



DALA

## SIGNATURE PACKAGES

### SAGARA RITUAL

900K++ /PERSON

1,695K++ /COUPLE

100 MINUTES

A refreshing coastal inspired ritual that draws from the cleansing energy of the sea. This treatment begins with a soothing foot cleanse using artisan sea salt hand harvested in North Bali, known for its mineral rich purity. A flowing massage follows blending palm pressure, lomi-lomi strokes, and acupressure to relax both body and mind. A gentle full body exfoliation using North Bali salt and coconut polishes the skin and restores natural vitality. The ritual concludes with a warm soak infused with sea salt, lime, and frangipani, bringing a sense of clarity and calm.

### BHUMI (EARTH) ESSENCE RITUAL

1,020K++ /PERSON

1,915K++ /COUPLE

120 MINUTES

Inspired by the nourishing elements of Bali's highland forests, this ritual channels the grounding power of botanicals and earth grown ingredients. Begin with a warm foot soak, followed by a traditional Balinese massage using a warming oil blend of ginger and cinnamon to promote circulation and deep relaxation. The experience continues with a gentle exfoliation using fresh coconut and mung beans to brighten and soften the skin. A warm wrap of single origin Balinese mansur rice, white ginger, and premium Arak Bali (from North Bali) is then applied, before concluding with a soothing soak infused with fingerroot, cinnamon, lemongrass, and kaffir lime.



\*All prices are in thousand Rupiah and are subject to 21% government tax



## DALA PACKAGES

### DALA SIGNATURE TREATMENT

1,020K++ /PERSON

1,915K++ /COUPLE

120 MINUTES

Your treatment begins with a sensory journey, where you choose from one of our customized blends of essential oils for your body massage. Feet are then bathed in a Dala foot ritual to soothe away aches and pains. The feet will then be exfoliated with a Cananga infused scrub. Enjoy a back, neck and shoulder massage to alleviate muscular tension, followed by a luxurious royal empress facial that uses fresh natural ingredients that are perfect for all skin types. Savor an arm, leg, feet, and scalp massage as your facemask works its magic.

### BUNGA RAMPAI (POTPOURRI) RITUAL

1,020K++ /PERSON

1,915K++ /COUPLE

120 MINUTES

This inspiring 2-hour treatment rejuvenates the mind and uplifts the spirit based on the rich beauty tradition of the Indonesian and Malay cultures. It begins with a Pinang (betel nut) Foot Ritual, an age-old Malay custom to deliver great reverence. The journey starts with a ritual sprinkling of fresh flower petals to generate positive energy prior to a Rampai Signature Massage. A traditional rice mask is then applied to the face to draw out toxins and clear pigmentation for a well-nourished effect. The Cananga infused Coconut Body scrub is made from Cananga & lavender extract, grated candlenut, and fresh kaffirlime to leave the body silky smooth with perfection. It is followed with a refreshing Bunga Rampai Bath of rose petals, tuberose, Cananga, cempaka, and fresh limes to recreate the opulence of a Malay bridal bath.

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## DALA PACKAGES

### TUTI FRUITY SPA

1,120K++ /PERSON

2,100K++ /COUPLE

150 MINUTES

The healthy benefits of fresh fruit are brought to light in this delicious spa indulgence that will ignite the senses and leave you feeling full of zest. A replenishing green tea & avocado foot ritual, which is rich in natural oils and proteins, begins the treatment. This aroma-sensory experience continues with Dala aromatherapy massage will restore harmony between the body and mind. A berry yogurt with honey refresher facial will then cleanse and hydrate the skin to give it a Radiant glow. De aging papaya and pineapple mousse body scrub to exfoliate the skin, then finish with local Balinese orange and lime milk bath. A refreshing mint & lime drink is served post-treatment.

### THE ROYAL WEDDING RITUAL

1,120K++ /PERSON

2,100K++ /COUPLE

150 MINUTES

This traditional Indonesian beauty ritual was once a privilege of royal brides in the ancient palaces of Central Java. A DaLa Foot Ritual begins the indulgence and continues with a tension-relieving Balinese Massage. The highlight is a Javanese Lulur Exfoliation, where a paste of turmeric, sandalwood and rice powder is slowly applied to the body. A hydrating Yogurt Body Polish is then applied, followed by a luxurious Milk Bath infused with seven different flowers.

### HIGH TEA

1,120K++ /PERSON

2,100K++ /COUPLE

150 MINUTES

Inspired by the soothing sensational qualities of antioxidant tea, the high tea package has been created to calm the mind and restore energy. It begins with a nourishing green tea foot ritual. A 90-minutes River Stone Massage follows to melt away stress and encourage deep relaxation. This pampering continues with green tea body Mask to protect the skin against premature aging. Soak in an infusion of green tea and mint leaves in warm water for antioxidants.

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## DALA BODY RITUAL



### HEAD & SHOULDER RECOVERY

45 MINUTES

385k++ /Person

This is the perfect way to relieve shoulder pain, anxiety, and stress. Your feet will be soaked in floral warm water with essential oil. A head and shoulder massage using an acupressure technique is then performed to promote healing by correcting energy imbalances within the body.

### HEAVENLY FOOT MASSAGE

60 MINUTES

385k++ /Person

A gentle and immensely enjoyable therapy that works on the feet to increase circulation, shift toxins and stimulate the body's self-healing ability. As one of the most neglected parts of the entire body, this massage will leave you with a carefree spring in your step.

### BALINESE MASSAGE

60 / 90 MINUTES

585k++ /Person    715k++ /Person

This massage uses the traditional Balinese techniques of firm finger and palm pressure as well as long stimulating strokes. Performed with your preferred choice of essential oil blend, this massage therapy can ease body tension and invigorate the senses.

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## DALA BODY RITUAL

### ORIENTAL MASSAGE

645K++ /PERSON

60 MINUTES

Using Micro emulsion Massage Oil with Vit E Safflower and Orange Peel, this massage frees the body from all its tension by working the muscles and skin with agile, graceful strokes and gentle comforting movements. The kneading and smoothing movements will leave you feeling relaxed and calm. This massage works the body with parallel movement, resulting in a feeling of well-being, a rested mind and a relaxed body.

### DALA AROMATHERAPY MASSAGE

645K++ /PERSON

75 MINUTES

As our signature massage treatment, the DaLa massage focuses on movement, Swedish massage techniques and the art of healing, where wellness can be attained through the use of warm oils. By combining the sensory elements of touch and smell, this massage helps to restore harmony between body and mind.

### URUT NUSANTARA

645K++ /PERSON

75 MINUTES

Celebrating the timeless healing traditions of the Indonesian archipelago, Urut Nusantara nurtures body, mind and spirit. The experience begins with Yoni & Lingga Reiki Ritual using bronze singing bowls to re-balance the alignment of energy between the chakras. A classic massage using a heady blend of essential oil is then performed. This invigorating treatment combines different techniques to address fatigue and stimulate blood circulation.

### WARM STONE DETOX MASSAGE

715K++ /PERSON

90 MINUTES

Warm river stones anointed with massage oil are placed on the chakra energy centres and massaged over the body to melt away stress and tension. The heated stones promote a deep state of relaxation and clarity of mind.



## DALA BEAUTY RITUAL

### EMPRESS FACIAL RITUAL

720K++ /PERSON

60 MINUTES

This royal facial uses fresh and natural ingredients. The face is cleansed and exfoliated with a lavender, chamomile and honey scrub. Sliced cucumber is used to tone the skin and then sweet almond oil is slowly massaged into the face. The ritual continues with a steaming mini pouch followed by a traditional Indonesian rice pearl mask. The chilled surface of a jade roller is then used to caress the skin and close pores. A soothing balm is applied to the lips.

### SKIN HEALTH BY DERMALOGICA

720K++ /PERSON

60 MINUTES

Dermalogica's skin health essentials, designed to deliver your best skin daily. With cutting-edge formulas and powerful ingredients, with this unique Rice-based enzyme powder with a botanical brightening complex microfoliates dulling debris and instantly leaves skin noticeably smoother and brighter. you can be assured you're giving your skin what it needs to be healthy, and stay healthy, for a lifetime.

### AGE SMART TREATMENT BY DERMALOGICA

775K++ /PERSON

90 MINUTES

Designed to combat skin ageing and premature sun damage. Firm, regenerate and energize the skin by enhancing collagen production and improving elasticity. Discover pro firm, this unique treatment targets a range of aging skin concerns, including lines and wrinkles, loss of elasticity, uneven skin tones, dullness and dryness. The result is revitalized, smoother, and firmer.

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## DALA BODY SCRUB

255K++ /PERSON

30 MINUTES

## SEA SALT BODY SCRUB

A gentle full body exfoliation using North Bali salt and coconut polishes the skin and restores natural vitality. This scrub is gentle and moisturized.

## RICE & MUNG BEAN INFUSED BODY SCRUB

A soft exfoliating scrub using finely ground mung beans, Rice and fresh greeted coconut, and a touch of candlenut is applied in sweeping strokes across the body. This gentle blend brightens and softens the skin, inspired by daily Balinese beauty routines passed down through generations.

## THE CANANGA INFUSED COCONUT SCRUB

The Cananga infused Coconut Body Scrub is made of Cananga & jasmine extract, grated candlenut, and fresh kaffir lime to leave the body silky smooth with perfection.

## JAVANESE LULUR

This replenishing scrub was traditionally used as a pre-wedding beauty ritual for brides of the noble class in the Royal Palaces of Central Java. Nowadays, it is used by women throughout Indonesia to maintain healthy and radiant skin. The key ingredients of this scrub are yellow turmeric and sandalwood to naturally soften the skin.

## PAPAYA & PINEAPPLE MOUSSE SCRUB

A glorious mousse scrub is lathered and broken down over the body to remove impurities, dead cells and toxins, to reveal a smoother, supple skin, radiant while your senses go into tropical overdrive.

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## DALA BODY MASK

255K++ /PERSON

30 MINUTES

## EARTH & FIRE POLISH

Inspired by Balinese cultural rituals, this unique service combines the healing properties of kencur (White Ginger) rice and premium arak Bali (from North Bali), offering a restorative experience steeped in traditional practices.

## BOREH HERBAL BODY MASK

A warm, freshly blended Boreh paste made of clove, ginger, cinnamon, turmeric, and rice powder is applied to the entire body. Wrapped in banana leaves, the guest rests while the herbal warmth stimulates circulation and eases muscle tension.

## NATURAL YOGURT POLISH

Natural yogurt ultimately softens and revitalizes the skin. This polish contains mild exfoliating properties to eliminate old skin cells, while the lactic acid content of the yogurt has a moisturizing effect to leave the body feeling smooth and silky all over.

## GREEN TEA BODY MASK

Green tea prevents oxidation of cells and protects skin against premature ageing. This nurturing mask is gently applied the body to nourish the skin and leave it fresh and vibrant.

## DALA BATH

255K++ /PERSON

15 MINUTES

### SEA SALT WITH FRANGIFANI BATH

Indulge in a soothing sea salt and frangipani flower bath to relax and rejuvenate your muscles, transporting you to a calming seaside experience.

### EARTH ESSENCE SOAK

Marinate yourself in the herbal goodness with an exotic blend of ginger, lemongrass, Cinamon and a squeeze of fresh lime juice and kafirlime.

### BUNGA RAMPAI BATH

A lavish soak comprises of rose petals, cananga, cempaka, and fresh limes inspired by the majestic Malay wedding bath to freshen the body.

### LUXURIOUS ROYAL WEDDING MILK BATH

Soak away the tensions of modern living with a lavish milk bath infused with a mix of 7 different fragrant flowers, while candles gently flicker to bring a sense of deep relaxation and pleasure.

### LOCAL BALINESE ORANGE & LIME MILK BATH

Leisurely soak away nervous tension and stress in a milk bath scented with sweet Balinese oranges that are cultivated in the highlands of the Kintamani district. A dash of refreshing lime juice enlivens the senses and renews energy levels for the remainder of the day.

## SPA INFORMATION

**The information listed below has been compiled to help you make the most of your experience at DaLa Spa. Please do not hesitate to contact us if you have any further questions or require assistance in choosing a treatment to suit your needs.**

### SPA HOURS

DaLa Spa opens from 09.00 am to 11.00 pm daily.

### RESERVATIONS

Reservations are highly recommended. To book a treatment, please call +62 361 201 3808 or +62 811 3800 0808

### PRE-INFORMATION

We advise you to arrive at least 15 minutes prior to your scheduled appointment, which enables us to prepare you for your spa experience. Arriving late will limit the time and full benefits of your treatment.

Our spa treatment rooms cater to the needs of individuals or couples. We will provide you with disposable underwear, slippers, towels, shower facilities and a hair dryer for your comfort and convenience.

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Please refrain from sunbathing, heavy eating and consuming alcoholic beverages prior to your treatment as this may have an adverse effect on your spa experience.

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To respect your privacy, our therapists have been trained to discreetly drape a cloth over your body during your treatment.

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Please let us know if you are feeling unwell or have a history of high/low blood pressure, allergies, or poor health that requires medication.

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Please leave any valuable belongings in your room. We will not accept responsibility for the loss of valuables brought to the spa. While it is not for you to take out contact lenses during your treatment, we advise you to bring your case and solution to the spa just in case you feel any discomfort.

### NOTE FOR MEN

Men are advised not to shave for at least three hours before a facial.

### NOTE FOR WOMEN

Women are required to remove all traces of make-up prior to any treatment and avoid shaving before a body exfoliation treatment. Body treatments are not appropriate for pregnant women. However, please ask our receptionist to advise what treatments/rituals are considered safe to experience during pregnancy.

### CANCELLATION

Please notify the spa 12 hours in advance if you would like to cancel or reschedule your appointment. A 50% cancellation fee will be levied for treatments cancelled less than 12 hours in advance. No-shows will be charged the full amount for missed services.

### PAYMENT

DaLa Spa accepts cash and all major credit cards including Visa, Amex, Master Card and JCB. All rates are in Indonesian Thousand Rupiah and subject to 21% government and service charge.

### PROHIBITED

Smoking in and around the spa are strictly prohibited.

### AGE LIMITATION

Children under the age of 14 are not permitted to use the spa facilities. Please do not leave the children unattended in the spa reception.