

## The Spa at Anapuri

The Spa at Anapuri is inspired by factual wellness traditions of the Balinese people who have experimented over centuries to gain wisdom in treating, healing and maintaining natural beauty for the loved ones around them. Our treatments are nurturing and honest, dreamy and rejuvenating with only your deep desire for relaxation and healing in mind.

Let the nurturing touch of our Balinese therapists transcend you on a traditional journey of holistic healing, beauty and wellness.

### Balinese Massage

A centuries old healing therapy created to bring your body back to balance. Combining gentle stretching, long therapeutic strokes and skin rolling. Palm and thumb acupressure techniques are applied designed to alleviate deep stress and tension, improving blood flow and restoring a relaxed and rejuvenated sense of wellbeing.

**60min Rp. 1.080.000++**

**90min Rp. 1.350.000++**

### Reflexology

Reflexology is based on the principle that the body has natural energy that flows freely around the body when in good health. Therapists gently apply pressure to specific points around the feet, hands, shoulders and neck to target problematic areas due to poor diet, stress and tension. Applying pressure to specific points in the hands and feet will treat the corresponding part of the body and assist the energies pathway for natural healing.

**60min Rp. 810.000++**

*"The prices are excluding of 21 % Tax and Service Charge and could be changed without prior notice"*

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#### ANAPURI VILLAS

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## **Rejuvenation Facial**

Rejuvenate, renew and positively glow with this new age beauty recipe of hand made all-natural local ingredients.

Delicately we cleanse your face with extracts of cucumber & aloe vera, exfoliate with ground rice bran and chamomile, gently massage with sweet almond oil and draw out impurities with a mask of volcanic clay, vitamin E and seaweed. Finally we hydrate your skin with vitamin C serum and apricot oil to stimulate cell turnover.

Marine Botanicals (seaweed) are highly acclaimed for their ability to purify, detoxify, deep cleanse and revitalize. Rich in minerals and proteins, seaweed extracts are essential for restoring vitality and nutrients to your skin.

Treatment begins with a 15minute back massage immediately inducing a state of mental and physical relaxation.

**60min Rp. 1.080.000++**

## **Pregnancy Massage**

Allow yourself to let go from the physical and emotional demands of pregnancy. This gentle, non-invasive approach to massage will ease your discomfort, reduce swelling and help lower stress. Rejoice in a bliss state of relaxation as our skilled therapists use a softer touch of therapy, concentrating on delicate areas where an expectant mother needs it most.

**60min Rp. 1.080.000++**

## **After Glow Detox Body Treatment**

Eliminate toxins and smooth your skin with this detoxifying treatment promoting toxin purification and renewed skin tone. Treatment begins with a full body scrub of Detoxifying coffee and rice bran to smoothen and rid any dead skin cells. A volcanic clay and coffee detoxifying paste is then applied targeting congested pockets of tissue to assist in eliminating toxins. Your body will be wrapped in a blanket to maximize absorption. While the products work their magic, enjoy a stimulating head Massage followed by an herbal steam shower and a 45-minute full-body rejuvenation massage with heavy purifying oils of Juniper, grapefruit and clove.

**150min Rp. 2.520.000++**

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### **Soul Revival**

Feel alive and revived with this highly stimulating and body awakening treatment. Therapy begins with a mind melting scalp stimulation massage followed by a 50minute deep tissue lymphatic drainage massage with oils of rosemary, petitgrain and mandarin. A cleansing body scrub of mandarin and ylang ylang extracts are gently brushed from head to toe followed by a lung cleansing herbal steam. The final and most blood-stimulating element is conducted with a 15minute session our hot and cold plunge pools.

*120min **Rp. 2.250.000++***

### **The Best of Bali**

Our Anapuri Signature Balinese Massage combines with our Rejuvenation facial to create the perfect 90minutes of pure spa ecstasy.

*90min **Rp. 1.440.000++***

### **Immune Boost**

Plunging alternatively in our hot and cold pools release hormones and endorphins which alleviates muscle and joint strain and stress. This also stimulates the immune system as the cold water causes the body to release chemicals known as cytokines, which help to boost the body's ability to fight off harmful bacteria and viruses. Regular use of a cold-water plunge pools can also stabilize blood pressure.

Treatment includes a 15 minutes lung cleansing herbal steam with oils of tee tree, grapefruit and lavender.

*40min **Rp. 630.000++***

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### **Balinese Traditional Crème Bath**

An intensely hydrating crème hair bath with essential oils of rosemary combined with a nourishing base of coconut and cocoa butter. The hydrating mask is massaged into the hair and scalp then left to condition while a combination of pressure point and palm strokes soothe the neck and shoulders. A cool rinse is then applied leaving a renewed healthy sheen.

**60min Rp. 990.000++**

### **Hair Washing and Drying**

Nurturing hands glide from your hairline to your neck with pressure point and soft flowing combination strokes that stimulate hair follicles. Therapists apply a deep cleansing shampoo and nutrient-rich conditioner giving the scalp and damaged ends the extra attention it needs. An intimate 15min shoulder, neck and arm massage is included with this ritual.

**45min Rp. 540.000**

### **Fantastic Fingers**

This indulgent spa manicure includes a stimulating mandarin & lime hand scrub, soothing hand bath, relaxing hand massage and all traditional nail care essentials. OPI nail polish is our preference of choice.

**60min Rp. 630.000++**

### **Twinkle Toes**

This pampering spa pedicure includes an invigorating peppermint foot scrub, relaxing footbath, relaxing foot massage and vital nail care. OPI nail polish is our preference of choice.

**60min Rp. 630.000++**

***Full Moon Treatments, Massages Under The Stars and Sunrise treatments are available in the privacy of your very own villa. Please contact our hosts for further details.***

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