



## Ayusha Wellness Spa Menu and Spa Packages

At Ayusha Wellness we believe in healing the whole person and a holistic approach to wellbeing. This means we take the time to find out your individual healing needs through a detailed consultation prior to your treatment. This enables our therapists to address your specific issues during the treatment session.

### **Our Products**

We have carefully selected each of our treatment products so that only the purest ingredients come into contact with your skin. Experienced herbalists working with indigenous Balinese herbs and therapeutic oils have prepared many products exclusively for us. We can guarantee that there are no SLS's, parabens, synthetic colors or fragrances used in any of our products.

### **Massage Therapy**

While you may request a particular treatment style, our therapist will always draw on their therapeutic experience and treatment knowledge to address your specific needs.

#### ***Balinese Massage***

Balinese massage is a relaxing yet invigorating treatment, native to Bali. This massage treats the whole of your body with a combination of acupressure, kneading strokes, skin rolling and reflexology.

**90 min Rp650,000**

**60 min Rp450,000**

#### ***Aromatherapy Massage***

This is a deeply relaxing massage technique that uses gentle strokes to soothe the body, mind and emotions. For this treatment a selection of the purest essential oils are chosen and blended with a natural base oil to suit your needs. Essential oils penetrate deeply into your body's tissues for physical healing while their scents enhance your mental, emotional and spiritual wellbeing.

**90 min Rp650,000**

**60 min Rp450,000**

#### ***Deep Tissue Massage***

A deep tissue massage is ideal for relieving muscle tension. Your needs will be assessed by your therapist prior to treatment and special attention will be given to specific problem areas. This treatment is ideal for reducing muscular aches and pains, for



improving blood and lymphatic circulation, reducing stress and anxiety, especially beneficial for those who lead an active, sporty lifestyle.

**90 min Rp650,000**

**60 min Rp450,000**

### ***Hot and Cold Stone Massage Therapy***

This therapy combines the benefits of healing massage with the use of hot and cold stones to achieve a state of deep relaxation. Applying hot and cold stones in combination encourages the elimination of toxins from the cells and stimulates blood circulation bringing more oxygen and nutrients to the muscles. Hot stones bring relief to areas of muscular tension and cold stones disperse excess heat from the body and improve muscle tone.

**90 min Rp750,000**

### **Body Care**

#### ***Body Wraps and Scrubs***

Choose a full body exfoliation or body wrap that best suits your disposition. Our full body treatments stimulate circulation, aid detoxification of the cells, encourage healthy weight loss, remove dead skin cells, improve the tone and freshness of your skin and leave you feeling relaxed yet invigorated.

***Body Scrub 30 min Rp350,000***

***Body Wrap 30 min Rp350,000***

#### ***Balinese Herbal Compress***

A unique style of massage using a warm home-made compress of healing herbs, including ginger, galangal, kaffir lime, bergamot, lemongrass and lime, gently pressed along the energy lines of the body, this relaxing treatment nourishes the skin, relieves muscle tension and joint pain, and promotes overall wellbeing.

**90 min Rp700,000**



### ***Healing Bath***

Indulge in a hydrobath with healing herbs, flowers, salts and essential oils selected to suit your specific therapeutic needs, a wonderful conclusion to a long day and an addition post-massage.

**30 min Rp200,000**

### ***River Rock Bath by the Tjampuhan River***

Luxuriate in a river rock bath for two on the edge of the Tjampuhan River and embraced by the natural surroundings with healing herbs, flowers, salts and essential oils selected to suit your specific therapeutic needs.

**60 min for two Rp400,000**

### ***Oriental Scalp Massage***

Based on the ancient healing system of Ayurveda, this treatment is used to massage and relieve tension from your shoulders, neck, back and scalp. Using deep thumb and finger pressure, you will experience improved circulation, the release of emotional and physical tension, and an enhanced state of relaxation.

**60 min Rp450,000**

**30 min Rp350,000**

### ***Abhyanga***

Abhyanga is the rhythmic application of warm, Ayurvedic-medicated oil to the body with a light to medium touch. Different from a regular massage, the oil is applied for its therapeutic benefits including grounding the mind, relaxing the muscles, improving the metabolism and releasing built up toxins from the tissues. Abhyanga is one of the best treatments for balancing the Vata dosha.

Three sessions are recommended for maximum therapeutic benefit.

**90 min Rp750,000**



### ***Shirodhara***

Shirodhara is the ancient ayurvedic therapy of pouring warm oil slowly over the forehead. The session begins with a head, neck and shoulder massage to relax your muscles and calm your mind. Shirodhara is particularly calming for Vata dosha, but it is very good for everyone. It promotes a calm state of mind, and is especially helpful for the treatment of stress, anxiety, insomnia, depression and other emotional issues. This treatment calms the nervous system, boosts the immune system and heals and rejuvenates body and mind.

Three treatment sessions at 1-2 day intervals are recommended to experience the full benefits of Shirodhara

**90 min Rp1,198,000**

### ***Neck, Shoulders, Back and Feet***

A wonderful and greatly relieving therapeutic treatment that starts with a foot sauna to warm, relax and assist in eliminating toxins, combined with neck & shoulder massage. This is followed by a back rescue massage to continue to work on any knots and muscular discomfort. Finally specific techniques are employed to apply pressure to the reflex points of the lower leg and feet, encouraging the clearing of blockages, with foot massage to deeply relax and rebalance your system.

**90 min Rp550,000**

**45 min Rp380,000**

### ***Far Infrared Sauna***

The infrared rays of the far infrared sauna heat the body from the inside out, rather than heating the surrounding air, making it easier to sit inside comfortably for longer periods than a Finnish sauna. The infrared rays promote pain relief and speed up muscle and tissue recovery by increasing blood circulation allowing more oxygen to injured areas. Far Infrared saunas are considered superior to the conventional sauna for the purposes of detoxification and weight loss. It is recommended for you to take a Far Infrared session 3 times per week to receive its full benefits.

**20 min Rp200,000**



### **Rejuvenation Facial**

Rejuvenate, renew and positively glow with this new age beauty recipe of hand made all natural local ingredients. Delicately we cleanse your face with extracts of cucumber and aloe vera, exfoliate with ground rice bran, gently massage with VCO and draw out impurities with a mask of volcanic clay and antioxidants of green tea extract. Green tea is highly acclaimed for its ability to prevent irritation of the skin and can reduce up to 80% of all free radicals when applied directly to the skin. This treatment begins with a 15 minute back massage, immediately inducing a state of mental and physical relaxation.

**60 min Rp650,000**

### **Pedicure and Manicure**

All manicures & pedicures start with filing, shaping, cuticles and clipping. Massage of the hands or the feet is followed by an exfoliation and can also include nail polish...

#### **Manicure**

Cleanse, massage, soak, scrub	<b>45 min</b>	<b>Rp250,000</b>
Cleanse, massage, soak, scrub, nail polish	<b>60 min</b>	<b>Rp350,000</b>
Cleanse, massage, soak, scrub, nail art	<b>60 min</b>	<b>Rp450,000</b>

#### **Pedicure**

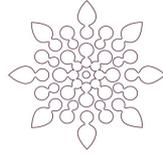
Cleanse, massage, soak, scrub	<b>45 min</b>	<b>Rp300,000</b>
Cleanse, massage, soak, scrub, nail polish	<b>60 min</b>	<b>Rp400,000</b>
Cleanse, massage, soak, scrub, nail art	<b>60 min</b>	<b>Rp500,000</b>

### **Visiting Practitioners – requires 24hrs notice for advance booking**

#### **KASNA**

Kasna has been practicing this Balinese healing massage with Boreh for the last 8 years. He has inherited this from his grandfather, a combination of intuitive massage using energy techniques and a special Balinese wrap called “Boreh”, a traditional recipe handed down from generation to generation made with 31 types of indigenous medicinal herbs and spices.

**Massage & Boreh    120min    Rp1,000,000**



# AYUSHA

WELLNESS SPA

## Ayusha Wellness Package

### ***CLEANSE AND REVITALISE***

*Over indulgence? Body feeling tired & sluggish? This is for you. Nothing beats far infra-red to support the immune system and detoxify the body. Follow with an invigorating deep-tissue massage, scrub & wrap to stimulate circulation and activate the lymphatic process. Decompress lastly with a warmed soak and some refreshment...*

The Package Inclusion:

Welcome Hot Ginger Tea & Scented Cold Towel  
Foot Bath Ritual  
Far Infra-Red Sauna  
Deep Tissue Massage  
Detox Scrub  
Detox Wrap  
Detox Mineral Bath  
Tropical Juice & Fruit Platter

**180min Rp1,600,000**

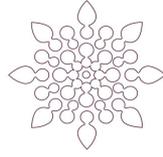
### ***HONEYMOON PACKAGE***

*Congratulations! This romantic choice still offers remedial treatments with choices for bride & groom, i.e. type of massage, facial or reflexology. A rose petal bath and sparkling wine, a green tea body lotion application and finally more refreshments, indulge!*

The Package Inclusion:

Welcome Hot Ginger Tea & Scented Cold Towel  
Foot Bath Ritual  
Far Infra-Red Sauna  
Balinese Massage/Deep Tissue Massage /Aromatherapy Massage  
Refresher Facial / Foot Reflexology  
Romantic Red Rose Petal Bath with a glass of Sparkling Wine  
Green Tea Body Lotion Application  
Tropical Juice & Fruit Platter

**180min Rp3,000,000 per couple**



## AYUSHA

WELLNESS SPA

### ***FRESH AND NATURAL***

*Decompress with a massage before being treated with nature's best, used to scrub & wrap the body, before a cooling aloe face & eye mask, hibiscus leaf & patchouli hair mask and soothing aloe body lotion application. Gentle enough for the skin after a day in the sun...*

The Package Inclusion:

Welcome Hot Ginger Tea & Scented Cold Towel  
Foot Bath Ritual  
Relaxing Balinese Massage  
Fresh Natural Coconut Body Scrub  
Green Tea Clay Body Wrap  
Cool Cucumber Face and Eye Mask  
A Fresh Hibiscus Leaf & Patchouli Hair Mask  
Green Tea Body Lotion/Aloe Vera Gel for Sunburn Application  
Coconut Water & Fruit Platter

**150min Rp1,450,000**

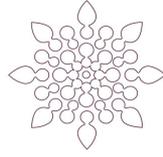
### ***ENERGY REJUVENATOR***

*The energy fix you were looking for this remedial package is great after a days sightseeing. Rejuvenate with a full body scrub, back, hand & foot massage with a comforting soak & refreshment to finish...*

The Package Inclusion:

Welcome Hot Ginger Tea & Scented Cold Towel  
Foot Bath Ritual  
Full Body Scrub  
Back Massage  
Hand & Foot Therapy  
Herbal Bath  
Tropical Juice & Fruit Platter

**120min Rp1,000,000**



# AYUSHA

WELLNESS SPA

## ***SIGNATURE SPIRIT OF BALI HEALING RITUAL***

*The Ayusha Wellness Signature – Spirit of Bali Healing Ritual is a 2.5hr journey that offers culturally authentic Balinese Ritual with traditional treatments and indigenous ingredients.*

*The ritual begins at the Svarga Loka sacred water source where the Balinese therapist will prepare you for a short 'Melukat' or water blessing ceremony. This is followed by sharing the preparation of the 'Boreh' or traditional body scrub that involves local ingredients such as clove, nutmeg, galangal, cinnamon, ginger & rice flour, known to benefit blood circulation, warm the body, heal & brighten the skin.*

*Escorted to the treatment room to start the physical work, has the guest inhale, decompress, relax, feel the healing vibration of the 7-metal singing bowl and sound of the therapist chanting a short sanskrit prayer before a restorative 60minute Balinese massage is given with a toasted extra virgin coconut massage oil, deliciously hydrating and healing to the skin.*

*Enjoy the product of your own preparation as the boreh scrub is applied to the body and then dry rubbed off to exfoliate, brighten and smoothen the skin.*

*A bath is prepared with a herbal spiced tea of kayumanis, (Balinese cinnamon), clove, lemongrass, betel leaf and eucalyptus essential oil to cleanse, calm and relax. Soak with the sounds of nature and the river below and enjoy a special 'Jamu' refreshment made specifically for the man or woman. The gentleman's jamu is made with kunyit or turmeric, fresh lime and coconut water to strengthen the system and acts as an amazing natural anti-inflammatory, the lady's jamu is made with the kunyit/turmeric, fresh lime, coconut water and betel leaf, commonly known as an internal remedy for the urinary tract and natural anti-inflammatory. A unique traditional snack of semi-dried rosella flowers and spiced local cashews to please the appetite finalises the restorative and healing ritual.*

*Depart with a "Bija" Balinese blessing with rice and frangipani flower. You will feel grounded, blessed and in bliss...*

Welcome Hot Ginger Tea & Scented Cold Towel  
Melukat Water Blessing  
Making a Traditional Balinese Boreh (Herbal Body Wrap)  
Singing Bowl & Mantra  
Traditional Balinese Massage with Toasted VCO  
Boreh Wrap  
Healing Local Spice Tea Bath  
Departure Blessing  
Traditional Jamu For the Man or Woman with Refreshment

**150min Rp1,250,000**

Prices are in Indonesian Rupiah and inclusive of 21% tax and service charge