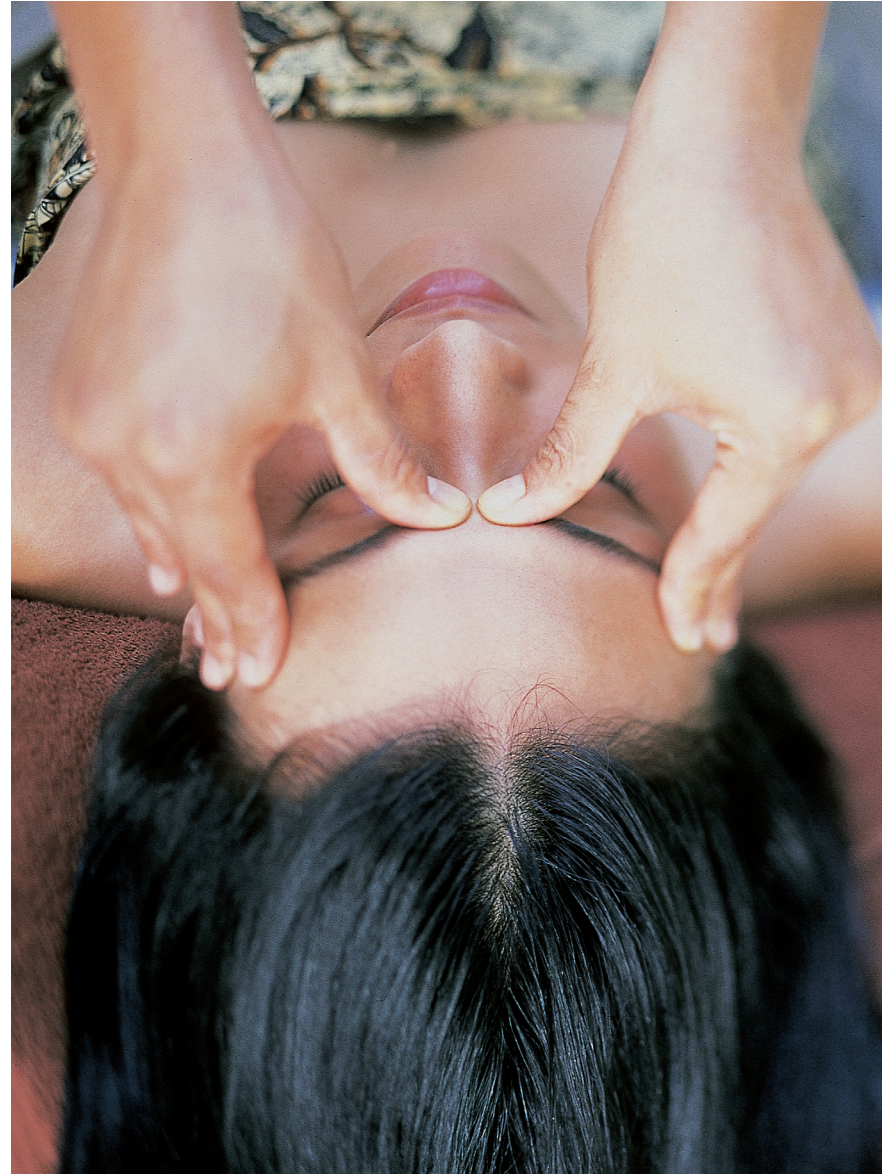




## The Spa Discovery

While at Spa Village Tembok, Bali enjoy traditional therapies of Bali and Malaysia.



## Body Treatments

### **PENGANTEN MELUKAT** 100 minutes

Traditionally in the village three days before a wedding day, the bride and groom would be kept in their families' home and could not leave the premises. Their mothers would get them ready for their wedding by doing the Traditional *Melukat* (Body Cleansing).

The treatment begins with *Mewangsul* (Traditional Balinese Massage) followed by *Meodak* (Boreh Body Scrub). Then *Empehan* (Fresh Milk) would be applied to the skin, leaving it feeling soft and moisturized. The treatment ends with *Mersiram Sekar* (Floral Bath). This treatment is designed to purify and cleanse the body, mind and spirit.

### **CAMPUR-CAMPUR** 100 minutes

The name *Campur-Campur* means a blending of varieties in Malay. Combining the best techniques of Malay and Thai massage, our special creation uses touch, tone and aromatherapy to give you a memorable experience. During the treatment, the scent of lemon grass and pandan leaves fills the air as steamed herbs are pressed along the body using a traditional steam pouch.

## Massage Therapy

Choice of Deluxe 50 minutes or Supreme 80 minutes

### **BALINESE**

This massage combines historical reference from many cultures, especially Indian, Chinese and European influences, which form the foundation of Balinese traditions. The ritual offers techniques which vary in tempo of acupressure, rolling motions, long strokes and percussion, providing an invigorating and energising experience for the body.

### **MALAY**

The art of traditional Malay massage is passed on from generation to generation. The technique consists of long kneading strokes that focus on the muscles, and pressure applied to various points on the body. This treatment uses oil made with special local ingredients such as turmeric, cinnamon, garlic, onion and citronella, that invigorate circulation.

### **FOOT MASSAGE**

The theory of reflexology lies in the understanding that the feet have reflex points that correspond to the internal organs and limbs to balance all the functions of the body. By stimulating these points, the circulation of the entire body is improved.

## Skin Care

### **MESIPAT (NATURAL FACIAL)** 50 minutes

This Traditional Balinese Facial uses local herbs *Kayu Cendana* (Sandalwood) and Tamarind leaves. This facial incorporates a Balinese facial massage using mini floral pouches, and will leave your skin feeling naturally soft and smooth.

## Nail Care

Well-groomed and beautiful hands and feet are a necessity for everyone. Our natural manicure and pedicure includes nail and cuticle conditioning, nail shaping and buffing.

### **STANDARD MANICURE** 50 minutes

### **STANDARD PEDICURE** 50 minutes

## Hair Care

### **MEKRAMAS (HAIR TREATMENT)** 25 minutes

Coconut oil is traditionally used by Balinese for hair care. This treatment uses *Lengis Nyuh* (Coconut Oil) and fried *Tingkih* (Candlenut) which the therapist uses to massage the scalp and apply to the hair, then a mixture of *Daun Pucuk* (Hibiscus Leaves) mixed with fresh *Lidah Buaya* (Aloe Vera) is applied and left on the hair. This treatment is good for dry scalp, strengthening your hair follicles, moisturising, adding shine and leaving your hair feeling soft and silky. It's an ideal add-on to any massage, body treatment or facial.

### *Wraps 50 minutes*

Our wraps and masques have various therapeutic benefits, including hydrating the skin, detoxifying, enriching with nutrients, countering the effects of sun and ageing, or easing tired, aching muscles. The Wraps listed below are among those offered at the Spa Village:

#### **LAPIS-LAPIS (MALAY HERBAL WRAP)**

In this treatment, a fresh mixture of lemon grass, ginger, galangal, and camphor is applied to the body, which is then wrapped in warm sheets. This is an excellent precedent to a Malay or Balinese massage. It helps to detoxify, reduce water retention and relieve joint and muscle pain.

#### **CUCUMBER ALOE WRAP**

A superb after-sun smoothy! Anti-inflammatory and highly recommended for sun sensitive conditions.

#### **PAPAYA ENZYME WRAP**

Locally grown papayas have inspired this unique use of the fruit, gently conditioning the skin and leaving you with a healthy glow.