



THE JIWA

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# BODY & SOUL

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## SPA MENU

### YOGA

Yoga is the physical, mental, and spiritual practices or disciplines which aim at transforming body and mind. Please book your yoga lesson one day before.

**ONE PERSON** (60 minutes).....Rp. 450.000,—

**COUPLE** (60 minutes).....Rp. 800.000,—

**GROUP WITH MINIMAL 4 PERSON** (60 minutes).....Rp. 350.000,— pp

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The above rates are in Indonesian Rupiah  
and subject to 18% tax and service



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## BODY MASSAGES

**BALINESE MASSAGE** (60 minutes) ..... **Rp. 300.000,—**

A traditional massage passed down through many generations, using technique of skin rolling, long kneading strokes, acupressure and foot massage. This has a cleansing effect on mind and body, leaving you refreshed and rejuvenated.

**AROMATHERAPY MASSAGE** (60 minutes) ..... **Rp. 300.000,—**

An exotic relaxing massage using massage oil and massage cream to leave your skin smooth and supple.

**SPORT MASSAGE** (60 minutes) ..... **Rp. 300.000,—**

This massage technique focuses on the layers of muscle tissue. It is recommended for quick recovery after a long journey, a sportive day or after diving.

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## BODY MASSAGES

**REFLEXOLOGY** (30 minutes)..... **Rp. 195.000,—**

This traditional healing method can be applied to the areas hand and feet, energy blockages are drained, inducing comfort and relaxing.

**BACK MASSAGE** (30 minutes)..... **Rp. 195.000,—**

The massage could release your maximum tension, a relieving results for those with minimal time. It is specially targeting the back, shoulder and neck areas.

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## BODY TREATMENTS

**TRADITIONAL BALINESE LULUR** (45 minutes)..... **Rp. 225.000,—**

The traditional ritual treatment of Indonesian people before the wedding party, we believe the extract jasmine flower can make skin bright and smooth, this treatment following honey and body lotion moisturizer.

**SEA SALT BODY GLOW** (45 minutes)..... **Rp. 225.000,—**

The body polished with blend of purifying salts from the sea and essential oil. The treatment is an effective deep cleansing with detoxification.

**RATUS** (30 minutes)..... **Rp. 195.000,—**

This is an Indonesian traditional treatment for vagina area with a steam of traditional herb. This treatment can stimulate the blood circulation, the skin will absorb the herb steam and give relax feeling to nerves and nice scent in a vital organ.

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## BODY TREATMENTS

**ALOE VERA SUN SOOTHER** (60 minutes)..... **Rp. 450.000,—**

Moisturizing, healing, hydrating and luxurious fresh aloe vera gel mixed with blend cucumber is applied to the body, which is then covered with banana leaves to cool and soothe the skin follows with a cool shower and an application of calming aloe vera moisturizer. This is an excellent treatment for skin repair special sunburn. Enjoy the goodness of nature after a long day in the sun.

**BEAUTY FACIAL** (60 minutes)..... **Rp. 375.000,—**

Natural healing properties of natural products are used in our signature facial. Collectively the cleanse ingredients, exfoliated moisturizer and restore elasticity, leaving the skin glowing and supple after the treatment.

**EAR CANDLING** (30 minutes)..... **Rp. 225.000,—**

Ear Candling treatment can be improved hearing, balance, mental clarity and even your sense of taste by removing the blockages from ear canal.

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## HAND & NAIL TREATMENTS

**SPA MANICURE** (60 minutes)..... **Rp. 225.000,—**

Our signature hand and nail treatment includes a luxurious hand massage extensive cuticle work, shaping, buffing and polish of your choice.

**SPA PEDICURE** (60 minutes)..... **Rp. 225.000,—**

You will want to show off your toes after this! Sit back and enjoy the complete foot care treatment. The treatment is begin with foot soak, scrub, cuticle work, shaping, buffing and polish of your choice.

**ORIENTAL FOOT RITUAL** (60 minutes)..... **Rp. 225.000,—**

The feet are bathed, scrubbed and massaged with oil and blossom to restore the energy throughout the body.

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## WAXINGS

FULL LEGS WAXING.....	Rp. 450.000,—
HALF LEGS WAXING.....	Rp. 375.000,—
ARMS WAXING.....	Rp. 300.000,—
UPPER LIP WAXING.....	Rp. 135.000,—
EYE BROW WAXING.....	Rp. 135.000,—
EYE BROW PLUCKING.....	Rp. 135.000,—
CHEAST WAXING.....	Rp. 375.000,—
BACK WAXING.....	Rp. 375.000,—
BRAZILLIAN WAXING.....	Rp. 300.000,—
BIKINI LINE WAXING.....	Rp. 270.000,—

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