

AT THE CHERI CLUB UBUD

# SPA THE

SPA MENU

## SPA ETIQUETTE

### **Health Matters**

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any health-related concerns you may have when making your appointment. We do not recommend the consumption of alcohol before or directly after spa treatments.

### **Spa Attire**

We will provide you with spa attire including a choice of spa underwear, alternatively you may choose to wear your own. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

### **Valuables**

We provide a secure place for your personal items inside the spa suite; however, we do not accept liability for loss or damage. We recommend valuable items be stored inside the safe located in your hotel suite or villa.

### **Punctuality**

Arriving late may make it necessary to limit the time for your treatment so the next guest is not delayed. Please arrive at The Spa reception ten minutes prior to your scheduled treatment time.

### **Cancellation Policy**

The treatments you select are reserved especially for you. Guests will be charged a 50% cancellation fee for treatments cancelled less than six hours prior to the appointment time. No-show or cancellation with less than two hours' notice will be charged at 100%.

### **Smoking**

Kindly note the spa and health club facilities are designated as non-smoking zones.

### **Mobile Phones**

Kindly refrain from using your mobile phone in the spa premises. Please keep your mobile phone on the silent mode at all times.

### **Minimum Age**

Minimum age for entry to the spa and health club facilities is 16 years old.

### **Gift Certificates**

Gift certificates for spa services and retail products are available from The Spa reception.

Hours of service: 9:00 am to 9:00 pm  
Dial extension number 3 for reservation and enquiries.

*Prices are in IDR and are subject to 11% government tax and 10% service charge. Prices are subject to change without notice.*

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### **The Chedi Jade Massage**

60 minutes - 1,430,000

90 minutes - 2,140,000

A dynamic style to dissolve deep muscle tension and soothe the spirit. Two therapists work in synchronised movements using a variety of massage techniques including Shiatsu, Balinese, Thai, Swedish and Lomi-Lomi.

### **Ancient Balinese Massage**

60 minutes - 890,000

90 minutes - 1,340,000

This traditional Balinese-style massage includes Balinese palming, stretching, effleurage and pressure point techniques to relieve tension, improve blood flow, ease stress and calm the mind.

### **ila Mother-To-Be Massage**

90 minutes - 1,430,000

A portable pregnancy massage bed is designed to accommodate mother's baby bump for complete comfort and relaxation while laying prone. The treatment begins with an exfoliation using a special blend of Himalayan pink salt, rosehip and blackcurrant seeds to remove dead skin cells and stimulate lymphatic drainage to release water retention. This is followed by a massage using organic argan oil infused with herbal extracts of rose and geranium. Soothing heated poultices with lavender and calendula are used over marma points to bring balance and harmony to mother and baby. Treatments are available in the spa or your hotel suite or villa.

### **Ayurvedic Abhyanga Massage**

90 minutes - 1,430,000

An ancient ritual to balance mind and body with warmed therapeutic oils and a special massage technique for each dosha: Vata, Pitta or Kapha.

### **Himalayan Warm Stone Massage**

90 minutes - 1,430,000

Shamans have used heated river stones in their healing practice for centuries. Warm stones are placed on the chakras and then massaged over the body to promote a deep state of relaxation, soothing away stress and dissolving muscular tension.

### **ila Chakra Balancing Massage**

75 minutes - 1,190,000

This subtle energy therapy is aimed at balancing the nervous system and has a powerful effect. A synergistic blend of essential oils including cardamom, jasmine and patchouli in a base of pure organic argan oil is applied using ancient massage techniques. The energetic combination of botanical essences and marma point massage opens the flow of subtle healing energy through the chakras for increased vitality. The treatment is focused along the spine with some massage to the extremities. The massage technique is gentle with soft to medium pressure and is focused on the flow of energy rather than manipulation of muscle tissue.

### **Thai-Style Foot Reflexology**

30 minutes - 475,000

60 minutes - 835,000

Firm pressure is used to stimulate the reflex points in the feet. Float into deep relaxation for a divine sense of balance and well-being.

### **Traditional Indonesian Head Massage And Hair Masque**

60 minutes - 750,000

This Traditional Indonesian beauty ritual begins with a double cleanse of the hair, and continues with a scalp massage using a heavenly scented hair balm for deep conditioning. The hair balm is processed under a steamer while you enjoy a relaxing shoulder and arm massage.

### **ila Indian Marma Point Head Massage And Hair Masque**

45 minutes - 835,000

Acupressure techniques release tension and open the flow of energy in the head and neck area. Essential oils of juniper berry and geranium nourish the hair for a healthy shine. A vitamin-rich hair masque feeds, fortifies and thickens the hair.

### **ila Tibetan Ku Nye Massage**

90 minutes - 1,430,000

This body treatment honours and respects the ancient Tibetan traditions of healing, restoring, harmonising and strengthening the body's natural flow of energy. A blend of wild-grown essential oils combine with traditional techniques of cupping, acupressure, kneading, rocking, hot stones and poultices to purify the five elements of the body, stimulate the lymphatic system and energise the subtle body and meridian system.

## THERAPEUTIC MASSAGES



# INDULGENT ORIENTAL RITUALS

## **The Chedi Oriental Ritual**

150 minutes - 3,215,000

Aromatherapy Foot Polish, The Chedi Jade Massage, Choice of 60-minute Facial, Thai-Style Foot Reflexology, Himalayan Crystal Body Polish, Oriental Bathing Ceremony

## **Bali Oriental Ritual**

120 minutes - 1,785,000

Aromatherapy Foot Polish, Ancient Balinese Massage, Choice of Body Polish, Balinese Bathing Ceremony

## **India Oriental Ritual**

120 minutes - 2,100,000

Aromatherapy Foot Polish, Ayurvedic Abhyanga Massage, Marma Point Head Massage with Hair Masque, Herbal Steam Bath

## **Thai Oriental Ritual**

120 minutes - 2,100,000

Aromatherapy Foot Polish, Herbal Steam Bath, Thai-Style Foot Reflexology, REN Bespoke Facial

## **ila Adreno Restore Ritual**

120 minutes - 2,100,000

Adrenal fatigue is a 21<sup>st</sup> century syndrome. Although we all recognise that stress is part of every day life in modern times, few understand the impact that long-term stress will have on our health. Adrenal fatigue occurs when our adrenal glands can no longer meet the physiological demands of maintaining homeostasis due to stress that may be triggered by physical, emotional or psychological factors.

Valtivet, pine, cedarwood, ashwagandha and paffia are blended with pink Himalayan salt crystals and applied with exfoliation techniques. A wrap with the same adaptogenic herbs is applied to the torso to target the adrenal glands. Naturopathic packs are warmed and applied over the adrenals to infuse healing herbs through the skin. Float into deep relaxation during a Tibetan-style massage called Ku Nye for grounding and restoring balance.

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# REVIVING BODY POLISH RITUALS

## **VOYA Fucus Luscious Organic Salt Glow For Detoxifying**

60 minutes - 1,110,000

An excellent skin rejuvenator, this detoxifying treatment is designed to remove dull skin cells and refine the texture of your skin. VOYA Luscious Salt is combined with Dead Sea Salts and Fucus Serratus Seaweed Oil. This blend of ingredients will stimulate blood and lymph flow while improving skin tone and lustre. It is an excellent skin rejuvenator that leaves skin velvety and dewy soft.

## **VOYA Bladderwrack Body Buff For Nourishing**

60 minutes - 1,110,000

Certified organic Bladderwrack Body Buff is the ultimate treat for tired and dull skin. The antioxidants of the mineral-rich bladderwrack seaweed are combined with massage oils for a powerful combination of ingredients to nourish and improve the condition of the skin. The body polish is followed by a cleansing shower and short massage with VOYA's Softly Does It seaweed body moisturiser.

## **ila Himalayan Crystal Body Polish For Detoxifying Or Uplifting**

60 minutes - 1,110,000

A body polish will stimulate the lymphatic system, aid circulation and refine the texture of the skin. This treatment is an ideal remedy for cellulite, stress and exhaustion. When warmed, the pink Himalayan salt emits many negative ions that refresh and energise on a subtle level.

Choose from wild-grown argan oil with juniper berry, organic rose geranium and wild poppy essence for energising and detoxifying or damascena rose otto with jasmine and organic rosehip seed oil for a blissful experience.

## **Ren Guerande Salt Exfoliating Body Balm For Delicate Skin**

60 minutes - 1,110,000

Hand-harvested French mineral salt from the sea is combined with basil and peppermint essential oils in a balm made from rich olive and almond oils. This exfoliating body balm gently removes dead cells and will leave your skin moisturised, renewed and glowing. Hot towels are applied to infuse the nutrients and essential oils for cell renewal and deep relaxation. The ritual concludes with an application of hydrating Rose Body Cream.

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# NURTURING ENVIRONMENT RITUALS

## **VOYA Organic Seaweed Leaf Envelopment For Detoxification**

120 minutes - 2,260,000

We use the finest seaweed hand-harvested from the ocean to ensure that the highest content of bio-actives is preserved. The treatment starts with a body and facial exfoliation using seaweed and spiny bamboo blended with seaweed oil. Next, the body is cocooned in whole seaweed leaves for toning and firming while special leaves are used on the face. After the envelopment and face masque have been applied, a conditioning hair masque is massaged into the scalp. After 20 minutes, the seaweed leaves are removed and the excess seaweed gel is massaged into the skin. The treatment concludes with the application of seaweed face cream, eye serum and body moisturiser.

## **ila Bio-Rhythm Envelopment For Jetlag**

120 minutes - 2,260,000

The aim of this treatment is to restore the body's natural flow of energy that can be disrupted by air travel and use of electronic devices. The treatment begins with an Energy Body Polish and continues with a Mud Wrap, both containing high levels of minerals in ionic form which emit negative ions when warmed. These ions charge and restore the magnetic field surrounding the body that is known as the aura. A Marma Massage on the back soothes the nervous system finishing with a Marma Massage of the face while you are cocooned in a warm blanket. This treatment is the perfect remedy for jetlag.

## **ila Amethyst Envelopment For Inner Peace**

90 minutes - 1,785,000

The amethyst wrap draws deep toxins from the cells and astral body. It revitalises and purifies the skin, lymphatic system and bio-energy field and can promote profound emotional and energetic healing. This wrap also incorporates a Jasmine and Pearl Body Polish, mini crystal face massage and application of beautiful Jade Body Cream.

## **ila Envelopment For Energising**

90 minutes - 1,785,000

The treatment begins with a stimulating body polish using wild-grown argan oil blended with juniper berry, organic rose geranium and wild poppy essence for energising and detoxifying. The body polish is followed by an application of purifying mud for revitalisation of the skin and balancing of the energy field surrounding the body. While you are cocooned in the full body envelopment, a stimulating scalp massage and hair masque complete this top-to-toe treatment.

# REJUVENATING BEAUTY RITUALS

## **Ren Bio Active Bespoke Facial**

60 minutes - 1,190,000

75 minutes - 1,430,000

A complete facial incorporating Japanese lymphatic drainage and hydration massage techniques for toning and moisturising. An application of eyelift gel, cell therapy and a hand treatment complete the ritual.

## **Ren Facial For Men**

60 minutes - 1,190,000

Vitamin C is the most potent antioxidant for the skin and assists in the production of collagen. This facial removes impurities and refines the skin as it hydrates and promotes cell regeneration.

## **Ren Bio Active Eye Care**

30 minutes - 595,000

A deluxe hydration to treat the delicate eye area.

## **VOYA Organic Deluxe Facial**

90 minutes - 1,785,000

The crème de la crème of facial treatments for all skin types, of particular benefit for mature, dry or dehydrated skins, alleviates fine lines and wrinkles. This indulgent seaweed facial begins with a back exfoliation and a bespoke back massage. The double action masque aims to detoxify and nourish even the most troubled dry skin. This facial includes a 20-minute facial massage, complemented by a relaxing head massage.

## **VOYA Organic Marine Eye Treatment**

45 minutes - 890,000

An ultimate treat for refreshing and rejuvenating tired eyes. Combining relaxing and decongesting lymphatic massage movements with specialised organic Laminaria Digitata Seaweed Eye Patches hand-harvested from the wild Atlantic Ocean.

## **VOYA Organic Illuminating Facial**

60 minutes - 1,190,000

This incredible organic Illuminating facial is deeply detoxifying and will brighten and even skin tone. It will also increase clarity leaving the skin feeling silky smooth, soft and radiant. This facial incorporates a pressure point facial massage, targeting deeper muscles in the face to release any build-up of toxins, improve radiance and restore a glow to your complexion. The treatment also includes a pressure point foot massage to melt away tension and promote a state of deep relaxation.

## **ila Gemstone Facial**

75 minutes - 1,430,000

During this gentle, non-invasive treatment, electro-magnetic light frequencies, colour therapy and the subtle energy of crystals combine to release facial tension, rejuvenate the complexion and raise the vibrational energy of the skin. Lymphatic drainage massage eliminates toxins and reduces puffiness in the face, while marma point massage with warm rose quartz crystals and targeted light therapy deliver energy where it is needed to balance the body and bring forth innate beauty. This facial ends with a cooling jade masque to reduce the appearance of fine lines and wrinkles.

# MANICURE AND PEDICURE

At The Chedi we use only vegan, wildcrafted, organic Spa Ritual products for our nail services. The lacquers and elixirs are free from toluene, formaldehyde, dibutyl phthalate and parabens normally found in nail treatment products.

Enjoy an aromatherapeutic journey where you choose your intent...relax, uplift and inspire. Micro algae and mineral salt infused with wildcrafted Indonesian ginger will gently slough away dry skin. The aromatherapeutic properties of ginger are deepened with a full healing hand or foot massage using a hydrating blend of ginger and Chinese jasmine essential oils, aloe with shea butter, sesame oil, olive oil, avocado and vitamins A and E.

## **Aura Balance Manicure**

60 minutes - 535,000

## **Aura Balance Pedicure**

60 minutes - 595,000

## **Waxing**

Aloe Vera, Natural and Rose cartridge wax is used for legs, back and chest while film wax is used for bikini and underarms.

**Full Leg** - 595,000

**Half Leg** - 360,000

**Bikini** - 360,000

**Underarm** - 300,000

**Chest** - 360,000

**Back** - 360,000

## **The Chedi Love Bath Ceremony**

30 minutes - 1,190,000

Rose Petals, Love Potion, Champagne and Canapés

## **VOYA Organic Seaweed Bathing Ceremony**

30 minutes - 595,000

Organic Whole Leaf Seaweed

## **Oriental Bathing Ceremony**

30 minutes - 595,000

May Chang and White Grapefruit

## **Balinese Bathing Ceremony**

30 minutes - 595,000

Ylang Ylang and Lemongrass

## **Aromatic Herbal Steam Bath**

30 minutes - 595,000

Fresh Lemongrass, Ginger and Tropical Lime

## ROMANTIC BATHING CEREMONIES

Deluxe double spa suites feature oversized semi-outdoor terrazzo baths. Each spa suite also includes a private steam shower. An invigorating steam bath or relaxing bathing ceremony is a great way to unwind and relax before or after a massage.