



heavenly  
BY WESTIN spa

# Awaken Your Senses

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For a better you.™

# Rituals

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## **PURIFY**

'I am purified'...

This ritual begins with an exfoliating Heavenly Spa signature scrub with choices from the Hope, Love and Gratitude series followed by an invigorating Heavenly Spa signature body massage. It is an indulging experience to complete your holiday break in Bali.

[90 MINUTES - IDR 1,500,000]

## **TRANSCEND**

'I am transcendent and soar high into the sky'...

Inspired by ancient Balinese healing traditions. Begin with a refreshing candlenut scrub and grounding herbal poultice massage to restore tranquility.

[135 MINUTES – IDR1,750,000]

## **EMERGE**

'I emerge renewed'...

A ritualistic foot cleanse begins this treatment followed by a refreshing natural facial. The journey then continues with a wellbeing body massage leaving the skin the skin feeling relaxed and fresh.

[105 MINUTES – IDR2,000,000]

## **QUEST**

'I am casting off'...

Begin a journey of personal discovery, life's superfluous layers unravel and a new you emerges transformed. This ritual begins with refreshing rose scrub followed by a honey milk full body wrap for ultimate exfoliation and then a restorative facial to finish off.

[165 MINUTES – IDR1,800,000]

## **ENLIGHTEN**

'I am infinite possibilities'...

Take a deep inhalation and enter this ritual that involves an exfoliating signature scrub. Connect to nature with an enveloping seaweed body wrap and a muscle soothing Mount Agung river rock stone massage.

[165 MINUTES – IDR2,000,000]

## **ASCENSION**

'I am transported on an epic & ancient journey'...

Exhale and let go with time honored Balinese exotic spices such as cinnamon, clove, ground rice and camphor. This warming ritual begins with a Boreh Balinese body mask followed by an enlivening body wash and aromatic herbal wrap. End with a traditional herbal poultice massage and the Ultimate Elixir, a Jamu health tonic.

[150 MINUTES – IDR1,800,000]

## **CLEANSE**

'I am cleansed'...

This ritual begins with 30 minute power walk on the beach accompanied by our Westin Running Concierge. An exfoliating salt scrub follows continued with mud body wrap. An invigorating slimming massage is then performed to help eliminate toxins and reduce fluid retention. A cooling lotion with fruit acid concentrate helps reduce fatty tissue, leaving the skin smooth and radiant.

[120 MINUTES – IDR2,750,000]

## **GRACE**

'I am my true, authentic self'...

Luxuriate in this indulgent ritual of rejuvenation and spa pampering. Achieve radiant skin with an age defying facial and delight the senses with the choice of a Luxe manicure or pedicure. Complete the journey with a relaxing hair crème bath to revitalize the scalp and return luster.

[180 MINUTES – IDR2,750,000]

# Couples

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## HEAVENLY HIS & HERS

'Us together... better'...

Enjoy some heavenly time with your loved one with a combination of his and hers rituals using our double treatment room. Gentle breathing techniques and energy balancing is followed by signature traditional scrub. The journey concludes with a Balinese massage to restore tranquility. Unwind and reconnect.

[90 MINUTES- IDR 2,800,000 PER COUPLE]

## JAYAPRANA & LAYONSARI COUPLES RITUAL

'I bathe in expanding waves of love and creativity'...

This loving ritual begins with the traditional burning of Balinese incense as a special blessing. An invigorating champaka scrub for her and coffee scrub for him is followed by an elemental honey milk body wrap and cleansing scalp massage. Next indulge in a nourishing Dedari Facial, said to induce rapture just as Jayaprana first laid eyes on Layonsari. The ritual ends with a deeply relaxing full body massage.

[180 MINUTES – IDR5,500,000 PER COUPLE]

# For Men

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## AWAKEN

An uplifting caffeine fix by way of a full body coffee exfoliation and rub down to strengthen and rejuvenate.

[60 MINUTES – IDR900,000]

## WELLBEING

This massage combines Shiatsu and Reflexology techniques to address deep muscle tension and give a vigorous boost to your physical and mental wellbeing.

[60 MINUTES - IDR 950,000 OR 90 MINUTES – IDR1,150,000]

# Purify

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Treatments specifically designed to be enjoyed in the wet treatment room, featuring a heated wet bed, steam room and chromatherapy shower.

## DEEP CLEANSE

Cleanse the body and soul with a full body East Bali sea salt exfoliation and Kintamani clay infusion in the steam room. This is followed by a refreshing shower and an aromatic lotion to restore the skin's radiance.

[90 MINUTES – IDR1,000,000]

## WORK OUT

The treatment begins with a dry brushing of the body to improve circulation, a detox seaweed body mask, a steam infusion and finally an invigorating shower. Recharge with a firm upper body and scalp massage.

[90 MINUTES – IDR1,000,000]

# Massage

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Indulge in absolute relaxation and immerse yourself in authentic body treatments which induce deep rejuvenation. Aimed at releasing deep seated stress and uplifting the spirit, these treatments coupled with scrubs/wraps are a great way to experience calm.

## **HEAVENLY SPA SIGNATURE MASSAGE**

A heated compress invites back muscles to relax followed by a Swedish massage that will leave you feeling physically rested and mentally uplifted.

[60 MINUTES – IDR1,000,000 OR  
90 MINUTES - IDR1,300,000]

## **WELLBEING**

This massage combines Shiatsu and Reflexology techniques to address deep muscle tension and give a vigorous boost to your physical and mental wellbeing.

[60 MINUTES – IDR950,000 OR  
90 MINUTES - IDR1,150,000]

## **ASPIRE MASSAGE**

Natural plant-based aromatherapy oils together with a varied combination of massage techniques for your ultimate relaxation.

[60 MINUTES – IDR1,000,000 OR  
90 MINUTES - IDR1,300,000]

## **TRADITIONAL**

The ancient wisdoms of Balinese, Javanese or Shiatsu wellness with a full body massage including acupressure and yogic stretching.

[60 MINUTES – IDR950,000 OR  
90 MINUTES - IDR1,150,000]

## **SACRED STONES**

A gift from the earth; warm lava river rocks from the Ayung River are introduced to your soothe muscles with a balancing 100% essential oil blend.

[60 MINUTES – IDR950,000 OR  
90 MINUTES - IDR1,150,000]

# Pre Natal

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This combination of techniques is specifically tailored towards women during their pregnancy. The aim is - reduces stress on weight-bearing joints, encourage blood and lymph circulation, relax nervous tension - which aids in better sleep - and help relieve depression or anxiety caused by hormonal changes.

## **EMBRACE**

This treatment is delivered by a certified therapist who will safely alleviate muscular tension and aid in the elimination of fluid retention.

[60 MINUTES – IDR1,100,000]

## **NURTURE**

A safe, enriching, nurturing and deeply hydrating body scrub with coconut.

[60 MINUTES – IDR1,000,000]

# Facial Treatments

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Each treatment has a specific response to age, skin type and condition and is available for both men and women by aiming to optimize the skin's own resources and to help regain its natural beauty as well as relaxation.

## REVIVE FACIAL

A soothing and relaxing facial for normal skin types.

[60 MINUTES - IDR1,400,000]

## SKIN SOLUTIONS FACIAL

Soothing for sensitive and irritated skin.

[60 MINUTES - IDR1,400,000]

## REFINERY ESSENTIAL FACIAL

Basic men's facial.

[45 MINUTES - IDR1,200,000]

## ESSENTIAL ROSE FACIAL

Moisture surge for dry dehydrated skin.

[60 MINUTES - IDR1,400,000]

## AGE REPAIR FACIAL

Replenishment for mature and tired skin.

[60 MINUTES - IDR1,400,000]

## DEEP CLEANSE FACIAL

Re-balancing for oily to combination skin.

[60 MINUTES - IDR1,400,000]

## EXPRESS & GLOW FACIAL

After sun soothing skin repair.

[60 MINUTES - IDR1,400,000]

# Exfoliate

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These full-body exfoliating treatments include a shower and application of a body lotion moisturizer, leaving skin refreshed and velvety smooth. Each will condition the skin prior to any wrap and/or massage.

## SEA SALT SCRUB

Vigorous and uplifting.

[60 MINUTES - IDR900,000]

## HEAVENLY SIGNATURE SCRUB

Jayaprana and Layonsari floral.

[60 MINUTES - IDR900,000]

## ENERGIZE SCRUB

The body is scrubbed using a refreshing body wash and natural exfoliating olive grains, leaving the skin feeling smooth and the mind energized.

[60 MINUTES - IDR900,000]

## KEMIRI SCRUB

Herbal and healing.

[60 MINUTES - IDR900,000]

## AWAKENING COFFEE SCRUB

Invigorating caffeine shot.

[60 MINUTES - IDR900,000]

## COCONUT SCRUB

Natural and cleansing.

[60 MINUTES - IDR900,000]

## NOURISH YOUR BODY

Enjoy our SuperFoodsRx™ menu and drinks before or after your treatment for a deliciously healthy treat.

# Wraps

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While cocooned in your wrap, your body restores its energy and your mind clears with the extra help of a soothing scalp massage. To finalize the treatment, we recommend that you follow with a massage of your choice.

## **ALOE VERA**

Cooling, soothing, healing.

[60 MINUTES – IDR800,000]

## **SEAWEED**

Replaces lost minerals.

[60 MINUTES – IDR800,000]

# Essential Care for Hands & Feet

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Total relaxation is enjoyed through a foot and hand massage. Light feet make happy people and beautiful hands denote a refined person.

## **LUXE**

Luxury Spa Manicure or Pedicure.

[60 MINUTES – IDR650,000]

## **EXPLORE**

A must for workaholic keyboard users and foot-weary travelers, this restorative hand and foot massage is based on the Ingham Reflex system of mapping.

[60 MINUTES – IDR850,000]

## **POLISH ONLY**

Soft gel polish.

[60 MINUTES – IDR600,000]

Normal polish.

[30 MINUTES – IDR300,000]

Heavenly Spa by Westin™ Accessories

Take your spa experience home or share it with someone special with a selection of signature products and custom gift baskets. For more information, please call ext. 6437 or 6438.

For reservation, please contact the spa to schedule your appointment on +62 361 771906 or press Service Express button from the resort phone. We require 24-hours notice for changes or cancellations. Prices are Net and inclusive of 21% government tax and service charge.

# Hair Treatment

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## HAIR CRÈME BATH

This ancient beauty ritual for Indonesian women, called a crème bath, is a special herbal hair and scalp conditioning treatment. Exclusively created for Heavenly Spa, this remedy uses vitamin E and essential oils to help to clear the mind, revitalize the scalp and return luster. Beginning with a shampoo and scalp massage, the hair is then wrapped in a hot steamy towel and rinsed with a ginger tonic spritz.

## ALOE VERA AND YLANG YLANG

This cooling gel adds fullness and luster.

[60 MINUTES - IDR550,000]

## AVOCADO AND HONEY

Adds rich texture and nourishes dry, brittle hair.

[60 MINUTES - IDR550,000]

## GINSENG AND LEMON

Revitalizing and stimulating hair roots for weak, thin hair.

[60 MINUTES - IDR550,000]

## TEA TREE

Cooling and healing, leaves hair smelling divine.

[60 MINUTES - IDR550,000]

## HAIR SPA

Revives dry damaged hair using a combination of natural products.

[60 MINUTES - IDR650,000]

# Hair Removal

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We use the best quality wax and a rice wax for sensitive skin

## UNDER ARM/UPPER LIP/ EYEBROW

(15 MINUTES - IDR300,000)

## UPPER LIP & EYEBROW

(30 MINUTES - IDR450,000)

## FULL LEG

(60 MINUTES - IDR750,000)

## ARM

(15 MINUTES - IDR300,000)

## HALF LEG

(30 MINUTES - IDR450,000)

## BRAZILIAN

(60 MINUTES - IDR750,000)

## BIKINI LINE

(30 MINUTES - IDR450,000)

## GIFT CERTIFICATES

Give the gift of priceless serenity to someone you care about. Perfect for any occasion and available for individual treatments, spa or bridal packages in predetermined denominations.

# Spa Bale

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Our Heavenly Spa bale are located in the garden at the beachfront.

## **EASE**

Designed for backs prone to blemishes and oiliness, this treatment restores skin, leaving it smooth, glowing and flawless.

(30 MINUTES - IDR500,000)

## **ESCAPE**

A taste of Asia with a choice of Javanese or Balinese Massage and Foot Massage/Reflexology.

(60 MINUTES - IDR850,000)

Prior to the start of your service, please tell your therapist the areas you would like to focus on, and any areas to be avoided. Communication is the key to getting full benefits from your Heavenly Spa by Westin™ experience.

Heavenly Spa by Westin™ is open from 8AM to 11PM.

## **THE WESTIN RESORT NUSA DUA, BALI**

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