



# THE USADHA HEALING JOURNEY

## PRE-TREATMENT CLEANSING RITUAL (Melukat)

Your healing journey starts with a brief mind cleansing ritual led by our Therapist and is continued with cleaning your body. The combination is called Melukat in Balinese tradition aimed for a peaceful state of your body, mind and spirit to welcome the healing treatments in the best possible condition.

It is also believed in Balinese life that this ritual will drive away all negative energy from your body, mind and spirit which create anger, greed, revenge and unhappiness, so that we all become wiser and thankful.

## CHOOSE YOUR USADHA JOURNEY

### USADHAGIZING (120 Minutes) price IDR 1.450.000

Warming elements are more dominant in this path that has the potential to energize your being. Your path begins with cleansing ritual, continued with warming scrub (boreh anget) inside the cleansing area, completed with Balinese Energizing Massage which is a good choice to realign deeper layers of muscles and connective tissues and ended with warming body wrap including bath topped up with Jamu Anget (Balinese Traditional Warming Healthy Drink) for a few minutes to keep your body warm and energized. At the edge of your path, a healthy drink and snack await.

### USADHASOOTHE (120 Minutes) price IDR 1.450.000

Dominated by two elements namely solid (earth) and liquid (water), this pathway has the potential to soothe your body, mind and spirit.

Your path begins with cleansing ritual, continued with soothing scrub (boreh tiis) inside the cleansing area, completed with Balinese Relaxation Massage which is a circular that strokes your entire body. A full hand stroke over the long bones will stimulate your nerve system while effectively release tensions on your muscles, and ended with soothing body wrap including the "wangi wangi" bath ritual complemented with Jamu Tiis (Balinese Traditional Soothing Healthy Drink) during bathing, aimed to refresh your complete being.

### USADHALANCING (120 Minutes) price IDR 1.450.000

Powered by three elements of solid (earth), liquid (water) and heat, this treatment has the potential to balance your energy and increase vitality.

Your path begins with cleansing ritual followed by balancing scrub application ( boreh dumelada) in the cleansing area, continued with Balinese Equilibrium Massage working very deeply to ease muscle and joint pain including the application of balancing (tiksa-manda) body wrap. Complete your path with balancing bath enriched with jamu puser jagat (Balinese Traditional vitHISality Healthy Drink) to benefit from your balanced energy and increase your vitality.

## USADHA SIGNATURE SPA

### TAPAK TUNGGAL HEALING - 90 minutes price IDR 1.100.000

This is one of the Ancient Traditional Balinese Healing Massages performed by applying the ancient Balinese traditional healing techniques such as acupressure, stretching, palm and thumb pressure, the use of hot volcanic stone glade with long stokes at your entire body to stimulate energy flow, strengthen and balance it. These are effective in relieving muscle tension and improving your blood circulation. This treatment is combined with an application of Balinese Boreh (scrub) infused with Balinese alcohol (arak) in the problem areas, it will surely loosen up a stressed and tired body for a complete relaxation and healing.

### TAPAK KALIH HEALING (double therapists treatment) – 90 minutes price IDR 1.350.000

Widely called Usadha Rwa Bhineda Massage in the ancient time, it brings the divine power of Shiva (masculine) and the creative energy of Shakti (feminine) together by awakening the Kundalini – a very powerful, intense and healing form of energy that is lying dormant at the base of the spine. When awakened, the male and female energies within us ascend up the spine, energizing and healing, until they unite in a pure state of bliss that circulates throughout the entire body.

## CREATE YOUR OWN USADHA

### POWER VITALITY MESSAGE – 90/60 minutes price IDR 1.100.000/850.000

The Vigor & Vitality treatment features traditional Balinese herbs, roots and spices well known for their potency and healing properties to strengthen and fortify one's physical energy and mental fitness.

### AURAL BEAUTY MESSAGE – 90/60 minutes price IDR 1.100.000/850.000

Aural Beauty massage, featuring ancient Balinese healing massage techniques delivered with a mixture of fresh betel leaf and flower infused oil to refresh, repair and soften skin. The face is then cleansed with coconut water and a moisturizing mask is applied.

21% tax & service charge will be added to the above prices



### BALI TRADITIONAL MESSAGE – 90/60 minutes price IDR 1.250.000/1.000.000

Bali traditional massage is a rigorous and luxurious spa treatment and a great one to choose if you want to experience a variety of massage techniques to relax and feel spiritually renewed at the same time. Balinese massage is related to the Ayurveda, the Indian holistic medical practice. A relaxation massage which will boost your blood circulation and give you a deep tissue and muscular massage as well.

### APYA MESSAGE – 90/60 minutes price IDR 1.100.000/850.000

The Apya massage is believed to be effective in stimulating the life force energy and blood flow. Along circular strokes on entire of the body, full handed strokes over the long bones stimulate the nervous system while effectively releasing tensions on the muscles.

### TEJASA MESSAGE – 90/60 minutes price IDR 1.250.000/1.000.000

This Energizing deep tissue massage is a good choice to realign deeper layers of muscles and connective tissues. A combination of fingers, hand and forearm pressures and frictions works deeply into the muscles to stretch and break up knots, providing greater freedom of movements and improve blood circulation and keep the body feeling warm.

### VAYU MESSAGE – 90/60 minutes price IDR 1.100.000/850.000

This is a therapy where pushing techniques predominate, working very deeply to ease muscle and joint pain. It is an ancient system of healing which relies upon deep pressure massage to break down tensely knotted tissue and promote harmony of body, mind and soul. It will improve circulation, calm your nerves, and alter your mental state.

## FACIAL SPA

### MOONLIGHT FACIAL MESSAGE – 75 minutes price IDR 899.000

Moonlight Facial Massage is a traditional Balinese beauty treatment to slow down the aging process and achieve younger looking and skin glowing. It is also used to relieve stress, migraine headache, and sinus congestion. It may involve a whole massage session, a portion of a whole-body massage or a part of a facial treatment.

### SEA BREEZE FACIAL MESSAGE – 75 minutes price IDR 899.000

Detoxifying, to remove toxin from the skin and to regenerate the skin cell, using hot stones to open pores, pressing each point to stimulate blood flow and release the toxin into the lymphatic point. The cold stones used to close the pores and let the products work from inside.

## GAZEBO TREATMENT

For ultimate relaxation, unwind and pamper yourself with comfort and enjoy your spa indulgence in one of our Spa Gazebos.

## BLISSFUL HANDS & FEET CARE

Blissful Hands & Feet Care is a beauty treatment for the fingernails and toenails. Manicure and pedicure usually involve soaking the hands and feet, applying lotion, filing and shaping the nails and applying nail polish.

### Manicure – 60 Minutes

price IDR 750.000

### Pedicure – 75 Minutes

price IDR 900.000

## GARDEN FOOT MESSAGE & NAIL ARTS

Specially designed to enrich your Bali experience while relaxing and gathering with family at our tropical garden by the Coco Pool.

Foot Massage is proven to elevate blood circulation and provide good level of relaxation while Nail Arts will easily make you feel good and pretty.

### FOOT MESSAGE – 60 minutes price IDR 350.000

This dynamic, ancient healing art and science addresses the vital energy (ch'i) in the body. The focus is to stimulate and clear congestions in the meridians, allowing the energy to flow freely so that the body can achieve a state of balance. This self-healing process is facilitated by specific acupressure and massage techniques applied to the major reflex points and meridians on the feet.

### HAPPY NAIL ART – 60 minutes price IDR 200.000

Nail art, the practice of painting decorative designs on your fingernails, is a fun way to brighten up your everyday look or accessorize a special occasion outfit. There are a variety of designs available, ranging from subtle and understated to funky and outrageous. For example, you could choose to paint flowers on your nails for a date or spell out the name of your favorite athletic team on the day of the big game. While the more intricate designs are best left to a professional, it's possible to create simple nail art at home.

21% tax & service charge will be added to the above prices



# WAXING WORLD

**Did you know?** Almost any area of your body can be waxed, including eyebrows, face, bikini area, legs, arms, back, abdomen and feet.

Our waxing treatments are designed to remove your unwanted hair

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• **Half Legs** **Price IDR 225.000++**

Upper Leg:

Starting two inches away from your bikini line, unwanted hair is removed from the front and back of your thighs. The waxing stops at the lower end of your knee.

Lower Leg:

Starting at the top portion of your knee, unwanted hair is removed from the front and back of your lower legs. Feet are included.

• **Full Legs** **Price IDR 400.000++**

Starting two inches away from your bikini line, unwanted hair is removed from the front and back of your thighs, knees, and lower legs. Feet are included.

• **Armpits** **Price IDR 80.000++**

Unwanted hair is removed from the armpits region, below base of upper arms.

• **Bikini** **Price IDR 115.000++**

A portion of unwanted hair is removed from the top and the sides of your bikini line and in between the buttocks. The hair from your outer or inner labia will not be removed. A very small patch of hair is left in the front.

• **Eyebrow** **Price IDR 80.000++**

Brows are lightly combed and may be trimmed before shaping. Brows will be shaped by waxing from underneath your brows, in the center and above if needed. We take into account how each client prefers to have their brows shaped.

• **Upper Arm** **Price IDR 135.000++**

Unwanted hair is removed from the upper part of your arm, above your elbow to near your shoulder.

• **Mustache** **Price IDR 80.000++**

Wax will be spread over your mustache area carefully and avoiding the delicate skin on your lips.

• **Beard** **Price IDR 80.000++**

Unwanted hair will be removed from your beard and beneath.