

# IN BALANCE

SPA



# HOW TO SPA

## Who are the In Balance Spa Clients?

In Balance Spa Welcomes both hotel and non hotel guest to enjoy our spa facilities.

## Hours of treatments

In Balance Spa is open for treatment daily from 10:00 AM to 10:00 PM last treatment at 09:00 PM

## Special Request

You may request a specific therapist and we will make effort to accomodate your preference. All our therapist are professionally trained in treatment and draping protocol.

## Special Request

All treatments can be cancelled maximum 5 hours before treatments scheduled with no charge, otherwise 50% cancellation fee is apply and will be full charged for no show.

**(++) All price are quote in Indonesian Rupiah and subject to 26,5% goverment tax and service charge**



# HAND, FINGER AND FEET TREAT

Trimming, grooming and polishing includes hand and foot scrub, massage and mask.

## Manicure

60 Minutes - IDR 379.500nett

## Nail Gel manicure/pedicure

90 Minutes - IDR 506.000nett

## Pedicure

60 Minutes - IDR 442.800nett

## Nail Polish / French Nail Polish Only

IDR 316.300nett

## Gel Nail Polish

60 Minutes - IDR 379.500nett

## Removing Gel Nail Polish

30 Minutes - IDR 139.200nett



# JUNIOR IN BALANCE

(Up to 10 Years Old)

## Prince or Princess Treatment

Include of foot soak, Gentle Body massage, Chocolate Body Scrub, Bubble Bath, Body Lotion, Ice Cream.

60 Minutes - IDR 415.800nett

## Beautiful Barbie Package

Include of Relaxing body massage, Sweet Strawberry body scrub, Shower and Body moisturizer, Happy Nail art finger or toes.

75 Minutes - IDR 556.600nett

## Family Rituals

Includes: Chocolate Massage and Chocolate body scrub for 2 adults and 1 child

1,5 Hours - IDR 1.644.500nett

## Kids Funny Massage

30 Minutes - IDR 264.400nett

## Happy Nail Art

\*Finger or Toes

**IDR 139.200nett**

\*Finger and Toes

**IDR 250.500nett**

Up to 10 years old.

For Booking, dial ext. 781

*\*Kids spa treatment should be accompanied by parents during the treatment*





## BODY MASSAGE

### Upper Body Massage

Relaxes and relief muscle tension on your back and neck.

**45 Minutes - IDR 581.900nett**

### Foot Detox

Whether you are a runner, high heeled shoe wear or simply just on your feet all day, you'll float out the door after this complete foot & lower leg massage.

*The treatment includes foot massage and foot mask*

**60 Minutes - IDR 403.500nett**

### Reflexology

This massage stimulates reflex area on the feet by applying pressure to specific point on the feet to influence the health of corresponding parts of the body.

**60 Minutes - IDR 528.800nett**

### Traditional Massage

Using the therapeutic power of touch to relax your muscles, stimulate blood circulation and to release inner tension.

**75 Minutes - IDR 708.400nett**

### Aroma Massage

The treatment works your body in a very natural and holistic way by gently activating the body's own healing energies.

**75 Minutes - IDR 743.800nett**

### Bamboo Massage

Inspired by the culture of Dayak race in Kalimantan island, a massage therapist that using the warm rhythm of bamboo for massage therapy is relative new.

**75 Minutes - IDR 758.400nett**

### Sound Healing Therapy

A combination of aromatic body massage and the Calming sound of Chinese ring Bell will leave you in a state of deep relaxation and rejuvenation.

**75 Minutes - IDR 702.000nett**

### Hot Stone Massage

Using heated basalt stone of varying sizes to key points on the body giving a deep massage and creating sensation of comfort, warmth, and deeply relaxed.

**1,5 Hours - IDR 841.900nett**

### DwiJegeg Massage

Massage by two therapists with the same rhythm and pressure to reduce stiff muscle and tiredness.

**75 Minutes - IDR 918.400nett**

# SPA TREATMENT

## SPA SAMPLER

Get a bit of everything! Rejuvenate your body and feel the unforgettable sensation

Includes: body scrub, followed by body massage, refreshing mini facial, mini hair cream bath.

**2,5 Hours - IDR 2.017.700nett**

## TRADITIONAL FAVOURITE

This complete body treatment uses selection of aromatic oils and includes foot wash, a full body scrub followed by body rinse and few minutes of body steam/sauna to open the pores. Continued with a relaxing body massage and body mask to retighten the skin. A bath and refreshing ginger tea will complete the treatment followed by application of a soothing body lotion.

**2,5 Hours - IDR 1.335.800nett**

*Choose one from:*

### \*REGENERATE SCRUB

This treatment is using natural ingredient which contain essential oil of Lemon which known to combat cellulite and poor circulation. With the addition of Patchouli and Kananga oils, this treatment is particularly beneficial for mature skin, as well as for tightening and regeneration skin cells.

### \*SEA BREEZE

Bring you the sea essential to nourishing the mature and dull skin. At the same time to regenerate the skin appearance. Feel the breeze of the sea to a complete paradise relaxation

### \*STRAWBERRY PASSIONATE

Nature's antioxidant from this amazing fruit will fight the free radical and detoxify the skin. It give you the enhance healthy and glowing skin appearance

### \*SILKY BALI

Eases away stresses of the day with milk and honey to soothe, moisturize and give you a luxurious soften feeling

### \*BALINESE MOCCA

A unique combination of Coffee and Milk to neutralize the body odor, at the same time to soften the skin, clean the skins from acne and other blemish

## IN BALANCE PURIFYING TREATMENT

A perfect combination treatment which is working on the lymphatic system. Includes: deep relaxing body massage followed by softens and exfoliates body scrub continued by cleansing facial. Helps to stimulate circulation, detoxifies and aids in the removal of impurities. Promote high level of relaxation and balance the energy flow through the body.

**2,5 Hours - IDR 1.739.400nett**

## ROYAL JAVANESE TREATMENT

A well known Javanese body treatment using natural ingredient such as Rice powder, Granular turmeric, Sandalwood and Jasmine Oil meant to exfoliate dead skin cells and stimulate cell generation. This traditional treatment will leave your skin velvety smooth and radiant as well as clear unpleasant body odors. Start with a Herbal foot wash followed by a body massage and body steam. Further on gentle exfoliation will be continued by a yoghurt splash prior to a relaxing herbal bath. A refreshing herbal drink will be served during your herbal bath, and cooling body lotion applied as a final touch to moisturize your skin.

**2 Hours - IDR 1.148.000nett**

## BODY RENEW

Revitalize your energy and your beauty to make your body restless and release problematic muscles and refresh your nails follow by foot soak, aromatic body massage and choice of manicure or Pedicure

**2 Hours - IDR 1.012.000nett**

## QUICK BLISS

It has designed for the one "ON THE GO". This treatment includes: foot spa, massage & coconut body scrub.

**75 Minutes - IDR 765.300nett**



## COUPLE'S SPA TREATMENT

### Him & Her

**2,5 Hours - IDR 2.277.000nett**

#### **Inclusion for Him**

Foot Bath, Aroma Massage, Coffee Scrub, Shower, Pedicure

#### **Inclusion for Her**

Foot Bath, Aroma Massage, Strawberry Scrub, Strawberry Mask, Shower, Cleansing Facial

### Jegeg & Bagus

Complete body treatment for couple which is include of foot bath, traditional Balinese massage, body scrub to exfoliate the skin and the final step is to indulge in warm bubble bath.

**120 Minutes - IDR 2.024.000nett**

### Tranquil Touch

Create the sense of romance with our couple treatment which is started with the back neck and shoulder massage followed by REJUVE facial to refresh the face or foot massage to improve the circulation.

**90 Minutes - IDR 1.771.000nett**

# SALON SERVICES

## Fresh Hair Treatment

Additional one of the following items will be added to suit your type hair and problems. (Choices : Lime , Aloe Vera, Coconut Milk)  
**90 Minutes - IDR 695.800nett**

## Blow Dry

**60 Minutes - IDR 316.250nett**

## Hair Braiding

- Medium - IDR 379.500nett
- Long Hair - IDR 442.800nett

# SPA PACKAGE

## Spa Prestige

Treatment includes: foot bath, body massage, body scrub, detoxifying body masque in Body Steam, bubble bath continue by cleansing facial.

**3,5 Hours - IDR 1.600.000++**

# SPA RETREAT

An extraordinary indulges designed for being away from the rush of daily life into the world of tranquility. Experience your holiday with one of our rejuvenate treatment program.

## 3 Days Retreat

**IDR 2.738.000nett**

**Day 1 - Aroma Massage | 75 Minutes**

**Day 2 - Traditional Favourite | 2.5 Hours**

**Day 3 - Fresh Creambath or Manicure Pedicure | 90 Minutes**

## 5 Days Retreat

**IDR 4.870.300nett**

**Day 1 - Aroma Massage | 75 Minutes**

**Day 2 - Traditional Favorite | 2.5 Hours**

**Day 3 - Hot Stone Massage | 90 Minutes**

**Day 4 - Breathe Facial By Sothys | 75 Minutes**

**Day 5 - Fresh Cream Bath or Manicure Pedicure | 90 Minutes**

# FACIAL TREATMENT

## Sea Essential Face Care by Pythogen

Offer a unique approach to beauty using high quality Marine products "PHYTOGEN" for a more natural, truer, NEW BEAUTY.  
**75 Minutes - IDR 967.100nett**

## Bio Facial

This facial treatment good to tighten pores and removes excessive oil, and moisturize the face, and neck.

**75 Minutes - IDR 765.300nett**

## Botulike

No need Botox! This treatment will give you an instant result without any needle and it's painless. Diminish lines for a smoother & younger skin.

**75 Minutes - IDR 867.600nett**

# BODY SCRUB

The full body exfoliating treatment, enhance and moisturize your skin. These treatments include shower and body lotion application

**45 Minutes - IDR 521.800++**

Choices:

-LULUR SCRUB

-STRAWBERRY SCRUB

-SEA SALT SCRUB

-CHOCOLATE SCRUB

-CHOCONUT SCRUB

-COFFEE SCRUB





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