



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.

SPA PACKAGES

• The Bali's Harmony

IDR 1,350,000++

120 minutes for couple

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.

For Him: Foot wash ~ Mystique Deep Tissue ~ Balinese Boreh ~ Flower bath

For Her: Foot Wash ~ Oceanic Breeze ~ Face Massage with Honey ~ Flower Bath

• The Usadha Healing Journey

IDR 975,000++

120 minutes

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 a boost of the immune system in the body. Balinese healing practices use Arak, natural herbs and spices, holistic therapies and ancient wisdom to cure illness.

Herbal Foot Wash ~ Body Spray with Lemon - infused Arak ~ Traditional Balinese Massage ~

Balinese Boreh Scrub ~ Herbal bath

• The Holy Water Blessing

IDR 975,000++

120 minutes

The Blessing holy water is poured for purification and the person performing the ceremony will chant mantras in ancient Sanskrit. The water is significant because it represents chi or the flow of energy.

Breathing Exercise followed by singing bowl ~ Body Cleansing Ritual ~ Body Scrub ~ Oceanic Breeze Massage ~ Flower Bath.

*The above mentioned rate is per person
and subject to an additional 26,5% service charge and government tax





MASSAGE THERAPIES

- **Re-balance Sports Massage**

60 minutes / 90 minutes

IDR 675,000++ / 775,000++

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.

- **Mystique Deep Tissue**

60 minutes / 90 minutes

IDR 675,000++ / 775,000++

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 improving blood circulation as well as keeping your body feeling warm.

- **Oceanic Breeze Massage**

75 minutes / 90 minutes

IDR 605,000++ / 705,000++

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.

- **Traditional Balinese Massage**

60 minutes / 90 minutes

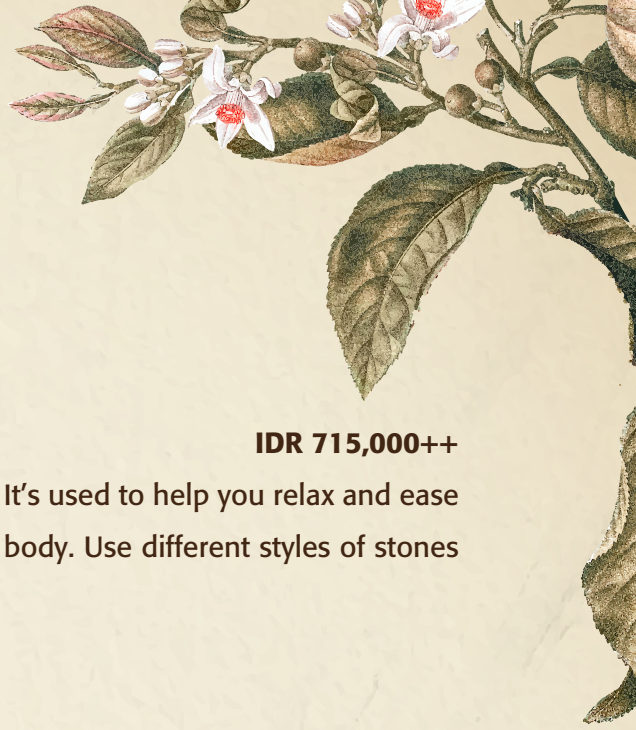
IDR 595,000++ / 695,000++

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.



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MASSAGE THERAPIES

- **Hot Stone Massage**

90 minutes

IDR 715,000++

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 styles of stones such as volcanic stone and stone poultice.

- **Healing Foot Massage**

60 minutes

IDR 425,000++

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 FACIALS

- **Moonlight Facial**

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 headaches, and sinus congestion.

- **Sea Breeze Facial**

75 minutes

IDR 650,000++

It is Detoxifying and removing toxins 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.



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BODY TREATMENT

• 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.

• Flower Bath

30 minutes

IDR 350,000++

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.

BLISSFUL HANDS & FEET CARE

• Basic Manicure

45 minutes

IDR 325,000++

• Basic Pedicure

60 minutes

IDR 395,000++

• Soothing Manicure

60 minutes

IDR 405,000++

• Rejuvenating Pedicure

75 minutes

IDR 445,000++

HAIR CARE

• Nourishing Scalp and Hair Treatment

60 Minutes

IDR 350,000++

Refresh tired hair with this nourishing treatment. Our therapists massage your scalp with premium cream to improve circulation, promote hair growth, and ease tension. A steam bath seals in moisture, leaving your hair healthy, shiny, and renewed.



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Spa Information



Please read through the list of frequently asked questions to help you make the most of your spa experience. Our spa receptionist will be happy to elaborate on any areas that are unclear or discuss specific concerns that may affect you on a personal level.

Business Hours

- Stay Fit Gym opens daily from 8AM to 6PM
- Yoga classes available daily from 7AM to 8AM
(One-day advance booking required)
- Spa treatment available daily from 8AM – 6PM

Spa Booking

We highly recommend to book your treatment in advance to ensure that your preferred time and service is available, particularly if you choose to enjoy multiple bookings during your stay. For scheduling appointments or for further information, please contact us by dialing ext. 8968 from your room.

Special Consideration

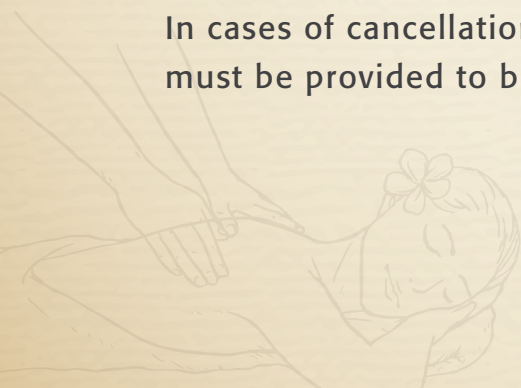
Please notify us if you are receiving any professional health treatment, are pregnant or have any medical complications. This will enable us to assist you in choosing the suitable treatment.

Cancellation Policy

Please allow at least 12 hours' notice for cancellation or rescheduling of your reserved treatments. Any cancellations with less than 12 hours' notice of the scheduled appointment time will incur a 50% cancellation charge.

No-shows will be billed the full price.

In cases of cancellation due to illness or medical reasons, a doctor's certificate must be provided to be eligible for a refund.



Spa Information



Spa Arrival

Please arrive 15 minutes before your appointment to complete a consultation form and enjoy a refreshment before your treatment. Before coming to your treatment, we strongly advise that you take into consideration of the traffic status.

Late Arrival

Arriving late for any reason may shorten your treatment, as we need to stay on schedule to accommodate other guests.

Spa Attire

Wear what is comfortable for you. We provide yukata, towels, and disposable undergarments. Our therapists will ensure your comfort and privacy at all times

Facial Treatment

We recommend guests receiving facials to remove their contact lenses and to bring personal cases for storage. For male guests who receive facials are recommended to shave prior to facial treatment.

Loss or Damage

A safety box will be provided to keep your personal articles. However, it is recommended all valuables are left in your room safe. The management and staff accept no responsibility for any loss or damage of valuables or personal articles while in the spa premises.

