

SPA
Uluwatu



SPA ULUWATU

Discover a balanced approach to health and beauty, where wellness-centered spa experiences unite body and mind, inspiring freedom of spirit.

From the moment you step into Spa Uluwatu, you feel calmness and an immediate sense of comfort. A conscious wellness lifestyle helps to define a more fulfilling purpose in life, creating meaningful moments that are fueled by increased energy and a happier outlook on life. Spa Uluwatu is designed not only to enrich your precious holiday moments while staying with us, but also to create a more harmonious and joyful future life long after you've returned home.

Discover new spa indulgences in three self-contained villas comprising our exclusive Villa Retreats. Private swimming pools, garden courtyards and spacious couples treatment rooms welcome you to fulfill your vision of the perfect you. Explore the Bali culture inspired villas' stunning natural beauty and effective therapies for slimming, toning and detoxification.

The essential practice of mindfulness is alive and well at the edge of paradise, beckoning you to enjoy a tranquil massage in one of our tented Beachside Pavilions. With each gliding stroke or acupressure point, feel your mood lighten instantly, enlivening your senses with the caress of a gentle sea breeze.

SPA ULUWATU WITH SPA FACILITIES

Open daily 10.00 am - 10.00 pm

VILLA RETREATS BY THE OCEAN

Open daily 10.00 am - 10.00 pm

BEACHSIDE PAVILIONS

Open daily 10.00 am - 7.00 pm

BEAUTY & HAIR SALON / BEAUTY TREATMENT

Open daily 10.00 am - 7.00 pm



ULUWATU SIGNATURE RETREAT

Created for you and inspired by our Signature Spa Uluwatu story – Experience Indonesia & Bali's Rich Cultural Heritage and Magnificent Beachfront Location. All packages include a welcome drink, foot and bath ritual, and refreshing beverage custom-crafted by our mixologist according to your package.

**Recommended for Couple*

ROYAL HERITAGE RITUAL | 210 minutes

The traditional Indonesian beauty ritual was once the privilege of family within the Royal Palace. Indonesia's legacy of wellness is honored in every step of this ritual, recreating the traditional Royal Wedding experience right here in paradise. Recommended for couple

The beginning of your ritual is announced in a gracious manner, as a small bell rings softly, welcoming you to the Royal Heritage Foot Ritual. Your spa indulgence continues with a Bali Ocean Serenity, or Muscle Tension Release Massage, promoting deep relaxation from head to toe. To ensure a radiant glow, a lulur body scrub is applied in circular strokes, gently exfoliating to reveal a more youthful appearance.

A short break includes a healthy jamu drink, an herbal tonic accompanied by local sweets. To ensure that every guest feels completely pampered, the ritual continues with a restoring Refresher Facial and Foot Massage. Your journey culminates in a leisurely bath, where you soak in a royal heritage milk bath, infused with fresh flowers to bring your spa escape to an exotic close.

**Royal Heritage foot ritual *Bali Ocean Serenity/Muscle Release Massage *Lulur Body scrubs *Herbal drinks *Refresher Facial*

**Foot massage *Royal Heritage Milk Bath *Drinks for couple and refreshments.*

For further information, or to book a reservation, please dial "Spa" on your telephone.





BALI ESCAPE | 150 minutes

Be our guest and indulge in all the delicacies that Bali has to offer. Begin with an Herbal Foot Bath Ritual and continue with a soothing Bali Ocean Serenity. Experience our signature healing Sand beach scrub, which prepares your body to absorb the nourishing Jicama Body Wrap. While your body is in cocooned bliss, your therapist elevates the journey with a tingling Head Scalp Massage. Complete your escape with a Ritual Herbal Bath.

**Herbal Foot ritual *Bali Ocean Serenity *Sand beach scrubs *Jimaca body wrap *Head Scalp massage *Herbal bath
Healthy drinks & refreshments.

OCEAN BEAUTY INDULGENCE | 150 minutes

A luxe combination of traditional and modern spa rituals that cannot be missed. Your spa journey reflects the peaceful beauty of our surrounding ocean with every encounter, starting with a Heritage Foot Ritual to set a relaxing tone. A gently exfoliating Pearl Body Scrub smooths the skin to reveal a natural glow.

After an invigorating shower, delicate facial skin is pampered with an opulent Anti-Aging Facial, rejuvenating the epidermis with pure Caviar Extract, Pearl Extract, and a revolutionary blend of phyto-extracts: Escutox[®]. This effective recipe visibly resurfaces and dramatically reduces expression lines and wrinkles. During the facial mask, or after the facial mask if you prefer, your therapist performs a soothing Foot Massage. Allow the indulgence to fully sink in while soaking in a Royal Heritage Bath.

**Heritage Foot Ritual *Pearl Body Scrub *Marine Caviar & Pearl de Ageing Facial *Foot Massage *Royal Heritage Milk Bath*

For further information, or to book a reservation, please dial "Spa" on your telephone.

ULUWATU SUNSET SILHOUTTE | 120 minutes

(Exclusive daily booking time at 4 .00 pm only)

The ritual commences with an Energizing Ocean Foot Ritual and continues with a rejuvenating Javanese massage to soothe the nervous system and release the tensions. A harmony of singing bowl sounds and vibrations work together, rebalancing vital energy lines in your body.

A mini Refresher Facial completes the ritual before enjoying a wellness afternoon tea with healthy delicacies in the privacy of our Villa Retreat Upper Bale or Beach Pavilion with fantastic views of the majestic Indian Ocean.

**Energizing Foot ritual *Javanese massage *Singing bowl *Refresher facial *Healthy afternoon tea.*

ISLAND OF GODS | 120 minutes

Inspired by Bali's diversity of cultures and inherent spiritual beliefs, this ritual honors the daily practice of Hindu ceremonies. Bali's most special ceremonies are held on the days of full moon, or purnama - and new moon, or tilem. During these spectacular ceremonies, holy water is used as a source of cleansing power to bestow blessings, provide purification and welcome the good energies of life.

Your ritual begins with a blessing of freshly lit incense and lovingly crafted canang sari, a traditional offering to Bali's Hindu Gods. The Herbal and Body Scrub are infused with traditional Balinese flowers and botanical ingredients to nourish your skin with nature's healthy ingredients. A classic Bali Ocean Serenity takes you to new heights of deep relaxation, while the magical Balinese Flower Milk Bath promises to soak away any lingering stress or tension.

**Herbal Foot ritual *Bali Ocean Serenity *Frangipani Body scrubs *Bali Flower milk bath *Herbal drinks & refreshments.*

For further information, or to book a reservation, please dial "Spa" on your telephone.





SILHOUTTE REFINING BY PEVONIA | 120 minutes

A Pevonia cutting-edge cellulite treatment.

This slimming and toning wrap stimulates your body's ability to break down fat, increase metabolism, and eliminate water retention. Pevonia's pure 100% micronized green coffee, naturally rich in chlorogenic acid, polysaccharides, proteins, and essential oils work in unison to smoothe and enhance your skin's texture, while also visibly reducing spongy, dimply, cellulitic areas. Feel lighter than ever before after an effective combination of Dry Body Brushing, targeted Cellulite Massage, slimming Body Wrap and post-treatment gel application to ensure long-lasting results.

**Energizing Foot Ritual *Dry Body Brushing *Cellulite Massage *Green Coffee Body Wrap *Scalp Massage *Svelt Gel Application.*

MARINE OCEAN DETOX | 120 minutes

Cleansing the system is an important component of your seasonal health and beauty routine. Detoxifying from the inside and out not only makes you feel great, but will also have everyone wondering what your secret is to looking so good. This upgraded spa journey presents a rare opportunity to give your body the gift of full hydration. Combining several effective treatments in one complete wellness safari, from the ancient practice of hot sauna therapy and a targeted, Muscle Tension Relief Massage, to a nutrient-rich Seaweed Body Wrap that releases unwanted toxins, each pore welcomes fresh vitality. Energized and invigorated at the cellular level, feel an extra uplifting of your spirit with our special health detox beverage.

**Energizing Foot Ritual *Sauna *Muscle Tension Relief Massage *Seaweed Body Wrap *Healthy Detox Drinks.*

ALOE VERA HYDRATION WRAP | 90 minutes

Deeply repairing sun-damaged or aging skin can be more than a dream, make it your reality with this exquisitely peaceful body wrap. Your therapist begins with a warm Herbal Foot Ritual to ease the mind and invite your body to relax. While your body is cocooned in aloe vera, the therapist performs a stimulating head and scalp massage. Perfect while on holiday, an emollient Aloe Vera Wrap feels absolutely wonderful after a fun day by the pool. This soothing wrap cools and alleviates skin irritations, working Mother Nature's magic to look and feel your best.

**Herbal Foot Ritual *Bali Ocean Serenity *Aloe Vera Wrap *Head and Scalp Massage *Refreshing Drinks*

For further information, or to book a reservation, please dial "Spa" on your telephone.

FACIAL BY PEVONIA

MARINE CAVIAR & PEARL DE-AGEING FACIAL | 75 minutes

Holiday time is well spent when taking advantage of this advanced defense against aging. An opulent multi-stage treatment, your journey begins with a thorough Cleansing and gentle Exfoliation to prepare the upper layer for a Massage with Intense Extracts to lavish your skin with pure caviar extract, pearl extract, and a revolutionary blend of phyto-extracts: Escutox®. Designed to improve the elasticity of facial muscles, a luxurious Setting Mask increases skin oxygenation and suppleness, while a Protective Cream promotes rejuvenation. Effectively resurfaces and dramatically reduces expression lines and wrinkles.

COLLAGEN INFUSION FACIAL | 75 minutes

Experience the visible benefits of our exclusive Sorisa machine, combining the different techniques of dermabrasion, electroporation, photoporation, phototherapy and cryotherapy for a profound sense of renewal. The dermabrasion works to exfoliate deeper, encouraging new and healthier skin, while electroporation increases your skin's capacity to absorb moisturizing nutrients. Phototherapy stimulates collagen to enhance a clear complexion during your holiday in paradise. Drenched in vitamins and antioxidants, the final application of Collagen Cream boosts your skin's appearance, leaving it more supple and plump with a youthful glow.

PURE RADIANCE FACIAL | 60 minutes

Imagine moonlight on a calm sea: smooth, bright and glowing. You have captured the incredible result of this facial, blending the most effective spa treatments in the industry today. After your skin is thoroughly cleansed and prepped by a gentle exfoliation, your skin is infused with a potent concentration of stabilized Vitamin C during a relaxing massage. Discover a firmer and brighter you after a natural Lightening Mask, which works to reduce fine lines and strengthen skin's elasticity, Pevonia's Protective Cream counteracts photo-aging, and restores a youthful appearance, rendering skin visibly luminous.

ASIATIC LOTUS FACIAL | 60 minutes

Experience the calming effect and repairing essence of white water lily, green tea and Proline, a helpful amino acid that builds protein. Reduce inflammation instantly with a cooling Cleanse to ease skin irritation caused by heat or dehydration. After a gentle exfoliation, a relaxing massage deeply decongests, while a nourishing Mask helps to restore lost moisture and vanquish free radicals that cause premature skin aging. Perfect after a little too much sun exposure, our Protective Cream seals in the benefits of Mother Nature's natural ingredients.

For further information, or to book a reservation, please dial "Spa" on your telephone.



INTRACEUTICALS ATOXELENE OXYGEN INFUSION FACE TREATMENT | 45 minutes

Soften the visible signs of fine lines and wrinkles, while nourishing your skin with anti-aging properties to prevent future damage. Designed to smooth the appearance of expression lines around the eyes, forehead and mouth, the powerful effect of Atoxylene serum works to firm, lift and plump your skin.

INTRACEUTICALS REJUVENATE OXYGEN INFUSION FACE TREATMENT | 60 minutes

Align yourself with Hollywood's A-list, who choose this transformational facial to instantly hydrate, lift and tighten the face with therapeutic grade Hyperbaric Oxygen. In addition, rejuvenating serums made from hyaluronic acid, green tea, aloe vera, and Vitamins A, C and E, work in synchronicity to ensure instant, visible results that will keep you looking fresh long after this cooling, calming treatment.

INTRACEUTICALS REJUVENATE + ATOXELENE OXYGEN INFUSION FACE TREATMENT | 75 minutes

Align yourself with Hollywood's A-list, who choose this transformational facial to instantly hydrate, lift and tighten the face with therapeutic grade Hyperbaric Oxygen. In addition, rejuvenating serums made from hyaluronic acid, green tea, aloe vera, and Vitamins A, C and E, work in synchronicity to ensure instant, visible results that will keep you looking fresh long after this cooling, calming treatment.

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ULUWATU MESSAGES

Relaxing with Massage Pressure: Soft -Medium

BALI OCEAN SERENITY | 60 & 90 minutes

An authentic Balinese massage works deeply to soothe damaged tissue and relieve strained muscles and joint pain. Pamper yourself with a relaxing head to toe massage, which includes thumb working, palm pressure, skin rolling and long strokes in harmony with targeted pressure points on the bottom of your feet. Our collection of botanical massage oils soothe the senses with Indonesia tropical ingredients sourced directly from nature.

WARM SHELL MASSAGE | 90 minutes

This unique Lava Shell massage eases muscular tension and has an extraordinary relaxing effect on the entire body. Smooth shells give off calcium ions when heated, transferring valuable benefits to firm and regenerate your skin during the massage. The powerful combination of heat and touch harmonize to gently relax and smooth away knots. Perfect before and after travel to boost blood and lymph circulation, as well as reduce swelling and water retention.

TRADITIONAL MARTUP MASSAGE | 60 minutes

Infuse your holiday with an indigenous full body massage, using traditional techniques from North Sumatra. Martup Massage is known for reducing muscle pain and improving sleep quality. Wellness enthusiasts credit this special therapy with being able to neutralize blood, rejuvenate the skin and help to cure some diseases. The treatment ceremoniously starts with the head, and works its way down the body for balanced results.

PREGNANCY MASSAGE | 60 minutes

Celebrate this very important time in your life with a special massage designed for second and third trimester pregnancies. As your body continues to change in ways you never imagined, this calming journey helps to ease muscle tension, improve circulation and increase mobility. Gentle strokes, combined with a special botanical oil, inspire you to focus on yourself and the newest member of your family.

For further information, or to book a reservation, please dial "Spa" on your telephone.



Uplifting with Massage Pressure: Medium - Strong

THAI MASSAGE | 90 minutes

Take pleasure in the exotic art of Thai massage, using a unique combination of stretching techniques and deep tissue penetration to stimulate circulation and release tension. This indulging ritual is performed without massage oil to encourage a sense of overall wellness. (*Dry – No oil*).

ULUWATU OCEAN HARMONY | 60 minutes

Indulge yourself with two therapists in perfect sequence for an unforgettable healing experience. Your therapists perform gracefully and perfectly in-sync massage strokes with a lulling rhythm inspired by ocean waves movements. Imbued with the full power of nature, experience a therapeutic treatment designed to engage all of your senses.

TRADITIONAL JAVANESE MASSAGE | 60 minutes

A beautifully choreographed treatment that combines medium pressure, deep tissue massage techniques with simultaneous stroking palm movements to ease muscles into blissful submission. Take your senses to new heights with a choice of Relaxing, Balancing and Energy that have been known for centuries to ease stress and induce a deep feeling of renewal.

Energizing with Massage Pressure: Medium- Strong

MUSCLE TENSION RELEASE | 90 minutes

This is a vigorous and satisfying massage experience, with effective therapeutic results that are ideal for chronic stiffness and soreness. Support your body to help loosen congested muscle tissue, release toxins and increase blood and oxygen circulation throughout the entire body. Feel renewed and re-energized as bothersome aches, pains and tired muscles are professionally massaged away to make room for a younger feeling version of yourself.

FOOT WORK REJUVENATION | 60 minutes

Based on a theory that feet are reflections of the body's overall health, you will be amazed at the overall sense of wellbeing that emerges after this centuries-old treatment. Long strokes, together with acupressure massage on specific healing points in the feet, work to improve blood poor circulation and relieve fatigue.

For further information, or to book a reservation, please dial "Spa" on your telephone.



BEAUTY TREATMENT

HAIR

Hair & Scalp Renewal | 60 minutes
(Candlenut for Dry Hair- Aloevera for Hair Loss and carrot for normal hair)

Blow dry | 60 minutes
Hair styling | 90 minutes
Haircut for adults | 60 minutes
Haircut for children | 60 minutes
Hair braiding | short/medium/long

HAND & FEET BEAUTY TREATMENTS

Deluxe manicure /Deluxe Pedicure
French manicure /French Pedicure
Nail polish
Gel polish application

WAXING

Under arm
Half leg
Full leg
Bikini
Brazilian bikini

ULUWATU JOURNEY

ULUWATU HEALING JOURNEY | 120 minutes

For your utmost relaxation and healing, this package is created to release chronic fatigue, stress and emotional burn-out. Your journey begins with an Herbal Foot Ritual and the soft sounds of singing bowls to slowly guide you into the experience. Abhyanga Massage, combined with the heavenly sounds of the singing bowl, work together to cleanse and rebalance your body and mind. This journey culminates in a relaxing soak in our herbal bath.

**Herbal foot ritual *Abhyanga massage *Foot massage *Singing bowls *Herbal bath *Healthy drinks & refreshments.*

RESTORATIVE JOURNEY | 90 minutes

Just release and surrender your mind and soul. Guided breathing exercises and meditation will take you to a deeper level of your inner peace, while the sounds of a singing bowl help to slowly release any lingering stress from day-to-day life back home. The highlight of your journey is an Ayurvedic Abhyanga Massage with aromatic herbal oils to help you restore your energy reach the highest level of serenity.

SOUND TO SERENITY | 60 minutes

This unique spa getaway is wonderful for relieving tension and promoting a deep sense of relaxation. The humming and drumming of singing bowls, influenced by certain rhythms, sounds and vibrations, helps the body to recover from a wide variety of ailments. Throughout the treatment, your therapist continues to use the healing sounds of singing bowls to heighten the results.

ABHYANGA MASSAGE | 60 minutes

Abhyanga is an Ayurvedic oil massage that involves massage of the entire body with dosha-specific, warm herb infused oils. The Abhyanga Massage is effective for maintaining overall good health and well-being. It helps with joint health, nourishing tissues of the body and re-balancing our body. The massage removes toxins through skin and moisturizes the skin at the same time. Ultimately, Abhyanga soothes and brings deep relaxation to the body, inspiring a peaceful mind.

For further information, or to book a reservation, please dial "Spa" on your telephone.



THE YOUNG ONES

Suitable for 12 – 15 years old

Have fun personalizing your very own spa getaway by creating your own package with the above selections. Feel free to add your favorite beauty treatment from the menu selection. *(Manicure – Pedicure – Nail Polish – Hair braiding).*

ULUWATU TEEN MASSAGE | 60 minutes

Introduce your teen to a lifelong love of spa pampering. Starting with a Foot Bath Ritual, the highlight of this journey is a gentle full body Massage with your teen's choice of botanical massage oil.

Hair and Scalp renewal

One of our spa's most popular treatments. Nourish your hair with a deeply conditioning hair cream, while also enjoying a relaxing head, neck and shoulder massage.

A Basic Refresh Natural Facial

Treat your delicate skin with the very best of Mother Nature. Natural ingredients gently cleanse, tone and hydrate facial skin for a beautiful glow during your holiday.

For further information, or to book a reservation, please dial "Spa" on your telephone.

Body Scrubs and Wraps

Body Scrubs (exfoliates)

- Lulur (rice powder with turmeric for smooth skin)
- Sand Beach Scrub
- Pearl Body Scrub

ULUWATU BATH RITUAL :

- Royal Heritage Milk Bath (Milk Bath – Flower EO – Rose petals – pacah seribu – / Lime slices - Peppermint Leaf – Rose water)
- Herbal bath (Herbal Bath – Energizing EO – Lemongrass Cuts – Cryssants – lime cuts- Lemongrass Infused Water)
- Balinese Flower Bath (Flower EO - Frangipani – Cananga – Gemitir- Pacah Seribu - Orange slices - Pandan leaf cuts - Pandan infused water)

For further information, or to book a reservation, please dial "Spa" on your telephone.

BODY THERAPY :

- Body Wrap (Nourishing – Hydrates)
 - Aloe Vera (Good for sunburned skin)
 - Seaweed (rich in minerals)
 - Boreh (rich in natural herbals – Natural warming benefits)
 - Bengkoang – Jicama (Brightening skin)

Add to any Spa Package/ Treatment:

- Pevonia Botanica Aromatherapy face oil
- Foot rejuvenation / Foot massage 30 minutes.
- Your choice of body scrub/wrap 30 minutes.
- Choice of our Uluwatu Bath Ritual

SPA BASICS

Please read through this 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.

Should I reserve my treatment?

Yes, either by phone or visit the spa to book a reservation at your earliest convenience so we may accommodate your schedule.

When should I arrive?

Please arrive 15 minutes before the scheduled time to check-in and change.

What if I have special health considerations?

Please notify the Receptionist before booking your treatments if you have high blood pressure, allergies, other physical ailments or disabilities. If you have any concern at all, let us know.

What if I am pregnant?

Please contact the Receptionist for advice on treatments that are safe to enjoy during pregnancy.

What do I wear during my treatment?

You may wish to wear your own bikini or briefs, or we can provide you with hygienic disposable briefs. Alternatively, treatments may be enjoyed without clothes. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

What about my valuables?

Please leave valuables in the safe in your hotel room, we are not liable for any loss of personal valuable items.

What if I'm late for my appointment?

Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your enjoyment. Your treatment will end on time so that the next guest is not delayed.

What if I need to cancel a spa reservation?

The treatments you select are reserved especially for you. 50% charge will apply for cancellation of treatment 6 hours prior to booked treatment.

What about payment for spa services?

You may charge spa services to your hotel room. We also accept all major credit cards (Visa, AMEX, Master Card and JCB).

What about kids massage?

Massage for kids is available upon request or refer to our menu prepared for the YOUNG ones.

Spa facilities: Jacuzzi, Steam, Sauna & Cold Plunge are available for your pre and post treatment at Spa Uluwatu

We hope that you enjoy your experience at Spa Uluwatu!





INTERCONTINENTAL®
BALI RESORT

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