

MANGROVE SPA MENU & BEAUTY CENTER

BODY MASSAGE

Traditional Balinese Massage

60 minutes	600
90 minutes	850

Balinese massage is the traditional massage from Bali. We use the old technique with pressure points in the beginning followed by a relaxing oil massage with thumbs and palm pressure and long stroke pressure. It is good for blood circulation, release muscle tension, relaxing the body, enriching the mind and soul.

Re-energizing Massage

60 minutes	650
90 minutes	900

This massage is a deep pressure massage incorporating the elbows and arms, some stretching with the hands and feet, combined with relaxing pressure. it is good to do after exercise, it helps to release muscle tension, increases blood circulation and expands the veins as well as increase physical well being.

Foot Massage

60 minutes	500
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Foot massage is amazing foot treatment using oil or cream. It helps people who suffer from foot fatigue and releases muscle tension. increases blood flow to cure imbalances in the feet and restore energy and an overall relaxing feeling.

Signature Aroma Massage

60 minutes	600
90 minutes	850

Signature aroma massage is science of massaging the body with essential oils extracted by aromatic plants. Essential oils work in the brain and nervous system through stimulation of the olfactory nerves, improving blood circulation and relaxing the lymphatic flow.

Menjaga Ocean Massage

60 minutes	600
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This massage is a combined technique massage. focusing on back, shoulder, neck and head. It is an amazing treatment which can help people from relieving stress and sleepiness from all the time working in front of a computer. For loosening tightened muscles of the neck, shoulder and back, releasing the tension, improves the flow of blood through neck and spinal column.

Mangrove Massage

30 minutes	300
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You the clients can inform to us what area they would like us to concentrate on, or choose the massage that focus on their needs for their body. For example, on head, back, shoulder, neck, hands and foot. To help to release tension specially on the area.



MENJAGA BAY

price include 21%Tax and service

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BODY TREATMENTS

CLEANSING BODY SCRUB

Frangipani Lulur

45 minutes 400

This treatment is kind of gentle exfoliation and cleansing with aromatic oil, to remove the dead skin cells to make your skin soft, smooth, fresh and revitalized.

Green Tea Lulur

45 minutes 400

Green tea has antioxidant properties, this scrub calms every aspect of your being with zen- like tranquillity. Enter the parallel realm with your body and mind in perfect harmony.

Coconut Lulur

45 minutes 400

This scrub is good for dry and normal skin. Restore your skin moisture with a large variety of natural ingredients sourced from plant, organic and vitamins for restoring, brightening and moisturizing your skin.

BODY WRAP/BODY MASK

Aloe Vera Body Mask

30 minutes 300

Indonesia's strong sun can damage your skin, after sun goes down and your temperature rises, you may need to cool off. This treatment is possible to completely cool you off and reinvigorate your skin back to its natural smoothness. People with sunburn or too much heat are highly recommendation for this treatment.

Chocolate Body Mask

30 minutes 300

Apart from being used for food, chocolate is also a amazing for skin care. A chocolate mask can make your skin firm, smooth and provide vitamins for the skin, returning and enhancing your glow.



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BEAUTY TREATMENT

Rejuvenate Mangrove Facial

30 minutes 350

This is an express facial to rejuvenate your face by tea tree products with a face cleanse and face mask without face massage.

Anti Aging Facial

75 minutes 550

This facial begins with upper back massage to relax the muscles followed with a facial cleanse, steam treatment, firming face massage and face mask with tea tree products bringing back your youthful appearance!

Manicure

60 minutes 300

This manicure includes nails shaping, cuticle remover, hand scrubbing and intensive hand massage to make hand and nails smooth and soft.

Pedicure

60 minutes 350

Pamper your feet, this treatment including your nails, shaping, foot scrub, soaking your feet with warm water and salts, cuticle remover and foot massage. The treatment is completed to make your nails and feet soft and beautiful.

Nail Polish (hands/feet)

30 minutes 160

Nail polish for hands and feet, the guest can choose the colour they prefer and let our skilled technicians do the rest!

Nail Gel (hands/feet)

45 minutes 180

Nail gel is a polish that is stronger and more durable than ordinary nail polish and the process also takes longer, guests can choose what color they prefer.



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SPA PACKAGE

Pampering Romantic Couple Treatment

1 hours 45 minutes

2.000

This is treatment is specialty for couples, starting with relaxing foot wash using warm water and scrubbing with our coconut scrub and finish with lime. We then continue with our relaxing Traditional Balinese Massage for one hour followed by combination restoration facial. After completion we will serve the couple hot fresh ginger tea.



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SPA REGULATION

The information listed below has been compiled to help you make the most of your experiences at Mangrove Spa.

Spa hours

Mangrove Spa open from **09.00 AM** to **20.00 PM**

Reservations

Reservations are highly recommended. Please WA *Spa extension to book Spa treatments or come in a speak to one of our therapists or SPA Manager.

Cancellation

Please notify the Spa 4 hours in advance if you would like to cancel or reschedule your appointment, a charge 50 % cancellation fee will be incurred for no shows or late cancellations.

Payment

All massages will be booked to your suite and paid on departure. For walk in guests from outside the resort, the Mangrove Spa accepts cash and all major Credit cards for all treatments a 21% government and service charge is included in the price what is on our menu is what you pay.



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Age limitation

Children under age of 13 years are not allowed in the Spa for treatments or any reason.

Note for Men

Men are advised not to shave for at least three hours before a facial.

Note for Woman

Woman are required to remove all trace of make - up prior to any treatment and avoid shaving before body exploitation treatment. Body treatments are not appropriate for pregnant woman. However, please ask our receptionist to advise what treatments are considered safe experience during pregnancy.



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PRE-INFORMATION

For your comfort, kindly take a shower prior your treatment(s), we have a changing room you may also come in your room kimono.

We advised you to arrive at least 15 minutes prior to your scheduled appointment, which will enable us to prepare for your Spa experience. Arriving late will limit the time and full benefits of your treatment.

Please refrain from sunbathing, heavy eating and consuming alcoholic beverage prior to your treatment as this may have an adverse effect on your Spa experience.

Please let us know if you are feeling unwell or have a history of high / low blood pressure, allergies or a health condition that requires medication.

Our Spa treatment room cater to the needs of individual or couples. We will provide you with disposable underwear, slippers, towels, shower facilities and a hair dryer for your comfort and convenience.

Please leave any valuable and personal belongings in your room. We will not accept responsibility for the loss of valuables brought to the Spa. Unless you specify to the manager.

While it is not necessary for you to take out contact lenses during your treatment, we advise you to bring your case and solution to the Spa just in case you feel any discomfort.



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