

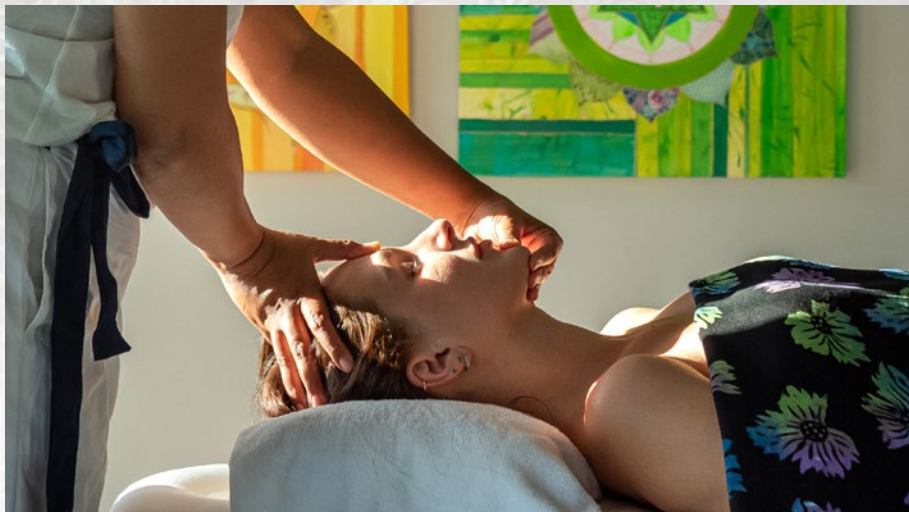
# 平和

HEIWA SPA



MENU

# SIGNATURE TREATMENT



## REJUVENATION KOBIDO MASSAGE (1,5 HOURS) IDR 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. It doesn't 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.

### Package Inclusion:

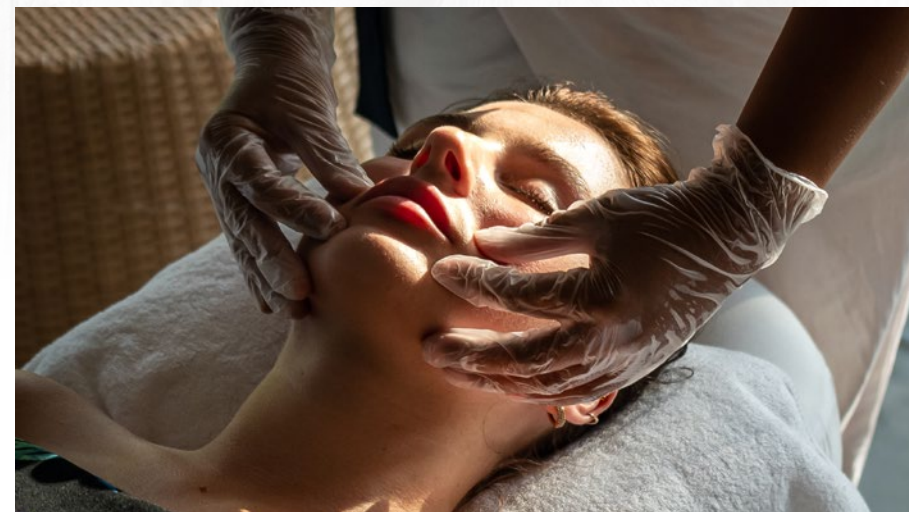
- Welcome drink
- Head, neck and shoulder massage 15 min
- Face scrub 10 min
- Refreshment drink
- Body correction 10 min
- Kobido face massage 45 min
- Face mask 10 min

## INTRA-ORAL BUCCAL MASSAGE (1,5 HOURS) IDR 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. It doesn't 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.

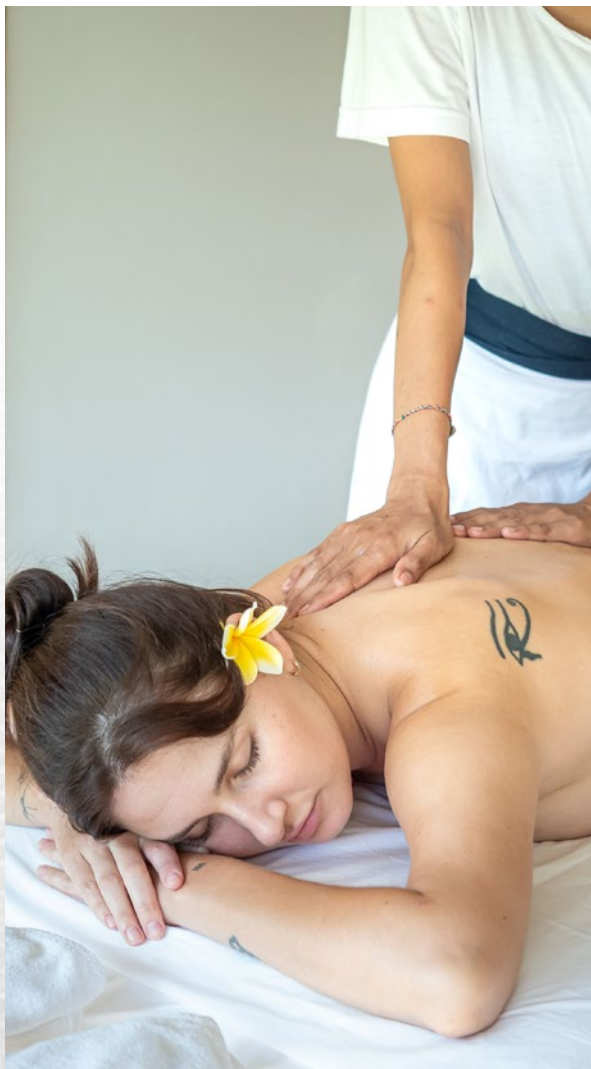
### Package Inclusion:

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



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

# SPA PACKAGE



## ICE BATH AWAKENING SPA PACKAGE

**(2 HOURS) IDR 1300K**

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. The 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.

### Package Inclusions:

- Welcome drink
- Herbal revival massage 75 min
- Heiwa foot ritual 10 min
- Herbal bath 30 min
- Ice bath therapy 15 min
- Refreshment drink

## MATCHA EUPHORIA RENEWAL PACKAGE

**(2,5 HOURS) IDR 1500K**

Welcome to 'Matcha Euphoria,' where the essence of matcha unfolds into an unforgettable spa experience. Your journey begins with the gentle touch of a Matcha Body Massage. Our skilled therapists blend ancient techniques with the soothing essence of matcha, relieving the knots of stress and fatigue. With each stroke, your senses awaken to the invigorating yet calming embrace of this antioxidant-rich wonder. Next, you'll be indulged with a Matcha Body Scrub a dance of softness and exfoliation. Your skin is gently pampered as the matcha infusion rejuvenates and illuminates your natural radiance. As you're cocooned in a luxurious Matcha Body Mask, the antioxidants of matcha work their magic, deeply hydrating and revitalizing your skin. And then, the grand finale: the Flower Bath a serene oasis adorned with fragrant blooms, an ode to tranquility.

### Package Inclusions:

- Welcome drink
- Body massage with green tea oil 60 min
- Refreshment drink
- Matcha foot ritual 10 min
- Matcha body scrub 30 min
- Matcha body mask 30 min
- Flower petal bath 20 min

## HEIWA LOVER'S DELIGHT PACKAGE

**(4 HOURS) IDR 3500K**

Embark on a harmonious journey of connection and relaxation with our Romantic Harmony Spa Retreat for Two. This exclusive package is designed to create unforgettable moments of bliss, rejuvenation, and togetherness for you and your partner. The signature package consists of a thorough relaxing aromatherapy massage, followed with a kobido face massage. 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

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# BODY TREATMENT

## ZEN ENERGY AROMATHERAPY MASSAGE (60 MIN) IDR 850K | (90 MIN) IDR 950K

Your experience begins by choosing a personalized aromatherapy massage oil. As you settle onto the massage table, the soothing sounds of a singing bowl envelop you, creating a tranquil and meditative ambiance. Seven chakra stones, thoughtfully placed along your body's energy centers, promote balance and alignment, encouraging the free flow of vital energy. The sacred Palo Santo wood is used to cleanse your energy field, clearing away any negative or stagnant energies, paving the way for renewal. Finally, a ceremonial sprinkling of tirta (sacred water) and bija (holy seeds) bestows blessings upon you, symbolizing the renewal of your spirit.

### Inclusions:

- Welcome drink
- Singing Bowl Ritual
- Tirta Blessing
- Heiwa Foot Ritual
- Seven Chakras Alignment
- Refreshment Drink
- Aromatherapy Massage
- Palo Santo Cleansing

## FUSION REJUVENATION MASSAGE (90 MIN) IDR 800K | (120 MIN) IDR 900K

This signature treatment combines Balinese, Thai, Shiatsu, TCM, Lomi-lomi, and Californian long stroke massages. Expertly curated to ensure a seamless flow, it's designed for ultimate relaxation, culminating in a surprising rejuvenating twist. Surrender to soothing strokes and emerge feeling deeply refreshed and invigorated. Discover a fusion of cultures and relaxation like no other with our "Fusion Rejuvenation Massage."

### Inclusions:

- Welcome drink
- Heiwa foot ritual
- Rejuvenation Massage
- Refreshment drink

## DEEP MUSCLE MASSAGE (60 MIN) IDR 750K | (90 MIN) IDR 850K

The Deep Tissue Massage is ideal for addressing specific areas of discomfort and stiffness within your body. During this massage, the therapist employs deliberate, slow strokes that apply concentrated pressure to the deeper layers of muscle tissue.

### Inclusions:

- Welcome drink
- Heiwa foot ritual
- Deep Muscle Massage
- Refreshment drink

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### **WARM STONE MASSAGE**

**(60 MIN) IDR 850K | (90 MIN) IDR 900K**

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.

Inclusions:

- Welcome drink
- Heiwa foot ritual
- Warm stone Massage
- Refreshment drink

### **TRADITIONAL HEALING MASSAGE**

**(60 MIN) IDR 700K | (90 MIN) IDR 800K**

This signature treatment combines Balinese, Thai, Shiatsu, TCM, Lomi-lomi, and Californian long stroke massages. Expertly curated to ensure a seamless flow, it's designed for ultimate relaxation, culminating in a surprising rejuvenating twist. Surrender to soothing strokes and emerge feeling deeply refreshed and invigorated. Discover a fusion of cultures and relaxation like no other with our "Fusion Rejuvenation Massage."

Inclusions:

- Welcome drink
- Heiwa foot ritual
- Rejuvenation Massage
- Refreshment drink

### **HERBAL REVIVAL MASSAGE**

**(60 MIN) IDR 850K | (90 MIN) IDR 900K**

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.

Inclusions:

- Welcome drink
- Heiwa foot ritual
- Herbal Revival Massage
- Refreshment drink

### **FOOT MASSAGE**

**(30 MIN) IDR 500K | (60 MIN) IDR 650K**

Utilizing precise pressure techniques, our foot reflexology treatment targets specific points and regions on your feet, each of which corresponds to various organs and systems within your body. By applying appropriate pressure to these reflex points, our skilled therapists facilitate a therapeutic experience that promotes overall well-being and health.

Inclusions:

- Welcome drink
- Heiwa foot ritual
- Foot Massage
- Refreshment drink

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# BODY SCRUBS

(30 MIN) IDR 375K

## ANTIOXIDANT

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.

## STRENGTHEN & REJUVENATE

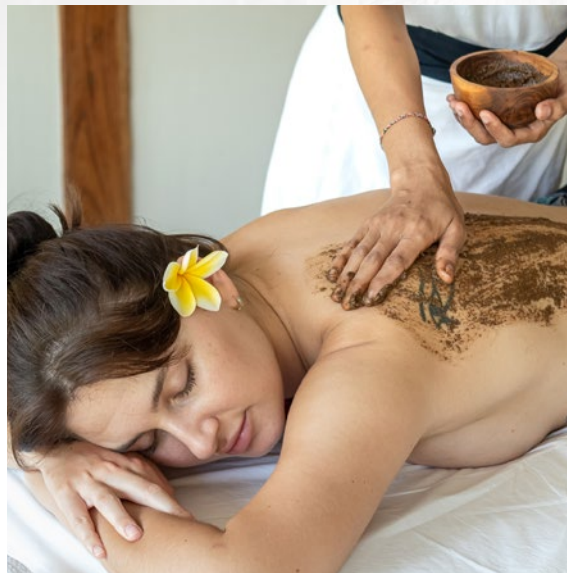
Bamboo contains a compound called silica that strengthens the skin, improves its elasticity, and promotes collagen production as well.

## GLOW & HYDRATE

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.

## CELLULITE KILLER

Coffee 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.



# BODY MASK

(30 MIN) IDR 375K

## MORINGA

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

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.

## HONEY AND MILK

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

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.

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# BATH RITUAL

(20 MIN) IDR 450K

## 7 ELEMENT BALINESE FLOWER BATH

Transport your senses to the serene shores of Bali and immerse yourself in the harmonious embrace of our Seven Element Balinese Flower Bath. Inspired by the ancient wisdom of Balinese culture, this enchanting ritual combines the seven elements of earth, water, fire, air, ether, spirit, and the divine. Each element is represented through a curated selection of vibrant, locally-sourced flowers, herbs, and essential oils.

## HERBAL BATH BLEND

Indulge in the natural wonders of our herbal bath blend, carefully curated to provide you with a blissful and rejuvenating experience. Let the healing power of herbs and botanicals embrace your senses as you immerse yourself in a fragrant oasis of relaxation.

## ROSE PETAL BATH

Indulge in the ultimate pampering experience with our luxurious Rose Petal Bath. Immerse yourself in a sea of velvety rose petals, where the delicate fragrance and softness of each petal envelop you in a cocoon of tranquility and romance.

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# BEAUTY TREATMENT

## SENSATIA BOTANICALS FACIAL

**(60MIN) IDR 750K**

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

**(60 MIN) IDR 750K**

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 Gua Sha to detox the skin and improve skin health.

## PURE ALOEVERA FACIAL

**(60 MIN) IDR 550K**

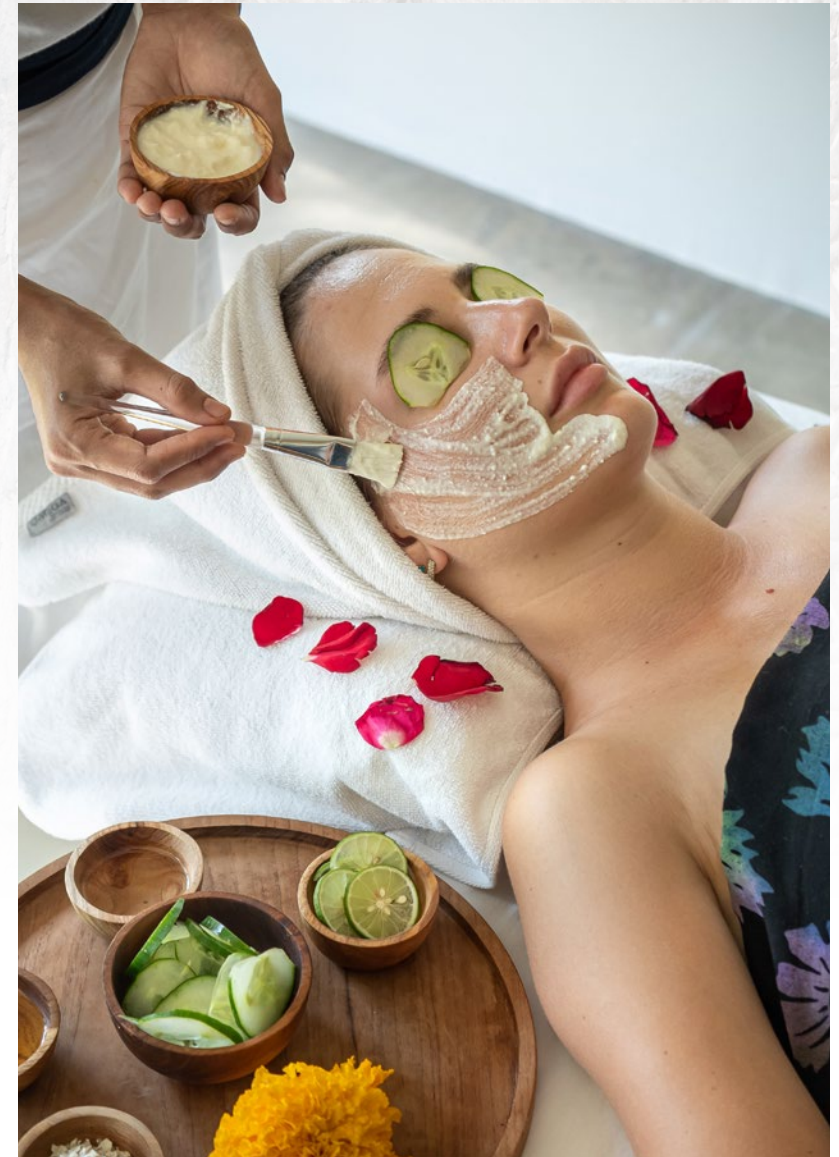
During all this facial (cleansing, exfoliation, mask) we will use exclusively natural aloe vera cosmetics from Bali. Aloe leaves contain many antioxidants including, beta carotene, vitamin C and E. It helps to improve the skin's natural firmness. Your skin is so clean, fresh and hydrated.

## TRADITIONAL BALINESE FACIAL

**(60 MIN) IDR 500K**

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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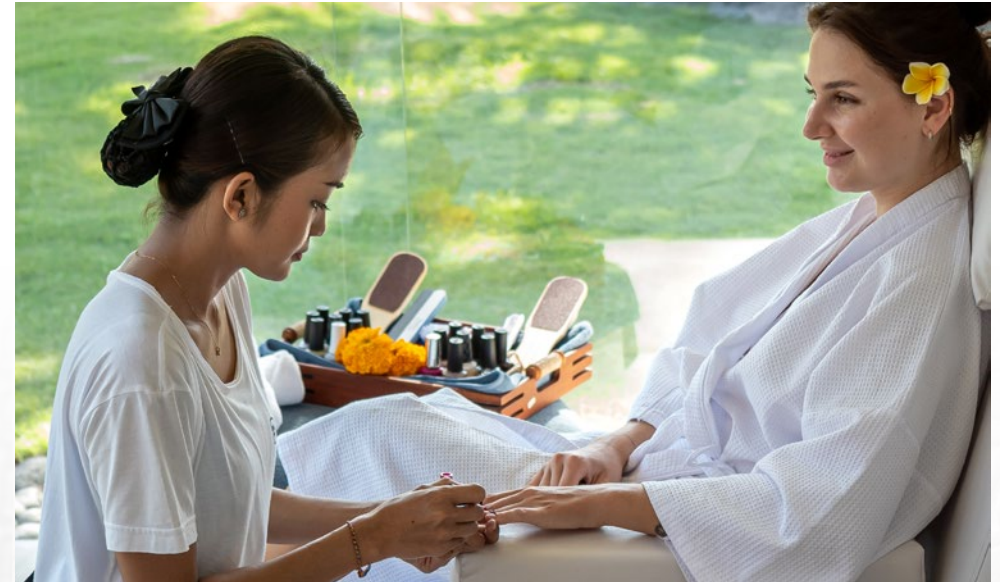


## V-STEAM THERAPY

**(30MIN) IDR 450K**

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.



## SPA MANICURE/PEDICURE

Indulge in the ultimate pampering experience with our Tranquil Touch Spa Manicure and Pedicure, where relaxation meets beauty for your hands and feet. Our expert nail technicians will treat you to a journey of rejuvenation, beginning with a soothing soak to prepare your skin and nails. We then shape, buff, and polish your nails to perfection.

The Tranquil Touch experience truly comes to life as we apply a luxurious exfoliating scrub and a hydrating mask enriched with nourishing botanicals. Your hands and feet are then wrapped in warm, soothing towels, allowing the rich ingredients to deeply penetrate your skin, leaving it soft and supple.

- SPA Manicure OPI **(75 MIN) IDR 400K**
- SPA Pedicure OPI **(75 MIN) IDR 400K**
- SPA Manicure & Pedicure OPI **(120 MIN) IDR 750K**
- POLISH CHANGE ON HANDS OR FEET OPI POLISH **IDR 150K**

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# ICE BATH THERAPY

(15 MIN) IDR 450K

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.

### 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.

### 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.

### 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.

### 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.

### 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 anxietyin some people.



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