



Puri Mas Spa Resort

SPA MENU

SOUND MASSAGE

USING TIBETAN SINGING BOWLS

We all know how deeply we can be affected by sound, whether it is the dulcet tones of a romantic voice, or an annoying style of music that doesn't appear to fit our age group!! Sound and rhythm can bring us up, or take us down, make us cry or jump and dance for joy.

Sound Massage with Tibetan Singing Bowls has been used since ancient times in India and especially in the Himalayas for healing.

The sacred scriptures of India state that man was created from vibration/sound.

So why take a Sound Massage Therapy - will you really feel anything?

Most of us are **“out of tune”** with our bodies. People suffer **physical** aches and pains, such as headaches and migraines, lack of energy, joint pains, digestive problems, organ dysfunction, sciatica, back problems, as well as mental and emotional pain, for example low self-esteem, hyperactivity, anxiety, depression, fears and worries. Perhaps all of us have at least one of these issues going on at any one time.

Sound massage with the singing bowls has shown a remarkable and swift improvement in many cases of physical or mental and emotional pain. Pains seem to melt away and one feels that emotional heaviness such as worry or depression can be lifted, leaving one to feel a pleasant lightness. The energy body, the aura, is cleared and one feels refreshed as if a burden taken off one's shoulders.

Sound massage affects each cell of the body. When sounding the singing bowls on or near the body the vibration of the sound reaches each and every cell via the water in our body. The healing sound vibration will gently flow into the body. Sound massage has an immediate beneficial effect of bringing the vibrating cells back into a harmonious state.

The subtle vibration can be very precisely directed by placing the singing bowls on or near a tensed area of your dressed body. The bowls are struck with a felt hammer. The issuing vibration leads to first loosening the stagnant energy and then helps it to be rearranged.

Hearing and being bathed in the harmonious sounds leads to rapid and effective deep relaxation with a de stressing effect. The sounds help you to deal effectively in daily life and enhance your creativity. New energies are released and self-healing can mobilised.

The rich overtones take you into a very deep place inside yourself rarely experienced by people – from there clarity may appear by way of seeing solutions about long-held problems which may come as a flash of an image into your mind.

The only requirement from **you** our guest is to **listen, relax and become one with the vibration and sound.**

The Puri Mas Staff have been trained in the art of **Singing Bowl** practises. The singing bowls used are of the highest quality, made from 12 metals crafted by traditional singing bowl craftsmen.

Seven of the metals correspond to 7 planets, for example, gold-sun, silver-moon, copper-Venus. In addition to these 7 metals there are 5 further metals carefully chosen, and in addition there is a small piece of an ancient bowl added to act as a transformer of ancient wisdom.

We recommend you do not do anything strenuous or too thought processing for approximately 30 minutes to an hour following your sound therapy.

Treatment Time: 60 mins. Rp. 560,000



All prices are Subject to 21% Government Tax & Service
Puri Mas In-House Guests Receive 10% Discount From All Spa Treatments

WELCOME TO

THE PURI MAS SPA RESORT & PURI MAS LUXURY SPA

Puri Mas Spa Resort is the only dedicated Spa Resort in Lombok. We are recommended by Conde Nast Johansen's Luxury Spas of the world, who have also awarded us as “Best Couple Spa 2015”. Our unique Spa Location has been carefully and beautifully designed to provide guests with an overall Spa experience, from the venue itself to the treatments, we will restore balance to your mind, body and spirit, as well as enhancing your time spent within the Puri Mas Resort.

Puri Mas Luxury Spa uses only the finest products for your face, body, hands, & feet. Puri Mas Spa recommends **“Babor International” from Germany.**

Entering the Puri Mas Spa Resort permits you the **“disconnect you deserve”**. **Leave your worries behind** and enhance your sense of **wellbeing**

It is the aim of our gracious Spa Therapists trained by Babor International, to give you an uplifting and unforgettable experience, in a professional manner, never losing sight of the traditional Indonesian charm that we all value so much as visitors to Puri Mas, and Indonesia.

SPA RESORT DINING

Whether you are staying at the Spa Resort in the remarkable Spa Villa Accommodation, visiting from the Puri Mas Beach Resort or a visitor from outside; dining in the Puri Mas Spa Resort is an experience not to be missed.

The Spa Resort is open for Breakfast, Lunch and Dinner. Choose from the famous Rijsttafel Menu, an ancient style of eating brought to Indonesia during the time of the Dutch Colonial era. Authentic Indonesian cuisine is our specialty, however, delicious breakfasts, lunches and international recipes are also available from our resort menu. So many places to enjoy a romantic dinner, from your private terrace if you are our guest, the Javanese floating pavilions, poolside, or the beautiful Joglo House or Balinese Bale – the choice is endless and all bewitching. **For our Rijsttafel dinner please order 24hrs in advance. Contact our reception for Dinner reservations.**

REVITALISING POOL – A COMPLIMENTARY TREATMENT ONLY AVAILABLE IN PURI MAS SPA RESORT

You will find our Revitalising Pool in the grounds of our Spa Resort close to the Museum & Joglo House. The revitalising pool is especially designed to change the molecular compound of the water, scientifically proven, this molecular change enables the water to be more easily absorbed into the skin, moisturising and refreshing you. This treatment is excellent for sunburn, sports injuries, joint pain and a general feeling of wellbeing. We **recommend a minimum of 10-30 minute session.** You will not regret this very special hydro treatment. **Advice: Submerging your head is NOT recommended!**

Museum of Asian & European Arts, Antiques & Artefacts

Marcel De Rijk, owner of Puri Mas Boutique Resorts & Spa has been an avid traveller for many years. He has developed an enviable collection of arts and antiques from around Asia and Europe which guests are invited to view in the ancient 200 year old Joglo House which is located in the gardens of Puri Mas Spa Resort.

HOW TO GET THERE

Puri Mas Spa Resort is **located 2km inland** from the Puri Mas Beach Resort in the valley of Kerandangan. It is set amidst one hectare of tropical gardens with **vanilla, cocoa, cashews** and other interesting plants, including many species of exotic palm trees and other tropical flora.

IN HOUSE GUESTS: Complimentary Transport is available for all IN-HOUSE GUESTS who may move between the Beach and Spa Resorts freely on request – please ask the Reception Staff for a driver. You do not need to have a Spa Treatment to visit the resort, however it is essential for you to make an appointment for a Spa Treatment.

VISITORS: Our Spa is open to visitors. Visitors enjoying Spa treatments are invited to enjoy our Spa Resort facilities. Complimentary pick up and drop off is available in the Senggigi and Mangsit areas. Our Spa is just 4km from Senggigi. **Note our minimum guest age of 12 years!**

ABOUT BABOR SPA

Babor Spa International products are based on natural ingredients from plant, marine and earth sources.

Babor offers you a full line of skin care products that contain only the finest botanical ingredients. Babor products are **non- animal tested**. They offer the most potent and effective, naturally sourced ingredients, combined within technologically advanced formulas that are proven, non-comedogenic. (a term applied to oils, lotions, and skin creams that do not block our pores).

Babor is an internationally recognised brand that has been available throughout Europe for the last 55 years and is now **storming through Asia and Australasia**.

Babor products have a growing popularity amongst many celebrities because of its natural ingredients and effective ability to enhance any skin care routine.

Discover BABOR'S holistic philosophy of beauty first hand: with individual exclusive treatments for unique moments of indulgence. Immerse yourself in the world of luxurious pampering, beauty treatments, forget the stress of your daily routine, and leave the outside world behind. Simply recharge your batteries.

Babor Products are available for purchase at our Puri Mas Spa, and online wherever you are in the world.

Enjoy the luxury of beauty. Experience the new sensation of relaxing and unwinding totally.
We want you to be inspired!!

WHY PURI MAS RECOMMENDS BABOR INTERNATIONAL SPA PRODUCTS

Spa and Wellness is our passion!

Our goal when it came to choosing the Puri Mas Spa Treatment range was to offer our clients a well-researched product that would show results in an instant, be of excellent value, and be available to clients internationally.

It was essential that our Puri Mas Spa Therapists received on going professional training that included product knowledge with updated, modern treatments in line with our objective to utilise as many natural products as possible, while still achieving amazing results. A product we all felt good about, and proud to offer to our guests!

After exploring a remarkable number of products accessible to the Spa Industry, we came to the conclusion that nothing surpassed the astounding skin care, beauty range and company professionalism of Babor International.

We hope that you enjoy using Babor products as much as we do. Relax – let us take you on a journey of pure unadulterated pleasure!

Sara Sanders
Puri Mas General Manager

“THE VALUE OF THE SIMPLE COCONUT” A signature treatment from Puri Mas

When we think “Tropical”, there is no doubt that “coconut” generally comes into our minds.

We think swaying palm trees, young guys climbing trees to bring you a refreshing drink.

Island people have long been aware of the many uses of this amazing plant and fruit, and Puri Mas brings to you a fabulous package from the famous coconut.

Your treatment begins with a body polish with palm sugar and coconut oil. After showering with delicious coconut & citrus shower gel, your spa therapist will massage you with pure edible, drinkable coconut oil. The treatment ends with a smoothing of coconut body cream.

This treatment wouldn't be complete without a refreshing detox juice of coconut water & fresh lemon.

Treatment time : 2 hrs. Rp. 525.000



PURI MAS SPA MASSAGE TREATMENTS

A QUICK PICK AND GREAT VALUE!

Totok Wajah – a truly dreamy treatment!

It is also named the face-lift massage, believing that regular massage to the facial area will release muscle stiffness and increase blood flow giving renewed life to tired, lifeless skin.

The treatment ends with a warm compress of sesame seeds and green tea to stimulate the Marma Points of the face.

Treatment Time: 30 mins Rp. 180,000

AROMATHERAPY MASSAGE (A favourite amongst clients)

Please choose from our range of Babor massage oils, **Relaxing, Balancing or Energising.**

A fabulous massage of gentle rhythmic movements and pressure applied all over the body relaxing muscles and easing joint movement. **Treatment Time: 1hr Rp. 450,000**

SHIATSU MASSAGE-No oil is used in this technique.

The effect of this massage is to reduce strain on the neck and shoulders. Shiatsu massage uses acupressure techniques, which are applied with hands, thumbs, elbows and knees. The acupressure technique is similar to the acupuncture therapy in Traditional Chinese Medicine

Treatment Time: 1hr Rp. 350,000

HERBAL COMPRESS & WARM COCONUT OIL MASSAGE

Derived from the traditional steamed Thai Herbal Compress, this desirable and relaxing treatment relieves aching muscles, preparing them for the massage as warm herbs are absorbed into the skin. A warm coconut oil massage completes this treatment.

Treatment Time: 1.5hrs Rp. 560,000

Hot Stone Massage – Quite Simply Unforgettable!!

This very organic treatment has a calming relaxing effect that combined with shiatsu massage movements establishes the body's natural balance, and restore the flow of the body's natural energy or qi. An all-over massage the shiatsu technique is combined with heated lava stones. Feel your strength renewed your skin and senses totally revived. You choose between a balancing, energising or relaxing massage oil from Babor.

Treatment time: 90 mins Rp. 810,000

Foot Reflexology - Foot Massage

Reflexology Package Face for Hands & Feet

It is believed that the ancient art of healing through massage and applying pressure to reflex points on our feet, face & hands can improve the wellbeing and balance of the body. Reflexology is very enjoyable; however, some people may find foot reflexology a little uncomfortable, in which case we recommend a relaxing foot massage instead with pure essential oils. **To gain the most benefit from reflexology we recommend you take the face,**

hands & feet package. Foot Reflexology

Treatment Time: 35min Rp. 225,000

Reflexology Package: 45min Rp. 350,000

Hair and Scalp Treatment – can be combined with a massage or facial!!!

Sun, Sea and especially chlorine can play havoc with your hair. This amazing natural treatment will leave your hair and scalp feeling fresh, moisturised and full of life! **Begin with wet hair, and end with fabulously conditioned hair wrapped in a beautiful traditional scarf – yours to keep.**

For all hair and skin types – **for extra conditioning leave on longer** – or rinse in the shower 30 mins, following your treatment.

Please advise your therapist if you have any allergies to nuts or coconut as this treatment may not be for you! Rp.375,000 (45 mins – includes a traditional material headscarf gift)

PURI MAS SPA ETIQUETTE

FOLLOWING THE ADVICE BELOW WILL

HELP US TO GIVE YOU THE BEST SPA EXPERIENCE!

APPOINTMENTS:

Please make your treatment **appointments** with our **Spa Reception**, or dial **Ext.207 from your room**. **We suggest you book at least one day in advance to ensure we have a space available for you. Also by booking early we are more able to guarantee your choice of treatment time, and male or female therapist.**

PLEASE BE ON TIMEFOR YOUR TREATMENT:

30 minutes prior to your appointment please be in our **Lobby** to meet your transport. There is a 2km drive to our beautiful Spa!

LATE ARRIVAL

We ask you please not to run late for your appointment - **it will result in a reduced treatment time for you, as we cannot run late for the next appointment. In fairness to all patrons of our Spa we ask all guests to please respect the request to be on time.**

WHAT TO WEAR

A sarong and disposable underwear will be provided for your comfort during your treatment

JEWELLERY

We advise you **NOT** to wear jewellery during your spa treatment. Please place valuables in your in room safe. You are responsible for your own belongings at all times!

SHOWERING

Please allow sufficient time to shower prior to your treatment, especially if arriving from the beach or other strenuous activity such as a waterfall climb.

YOUR THERAPIST

We have **MALE** and **FEMALE** therapists: **if you have a preference of gender** for your therapist **please let us know when making your appointment. We cannot always guarantee your preference of gender will be available without prior confirmation.**

MEDICAL WAIVER

Your therapist will ask you to complete a medical waiver with specific and important questions.

Please ensure you advise your therapist if you have any of the following or other health issues/ailments:

- ❖ Injuries new or old
- ❖ Any areas where you prefer not to receive a massage or treatment
- ❖ High blood pressure
- ❖ Skin issues or allergies to certain products prior to your treatment
- ❖ Athletes foot or other fungal problems
- ❖ Please remember to point out if you **are**, or **suspect** that **you may be pregnant.**

Please do not be offended should your therapist adorn gloves and or a mask – for some treatments this is for the protection of client and therapist.

Babor Facials are unique in so many ways.

50 Years of research between **Physiotherapists and Dr. Babor** have re-designed the way **Babor do Facials**. Babor Facials incorporate a specific **massage technique** so that you gain the maximum benefits to your skin from the Babor products. **Babor has a facial treatment for all skin types and needs – your therapist will recommend which treatment is best for your skin type.**

Mimical Control Treatment – Gently eases microtensions and minimizes wrinkles - stimulates the skin to release happiness hormones!! A treatment to make your expression lines vanish and leave your skin looking relaxed with a rosy, radiant glow. **Treatment Time: 60 mins Rp.625, 000**

Calming Sensitive Treatment – Calms & Rebalances – Soothes and strengthens the skin

Enjoy the experience of gentle care for your sensitive complexion. This treatment calms irritated, stressed skin and intensively regenerates the body’s own protective mechanisms.

Treatment Time: 60 mins Rp. 500,000

Perfect Combination Treatment – Refines & Clarifies the Skin into Balance

Oily or combination skin is perfectly rebalanced, leaving the complexion looking fresh and blushing, clarified and mattified (not oily). Reduces blemishes and gives pores a much more refined appearance.

Treatment Time: 60 mins Rp. 435,000

Detox Firming Algae Treatment

Refreshes and thoroughly hydrates your skin while relaxing your mind. Algae extracts firm your skin while adding much needed trace elements and vitamins to revitalise. A unique peel off mask for your face and eyes leaves your skin looking plumped and hydrated.

Treatment Time: 60 mins Rp. 600,000

Advanced Biogen Treatment – Intensively regenerating for the face – A Power Regenerator

This intensive, plant-based, fresh-cell treatment regenerates, strengthens and vitalizes stressed skin, with results you can see and feel, leaving your complexion looking youthfully fresh and invigorated.

Treatment Time: 60 mins Rp. 430,000

Manicure & Pedicure – Pretty Hand & Feet

Manicure

Nails are cleaned and hands soaked in a delicious nail bath. A nail peeling is applied to refresh the skin and nails, cuticles are softened and nourished. A rich lifting hand cream is applied followed by buffing and polishing to stimulate the nail growth, followed by a nail polish colour of your choice.

Rp. 350,000 (single treatment 45 mins) Combine this treatment with the moisture rejuvenation for hands or feet and receive a further 10% discount.

Pedicure

Nail polish is removed. Feet are soaked in a bubble bath to help soften stubborn skin and callouses on heels and toes and the salt peeling is used to stimulate feet and legs. Cuticles are softened and nourished. Your choice of nail polish is the finale leaving your feet feeling as light as air!

Rp. 350,000 (Single treatment 45 mins) Combine this treatment with the moisture rejuvenation for hands or feet and receive a further 10% discount.

Combined Hands & Feet – treatment time 90mins.

Rp. 575,000

Hands or Feet – French or normal Polish

Rp. 200,000 treatment time 30 mins.

Combined hands and feet : Rp. 300,000 treatment time approx..45 mins.

Manicure/Pedicure not included

MOISTURE REJUVENATION FOR HANDS OR FEET. Highly Recommended to combine with your manicure or pedicure for amazing moisturising effects!!

Amazing for dry hands or feet it helps to preserve moisture in the skin. The treatment begins with a peeling of hands or feet, followed by applying a moisturising serum to hands or feet. Then warm wax bathed in essential hydrating oils is smoothed over your hands or feet, locking in moisture and softening the skin. After 15 minutes the soft wax is removed and a rejuvenating cream is massaged into your hands, forearms or feet for protection and added nutrition.

Include this treatment with a body massage, or add it to your manicure or pedicure for that special moisturising, anti-aging ritual. Perfect just before you fly home to avoid that dry scaly skin that often appears almost as soon as you get on the plane!!

Hans & Forearms/Feet & Lower Legs

Manicure or Pedicure accessory

Rp. 300,000 (30 mins)

Rp. 250,000 per hands or feet treatment

GEL NAILS – THE PERFECT OPTION THE PERFECT HOLIDAY LOOK!

PRICES DO NOT INCLUDE SOAK OFF MANICURE OR PEDICURE

MENU	PRICE RUPIAH	TIME
CLEAR ONLY	300,000	1.5HR
ONE COLOUR	350,000	1.5HR
TWO COLOUR/FRENCH POLISH	400,000	2HR
NAIL ART	450,000	2HR
DIAMONTE DECORATION	30,000/PER/ITEM	
TOUCH UP/BOTH HANDS	250,000	35 MINS
SOAK OFF/BUFF/CLEANSE	250,000	1HR
SOAK OFF ONLY	125,000	1HR

Ask about our new PEEL OFF - Striplac polish– requires no soaking with acetone – you just peel it off when you are ready to change!

BABOR EFFECTIVE TOUCH BODY TREATMENT METHOD

Babor Spa combines state-of-the art stem cell research with exquisite fragrance compositions to create a unique spa experience. Anti-aging active ingredients from stem cells of the Elsberry and Champagne pear harness the primal power of these centuries-old plants. BABOR developed these highly effective active ingredients exclusively for the select BABOR SPA body-care line, combining anti-aging body effects with relaxation & indulgence.

We highly recommended you enjoy these wonderful treatments in sequence of your stay individually or as a great value triple pack.

ARRIVAL – Cashmere Wood is all About Balance for a stronger recharged you!

BABOR SPA BALANCING CASHMERE WOOD - Jetlagged, travel weary & hectic lifestyles leave you out of kilter – Begin your holiday by rebalancing your body with these specially blended aromas & textures. **Cashmere wood** creates inner strength while enhancing the skin’s natural defences.

Commence your treatment with Babor Salt Peeling to nourish and exfoliate. Centre yourself showering in luxury with baby soft cashmere wood bath & shower oil. After you shower a body mask will be applied to completely moisturise your body. This is immediately followed by a massage with fragrant cashmere wood oil and your treatment is complete.

Treatment time: 2hrs Rp. 850,000

Babor Spa Relaxing Lavender and Mint soothes the skin for a calm feeling of inner peace. Delicate essence of lavender-mint wraps the body in a sense of true comfort and well-being.

ALL ABOUT RELAXATION – Enjoy this treatment any time of day – but at night by candlelight in our outdoor spa is the ultimate experience!!

Uncover smoother skin gently with a lavender oil infused salt peeling
Calm the spirit and nourish the skin showering with lavender mint bath/shower oil. The delicious aroma of sleep-well calming mist will promote deep relaxation during your unique Babor body mask followed by a Babor relaxing massage technique using the lavender & mint massage oil finishing with a polish of Lavender body butter – this treatment is unforgettable.

Treatment Time: 2hrs Rp. 850,000

ALL ABOUT ENERGY– awaken and revive your inner self!

Babor Spa Energizing Lime & Mandarin arouses all five senses as it rejuvenates the skin with refreshing notes of fruity mandarin and bitter fresh lime.

Stimulate cellular renewal and remove unwanted skin cells with this uplifting peeling of citrus and fine salt. Enjoy the wake-up call you get when you shower with the energising shower/bath oil, before falling into total bliss with Babor refreshing body mask and massage using an energising technique with oil filled with essence of citrus. Revive and refresh as creamy effervescent foam, enriched with silk extract, is massaged into your skin as your treatment comes to a close. **Treatment time: 2hrs Rp. 850.000**

RESERVE EFFECTIVE TOUCH TREATMENTS IN A BLOCK OF THREE TO RECEIVE A TOTAL 20% DISCOUNT



RITUALS FOR YOUR BODY

Remineralising Silk Pearl Body Treatment and Wrap

Using powdered pearl shells and mulberry silk this fabulous treatment begins with a light body buff to remove loose and unwanted skin. You will then be covered with the delicious pearl mousse mask – a gift from the ocean. A traditional banana leaf wrap covers and warms the body to fully absorb the minerals and goodness from the mask. Following a shower, a body lotion full of vitamins A, C and E is gently massaged into your skin to complete your treatment.

Treatment time: 60mins Rp. 625,000

BABOR Cleopatra Body Treatment: - Sensational for those with delicate or dry skin.

This exotic treatment provides the ultimate in relaxation for those who aspire to attain beautiful skin just like the ancient queen, Cleopatra.

Begin with a body exfoliation using fine salt crystals mixed into a rich cream that smooths and remineralises the skin. The salt crystals are smoothed away with a warm washcloth, and a lactic clay mask is applied over your body. While the mask works its magic enjoy a gentle foot massage before removing the mask with a warm shower. Your treatment completes with the application of an all over body cream of A, C and E. This treatment can restore your skin to a smooth texture, and protect your skin from free radicals.

Treatment time: 60 mins Rp. 625,000



WAXING TREATMENTS FOR THE WHOLE BODY

Full leg	Rp. 450,000
Half leg	Rp. 300,000
Bikini	Rp. 300,000
Under arm	Rp. 250,000

**For a comfortable wax, it is preferred the hair is at least 2cm long
We are unable to provide a full Brazilian Wax treatment**

PURI MAS FULL DAY SPA

INDONESIAN & PURI MAS SPECIALITY TREATMENTS

PURI MAS ROYAL PACKAGE

Your three-hour face and body treatment begins with a **Babor Perfect Combination Facial**.

The Indonesian Royal Court has made the Lulur Therapy legendary as one of Indonesia's most favourite treatments as a pre wedding skin preparation. (see below for more details on the Lulur therapy).

This highly popular package will end with a delicious massage with warm fragrant oil.

Treatment Time: 3hrs Rp. 980,000

BOREH – an age-old treatment of Indonesia

A health giving body treatment traditionally performed in local villages. It helps to relieve the muscles of aches and pains and exhaustion, early flu symptoms and general feelings of being a little run down. It improves blood circulation and has a detoxifying effect. This body therapy uses an ancient recipe of cloves, pepper, cinnamon and chilli powder. Your body is wrapped in banana leaves to allow the Boreh to be readily absorbed by the body.

Treatment Time: 2hrs Rp. 600,000

LULUR THERAPY – A right Royal Treatment!!

Lulur is taken from the island of Java, a royal treatment used for kings and queens in ancient times to prepare daily 40 days before their wedding day – and in some Courts is still carried out today!! It is made from a blend of fine spices and roots of turmeric, kemiri, & rice powder. Lulur therapy is a luxurious body scrub, believed to be one of nature's best exfoliating methods that cleanses smooth's and rejuvenates your skin.

To complete the treatment a body mask of yoghurt is applied to smooth and cool the body.

Treatment Time: 2hrs Rp. 650,000

LOMBOK COFFEE BODY RITUAL:

Your treatment begins with gentle exfoliation of the famous Robusta Lombok coffee. Following your exfoliation, you will shower away the ground coffee leaving your skin wonderfully soft and silky. The treatment finishes with a relaxing massage coffee bean infused coffee oil.

Treatment Time: 2hrs Rp. 625,000

GREEN TEA BODY TREATMENT - bursting with ageing-well anti-oxidants!

Your treatment begins with a choice of a body exfoliation using coarsely ground green tea, or a gentle mask made from green tea powder blended with green tea essence to moisturise the skin. You are wrapped in banana leaves for a warming and moisturising effect. Showering is followed by a relaxing massage with fragrant green tea oil.

Treatment Time: 2hrs Rp. 625,000

PURI MAS FEMININE BODY SPA – leaves you joyful

Enrich your skin with moisture, perfect for dry skin suffering the effects of office life and air conditioning!

A massage using the delicate and uplifting oil of mandarin is followed by a fresh papaya fruit and fresh orange juice body mask that soaks into your skin leaving it feeling soft, youthful and desirable.

Treatment time: 90mins Rp. 525,000

KAMPUNG SPA RITUAL – A PURI MAS SIGNATURE TREATMENT

Step back in time with this unique and traditional Kampung (village) spa treatment originating from Lombok's indigenous people the Sasak's.

This unique signature package uses traditional herbs, spices and oils that will leave you feeling vibrant and alive from foot to forehead!

Your experience begins with a lemon grass foot bath ritual. While your toes and feet enjoy a cleansing, we invite you to taste a local beverage of dried herbs, galingale (ginger family), and lime with a rice powder base.

After your foot-bath you will enjoy a Lombok Coffee body exfoliation to detox and awaken tired muscles and sleeping skin. Shower away the coffee and begin an

Indonesian style herbal steamed compress that gently pummels and massages the body to encourage blood flow. Your treatment comes to a delicious ending with a warm oil of jelengan (handmade coconut oil and turmeric) to massage you into a state of bliss.

Treatment Time: 3 hrs. Rp.995.000

Welcome to our full day spa that includes treatments for your whole body

Could there be any better way for you to spend your time, than to have one day where it is entirely devoted to YOU!! Be treated like a Queen – or a King (the spa is not just for the ladies!!).

OUR FULL DAY SPA TREATMENT BRINGS YOU - BABOR BODY – THE WORKS:

Your day & treatment:

Babor Body Salt Peeling – an amazing body exfoliation to revive and energise tired, flaking or dry skin
Shower to remove the salt peeling revealing silky smooth skin.

Enjoy a full Body Massage using your choice from the Babor range of **Effective Touch** Relaxing, Energizing or Balancing massage oils – depending upon your mood – or desired feeling!!

A relaxing bath with your choice of a **traditional flower bath** – or using a fragrance from the Babor Effective Touch Bath Oil to match your massage fragrance!

Babor Face:

Delight in a Perfect Combination Babor Facial that includes a luxurious foot and hand massage.

Let's not forget our hair and scalp – this is a full body treatment after all!!

Sun, Sea and especially chlorine can play havoc with your hair. This amazing natural treatment will leave your hair and scalp feeling fresh, moisturised and full of life!

Hair must be wet: This hair and scalp ritual begins with a gentle massage of your décolleté (chest area) and face, with cold pressed coconut oil, slowly moving up to the hairline where a blend of creamy coconut hair spa nourishment is massaged through the hair and into the scalp. **Treatment time** is 30 minutes and ends with a gift of a beautifully tied headscarf of traditional cloth.

For all hair and skin types – **for extra conditioning leave on longer** – or rinse in the shower 30 mins, following your treatment.

Please advise your therapist if you have any allergies to nuts or coconut as this treatment may not be for you!

A Manicure & Pedicure complete with your choice of nail polish or French manicure will finalise your full day treatment.

LUNCH

Enjoy a relaxing lunch during your full day spa treatment, walk in the Spa Resort grounds, or revitalise in our wellbeing pool.

Lunch may be chosen from our Spa Lunch menu. Your treatment continues after lunch.

Treatment Time: 6hrs Rp. 2,500,000 (Includes lunch and healthy beverage)

The steps to your treatment are flexible and will be discussed prior to your full day spa beginning.