

## ***SWAN SPA MENU***

### **BODY MASSAGE**

#### **Bali Traditional Massage**

60 min - IDR 225K/pax | 120 min - IDR 450K/pax

Is an approach to massage developed in the Indonesian province of Bali, its soft and relaxing massage with oil.

#### **Stress Reliever Massage**

45 min - IDR 160K/pax

A quick way to regain your fitness after a long tiring day with gentle strokes to relieve the pain of tense muscle and sore points around your neck and shoulder .

#### **Deep Tissue Massage**

60 min - IDR 320K/pax

A combination of yoga, thai and deep tissue acupressure massage designed to open the body's natural flow of energy and increase circulation .

#### **The Villandra Massage**

90 min - IDR 370K/pax

Swan spa the place for pampering your body mind and spirit. Our spa therapist will pampering and restorative treatment applied in a fusion of both western and eastern therapeutic techniques. Should you have special therapeutic needs – or do you merely wish a more thorough explanation of the treatments offered – please ask for a consultation with one of our spatherapis.

#### **Shiatsu Massage**

60 min - IDR 320K/pax

Dry massage without oil pressure point for all of your meredien on your body. Combination of Yoga, Thai, Deep Tissue and Strectching.

#### **Aloe Vera Treatment**

60 min – IDR 250K/pax

A sunburn sooter with wild aloe vera and hibiscus from our garden that will leave your skin hydrated and refreshed.

***All the above price is subject to 21% of Tax & Service charge***

*Jalan Seririt-Singaraja, Desa Tukadmungga, Buleleng, Bali 81119*

### **Warm Stone Massage**

90 min - IDR 340K/pax

This is a very special and relaxing kind of massage using warm bath salt stones, slowly and deeply along your energy lines and trigger points. It rebalances your energy flow, significantly soothes your muscle pain and it will bring you in to a state of serene tranquility.

### **Reflexology**

60 min - IDR 225K/pax

Application of finger pressure to reflex zones on the feet and hands, to improve circulation, ease pain and restore the optimal flow of energy through your body. It's underlying theory is based on the fact that specific area on the feet and hands correspond with specific body parts, organs and glands, and the manipulation of those areas can trigger the self-healing mechanisms of the body.

## **BODY TREATMENTS**

### **Mandi Lulur**

120 min - IDR 425K/pax

Your delicate skin is cleansed and treated with this Balinese *classic* which includes Villandra full body massage and a deep body scrub followed by luscious and comforting warm bath with Balinese flowers and petals. To be completed with application of natural body moisturizer.

### **Bali Spice**

120 min - IDR 425K/pax

The traditional Indonesian *spice bath* is rebalancing Arum massage with aromatic herbal scrub and a soothing herbal bath with local spices and finished with application of natural body moisturizer

## **FACIAL TREATMENT**

### **Facial**

60 min - IDR 200K/pax

This nourishing treatment is a customized facial combining moisturizing gel with local harvests to achieve a deeper level of hydration using our signature face massage without forgetting the need your skin.

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## **HAIR TREATMENT**

### **Creambath**

60 min - IDR 200K/pax

This treatment includes hair and scalp conditioning, the hair is steamed and rinsed, a nourishing cream is then applied section by section. Enjoy it along with neck, scalp and shoulders massage.

## **NAIL TREATMENT**

### **Manicure**

45 min - IDR 200K/pax

### **Pedicure**

45 min - IDR 200K/pax

### **Head To Toe Package**

- Birthday package  
160 minutes - IDR 550K/pax
  - Relaxing Massage
  - Manicure / Pedicure include nail polisth
  
- Couple Heaven Package  
190 minutes - IDR 2.100K/couple
  - Mandi lulur
  - Menicure or Pedicure
  - Creambath
  - Facial

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