

R I K K A D U W A



BALINESE AYU SPA



**BALINESE AYU SPA**

Relaxation  
&  
Stress Relief

## RELAXATION MESSAGES & STRESS RELIEF

**Back Massages** - Feel the tension in your shoulders, neck, and lower back melt with this relaxing massage, where the areas of focus will be customized according to your needs - 30 minutes - USD 25

**Back and Stone Massages** - Starting with shiatsu and traditional massage to warm the body, the stones are then applied on your back in such a way as to relieve your muscles from pain and tension. Back and stones massage is especially adapted for back problem, achieving a feeling of well-being and perfect relaxation - 50 minutes - USD 40

**Balinese Massages** - The Asian traditional massage is a full body massage using palm pressure and long gentle strokes while applying a unique blend of natural essential oils. This combination stimulates your blood circulation, improves energy flow and drains tensions away - 50 minutes - USD 40, 90 minutes - USD 60

**Swedish Massages** - Using warm oil, heated up in a bottle and poured all over your body, the Swedish massage is designed to harmonize the corporal functions, such as blood circulation, breathing and mind relaxation. Soft and long strokes envelop all the body from feet to head creating an overall relaxation of the body and soothing effect - 50 minutes - USD 40

**Four Hands Massage** - The ultimate sensation with this massage provided by two therapists working together in perfect harmony that creates overall well-being. The perfect synchronization will balance the pressure of the whole body improving circulation. The four hand massage is a combination of shiatsu, traditional massage and lomi-lomi leaving your entire body re-energized and intensely relaxed - 50 minutes - USD 65

**Signature Massage** - This massage exclusively created by Ayu Spa is our Signature. A relaxing combination of 4 massages, starting with long strokes and deep skin massage for 30 minutes is then followed by 10 minutes shiatsu and 20 minutes warm stone massage on your back, shoulders, neck and arms to release the tension of your stressed muscles. It ends with a 30 minutes reflexology to relax and give you a feeling of overall comfort. Discover this deeply relaxing path to health and harmony - 90 minutes - USD 65

**Warm Stones Heaven Massage** - A full body massages starting with a traditional massage and lomi-lomi and then continues with the warm stones. Smooth and warm stones glide across your body in long, flowing strokes. The heat helps to relax the muscle and has a shooting effect on your emotions. Stones are positioned on the various energy body points to develop the healing potential - 90 minutes - USD 65

## REJUVENATION MESSAGES

**Shiatsu Massage** - This massage uses pressure, rubbing, stroking and other techniques to stimulate the muscles and circulatory system of the body influencing the body's natural inner energies - 50 minutes - USD 40

**Herbal Massage** - The root of herbal ritual, where hot compress massages is commonly used to increase blood circulation and stimulate the vital energy of body and mind. This re-energizing massage starts with a combination of stretching movements and palm pressure points. Once the body is warmed up, aromatic heated herbal bags are applied on your body, for an instant relaxing and soothing effect providing great relief to muscular aches and pains. Lotion is then rubbed on your body to complete this detoxifying treatment - 50 minutes - USD 40, 90 minutes - USD 65

**Feet Reflexology** - An ancient healing therapy as blissful as it is beneficial; a foot massage on the reflex point can restore the natural flow of body energy and improve your health. Recover physical and mental harmony with this wonderful treatment that will send waves of deep relaxation through your entire body - 30 minutes - USD 25, 50 minutes - USD 40

**Hands Reflexology** - Hands reflexology brings your body's energy flow back into balance. By removing energy blockages in all areas of your body, you increase circulation, reduce tensions and detoxify. Energy flows freely again into your entire body, you feel this incredible sensation of a perfect harmony within yourself - 30 minutes - USD 25, 50 minutes - USD 40

## AYURVEDA TRADITIONAL TREATMENT

**Head Massage** - Wonderful massages for your head, neck, shoulders, arm and upper back. This will stimulate the blood circulation to your scalp. This treatment is also effective in relieving headaches - 20 minutes - USD 18

**Warm Oil Massage** - This treatment uses various herbal oils and unique massage technique to bring forth a deeply relaxing, rejuvenating and nourishing experience which will aid in promoting youthfulness, increase energy and mobilization - 50 minutes - USD 40



**BALINESE AYU SPA**

Body Treatments

## SUN LOVERS

**After-Sun Treatment** - After your day spent in the sun, come and enjoy our Special Sun Lover to calm, soothe and re-hydrate your skin.

Sun Lover treatment is specially designed to fight against sun burn and the ageing of the skin.

*This treatment includes;*

*Body Wash for gentle cleansing.*

*Cucumber and Honey Body Conditioner, for cooling and soothing.*

*Body Lotion, to ease sunburn, prevent skin peeling and to lock in the moisture.*

50 minutes - USD 40

**Body Scrub** - Give yourself a special treat, special blended to refresh, leave your skin smooth and soft.

This deliciously aromatic scrub will improve your skin as it gently exfoliates.

*Our choice of body scrub;*

*Green Tea.*

*Salt Scrub.*

*Frangipani.*

*Herbal.*

50 minutes - USD 40



## HAIR TREATMENT

**Mask, Treatment and Massages** - A natural mask is massaged into your scalp to nourish and revitalize your hair. During the treatment a head and shoulder massage is given so that your blood circulation is stimulated and brings relaxation. To maximize the benefits of the mask, the hair is not blown dry leaving it shiny and soft to the touch.

*Our choice of natural mask;*

*Aloe Vera: To bring back shine and softness,  
for dry and damage hair.*

*Avocado: Nourishing, for broken  
fragile or dry hair.*

*Ginseng: Strengthening prevents  
loss of hair.*

50 minutes - USD 40



**BALINESE AYU SPA**

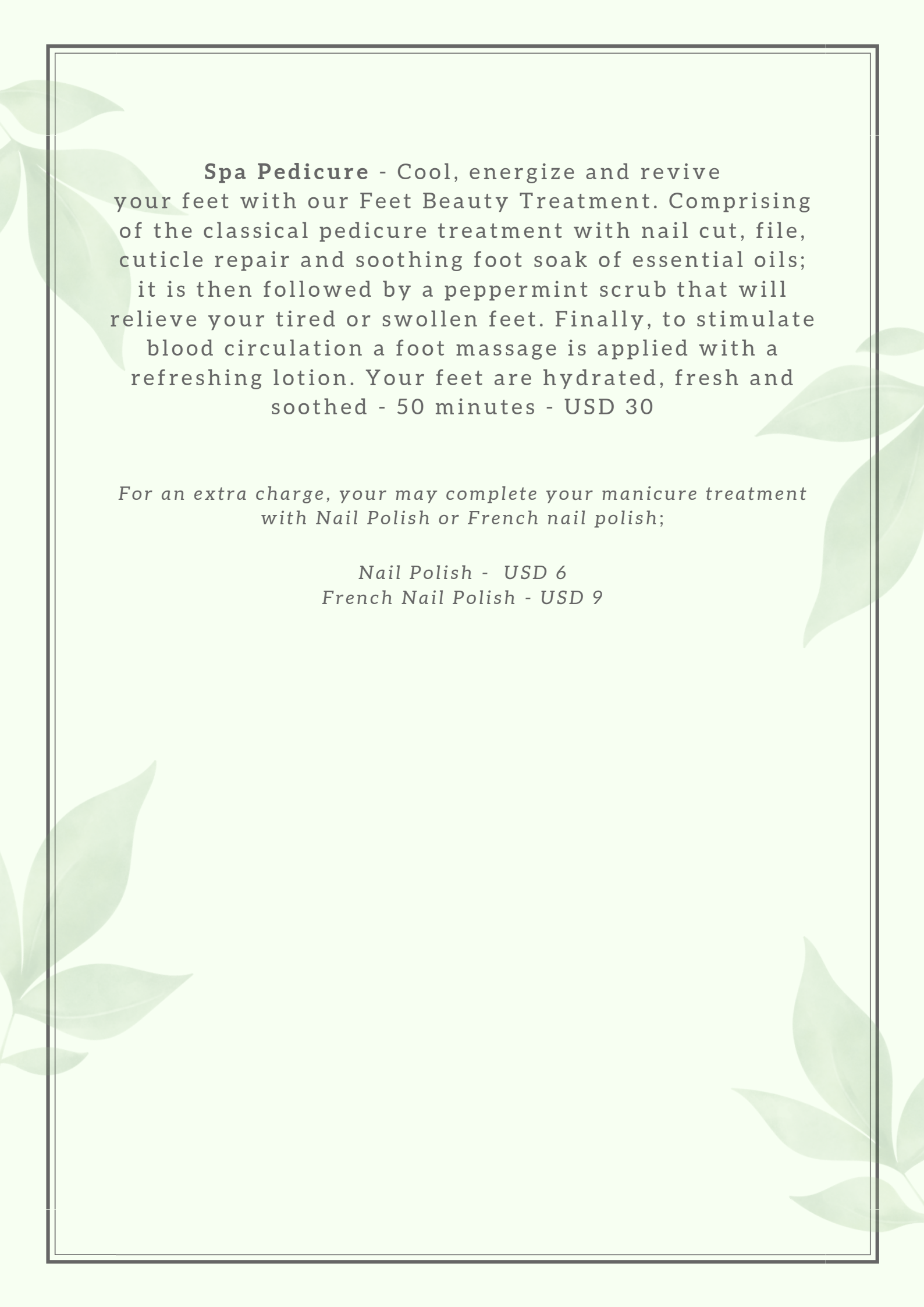
Beauty Treatments

## BEAUTY TREATMENT

**Refresher Facial** - A great introduction to facial treatment using for principal ingredients: pure honey mask and cucumber, leaving your skin feeling smooth and radiant. Enjoy the benefits of these natural ingredients with an age-old reputation for skin healing, softening, and moisturizing - 30 minute - USD 25

**Natural Asian Facial** - Using only Bio natural products, the face is cleansed and gently exfoliated to eliminate all the dead cells on the surface of the skin. While purifying with a gel mask, relax and unwind with a hand and feet massage. This treatment will effectively restore and hydrate your skin, leaving your face fresh, youthful and restored - 50 minutes - USD 40

**Spa Manicure** - Give your hands and nails a well deserved care with our Hands Beauty treatment. Starting with the basics nail cut, file and cuticle repair, your hands are then gently exfoliated for a silky feeling. A nourishing cream is applied with a gentle massage to restore the moisture and improve the texture of your skin. Your hands feel hydrated, smooth and soft with a great youthful look - 50 minutes - USD 30



**Spa Pedicure** - Cool, energize and revive your feet with our Feet Beauty Treatment. Comprising of the classical pedicure treatment with nail cut, file, cuticle repair and soothing foot soak of essential oils; it is then followed by a peppermint scrub that will relieve your tired or swollen feet. Finally, to stimulate blood circulation a foot massage is applied with a refreshing lotion. Your feet are hydrated, fresh and soothed - 50 minutes - USD 30

*For an extra charge, you may complete your manicure treatment with Nail Polish or French nail polish;*

*Nail Polish - USD 6  
French Nail Polish - USD 9*



## OUR SPA PACKAGES

### **Relaxation Package**

Balinese massage 50 min  
Foot massages 30 min

1h20 - USD 60

### **Pampered Package**

The Signature spa  
Natural Asian facial

2h20 - USD 100

### **Harmony Package**

Four hands massage  
Natural Asian facial & Foot massage

1h40 - USD 140

## OUR COUPLE PACKAGES

*Pamper yourself and your beloved one this holiday  
with our packages specially designed for couples.  
A step towards paradise.....*

### **Romantic Package**

Aromatherapy Foot Bath  
Back Massage  
Refresher Facial  
Aromatherapy Flower Bath

1h30 - USD 110

### **Honeymoon package**

Aromatherapy Foot Bath  
Balinese Massage  
Foot massage 30 min  
Aromatherapy Flower Bath

1h50 - USD 140