



S P A **ALILA**

Naturally from The Heart

SIGNATURE TREATMENT

Alila Seminyak Massage

90 min

It was his skilful hands and focused energy that spoke out over 12 years ago by bringing relief to thousands. A native therapist by the name of Wayan was noticed by our spa director whom operated in this exact location long before Alila Seminyak was conceived; His skill set and magical touch became a well-known healing treatment attracting people from all over the island. Our therapists have been fortunate enough to receive this training so we offer this treatment as a token of pure admiration of his gentle nature and therapeutic abilities. An infusion of body melting technics such as lomi-lomi, acupressure, deep tissue muscle movement and gentle stretching craft this legendary rejuvenation therapy.

Mineral Ritual

180 min

Up to 3 hours Spa and beauty treatment designed to pamper you. Start with a deep acupressure reflexology treatment, followed by a therapeutic Alila Seminyak Massage featuring a fusion of body-melting techniques and gentle stretching to ease out the kinks in tired muscles. This muscle melted massage include with volcanic clay mask and gentle cucumber and aloe vera cleansing. Continue with high magnesium Seasalt body scrub and feel stress fade away as you breathe in a lung-cleansing herbal-infused steam while a full body sea salt scrub is applied. Rinse off with a warm Vichy shower before soaking in a magnesium microbubble bath, whose innumerable oxygen-rich microbubbles deep clean skin, leaving it soft and smooth.

This mineral-packed ritual includes a glass of Coconut & Mint Water and a 3-course healthy seafood lunch at Seasalt.

MASSAGE

Yoga Massage **75 min**
An invigorating therapy that relieves muscular tension, loosens joints and opens energy channels. Given clothed and without oil, this therapy involves pressure point massage using thumbs, hands, arms, knees and feet, as well as yoga based stretching movements.

Balinese Massage **60 min**
Feel tension dissolve with this ancient Balinese healing therapy that combines long therapeutic strokes and skin rolling to relieve muscle pain. Palm and thumb pressure techniques are also applied to unravel the deepest stress and improve blood flow.

Pregnancy Massage **60 min**
Enjoy relief from the physical and emotional demands of pregnancy. This gentle, massage will ease your discomfort, reduce swelling and help lower stress.

Warm Stone **90 min**
After our signature foot bath, smooth, heated river stones are used in rhythmic flowing strokes over the body to melt tension and soothe emotions.

Shirodara **90 min**
This 5000-year-old Indian therapy is physically rejuvenating, mentally refreshing. Experience perfect calmness as a stream of specially blended, warmed medicated oils pours softly onto the third eye transporting your mind and body into a state of deep relaxation.

Reflexology **60 min**
Sit back and relax as your therapist applies varying degrees of pressure to specific points on the feet with thumb and fingers to unblock energy flow and promote the body's natural healing from within.

COMPLETE EXPERIENCE

Balinese Beauty Ritual **120 min**
Balinese lulur is an ancient village remedy originating from the rice farmers of Bali. Treatment includes a 60-minute Balinese Massage, a traditional skin-softening lulur body polish on our warm aromatherapy beds, and a brightening mini facial.

EXTRA LUXURIOUS

Magnesium Microbubble Bath **30 min**
A fine silky oxygen bubble bath, smaller than champagne bubbles. Just by soaking your body in the water, innumerable numbers of micro bubbles containing abundant oxygen cleans you thoroughly.

Body Scrubs or Masks **45 min**
Treatment includes a herbal steam.

Body Scrub and Mask combination **60 min**
Treatment includes a herbal steam.

Scrub Selections:

Aloe vera, cucumber and chlorophyll

Coffee and cocoa

Lavender, ylang-ylang and lemongrass

Mask Selections:

Chamomile, green clay and geranium

Cocoa, coffee and coconut

Turmeric, cinnamon and ginger

BEAUTY TREATMENT FACE

Purification Facial

Experience the glowing results of exfoliating rice bran, detoxifying French clay, and the toning oils of lavender and lemongrass. A combination of pressure point and lymphatic drainage facial massage techniques will leave your skin looking alive, toned and lustrous!

Her 75 min

Him 75 min

Facial Express 30 min

Express procedure which focus on gentle cleaning, scrub and clay mask application.

Collagen Booster 75 min

Alila's latest facial technology offers a deeply hydrating and soothing collagen mask to use for younger looking smoother skin!

Microdermabrasion Collagen and O2 90 min

Combinations of deep cleaning Microdermabrasion and a collagen booster mask reveal the skins full potential. End with application of ampoule and O2 for immediate glowing and supple results.

Facial By BABOR

Working closely with Dr. Michael A. Konig, a leading authority on plastic surgery and harnessing BABOR's longstanding knowledge and experience.

Ultimate Firming and Lifting 90 min

Ultimate Hydrating and Glow 90 min

BEAUTY TREATMENT HAIR

Hair Wash and Blow Dry 60 min

Hair Wash and Blow Dry Styling 60-75 min

Straight or curly

Hair Do & Make up by request

Avocado and Coconut Hair Spa 60 min

A mind-melting, intensely hydrating crème hair bath with essential oils of rosemary and lavender combined with nourishing base oils of coconut, avocado and shea butter. Includes the neck and shoulders relaxing massage.

BEAUTY TREATMENT HANDS & FEET

This indulgent spa manicure and pedicure includes a cleansing scrub, soothing bath, relaxing massage and essential nail maintenance and grooming.

Spa Manicure with nail polish 60 min

Spa Pedicure with nail polish 60 min

Upkeep and Neat 60 min

OPI Gel Manicure or Pedicure 75 min

Gel Removal Manicure or Pedicure 20 min

Nail Polish - fingers or toes 20 min

Gel Polish - fingers or toes 20 min

WELLNESS ESCAPE

Spoil yourself with the perfect physical and mental rejuvenation age-old beauty therapies and healthy living.

Half Day Escape

3-hour of spa treatments and afternoon tea.

3-hour of spa treatments and 2-course healthy lunch.

Sunset in Paradise

3-hour spa treatments, sunset cocktail and 3-course dinner. *Available starts at 2 p.m.*

Full Day Escape

1-hour class of Private Yoga, healthy juices,
2-hour morning and afternoon spa treatments,
3-course healthy lunch followed by sunset cocktail
and 3-course wellness cuisine dinner
(Available from 8.30 a.m.)

Treatment Selections:

Balinese Massage, Warm Stone Massage, Yoga
Massage. Alila Seminyak Massage. **90 min**

Reflexology, Manicure, Pedicure, Facial for him or
her, Hair Care. **60 min**

Vichy Shower, Silk Bath rituals, Lulur Body Polish,
Body Scrub or Wrap. **30 min**

SPA FOR THE LITTLE ONE

Suitable for age 5-12 years old

Children Massage

45 min

Sweetheart Nail Care

45 min

WAXING

Soothing sugar wax from BABOR

Facial Half Arms

Chest Full Arms

Back Underarms

Half Legs Bikini Line

Full Legs Brazilian



SPA ETIQUETTE

Cancellation

Reservations cancelled within 4 hours will be subject to a charge of 50% of the listed price. Treatment times may be changed subject to the approval of our spa host.

Arrival

Try to be early. Kindly arrive at least 15 minutes before your treatment is scheduled. A late arrival means less spa time.

Spa Attire

Please wear comfortable attire. Robes and disposable underwear will be provided or use your own underwear.

Gentlemen

Gentlemen, if you have chosen a facial, please shave before the treatment. Although not essential, it is definitely beneficial.

Switch off

Please put your mobile phone on silent mode and reduce the talk or conversation during treatment.

SPA & BEAUTY TREATMENT PRICE LIST

Must Try Signature Treatment	Duration	Price	Face	Duration	Price
Alila Seminyak Massage	90 min	1,140	Her	75 min	780
Mineral Ritual and 3-course healthy lunch	180 min	2,400	Him	75 min	780
			Facial Express	30 min	390
Massage	Duration	Price	Collagen Booster	75 min	1,140
Yoga Massage	75 min	700	Microdemabrasion Collagen and O2	90 min	1,600
Balinese Massage	60 min	650			
Pregnancy Massage	60 min	650	Facial by BABOR		
Warm Stone	90 min	1,140	Ultimate Firming and Lifting	90 min	1,950
Shirodara	90 min	1,140	Ultimate Hydrating and Glow	90 min	1,950
Reflexology	60 min	400			
			Hair	Duration	Price
Complete Experience	Duration	Price	Hair Wash and Blow Dry	60 min	240
Balinese Beauty Ritual	120 min	1,300	Hair Wash and Styling	60-75 min	360
			Hair Do and Make Up		by request
Extra Luxurious	Duration	Price	Avocado and Coconut Hair Spa	60 min	420
Magnesium Microbubble Bath	30 min	300			
Body Scrub or Mask	45 min	420	Hands and Feet	Duration	Price
Body Scrub and Mask combination	60 min	600	Spa Manicure or Pedicure with polish	60 min	300
			Upkeep and Neat	60 min	200
Wellness Escape	Duration	Price	OPI Gel Manicure or Pedicure	75 min	350
Half Day Escape and afternoon tea	180 min	1,620	Gel Removal Manicure or Pedicure	20 min	150
Half Day Escape and 2-course healthy lunch	180 min	1,800	Nail Polish - fingers or toes	20 min	150
Sunset in Paradise	180 min	2,600	Gel Polish - fingers or toes	20 min	150
Full Day Escape	360 min	3,820			
			Waxing	Duration	Price
Spa For The Little One	Duration	Price	Facial	-	150
Suitable for age 5-12 years old			Chest	-	300
Children Massage	45 min	400	Back	-	400
Sweetheart Nail Care	45 min	150	Half Legs	-	200
			Full Legs	-	400
			Half Arms	-	150
			Full Arms	-	300
			Underarms	-	150
			Bikini Line	-	350
			Brazilian	-	450

Prices are in thousand Indonesian Rupiah and subject to 21% government tax and service charge.



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