



S P A A L I L A

# S P A ALILA

Naturally from The Heart

At Spa Alila, we are committed to providing unique treatments from the heart, blending ancient Asian healing techniques with age-old beauty recipes featuring the curative benefits of fresh, natural, quality ingredients.

Trained in anatomical physiology, massage, meditation and service, our local therapists combine the latest organic nutrition and health knowledge with the most essential element – warm, genuine care that flows from the heart through the hands, to stimulate, rejuvenate, balance and relax your mind and body.

Balancing expertise with an intuitive sense of well-being, and through the contemporary expression of centuries-old therapies, at Spa Alila we create a natural, heartfelt and surprisingly different experience.



## Spa at Alila Solo

Spa Alila at Alila Solo offers guests unique and customised spa experiences in a relaxed and contemporary environment. A variety of indulgent and rejuvenating spa treatments are combined with personal consultations given by friendly and intuitive therapists. Spa Alila believes in using only natural products for spa therapies and all products are handmade using pure, natural ingredients. Charming interiors and warm ambient lighting of Spa Alila, together with soothing scents of essential oils, offer guests a comforting prelude to their treatments.

The extensive and exclusive spa treatment menu combines both Asian and Western therapy techniques and showcases Spa Alila's special selection of natural active ingredients. Guests are able to choose from a wide range of therapeutic massages including deep tissue, relaxing, nurturing and a special pregnancy massage for expectant mothers. A selection of specialized facials, body scrubs and nourishing wraps are also on offer. Dedicated spaces are devoted to nail and salon services, including an intimate reflexology setting.

If seeking further healing or prevention benefits, guests can immerse themselves into our therapeutic pools and herbal infused steam rooms. These facilities are purposely crafted to help clean the lungs, detoxify the skin, stimulate your blood flow and instill a sense of wellbeing.

Spa Alila also takes pride in its nurturing techniques passed down for generations but rarely practised in today's spa treatments. These nurturing movements, locally known as "Sayang Sayang", calm not just the body but also the mind and spirit. Guests are also invited to build their own spa package with a variety of interchangeable product elements and treatment enhancements.

Guests looking to take home a piece of their spa experience can purchase from Spa Alila's extensive range of skin care products.

## **Nurturing Mind and Body Wellness**

Indulge in head-to-toe pampering with our luxurious spa treatments, specially created to promote the cleansing and rejuvenation of your body while inducing total mental and physical relaxation.

Choose from our selection of treatments that include:

Massage

Reflexology

Facial masks

Body treatments, scrubs and wraps

Hands, feet and nail care

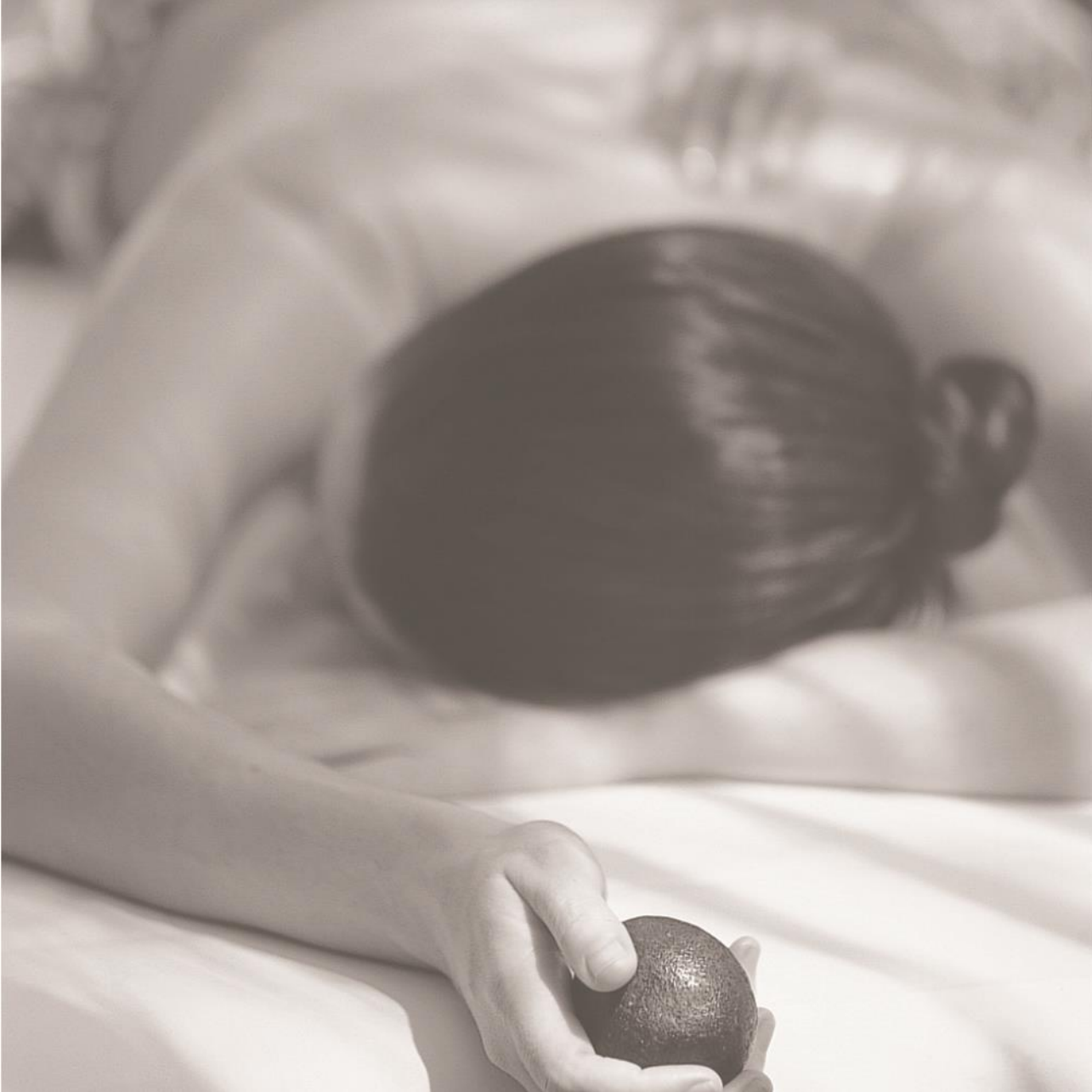
Hair treatments

We also offer combination spa packages and can create personalised spa experiences that combine pampering treatments with spa cuisine. Whether you choose a single treatment or a full-day programme, Spa Alila offers time for solitude, connection with your body and a renewed sense of well-being on many levels.

You may refer to our treatment menu for details or consult with our spa hosts.

## Spa Alila Treatment Menu

At Spa Alila, our goal is to help bring you back into balance naturally with treatments personalised to your needs. Through the heartfelt touch of our experienced therapists, our naturally active products and maximum guest input, we create a new dimension in nurturing and divine pampering rituals. Surrender to the blissful Spa Alila experience and you will see and feel the benefits in your appearance, your spirit and your overall sense of well-being. Step into our sanctuary and let your pampering begin...



## Face

### Her

Reveal your skin's full potential with this remarkable facial specifically customised for ladies. See the glowing results of exfoliating sandalwood, detoxifying French red clay, and toning and rejuvenating oils of rose and lemon. A combination of pressure point and lymphatic drainage massage techniques leaves your skin looking alive and lustrous!

### Him

Our Alila Man facial is designed to restore skin's natural pH balance, leaving you with a softer, smoother and radiantly healthy appearance. Treatment includes exfoliation with local rice bran and sandalwood, a detoxifying mask of volcanic clay and lemon, then finished with an ultra moisturising blend of aloe vera juice, wildflower honey and wheat amino acids.

## Massage

At Spa Alila, we draw on the benefits of a range of Asian and European massage techniques that can be tailored to your personal wellness needs. Allow our spa host to help you select the appropriate massage therapy and oils to suit your condition.

### Balinese Massage

Feel tension dissolve with this ancient Balinese healing therapy that combines gentle stretching, 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.

### Therapeutic Massage

Experience a complete body awakening with a combination of therapeutic massage techniques using fluent strokes of different depths and intensity. Long Balinese strokes improve lymphatic drainage and circulation. Swedish deep tissue techniques work into muscles to relieve tension and stiffness. Acupressure points are used for specific stimulation, while Thai movements add elements of stretching to increase mobility.



### **Four- Hand Massage**

A unique four-hand massage that brings a wonderful sense of balance and harmony to the body and soul. Surrender to the sublime symphony of healing and pleasure created by two masseuses working together in unison, using Balinese long stroke techniques and incorporating acupressure points on the feet to improve lymphatic drainage and circulation. A Swedish style of deep tissue massage also works into muscles to relieve tension and stiffness.

### **Reflexology**

Reflexology is based on the principle that energy flows freely around the body when we are in good health and that there are reflex areas on the feet that correspond to every part of the body, including major organs. 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.

### **Warm Stone**

The therapeutic power of touch combines with the energy of the earth in this muscle relaxing massage. After our signature foot bath, smooth, heated river stones are used in rhythmic flowing strokes over the body to melt tension and soothe emotions. The stones are also placed on various energy points to stimulate the body's natural healing potential.

### **Pregnancy Massage**

Enjoy relief from the physical and emotional demands of pregnancy. This gentle, non-invasive approach to massage will ease your discomfort, reduce swelling and help lower stress. Feel yourself slip into a state of calm relaxation as our skilled therapist uses a lighter touch, concentrating on those areas most vulnerable to changes in your body.

## **Children's**

### **Children's Massage**

A gentle and nurturing massage therapy dedicated to your little one's health, well-being and development, featuring a citrus bubble foot bath and gentle coconut oil massage. Treatment may assist with pain reduction, anxiety, gastric problems and sleep patterns. But most of all, it just feels like fun!

### **Seriously Spoilt**

This package is designed for teens aged 16 years and under who wish to enjoy a pamper-filled day of spa and beauty rituals. Treatment includes a signature foot bath, 30-minute back massage, mini facial and manicure. These treatments can be combined with other treatment elements or with the parent's spa sessions..

### **Princess Pedicure or Manicure**

A bubbly and art-filled version of our Traditional Spa Manicure designed for young children. Little fingers or toes are soaked in cleansing bubbles, sanitised, have their nails trimmed and shaped, and a chocolate and honey moisturiser applied. The final touch is an application of OPI nail polish or the choice of a delicate nail art design.

### **Happy Hair**

Have your little ones lie back and relax while our therapist deeply cleanses and hydrates their hair. Designed to remove built-up oil, chlorine and dirt, and perhaps elicit a giggle or two along the way. Treatments also include a gentle stimulating scalp massage, cookies and a chocolate milkshake.

## **Hair and Scalp**

### **Avocado and Coconut Smoothie**

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. A clay-based mask is massaged into the hair and scalp and left to condition, strengthen and hydrate while pressure point massage and palm strokes soothe the neck and shoulders. A 10-minute warm wrap is applied to open the pores followed by a cool wash with our signature shampoo and conditioner – the finishing touch for a renewed healthy sheen.

### **Hair Stimulation Massage**

An invigorating and highly nourishing hair and scalp treatment that powerfully stimulates hair growth through a combination of massage techniques and beneficial plant extracts. Essential oils of sea buckthorn and German blue chamomile stimulate the follicles while an oxygenating massage technique is gently applied to enhance cell stimulation. This protein-rich treatment is highly nourishing for dry or damaged hair.

## **Hands and Feet**

### **Manicure**

This indulgent spa manicure includes a stimulating hand scrub, soothing hand bath, relaxing hand massage and essential nail maintenance and grooming. Combinations of sea salt and lavender gently exfoliate, while shea butter and aloe nourish your skin. An infusion of cucumber seed and lemon essential oils provides an added layer of protection for the cuticles.

### **Pedicure**

Treat your feet to the attention they deserve! This pampering spa pedicure includes an invigorating foot scrub, relaxing foot bath, foot massage and essential nail care. Exfoliates of sea salt and papaya smooth and buff your skin, while extracts of ginger and lemongrass fight bacteria to leave feet feeling as fresh as can be.

### **Manicure and Pedicure combination**

### **OPI Gel Colour Manicure/Pedicure**

OPI gels wear considerably longer than nail polish, saving precious time for busy women. Gels typically last for two or three weeks, needing attention only after natural growth. Durable, chip resistant and instantly dry, today's gel systems afford women a rich, glossy and varied choice of shades.

### **OPI Gel Colour Manicure and Pedicure combination**

## **Create Your Own Journey to Renewed Balance**

Spa Alila's unique approach recognises the individual in you, offering you the flexibility to design treatments according to your personal needs and preferences in consultation with our therapists. Using the following packaged treatments as a guide, enjoy the fun and freedom to create your very own spa experience choosing from a selection of interchangeable products and treatment enhancers.

### **Javanese Beauty Ritual**

Javanese lulur is an ancient village remedy originating from the rice farmers of Java. It has been handed down through generations and is recognised as a traditional medicine, believed to help warm the body, relieve aching joints and help treat skin problems. Herbs of sandalwood, turmeric and jasmine and rice powder create this powerful healing remedy. Treatment includes hot and cold plunge pool session, herbal steam, a 60-minute Massage, a traditional lulur body scrub, a skin-softening body mask and a brightening mini facial.

### **Beauty and Balance**

Awaken your senses and tone your body with this rich cocoa, coffee and coconut treatment. Locally grown coffee grounds gently exfoliate as the caffeine in the coffee draws out impurities and the coconut deeply conditions – a triple combination that gives skin a vivacious glow and toned appearance. Treatment includes our signature foot bath, a 60-minute massage, a coffee and coconut body scrub, and then finished off with a cocoa and coffee body mask.

## **Interchangeable Product Elements**

Personalise your treatment to suit your skin's current condition.

### **Scrubs**

Gentle and Kind – aloe vera, cucumber and chlorophyll  
Comfort and Cleansing – ginger, lemongrass and orange  
Lightening and Brightening – lavender, ylang ylang and lemongrass

### **Wraps and Masks**

Soothing – chamomile, green clay and geranium  
Toning – cocoa, coffee and coconut  
Glowing – turmeric, cinnamon and ginger

## **Treatment Enhancers**

Add a little something extra special to your spa journey with any of these therapeutic experiences:

Hot and Cold Plunge Pools  
Lung Cleansing Herbal Steam

Hair Washing & Head Massage  
Cleanse, Scalp and Shoulders Massage  
Condition, Blow Dry

Face  
Awakening and hydrating facial massage  
Revitalising eye treatment

Massage  
Stimulating Scalp  
Back  
Foot  
Hand, Arm, Neck and Shoulders

Body Scrubs or Wraps  
Selected from the Interchangeable Product Elements and tailored to your needs.  
Treatment includes hot and cold plunge pools and an herbal steam.

Personal Packages  
Please ask our spa host to assist you in creating your desired spa experience.

## **My Body**

### **Gym Alila**

Keep in shape in our fully equipped gym located on the 6th floor. Open daily from 6 AM to 10 PM

### **Private Fitness & Yoga Sessions**

Available upon request

## Spa Etiquette

### Arrival

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

### Cancellation

Reservations cancelled within 8 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.

### Spa Attire

Please wear comfortable attire. Robes and disposable underwear will be provided. You may choose to be naked, wear your own underwear or swimwear during your spa treatment.

### Gentlemen

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

### Mothers-to-be

We have our very own blend of "Mother-to-be" massage oil and modified therapeutic treatments specially for expecting mums.

### Allergies

Our spa host will ask you regarding any health-related issues or known allergies. Simple patch tests will be performed before conducting any treatment to ensure the selected product is right for you.

### Products

All products used throughout Spa Alila are 100% natural, free from synthetic preservatives and additives.

### Continued Glow

To continue your spa regime at home, our complete range of 100% natural products and testers is available at [www.shopalila.com](http://www.shopalila.com) or within our Alila Living and Spa Alila retail stores.

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[www.alilahotels.com](http://www.alilahotels.com)

### Spa Alila Treatments

Facial Her 75 min	480
Facial Him 75 min	480
Balinese Massage 60 min	450
Balinese Massage 90 min	590
Therapeutic Massage 90 min	590
Four-Hand Massage 90 min	650
Reflexology 60 min	320
Warm Stone 60 min	590
Pregnancy Massage 60 min	450
Children's Massage 45 min	350
Seriously Spoilt 120 min	690
Princess Pedicure or Manicure 45 min	290
Happy Hair 20 min	270
Manicure 75 min	330
Pedicure 75 min	330
Manicure and Pedicure combination 75 min	560
OPI Gel Colour Manicure/Pedicure 75 min	360
OPI Gel Colour Manicure and Pedicure 75 min	620

### Hair and Scalp

Avocado and Coconut Smoothie 60 min	390
Hair Stimulation Massage	290

### Journeys by Alila

Javanese Beauty Ritual 150 min	890
Beauty and Balance 150 min	990

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

### Treatment Enhancers

Add a little something extra special to your spa journey with any of these therapeutic experiences.

Hot and cold plunge pools	150
Hair washing	200
Face Awakening and Hydrating Facial Massage	20 min . 210
Massage Stimulating Scalp, Back, Foot, Hand, Arm, Neck and Shoulders	30 min . 250
Body Scrubs or Wraps Selected from the Interchangeable Product Elements and tailored to your needs.	60 min . 310

### Personal and Indulgent Packages

Please ask our spa host to assist you in creating your desired spa experience,

### Contact

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Phone +62 271 677 0888  
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www.alilahotels.com



MEMBERSHIP	3 Months	6 Months	1 Year
Single	4,700	7,300	12,600

BENEFITS				
			1 Night Standard Room	2 Nights Deluxe Room
1	Complimentary stay at Alila Solo			
2	Complimentary Alila Living travel kit, valued IDR 242,000		•	•
3	Pool Pass voucher for 4 persons, valued IDR 392,000		•	•
4	Breakfast voucher at Epice Restaurant		2 Persons	4 Persons
5	Complimentary Valet Parking	•	•	•
6	Complimentary WI-FI Access	•	•	•
7	Complimentary towel usage to all wellness area	•	•	•
8	20% discount on all spa treatment	•	•	•
9	20% discount on food and beverage	•	•	•
10	20% discount on laundry	•	•	•
11	20% discount on room	•	•	•

Prices are in thousand rupiah and Inclusive of 21% goverment tax and service charge



Contact

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