



# GRAND SEMINYAK

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SPA





TRUE RELAXATION IS A  
JOURNEY WITHIN,  
WHERE THE SOUL FINDS  
SOLACE WITHOUT THE  
NEED FOR WORDS.



# SPA JOURNEYS

Carefully crafted to bring you a luxurious choice of extended experiences, these special journeys are designed to help you escape the limits of space and time.

Indulge in unique destination inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.





### **PURE VITALITY**

Experience a rejuvenating voyage with our revitalizing spa treatment. Our expert therapists will use stimulating massage techniques to enhance circulation and energy flow, followed by a personalized facial to provide optimum results for your unique skin type. The ancient Balinese Boreh Mask, made from mineral-rich white kaolin clay, spice, and bark, will draw out impurities and nourish your skin cells. Leave feeling refreshed and renewed with our all-in-one spa package.

Floral Foot Ritual • Energizing Massage •  
Cleopatra's Rose Facial • Bali Boreh Mask • Shower •  
Refreshment

(180 Minutes)

### **ISLAND OF JAVA JOURNEY**

Originating from the Royal House of Java, this traditional beauty ritual is no longer reserved for royalty, but is sure to bestow a regal radiance by relieving tension, improving blood flow, and bringing waves of muscle relief.

Floral Foot Ritual • Deep Tissue Massage •  
Javanese Lulur • Shower • Refreshment

(165 Minutes)

### **DAWN RENEWAL**

Rise to a refreshing ritual of replenishing therapies. Pampered by Dermalogica Age Smart to help repair existing skin damage for restore the skin's structural integrity, followed with warmth of coconut oil Ayurvedic head massage and reflexology to feel renewal your body and soul.

Floral Foot Ritual • Coconut Body Scrub •  
Indian Head Massage • Foot Reflexology • Shower •  
Refreshment

(165 Minutes)

### **REJUVENATE RETREAT**

End your day with a soothing series. Feel recharged by our signature full body massage of eastern and western techniques and special oil blend, and followed by a body exfoliation ritual to invigorate and revitalize the body. Elemis Exotic Lime and Ginger Salt Glow is deeply cleansed and moisturized, leaving it glowing and vibrant, replenished and flawless.

Floral Foot Ritual • Signature Massage •  
Elemis Exotic Lime and Ginger Salt Glow • Shower •  
Refreshment

(125 Minutes)

### **ANCIENT ASIA ODYSSEY**

Experience two of Asia's most unique and popular ancient wellness techniques. Feel invigorated by Thai pressure point and stretching techniques to release stress, enhance flexibility and stimulate healthy energy. Relax into an Ayurvedic head massage that uses pressure point and massage techniques with coconut oil to relieve tension, insomnia, and chronic headaches.

Floral Foot Ritual • Bespoke Experience •  
Indian Head Massage • Refreshment

(125 Minutes)

### **DUSK RELAXATION**

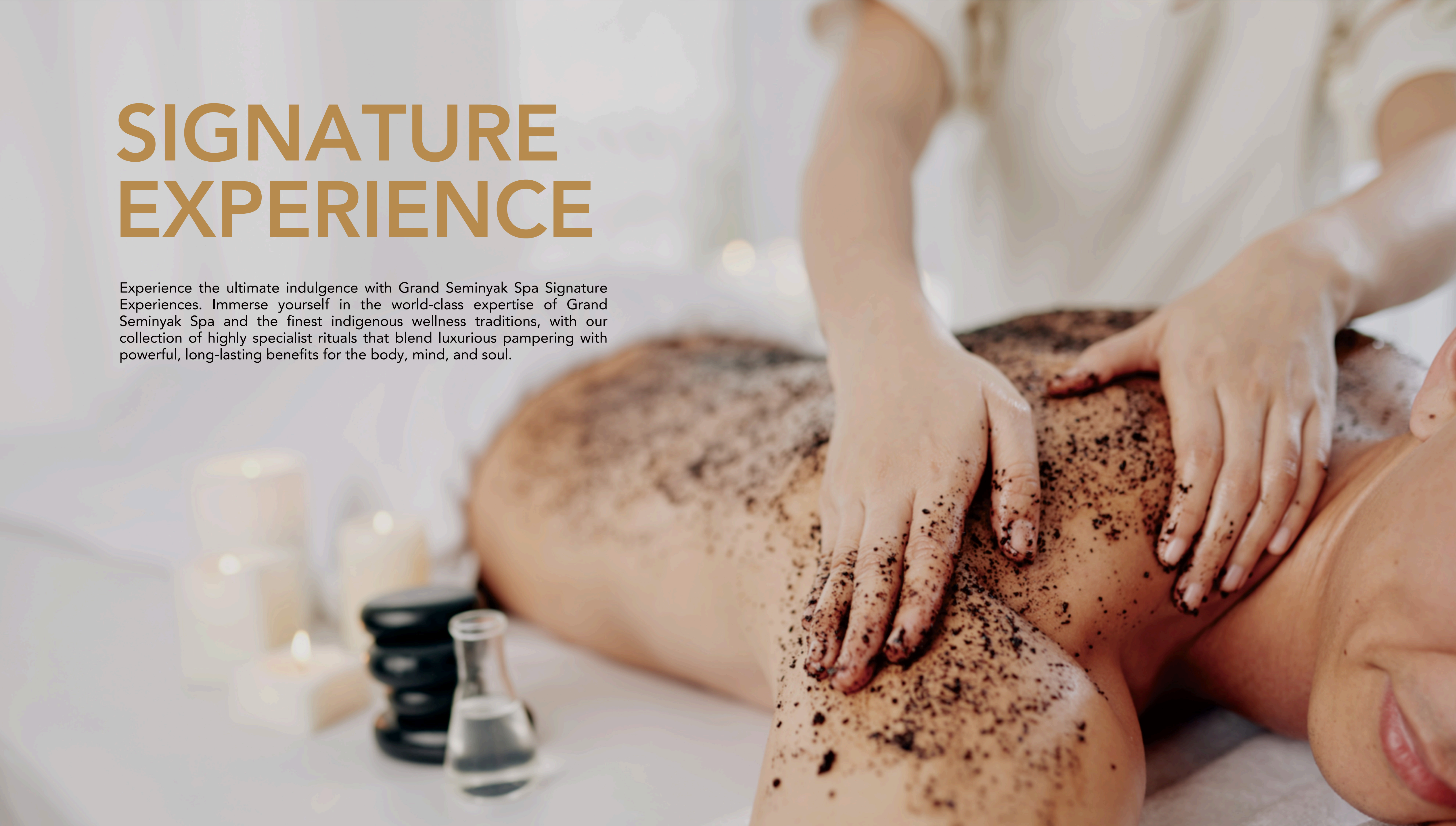
Experience an authentic Indonesian massage using floral oil, palm pressure, and stretching techniques to ease tension and improve blood flow. Followed by a reflexology session to promote relaxation and overall wellbeing, restoring balance to your body, mind, and spirit.

Floral Foot Ritual • Balinese Massage Foot •  
Reflexology • Refreshment

(125 Minutes)

# SIGNATURE EXPERIENCE

Experience the ultimate indulgence with Grand Seminyak Spa Signature Experiences. Immerse yourself in the world-class expertise of Grand Seminyak Spa and the finest indigenous wellness traditions, with our collection of highly specialist rituals that blend luxurious pampering with powerful, long-lasting benefits for the body, mind, and soul.





### REJUVENATE SIGNATURE MASSAGE

Drawing on Grand Seminyak Spa's world-class expertise, the finest indigenous wellness traditions and unique holistic therapies, our collection of highly specialist rituals blends luxurious pampering with powerful, long-lasting benefits for body, mind, and soul.

Floral Foot Ritual • Signature Massage • Refreshment

(60/90 Minutes)

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### MAUWUT MASSAGE

Experience a traditional wellness practice that is intrinsically connected to Balinese culture. Stemming from Ayurvedic wisdom and offering holistic care, this ancient Hindu treatment has evolved over time and is customised to each person's needs and age, working in harmony with the cycle of life from infants to the elderly. Penetrating deeply, this unique full body massage combines warm ginger oil with pressure point techniques using fingers, thumbs, palms, knuckles, and body weight to promote healthy circulation and energy flow, tone muscles, heal bones and nerve paths, whilst also relieving stress and exhaustion, restoring balance and inner tranquillity products.

Floral Foot Ritual • Mauwut Massage • Refreshment

(60/90 Minutes)

### KEROKAN THERAPY

In this ancient Balinese and Javanese treatment, an expert therapist rubs the skin with ginger oil and scrapes on the neck and back area using a coin until it turns purple, or red. Traditionally used to treat common cold symptoms such as sneezing, a runny nose, headache and fever, this therapy has a stimulating and warming effect, promotes stamina, and increases vital energy flow.

Floral Foot Ritual • Kerokan • Refreshment

(30 Minutes)

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### BESPOKE SPA EXPERIENCE

Indulge in an exclusive massage, designed to suit your needs and mood. Highlight the areas you wish to focus on or the benefits you would like to receive, and we will tailor the perfect 90-minute treatment and offer you a choice of luxurious massage oils.

Floral Foot Ritual • Bespoke Massage • Refreshment Refreshment

(90 Minutes)

# MASSAGES

## **BALINESE MASSAGE**

Immerse yourself in the timeless tradition of this authentic massage style, where our therapist incorporates Indonesian floral oil, palm pressure, and stretching techniques to alleviate tension, enhance blood circulation, and induce soothing muscle relief. Experience the gentle yet powerful waves of relaxation that wash over your body as a result of this therapeutic massage.

Floral Foot Ritual • Balinese Massage •  
Refreshment

(60/90 Minutes)

## **THAI HERBAL COMPRESS**

Discover how the healing powers of medicinal Thai herbs can alleviate sore muscles and joints, flu and cold symptoms, the pain of rheumatism and arthritis, at the same time aiding the healing process of sprains and bruises and quieting the mind. First a warm herbal oil massage melts away stored tension. Then a heated cotton cloth compress filled with therapeutic herbs is gently pressed and rolled over your entire body to deepen the holistic benefits.

Floral Foot Ritual • Thai Herbal Compress •  
Refreshment

(90 Minutes)

## **DEEP TISSUE MASSAGE**

This vigorous yet relaxing remedy uses classic Swedish massage strokes and works deeply into the muscles to stretch fibres and release tension that may otherwise cause restricted movement and pain. Enjoy improved blood flow and flexibility, as well as relief for sore muscles.

Floral Foot Ritual • Deep Tissue Massage •  
Refreshment

(60/90 Minutes)

# MASSAGES

## MOTHER-TO-BE TREATMENT

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Adapted to each stage of pregnancy, specialized positioning ensures safety, comfort, and relaxation. Designed to relieve tension in the back and alleviate swelling in the hands and feet, this harmonious massage eases the mind and uplifts the spirit.

Floral Foot Ritual • Mother-To-Be Massage • Refreshment

(75 Minutes)

## FOOT REFLEXOLOGY

Experience holistic balance and deep relaxation. This fascinating treatment provides physical and spiritual renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to stimulate corresponding organ groups in the upper body.

Floral Foot Ritual • Foot Reflexology • Refreshment

(60 Minutes)

## INDIAN HEAD MASSAGE

Based on ancient Ayurvedic principles, this massage combines pressure point techniques and massage movements with coconut oil to relieve tension in the head and neck. Both soothing and energizing, this therapy can help to relieve insomnia and chronic headaches.

Floral Foot Ritual • Indian Head Massage • Refreshment

(60 Minutes)



### **BALI BOREH BODY MASK**

Treat your skin to an ancient Balinese body mask, combining a mineral rich white kaolin clay base with spice and bark to draw out impurities and nourish cells back to health.

Floral Foot Ritual • Bali Boreh Body Mask • Shower  
• Body Moisturizer • Refreshment

(60 Minutes)

### **GREEN TEA MOISTEN BODY MASK**

Aromatic green tea helping to infuse the skin with essential antioxidants, vitamins and minerals while delivering hydration. Drenching the skin with moisture and releases your entire body from environmental pollutant, toxin, and stress.

Floral Foot Ritual • Green Tea Moisten Body Mask  
• Shower • Body Moisturizer • Refreshment

(45 Minutes)

### **ALOE AFTER SUN SOOTHER**

Wonderfully soothing and calming, expert therapists apply fresh, cooling aloe Vera gel and a poultice of cold black tea and mint to decrease redness and pain.

Floral Foot Ritual • Aloe and Cucumber Juice Mask  
• Shower • Aloe Body Moisturizer • Refreshment

(60 Minutes)



# **BODY SCRUB & BODY WRAP**

### **CLEOPATRA'S ROSE FACIAL**

Cleopatra's Rose Facial is design for all skin type. Enriched with rose petal from Damascus, Cleopatra's Rose are playing serious role in regulating sebum and nurturing skin. Rose damask is also known to calm sensitive skin and help prevent signs of aging

(60 Minutes)

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### **ANTI AGING FACIAL RITUAL**

Anti-aging ritual is specifically made for individual who believes age is only a number. This ritual is using products from anti-aging range which high in anti-oxidant to help alleviate the signs of premature aging such as fine lines and sagging skin. A concentrated extract of schisandra berry as a star ingredient, helps to reduce fine lines and encourages skin cell regeneration.

(60 Minutes)

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### **SENSITIVE SKIN FACIAL**

Unscented and Calming series special created for these skin types which has higher levels of nurturing emollients and neutral extracts which gently cares and nurture the skin back to a healthy/ optimum oil producing level without irritation.

(60 Minutes)

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### **MINI FACIAL**

This introductory facial provides a simple and instant pick-me-up.

(30 Minutes)

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### **REFRESHER FACIAL**

Using fresh ingredients prepared daily in the spa kitchen, this facial treatment delivers cleaner, healthier and smoother skin.

(30 Minutes)



**SENSATIA  
BOTANICALS FACIALS**

### JAVANESE LULUR BODY SCRUB

An age-old beauty secret of Javanese royalty, this scrub lavishes skin with a variety of finely blended spices and herbs to gently remove dead cells and smooth skin to a golden glow.

Floral Foot Ritual • Javanese Lulur Body Scrub •  
Yoghurt Body Polish • Shower • Refreshment

(60 Minutes)

### COCONUT & CUCUMBER BODY SCRUB

Rich in vitamins and antioxidants, ground apricot pits and cinnamon bark remove dead cells and strengthen new skin for a completely clear and flawless appearance.

Floral Foot Ritual • Coconut & Cucumber Body  
Scrub • Shower • Body Moisturizer • Refreshment

(60 Minutes)

### EXCOTIC LIME & GINGER SALT GLOW

Enjoy an exfoliation ritual that awakens the senses. After light body brushing, warm oil is dripped over the entire body, before the refreshing lime and warming ginger polish is massaged into your skin to leave it deeply cleansed and moisturized, replenished, flawless and vibrant.

Floral Foot Ritual • Exotic Lime & Ginger Salt Glow  
• Shower • Body Moisturizer • Refreshment

(45 Minutes)

# BODY SCRUB & BODY WRAP



## BATH RITUALS

### REJUVENATE FLORAL BATH

A sensual and romantic experience to enliven the senses. Enjoy a private tea service as the exotic aromas of a relaxing floral bath balance your body, mind, and spirit.

(30 Minutes)

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## HAND & FOOTCARE

### SPA MANICURE

Pamper hands and nails with a sequence of soaking, filing, and buffing, a nourishing mask and gentle massage, before an immaculate paint finish.

(60 Minutes)

### SPA PEDICURE

Soothe and soften your feet in an aromatic foot soak, then enjoy toes that are clipped, filed, and buffed to perfection. A foot mask replenishes vital moisture, and a massage deeply relaxes, before an immaculate paint finish concludes this lavish beauty ritual.

(60 Minutes)

## KIDS SPA

### CHOCOLATE MASSAGE

Starting with floral footbath ritual. This fun and revitalizing massage for toddlers, helps to release tiredness and tension for the little active person Product use: chocolate massage oil

\*2 – 12 years old

(30 Minutes)

### PRINCESS / LITTLE GUY NAILS

A fascinating manicure or pedicure followed by relaxing massage; colours are included. Nail art additional charge.

(30 Minutes)

### KIDS SPA BABY MASSAGE

A gentle relaxing massage for the little ones Designed to stimulate body metabolism and strengthen growing muscles. A baby massage helps babies to sleep soundly.

Product use: plain olive oil to smooth the skin.

\*Below 2 years old

(20 Minutes)



# SPA ETIQUETTE

- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings.
  - We have a wonderful selection of refreshing teas, which can be prepared for you to enjoy after your treatment.
  - Please note that the spa is unsuitable for small children and babies, as we try to ensure that all our guests benefit from the tranquil surroundings.
  - We recommend that you leave all jewellery in your suite before coming to the spa.
  - All treatments will be charged to your suite and will appear on your account at checkout.
  - Please give four hours' cancellation notice on individual treatments and 24 hours' notice on packages, otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after aromatherapy and waxing treatments.
  - For men, please shave prior to all facial treatments to ensure that maximum results are achieved.
  - Smoking and the use of mobile phones is not permitted in the spa.
  - Arriving late will decrease the time of your treatment.
  - Guests with high blood pressure, heart conditions, allergies, who are pregnant, or have any other medical complications, are advised to consult a doctor before undergoing any treatments.
  - Please notify the spa receptionists of any existing medical conditions.



SIGNATURE EXPERIENCES	MINS	IDR
Rejuvenate Signature Massage	60/90	825,000/1,155,000
Mauwut Massage	60/90	935,000/1,210,000
Kerokan Therapy	30	440,000
Bespoke Spa Experience	90	1,155,000

SPA JOURNEYS	MINS	IDR
Pure Vitality	180	2,050,000
Island of Java Journey	165	1,570,000
Dawn Renewal	165	1,450,000
Rejuvenate Retreat	125	1,685,000
Ancient Asia Odyssey	125	1,275,000
Dusk Relaxation	125	1,365,000

MASSAGE	MINS	IDR
Balinese Massage	60/90	825,000/1,155,000
Thai Herbal Compress	90	1,255,000
Deep Tissue Massage	60/90	880,000/1,210,000
Mother-To-Be Treatment	75	1,210,000
Foot Reflexology	60	605,000
Indian Head Massage	60	605,000
Back/Foot/Head Massage	30	450,000

BODY SCRUBS	MINS	IDR
Javanese Lulur Body Scrub	60	715,000
Coconut & Cucumber Body Scrub	60	715,000
Exotic Lime and Ginger Salt Glow	45	858,000

BODY WRAPS	MINS	IDR
Bali Boreh Body Mask	60	770,000
Green Tea Moisten Body Wrap	45	858,000
Aloe After Sun Soother	60	770,000

FACIALS	MINS	IDR
Cleopatra's Rose Facial	60	1,150,000
Anti-aging Facial Ritual	60	1,575,000
Sensitive Skin Facial	60	1,150,000
Mini Facial	30	658,000
Refresher Facial	30	450,000

BATH RITUAL	MINS	IDR
Rejuvenate Floral Bath	30	350,000

HAND AND FOOT CARE	MINS	IDR
Spa Manicure	60	475,000
Spa Pedicure	60	495,000

KIDS SPA	MINS	IDR
Kids Spa Baby Massage	20	450,000
Chocolate Massage	30	490,000
Princess/Little Guy Nails	30	225,000

Opening hours: 9:00 AM – 9:00 PM

All prices are in Indonesian Rupiah and are subject to 10% Service Charge and 11% Applicable Government Tax.

Advance booking is highly recommended to ensure the availability

Appointments cancelled with less than 4 hours' notice will incur a cancellation fee of 50% of the reserved treatment price.

In the event you are late for your scheduled appointment, we will accommodate you to the best of our abilities, but your treatment may be shortened or rescheduled.

For reservations, please contact Grand Seminyak Spa Ext. 7901

[www.grandseminyak.com](http://www.grandseminyak.com)