



# SPA MENU

CHOOSE YOUR INDULGENCE FROM OUR  
EXTENSIVE LIST OF THERAPIES AND RITUALS

## Signature Therapies

**Creative Time (Creat vaguthu )** 110 min - \$120  
140 min - \$130

Consult with our spa specialists to create your personalized ritual.

**Revitalizing Jet Lag Ritual** 110 min - \$120

Revitalize both mind and body after a long flight with an entire treatment focusing on making you feel rejuvenated and ready to enjoy your vacation.

**Traditional Healing Ritual** 80 min - \$100

Improve blood circulation, sleep better and relax. This ritual includes a combination of Balinese massage techniques together with a coconut body scrub which helps release stress and stiffness in your body.

**Harmony Journey** 110 min - \$120

A Relaxing and de- stressing therapy for tired or tense body and skin. Promotes deep relaxation and calmness.

**Blissful Package** 80 min - \$110

Foot reflexology instead of body scrub. ( Balinese Massage and Foot Reflexology or Refresher Facial )

**Amaya Spa Delight** 140 min - \$130

This signature treatment will give you a total relaxation, starting with a fusion massage to relieve muscle stiffness. It then continues the treatment with foot reflexology and then a warm coconut head massage.

## Body Massage

**Amaya Spa Fusion Massage** 80 min - \$100

This signature massage offers a combination of aromatherapy and hawaian lomi-lomi, Shiatsu and Swedish massage techniques

**Traditional Balinese Massage** 50 min - \$80  
80 min - \$100

A massage designed to unblock energy, increase circulation and alleviate stressed muscles.

**Classic Aromatherapy Massage** 50 min - \$80  
80 min - \$100

Combines a range of relaxation techniques and slow rhythmical dance like movements to enhance relaxation and promote the sense of wellbeing and calm within.

**Back, Neck and Head Massage** 25 min - \$50  
50 min - \$70

A back, neck and shoulder massage to ease away stress. A highly effective quick pick-me-up treatment designed to release tension and facilitate deep relaxation.

**Thai Massage** 50 min - \$80  
80 min - \$100

A deep pressure and intense stretching massage without the use of oil to energize and refresh the body and mind. Our traditional Thai massage is specifically tailor-made to meet your individual needs and incorporates deep pressure point techniques.

**De - Stress Massage** 50 min - \$80  
80 min - \$100

A full body massage with a focus on alleviating tension from the back. This deeply restorative treatment is specifically designed for tight, stressed and aching muscles.

**Hot Stone Massage** 80 min - \$100

Hot stone therapy is a powerful massage technique that involves heated riverbed stones. The effects of this ancient form of healing have been proven to release tension in muscles, increase blood circulation, trigger relaxation response in the nervous system and restore fluidity to the connective tissue joints.

**Foot Therapy** 25 min - \$50  
50 min - \$70

A pressure point foot massage to stimulate circulation and improve wellbeing. Feel your entire body relax as pressure is applied to specific points on the feet which stimulate circulation and heals the internal organs.

## Body Glow

**Coffee & Coconut Body Scrub** 50 min - \$110

A body scrub suitable for all skin types including sensitive skin, which leaves the skin soft and supple.

**Nourishing Body Polish** 50 min - \$110

An enriching Himalayan salt and ylang-ylang body scrub to bring dry out of condition skin back to life. The moisturizing properties of this natural oil help keep your skin cells hydrated while counteracting any drying effects associated with exfoliating your skin.

**Himalayan Salt & Lavender Body Scrub** 50 min - \$110

The lavender body exfoliator will remove the dead skin cells, leaving your skin smooth, hydrated and more radiant than ever. Promotes mood improvements and reduces skin inflammations and irritations.

All prices are subject to service charge and goverment tax.

## After The Sun Treatment

50 min - \$80

Soothing and nourishing treatment designed for sunburned skin. Soothe and rehydrate sunburned skin with this cooling treatment.

## Beauty Treatment

### Manicure

\$60

A luxurious and thorough manicure with expert treatment from the cuticle to the tip of your nails. Our manicure also includes a hand and arm massage to improve circulation. Nails are shaped, polished to perfection and finished with a clear top-coat for a lasting shine.

### Pedicure

\$60

A thorough pedicure to clean toes and remove dead skin cells from the soles of your feet. Toenails are treated from the cuticle to the tip. Your pedicure also includes a relaxing foot massage.

### Refresher Facial

25 min - \$60

An express facial suitable for all skin types. Delivering visible results in the shortest of time. This express facial is designed to nourish, rebalance, and condition the skin leaving a fresh and renewed complexion. Included in this facial is cleansing, toning, exfoliation and moisturizing.

### Antiaging Anti – Wrinkle solution

50 min - \$120

Regenerating Protocol for a smoother, retexturizing skin

This Facial is good for reduces appearance of wrinkles and expression lines. Stimulate the synthetic of collagen. rejuvenate skin by restoring lost volume, elasticity and firmness, and brightening the complexion

### Gold Therapy Facial

50 min - \$110

A gold facial can improve skin elasticity, making your skin look fresh and rejuvenated. Helping you maintain younger-looking skin. - Gold facials can treat inflammatory skin disorders because of the anti-bacterial and anti-inflammatory properties of gold.

### Oxygen Facial

50 min - \$100

Intended to rejuvenate and hydrate the skin, an oxygen facial uses oxygen under high amounts of pressure to apply various serums and hyaluronic acid to the skin. Hyaluronic acid is naturally present in the human body, and is thought to lessen the effects of aging by tightening and hydrating the skin.

## Ayurveda Collections

### Indian Head Massage

25 min - \$50

A head, neck and scalp massage to ease the mind of tension. An invigorating massage which directly affects your muscles, nerves, and mind.

### Abhyanga Massage

50 min - \$90

80 min - \$110

A flowing rhythmic massage to restore energy. A traditional Ayurvedic massage combining deeply hypnotic and rhythmical techniques to rejuvenate the body.

### Abhyanga & Shirodara

80 min - \$150

A powerful massage and therapy to decrease stress and increase balance in the body. Shirodhara is considered one of the most powerful Ayurvedic treatments available.

### Podikhizi

50 min - \$100

A traditional Ayurvedic herbal bolus massage that warms and reduces muscle and joint pain. An ancient ritual from India used to purify and strengthen the body.

### Udhvarthanam

50 min - \$100

A deeply detoxifying treatment. Three sessions are recommended to achieve maximum results. Udhvarthanam is a highly effective detoxifying treatment using a special herbal powder to thoroughly exfoliate the whole body. This exfoliating massage encourages the breakdown of excess fatty deposits and improves blood circulation to enhance the skin structure and appearance.

### Kativasthi

50 min - \$90

A treatment focusing on decreasing chronic lower back pain. Three sessions are recommended for maximum benefits. This therapy concludes with a variety of massage techniques focused on improving moment, and strengthening the lower back region.



## SPA ETIQUETTE

### SPA ARRIVAL

Please arrive for your treatment 10 minutes prior to the scheduled appointment time. A late arrival will limit your treatment time as we need to respect our next appointment without delay.

Prior to your treatment, you will be asked to complete a confidential questionnaire to assess your suitability for any treatment carrying contraindications. If you are pregnant, or less than three months after giving birth and would like to enjoy any of our Spa treatments, please consult with the Doctor first. We kindly ask you to also bring a certificate of no objection from your family doctor allowing you to use the spa facilities.

### SPA CANCELLATION POLICY

If you would like to re-schedule or cancel your booking, you can do so at any time provided that a minimum of 5 hours' notice is given. If a cancellation is made with less than 2 hours to your appointment time, a 50% charge will apply. If there is no notice provided, the full charge will be made for the services reserved.

### GENERAL SPA COURTESY

We recommend that you leave your jewelry in the safe provided in your room as we take no responsibility for any loss or damage.

As a courtesy to all our guests we offer an environment that is free from mobile phones and other technological distractions.

### HOW TO SPA

- The Spa is open from 10:00 to 20:00, daily.
- Spa treatments are provided for guests above the age of 12
- All treatments will be charged to your room and appear on your account at the time of check out