

A photograph of a pond with several pink lotus flowers in bloom. The flowers are vibrant pink with dark centers, and their stems rise from a bed of large, green, textured lotus leaves. The background is a blurred wooden fence, suggesting an outdoor garden setting. The lighting is soft, highlighting the delicate petals of the flowers.

平和
HEIWA SPA

M E N U

SIGNATURE TREATMENT



REJUVENATION KOBIDO MASSAGE (1,5 HOURS) 1000K

Kobido massage is a Japanese technique combining massage and aesthetic care. It is a stimulating massage of the face and neck, known for its rejuvenating effect. This facial massage technique focuses on the muscles in your face to restore radiance and restores the volume of your face by helping the tissue to appear firmer and expand. Likewise, for preventative care, you should start implementing this technique by at least 25-30 years of age. Similarly, if you already have mature skin, it will still help to reduce wrinkles. Do not stop there, we continue to clean your face with the face scrub and face mask to get complete face treatment. A warm herbal tea is waiting to accompany you to feel the freshness after treatment.

- Body Correction 10 min
- Head, neck and shoulder massage 15 min
- Kobido face massage 45 min
- Face scrub 10 min
- Face mask 10 min

INTRA-ORAL BUCCAL FACE MASSAGE (1,5 HOURS) 1000K

Buccal massage is a unique technique in which the muscles around the mouth and jaw are worked not only from the outside, but the inside as well. That means your practitioner is wearing gloves, and firmly, yet oh-so-relievingly, using their thumbs and forefingers to massage the interior of the lips and cheeks, working their way to the jaw for full release. Buccal massage more of a holistic technique for getting rid of jaw tension and headaches. Buccal massage is amazing also for contouring, which helps with skin clarity, and releasing tension to improve lines and wrinkles. Do not stop there, we continue clean your face with the face scrub and face mask to get complete face treatment. A warm herbal tea is waiting to accompany you to feel the freshness after treatment.

- Body Correction 10 min
- Head, neck and shoulder massage 15 min
- Buccal face massage 45 min
- Face scrub 10 min
- Face mask 10 min



REJUVENATION AND HEALING ICE BATH (2 HOURS) 1200K

Ice baths are known for their ability to heal, rejuvenate, and energize. They can help with depression, anxiety, chronic pain, insomnia, and more. Cold water immersion can help improve mental, emotional, and physical wellbeing. Continue by doing a body renewal through a purifying herbal revival massage in addition to contributing to better blood circulation. Their heat also relaxes muscles to favor release of tension and stress. A warm herbal drink is waiting to accompany you to feel the freshness after treatment.

- Heiwa foot ritual 10 min
- Ice bath therapy 15 min
- Herbal revival massage 95 min

HEIWA SPA PACKAGE

ULTIMATE DETOX SKIN RITUAL (2,5 HOURS) 1500K

Capturing the purest elements of nature with moringa, this exclusive experience features a selection of fresh ingredients and exceptional therapies designed in harmony with the natural rhythms and the inherent needs of body and mind. Discover complete body renewal through body scrub, complemented with a moringa bubble bath, a purifying herbal revival massage to release muscle and mental strain, and a moringa facial mask to address individual skin concerns and promote a healthy, radiant complexion. Detox juice awaits you to complete the comfort you have gained.

- Moringa foot ritual 10 min
- Moringa body scrub 30 min
- Herbal revival massage 60 min
- Moringa bubble bath 20 min
- Facial with Moringa mask 30 min



MAGICAL OF COCONUT RITUAL (2,5 HOURS) 1300K

Begin by washing your feet using warm water with coconut milk, an anti-septic foot bath, salt and a little massage on your feet. Then, we will take you to the room and enjoy a coconut body scrub that aims to cleanse the skin and keep your skin fresh. After the shower, continue the Balinese massage for 1 hour using coconut oil after you are pampered with a massage from our highly skilled therapist. We will apply coconut oil to your hair and do a sculpting massage on your head. Young coconut water awaits you to complete the comfort you have gained.

- Coconut foot ritual 10 min
- Coconut body scrub 30 min
- Traditional Balinese massage 60 min
- Coconut hair treatment 20 min
- Flower bath 30 min



CHOCOLATE INDULGENCE TREATMENT (2,5 HOURS) 1500K

Efficacious chocolate cleans dead cells and will regenerate the skin constantly to look fresh and bright, which can also cleanse your skin. Begin by washing your feet using warm water and do a little massage on the legs. We continue with scrub on your body using a chocolate scrub, which removes all the dirt on the skin, removes dead skin cells and helps regenerate new cells. Continue by doing a Balinese massage for 1 hour throughout the body using brown oil. Do not stop there, we continue to give a mask on your whole body that aims to maintain the brightness of the skin and reduce wrinkles on the skin. A warm chocolate drink is waiting to accompany you to feel the freshness after treatment.

- Chocolate foot ritual
- chocolate scrub 30 min
- Deep tissue massage 60 min
- Facial with chocolate face mask
- Chocolate body mask 30 min



AUTHENTIC BALINESE BOREH (2,5 HOURS) 1500K

The aroma of the boreh spices will take you to Bali tradition, energising, warm spice exfoliation and wrap. Traditionally used to help with circulation, relieve muscle tension, aches and pains, and balance. While cocooned in the wrap, feel your body drawing the warmth of the heating spices on your skin while your therapist soothes your mind with a scalp massage. Enjoy a relaxing 60-minute Balinese massage to back of body with warm oil to ease away muscle tension and soothe the mind. Do not stop there, we continue to herbal bath to complete the relaxation treatment. A warm herbal tea is waiting to accompany you to feel the freshness after treatment.

- Balinese Foot ritual 10 min
- Boreh body wrap 30 min
- Balinese massage 60 min
- Traditional facial 30 min
- Herbal bath 20 min



HEIWA LOVER'S DELIGHT PACKAGE (4 HOURS) 3500K

The signature package consists of a thorough relaxing aromatherapy massage, followed with a kobido face massage, body scrub and body mask. At the end of the session, you and your loved one will have a 30 minutes special bath of flower petal

Package Inclusions:

- Flower foot ritual with essential oil
- 90 min signature aromatherapy massage
- 60 min kobido face massage
- 30 min body scrub
- 30 min body mask
- 30 min bath of flower petal
- Lunch or dinner

**All prices are subject to 21% service charge and government tax*



BODY TREATMENT

BLUE KARMA'S SIGNATURE AROMATHERAPY MASSAGE 850K (60MIN) / 950K (90MIN)

Our signature massage will take you into a deep meditative state by going beyond your physical body with the use of Tibetan bowl sounds and the power of purified crystals for chakra healing and balancing. Blue Karma's signature massage includes:

A choice of one Utama Spice Aromatherapy Blend:

- **BLISS** - Lavandula angustifolia (Lavender) flower oil, Citrus bergamia (Bergamot) peel oil, Pelargonium graveolens (Rose Geranium) flower/leaf/stem extract, Citrus sinensis (Orange) peel oil, Pogostemon cablin (Patchouli) oil.
- **CLEARING** - Piper cubeba (Cubeb) fruit oil, Melaleuca leucadendron (Cajuput) leaf oil, Foeniculum vulgare (Fennel) fruit oil, Zingiber officinale (Ginger) root oil, Mentha arvensis (Mint) leaf oil, Myristica fragrans (Nutmeg) seed oil.
- **DEEP CALMING** - Lavandula angustifolia (Lavender) oil, Pelargonium graveolens (Rose Geranium) flower/leaf/stem extract, Citrus bergamia (Bergamot) peel oil, Cananga odorata (Cananga) flower oil, Citrus sinensis (Orange) peel oil.
- **FOCUS** - Pelargonium graveolens (Rose Geranium) flower/leaf/stem extract, Rosmarinus officinalis (Rosemary) leaf oil, Cananga odorata (Cananga) flower oil, Citrus limon (Lemon) peel oil, Mentha arvensis (Mint) leaf oil.
- **PURE ENERGY** - Citrus bergamia (Bergamot) peel oil, Citrus sinensis (Orange) peel oil, Rosmarinus officinalis (Rosemary) leaf oil, Cymbopogon citratus (Lemongrass) leaf oil.
- **REMINISCENCE** - Rosmarinus officinalis (Rosemary) leaf oil, Lavandula angustifolia (Lavender) oil, Cananga odorata (Cananga) flower oil, Zingiber officinale (Ginger) root oil.

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HERBAL REVIVAL MASSAGE 850K (60 MIN)/ 900K (90MIN)

The use of herbs for medicinal purposes has a long history in both India and China and came to Thailand with the introduction of Buddhism. By wrapping the chopped-up herbs in a cotton cloth, we combine the unique treatment between body massage using warmed herbal massage oil with warm herbal compress to alleviate the pain of sore muscles and joints, symptoms of flu and cold, relieve the pain of rheumatism and arthritis, promote healing of sprains and bruises and to soothe and quiet the mind, inducing a state of relaxation.

TRADITIONAL HEALING MASSAGE 600K (60 MIN) / 750K (90 MIN)

Traditional healing massage is a full-body, deep-tissue, holistic treatment. Traditional healing massage uses a combination of gentle stretches, acupressure, and reflexology to stimulate the flow of blood, oxygen, and “qi” (energy) around your body, as well as to bring a sense of wellbeing, calmness, and deep relaxation.

DEEP MUSCLE MASSAGE 750K (60MIN) / 850K (90MIN)

Deep Tissue Massage is best for giving attention to certain painful and stiff “trouble spots” in your body. The massage therapist uses slow, deliberate strokes that focus pressure on layer.

PREGNANCY MASSAGE 650K (60MIN) / 900K (90MIN)

A full body massage using safe pre-natal techniques. This carefully designed massage will help release tension and reduce fatigue while also increasing the bodies blood circulation to combat aches and pains, decrease swelling, aid relaxation and soothe tired legs.

VACUUM THERAPY MASSAGE 900K (90MIN)

Stimulates the muscles, breaks the cellulite and fat deposits, removes toxins and improves lymphatic drainage. Vacuum therapy also helps restore the natural elasticity of the skin. Vacuum therapy included body massage with oils, followed by vacuum therapy. Vacuum therapy is used for professional elimination of the following problems Insufficient muscle tone, localized fat, cellulite, fibrosis after lipo, stretch marks, scars, folds, weak venous and lymphatic flow.

WARM STONE MASSAGE 850K (60 MIN)/ 900K (90MIN)

Hot Stone Massage melts away tension, eases muscle stiffness, as well as increases circulation and metabolism. It promotes deeper muscle relaxation by placing smooth water-heated stones at key points on the body.

REFLEXOLOGY MASSAGE 400K (30MIN) / 500K (60MIN)

Apply appropriate pressure to specific points and areas on the feet that correspond to different body organs and systems for your health.

PRESSURE MASSAGE 450K (30MIN)

A pressure massage that focuses on the build-up of stress and muscle tension in all areas around the neck, shoulders, and across the back. This massage encourages relaxation, relieves stress, improves circulation, and relaxes muscles.

VISCERAL MASSAGE 450K (30 MIN)

Visceral massage is a manual therapeutic massage related to vital energy. Originating in China, this practice aims to reduce negative energy. Your therapist focuses on the abdomen by massaging the internal organs deeply. He or she can work specifically on the liver, stomach, kidneys, prostate, large intestine, bowels, uterus, bladder and ureter. The viscera or joints and tissues are also involved in a visceral massage. The therapist’s movements are deep to restore tone, vitality and mobility to the internal organs.

BODY SCRUBS

375K (30 MIN)

MORINGA BODY SCRUB

Moringa Oleifera is a miracle tree loaded with nutrients like calcium, vitamin A, B, C, D, E; minerals like copper, iron, zinc, magnesium, silica, manganese and 30 antioxidants. Moringa oleifera will clean and purify your skin, allowing it to absorb moisture, and leaving your whole body looking radiant and refreshed.

(antioxidant)

RICE BODY SCRUB

A natural scrub with rice is a good bet to thoroughly cleanse and exfoliate your skin without irritating it. A natural rice flour scrub can smooth out fine lines and wrinkles, treat uneven skin tone and blemishes, control excess oil secretion and help brighten your skin.

(Protector)

LULUR BODY SCRUB

Lulur Body Exfoliation is a traditional Javanese beauty ritual. The sumptuous body scrub contains turmeric, pandan wangi leaves, and temu giring in a rice powder base. The ingredients in this yellow paste are said to purify, exfoliate, and stimulate skin cell regeneration.

(Antiseptic)

COFFEE BODY SCRUB

It can help with scars, stretch marks, dry skin, body breakouts, keratosis pilaris, and cellulite, to name a few. Regular massaging, exfoliation, and moisture can help fade the appearance of marks & scars.

(Cellulite Killer)

COCONUT BODY SCRUB

Using a coconut body scrub is relaxing, good for your skin, and helps maintain the natural chemical balance of the skin while softening and helping to alleviate dryness.

(Glow & Hydrate)

BAMBOO BODY SCRUB

Bamboo contains a compound called silica that strengthens the skin, improves its elasticity, and promotes collagen production as well.

(Strengthen & Rejuvenate)

CHARCOAL BODY SCRUB

Charcoal has the ability to absorb dirt and excess oil from your skin. Charcoal digs deep inside pores to lift out the gunk, leaving your skin as clean as possible.

(Detox)

BODY MASK

375K (30 MIN)

MORINGA BODY MASK

Moringa body masks can be used as an antiseptic to sterilize contaminated surfaces. It is effective against a wide range of bacteria and fungi.

CHOCOLATE BODY MASK

Chocolate is very moisturizing and softens the skin leaving a luminous glow. Cocoa contains glycerides which deliver moisturizing lipids and fats which plumps out wrinkles, firms and tones the skin.

YOGHURT BODY MASK

This luxurious body treatment is designed to deeply replenish and rejuvenate dry, out-of-condition skin using pure yoghurt and honey.

HONEY AND MILK BODY MASK

Milk and honey both contain antimicrobial properties, so together, they make a great cleanser for the skin. Hydroxy acid that naturally eats away dead skin cells. Honey helps open the pores, helping clear away dirt.

BOREH BODY MASK

Balinese Boreh Body Mask is highly recommended if you have a fever, headaches, muscle aches and arthritis. This aromatic mask increases circulation, exfoliates and softens skin.

BATH RITUAL

450K (20 MIN)

7 ELEMENT BALINESE FLOWER BATH

A luxury Balinese bath infused with 7 different types of temple flowers as well as pandanus leaf to ease muscular fatigue. This bath is scented with campaka essential oil to enhance the experience. It is available at Heiwa spa or in your private room.

SWEET BALINESE ORANGE AND PANDAN LEAVES BATH

Infused the bath with hot water, orange fruits and pandan leaves that are known to de-stress, it is designed to soothe the muscles, soften skin, improve blood circulation and boost immune system. It is available at Heiwa spa or in your private room.

ROSE PETAL BATH

Nowday this ritual are widelay used for health benefit as it combine two element which are water and rose petals. It is delivering freshness and love to your body and soul whilst minimize stress and improve the immune system. It is available at Heiwa Spa or in your private room.



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BEAUTY TREATMENT

SENSATIA BOTANICALS FACIAL 750K (60MIN)

Hand-made using 100% natural ingredients, Sensatia Botanicals is the most recognizable Bali-based brand focusing on high-quality skincare and beauty products. Their products are all-natural and, most importantly, safe for any skin type. Trademarked in many countries with more than 200 product registrations, Sensatia Botanicals is proud to be Bali's first and only GMP - certified cosmetics company. With such a high accomplishment, they also give back to the local community by employing and empowering villagers. Their purpose is not merely about gaining profit, but also supporting a healthy lifestyle through a fine balance between work, play, and friends for life. When you arrive at our spa for your facial, we will do a skin analysis to see your skin condition. Based on the concerns, we will choose the Sensatia Botanicals products that best suit your needs:

- Normal / All skin type
- Oily to Acne-prone skin
- Sensitive to mature skin
- Anti-aging

MORINGA REJUVENATING FACIAL 750K (60 MIN)

A unique rejuvenating facial treatment, using our signature pure Moringa Oil that has healing benefits. Incorporating the use of a Clear Crystal Gua Sha and finger massage to improve elasticity, reduce appearance of fine lines, naturally 'lift' and bring back the 'glow'. The treatment includes a gentle scrub, moringa clay mask and the use of an ancient technique of

PURE ALOEVERTA FACIAL 550K (60 MIN)

During all this facial (cleansing, exfoliation, mask) we will use exclusively natural aloe vera cosmetics from Bali. Aloe leaves contain many antioxidants including, beta carotene, vitamin C and E. It helps to improve the skin's natural firmness. Your skin is so clean, fresh and hydrated.

TRADITIONAL BALINESE FACIAL 500K (60 MIN)

Indulge in this relaxing facial, which is suitable for all skin types. Awaken your senses by combining the purest organic products and plant extracts. Drawing on the soothing properties of organic ingredients, your skin is left feeling smooth and vibrant.

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RATUS 450K (30MIN)

Women only, with a soft back and shoulder massage. Also called V-steaming, this centuries-old practice is said to impart a range of health benefits, from detoxifying the womb after childbirth to tightening the vaginal opening, improving blood circulation to the pelvic area, minimizing vaginal odor, helping with vaginal and urinary infections, relieving menstrual cramps, aiding fertility, and balancing your female hormones. The herb-infused steam travels upwards to your genitals. The vapor carries the volatile essential oils from the herbs to your labia, which are supposedly absorbed through the delicate skin. The steam then enters the vagina, detoxifying the tissue and warming the muscles.



MANICURE/PEDICURE RITUAL

At Heiwa Spa, our manicure and pedicure rituals include soaking, cleansing, nail shaping, massaging and finishing with your choice of OPI polish.

- **Manicure Ritual OPI
300K (60 MIN)**
- **Pedicure Ritual OPI
300K (60 MIN)**
- **Manicure & Pedicure OPI
550K (110 MIN)**

SPA MANICURE/PEDICURE

The following SPA treatments include a soak, cleanse, nail shaping, massage, scrub, mask, finished with your choice of OPI polish.

- **SPA Manicure OPI
350K (75 MIN)**
- **SPA Pedicure OPI
350K (75 MIN)**
- **SPA Manicure & Pedicure OPI
650K (120 MIN)**
- **POLISH CHANGE ON HANDS
OR FEET OPI POLISH
150K**



ICE BATH THERAPY

450K (15 MIN)

Ice bath therapy is the use of water to promote health or manage disease. cold water immersion stimulates your body's healing mechanism, helping it recover more efficiently from exercise and illness. my significantly increasing your body's red cell, white cell and platelet count, cold water immersion can drastically improve overall immune response.

WHAT ARE THE BENEFIT OF ICE BATH THERAPY?

EASES SORE AND ACHING MUSCLES

The greatest benefit of ice baths, most likely, is that they simply make the bdy feel good. After an intense work out, the cold immersion can be a relief to sore, burning muscles.

HELPS YOUR CENTRAL NERVOUS SYSTEM

An ice bath cn also help your central nervous system by aiding in sleep, and consequently, making you feel better from having less fatigue. Plus, it can be help improve reaction time and explosiveness in future work out.

LIMITS THE INFLAMMATORY RESPONSE

By decreasing the local temperature after exercise ice baths can help limit inflammatory response, decreasing the amount of inflammation and helping you recover faster.

TRAINS YOUR VAGUS NERVE

One of the main benefits of an ice bath is being able to train your vagus nerve. The vagus nerve is linked with the parasympathetic nervous system, and training it can help you face stressful situations more adequately.

ICE BATHS MAY IMPROVE SLEEP

There is some evidence to suggest that cold water immersion therapy may improve sleep. This benefit is thought to be largely due to the effect of the ice bath on the central nervous system.

MAY EASE SYMPTOMS OF DEPRESSION

Cold water is not a cure for any mental health condition. But certain case studies suggest that cold open water swimming has helped alleviate symptoms of depression and anxiety in some people.

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