

# Exfoliate

## UBUD COFFEE SCRUB

Coffee grounds are a natural exfoliator, helping to remove dry, dead skin cells to reveal a smooth, healthy, glowing skin underneath. Meet our special barista.

45 MINUTES IDR 750,000

## OCEAN SALT SCRUB

The scrub's rough salt granules remove the dead and hardened skin from your body. Detox your body and keep your body glowing.

45 MINUTES IDR 750,000

# Wraps

## BALINESE BOREH

This Balinese Ritual will generate warmth and help prevent you falling sick during during the cooler, wetter monsoon season. A herbal paste is applied to the body and then wrapped in banana leaves to detoxify and improve your body's blood circulation.

45 MINUTES IDR 750,000

## I'VE CAUGHT THE SUN

This cooling and soothing ritual uses a blend of fresh cucumber and honey applied to the body to down your sunburnt body.

45 MINUTES IDR 750,000

## THE WESTIN RESORT & SPA UBUD, BALI

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## UBUD COCONUT SCRUB

Enjoy a combination of organic coconut scrub mix with turmeric to help maintain your young and fresh skin. Working together they will balance your skin's natural oil levels with their hydrating properties, further moisturizing the skin.

45 MINUTES IDR 750,000

# Hands & Feet

## HAPPY FEET MASSAGE

Recover from a long-haul flight or simple tiredness with this replenishing foot and lower leg therapy. Long strokes together with acupressure on the soles of the feet will relieve tiredness and stimulate blood circulation. Find your soul again.

50 MINUTES IDR 600,000

## SPA MANICURE OR PEDICURE

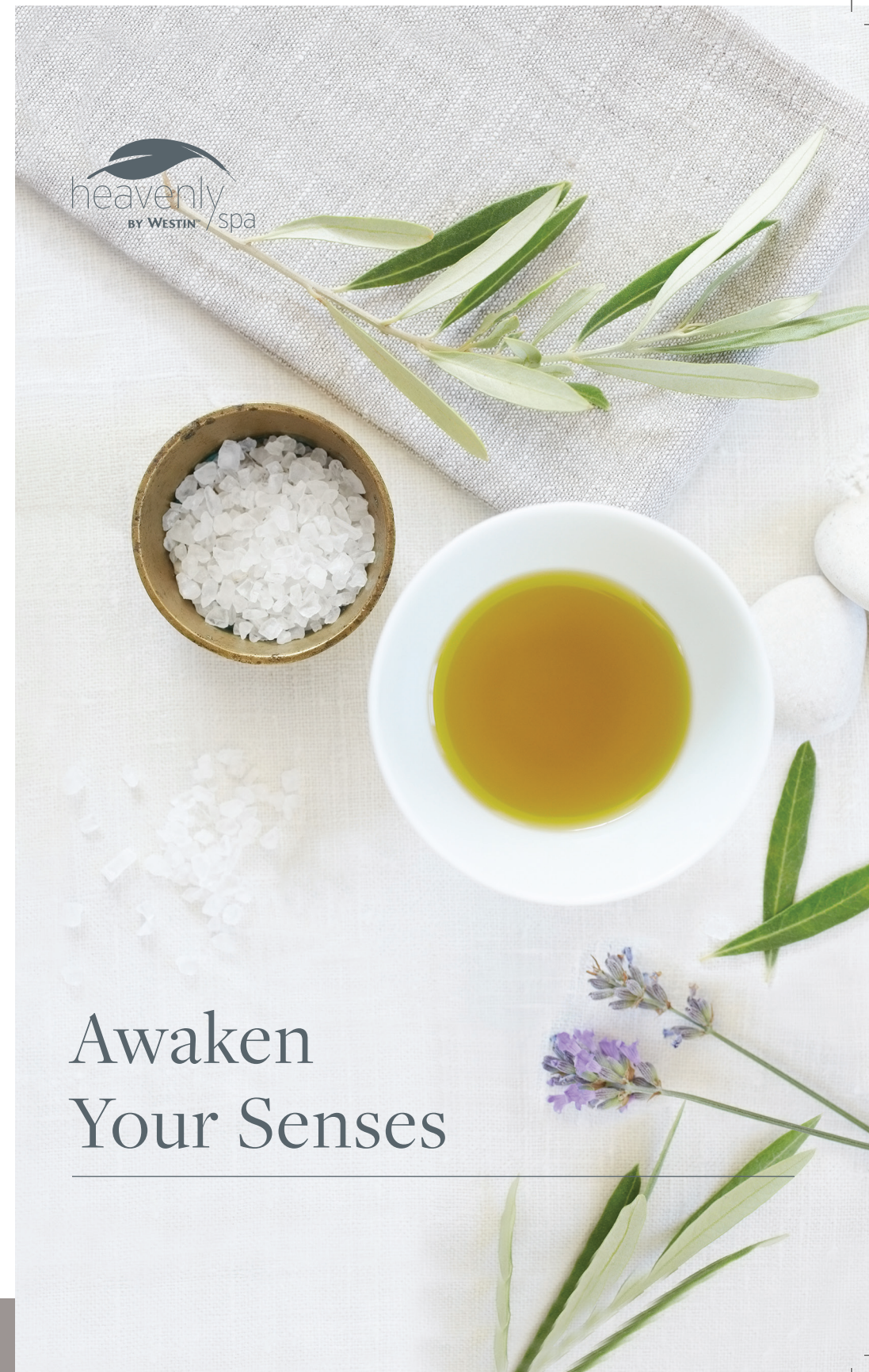
60 MINUTES IDR 500,000

## NORMAL POLISH ONLY

IDR 350,000

Prices are net inclusive to 21% government tax and service charge.  
For reservations, please contact the spa to schedule your appointments. We require 24-hour notice for changes or cancellations.

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# Awaken Your Senses

# Package

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## HEAVENLY RITUAL FOR COUPLES

To celebrate the spirituality of love, this relaxing sensory ritual is a journey of pure indulgence. Your pampering begins with a footbath to refresh your tired and aching feet. A soothing body massage follows, releasing your body muscle tension, encouraging a full and deep relaxation. And then a nurturing facial to suit your individual skin type. A shared bath infused with essential oils and exotic flower petals brings this romantic session to the happiest of endings. Treated like Royalty. Together.

150 MINUTES IDR 4,800,000

## A FRUITY JOURNEY

Enjoy the nourishing powers of locally-grown fruit with a natural treatment that will rejuvenate all skin types. Beginning with a refreshing foot ritual to cleanse your fatigued toes, this is complemented with a traditional Aromatherapy massage using long strokes and finger pressure to restore your depleted energy levels. And followed with a Rice Padi scrub and Cucumber body wrap for a full aroma sensory experience. This personal pampering session is topped off with a milk bath infused with local fruit and flowers. Allow nature to rebirth you.

150 MINUTES IDR 2,750,000

## FEEL WELL RITUAL

The re-energizing feeling of this special massage will melt away the muscle tension in your fatigued body. It combines a traditional Hawaiian Lomi Lomi style with Shiatsu Balinese massage techniques, followed by a nourishing facial to give your skin that extra special glow. Let your blood flow healthily again.

120 MINUTES IDR 1,900,000

## HEAVENLY INDULGENCE

A full body renewal treatment, this signature massage begins with a ritual cleaning and refreshing of the feet. It is followed by a deep long-stroke massage technique to draw out all the tension in your body. An exfoliating body scrub is then applied to gently release the toxins within. Massage, exfoliate and enjoy.

120 MINUTES IDR 1,500,000

## REVITALIZING RITUALS

Coconut oil has many beauty benefits for the skin, face, and hair. Warm virgin coconut oil is applied during a relaxing aromatherapy massage, working to release the deep tension within key muscle sets. It is followed with a relaxing head massage to balance your third eye chakra, stimulate the scalp, and nourish your hair. Balance your mind, body and soul.

90 MINUTES IDR 1,500,000

# Massage

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## HEAVENLY SPA SIGNATURE MASSAGE

A hot compress will relax your back muscles, before receiving a Swedish massage that will leave you physically rested and mentally stronger.

60 MINUTES IDR 1,000,000  
or 90 MINUTES IDR 1,300,000

## INVIGORATING MASSAGE

This massage will melt away deep muscle tension using a combined Hawaiian Lomi Lomi style with Shiatsu Balinese massage techniques.

60 MINUTES IDR 950,000  
or 90 MINUTES IDR 1,150,000

## ASPIRE MASSAGE

Experience the curative benefits of aromatherapy massage reviving your senses and eliminating all muscular tension. Enjoy long massage strokes combined with robust thumb and palm pressure to stimulate your circulation and restore your energy levels.

60 MINUTES IDR 950,000  
or 90 MINUTES IDR 1,150,000

## UBUD STONE MASSAGE

Revive your aching muscles with a healing massage using heated basalt rocks and a detoxifying oil blend. A feeling of warmth will penetrate your skin as the rocks gently caress your body. Rock and roll, baby.

90 MINUTES IDR 1,300,000

# Facial

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## SENSITIVE SKIN

The First Personalized Professional Treatment that measures the Ideal Beauty Index, providing long-lasting correction to sensitive skin imbalances, and giving the skin its ideal quality and in-depth demineralization.

60 MINUTES IDR 1,000,000

## DEEP CLEANSE

Enriched with the extract of Algae Blue Vitale, cellular energizing complex and a strong relaxing massage, this treatment addresses all a gentleman could ever need. Energizes the skin, fights cellular stress, encourages cell renewal, and fights the first signs of ageing. Revitalize and perfectly balance your skin.

60 MINUTES IDR 1,000,000

## ANTI-AGEING

Increase the elasticity and resilience of your delicate skin. Hyaluronic acid will help renew the skin cells, improve its micro circulation and intensively moisturize the skin. Recommended for women aged 35 years and over. After just one treatment you will feel a younger you, with a glowing complexion and less noticeable lines. You deserve it, lady.

90 MINUTES IDR 1,200,000