



DEWI SRI SPA

Ayung Resort



RELAX
Enjoy a break from the life



BODY MASSAGES

BALINESE MASSAGE

350K/30 MINUTES (BACK TENSION RELEASE)

550K/60 MINUTES

800K/90 MINUTES

Inspired by ageless tradition of Balinese healing therapy, Pamper Yourself with spiritual and physically restoring Balinese Massage using combination massage techniques thumb and palm pressure, stretching and long therapeutic strokes will relax muscle tissues and boost your circulation to help rebalance your entire wellness system.

SIGNATURE MASSAGE

550K/60 MINUTES

800K/90 MINUTES

Relax your mind, body and senses with our fabulous signature massages using Swedish massage techniques applies soft to medium pressure to stimulate and balance the flow of healing energy providing you with a powerful soothing effect and stress release.





THAI HERBAL COMPRESS 850K/90 MINUTES

Experience The healing power of Thai herbs medicines can alleviate sore muscles and joint, flu and cold symptoms at the same time release toxin. This therapeutic massage begins with an application of warm herbal oil to melt away tension. Then a heated cotton cloth compress filled with therapeutic herbs is gently pressed and rolled over your entire body to deepen holistic benefits.

DEEP TISSUE 590K/60 MINUTES 825K/90 MINUTES

Applies pressure focusing on trigger point and realigning deeper layer of muscles and connective tissue, perform slow and deep pressure to ensure concentration in areas of tension using palm, forearm and elbow techniques, beneficial at Releasing physical and emotional blocks in the neuromuscular system and improves blood flow.

FOUR HANDS 990K/60 MINUTES 1.350K/90 MINUTES

Performed by two skilled therapists works in harmony, will bring you into a deep state of peace and tranquility. This unique and healing massage is perfect for restoring and balancing energy flows.

ACUPRESSURE 550K/60 MINUTES 800K/90 MINUTES

Without oil massage, apply pressure on acupressure points of the body using mostly thumb and fingers pressure combine with soft stretching to maintain the balance yin and yang energy improve blood flow and lymphatic circulation support the body's metabolic function and relieve muscle fatigue.





HOT STONE **900K/90 MINUTES**

This massage offers unparalleled benefits with continuous heat and pressure. Smooth lava stone are heated and placed on key points on the body to let it penetrate deeper to the muscle layers glide over your body combining with Balinese massage technique creates a synergy of warmth and deep relaxation. This is the ideal remedy for chronic muscle tension release.

INDIAN HEAD **290K/30 MINUTES** **490K/60 MINUTES**

Base on ancient Ayurveda principles this massage combine pressure point techniques and massage movements to relieve tension in the head and neck along with warm aromatic coconut oil application to nourish the scalp. This therapy can help to relieve insomnia and chronic headaches migraines and sinusitis.

FOOT REFLEXOLOGY **290K/30 MINUTES** **490K/60 MINUTES**

Experience holistic balance and deep relaxation, this fascinating treatment provides physical and spiritual renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to stimulate corresponding organ in the body in order to improve blood circulation and strengthening weak areas of the body, and also stimulating elimination of toxins (Detox).

SLIMMING MASSAGE **600K/60 MINUTES** **900K/90 MINUTES**

(INCLUSIVE WITH SLIMMING MASK)

The Essential slimming oil especially creates to break down the stubborn fats & reduce water retention in the body reduce the appearance of cellulite and ease toxin using dynamic massage technique.





SPA PACKAGE

SPA SAMPLER 1.150K/120 MINUTES

Indulge yourself with top to toe treats begins with experiencing traditional Balinese massage followed with foot reflexology and choice of a mini facial or body scrub.

HEAVENLY INDULGENCE SPA PACKAGE 1.400K/PAX/150 MINUTES

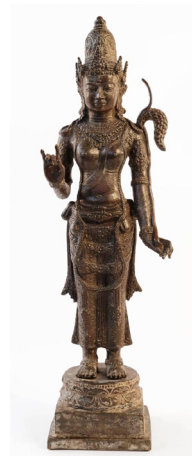
Celebrate your special moment with a romantic spa treatment begins with relaxing Signature massage using chocolate essential oil combined with chocolate body mask which nourish your skin, followed with Fresh fruit facial ritual and aromatic flower bath.

DEWI SRI DELIGHT 1.400K/150 MINUTES

A wonderful relaxing escape begins with Deep Tissue massage to melt away tension and choose your desire body mask or scrub to nourish and rejuvenate your skin and complete with hair spa treatment.

ULTIMATE RETREAT 1.850K/180 MINUTES

Relax your body and relieve stress with our ultimate Retreat treatment consisting of a Balinese massage Javanese body scrub, facial and flower bath treatment. Your therapist will use relaxing oils for the Balinese massage.



BODY SCRUBS & BODY MASK

390K/30 MINUTES

(INCLUDES BACK MASSAGE) **650K/60 MINUTES**

BODY SCRUBS & BODY MASK SELECTIONS:

JAVANESE LULUR

Experience the traditions of royal Javanese heritage. Most of the ingredients are native from the local produce such as rice grain, turmeric and sandalwood powder, best to purify and exfoliate the dead skin's surface. Fresh yoghurt is then applied to soften the skin and envelop your body with essential moisture leaving your skin feeling luxuriously conditioned and hydrated.

925K/90 MINUTES

(INCLUDES BALINESE MASSAGE AND A FLOWER BATH)

BALINESE COFFEE POLISH

Made from locally grown Balinese coffee beans and the soft grains of volcanic mud, this original recipe provides a stimulating and refreshing cleanse for the whole body, eliminating dead skin cells and reducing cellulite. A body rub of fresh carrots and seaweed is then applied to condition the skin. This intoxicatingly aromatic experience aims to rejuvenate your skin.

CANDLENUT AND CINNAMON BODY SCRUB

Created from locally grown ingredients the nut and its oils have anti-bacterial and anti-inflammatory properties restore moisture and add satin texture to your skin. Its soft texture is a perfect treat for dry, sensitive and sunburned skin and will be followed by a cooling and refreshing cucumber body conditioner.

TROPICAL LIME AND GINGER BUFF

The stimulating effect of lime and fresh ginger mix with local finest marine salt and frangipane essential oil to create a fabulous scrub and relieving muscle stress and fatigue.





CHOCOLATE AND HONEY BODY MASK

Highlight the iridescent glow of your skin with a treatment enriched with antioxidants stimulate cell renewal. Delightful Chocolate aroma stimulates your senses releasing endorphins, boost your mood and leaves your skin hydrated nourished, soft and smooth.

BALINESE SPICE BODY MASK

An ancient Balinese holistic treatment mix from variety of local spice and herb are applied on your body to draw out impurities and best to release toxin (Detox) treat inflammation, joint discomfort and best to help cold and flu symptom.

FACIAL TREATMENT

FRESH FRUIT FACIAL 500K/60 MINUTES

Making the most of nature's bounty these highly beneficial facial rituals draw their lure from various tropical fruits hailed in Indonesia for their beautifying and healing qualities.

Created to suit all skin types, select from our treatments below to deeply cleanse exfoliate and detoxify tired skin and emerge with a radiant, youthful glow. All products are freshly prepared according to the skin condition;

DRY SKIN

This exceptional face treatment will help restore moisture and promote the healthy, youthful glow that is within all of us. Soothing actives of natural yogurt and honey are first used to thoroughly cleanse the skin. Next, the nourishing properties of sweet almond scrub will penetrate the skin and protect against the dryness. For a final boost of pure skin conditioning and nourishment, fresh ripe avocado will leave your skin radiant and glowing.





OILY - COMBINATION

This powerful and purifying face treatment uses a combination of fresh orange juice and cucumber to slough off dead skin cells and help absorb excess sebum regulate and balance the function of the skin.

SENSITIVE SKIN

For sensitive skin-types, this treatment draws from the most gentle and naturally nourishing fruits in the world. A combination of Almond extract Cucumber Lavender and Banana is used to deeply cleans, tone, exfoliate and moisturize the skin from the deepest of layers.

HAND & FOOT CARE HAIR SPA

SPA MANICURE 350K/45 MINUTES

Including cuticle care, nail shaping and filling hands scrub for smooth hands continue with small massage inclusive with a nail color of your choice.

SPA PADICURE 390K/45 MINUTES

This pedicure include all the essential needed to keep your feet and toes looking great; Foot soak, nail care, scrub and quick foot massage, conclude with a nail color of your choice.

POLISH CHANGE 180K

SCALP AND HAIR TREATMENT 550K/60 MINUTES

Indulge in a customize spa inspired recipe and a deep conditioning treatment for your hair renewal after pollution, climatic changes and stress (due to hair color, styling and blow drying) to give total health to your hair and its roots, combined with relaxing head, neck and shoulder massage and with a hair serum application. This Treatment revitalizes the scalp and bring back luster to the hair making it stronger, silkier and shinier.



PROFESSIONAL SKINCARE BY DERMALOGICA

PRO DAILY SKIN HEALTH TREATMENT

Start with Dermalogica's skin health essentials, designed to deliver your best skin daily. With cutting-edge formulas and powerful ingredients with This unique Rice-based enzyme powder with a botanical brightening complex micro-foliates dulling debris and instantly leaves skin noticeably smoother and brighter. You can be assured you're giving your skin what it needs to be healthy.

850K/60 MINUTES

PRO FIRM SKIN TREATMENT

Firm to smooth away the signs of skin aging. Control aging triggers before they start. Pro Firm contains scientifically advanced ingredients Vitamin C complex oxidative stress for brighter firmer more radiant skin and retinoids: Group of Vitamin A compounds increase cell turnover and accelerates skin renewal and Stimulates collagen.

PRO PRONE SKIN TREATMENT

Treat the multiple triggers behind inflammation for lasting relief from sensitivity flare-ups. Itching, burning, stinging and redness are the obvious signs of sensitive skin. The triggers behind these sensations are less clear: genetics, hormones, stress, chemical assaults, foods and even aggressive skin treatments can intensify skin's highly reactive state. Ultra Calming™ contains Ultra Calming™ Complex, our exclusive complex clinically proven to control neurogenic and immunogenic inflammatory pathways that lead to skin sensitivity.



PROFESSIONAL SKINCARE SENSATIA BOTANICALS

650K/60 MINUTES

CLEOPATRA' S ROSE FACIAL

Formulated for Dry to normal skin type gets a rejuvenating boost of hydration with this luscious face cream infused with the essential oils of nutrient-rich flowers. Neroli, jasmine, ylang ylang and rose petal oils are known to soothe skin, reduce the appearance of imperfections, and improve elasticity. Active botanicals of aloe vera avocado, Ginseng and Sandalwood add vitamins for extra nourishment.

WILD HONEY FACIAL

Formulated for Sensitive to Mature Skin Condition and protect skin against damage with this velvety face cream made with a blend of antioxidant-rich botanicals. Natural emollients soften skin and create a breathable barrier against the elements. Essential oils of vanilla geranium and ylang ylang also help to strengthen skin for the day ahead helps rejuvenate skin by reducing fine lines.

SANDALWOOD FACIAL

Formulated for oily and combination skin lightly hydrates while balancing sebum levels. The unique formula contains sandalwood to help control breakouts, as well as vanilla for an antioxidant boost and natural rejuvenating remedy. The result is a luxurious cream that helps clear and calm skin.



SPA ETIQUETTE

- We recommend advance reservation to secure your preferred date and time.
- Please arrive 15 minutes prior to your treatment time in order to complete your health assessment form and take time to relax at our tranquil Ayung riverside view.
- Please advise the Receptionist of any existing medical conditions.
- For your comfort we provide Yukata, disposable underwear, and slippers.
- If you wear contact lenses, it is advisable to remove these prior to your treatment in order to avoid any discomfort.
- Please give 4 hours cancellation notice, otherwise 50% of the price may be charged to your account.

DEWI SRI SPA AND WELLNESS CENTER

The Spa and Beauty Salon at the Ayung Resort is a riverside heaven of peace, a mystical sanctuary for guests looking to unwind. Drawing on the vitality of the Ayung River and the fertility of the tropical rain forest, the Dewi Sri Spa and Beauty Salon at the Ayung Resort embraces a holistic approach to wellbeing. The Spa menu marries several exotic therapies with Balinese philosophies and utilities to soothe away the stress of modern life and dissolve impurities, the benefits to body and mind will become obvious from the moment they begin.

Located along the Ayung River bank and surrounded with the natural beauty of the rain forest, the spa offers seclusion for pampering and refreshment. With double treatment pavilions, the holistic menu offers traditional massage, unique body scrubs, facials and signature treatments by experienced, certified therapists and beauticians.

For Reservations please ☎ 777 or ☎ 555

REJUVENATE





Dewi Sri Spa

📍 Br. Begawan, Desa Melinggih Kelod, Payangan, Ubud 80572 - Bali - Indonesia

☎ +62 361 9001333 ✉ reservations@ayungresortubud.com

🌐 www.ayungresortubud.com