

# VILLA SANTAI SPA MENU

Many of the spa services can be performed at Villa Santai, but there are also some types of treatments and therapies that must be performed at Kayumanis Spa. Kayumanis Spa is rated in the top five spas on the island of Bali, in which Villa Santai has the pleasure of using their services at our own villa. Please inquire with the villa manager to coordinate with Kayumanis Spa as to which therapies and massage treatments may be performed off-site at the villa, if so desired.

If you choose not to book through Kayumanis Spa, we also offer on-site villa massage, manicure, and pedicure services from other local massage parlors with very reasonable prices ranging from \$20 per hour for traditional Balinese massage and \$15 for manicures and pedicures.

Bathing should be a quiet time of pure pleasure and serenity. Close your eyes, breathe slowly and deeply. Allow your body and mind to relax and retreat into a peaceful oasis of pure aroma. Whether you want to calm down, re-energize or just soak your troubles away, our bath selection will re-awaken your senses. Bathe at your own leisure to enjoy the sensation of precious moments alone. A Bath Ritual is a personal indulgence that can be taken either at Kayumanis Spa or in the comfortable confines of Villa Santai.

## **SOOTHING 30 min US\$ 20 ++**

A nourishing mix of honey and fresh milk will refresh and soften your whole body. A sprinkle of scented rose petals into the water just before you step in adds to the overall sense of indulgence.

## **REBALANCING 30 min US\$ 20 ++**

Inspired by the Balinese Hindu purifying ceremony that symbolically cleanses the spirit, this nurturing bathing ritual uses an infusion of fragrant Cananga blossoms to generate peace and harmony. Stirring the emotions and increasing feelings of sensuality, a leisure soak is recommended before embarking on a restful slumber.

## **ENERGIZING 30 min US\$ 20 ++**

A blend of exotic herbs and spices will help to stimulate body heat and relieve muscle tension. This replenishing bathing ritual is the ideal pick-me-up after a long flight or a day spent exploring the island.

## **PURIFYING 30 min US\$ 20 ++**

A long soak in lemon scented water with slices of fresh lemon is beneficial for greasy skin, breathing problems and is believed to reduce cellulite.

## **Massage Therapies**

The sense of touch is a very powerful experience. Massage can bring a caring feeling of warmth, love and intimacy. Combined with different pure essential oils, massage is a voyage of discovery that arouses the mind, body and spirit. Begin with an aromatherapy foot bath\*, a symbolic cleansing to wash away your cares and

prepare you for total relaxation. Finally enjoy a blissfully relaxing massage.

*\*) except for the 30-min treatment*

**RELAXING MASSAGE 60 min US\$ 50 ++**

Inspired by the rejuvenating techniques of traditional Balinese massage, this treatment combines long strokes, skin rolling, and thumb & palm pressure. It aims to relieve tension, improve blood circulation, reduce anxiety and calm the mind.

**ENERGY MASSAGE 60 min US\$ 50 ++**

This firm and deep stroke massage treatment is performed using elbow pressure to restore depleted energy levels and release emotional tension. The sheer strength of this exclusive therapy helps relieve stress as well as muscular aches and pains.

**WARM STONE MASSAGE 75 min US\$ 70 ++**

The healing properties of heated natural volcanic stones help to relax tight muscles and purge negative energy. This treatment has a soothing effect on emotions that result in feelings of renewal.

**MOODS AT GLANCE 90 min US\$ 65 ++**

This is a signature treatment that uses aromatic oils and a relaxing water flow massage technique to rebalance the body and spirit.

**REVITALIZING MASSAGE 120 min US\$ 85 ++**

Indulge your body with 2 hours of head to toe pampering. This treatment covers all areas of the body and feet and finishes with gentle pressure movements on the head to restore overall well-being.

**SOOTHING ESSENCE 30 min US\$ 35 ++**

A rejuvenating therapy that focuses particularly on the lower leg region, including the shins and calves, to eliminate fatigue and return a vibrant spring in every step as you set out to explore the island.

**PURE SERENITY 30 min US\$ 35 ++**

An intensive treatment applied to the upper part of the body concentrating on the back, neck, shoulders and arms with the aim to relieve tension and recharge declining energy levels.

## **Body Therapies**

Kayumanis Body Therapies use products from the land and sea to polish and scrub away skin impurities that are a direct effect of modern living. Each treatment involves a soothing foot bath, an exfoliating body scrub and warm shower to rinse away the ingredients. An additional massage to your back, neck and shoulder areas with moisturizer will soften and hydrate the skin.

### **CELESTRIAL DREAM 60 min US\$ 55 ++**

An exfoliating body treatment using a combination of natural products such as sea salt and herbs to remove dead skin cells, stimulate blood circulation and nourish delicate skin.

Please choose one of the following products:

Lulur	~ softens, refines and rejuvenates skin
Cinnamon	~ nourishes the skin and contains anti-aging properties
Sea Salt	~ improves blood circulation and softens the skin
Coffee	~ an aromatic product for coffee lovers
Fresh Coconut	~ for sensitive, sunburned or dry skin
Mineral Clay	~ exfoliates, moisturizes & reduces cellulite

### **DIVINE ESCAPE 60 min US\$ 55 ++**

This indulging ritual involves a deep cleansing body wrap using indigenous herbs, fruit and volcanic mud accompanied by a face, head and scalp massage while the concoction takes effect. A brisk shower under tepid water rinses off all ingredients and is followed by a refreshing application of moisturizer. This detoxifying treatment eliminates impurities, hydrates the skin and soothes weary muscles.

Please choose one of the following products:

Boreh	~ stimulates body heat, relieves aching muscle and pain
Avocado	~ nourishes, moisturizes for radiant skin
Volcanic Body Mud	~ softens, improves elasticity & reduces cellulite

## **Beauty Rituals**

Basic beauty care is a vital to the way we present ourselves on a daily basis. A regular facial and hair treatment will ensure that you look your best at all times, while neat nails always complement a well groomed appearance.

### **REFRESHING NATURAL FACIAL 60 min US\$ 55 ++**

This reviving treatment focuses on the use of pure and natural ingredients known for their nourishing properties such as lemon, honey and fresh cucumber. A candle nut peel will eliminate impurities, while ripe avocado flesh penetrates the skin for a deep moisturizing effect.

### **TRADITIONAL FACIAL 60 min US\$ 55 ++**

This traditional facial combines fresh from the garden ingredients with seaweed and anti-aging Biokos products manufactured by Martha Tilaar, a company that celebrates Indonesia's natural healing and beauty heritage.

### **HAIR CARE TREATMENT 60 min US\$ 50 ++**

This is a gentle hair and scalp treatment in which a rich cream is applied to the hair in sections. Choices of natural ingredients are used to treat different hair conditions. A stress relieving head and neck massage is also performed to stimulate the scalp and soothe shoulder muscles.

Please choose one of the following products:

Avocado	~ nourishes dry hair
Aloe Vera	~ enriches all hair types
Almond Oil	~ for soft and shiny hair

**MANICURE 60 min US\$ 40 ++**

**PEDICURE 60 min US\$ 40 ++**

Nail care is the ultimate treat as it boosts your confidence and makes you feel positive about your appearance. This treatment softens the skin, stimulates nails growth and is an essential part of personal grooming.

## **Kayumanis Packages**

**VIBRANT RECHARGE 90 min US\$ 70 ++**

This treatment is highly recommended immediately after a long journey to help you recover from jet lag and stiff muscles from being confined to a small space. It commences with a choice of Relaxing or Energy Massage therapies to release tension followed by a stimulating Foot Massage or a Refresher Facial to give the skin a youthful glow.

> Aromatherapy Foot Bath > Relaxing or Energy Massage > Foot Massage or Refresher Facial

**RELAXING RITUAL 120 min US\$ 100 ++**

Experience the pleasure of overall indulgence with a nurturing treatment that pays attention to every part of the body. The ritual involves a therapeutic massage to optimize energy levels, while a body scrub will revive tired skin and stimulate circulation. A long soak in a bath ritual of your choice will excite the senses.

> Aromatherapy Foot Bath > Relaxing or Energy Massage > Body Scrub > Bath Ritual

**KAYUMANIS KARMA 120 min US\$ 100 ++**

An enlivening treatment created to balance the body, mind and spirit. Feel your stress and tension melt away under the deep heat of natural volcanic stones applied to strategic energy points of the body. This is followed by a nourishing Kayumanis Facial of your choice.

> Aromatherapy Foot Bath > Warm Stone Massage > Kayumanis Facial

**EXECUTIVE REVIVAL 180 min US\$ 145 ++**

This masculine ritual encourages men to take some quality time out for self indulgence away from the pressures of the business world. All traces of executive stress quickly fade away with an Energy Massage to restore vitality and drive. A reviving facial restores youthful looks, while a pedicure attends to one of the most neglected areas of the male anatomy.

> Aromatherapy Foot Bath > Energy Massage > Traditional Facial > Soothing Essence > Pedicure

### **SWEET SERENADE 180 min US\$ 150 ++**

This pampering ritual for ladies takes a feminine approach towards health and beauty by eliminating cellulite with a mineral clay body scrub. Phase two of the treatment is a 20 minute volcanic mud body mask to draw out any impurities. It is followed by a choice of Relaxing or Energy Massage therapies for a calming effect on the body and mind. This head to toe indulgence concludes with a choice of Kayumanis Facial to enrich the skin.

> Aromatherapy Foot Bath > Mineral Clay Body Scrub > Mud Wrap > Relaxing or Energy Massage > Kayumanis Facial

## **Kayumanis Signature Treatments**

### **ROYAL BLISS RITUAL 180 min**

US\$ 300 ++ /individuals US\$ 500 ++ /couples

\* Signature treatment from Kayumanis Nusa Dua Private Villa

Drawing inspiration for the nurturing properties of grapes and other naturally sourced ingredients, Royal Bliss Ritual is a pampering experience that evokes the feeling of inner calm. A leisurely soak in a flower bath infused with sparkling wine at the end of the ritual will gracefully give a royal touch to the blissful indulgence.

> Steam & Sauna > Royal Foot Bath > 75- minutes Body Massage using grapes seed oil > Luxurious Cream Bath > Body Scrub > Flower Bubble Bath with sparkling wine > Tetaring 'de Light menu > Royal Bliss Gift

### **CHOCOLATE INDULGENCE 180 min US\$ 175 ++**

\* Exclusive treatment from Kayumanis Jimbaran Private Estate

This lavish three hour treatment was inspired by the delicious taste and therapeutic benefits of chocolate. It detoxifies the skin from harmful impurities, greatly enhances natural elasticity and thoroughly moisturizes for a radiant glow.

> Aromatherapy Foot Bath > Balancing Massage > Chocolate Body Scrub > Rich Chocolate Body Wrap > Kayumanis Facial > Hot Chocolate Bath > a delicious Hot Chocolate Beverage

## **Spa Etiquette**

We ask that you always allow enough time for your experience by arriving at least 15 minutes prior to your appointment. We will then evaluate your current spa needs, serve refreshments and invite you to relax in our sensory lounge environment.

Please note that as a courtesy to all of our clients, a prompt appointment schedule is adhered to and late appointments may not be honored. Treatments that begin late will still finish at the appointed time, so other guests are not inconvenienced.

## **Pregnancy**

We have specially designed treatments for mothers-to-be. Please allow the Spa Therapist to guide you in selecting a treatment, which is most appropriate to you and your condition.

## **Cancellation Policy**

Clients who wish to change or cancel an appointment must provide 4 (four) hours notice. Otherwise 50 % payment of your chosen treatment will be charged. All prices are subject to change and there may be a surcharge for masseuse transport to Villa Santai.

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