

# THE AMALA

s e m i n y a k - b a l i

## the SPA

The Spa at The Amala focuses on ancient Asian medicine and Western holistic philosophies: Tropical elixirs, and a touch of local herbs, are combined with knowing hands and precision pressure points from well-trained therapist with a passion for perfection.

The Amala has sourced organic product where possible for its treatments and natural blend recipes.

Every treatment will begin with a foot bath while enjoying a glass of lime, cucumber, mint and honey, which help to relax. This is followed with the Tibetan singing bowl purification ritual that clears away negative vibrations and opens your chakra, allowing fresh new chi to enter.

Each session will end with the soft sound of Tibetan prayer bells to cleanse your mind, giving you a sense of uplift and relaxation.



**RELIEF BACK MASSAGE**

30 MINUTES | IDR 450K

Massage focusing on your back large muscle groups and sensitive nerve plexus. By locating and easing back-problems, this will straighten up the spine. This massage will help to relieve muscle tension and muscular related low back pain.

**HEAD & SHOULDER STRESS RELIEF**

60 MINUTES | IDR 725K

This massage alleviates stress by stimulating the lymphatic system, which helps to break down muscle knots by increasing oxygen uptake in tissues, thus eliminating toxins. A head massage can also be used to improve concentration, relieve headache, and help to recover from insomnia. Afterward you will feel relaxed and recharged.

**TRADITIONAL BALINESE MASSAGE**

60 MINUTES | IDR 795K

Influenced by the healing rituals of Balinese culture, this traditional massage combines stretching and acupressure techniques to relieve tension and improve blood circulation.

**BALINESE EXOTIC FRUIT RITUAL**

130 MINUTES | IDR 1,325K SINGLE / IDR 2,120K COUPLE

*Foot Bath / Traditional Balinese Massage / Body Scrub / Body Mask / Bath*

This ritual starts with a traditional massage that fully pampers with a pineapple-coconut scrub that gently cleanses, exfoliates and moisturizes the skin in one step. Then an avocado body mask rich in vitamin E follows that helps to keep the skin smooth and soft. This ritual ends with a dip into a citrus and flower petal bath.

Rejuvenate

**JADE STONE BODY MASSAGE**

60 MINUTES | IDR 860K

Combining the healing powers of the jade stone and herbal moxa, this treatment uses a series of century-old Chinese techniques to stimulate circulation and helps release toxins from the body's deep tissue.

**REBALANCING INDULGENCE RITUAL**

100 MINUTES | IDR 1,150K SINGLE / IDR 1,850K COUPLE

*Foot Bath / Lymphatic Drainage Massage / Organic Facial / Shower*

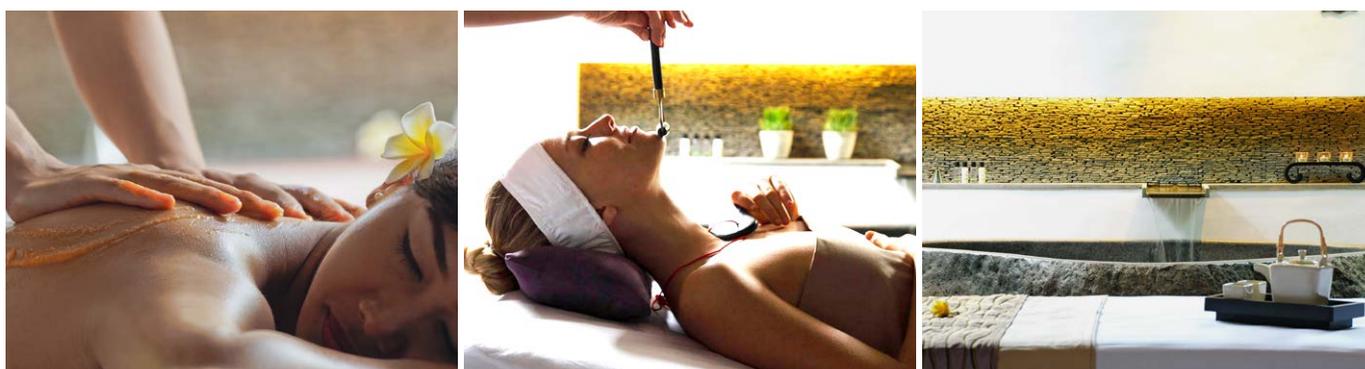
Blissful ritual which encourages the natural drainage of lymph, rhythmic circular movements stimulate your fluids flow and boost your immune system. The ritual is followed by an organic facial to revitalize and beautify your skin.

**CHINESE ROYAL EMPRESS RITUAL**

210 MINUTES | IDR 1,790K SINGLE / IDR 2,850K COUPLE

*Foot Bath / Jade Stone Body Massage / Body Scrub / Body Mask / Shower / Cooling Jade Facial / Tea Bath*

A Chinese imperial secret preserved for thousands of years, this rejuvenating journey will start with a foot bath, followed by a jade body massage. Then there is a honey salt scrub and body polish with kaolin clay that helps to cleanse, purify, heal, soothe and nourish. Cooling Jade Facial, which was the privilege of Chinese empresses in their quest for a smooth and youthful face. This royal ritual finishes with a herbal tea and flower petals bath.



**FOOT REFLEXOLOGY**

**75 MINUTES | IDR 660K**

Based on the Chinese meridian theory of “energy pathways”, this treatment begins with a foot bath ritual, a foot scrub to exfoliate, followed by a gentle stimulation of acupressure points in the feet to balance and energize the body.

**AMALA HOLISTIC SIGNATURE MASSAGE**

**90 MINUTES | IDR 990K**

Using Amala’s exclusively blended pure essential oil, this holistic full body treatment uses a fusion of therapeutic techniques from the East and the West to give you the ultimate soothing and pampering experience.

**TUI NA – CHINESE ACUPRESSURE**

**90 MINUTES | IDR 990K**

This is a deep all-over body massage that honors the ancient elements of Chinese massage. It works on stiff, tight and fatigued muscles to open and stimulate the meridians of the body to increase the flow of energy and replenish vitality.

**AMALA HEALING RITUAL**

**120 MINUTES | IDR 1,325K SINGLE / IDR 2,120K COUPLE**

*Foot Bath / Amala Holistic Massage / Herbal Compress / Body Scrub / Bath Salt & Body Lotion / Aura Cleansing Mist*  
This is a ritual starts with a foot bath, leading to the relaxing Amala Holistic Massage, and continues with a warm herbal compress which will melt your tension away. Then follows exfoliation using a salt, ginger and cardamom scrub, and an indulgent immersion in bath salt to cleanse and restore the mineral balance in the blood. The finishing touch is a rich, luxurious application of lotion to the body and a purification of the aura by essential mist.

**ORIENTAL BOOST RITUAL**

**150 MINUTES | IDR 1,450K SINGLE / IDR 2,320K COUPLE**

*Steam / Foot Bath / Tui Na (Chinese Acupressure) / Body Scrub / Oriental Bath*

This ultimate pampering ritual starts from the steam room which promotes restful sleep, following with a tui na body massage that soothes stiff muscles, and a cleansing of tired cells using bamboo powder and honey exfoliation cream.

**Purify**

**PURIFICATION MASSAGE WITH EAR CANDLE**

**60 MINUTES | IDR 795K**

A natural and non-intrusive method of cleansing, this treatment uses an ear candle held close to the head to promote thermal circulation in the encephalon by increasing oxygen and blood circulation, purifying the channel connecting the throat, nose and ears, thereby easing tension and fatigue.

**LYMPHATIC DRAINAGE MASSAGE**

**60 MINUTES | IDR 860K**

Using gentle and rhythmic lymphatic massage techniques, this treatment effectively eliminates toxins, reduces water retention, increases blood circulation, and promotes weight loss.

**DETOX PURIFICATION RITUAL**

**150 MINUTES | IDR 1,450K SINGLE/ IDR 2,320K COUPLE**

*Steam / Foot Bath / Lymphatic Drainage Massage / Body Scrub / Body Mask / Bath Salt Soak / Shower & Body Lotion*  
Begin this ritual with a steam room detox and a cleansing of your breathing. Then there is a foot bath, followed by a lymphatic massage to recharge the immune system. A salt-cacao butter body peel is applied to reveal new skin and to prepare the body for the rich seaweed masque that follows which helps to detoxify tissues. Toxins are released by a bath salt soak, with the ritual finishing with a shower and the application of body lotion.



This treatment cleanses and exfoliates with a mask, followed by a revitalizing neck, upper chest, shoulder, hand and feet massage.

**ORGANIC FACIAL**

60 MINUTES | IDR 860K

Custom-made recipes using local fresh organic ingredients to cleanse, refine, restore and hydrate your skin.

- **NORMAL TO OILY** *Scrub: Mung Bean Powder / Mask: Green Tea, Honey & Yoghurt*  
Mung beans are full of anti-oxidants that unclogs the pores, clears skin heat, and reduces acne, while the facemask will help to remove toxins from your skin while revitalizing cells.
- **NORMAL TO DRY** *Scrub: Grated Coconut / Mask: Milk & Flower Petals Cream*  
The coconut has properties that gently exfoliate, condition and hydrate the skin. The milk and flower petals mask leaves the skin silky smooth and improves skin elasticity.
- **SENSITIVE** *Scrub: Honey & Aloe Vera / Mask: Cucumber, Aloe Vera & Spinach*  
Aloe vera has its own natural way of soothing sensitive skin, resulting to stronger tissues and healthier skin.

**GOLDEN SPOON FACIAL**

90 MINUTES | IDR 1,250K

This rejuvenating facial uses a golden spoon therapy massage to improve facial circulation to regenerate beautiful skin. The serum mask and bio-light ultrasonic induction methods are used to reduce fine lines, lighten dark eye circles, and help the skin to become more radiant.

**COOLING JADE FACIAL**

90 MINUTES | IDR 1,250K

Inspired by the beauty and radiant skin of Chinese empresses, this anti-aging treatment lavishes your skin with pure pearl extract to improve elasticity and increase skin oxygenation. This treatment includes a pearl extract mask and a jade roller massage.

Hand & Foot Care

Our anti-aging hand, feet and nail treatment strengthens connective tissue, reduces wrinkles caused by dry skin, and promotes hand / foot circulation. Hands or feet, are soaked and cleansed, exfoliated and massaged, cuticles groomed, nails shaped, followed by scrub and mask to moist the skin. The treatment is completed by a hand or foot massage.

**ANTI-AGING HAND INDULGENCE**

60 MINUTES | IDR 400K

**ANTI-AGING HAND INDULGENCE WITH MANICURE**

90 MINUTES | IDR 490K

**ANTI-AGING FOOT INDULGENCE**

60 MINUTES | IDR 400K

**ANTI-AGING FOOT INDULGENCE WITH PEDICURE**

90 MINUTES | IDR 490K

**ANTI-AGING HAND & FOOT INDULGENCE**

90 MINUTES | IDR 550K

Our nail care starts by shaping nails, trimming cuticle followed by hands or feet massage and completed by nails shine.

**EXPRESS MANICURE**

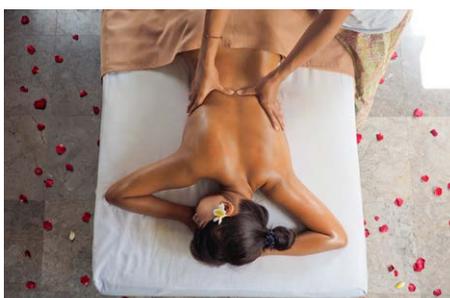
30 MINUTES | IDR 250K

**EXPRESS PEDICURE**

30 MINUTES | IDR 250K

**EXPRESS MANICURE & PEDICURE**

60 MINUTES | IDR 450K



All prices are subject to 11% government tax and 10 % service charge.