoted in .000 (thousands Indonesian Rupiah) and are subject to 21% government tax and service charge.

# S O F I T E L

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