



Wellness for Body & Soul

Bali has hundreds of years of healing traditions and in this sense Parwathi Bauch – a descendant of Bali's Brahmana caste created her signature treatments for her award-winning Spa, which is a sanctuary of relaxation resembling an ancient Balinese royal water palace. The Spa program with its special 2, 4 and 6 hand and Royal Bali Massage, is derived from ancient Balinese culture, and mirrors the idea of unity, attained through eternal duality – relaxing and rejuvenating. Parwathi's Spa sanctuary spoils with traditional treatments within royal surroundings and the result is pampering in perfection.

The aroma oils and Parwathi Spa products are based on the purest organic natural ingredients. Upon each treatment you have the choice of two signature Parwathi's Spa essential oil mixtures:

"RELAXTION MASSAGES OIL": Lavender oil, Geranium oil, Chamomile oil

"PURIFYING MASSAGES OIL": Grapefruit oil, Juniperberry oil, Extract Rosemary

We kindly ask you to come 15 minutes before your treatments and to book 24 hours in advance for your Spa treatments.

MASSAGE

All our massage treatments include a pleasant footbath and refreshing shower.

BALI MASSAGE (60 minutes)

US\$ 56.00

The Bali Massage handed down through the generations with a medium pressure and this massage from head to toe. Enjoy this calming effect on your body with the sounds of the ocean in the beach massages pavilion.

SOLO MASSAGE (60 minutes)

US\$ 60.00

The Solo massage is a personalized massage working on problem zones of your body. We use a combination of traditional massage techniques and reflexology. Feel completely refreshed as all tension have been magically massaged away.

SUKHA MASSAGE (60 minutes)

2 hands US\$ 65.00

4 hands US\$ 108.00

The Sukha Massage is a luxuriously relaxing massage treatment designed to ease all tension through the use of long, rhythmic movements that open, balance and calm the body's subtle energy centers, while comforting and calming the mind. Creating a lasting feeling of peacefulness and tranquility.



STHIRA MASSAGE (60 minutes)

2 hands US\$ 65.00

4 hands US\$ 108.00

The Sthira Massage is a revitalizing massage treatment, designed to alleviate stress and mental fatigue by releasing blocked energy from the muscles and connective tissue, and redirecting its flow throughout the body to re- balance and re energize, while at the same time calming and clearing the mind

ROYAL BALI MASSAGE (60 minutes)

4 hands US\$ 108.00

6 Hands US\$ 137.00

The Royal Bali Massage is a traditional deep pressure massage – two/three therapists work simultaneously to stimulate your muscles, they work on nerve pathways and encourage blood circulation throughout the body. This massage helps to relieve stress and tension and promotes a sense of balance and well being.

BACK OR LEG MASSAGE (30 minutes)

US\$ 35.00

Too often our body endures great exertions: long office hours and deskwork leading to severe back pain, lack of Magnesium or long standing periods leading to leg cramps and tensions. A simple back or leg massage helps to eliminate tensions and revitalize these weight-bearing parts of the body.

BODY

HYDROTHERAPY BATH (30 minutes)

(per bath) US\$ 68.00

After a treatment find retreat in the privacy of the Spa Suite – sip on a “fruit fun” cocktail in the large alfresco bathtub and float away in a sea of fragrant exotic flower petals.

COOL BALANCE (20 minutes)

US\$ 44.00

Wonderful cooling treatment is the ultimate remedy against sunburn and irritated skin as it spoils with additional moisture. Very cold and freshly pureed organic cucumber and homemade yoghurt will be spread on your whole body to revitalize and rebalance your skin.

CUCUMBER OR ALOE VERA BODY WRAP (20 minutes)

US\$ 44.00

After excessive sun exposure, a cucumber or aloe vera body wrap is a marvelous treatment to re-moisture and refresh your skin.

THE TOUCH OF BALI



PAPAYA BODY WRAP (20 minutes)

US\$ 44.00

Papaya contains papain, a specific enzyme that is widely regarded as meat tenderizer in the food industry. Our special Papaya body wrap made of organic Papaya leaves helps to soften and revitalize your skin.

The Cucumber, Aloe Vera and Papaya Body Wrap work double magic when combined with the Body scrub. The skin is perfectly prepared after a soft peeling and the healing powers of the natural ingredients will be optimized.

BODY SCRUB (20 minutes)

US\$ 44.00

Our signature Body scrub is ideal before a sunbath as it helps achieve an even tan. Lie back on the massage table and get ready for a relaxing, revitalizing experience. Your therapist rubs the aromatic scrub into your skin, removing dead skin cells and leaving your skin velvety soft. You have the choice of either the Sukha or Sthira massage strokes.

BODY MASK (30 minutes)

US\$ 56.00

Protects and nourishes your skin with our special body mask can improve toning of the epidermis and at the same time refine the skin texture.

HEAD Treatments

NATURAL FACIAL (60 minutes)

US\$ 70.00

A luxuriously pampering treatment. All ingredients are based on natural, fresh prepared organic products. This treatment helps to brighten the skin, calm breakouts, and soften the appearance of fine lines. Includes deep cleansing, eyebrow shaping, face, neck and décolleté massage.

NATURAL HAIR REPAIR (60 minutes)

US\$ 70.00

Healthy, soft, shiny hair and a nourished scalp are the results of our special Parwathi's Spa natural hair repair. An in-depth treatment derived from traditional recipes using products based on natural ingredients, it provides the hydration, nutrition and protection necessary for the beauty and health of your hair. A mixture of fresh Aloe Vera, and fresh of hibiscus leaves, will apply into your hair and scalp. Your hair will wrapped with warm towel for improved activation of the ingredients, during this time you receive a relaxing shoulder & neck massage.

HANDS & FEET

MANICURE (60 minutes)

US\$ 57.00

Our extensive Parwathi's Spa hand and nail care includes the signature hand bath in essential oil, a sensitive scrub exfoliation to soothe the hands followed by a pampering moisturizing massage. Your nails will be polished to perfection with your choice of care or coloured polish.

French polish

Rp. 17.00



PEDICURE (60 minutes) US\$ 61.00

Parwathi's Spa pedicure means sheer luxury treatment for your feet. Includes the signature footbath in essential oils, a sensitive and invigorating scrub to soothe your feet, a pampering moisturizing foot massage to leave your feet velvety smooth. Cuticles will be removed and nails polished to perfection with your choice of care or coloured polish.

French polish US\$ 17.00

PACKAGE

SUN REPAIR PACKAGE (60 minutes) US\$ 69.00

Footbath, Cucumber body wrap, for an extra dose of moisture, choose between fresh papaya or aloe vera body wrap. 20 min. Soft Balance Massage.

MATAHARI SUKHA PACKAGE (120 minutes) US\$ 195.00

Footbath, Steam Bath, Sukha 2 hands massage, Cool Balance, Hydrotherapy Bath.

MATAHARI STHIRA PACKAGE (120 minutes) US\$ 195.00

Footbath, Steam Bath, Sthira 2 hands massage, Cool Balance, Hydrotherapy Bath.

SUKHA DELUXE PACKAGE (180 minutes) US\$ 249.00

Footbath, Steam Bath, Sukha 4 hands massage, Body Scrub, Body Mask, Hydrotherapy Bath and "Harmony Tea Time" in our Sanctuary.

STHIRA DELUXE PACKAGE (180 minutes) US\$ 249.00

Footbath, Steam Bath, Sthira 4 hands massage, Body Scrub, Body Mask, Hydrotherapy Bath and "Harmony Tea Time" in our Sanctuary.

ROYAL PARWATHI PACKAGE US\$ 912.00

The ultimate indulgence begins with a deluxe Sthira or Sukha treatment. Enjoying a bottle of Bali Sparkling wine the ritual will take place. Live like the Balinese royal, a private waiter will serve a 5 course gala dinner surrounded by the sound of splashing water in the pavilion. The total privacy of the Spa invites to spend the night in the Bali Sari a king's bed, open to all sides. A warm night breeze will let you fall a sleep gently.

Valid only for in house guest.

"HARMONY TEA TIME"

A relaxing tea time in our unique tea pavilion in the heart of our Spa sanctuary means pure bliss. You have the choice of a large variety of different tea blends from all over the world, which will be accompanied by delicious traditional cakes and pastries. Price depending on your choice of tea blend.

All prices are subject to 21% service charge & government tax.