

# SPA MENU

## GODDESS RETREATS



### AROMATHERAPY ALCHEMY MASSAGE

Intuitively choose the perfect potion of oils to suit your treatment needs, and apply traditional Balinese massage techniques to soothe you from head to toe. Rhythmic flowing movements use forearms, fingers, and the palms, strokes work the healing oils gently but deeply into the body. Experience the magic of Bali in a massage and walk away feeling transformed.

#### RENEW

This aromatherapy can help you clear and quiet your mind. Take the opportunity to contemplate and heal your mind from your busy lifestyle, freeing it of distractions, and help you obtain centered and focused thought, inner strength, confidence and awareness.

#### RELAX

Our daily lives are hectic with "to-do" lists that more than fill the available time. This aromatherapy can help relax your mind, body and spirit.

#### REFRESH

Your body can accumulate toxins and negative energy over time. This aromatherapy can help cleanse you physically and clear your energy, fundamentally refresh you and make you feel revitalized and pure again.

1 or 1.5 hours

### SACRED STONE MASSAGE

Receive the deep nurturing warmth of Bali's sacred Mount Agung with our hot lava stone massage. This massage features a gentle blend of long strokes, acupuncture, and muscle manipulation with the combination of massage with heated stones to relieve and detox the body through healing heat that will leave you with a healthy glow and improved circulation.

1.5 hours

### SUN-KISSED SKIN TREATMENT

A special treatment for those who have worshiped the Sun God a little too long! A gentle traditional massage using local organic aloe-vera gel applied in soothing strokes, cooling and moisturizing skin. The body is covered in freshly cut banana leaves to seal in the moisture. This is particularly recommended for sun-burnt skin.

1.5 hours

### GODDESS GLOW FACIAL

It's time to hydrate and soothe your skin so that it glows! Enjoy this cleansing facial with healing aloe-vera mask and toning facial massage that will leave you feeling like a goddess.

1 hour

### DIVINE GODDESS BODY SCRUBS

#### OCEAN SCRUB - SEAWEED & ORGANIC BALI SALT

Rich with minerals, this invigorating and revitalizing body scrub removes dead skin and improves circulation. Bali's own coconut oil moisturizes and tones your skin. Choose your favorite essential oil to mix in!

1 hour

#### ANTIOXIDANT SCRUB - GREEN TEA & BEE HONEY

Dry green tea leaves and honey act as a great exfoliant to scrub off dead skin cells and pollutants, leaving your skin soft and smooth. Green tea has anti-inflammatory properties and reduces blemishes & scars.

1 hour

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### JET SETTER MASSAGE

Indulge in this celeb secret for bouncing back after a flight! This is the perfect treat to help stimulate the lymphatic (immune) system and leave you feeling wonderfully relaxed and alert. Our specially blended aromatherapy oil will clear your head and elevate your senses; while a detoxifying combination of foot, shoulder, and head massage will help stretch out your body from plane ride tension and stimulate full circulation to get rid of puffy ankles and eyes.

1 hour

### HEAVENLY HAIR SPA

Nourishing hair crème applied on your hair & scalp, followed by a head & shoulder massage

1 hour

*Please wash (with shampoo) and towel-dry your hair prior to treatment. Your therapist will provide you with a sarong to wear. Leave your bra off. After the treatment you'll need to rinse off the crème on your hair under a hot shower. No shampooing necessary at this point.*

### SERENITY TOP-TO-TOE

A relaxing combination of Heavenly Hair Spa and Twinkle Toe Foot Massage that will make you feel like a goddess

1.5 hours

### WELL KNEADED BACK MASSAGE

The perfect post-surf massage! Immediately reduces stiffness in the shoulders and back, improves muscle recovery and encourages relaxation.

30 minutes

### TWINKLE TOES MASSAGE

This treatment will put a spring back in your step after surf, yoga or shopping. Start with a detoxifying sea salt foot soak and relax with a light reflexology styled foot massage.

30 minutes

### GLAM-ICURES MANICURE OR PEDICURE

Our Glam-icures are designed to get your hands and feet looking and feeling their best! Once we've soaked, buffed and scrubbed, we'll give you a mini-massage before trimming, clipping, filing and polishing. Happy hands and feet—what a treat!

1 hour

**ENJOY YOUR DIVINE GODDESS  
RETREATS SPA TREATMENTS!**