



A U R A

# SPA & WELLNESS

# WELCOME TO AURA SPA & WELLNESS

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Aura Wellness Centre & Spa reflects the Bawah belief and understanding that each guest is different. We therefore invite you to meet with our wellness team so that we can analyse your skin, discuss your needs and propose a bespoke Aura experience exclusively customised to what would suit your best.

We have chosen to collaborate with Ytsara, a high-end skincare brand and eco-friendly company dedicated to harmonious wellness and beauty. Ytsara body and skincare products blend rare Asian ingredients with French science to bring results that transcend the effect of time. All are botanically sourced, clinically proven and dermatologically tested.

Our ultimate aim at Aura is to open your eyes to new experiences to inspire you on your personal journey to wellness.



AURA

YOGA & MEDITATION  
SESSIONS

## GENTLE HATHA YOGA

### **Feel relaxed and calm**

“Hatha” means to unite the sun and the moon or in other words, the positive and negative. It was first introduced in the 15th century in India by Yogi Swatmarama. It is from Hatha Yoga that other styles of Yoga such as Ashtanga Yoga, Power Yoga and Bikram Yoga developed from. Hatha Yoga aims to attain balance between the body and mind. It also focuses to free your mind through techniques such as physical poses, Asanas, Breathing, Pranayama and Meditation.

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## PILATES

### **To feel strong & controlled**

Pilates is strength and flexibility with control. A method for health and fitness, an overall health system and not just an exercise. A challenge for the abs, legs and arms, encouraging them to focus inward and strengthen muscles and balance.

## HATHA/VINYASA YOGA

### **To feel energised**

Both Yoga and Pilates are actually one of the only forms of exercises that actively stimulate your internal organs promoting their health.

Yogalates helps to tone your muscles. This is due to the postures, shapes and poses it demands which ensure muscles are pushed and trained subsequently get stronger by supporting the weight of the body and being engaged for balance.

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## DEEP RELAXATION

### **To feel centred**

We often equate ‘relaxation’ with activities like listening to music or walking in nature, or simply having quiet time. Relaxation is something we do naturally, and we don’t need any special training or techniques.

However, deep relaxation is something very different. It quiets your mind and releases physical tension in your body. In a state of deep relaxation, your heart beat and breathing slow down, and your body and mind become deeply calm.

## INTERMEDIATE HATHA YOGA WITH PILATES

### **To feel energised & strong**

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## BREATHING EXERCISES (PRANAYAMA)

### **Meditation to feel renewed**

‘Prana’ is the vital energy needed by our physical and subtle layers, without which the body would perish. It is the prana in us that nourishes the mind and keeps the body alive. ‘Prana’ refers to the universal life force and ‘Ayama’ means to regulate or lengthen. Pranayama means working in the dimension of prana. 10 minutes breathing exercises to reconnect with the body, use full lung capacity and train the mind to focus, followed by 20 minutes lying down meditation using the senses.

## AURA SKIN SPA

### **For ageing skin**

A skin treatment to target the effects of climate changes and time, leaving you looking gorgeous. This signature facial harnesses the power of nature by replenishing and balancing your skin with highly potent botanicals working in synergy to recondition your epidermis for immediate and long-lasting results.

## BRIGHT FACE

### **For a fresh & soft complexion**

A power facial with maximum results to leave your skin matte and squeaky clean. Give your skin an instant energy boost with a regenerating French Green Clay Masque, which helps to draw out the toxins and sebum responsible for dull, rough skin. Bamboo Tears will re-mineralise, while Centella and Hibiscus will calm and refine pores.

## ELEMENTS HEALER

### **For soothing, cooling & hydration**

Relieve your skin from the effects of over-exposure to the sun. Mineral rich Goji Berry, soothing Marigold and deep healing Green Tea are Infused into your skin, adding moisture and elasticity after sun exposure and leaving your skin cool, soft and plump.

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## FACIAL YOGA

### **For total rejuvenation**

Our rejuvenating jade stone facial massage is a deep sculpting youth booster that stimulates blood circulation, oxygenating and nourishing the tissue. The gentle pressure and motion will plump up and firm your skin, smoothing away wrinkles, adding beauty, balance and vibrancy to your face. Sacred Lotus combats the effects of ageing while marine extracts increase inner moisture, leaving your skin toned, lively and radiant.

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## MOOD BOOSTING

### **For soothed radiance**

A calming and detoxifying French green clay masque facial to draw out the toxins and sebum-the cause of dull, rough skin. Tighten pores and tone skin, through minerals and phytonutrients, while also exfoliating, reducing inflammation, and boosting skin rejuvenation. Bamboo Tears optimise hydration and deliver vitamins, minerals and amino acids to restore skin suppleness and elasticity. Centella and Hibiscus calm and refine pores, leaving your skin matte and clear.



AURA

BODY MESSAGES

## EXPLORER'S RELIEF

### **Back, Shoulder, Neck & Head Massage - To Relieve Stiffness & Pain**

Relax to the rhythm, flow, and connection of our 'Aura Explorer's Relief' massage. The skilled massage techniques of our therapists will alleviate tension, stiffness and soreness. The calming properties of Rainforest Clove, combined with deep-yet-gentle kneading techniques, will break down knots and improve flexibility. Oils of Tangerine, Pink Grapefruit and Rosemary further encourage detoxification and relaxation of your whole system.

## FIT BODY

### **Full Body Oil Massage - For Better Performance**

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## PRANA VITAL ENERGY

### **Full Body Oil Massage - To Erase Fatigue**

A combination of massage techniques applied with our Vital Energy Body Oil inspires self-connection and renewal. Targeting the meridian energy system, this massage discovers and unblocks areas of trapped energy that manifest in physical and/or emotional pain. Allow us to energise your mind and spirit for a feeling of deep healing.

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## LOST TREASURE

### **Signature Full Body Oil Massage - Head to Toe Deep Healing Massage**

This millennium-old deep-healing massage tradition uses rare, thunder-struck wood to spread energising vibrations into your meridian lines and muscles. The tapping action triggers vibrations at the nerve endings that permeate your entire body. These vibrations cause resonance, which in turn unblocks stifled energy lines and eases the flow of the freed life-force back into all channels to prevent fatigue, relieve stress and tension, and improve circulation, while also relaxing your muscles and joints, and alleviating pain.

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## DEEP CALM

### **Full Body Oil Massage - To restore your body, mind & spirit**

Soft stretching strokes and soothing skin rolling motions enhanced by the aroma of Malabar Grass melts tension away while the combination of Sweet Orange and Vetiver is purported to create an inner peace. Oils of Rice Bran, Sweet Almond, Soy and Wheat Germ help soothe and nourish your skin, leaving you in a state of lingering bliss.

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## INNER RESET

### **Full Body Oil Massage - To enhance your complexion and harmonise**

Reset your inner network and recharge your energy levels. A nourishing 'Inner Reset' massage will encourage the elimination of toxins and trapped fluids, stimulate your metabolism, relieve fatigue, enhance your complexion and promote longevity while bringing harmony.



AURA

# FOOT MASSAGES



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## FOOT MAPPING (REFLEXOLOGY)

### **Improves blood circulation and eliminates toxins**

Based on the principle that energy flows freely around the body when we are healthy and that there are reflex points on the feet that correspond to every part of the body, including the organs. Varying degrees of pressure to specific points on the feet with thumb and fingers to unblock energy flow and promote the body's natural healing from within. The pressure points in your feet will be stimulated and your headache, anxiety or insomnia will simply fade away.

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## AURA FOOT MASSAGE

### **Half leg & foot massage | To improve circulation, stimulate muscles and reduce tension**

A calming and utterly enjoyable foot massage that harnesses the reflex points of the feet to stimulate the natural healing ability of the body and restore balance.



A U R A

BODY & HAIR  
TREATMENTS

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## PINK HIMALAYA SALT SCRUB

### **Full body scrub**

Millions year ago, pristine seawater was crystallised and covered by lava, protecting it from modern-day pollution. Infused with about 80 essential minerals, Pink Salt delivers its pure nutrients while gently smoothing your skin, improving hydration and skin barrier function, reducing blemishes and inflammation, and calming your mind.

## FIT BODY

### **Full body scrub, shower, body cream**

This exotic beauty ritual is inspired by an ancient exfoliation and body polishing treatment that originated centuries ago in the royal palaces of Central Java, utilising a granular aromatic Lulur paste blended from finely ground rice powder, turmeric, sandalwood and jasmine oil. After the paste dries, it is removed with a gentle massage, followed by a hot shower and a Ylang Ylang body cream application. Your skin will feel smooth, moisturised and extremely soft.

## AURA CREAMBATH

Cream application, head, shoulders and neck massage, shower

A decadent treat for your hair that will leave it looking thick, shining and healthy. This special treatment is exclusively from Indonesia. A deeply nourishing Ylang Ylang cream will be applied and worked thoroughly into your hair with a scalp massage to relax your mind. Enriched with natural protein, this stimulates your scalp, volumises and strengthens your hair, softens the texture, and minimises visible signs of dandruff. During the treatment, you will be indulged with a neck and shoulders massage. After the 'Aura Creambath' your hair will feel like silk.

*Bawah*  
RESERVE

BAWAH RESERVE, ANAMBAS, RIAU ISLANDS, INDONESIA

Corporate Office - Singapore

Georgina Bullworthy

[georgina@bawahisland.com](mailto:georgina@bawahisland.com)

+65 63223132

Booking and Reservations

[reservations@bawahisland.com](mailto:reservations@bawahisland.com)

+33 652930785