

*An oasis of natural  
healing and rejuvenation*

# REJUUVENATE

Harnessing the power of the sea, we create a heavenly sanctuary of renewal and relaxation. Based on time and honored traditional Balinese therapies and rituals, the signature treatments utilize two of the Indian Ocean's most natural products: seaweed & pearl. In addition to the treatment, guest can enjoy a Balinese bathing pool

# OUR SIGNATURE TREATMENTS

## IRIDESCENT DELIGHT

120 minutes

Bring out the vital glow of your skin and add iridescence with this enchanting, luxurious treatment. Begin with a gentle skin smoothing Shimmering Pearl Polish to impart a luster, followed by a pure pearl body wrap to further enhance the glow. A Shine Renewal Massage using Vitality oil with pearl extract releases tension and improves blood circulation to further restore your skin to its natural glory.

## SEA COCONUT SECRET

120 minutes

The Balinese revere the coconut for its many uses and water for its life-giving properties. Benefit from these local secrets with a treatment that starts with a unique water ritual in our exotic multi-station hydro-vital pool and continues in a treatment room with a foot wash using coconut coir to remove dead skin and full body exfoliation with fragrant toasted coconut combined with pure coconut oil to nourish, soften and soothe the skin. Continue with a tension-releasing Balinese Ocean Dream massage and then relax in a coconut milk bath while indulging in a light snack of fresh young coconut with ice-cream.

## TROPICAL MARINE PLEASURE

120 minutes

Deeply nourish and hydrate tired skin with a refreshing Seaweed Body Scrub to gently exfoliate the skin, then relax with a detoxifying and nutrient-rich mineralizing Seaweed Body Wrap that replenishes your skin. Complete your treatment with a flowing Sea of Serenity massage using Inspiring oil that will restore a healthy glow and leaves you calm and tranquil.

## INDIAN OCEAN RITUAL

120 minutes

Make the most of your proximity to the Indian Ocean and its natural bounty and take your treatment at one of our beach gazebos. Your therapist will use Relaxing oil for a Lomi-Lomi massage. This is followed by a gentle scrub using sand directly from the beach, before the time-honored Balinese tradition of covering your body in the warm sands to gently ease muscle tension, bringing you a world of relaxation. Finally, stand in the shallows of the Indian Ocean and absorb the rhythm of the waves while your therapist rinses the sand from your body with the ocean water.



# FULL BODY MASSAGE

## BALINESE OCEAN DREAM 60 minutes OR 90 minutes

Enjoy a taste of Bali with a traditional massage using ancient Balinese methods. This treatment eases muscle tension, calms neural pathways, encourages circulation and reduces stress making use of a combination of palm, thumb and elbow pressure and stretching. Specially blended aromatic essential oils reinstate peace of mind with their unique calming and soothing qualities.

## SHINE RENEWAL 60 minutes OR 90 minutes

Benefit from the gorgeous luster of pearls with this uniquely designed treatment featuring a soothing massage with a combination of palm and thumb pressure that uses a sensual blend of pearl extract to bestow an iridescent shine and reveal radiant skin. Safflower oil is used for its hydrating and nourishing anti-oxidant properties, giving you the ultimate de-stressing massage.

## SEA OF SERENITY 60 minutes OR 90 minutes

Bring your body back into alignment with its natural rhythm as it benefits from this soft, relaxing wave-like massage with long, sweeping movements using palm pressure that soothes the body and mind. Our expert massage therapists use nutrient-rich oil benefiting from regenerating seaweed extract and refreshing mint, giving you an uplifting and rejuvenating experience.

## ISLAND SYMPHONY 90 minutes

Our Island Symphony was created inspired by the magical Balinese dance that ceaselessly captivates the imagination. Two spa artisans will perform graciously choreographed movement, perfectly in-sync, this signature massage lulls you into a deep state of relaxation through the rhythmic technique and precision to engage all senses and mesmerize you holistically.

## HOT STONES THERAPY 90 minutes

This unique advanced stone therapy utilizes rejuvenating black volcanic stone ergonomically crafted to promote deep sense of relaxation. Combined with a choice essential oils to harmonize and balance your entire energy flow, your body is de-stressed, blood and lymphatic circulation are stimulated and cell metabolism is increased.



# FULL BODY POLISH AND WRAP

## SHIMMERING PEARL POLISH 45 minutes

Highlight the iridescent glow of your skin with a treatment enriched with micronized pearl powder infused with vitamin C derived from lemon and citrus extracts that will gently polish your skin leaving it silky smooth with a beautiful glow. Meanwhile, you revel in a delightful aroma that entices your senses.

## MINERALIZING SEAWEED SCRUB 45 minutes

Nourish and hydrate your skin while invigorating your senses with a rich mixture of tantalizing scents from naturally nurturing and moisturizing sea minerals and mint. This emulsion exfoliates while the nutrients penetrate deep into the skin to keep it healthy and youthful.

## OCEAN HARVEST BODY THERAPY 60 minutes

Detoxify and reinvigorate your skin with this naturally hydrating treatment. This energizing body wrap features micronized seaweed and mint applied to the body to support and revitalize the skin. The abundant sea minerals and nutrients in the seaweed provide a deeply nourishing body treatment.



# THE MARINE POWER RITUALS

## INDOCEANE 60 minutes

This wonderful ritual takes you on a voyage of discovery to a new kind of relaxation commencing with a Mediterranean-influenced body exfoliation using sea salt, cassonade sugar and essential oils. The bi-phase texture of this scrub eliminates rough patches, smoothes the skin and leaves it beautifully soft. An Ayurvedic-inspired massage follows with warm oils and gentle ancient Indian techniques for deep relaxation. Wellbeing and beauty become one.

## BODY CONTOUR with OXYGEN ACTIVE 120 minutes

This unique body wrap of the highest efficacy enables the correction of fibrosis cellulite and fat storage by a massive “injection” of pure oxygen. The accompanying natural vanilla scent provides active warming.

## MARINE ALGAE TRIO 90 minutes

This treatment is for spa enthusiasts looking for wellbeing and vitality, while also losing excess weight and getting rid of hardened cellulite. A relaxing massage relieves tension, exfoliation smoothes the skin and a Thalga seaweed body wrap infuses the skin with minerals, vitamins and micronutrients to activate circulation, increase metabolism, relieve aches and pains and improve skin conditions. This treatment restores the necessary balance for overall wellbeing.



# MARINE FACIALS

## COLD MARINE

60 minutes

The cold marine mask boosts blood circulation and keeps the skin oxygenated, refreshed and brightened. Our special ingredient, derived from microorganisms living at a depth of over 3,000 meters, significantly raises the skin's tolerance, making it less sensitive to harsh external elements. Skin fragility disappears, making way for intense, soothing freshness.

## YOUTHFUL EYES

90 minutes

This anti-stress and anti-wrinkle treatment gives mature skin a youthful boost and the appearance of reduced wrinkles.

## REBALANCING

60 minutes

With its deep cleansing absorbent mask, this treatment soothes redness, absorbs excess sebum and perfectly dislodges impurities for skin that looks fresh and radiant.



# EXPRESS RELIEF

## BACK & NECK RELIEVER

30 minutes

This massage uses medium pressure and concentrates on the shoulder, back and neck area to relieve tension and promote relaxation.

## BASIC PURITY

45 minutes

This express facial incorporates nourishing marine ingredients and is suitable for all skin types.

## HAND & FOOT FLOW

45 minutes

This luxury treatment for hands and feet uses relaxing acupressure point massage to soothe, refresh and pamper your hands and feet.



# SIGNATURE SOAKING RITUALS

The perfect start to any treatment, experience a glorious sensory escape as you immerse into a soothing or invigorating aromatic soaking ritual.

## LUSTER PEARL AROMATIC SOAKING RITUAL

30 minutes

Indulge yourself by soaking in a pampering bubble bath with luster pearl aromatic bath powder. Leave the outside world behind as you unwind, revel in the fragrance and pamper your senses. Emerge with iridescent, shimmering skin.

## REFRESHING SEAWEED AND MINT AROMATIC SOAKING RITUAL

30 minutes

For a revitalizing and pampering experience, soak in this flower scented, skin-nourishing bubble bath with seaweed and peppermint bath powder. Your skin will feel softer and your mind refreshed and revitalized.





# COUPLES INDULGENCE

## ESCAPE TO ROMANCE

120 minutes

Experience 2 hours of romantic spa indulgence and discover a world of relaxation and togetherness in our Spa Villas. Your journey begins with a foot wash ritual, followed by a relaxing full body massage and body exfoliation using a blend of pearl extract, safflower oil and a nourishing antioxidant to restore health and glowing radiance to your skin. The pampering continues with a glass of Sparkling Wine and Balinese chocolates while you relax together in a Luster Pearl Aromatic bath.

Discover romance and relaxation at The Ritz-Carlton Spa.

# OCEAN INDULGENCE

## OCEAN INDULGENCE

90 minutes

Upgrade your full body massage experience and use one of our beach gazebos, where you can relax with the sound of the Indian Ocean and the touch of the sea breeze as you enjoy the sensational indulgence of your therapist's flowing hands bringing you optimal peace of mind.

"The sea washes away all of man's ills"

Balinese proverb



THE RITZ-CARLTON SPA

# HOW TO SPA

## ARRIVAL TIME

You are encouraged to arrive at least fifteen minutes prior to your appointment for consultation at the spa, or thirty minutes early to use our Wet Lounge facilities.

## FACILITIES

All treatments and spa packages are available to The Ritz-Carlton, Bali guests. Non-residents are welcome to book a spa treatment at least 2 hours prior to the appointment. Treatments must be confirmed and secured with a credit card.

## SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect the right of all our spa guests to privacy and serenity. We appreciate you turning off your mobile phone while in the spa.

## GIFT VOUCHERS

Gift vouchers are available and our Day Spa programs and products are an ideal gift for someone special. Gift vouchers are non-refundable and must be presented at the time of treatment.

## HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries you may have when making your spa reservation.

## CANCELLATION POLICY

If you must cancel your appointment, please do notify us at least 12 hours in advance to avoid being charged for your treatment. Cancellations made with less than 12 hours notice will be charged at full price.



# PRICE LIST

TREATMENT	DURATIONS	PRICE IN IDR (in '000)
<b>SIGNATURE PACKAGES</b>		
Iridescent Delight	120 minutes	3,400
Tropical Marine Pleasure	120 minutes	3,400
Sea Coconut Secret	120 minutes	3,400
Indian Ocean Ritual	120 minutes	3,400
<b>FULL BODY MASSAGE</b>		
Balinese Ocean Dream	60/90 minutes	1,600/2,200
Shine Renewal	60/90 minutes	1,600/2,200
Sea of Serenity	60/90 minutes	1,600/2,200
Island Symphony	90 minutes	3,400
Hot Stones Therapy	90 minutes	2,700
<b>BODY POLISH AND WRAP</b>		
Shimmering Pearl Polish	45 minutes	1,600
Mineralizing Seaweed Scrub	45 minutes	1,600
Ocean Harvest Body Therapy	60 minutes	1,900
<b>MARINE POWER</b>		
Indoceane	60 minutes	1,680
Marine Algae Trio	90 minutes	1,920
Body Contour with active oxygen	120 minutes	2,600



# PRICE LIST

TREATMENT	DURATIONS	PRICE IN IDR (in '000)
<b>FACIAL</b>		
Cold Marine	60 minutes	1,900
Rebalancing	60 minutes	1,900
Youthful Eyes	90 minutes	2,500
<b>EXPRESS RELIEF</b>		
Back & Neck Relief	30 minutes	950
Hand & Foot Flow	45 minutes	1,100
Basic Purity	45 minutes	1,100
<b>THE RITZ-CARLTON SOAKING RITUALS</b>		
Luster Pearl Aromatic Soaking Ritual	30 minutes	600
Refreshing Seaweed and Mint Soaking Ritual	30 minutes	600
<b>INDULGENCE PACKAGE</b>		
Escape to Romance	120 minutes	5,500
Ocean Indulgence	90 minutes	2,800

The Ritz-Carlton, Bali  
Jalan Raya Nusa Dua Selatan Lot III, Sawangan, Nusa Dua,  
Bali, Indonesia, 80361  
Tel: +62 361-8498988



THE RITZ-CARLTON SPA