



## USADHA RELAXATION CENTRE

The word USADHA was derived from Sanskrit "Ausadhi" which means "the plants that contain efficacy for healings" which has a very important role in the almost forgotten ancient Balinese healing practices usually referred to as Bali Usadha. Inspired by all that, Legian Beach Hotel has rejuvenated those ancient healing concepts and blended them to become signature treatments of the USADHA SPA which is located on the top floor of the restaurant building.

### OUR SIGNATURE:

- **The Usadha Healing Journey - 120 minutes** **IDR 900,000++**  
The Usadha healing journey is famous for its long history of traditional Balinese healing therapies, known as Bali Usadha. This treatment is designed to maintain boost of immune system in the body. Balinese healing practices use Arak, natural herbs and spices, holistic therapies and ancient wisdom to cure illness. This treatment will begin with Arak and herbals foot wash then continued with body spray with lemon-infused arak and eucalyptus, top up with traditional massage, Balinese boreh (scrub), and herbals healing bath.
- **The Holy Water Blessing - 120 minutes** **IDR 900,000++**  
The Blessing holy water is poured for purification and the person performing the ceremony will chant mantras in ancient Sanskrit and include prayer and offerings. The water is significant because it represents chi or the flow of energy. This treatment will begin with breathing exercise followed by singing bowl and be continued with ritual body cleansing, body scrub, Bali relaxing massage and refreshing flower bath.
- **The Bali's Harmony**  
Harmony is the synergy of physical, emotional, mental, philosophical and spiritual aspects working together. Health and vitality are simply a matter of vibrancy and vibrational speed - meaning the synergy of the quality of your actions, attitudes and inner feelings which determine the quality of your life. The treatment is completed with refreshing flowers bath.
  - **Duo Dancing Hands Massage - 120 minutes** **IDR 1,050,000++**  
This is very unique and rewarding to be able to experience four hands massage with two therapists working in tandem to gently ease the body into a state of total relaxation. This special massage employs techniques to rejuvenate tired muscles and improve blood circulation.
  - **Intimacy in Harmony - 120 minutes for couple** **IDR 1,150,000++**  
Harmony massage is a treatment especially designed for the needs of couples. Both massage techniques include the stimulation of several body parts and were designed by the idea of bringing relaxation and harmony to your body, mind and spirit. The belief is that vitality and energy can only be obtained when one is aware of the emotional and physical well-being.
- **Re-balance Sports Massage - 60 minutes / 90 minutes** **IDR 600,000++ / 665,000++**  
This therapeutic session is designed to prevent sports injuries, relieve swelling, and soothe muscle fatigue and soreness. Enhance your flexibility and relieve muscle tension by starting with a cool towel treatment to ease you into a state of deep relaxation. Perfect for an active individual seeking to maintain optimal physical condition.

### OUR HIDDEN TREASURE:

- **Oceanic Breeze Massage - 60 minutes / 90 minutes** **IDR 600,000++ / 665,000++**  
Designed to help the body let go of its old patterns and behaviors, which can cause stress and strains as muscle tension. It works gently yet deeply into the muscles with continuous, flowing strokes to release and shift tension.
- **Balinese Traditional Massage - 60 minutes / 90 minutes** **IDR 600,000++ / 665,000++**  
Balinese massage is one form of traditional Indonesian massages. Originating on the island of Bali, this massage involves a combination of techniques, including massage, acupressure, reflexology, and aromatherapy into one session. Often used for relaxation, this type of massage can also help loosen muscles and ease pain.
- **Mystique Bali Massage - 60 minutes / 90 minutes** **IDR 600,000++ / 665,000++**  
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 as well as keep your body feeling warm.
- **Bali Relaxing Massage - 60 minutes / 90 minutes** **IDR 600,000++ / 665,000++**  
This massage is believed to be effective in stimulating the life force energy and blood flow. Along circular strokes on entire body, full hand strokes over the long muscles stimulate the nervous system while effectively releasing tensions on the muscles.



## OUR HIDDEN TREASURE:

- **Warm Bamboo Massage - 60 minutes / 90 minutes** **IDR 600,000++ / 665,000++**  
Warm bamboo massage uses solid bamboo sticks of different lengths and diameters to massage the body. The sticks are gently warmed and applied to give deep and long massage strokes to break down tension and stretch tight muscles. It provides you with unique experience yet utmost relaxation.
- **Hot Stone Massage - 60 minutes / 90 minutes** **IDR 600,000++ / 665,000++**  
A hot stone massage is a type of natural massage therapy. It's used to help you relax and ease tense muscles and damaged soft tissues throughout your body. Use different style of stones as volcanic stone and stone poultice.
- **Foot Healing Massage - 60 minutes** **IDR 420,000++**  
Foot Healing Therapy massage focuses on the pressure on particular areas of the soles. By doing so, the reflex action in a different body part is automatically stimulated by the manipulation of each specific area.

## BLISSFUL FACIAL SPA:

Facial Spa is a beauty treatment for your face. Facials use a variety of products, massage techniques and equipment to give you a cleaner, healthier, more radiant-looking skin. All facial treatments are designed to relax, detox and distress whilst focusing on skin health. Each comfort zone facial includes your choice of neck and shoulder massage.

- **Moonlight Facial Massage - 75 minutes** **IDR 650,000++**  
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.
- **Sea Breeze Facial Massage - 75 minutes** **IDR 650,000++**  
It is Detoxifying and 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.

## ROYAL BATH RITUALS:

Royal Bath Ritual is a magical ceremony involving the use of water to immerse or anoint your body. Taking a ritual bath is a beautiful form of cleansing that can clear negative emotional energy and lift your spirit.

- **Flower Bath - 30 minutes** **IDR 295,000++**  
In the past, flower bath rituals used to be reserved to sacred and mystical people as well as the Royals. Nowadays these rituals are widely used for health benefits as they combine two of the main media elements - water and flower petals - delivering freshness and love to your soul and body whilst minimizing stress and having an enhancing impact on the immune system. The flower bath ritual available at the Spa or at your room.
- **Herbal Bath - 30 minutes** **IDR 295,000++**  
Herbal bath is a way to infuse your hot bath with herbs that are known to de-stress. Herbal bath infused essential oils designed to soothe the muscles, softens skin, improves circulation and combats any infection. The herbal bath ritual available in the Spa or in the room.

## BODY SCRUB: 45 minutes

**IDR 435,000++**

A body scrub removes dead skin cells, increases blood circulation and cleanses skin through exfoliation. Also known as body polish, it consists of a liquid base scrub with exfoliating granules which slough off dead skin when massaged over your body. Please choose one of the body scrubs which are herbals scrub, citrus scrub or flowers scrub.

## BLISSFUL HANDS & FEET CARE:

Indulge in a beauty treatment for your fingernails and toenails that includes soaking, filing, shaping, and polishing to perfection.

- **Soothing Manicure - 60 minutes** **IDR 500,000++**
- **Rejuvenating Pedicure - 75 minutes** **IDR 600,000++**