



## **T h a i H o l i s t i c R e t r e a t**

### **T h a i H e r b a l C o m p r e s s S e n s a t i o n**

W a r m c o m b i n a t i o n o f o i l - f r e e m a s s a g e a n d t r a d i t i o n a l h e r b s c o m p r e s s t o s t i m u l a t e b l o o d c i r c u l a t i o n , f a t i g u e r e c o v e r y , i m p r o v e i m m u n e s y s t e m , r e l a x i n g e m o t i o n a n d m i n d .

90 m i n s

U S D 95

### **R o y a l T h a i m a s s a g e T h e r a p y**

A n u n i q u e f o r m a n c i e n t m a s s a g e o f b o d y t h e r a p y t h a t i n c o r p o r a t e s H a t h a Y o g a a n d A c u p r e s s u r e t o s t r e t c h t h e m u s c l e s a n d o p e n t h e j o i n t s . T h i s s a f e h o l i s t i c t r e a t m e n t h a r m o n i z e s t h e b o d y , i n c r e a s e s e n e r g y , r e l i e v e s s t r e s s a n d p r o m o t e s a p e a c e f u l m i n d .

90 m i n s

U S D 85

## **M e l t i n g m o m e n t s**

D e l v i n g d e e p e r t o m e l t a w a y t e n s i o n a n d p a v e t h e w a y f o r p r o f o u n d r e l a x a t i o n t h r o u g h A y u r v e d i c t r e a t m e n t s a n i n s p i r a t i o n f r o m I n d i a .

### **S h i r o D h a r a**

T h i s I n d i a n A y u r v e d i c o i l f l o w t r e a t m e n t f o c u s e s o n t h e t h i r d e y e a r e a t o c l e a r t h e m i n d a n d p r o m o t e d e e p r e l a x a t i o n , a c t i n g a s a g a t e w a y t o t o t a l r e j u v e n a t i o n a n d r e l a x a t i o n f o r t h e e n t i r e b o d y . B e g i n w i t h d e e p l y r e l a x i n g A y u r v e d i c s t r e t c h i n g , f o l l o w e d b y t h e D h a r a o i l f l o w t h e r a p y . F o r t w e n t y m i n u t e s , a g e n t l e s t r e a m o f w a r m , a r o m a t i c o i l i s p o u r e d

onto the third eye chakra of the forehead. An uplifting and inspiring way to relax and rejuvenate.

60 mins

USD 65

### **A b h y a n g a**

A rhythmic oil massage with warm herbal oils. Impurities and toxins are released from the body. Circulation is stimulated with a deep calming experience for the body, mind and spirit.

60 mins

USD 60

### **B e s t o f A y u r v e d a**

An hour of rhythmic oil massage using warm herbal oils followed with 30 minutes of shirodhara oil flow for deep relaxation of body, mind and spirit.

90 mins

USD 99

## **R i t u a l s o f t o u c h**

Far more than a massage... more like a ceremony of indulgence.

### **T r a d i t i o n a l B a l i n e s e M a s s a g e**

Used for centuries to renew, strengthen and heal the body, this traditional Balinese therapy combines stretching, long strokes, skin rolling, and palm and thumb pressure techniques commonly used in village massage. A flowing and graceful massage to relieve tension, improve blood flow and ease stress.

60 mins

USD 55

90 mins

USD 75

### **S a m a y a M a s s a g e**

Two therapists, one massage! This treatment is like no other! Four hands working together in perfect harmony using a unique blend of five different massage styles - Japanese Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. A sublime experience!

60 mins

USD 75

90 mins

USD 95

### **Aroma Hot Stone Therapy**

A treatment not to be missed! This therapeutic and relaxing treatment is designed to relieve muscle stiffness and soreness, and restore energy and balance. Smooth, warmed river rocks glide across your body in long, flowing strokes. The heat helps to relax the muscles, and has a soothing and comforting effect on your emotions. Simultaneously, other rocks are placed on the body, the heat penetrating deep within the muscles to melt away tension and restore balance.

60 mins

USD 60

90 mins

USD 80

### **Indian Head Massage**

Many people store their stress along their shoulders and upper back ! This restorative therapy focuses on your head, neck and shoulders to relieve this stress and tension! Incredible!

60 mins

USD 50

### **Reflexology**

An ancient healing therapy that is as blissful as it is beneficial. Reflexology works on the principle that all body organs are connected to reflex points in the feet's, via constantly flowing energy channels. Massage of the reflex points in the feet can restore the natural flow of body energy, and so improve the body's healthy function

60 mins

USD 50

### **Warm Oil Massage**

A luxurious massage using the most exquisite imported essential oils ! This treatment is one of a kind and delivers all that it promises! Try it ! It is not to be missed, Built up stress are gently soothed away and muscle fatigue alleviated.

60 mins

USD 60

90 mins

USD 80

### **Child Massage**

Revitalizing massage for toddlers help to relive tiredness and tension for little active person.

30 mins

USD 30

60 mins

USD 45

## PEVONIA BOTANICA

Pure Essential Facial

75 min

USD 80

A true balancing facial spa experience using pure organic aromatherapy elixirs & botanical actives to purify, balance & renew the skin, leaving it more youthful, energized and regenerated. This complete facial treatment is personally customized for individual skin types.

*Sevactive* for dry skin - rose, jasmine, ylang ylang, and chamomile

*Lavandou* for sensitive skin - French rose, neroli, lavender, and chamomile

*Fundamental* for combination skin - sandalwood, mandarin, grapefruit, rosemary, lemongrass

Marine Collagen Facial

75 min

USD 99

Anti-aging

Counteract any signs of early aging. Perfect to reduce fine lines and wrinkles, for excessive dryness and dehydration. Rich in marine Collagen and Caviar, nourishes your skin, prevents skin slackening, and lightening mask restores radiant glow. Leaving skin youthful plump and tone.

Marine Mineral Detox Therapy

150 min

USD 140

Detox salt scrub - Algae body wrap & scalp massage - body massage - dry oil body moisturizer spray

Wrap yourself in Algae Marine therapy. Start with detox salt scrub to eliminate toxins and purifying process. Continue with Algae body wrap, your body is gently wrapped with warm Algae rich with minerals and oligo-elements to mineralize and smooth spongy looking skin. This Algae Marine therapy ends with an energising body massage and spray of dry oil body moisturizer rich in Squalene and Macadamia Nut oil for whole body to nourish and moisturize the skin. As stress and toxins are eliminated, your entire body resurfaces youthful, replenished and hydrated.

## TRADITIONAL FACIAL

60 mins

USD 55

Merging modern techniques with ancient Asian beauty rituals, our facials create a lasting impression and instant benefits. Our traditional facials both indulge the senses and feed the skin using nature's abundance of products combined with exquisite local facial products.

## Perfect Day in Paradise

Rituals from around the globe, Asia and Bali... from our island and from our heart. Escape the limits of time, immerse yourself, and rejoice.

### Balinese Eternal Bliss - Couples package

2 hours 30 mins

Single USD 125

Couple USD 220

Aromatic foot ritual

An ancient ritual Aromatherapy Warm oil Massage

Balinese coffee body scrub

Rose milk bath with tea ceremony

Rejuvenate Traditional Facial

### After Sun Retreat

90 mins

USD 85

Aromatic foot ritual

Aloe vera cooling gel body wraps

A classic Indian head massage

2 hours USD 90

### Traditional Balinese massage

Nourish tropical body polish

4 hours	Single USD 199	Couple USD 365
---------	----------------	----------------

## Traditional Balinese massage

Lavender milk bath with tea ceremony

Back	30 m i n s	USD 30
Full leg	1 h o u r	USD 45
Half leg	30 m i n s	USD 30
Bikini	20 m i n s	USD 30
Full arm	30 m i n s	USD 30
Half arm	15 m i n s	USD 25
Under arm	10 m i n s	USD 25

## Beauty Salon Treatment

### Hand & Foot Care

Take your hands and feet on a relaxing and nourishing retreat by the sea, and your heart and soul will lead you to cloud nine

Joy for your nail- using:

Creative Nails & OPI Products from the USA.

~Tropical spa manicure	USD 40
~Tropical spa pedicure	USD 45
~ Nail Art for 1 finger	USD 3
~Polish Change for Fingers or Toes	USD 15
~Childs Manicure or Pedicure	USD 30
~French polish Supplement	USD 5

### Hair Treatment

Hair Spa	USD 45
Ladies Hair Cut	USD 45
Men's Hair cut	USD 25
Shampoo and blow dry (short)	USD 35
Shampoo and blow dry (long)	USD 40

## **T h e g i f t o f p a r a d i s e**

The Gift of Paradise is the perfect gift for everyone, including you.

A Samaya Spa gift voucher is the gift of choice, allowing the recipient to choose what is just right for them. There's no need to worry about wrong size, colour or style because everyone can find something to treasure on our menu.

And, because all it takes is one phone call to arrange, it is absolutely stress free for you.

Share the gift of touch, and touch someone's heart

## **H o w t o s p a**

### **S h o u l d I M a k e A R e s e r v a t i o n F o r M y T r e a t m e n t s ?**

Yes, and it is best to do so soon after your arrival so that we can accommodate your schedule. To make your reservation, either phone or visit the Spa.

### **W h a t I f I N e e d T o C a n c e l M y R e s e r v a t i o n ?**

We hope you do not have to cancel; however, we understand that plans can change. If you do need to cancel, please contact us at least two hours in advance. Reservations cancelled with less than two hours notice will be subject to full charge. If you simply need to change your reservation to another time, please contact us as soon as you can so that we may accommodate your request.

### **W h a t S h o u l d I W e a r ?**

This is your time and we want you to enjoy it, so wear whatever is most comfortable for you. We will provide you with a robe and slippers when you arrive at the spa. During treatments, our therapists are trained to drape you appropriately.

### **W h e n S h o u l d I A r r i v e ?**

We suggest you arrive 15 minutes before your scheduled time. This allows sufficient time for you to check in, change and begin to enjoy your spa experience. Please understand that your treatments will end on time so as not to inconvenience the next guests.



### **Should Men Shave Before A Facial?**

Yes, for best results we recommend that men shave a few hours before their facial.

### **Can I Bring My Valuables?**

We suggest that you leave all your valuables in the safe deposit box provided in your guest room. Whilst we endeavour to look after your belongings, we do not assume liability for any valuables.

### **How Can I Ensure A Wonderful Spa Experience?**

Communicate with us! Please feel free to discuss your requests with our Spa Director and with your therapist to identify areas of concern or focus.

### **Bringing the spa to you**

While we always ensure your total privacy and discretion at the spa, we understand that sometimes you just want to relax in your room. So that you don't miss out on the nurturing, we'll be happy to send one of our massage therapists to your room.

---

All treatments and services are automatically subject to a 11% Government tax and 10% service charge. Gratuity for exemplary service is discretionary.

---

The Samaya

Jl. Laksm ana, Seminyak Beach, Bali - Indonesia

Tel +62-361- 731149

Fax +62-361- 731203

trisna-spa@ thesam ayabali.com

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

Opening Hours – 9am to 9pm

