



SPA MENU



SIGNATURE | ESSENCE OF THE SPA

With a passion for bringing the best elements of nature for healing & relaxing journeys, The Spa offers a signature collection of indulgent experiences designed to deliver results and nurture you inside and out.

Pure Indulgence | Purifying

2,150

Body Scrub | Milk Bath | Herbal Revival Massage | Facial | 3 hours

Capturing the purest elements of nature, this exclusive experience features a selection of fresh ingredients and exceptional therapies designed in harmony with the natural rhythms and the inherent needs of body and mind. Discover full body renewal through choice of body scrub then complemented with nourishing milk bath, a purifying herbal revival massage to release muscle and mental strain, and facial to address individual skin concerns and promote a healthy, radiant complexion.

Padma Synchrony Massage

1,350

Uplifting | Four Hands Massage | 60 mins

Muscle melt massage combined with deep long stroke, palm press and sliding technique fuse with firm-knead massage and other massage techniques such as Lomi-lomi, Swedish, Shiatsu and Balinese to relief the tensions, sore muscle and fatigue performed by two therapists.

Prices are in thousands of Indonesian Rupiah and subject to 10% Government Tax

Acupressure Massage | Uplifting | 90 mins

1,150

Ancient Japanese massage technique combined with the traditional Thai acupressure. This therapeutic indulgence is best to release tensions, anxiety and relaxing muscles and joints.

Herbal Revival Massage | Purifying | 90 mins

1,150

This aromatherapy massage blends customized essential-oil infusions with warm herbal compresses and therapeutic techniques to melt stiffness along tension area of body. Deliver you the ultimate experience to dissolve stress and balance the body's internal rhythm.





JOURNEYS

Each of our journeys is precluded with sea salt foot soak and scrub that cleanse your energy and prepare to your rejuvenation experience.

Traditional Healing | Soothing

1,610

Lulur Scrub | Balinese Massage | Facial | 2.5 hours

Connecting you to the healing traditions of Indonesia, this graceful experience delivers profound balance and harmony to mind, body, and soul. Beginning with lulur body exfoliation, skin is then polished with a delicate yogurt, followed by a deeply tension relieving Balinese massage. Lastly, a pampering facial enhances skin tone and texture for a bright and youthful complexion.

Jet Lag Revival | Purifying | 2 hours

1,390

Herbal Compress Massage | Foot Massage

An invigorating ritual that eliminates toxins and puts you back on your dynamic liveliness. Muscle melting Herbal revival massage, followed by invigorating foot massage, leaving you content and refreshed.

True Bliss | Soothing | 2 hours

1,390

Warm Stone Massage | Facial

Your sensory journey begins with a warm stone massage to encourage deep relaxation. Hot stones are placed on key meridian points while a deeply therapeutic massage relieves aching muscles and quiets the mind. Your restorative journey closes with facial to release any remaining signs of stress.

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MASSAGE

Warm Stone Massage | Soothing | 90 mins

1,150

Smooth, heated stones are applied to your body in a pattern that renews tired muscles and soothes an anxious mind. The heat from the stones radiates deep into your body, leaving you feeling grounded and rejuvenated.

Warm Sand Massage | 90 mins

1,150

Using a bundle of sand and warm coconut oil, this 90-minute massage employs a gentle stroking technique to enhance blood circulation, reduce inflammation, and ease soreness.

Balinese Massage | Uplifting | 90 mins

995

This traditional Balinese therapy employs age-old techniques including stretching, long strokes, skin rolling and firm applications of pressure to release tension and enhance flexibility. By incorporating aromatic oil you'll experience a surge in energy.

Frangipani Petal Warm Oil Massage | Soothing | 60 mins | 90 mins

850 | 995

Warm oil and fresh frangipani petals are used in a soothing massage with applications of gentle pressure using palm techniques and flowing strokes to induced deep relaxation.

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The
Spa

Deep Tissue Massage | Uplifting | 60 mins | 90 mins

875 | 1,150

Your therapist will select aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

Warm Bamboo Massage | Purifying | 90 mins

1,150

Let your mind and body escape reality and find its inner-balance. This deep but shooting massage will release knots and relax tense muscles through the use of long strokes using warm bamboo stalks and aromatherapy massage oil.

Foot Massage | Purifying | 60 mins

695

Treatment that concentrated on reflex areas in the feet that correspond to particular area of the body, stimulating and improving your overall physical, mental and emotional wellbeing.

OXYGEN CEUTICALS FACIAL

1,350

75 mins

Rejuvenate your skin and reduce fine lines with oxygen and serum application, followed by three layers of facial masks to enhance elasticity and leave a radiant glow.

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FACE BY PEVONIA

Detailing Facial for Him | 60 mins

1,190

Rasher rash, skin irritation or sensitivity are all treated in this executive facial for him. Combining Lavender and Propolis, this micro emulsified gel is infused into the deeper layers of the skin to calm, heal, and truly enriches your skin. This facial also focuses on anti-bacterial and decongesting properties to alleviate micro-circulation problems and strengthens your fragile skin.

Marine Collagen | 60 mins

1,350

Counteract any signs of early aging, to combat excessive dryness, dehydration, fine lines and wrinkles. Rich in concentrated Marine Collagen and Caviar, this facial is perfect to refresh and fight signs of dehydration due to the humidity while on holiday's leaves skin plump, tone, with youthful glow.

Phyto Organic Facial - Sensitive Skin | 60 mins

1,190

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

Phyto Organic Facial - Combination Skin | 60 mins

1,190

Optimize your skin's health and radiance with mask treatments that specifically address your skin type. Pure organic aromatherapy elixirs & botanical actives formulations from Pevonia Botanica to purify, balance & renew the skin. Improves your skin naturally and restore normal, balanced moisture levels. Leaving your skin radiant, softer, and hydrated.

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FACIAL BY DERMALOGICA

Designed specifically to address your specific skin concerns and enhance your skin, our facial treatments cater to a variety of needs, including:

Soothing Sensitive | 60 mins | 1,250

Active Clearing | 60 mins | 1,250

Skin Aging | 75 mins | 1,450



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BODY TREATMENT

EXFOLIATE

Frangipani & Lemongrass | Soothing | 45 mins

690

A soothing exfoliation suitable for all skin types that gently removes dead skin cell to reveal soft, silky skin.

Lulur | Purifying | 45 mins

690

A traditional Javanese royal beauty ritual, these aromatic treatments will soften and refine your skin as it gently exfoliates. After a fresh yogurt splash is used to nourish your skin.

Seaside Citrus Body Scrub | Uplifting | 45 mins

690

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

BODY WRAP

Aloe Vera | Soothing | 60 mins

700

Calm and soothe your skin with mask rich in cooling aloe vera, nature's most potent healing herb. This wonderfully cooling body mask will leave your skin cool, while a scalp massage will sooth your mind. It is recommended for those with problem skin, sunburn or very sensitive skin.

Boreh Revival | Uplifting | 45 mins

700

A Body wrap designed to ease most aches and pains. A blend of clove, cinnamon, ginger root is applied to the skin and gently massaged into your body so as warmed up the muscles, activate the mind and boost blood circulation.

Green Tea Detox | Purifying | 45 mins

690

Body mask made from powerful herb that has many antioxidants. Promote healthy skin and natural beauty. It best aids helping to remove toxins as well as tone your skin.





ENHANCEMENT

Organic Express Facial | 30 mins

590

This introductory facial provides a quick and instant pick-me-up for any occasion.

Foot massage | 30 mins

450

Massage inspired by reflexology technique to release tension in the feet and leg, while stimulating the body's natural recovery process.

Back Massage | 30 mins

450

For those who short on time, these massage focuses on back, neck and shoulder to provide quick stress relief.



HAIR & BEAUTY SERVICES



WASH & DRY

A refreshingly simple concept to refresh your look. We wash, condition and blow-dry your hair in under 45-minutes

- Men **270**
- Women **379**

Blowout **548**

Whether it is sleek smooth and straight, classic blowout with volume, soft loose or tight curls, just tell us how you want it.

Hair Spa & Creambath **650**

Repair and treat hair from the inside out with a deep conditioning hair spa cream, leaves your hair with an infusion of moisture, softness and shine. Treatment includes 15-minutes hand, neck and shoulder massage.

Indulgence Hair Treatment with Kerastase

- Wash & Dry **495**
- Hair Mask **890**

NAIL TREATMENTS

Let us groom your nails and cuticles, soften and soothe your skin with a mild exfoliating scrub, followed by light massage and finished with your favourite nail polish.

Manicure

- Basic **375**
- Executive **470**
- With Shellac colour **499**

Pedicure

- Basic **390**
- Executive **499**
- With Shellac colour **515**

Polich Only

- Nail Polish - one colour **300**
- Shellac colour only **390**
- Shellac - Removal **100**

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SPA ETIQUETTE

- Our spa environment is one of relaxation and tranquility. Please respect all spa guest's right to privacy and serenity
- Please arrive minimum 10 minutes before your treatment time to complete a spa consultation form. Please be advised that late arrivals will result in a reduction of treatment time.
- The Spa will provide towels, robes and slippers and any amenities required for use during your spa visit
- 15 minutes of late arrival without prior notice is considered as cancelled appointment, and the reservation will be released automatically
- Smoking and the use mobile phones is not permitted in the spa
- Please notify spa receptionists of any existing medical conditions



The Spa • Padma Resort Ubud

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