

MANGROVE SPA MENU & BEAUTY CENTER

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Mangrove Spa is a place of deep relation with environment of nature to gave our wellness and beauty experiences. You can indulge our best wellness and beauty Spa by providing unique inspiring wellness and beauty treatment to uplifting an individual for refresh and energize your inner beauty and inner power.



The prices include 10% tax and 10% service charge.

MANGROVE SPA MENU & BEAUTY CENTER

BODY MASSAGE

Traditional Balinese Massage

60 minutes	720
90 minutes	1.020

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	780
90 minutes	1.080

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	600
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Foot massage is an amazing foot treatment using oil or cream. It helps people who suffer from foot fatigue and releases muscle tension, increasing blood flow to cure imbalances in the feet and restore energy and an overall feeling of relaxation.

Mangrove Massage

30 minutes	360
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Do let us know which area you would like us to concentrate on, or choose the massage that focuses on your needs to help relieve tension on these areas.

Signature Aroma Massage

60 minutes	720
90 minutes	1.020

Signature aroma massage is the science of massaging the body with essential oils extracted from 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	720
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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 by relieving stress from the fatigue of working in front of a computer, loosening tightened muscles of the neck, shoulder and back and releasing the tension improves the flow of blood through the neck and spinal column.

Ear Candle Therapy

30 minutes	300
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This treatment is a natural and holistic practice that has been used for centuries to improve ear health and promote overall well being. It is a good for both the physical and mental being. One of the primary is a good the removal of excess earwax and debris from ear candle. This can help to improve hearing, reduce earaches and infections and alleviate symptom of tinnitus. It can also to promotion better drainage and circulation in the ear, nose and throat area.



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BODY TREATMENTS

CLEANSING BODY SCRUB

Frangipani Lulur

45 minutes

480

A gentle exfoliation and cleansing with aromatic oil to remove the dead skin cells to make your skin soft, smooth, fresh and revitalised.

Green Tea Lulur

45 minutes

480

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

Coconut Lulur

45 minutes

480

This scrub is good for dry and normal skin. Restore your skin moisture with a large variety of natural ingredients sourced from organic plants and vitamins to restore, brighten and moisturise your skin.

BODY WRAP/BODY MASK

Aloe Vera Body Mask

30 minutes

400

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

Chocolate Body Mask

30 minutes

400

Apart from its use as food, chocolate is also amazing for skin care. A chocolate mask can make your skin firm, smooth and provide vitamins to the skin, reinvigorating and enhancing your glow.



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BEAUTY TREATMENT

Rejuvenate Mangrove Facial

30 minutes 420

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

Anti Aging Facial

75 minutes 660

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

Manicure

60 minutes 360

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

Pedicure

60 minutes 420

Pamper your feet with this treatment including nail shaping, foot scrub and soak, cuticle remover and foot massage to make your nails and feet soft and beautiful.

Nail polish (hands/feet)

30 minutes 200

Nail polish for hands and feet. You can choose the colour you prefer and let our skilled technicians do the rest!

Nail Gel (hands/feet)

45 minutes 250

Nail gel is a polish that is stronger and more durable than ordinary nail polish and the process takes a little longer, you can choose the colour you prefer.

Nail Gel Removal (hands/feet)

40 minutes 130

Nail Polish Removal (hands/feet)

15 minutes 60



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HAIR TREATMENT

Hair Wash

30 minutes 240

For short hair with hair tonic and vitamins

30 minutes 300

For long hair with hair tonic and vitamins

Hair Creambath

Creambath for hair and scalp to moisturise dry hair, soften and nourish hair and protect hair from damage. This treatment is followed by a relaxing scalp massage, upper back massage, hand massage and hair steamer. To complete to treatment we will apply hair tonic and vitamins to your hair

60 minutes 660

Creambath for short hair

60 minutes 720

Creambath for long hair

Hair Mask

A treatment to provide nutrition and intensive care to the hair followed by a relaxing hand massage while hair mask dries. Hair tonic and vitamins complete the treatment to make hair strong, smooth and shiny.

60 minutes 600

Short Hair Mask

60 minutes 720

Long Hair Mask

WAXING

Armpits

30 minutes 240

Hands

30 minutes 300

Feet

30 minutes 300

Legs

30 minutes 300

Back

45 minutes 360



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REFRESH AND ROMANTIC

Flower Bath

A Romantic bath can easily strip away a stressful day. The degree of togetherness and closeness you share with your partner during this time is nearly unmatched by any other romantic moment. It combined with fresh herbal ginger tea or champagne while in bath.

30 minutes for 1 pax	400
30 minutes for 2 pax	700
Additional a champagne for 1 or 2 pax	3.000

Milk Bath

This treatment serves to make your body become glowing, and soft with uniquely sensual aromatic milk, which makes to your body fresh and stimulated. While the bath, we serve with fresh herbal ginger tea.

30 minutes for 1 pax	400
30 minutes for 2 pax	700

Salt Bath

Salt bath is a treatment to relax the body, this is a good to do by soaking the body, the aim of which is to reduce stress in the body, muscle pain and aches, and also to remove dirt from the pores of the body. While the bath, we serve with fresh herbal ginger tea.

30 minutes for 1 pax	400
30 minutes for 2 pax	700

Ice Therapy

45 minutes	600
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This treatment which is a form of hydrotherapy, in here we are doing a little exercise with breath (inhale & exhale) then soak our body until next by cool water combined ice in bathtub for treating pain and inflammation, may help to improve strength and endurance and shorten the body's recovery and touching with massage a part on the body.



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MANGROVE SPA MENU & BEAUTY CENTER

SPA PACKAGE

Pampering Romantic Treatment for Couples

1 hours 45 minutes

2.400

A treatment specially for couples, starting with a relaxing foot wash using warm water and our coconut scrub and finished with lime. We then continue with our relaxing Traditional Balinese Massage for one hour followed by a restoration facial. We finish by serving the couple hot fresh ginger tea.

Ocean Mangrove Trees

(foot wash, signature combined mangrove massage, body scrub or body mask and bath salt)

2 hours

1.400

This package gives you the ability to disconnect from world and solely focus on your well-being and boost your mood. When life get busy, it is an amazing feeling to be able to take a multi treatment and re-focus our energy on soothing our minds, body and soul. For complete treatment, while the bath we serve with fresh herbal ginger tea.

Romantic Menjaga Bay for Couples

(foot wash, choice of massages and flower bath)

1 hours 30 minutes

1.950

This treatment is done especially for couples to connect and unwind with our Spa package. Choose from any 60 minutes of massages customized to your body, followed by flower bath and the ultimate escape to celebrate your romance combined by fresh herbal ginger tea or romantic champagne.

Additional a champagne

3.000



The prices include 10% tax and 10% service charge.

MANGROVE SPA MENU & BEAUTY CENTER

SPA PACKAGE

Harmony Ocean Bajo

(foot wash, signature aroma massage, rejuvenating facial & milk bath)

2 hours

1.400

Indulge in a soothing harmony of treatments, beginning with a gentle aromatic massage, followed by a combination of a mini facial and a relaxing milk bath. Enjoy a cup of warm, fresh herbal ginger tea served during your bath to complete the experience.



The prices include 10% tax and 10% service charge.

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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 (+62 812 4606 7937) to book Spa treatments or come in a speak to one of our therapists or Spa Supervisor or Spa Manager.

Room Guest Service

For all in-room massage services, an additional charge of IDR 150,000 will be applied on top of our standard price list.

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 20% government and service charge is included in the price on our menu.



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SPA REGULATION

Age limits

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 Women

Women 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 women. However, please ask our receptionist to advise what treatments are considered a 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 or you may prefer to come in your room kimono.

We advise 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, eating too heavily and consuming alcohol before 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 caters to the needs of individuals or couples. We can 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.

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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