

# SPA MENU

The Club Villas Spa

*Manage By Nirvana Bali Spa*

# MASSAGE

**Nirvana Balinese Massage** ..... 50 Min: 250K | 75 Min: 350K

Traditional hands and aromatic massage.  
A mixture of oriental techniques

**Nirvana Four Hand Massage** ..... 50 Min: 300K | 75 Min: 400K

Traditional Balinese massage simultaneously  
performed by two therapists

**Nirvana Shiatsu Massage** ..... 50 Min: 250K | 75 Min: 310K

Balinese version of the most famous “Dry”  
Japanese massage using finger pressure

**Nirvana Lymphatic Drainage Massage** ..... 50 Min: 250K | 75 Min: 320K

Manual massage focussing on the lymphatic system  
ideal for swollen legs or water retention

**Nirvana Foot Reflexology** ..... 50 Min 250K

Traditional massage treatment focuses  
on stimulating the nerve ending in the feet

**Nirvana Hot Lava Stones** ..... 75 Min: 350K

Traditional massage treatment that use the ancient  
techniques of applying warm volcanic stone and oil

**Nirvana Sense Signature Massage** ..... 75 Min: 300K

Hand and oil strong massage witches starting  
with Thai stretching techniques

**Nirvana Thai Massage** ..... 90 Min: 350K

Vigorous massage treatment popular with athletes is excellent  
for relaxing tense muscles. A dry massage that’s performed on the floor mat

**Nirvana Herbal Massage** ..... 75 Min: 325K

This exclusive massage uses cotton gauze compresses contain organic,  
naturally sun-dried medical herbs and precious oils to help you relax  
and enrich your body with prized active ingredients

**Nirvana Bamboo Massage** ..... 75 Min: 325K

Deep massage that takes advantage of the beneficial properties of  
bamboo - relieving muscular tension, draining and toning

**Nirvana Dancing Massage** ..... 75 Min: 320K

Deep massage that takes advantage of the beneficial of elbow  
and lomi lomi, relieving muscular tension, draining and toning

**Candle Massage** ..... 50 Min: 250K | 75 Min: 320K

Multi-sensory massage that uses 100%  
natural massage candle

**Nirvana Deepest In Soul Massage** ..... 50 Min: 250K | 75 Min: 310K

This massage uses more pressure, it’s a good option if you have  
chronic muscle problems and can relieve tight muscle, chronic muscle pain  
and anxiety. More focused on the problems points to get a maximum results

**Nirvana Himalayan Massage** ..... 50 Min: 250K | 75 Min: 320K

Massage delivered using fossil salts from the Himalayan Mountains.  
Your body Will thrill to the draining and exfoliating effects of the Ionizing salts.  
Warm oil suffuse the skin, giving you a deep senses of consentient



# BODY TREATMENT

## REJUVENATE YOUR SKIN AT THE CLUB VILLAS SPA

A complete skin treatment should include a series of purposeful elements – cleansing, exfoliating, toning, treating, and moisturizing. Since the goal is to achieve fully hydrated skin, the cleansing process should start with a cream based product as opposed to a gel based one. This creates a clean slate for exfoliating your skin. While the exfoliation step seems as though it could be more of an irritant to the skin, it's imperative that you clear dead, dull, flaky skin that may be taking moisture from other parts of your skin.

Masks are the perfect tools to address your skin concerns like oiliness, dry areas, fine lines, and firmness, to name a few. And lastly, of course, is moisturization!



### **Nirvana Bali Sunrise Lulur (Face & Body) ..... 120 Min: 540K**

Relaxing Mind & Body

- 20 min Flower Bath
- 30 min Body Scrub G Wrap
- 50 min Balinese Massage
- 20 min Face Cleansing

### **Nirvana Sunset Moisturizing Treatment ..... 120 Min: 540K**

Ideal For Very Dry Skin

- 30 min Body Scrub G Wrap
- 50 min Candle Massage
- 40 min Spa Pedicure

### **Nirvana Hydraplus ..... 120 Min: 450K**

Super Moisturizing Body & Face Mask

- 20 min Flower Bath
- 30 min Body Scrub G Wrap
- 50 min Body Massage

### **Nirvana Bali Flower Treatment ..... 120 Min: 540K**

Moisturizing & Restorative

- 30 min Body Scrub G Wrap
- 20 min Flower Bath
- 50 min Balinese Massage
- 20 min Moisturizing Face Scrub G Mask

## BODY RELAXING TREATMENT

Time has shown that our bodies give us signs of fatigue, stress of our busy lives trying to maintain a balanced life for the whole family. So, this is the time we should think of some relaxing body treatments! Take some time for yourselves and enjoy our luxurious and essential body peelings and body wraps for your peace of mind with ingredients such as essential relaxing oils with no parabens.

### **Nirvana Luxury Treatment ..... 160 Min: 630K**

- 20 min Flower Bath
- 30 min Body Scrub G Wrap
- 50 min Four Hand Massage
- 50 min Face Treatment

### **Lavender Tranquilizers The Mind ..... 120 Min: 540K**

- 20 min Flower Bath
- 30 min Body Scrub G Wrap
- 50 min Balinese Massage
- 20 min Face Cleansing

### **Nirvana Aroma ..... 80 Min: 315K**

Regenerating

- 30 min Body Scrub G Wrap
- 20 min Flower Bath
- 30 min Back Massage

## ANTI-CELLULITE TREATMENT

Anti-cellulite treatment is a body treatment that addresses stubborn fat also called “orange peel” usually found on legs, thighs, buttock and arms. It is a natural treatment that destroys cellulite cells and performs lymphatic drainage. Treatment brings instant results and after the first treatment the appearance of “orange peel” is less noticeable, the detox process is started and metabolism is increased

**Himalayan Treatment** ..... 120 Min: 495K

Remineralizing and Moisturizing

- 20 min Flower Bath
- 30 min Body Scrub G Wrap
- 60 min Himalayan Massage

**Sandalwood Treatment** ..... 120 Min: 540K

Slimming and Anti-cellulite

- 30 min Body Scrub G Wrap
- 50 min Lymphatic Massage
- 40 min Lift Firming Face Treatment

**Nirvana Coffee Bean Firming Body Treatment** ..... 125 Min: 450K

Slimming and Anti-Cellulite

- 20 min Flower Bath
- 30 min Body Scrub G Wrap
- 75 min Bamboo Massage

## ENERGY WELLBEING

Discover Which energy centers are most out of balance then embark on a deeply restorative journey based around the nature of energy balancing oils. Each bespoke experience involves cleansing of the physical and energy body with a customized energizing Scrub and Mask, continue with chosen body massage for deep energy of the nervous system

**Detoxifying Body Treatment** ..... 120 Min: 450K

- 20 min Flower Bath
- 30 min Body Scrub G Wrap
- 50 min Balinese Massage
- 20 min Face Cleansing

**Special Senses Treatment** ..... 145 Min: 630K

Energizing Body & Mind

- 20 min Flower Bath
- 30 min Body Scrub G Wrap
- 75 min Hot Stone Massage
- 20 min Face Cleansing

**Feel The Touch Himalayan Treatment** ..... 120 Min: 540K

- 30 min Flower Bath
- 30 min Body Scrub G Wrap
- 60 min Deep Tissue Massage



# EXPRESS BODY TREATS

Neck & Shoulder Massage .....	30 Min: 150K
Head Massage .....	30 Min: 150K
Perfectly Foot Massage .....	30 Min: 150K
Flawless Foot & Hand .....	30 Min: 180K
Back Massage .....	30 Min: 180K

# FACIAL TREATMENTS

All our facials are designed to achieve excellent results and provide an immediate feeling of relaxation.

*Only high-quality natural products are used*

<b>Rose Hydrating Facials .....</b>	<b>60 Min: 250K</b>
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Designed to increase the skin's moisture levels, hydrating facials are an ideal winter skin treat. Nourishing, collagen-infused lotions are often used to rid the skin of dry and flaky patches, and to 'plump' the skin for a youthful appearance.

<b>Balancing Facials .....</b>	<b>60 Min: 250K</b>
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Ideal for those with combination or blemish prone skin, balancing facials are the enemy of unsightly, enlarged pores. Undergoing one will help to regulate your skin's oil production - a great help if you suffer with the effects of hormone imbalance

<b>Lift Firming Facials  .....</b>	<b>60 Min: 300K</b>
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Designed to reduce the appearance of wrinkles and fine lines, firming facials often see tightening skin gels used. Painless, anti-ageing electrotherapy is also becoming more common within this category of facial. Regular treatment offers the best results, but improvement is evident after a single session

<b>Black Volcano  .....</b>	<b>60 Min: 250K</b>
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For men only

<b>Relax Face Treatment .....</b>	<b>30 Min: 150K</b>
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Face cleaning treatment and massage using cream designed to firm your skin and give a wonderful feeling of relaxation

<b>Eye Lifting Treatment .....</b>	<b>25 Min: 100K</b>
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Serum, mask, and cream specifically designed to treat the most delicate area of your face - the eye area. To be combined with other facial treatment




<b>Facial Cleansing .....</b>	<b>40 Min: 150K</b>
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## SPA MANICURE & SPA PEDICURE

Complete, hour-long treatment that beautifies your hand and feet

Spa Manicure 	.....	200K
Spa French Manicure 	.....	230K
Nail Polish.....	.....	150K
Clear and Gel Overlay .....	.....	210K
French Gel Overlay .....	.....	220K
Semi Permanent Nail Polish 	.....	250K
Spa Pedicure .....	.....	210K
Spa French Pedicure .....	.....	220K



## WAXING

Full Body 	.....	450K
Full Leg .....	.....	200K
Half Leg .....	.....	150K
Bikini Wax 	.....	150K
Under Arm .....	.....	50K
Eyebrow .....	.....	50K
Upper Lip .....	.....	50K

## YOGA

Individual Class .....	60 Min:	100K
Classes of 3 People .....	60 Min:	150K
Classes of 6 People .....	60 Min:	250K
Classes of 10 People .....	60 Min:	400K

## THERMAL AREA

1 Hour Pass .....	50K
Daily Pass 	..... 150K
Weekly Pass .....	840K
Monthly Pass .....	3000K

