alamBatu - Spa

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BEACH BUNGALOW RESORT BALI

Useful information

You will receive a sarong and a single-use panty at the spa for all treatments.

For proper scheduling of all spa appointments we kindly ask you

- to take a shower at your bungalow before the spa treatment,
- to be on time for your treatment,
- to make appointments for body scrubs, body wraps or facials one day in advance as we only use fresh natural ingredients that have to be bought and prepared beforehand.

If you want to take photos of the spa area, please arrange an appointment at the reception or take the photos before or after the oping hours.

Thank you for your kind support!

All prices are subject to 21 % tax and service charge.

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The immersion into water is a cleansing ritual in most religions, for water is the most powerful and at the same time the most calming element. According to the Hindu legend, a beautiful goddess gathered Tirtha (holy water) from the sea and when she drank it she became immortal. Lakshmi, the Hindu goddess of fortune, stepped out of the water and while doing so, the rivers changed course and flowed towards her.

The massage house has been built below the temple that guards the land with its gods. Here massages, body-scrubs and spas are offered. Natural ingredients like papaya, sea salt, coconut, honey, milk or nuts are incorporated into the treatments.

Treatments

Most people love to be touched. Touch is definitely the most personal of all sensations. The Indonesians probably understand this better than many other nations. Many western societies only allow body contact on a personal basis, while the Indonesians touch each other constantly: Walking hand in hand, arm in arm or caressing each other is completely natural for Indonesians.

The Indonesians express their sympathy through their hands, and through massage they pass it on to their relatives during their whole life. Many Indonesians intuitively possess a sense for inflamed, cramped or swollen body parts, which they soothe with the help of their hands and essential oils.

Traditional massage

This traditional full body treatment has been practiced on the Islands of the Gods for hundreds of years. It combines acupressure, long soothing strokes and the benefits of pure essential oil to stimulate circulation, alleviate muscular and joint tension, bringing a sense of wellbeing, calm and deep relaxation.

Duration: 1 hour including flower foot bath

Aroma therapy massage

Discover the ancient art of aroma therapy and experience the healing powers of essential oils as we help you journey towards total relaxation and help to balance mind, body and spirit. We use different types of high quality essential oils that you choose according to your mood.

Duration: 1.5 hours including flower foot bath

Boreh body wrap

This healing Balinese treatment begins with a relaxing full body massage followed by an application of a natural paste made of local herbs and spices. This wrap generates a sensation of deep penetrating heat that melts away your tension, increases blood circulation, relieves aching joints and sore muscles as well as headaches. An excellent way to cure jet lags and first symptoms of a cold.

Duration: 2 hours including flower bath

Papaya body wrap

After a relaxing full body massage, fresh cooled papaya purée is spread on the body and left covered for 20 minutes. Papaya contains mild acids which are related to alpha hydroxide acids, a natural fruit acid which loosens the rough cells on the skin surface soothing first signs of aging. The result is tangible.

Duration: 2 hours including flower bath

Coffee body scrub

First you will enjoy a full body massage followed by a vitalizing scrub. The mixture of aromatic coffee beans, mocha and fresh yoghurt exfoliates and refines your skin creating a spirit of revitalization and softness.

Duration: 2 hours including flower bath

Mandi Kemiri body scrub

This traditional beauty ritual begins with a full body massage followed by a mild body scrub using the pale, round Kemiri nuts. The Kemiri nuts contain nutritious oils providing an extra-ordinary peeling cure and delivering a long lasting moisturizing effect. This treatment is excellent for dry skin or skin that is exposed to environmental extremes such as long hours of air travel or sun bathing. It will leave your skin feel like silk.

Duration: 2 hours including flower bath

Flower bath

All body scrubs and body wraps are followed by a relaxing flower bath. You can also book it separately. The tub is beautifully located in the middle of a lotus pond. Immerged in the warm water and touched by the colorful and fragrant flowers or relaxing herbs, you will get away from it all and dip into your dreams while having a cup of aromatic tea.

Duration: 15 minutes

Facial

Enjoy a gentle facial massage followed by a deep cleansing, exfoliating peeling and a refreshing facial mask. The main components of this mask – honey, lime and cucumber – have been used for generations as healing, smoothing and moistening agents. Used in combination, they do not only soothe unpleasant dermatitis and infections, but also facilitate cell growth. This treatment will restore a healthy balanced skin and promotes a deep relaxation.

Duration: 1 hour

Manicure and pedicure

Manicure and pedicure start with a soothing foot bath and exfoliating peppermint-salt scrub. After the accurate treatment of your skin and nails a polish with a color of your choice is applied.

Duration: 1 hour each treatment

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