



# SPA MENU



# SIGNATURE

## Padma Signature Touch | 3 hours

1,720

Begin syncing your mind, body, and soul by aligning your energy vibration, rejuvenating your body and recharging your soul to connect to yourself. Your pampering will start with sound healing, followed by a full body Balinese massage before applying lulur exfoliation which consists of traditional aromatic herbs on your body to cleanse your skin impurities.

The indulgence sequence also includes cleansing your face with our Padma Facial Ritual, which will leave your facial complexion supple and radiant.

## Padma Facial Ritual | 60 mins

630

Treat yourself to a facial ritual including back massage, face cleansing and exfoliation, face mask, and hand massage.

Prices are in thousands of Indonesian Rupiah and subject to 15% Government Tax



# JOURNEYS

Each Journey begins with sea salt foot soak and scrub to exfoliate and remove impurities to prepare you for your rejuvenation experience.

## **Traditional Healing | 2,5 hours**

**1,620**

### **Balinese Massage | Lulur Scrub | Aloe Vera Wrap**

Connecting you to the healing traditions of Indonesia, this graceful experience delivers a profound balance and harmony to your body, mind and soul. Begin your treatment with our traditional full body Balinese massage for complete relaxation before applying lulur exfoliation to cleanse your skin impurities with traditional aromatic herbs. The healing continues as our Aloe Vera wrap soothes your skin and sums-up your traditional healing experience.

## **Jet Lag Revival | 2,5 hours**

**1,620**

### **Herbal Compress Massage | Aloe Vera Wrap | Foot Massage**

An invigorating ritual that eliminates toxins and gently brings you back to your dynamic self. Aimed to revive your energy level, feel the warm sensation that melts your tension away and smell the fresh herbs of our heated homemade herbal poultice as it is massaged on your body and scalp. Continue your pampering with gentle and hydrating Aloe Vera wrap that smooths your skin while each stroke on your feet sends you to a deeper relaxation.

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# MASSAGE

## Deep Tissue Massage | 90 mins

**840**

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 Stone Massage | 90 mins

**860**

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.

## Herbal Compress Massage | 90 mins

**860**

An invigorating massage that eliminates toxins and puts you back on your dynamic liveliness. Muscle melting herbal revival massage will leave you feel content and energised.

## Four Hand Massage | 60 mins

**1,190**

Performed by two therapists working together, this treatment is a combination of five different massage styles - Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese.

## Foot Massage Purifying | 60 mins

**470**

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.

## Maternity Massage | 60 mins

**690**

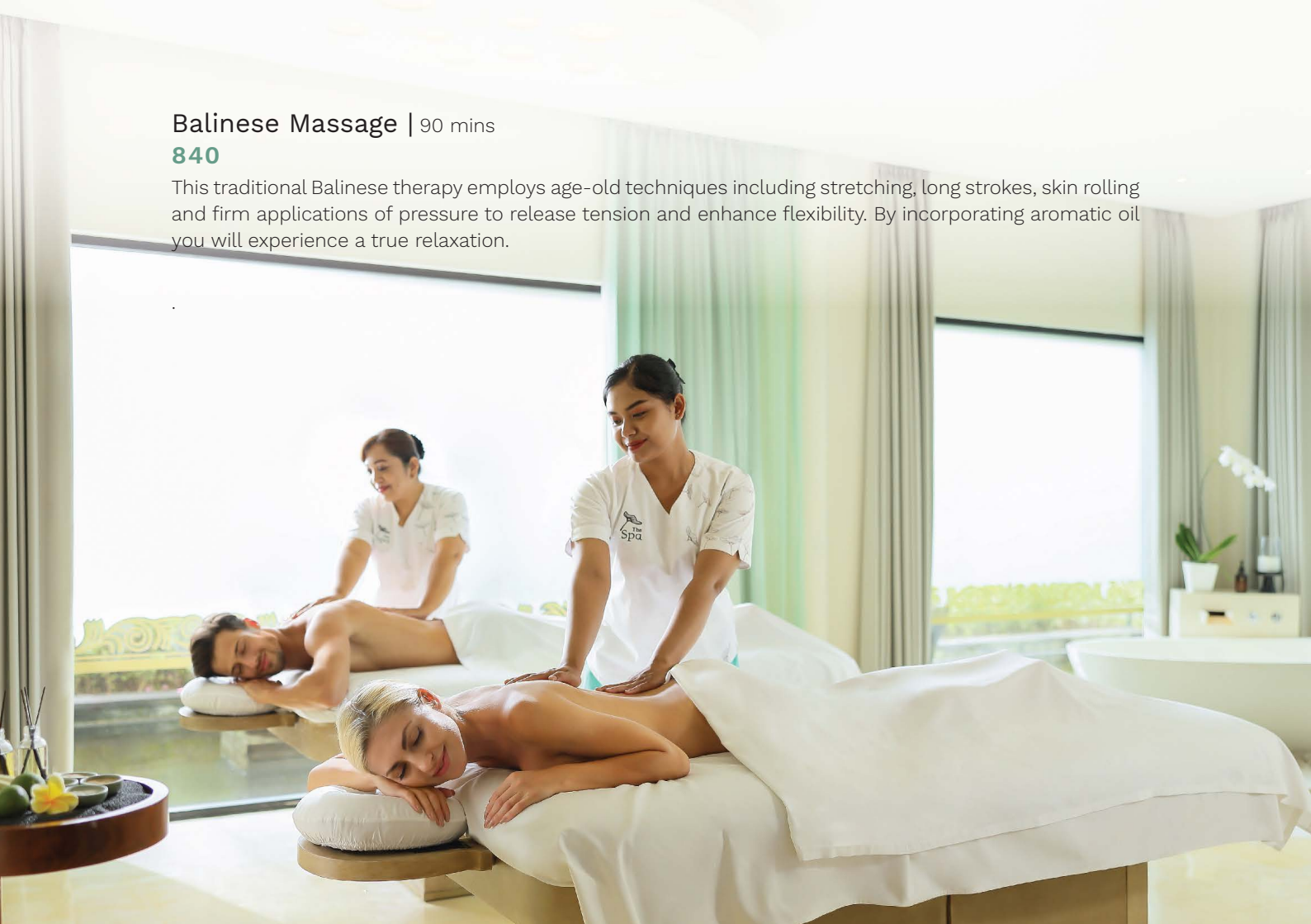
Find relief and relaxation during all stages of your pregnancy. Special techniques and positions advised by our therapist will allow you to lie face up and side by side supporting the belly to help you feel secure and comfortable.

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## Balinese Massage | 90 mins

**840**

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 will experience a true relaxation.



## Oxygen Super Facial | 75 mins

**1,400**

Rejuvenate your skin with our Oxygen Super Facial through infusion, oxygenation, and collagen stimulation that can reduce fine lines, dullness, and dehydration.





# FACE BY PEVONIA

## Detailing Facial For Him | 60 mins 895

Rasher rash, skin irritation or sensitivity are all treated in this exclusive 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 enrich your skin. This facial also focuses on anti-bacterial and decongesting properties to alleviate micro-circulation problems and strengthen your fragile skin.

## Marine Collagen | 60 mins 1,210

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 leaving the skin plump and tone with a youthful glow.

## Phyto Organic Facial Sensitive Skin | 60 mins 895

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protects 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 895

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



# BODY TREATMENTS

## Exfoliate

### Frangipani & Lemongrass | 45 mins

465

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

### Lulur | 45 mins

465

Experience a royal Javanese traditional beauty ritual through this aromatic exfoliation that will soften and refine your skin.

### Seaside Citrus Body Scrub | 45 mins

590

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.

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## Body Wrap

### Aloe Vera | 60 mins

549

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

### Boreh Revival | 45 mins

465

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

### Green Tea Detox | 45 mins

465

Body mask that is made from a powerful herb that has many antioxidants. Promote healthy skin and natural beauty. It best aids in removing toxins as well as toning your skin.

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## ENHANCEMENT

### Organic Express Facial | 30 mins

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

475

### Foot Massage | 30 mins

A massage inspired by the reflexology technique to release tension on the feet and leg while stimulating the body's natural recovery process.

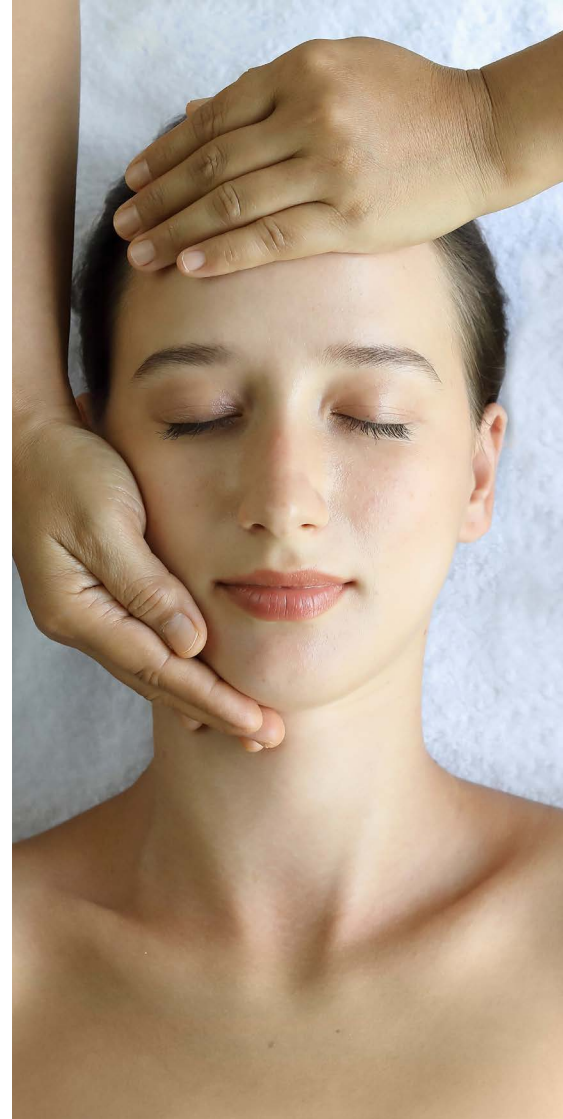
320

### Back Massage | 30 mins

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

320

Prices are in thousands of Indonesian Rupiah and subject to 15% Government Tax







# KIDS SPA MENU

## KIDS WANT TO BE PAMPERED TOO

**Chocolate Massage | 30 mins** **250**

Fun massage for toddlers to help relieve tiredness for these active little people.

**Girl's Nails | 45 mins** **259**

Non-chemical manicure, pedicure, and nail polish work for little girls.

*Additional IDR 5,000+/- nail for flower/ nail art.*

**Boy's Nails | 30 mins** **220**

Non-chemical manicure and pedicure work for little boys.

**Hair Wash & Braiding | 30 mins** **150**

Pampering time for the little misses (2-5 plaits).



# SOMETHING A LITTLE EXTRA PLEASE, MUM!

**60 mins**

**400**

Milk bath, hand and feet nail polish

**or**

Hair wash with 2 (two) plaits of hair braiding, hand and feet nail polish.

**60 mins**

**400**

Chocolate massage and milk bath

**or**

Chocolate massage and hand and feet nail polish.

Prices are in thousands of Indonesian Rupiah and subject to 15% Government Tax





# HAIR & BEAUTY SERVICES

# HAIR TREATMENTS

## Wash & Dry

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

- Men
- Women

**245**  
**345**

## Styling

Whether it is sleek smooth and straight, classic blowout with volume, soft loose or tight curls, just tell us how you want it and we'll blow you away!

**498**

## Hair Braiding

Get your hair braided and beaded to make your hairstyle pop. We will craft a look that's perfect for you or your little girl.

**570**

## Hair Spa | 50 mins

**610**

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. It includes 15-minute hand, neck and shoulder massage.

## Hair Colouring

Thinking about a change in hair colour? We'll help you choose the perfect colour for your new look.

- Men
- Women

**375**  
**725**

## 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 **416**
- With French/ Nail Art **446**
- With Shellac colour **510**

### Pedicure

- Basic **434**
- With French/ Nail Art **461**
- With Shellac colour **525**

### Nail polish

- Hand or Feet **170**
- French/ Nail Art - Hand or Feet **200**
- Shellac – Colour only Hand or Feet **218**
- Shellac - Removal **125**

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



## WAXING & GROOMING

### Waxing

• Underarms	242
• Forearms	253
• Full arms	398
• Half legs	435
• Full legs	550
• Bikini	398
• Eyebrow	242
• Brazilian	435
• Upper lip	242
• Back	525
• Chest	325

Shaving	255
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### Eyelash

• Eyelash Tint	249
• Eyebrow Tint	199

## BRIDAL & SPECIAL OCCASION

Your wedding day is one of the most memorable days of your life. From the perfect hairstyle to picture perfect make-up, we will partner with you to ensure every detail is planned to perfection.

### For the Bride

• Wedding Day Hair	1,300
• Bride Hairdo Trial	1,000

### For the Party

• Special Occasion Hair	725
• Flower Girl Hairdo	340

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# SPA ETIQUETTE

## Arrival

Please arrive at least 10 minutes prior to the scheduled appointment. A delayed arrival may reduce the treatment time.

## Child Policy

Children under 12 years old must be accompanied by a parent or guardian during treatment.

## Consultation

We will conduct a consultation to ensure that the selected treatment and products are suitable for you.

## Spa Attire

Please wear comfortable attire. Robes and disposable underwear are provided. You may choose to be naked, wear your own underwear or swimwear during your treatment.

## Gentlemen

For facial treatments, please shave at least 12 hours prior to ensure maximum result.

## Mothers-to-be

Virgin coconut oil and modified relieving massage are available for expectant mothers.

## Self-care at Home

To continue your spa treatment at home, our spa products and testers are available at The Spa Reception area.

## Cancellation

Reservations cancelled within 12 hours is subject to cancellation fee from the listed price. Treatment time may be altered and is subject to prior approval from our Spa Receptionist.

## Tax

All treatment prices are subject to a 10% Indonesian government tax.



**The Spa • Padma Resort Legian**

Jl. Padma No. 1 Legian - Bali 80361 Indonesia