



## LEMBAH SPA MEN

### THE MASCULINE SPA PACKAGE (180 mins)

US\$ 235.00

On arrival you will be offered herbal tea or fresh juice of your choice. After your treatment you will be offered another drink relaxing and enjoying the view.

The treatment is designed with the man in mind; so Lembah Spa has combined the aromas of spices that appeal to a man's senses and those that are good for relaxation and repair of muscle damage. Vanilla, coffee & cocoa are the predominant aromas men are attracted to while clove and ginger repair the deep muscle tissues caused by injury. Relaxation is achieved through an expert massage performed by one of our professionally trained therapists.

Lembah Spa has developed a body scrub (skin polish) for men, so while the sense of smell (aromatherapy) relaxes you, the therapist works on those strained muscles and softening the skin. This opens up the pores and warms the muscles with a steam bath and Jacuzzi, and rinses away those unwanted dead skin cells with an exfoliating scrub. Ease the stress and tension with a massage using essential masculine oils, then coating the skin with nourishing yoghurt which remains on the skin while you have an aromatic bath allowing the yoghurt to penetrate. Following this there is an Intraceuticals facial of your choice.

We also offer morning or afternoon half day packages totalling 4 hours of upmost spoiling, you can choose what treatments you would like to have that we can fit into 4 hours without compromising the quality of service, let us know and we can reserve the time and give you a quote.

**Scrub:** Blend including Coffee & Cocoa or Nutmeg & Candle Nut

**Massage with Essential Oil:** Ginger, Vanilla, Cinnamon, Clove or Combination Spice with Patchouli

**Aromatherapy:** Vanilla or Orange

**Moisturiser:** Skin replenishing natural yoghurt

**Bath:** Vanilla or Tropical

**Intraceuticals Facial:** choice of Intraceutical Atoxylene, Rejuvenate or Opulence. See page 14 of directory for descriptions

All rates are in USD and include 21 % government taxes and service charge

## LEMBAH SPA WOMEN

### THE FEMININE SPA PACKAGE (180 mins)

US\$ 235.00

On arrival you will be offered herbal tea or fresh juice of your choice. After your treatment you will be offered another drink relaxing and enjoying the view.

We have designed a package with delicate and feminine fragrances that will enhance their beauty. Women want their skin to be smooth with a healthy glow and are attracted to the floral smells such as lavender, rose, frangipani and citrus smells that are calming but at the same time refreshing. They also want to tackle things like cellulite and toning.

Lembah Spa has developed a sensual aromatic body scrub to help the therapist work on muscles, circulation and softening of the skin. This 150 minute package concentrates on the inner and outer body. Opening up the pores and warming up the muscles with a steam bath and Jacuzzi, followed by exfoliating the skin with a specially designed scrub for delicate female skin. The therapist relaxes the stress and tension with a massage using essential feminine oils concentrating on circulation and the lymph glands to rid the body of toxins, lastly coating the skin with nourishing yogurt which is left on during your aromatic bath. Following this there is an Intraceuticals facial of your choice.

We also offer morning or afternoon half day packages totalling 4 hours of upmost spoiling, you can choose the treatments you would like to have that fit within the 4 hours without compromising the quality of service. Let us know and we can reserve the time and give you a quote.

**Scrub:** Blend including Marine Algae or Turmeric and Rice flour

**Massage with Essential Oil:** Lavender, Rose, Frangipani, Jasmine, Citrus or Vanilla

**Aromatherapy:** Orange, Jasmine or Vanilla

**Moisturiser:** Skin replenishing natural yoghurt

**Bath:** Vanilla or Tropical

**Intraceuticals Facial:** choice of Intraceutical Atoxylene, Rejuvenate or Opulence. See page 14 of directory for descriptions

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**VICEROY TROPICAL INDULGENCE (2 hours 30 mins)****US \$220.00**

- Body Exfoliation with fruit scrub
- Scrub removed
- Body Mask of tropical and citrus fruits is applied and left to absorb the epidermis layers
- Shower to remove mask
- Relaxation for 20 mins circulating between the Steam Room, Cold Pool and Hot 68 jet Jacuzzi
- Balinese Massage 50 minutes with essential orange oils
- Fruit bath with orange scented bath foam, orange and lime slices
- Hair Creambath
- Dress and relax with a fresh fruit juice overlooking the spectacular view

**NEPTUNE'S FIX (2 hours 30 mins)****US \$ 210.00**

- Body exfoliation with seaweed scrub
- Scrub removed
- Body Mask of Organic Seaweed is applied; you are wrapped in plastic and left till your body heat causes intensified absorption to the epidermis layers
- Shower to remove mask
- Relaxation for 20 mins rotating between the Steam Room, Cold Pool and Hot 68 jet Jacuzzi
- French massage (pressure point) to activate the lymphatic system and speed the detoxification process (this is a strong deep tissue massage and not recommended for those who bruise easily)
- Cleansing Facial
- Dress and relax with a hot herbal tea overlooking the spectacular view

**CLEOPATRA ON PETANU RIVER (2 hours 30 mins)****US \$ 195.00**

- Body exfoliation with candle nut scrub
- Scrub removed
- Body mask, smothered in natural yoghurt
- Shower to remove mask
- Combination Massage 50 minutes with essential vanilla oils
- Body rinsed
- Soak in warm milk bath with rose petals
- Pedicure or Manicure
- Dress and relax with a hot herbal tea overlooking the spectacular view

**ROMANTIC COUPLES TREATMENT ( 2 Hours )****US \$ 330.00 per couple**

- Balinese Massage
- Body Scrub with Balinese Lulur
- Body smothered in natural yoghurt
- Soak in warm flower bath
- Steam bath cool pool and Jacuzzi , relax with a fresh juice

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**FOOT REFLEXOLOGY ( 6o Mins )** **US \$ 6o.oo**

An ancient healing process of detoxification, the therapist works on the meridians and nerve endings to stimulate and remove crystallization in the joints of the foot which control the organs, nerve system and thyroid glands.

**HAIR CREAM BATH ( 6o mins )** **US \$ 6o.oo**

The Balinese women have for generations had beautiful long glossy black hair, not only because of their natural diet but also the natural nourishing treatments they use. The cream bath consists of 6o minutes of hair and scalp pampering with nourishing cream packs and head, neck and shoulder massage.

**FACIALS ( 6o Mins )** **US \$ 65.oo**

Our Balinese facial consists of a deep cleansing and steaming to open the pores, gentle face scrub and nourishing mask and face and neck massage.

**MASSAGES USING ESSENTIAL OILS AND AROMA THERAPY (6o mins)** **US \$ 84.oo**

**FOUR HANDS HARMONY** **US \$ 135.oo**

**BODY SCRUB (45 mins)** **US \$ 35.oo**

**BODY MASK (45 mins)** **US \$ 30.oo**

**USE OF STEAM BATH, COOL POOL AND JACCUZZI (3o mins)** **US \$ 10.oo**

**MANICURE USING OPI NAIL POLISH** **US \$ 40.oo**

**PEDICURE USING OPI NAIL POLISH** **US \$ 45.oo**

**MANICURE OR PEDICURE WITHOUT POLISH** **US \$ 35.oo**

**FLOWER BATH WITH AROMATIC ESSENTIAL OILS** **US \$ 20.oo**

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## **INTRACEUTICAL FACIALS**

Lembah Spa offers Intraceuticals products endorsed by Madonna and other Hollywood stars as the ultimate facial treatment. Intracueticals works extremely well when applied via our oxygen therapy machine to reach deep down into the lower epidermis layers so that repair is accelerated. Treatments vary according to your skin condition and what problem you want to attack.

Because Intraceticals is an international company we also sell their follow up maintenance products so you can continue the program at home. Intracuetical products are also available in your country through beauticians, cosmetic clinics and dermatologists.

### **Intracueticals Atoxelene ( 30 mins )**

**US \$ 75.00**

Atoxelene facial treats the cause of fine lines and wrinkles for healthy functioning smooth skin. It uses a natural amino peptide complex to smooth the skin and significantly diminish the appearance of fine lines and wrinkles – the skin instantly looks younger and feels tighter and firmer. Atoxelene is designed specifically to refine the forehead, soften eye contour and immediately plump and smooth the lips

### **Intracuetical Rejuvenate ( 60 mins )**

**US \$ 85.00**

Rejuvenate Facial balance and skin hydration for healthy glowing skin. It immediately hydrates, builds skin integrity, increases firmness and reduces the appearance of fine line - the skin instantly looks younger and tighter with a visible lift. The Rejuvenate has the highest concentration of low weight Hyaluronic Acid and also includes skin defending antioxidants, Japanese Green Tea, Vitamins C and E

### **Intracuetical Opulence ( 60 mins )**

**US \$ 90.00**

Opulence Facial safely and naturally treats the cause of uneven skin tone for healthy radiant skin. It combines botanical skin brighteners and super concentrated Vitamin C to brighten skin and balance skin tone - the skin instantly looks more radiant and luminous. The Opulence product delivers botanicals Alpha Arbutin and yellow Dock Root to reduce pigment production while Vitamin C and Japanese Green Tea protect and defend against environmental and natural skin aging.

### **Rejuvenate And Atoxelene Combination ( 90 Mins )**

**US**

**\$ 165.00**

This facial that everyone is talking about – the ultimate in skin rejuvenation and instant visible results. The Rejuvenate and Atoxelene work together to significantly reduce the appearance of fine lines and wrinkles while tightening and firming for more defined facial contour. Special care is taken to smooth, open and refine the eye contour area while the lips are plumped and hydrated.

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## **ACTIVITIES AND SPA TREATMENT**

### **Yoga with Two Hour Spa Treatment**

**US \$195.00**

- Yoga
- Balinese Massage
- Balinese Scrub
- Yoghurt body mask
- Flower bath
- Steam bath, Jacuzzi

### **Cycling with Two Hour Spa Treatment**

**US \$ 195.00**

- Cycling tour of the rice fields
- Balinese Massage
- Balinese Scrub
- Yoghurt body mask
- Flower bath
- Steam bath, Jacuzzi

### **Trekking with Two Hour Spa Treatment**

**US \$ 195.00**

- Trekking tour of the rice fields
- Balinese massage
- Balinese scrub
- Yoghurt body mask
- Flower bath
- Steam bath, Jacuzzi

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## ACTIVITIES AND SPA TREATMENT

### One Day Refreshing Package

US \$ 255 .00

- Cultural Tour (4 hours)
- Balinese massage
- Balinese scrub
- Yoghurt body mask
- Flower bath
- Steam bath, Jacuzzi

### 3 Day De-stressing Package

US \$ 640.00

- Daily private yoga class
- Daily 2 hour Spa treatment with a choice of
  - Balinese massage, Scrub, Yoghurt body mask, Flower bath
  - Balinese massage and Facial or Hair Cream bath
  - Balinese massage and Manicure or Pedicure

### 3 Day Rejuvenation Package

US \$ 775.00

#### Day 1

- Yoga
- Balinese massage, scrub, Yoghurt mask and Flower Bath, Facilities ( **120 minutes**)

#### Day 2

- Cycling tour of the rice fields
- Body Scrub, Body Wrap, French Massage, Steam Bath, Jacuzzi, Relax with Herbal Tea ( **150 minutes**)

#### Day 3

- Trekking tour of the rice fields
- Candlenut Scrub, Body mask, Combination massage, Rose Petal Flower bath, Steam bath,
- Jacuzzi, Relax Wit Herbal Tea ( **150 minutes**)

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## **SPA & RESTAURANT COMBINATION (3 HOURS)**

### **Spa & High Tea Package**

**US \$ 168.00**

- Welcome drink
- Foot bath
- Balinese massage
- Choice of cream bath or facial
- Steam bath , Cool Pool and Jacuzzi
- 3 course High Tea at Cascades Restaurant

### **Spa & Lunch or Dinner Package**

**US \$ 212.00**

- Welcome drink
- Foot Bath
- Balinese massage
- Choice of Cream bath or Facial
- Steam bath, Cool Pool and Jacuzzi
- 3 Course Lunch or Dinner at Cascades Restaurant

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