

# SPA

AT SENTOSA



TRULY HOLISTIC



# TRULY HOLISTIC

## BEAUTY

Choose to reach that perfect look through the powers of natural and organic products or by the wonders of Internationally acclaimed skincare brand.

## PAMPER

Highly trained therapists delivering the most decadent of packages or the simplest massages, all with a touch of perfection.

## WELLNESS

Healing, juicing, life coaching and wellness retreats. Reaching people by working on their mind, body and soul altogether.

## MEDICAL

Collaborating with the award-winning Cocoon Medical Spa delivering light medical treatments and packages that give you visible results that last.

## FITNESS

A world-class fitness facility and a series of classes and personal training sessions for the sports savvy – even during a holiday!

A really memorable experience awaits you.

*Rupiah and subject to 21% government tax and service charges*

# MASSAGES

## Symmetry Massage

Good for chronic muscle aches and pains. Exclusive to the Spa at Sentosa Seminyak, the Symmetry Massage is a holistic approach to balance the body by using massage techniques such as long stroke palm.

60 Minutes

90 Minutes (including a herbal bath)

In-Villa

## Traditional Balinese Massage

Great for relieving stress and tension in the body. This traditional healing massage is an ever-present part of the island's spiritual and physical beauty and is both relaxing and therapeutic utilizing both thumb pressure and skin rolling.

60 Minutes

90 Minutes (including a herbal bath)

In-Villa

## Detox Massage

Designed to release toxins and increase blood and oxygen circulation. This therapeutic detoxification massage effectively boosts the immune system to restore the body's natural balance.

60 mins

90 Minutes

In-Villa

## Sports Massage

Ideal for chronic stiffness and soreness, our Sports Massage utilizes various deep tissue techniques and stretching. A perfect treatment to release specific areas of congestion, loosen muscle tissue, release toxins, and increase blood and oxygen circulation throughout the entire body. Loved by all our male guests.

60 mins

90 Minutes

In-Villa

## Foot Reflexology

Heaven for tired legs and feet. Reflexology is based on the theory that the feet are reflections of the entire body. It will focus on specific points to stimulate and improve blood circulation and promote a healthy, balanced body.

60 Minutes

90 Minutes (including head, neck and shoulders)

In-Villa

## Foot Massage - Relaxation Massage

Designed to relax and revive tired legs and relieve swelling; fantastic after a long flight!

60 Minutes

90 Minutes (including head, neck and shoulders)

In-Villa

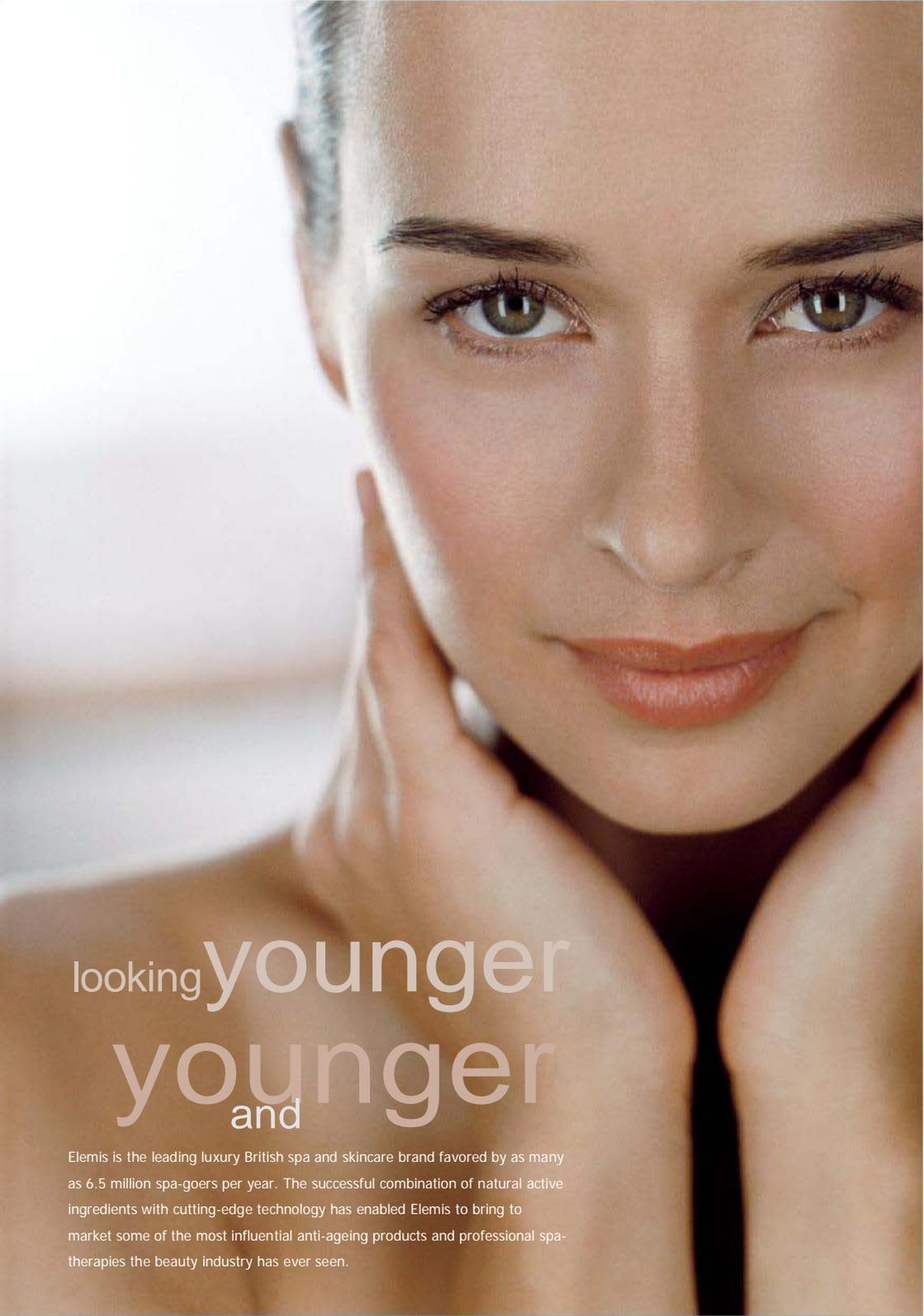
## Body Scrub

Body scrubs are a therapeutic exfoliating treatment for the skin, leaving the entire body glowing and healthy. A choice of scrubs is available to suit your mood and skin type.

30 Minutes

In-Villa





looking younger  
younger  
and  
younger

Elemis is the leading luxury British spa and skincare brand favored by as many as 6.5 million spa-goers per year. The successful combination of natural active ingredients with cutting-edge technology has enabled Elemis to bring to market some of the most influential anti-ageing products and professional spa-therapies the beauty industry has ever seen.

# ELEMIS

## Pro-Collagen Quartz Lift Facial

Clinically proven, after just 1 treatment, to reduce the number of wrinkles by up to 94%\* and improves skin firmness by up to 57%\*. Uses professional strength formulations for maximum efficacy, leaving a firmer, uplifted, more youthful looking appearance.

1 hr 15 mins

\*Independent Clinical Trials 2007

## Skin IQ+ Facial for Men

Clinically proven\*, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

1 hr 15 mins

\*Independent Clinical Trials 2006

## Elemis Skin Specific Facial

### *Fruit Active Glow*

Brings back the glow to a lifeless complexion. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

### *Exotic Moisture Dew*

Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

### *Herbal Lavender Repair*

For perfect restoration of skin balance. Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

60 mins

## Exotic Lime and Ginger Salt Glow

A body exfoliation to invigorate and revitalise. After light body brushing, warm oil is dripped over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

30 mins

## Exotic Frangipani Body Nourish Wrap

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce Monoi which is poured over the body then cocooned in a foil wrap or dry float. Drenches skin with moisture and provides ultimate radiance, vitality and all over body glow.

45 mins

## PACKAGES

### Simplicity

*Body massage, body scrub.*

Get the best of a body treatment by combining the benefits of a body exfoliation with the hydrating and relaxing benefits of a body massage.

90 mins

In-Villa

### Renewal

*Body massage, Elemis taster facial*

This treatment will help you feel radiant and recovered by combining the traditions of the massage and the finest European skincare.

90 mins

### Frangipani Bliss

*Elemis Lime and Ginger Slat Glow, Elemis Exotic Frangipani Monoi Oil, Body Massage*

Begin by enticing your body with drizzled warm oils followed by a luxurious body exfoliation with Elems Lime and Ginger Salt Glow. After that cocoon your body with Elemis Exotic Frangipani Monoi Oil while you receive a scalp massage and a mini facial and finish with a 60 mins body massage.

2 Hours

### Finding Balance

*Body massage, body scrub, herbal bath.*

Begin with a full body exfoliation to balance the skin. Now that excess toxins have been removed, absorb the nourishing benefits of therapeutic oil as you are carefully massaged. Then soak in an herbal bath to relax the muscles. Hydrating lotion application is the final ritual of this restorative experience.

2 Hours

### After Sun Delight

*Body massage, cooling body mask mini facial - not recommended for acute sunburn.*

Begin with a relaxing massage using moisture-rich lavender oil to revitalize your skin. The rehydrating process begins with a cooling body mask. While your body is wrapped in a sheet bringing you to a calm and cool state, enjoy a hydrating and restoring mini facial. A true oasis for those who worship the sun.

2 Hours



pampering  
**your**  
nome



pampering  
your  
middle name

## PACKAGES

### Chocolate Fondue

*Body massage, body scrub, body mask, bath.*

This decadent package is recommended even for those on the strictest of diets! Begin with a traditional Balinese body massage and followed by a body exfoliation and a rich, creamy milk chocolate body mask. Relax in a warm chocolate bath before a generous application of chocolate body lotion. Feeling healthy never tasted this good!

2 Hours 15 Minutes

### Symmetry for two

*Symmetry body massage, exfoliation, herbal bath and facial with cooling jade roller.*

Begin with a ritual footbath to relax and prepare your body for a balancing massage. The experience continues with a detoxifying and invigorating body exfoliation with a sea salt scrub followed by a herbal bath (clove, star anise, cinnamon or peppermint) to prepare for a natural cleansing facial using a cooling jade roller to seal the pores.

3 Hours

### The Absolute Treat

*Body massage, body exfoliation, body mask, bath, natural facial with cooling jade roller, express manicure and pedicure, spa cuisine.*

This is an opportunity to spend a day discovering tranquility. Begin with a Symmetry relaxing massage, followed by a body exfoliation to prepare your skin for a mineral rich orange and mandarin body mask. Balance head to toe with a cleansing natural facial followed by an express manicure and pedicure. Complete the experience by a enjoying a choice of spa cuisine which highlights healthy and great taste sensations.

4 Hours 30 Minutes (excluding spa cuisine time)

### Create your Own Package!

Combine the different treatments available and create the perfect spa experience that suits your needs today. Choose any A La Carte treatment from our menu and you can save 10% from the full price.

# WELLNESS

## Healing

Theta Healing ® and Reiki Master, Meli, has long devoted her energy into exploring ways to live a balanced lifestyle and is passionate about helping others do the same. She practices her own form of healing, incorporating what she has learned in the course of her life and studies. All Melis practices take into account the mental and physical state as well as past events and traumas that have shaped one's life. She pays attention on clearing past hurts, limiting beliefs and conditioning to enable overcoming fear, anger and resentments that block us from achieving the growth and advancement required to reach our goals.

A truly memorable treatment..

60 mins

90 mins

## Life Coaching

Using different types of Theta Healing ® techniques, Meli will also perform treatments focusing on Life Coaching. Look at the different aspects of your life. What's really important to you, what do you see?

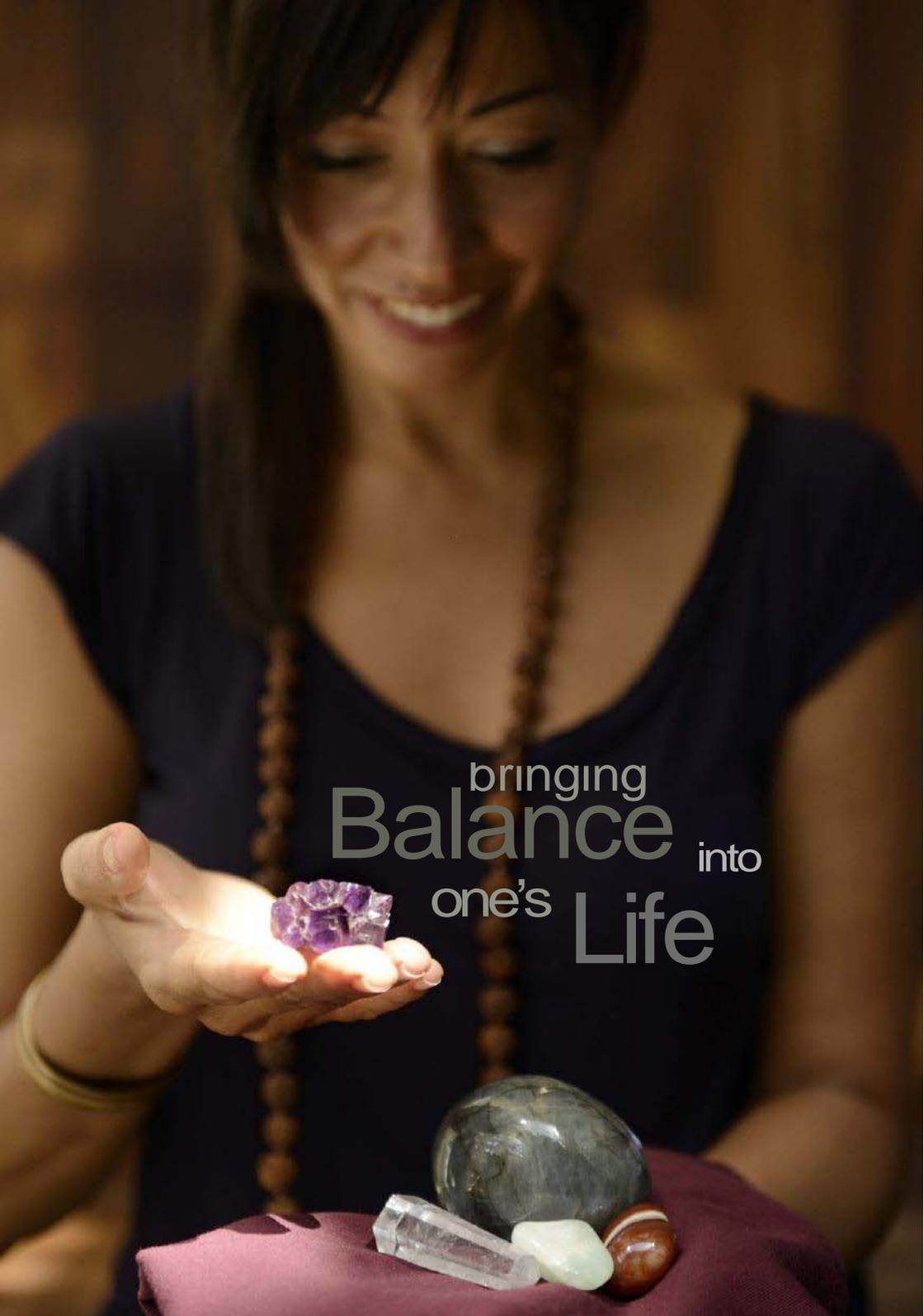
Are you as happy or as satisfied as can be with all those areas, or do you feel like you're stuck in one or more of them and want to be in a better place? Are there difficult decisions and changes you need to make in your family life, relationships, career, or spiritual path? Do you need to increase your confidence or motivation to do things? Do you desire a more peaceful, stress-free and positive life?

Below are some of the most common areas in which the treatment can focus on:

- *Career Coaching*
- *Relationship Coaching*
- *Health and Lifestyle Coaching*
- *Spiritual Coaching*
- *Soul mate find, Find Love*

60 mins

90 mins

A woman with long dark hair, wearing a dark blue top and a long necklace, is smiling and looking down at a purple crystal she is holding in her right hand. In front of her, on a dark red cloth, are several other crystals: a large clear quartz, a green stone, and a brown stone. The background is a warm, textured wall.

bringing  
**Balance** into  
one's **Life**

# Wellness retreats



# WELLNESS ESCAPES

Close your eyes and take a deep breath. It's time to take that all important first step in looking after you. We offer 3 types of wellness retreats:

## Bringing Back Harmony

This focuses on stress release. It is important to learn how to do this because we all take in more than we should and we allow our body to keep energy blockages and accumulated tension. Breathe in and let it go!

## The Way to Beauty

This is much more than just "Weight Loss," it is preparing you to take back control of your body so that you can become healthier, sexier and even more radiant.

## Pure Rejuvenation

This is a cleansing and detox journey that will give you immediate results and also more knowledge on food options and lifestyle choices. Reconnect and bring back a healthier approach to your life.

All of our programs include:

- Private healing, cleansing and balancing sessions
- Spa treatments to make you feel radiant and beautiful
- Yoga
- Outdoor walks
- Breathing and meditation sessions
- Cooking classes
- Workshops on food, lifestyle options, beauty regimens
- Full board healthy meal plans or supplements for detoxification/cleansing
- Daily supplements
- Colon hydrotherapy sessions or natural cleansing
- Support, happiness and Love ... and a fair amount of laughter!

3 Day program

7 Day Program

## Detox Package

Detox Massage, Detox Facial, Colon Hydrotherapy and light refreshment.

This is the ideal package for a total systematic detoxification. Begin with a detoxification massage which will relax the body while increasing blood and lymph circulation strengthening the body's immune response. Continue with a detoxification pressure point facial. Your inside out detoxification process concludes with a Colon Hydrotherapy session.

3 Hours 30 Minutes (excluding light refreshment time)

## Colonic Hydrotherapy

Colon hydrotherapy is an extremely safe and effective process for removing toxic fecal material accumulated in the colon. The hydration of the colon benefits the digestive system, increases immune function and restores the effectiveness of the colon.

1 session

3 sessions

6 sessions

\*each session lasts 90 minutes

# HEALTHY MENUS AND JUICING

We have developed an exciting array of healthy menus and raw food delights as well as a complete juicing programme so you can better understand food and the power of cleansing and detoxification as a way to find balance in your life and actually live longer and healthier.

## Holistic Nutritional consultation

Performed by a certified nutritionist, this thorough and holistic consultation will help you understand how your current lifestyle and your health history are determining how you take food and how you can improve your diet. This consultation can be followed by a suggested meal plan during your stay, paired with recommended detox spa treatments and juicing.

## Juicing cleanse

6 juices

All your meals replaced by 6 cold pressed juices a day! We recommend a 3- or 7-day cleansing program for better results.

What makes cold pressed juice so special and different? The fresh fruits and vegetables are pressed using a hydraulic press juicer that applies tremendous pressure to extract the nectar directly from the pulp. That pressing action, instead of blending or grinding, won't oxidise or degrade the fruit and vegetables and helps keep the nutrients and enzymes intact. With a blender, the fruits and vegetables are being cut and ground by a blade and are exposed to heat, which removes many of the essential vitamins, enzymes, proteins, and minerals that we want from our juice. Pressed juice is simply the closest thing to raw, pure fruit or vegetables, and allows you to get a concentrated amount of nutrients that would otherwise be difficult to achieve just by eating raw fruits and vegetables alone.

We are also proud of supporting local organic suppliers from Bali, mainly in the Bedugul area to provide our fruit and vegetables.

### *Beginner Cleanse*

This cleanse is designed for the absolute beginner. Someone who would state: "I like my bloody Mary and a bloody steak on the side" type!

This is for those who will look into juicing to lose a few pounds, or perhaps a few more than a few. You like to indulge, sometimes in excess—a few extra drinks here, a few extra smokes there. Who is counting anyway? We guarantee you will feel great and amazingly light after you trial a few days of this program.

(2 Green Juices, 1 Spicy Lemon Juice, 1 Fruit Juice, 1 Red Juice, 1 Cashew Milk)

### *Intermediate Cleanse*

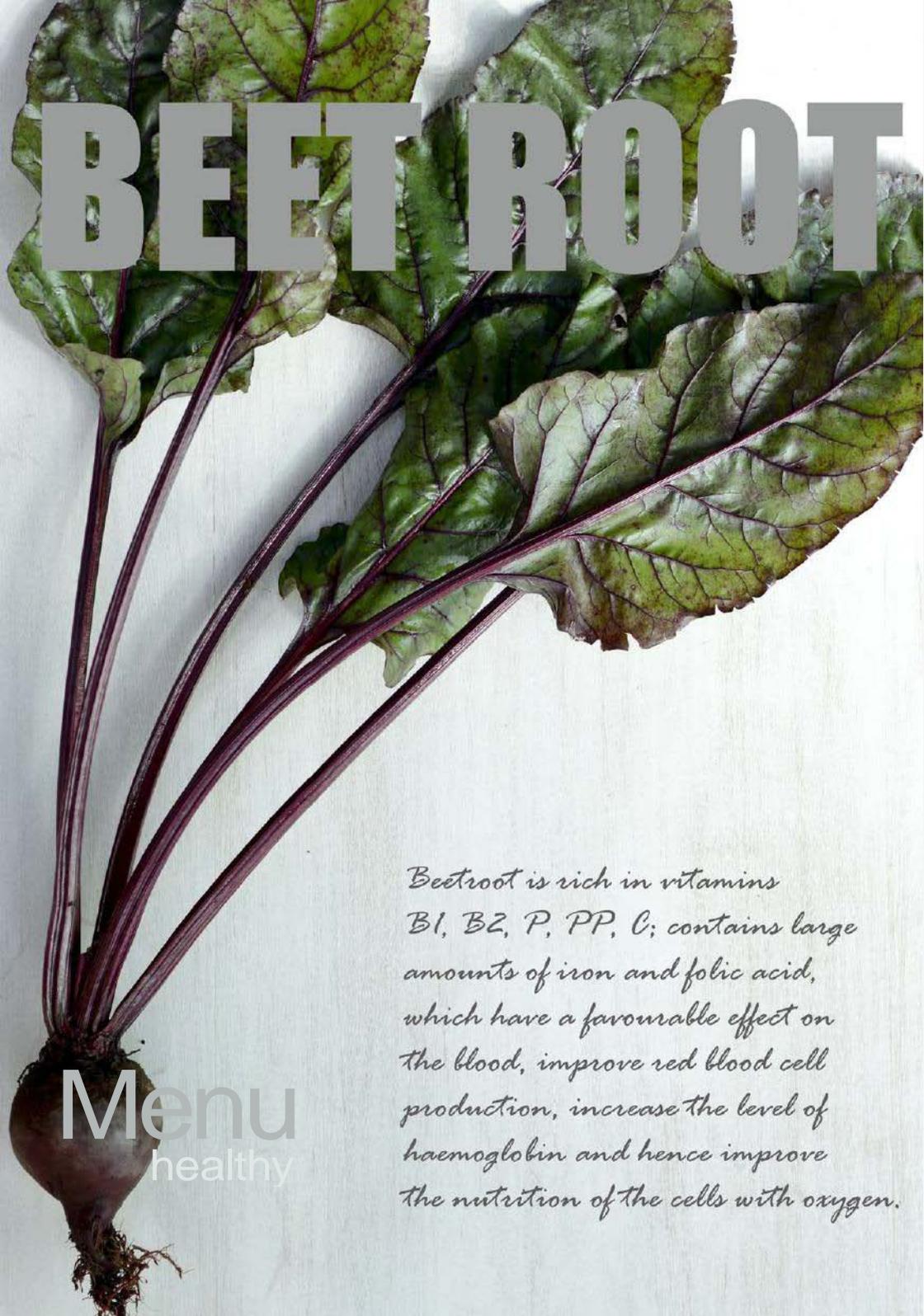
For those who are not a vegetarian or a vegan, but who eat a big salad every day and try to avoid carbs and too many starches. And normally end up exercising a few days a week to reduce the effect of any excesses committed. The few green bottles per day will surprise you on how good they actually taste!!

(3 Green Juices, 1 Spicy Lemon Juice, 1 Fruit Juice, 1 Cashew Milk)

### *Expert Cleanse*

For the conscious of everything that they intake and have the habit of looking for organic, have tried the raw food menus and generally chose food wisely.

(4 Green Juices, 1 Spicy Lemon Juice, 1 Cashew Milk)



# BEEET ROOT

*Beetroot is rich in vitamins B1, B2, P, PP, C; contains large amounts of iron and folic acid, which have a favourable effect on the blood, improve red blood cell production, increase the level of haemoglobin and hence improve the nutrition of the cells with oxygen.*

Menu  
healthy



purely  
**Beauty** est. 1981

# AESTHETIC

Natural Facial with Tui Na Facial Massage and Cooling Jade Roller. (A Chinese medical massage technique using a gentle push and pull movement). Indulge in a natural facial with a stimulating and utterly relaxing massage that incites the blood circulation in the head, face and ears. Therapists massage over 20 acupuncture points on the face. To complete this facial discover the ancient cooling and therapeutic effects of the Jade roller. The rolling technique of the stone closes the pores while helping to move the lymph to reduce puffiness and wrinkling.

75 minutes

## Waxing

Bikini

Full Leg

Half Leg

G-String

Arm

Under Arm

Upper Lip

## Manicure and Pedicure

Manicure

Pedicure

French Manicure

Express Manicure

Express Pedicure

Polish Change

Combined Manicure and Pedicure

Children's Manicure and Pedicure

## Hair Treatment

Hair Cream Massage

# LIGHT MEDICAL TREATMENTS

*performed by Cocoon Medical Spa*



**COCOON**  
— MEDICAL SPA —  
BEAUTY REBORN

## **Botox – Allergan per unit**

Genuine Allergan USA  
30 mins

## **Jevederm Fillers (3 / 4 / Hydrate) - per 1ml**

60 mins

## **Cleopatra 24 Carat Gold Facial - with Diamond Microdermabrasion**

Diamond Microdermabrasion + LED Red Light therapy + Gold Collagen Mask + 24 Carat Gold Hyaluronic Acid Serum + 24 Carat Gold Collagen Moisturiser + 30 Min Foot Massage.  
20 mins

## **Cleopatra 24 Carat Gold Facial – with Dermapen**

Dermapen Microneedling + LED Red Light therapy + Gold Collagen Mask + 24 Carat Gold Hyaluronic Acid Serum + 24 Carat Gold Collagen Moisturiser + 30 Min Foot Massage.  
90 mins

## **Cleopatra 24 Carat Gold Facial – with Diamond Microdermabrasion + Dermapen**

Diamond Microdermabrasion + LED Red Light therapy + Dermapen Microneedling + Gold Collagen Mask + 24 Carat Hyaluronic Acid Gold Serum + 24 Carat Gold Collagen Moisturiser + 30Mins Foot Massage.  
2 hours

## **Dermapen**

An advance electric Dermapen microneedling system for deeper skin rejuvenation, used to treat fine lines, improves skin texture & color and stimulate new collagen growth  
30 mins

## **Vitamin IV**

A mixture of vitamins and minerals is administered intravenously while you relax with a nice foot massage. This treatment assists with Sickness, Tiredness, Menopause, Hormonal problems, and Hangover  
30 mins

## **Skin Peel Dermal Infusion**

Diamond Microdermabrasion + LED Red Light therapy + Gold Collagen Mask + No Needle Mesotherapy + 30 Min Foot / Hand Massage.  
90 mins

## **Red Light Therapy / LED / PDT**

Photo Dynamic Therapy (PDT) is a new non-invasive skin treatment for areas of your skin that show signs of damage from acne, certain skin cancers, sun damage, age spots and other causes. It allows you to target specific areas, and gives very effective results.  
30 mins

## **Diamond Microdermabrasion**

Advanced Microdermabrasion treatment, where that skin cells are exfoliated and vacuumed off the face. This increases blood flow to the skin and helps to produce collagen.  
20 mins

## **Mesotherapy - No Needle, High Frequency**

Ultrasound acts as a delivery mechanism for the active ingredients pushing the product through the dermal layers of the skin without the use of a needle.  
30 mins





“mini Me” is also  
in  
go gSpa

## FOR THE LITTLE ONES

Because we know that a healthier lifestyle from a young age brings lifetime benefits for our loved ones. These treatments are designed for children over 12 years old.

### Foot Treat

Feel relaxed from head to toe as your feet are soaked and tenderly massaged with a cooling and hydrating foot cream

45 minutes

### Body Massage

Enjoy this relaxing and therapeutic full body massage with our all-natural oils.

45 minutes

### Mum and Me

Back Massage, natural mini facial and express manicure.

60 Minutes + express manicure time

### Manicure and Pedicure

Treatment includes soak, citrus scrub, cuticle trimming, gentle foot and hand massage and a choice of nail polish color.

60 minutes



Our  
Support

## OUR PARTNERS

**Sensatia™**  
BOTANICALS



We have chosen to work with Sensatia because they have selected the finest natural raw materials available and they have consistently upgraded their formulas with the very latest advances in natural cosmetic research. Sensatia believes in growing together to help the local community and its rich culture. They have the best quality products and they are a genuine REAL local, profit sharing co-operative business. Spa at Sentosa is very proud to be associated with them.

**Elemis**



Elemis is a unique skincare brand that has been developed to target the perfect spa experience. Elemis not only provides a truly impressive range of treatments, techniques and products that really work when fighting everybody's concern with anti-ageing, but they also provide high quality training and support for our therapists and our spa team. This allows us to professionally assess any concerns with beauty and lifestyle and provide you with the right advice and skincare regime. Elemis also constantly launches new and innovative products that work very well with our spa treatments. They give us the confidence to recommend their products to you and, of course, we always look forward to new launches and products.

*lisa's closet*



Lisa is a unique and inspiring designer who combines the finest silk materials with local batik printing techniques. She has created a style that we believe will be very successful and we enjoy supporting and growing with her.

## OUR TEAM

Who makes us so good? Our Team does!

Our team members are our best kept secret! All of them have had international and local experience as well as extensive training in different companies before joining the Spa at Sentosa. We have tried to nurture their professional growth and help them to realise their best potential by improving their skill sets with new treatments, new training, new knowledge and new exciting challenges. Our team members are truly the heart and soul of this spa.

*ject to 21% government tax and service charges*



## General Spa Information

Please reserve your treatments in advance.

When you arrive at the Spa our spa receptionist will explain your scheduled treatment and she will ask you to complete a Spa Consultation Form. Please take the time to answer all the questions thoroughly and let us know if you have any medical conditions or concerns.

Disposable underwear, slippers and a bathrobe will be provided for your use.

You may want to avoid treatments using deep pressure. Please inform our spa receptionist of your condition when you book your treatment so that we can assist you in selecting the most suitable options for you.

## Spa Etiquette and Policy

### Arrive Early

Please try to arrive at least 10 minutes before your scheduled treatment time. Arriving late will shorten your spa time with us as your treatment must end on time to prevent delays for the next appointment.

### Jewelry

Please make sure you are not wearing any jewelry.

### Minors

Spa guests must be at least 16 years of age or otherwise be accompanied by an adult.

### Smoking and Alcohol

Smoking and alcoholic beverages are NOT permitted in the spa

### Respect to other Guests

The spa is designed to be tranquil and relaxing. Please respect the peace and privacy of other guests by switching off cellular phones and electronic devices.

### Cancellation Policy

Please let us know at least 4 hours before your scheduled appointment time if you wish to cancel or reschedule your booking. If you miss your appointment with no previous notice we reserve the right to charge 100%.



**SENTOSA  
SEMINYAK**