

THE SPA

The cliff-top Spa at Bulgari Bali offers breathtaking views and the ultimate spa experience. Traditional Balinese culture and the elegance of Italian contemporary style are reflected in the exquisite design. The Spa is dramatically and romantically located on a high cliff top with stunning views overlooking the Indian Ocean. A complete retreat from the rest of the world, the Spa extends an enticing invitation for you to enter a world of peace and harmony.

Surrender your body and mind to the ultimate spa experience at Bulgari Resort, Bali.

SPA PAVILIONS

Pure indulgence can be experienced by reserving one of our exclusive Spa Pavilions for a minimum of 3 or more hours including relaxation time before and after treatments; encouraging you to enjoy the stunning surroundings of your pavilion for a personal or shared escapism.

Each spa pavilion contains a whirlpool and outdoor living space with open air shower or indulges in the Royal Pavilion benefiting from the addition of a luxurious Steam Shower and secluded, outdoor Plunge Pool.

BULGARI ROYAL SIGNATURE RITUALS

BULGARI ROYAL LULUR FOR TWO

3 Hours

The queen of treatment literally, this spice and yogurt exfoliation and body polishing process has been practiced in palaces of Central Java since the 17th century. There the pursuit of beauty has long been a daily ritual Javanese lulur an integral step, leaving skin soft, supple and shining.

Today Javanese lulur (“Lulur” is Javanese for “coating the skin”) is more usually administered each during the week prior to one’s wedding day.

This stems from the belief that a bride should be at her most clean and pampered in preparation for child bearing-her first and foremost duty as married woman.

An exotic blend of indulgent therapies for couples seeking a complete retreat.

This regal experience for two takes place in the Royal Spa Pavilion, resting on the cliff top with breathtaking views over the ocean.

Commence with a **Welcome Foot Ritual**, followed by skin brushing and an **Exfoliating Lulur Scrub** of rice powder, spices and Exfoliating Body Polish. A full body envelopment of **Cooling Marine Algae**, yogurt and fresh mint soothe the skin while a **Cleansing Facial** takes place and feet and Limbs benefit from an intensive **Reflex Zone Massage**. Ease into the **Whirlpool Baths or Plunge Pool** to cleanse and refresh, then bliss resumes with a perfectly synchronized **Body Massage** rich with exotic oils and herbs to complete this decadent, stress relieving and calming experience.

ESCAPE FOR TWO

3 Hours

The ultimate, romantic treatment for couple in the Royal Spa Pavilion.

A de-stressing foot ritual welcomes you before you are soothed in a fragrant Ylang Ylang and Frankincense infused whirlpool bath. **Full body exfoliation** continues with an aromatic salt and oil scrub to soften and soothe the skin. Warm fragrant oils are poured into the centre of the body as deeply therapeutic **Balinese Body Massage** with heat of the volcanic stones soothes and relieves tension. Relaxation is complete with an **After Sun Facial** using natural plant extracts and oils to cleanse nourish and hydrate, sensitive, fragile skin.

BULGARI BALINESE RITUALS

BALINESE MASSAGE WITH HOT STONES

2 hours

A deeply soothing, stress-relieving body treatment.

Body exfoliation and a Facial Cleanse begin the treatment. Warm aromatherapy oils are poured onto the centre of the body and massaged into the skin using long deep sweeping movements that encompass the whole body. Hot stones are used where required to release deep seated tension. A relaxing scalp massage is also included to achieve total relaxation.

BALINESE FOUR HAND MASSAGE

2 hours

Excellent for those who find it hard to unwind and relax during massage.

One therapist will carry out a welcome foot ritual followed by body exfoliation and a facial cleanse. Two therapists then connect to commence the four handed tension releasing massage. Using advanced massage combinations of stretching and rolling movements and long deep strokes. The treatment combines the use of hot stones, warm oils and a therapeutic head massage.

STRESS RECOVERY

3 Hours

An ideal experience if recovering from the excitement of a wedding or simply the stress of business life.

A Salt and Oil Scrub exfoliates and softens tired skin and then rich fragrant Aromatherapy Oils are massaged into the body with hot volcanic stones to release tension from tired aching muscles. The ritual concludes with a Re-hydrator Facial to reduce facial tension, nourish and hydrate the skin, restoring moisture and tonicity.

DETOXIFYING CLEANSING RITUAL

3 Hours

A detoxifying ritual to help reduce fluid retention, improve lymph drainage and stimulate circulation

Detoxifying Salt and Oil Scrub prepares the body for a wrap rich in Natural Marine Algae to aid the elimination process. A Deep Tissue Detoxifying Massage works to stimulate circulation and lymph.

A Purifying Facial includes lymph drainage and a mind clearing head massage to complete this uplifting ritual.

BULGARI COUPLES EXPERIENCES

ROMANTIC HARMONY

2 Hours 30 Minutes

Indulge in complete romantic harmony for two in our candlelit couples treatment villas.

Leave stress behind as your feet are softened and soothed in frangipani fragranced water. The skin is smoothed and cooled with **Traditional Exfoliating Body Polish** to prepare the body and mind for a personalised **Aromatherapy Body Massage**. Restore sun parched or travel dehydrated skin with a **Re-hydrator Facial** using natural botanic and plant extracts.

BALINESE INDULGENCE

2 Hours 45 Minutes

The hydration and comfort of this treatment will bring calm to the mind and cool the skin.

Full body exfoliation leads to a skin softening **Body Envelopment** to prepare and relax the body to receive **Balinese Four Hand Body Massage**. Warmed oils are poured onto the centre of the body before both therapists connect with stretched elongated movements to calm the mind. A tension-melting **Scalp Massage** completes this luxurious experience.

AYURVEDIC INFLUENCE EXPERIENCE

AYURVEDIC HOT STONE MASSAGE AND BODY WRAP

2 Hours

The mind, body and spirit are rebalanced through a combination of body exfoliation, wrap and hot stone massage. This Ayurvedic inspired treatment is traditional yet sophisticated and holistic.

The foot cleansing ritual is followed by a Sea salt and Oil Body Scrub to enhance circulation. A warm blend of Oshadi Clay, Marine Algae or Mineral-rich Mud are applied to the body and cocooned in natural linens. Warm oils are poured onto the body and hot stones are used for a Dosha Specific Body Massage.

During the consultation therapist will personalize and assist the guest to identify the Dosha

FACIALS

INTENSIVE FACIALS

ESPA Facials are highly effective, advanced treatments designed to naturally improve the skin condition and enhance its appearance.

Each facial includes specialised cleansing techniques, gentle exfoliation, acupressure facial massage and an intensive face mask.

Relax and allow our team of therapists, after an in depth consultation, to select the facial to suit your specific and individual needs.

MENS PURIFYING FACIAL, SHOULDER AND SCALP MASSAGE

1 hour

City pollution, environmental stress, travel, business pressures or lack of sleep are reflected in dull, lifeless skin. This relaxing facial works at a deep molecular level to purify, balance and hydrate the skin leaving you feeling de-stressed and renewed.

The triple cleanse procedure which includes steaming hot towels to soothe and soften bristles, promotes drainage and aids in preventing blocked pores. Following a relaxing acupressure face massage and purifying mask, a deep shoulder and scalp massage is performed using conditioning hair and scalp mud combined with ESPA Body Oil to release tight muscles and tension.

AGE DEFYER

1 Hour 30 Minutes

Perfect for minimizing and protecting against the visible signs of ageing; excellent for mature, dry, dehydrated and sun damaged skin.

The finest natural ingredients, rich in natural anti oxidants and skin firming properties are used. A lifting eye treatment is included to minimise fine lines around this delicate area.

Oriental Head Massage techniques are incorporated to stimulate and lift the skin around the hairline and into the scalp, and to relieve tightness and tension.

SKIN BRIGHTENER

1 Hour

Suitable for all skin conditions, particularly when pollution, stress, business pressure or lack of sleep can leave you with dull, lifeless, sallow skin.

This facial includes a special application of Skin Brightener, rich in natural AHAs, BHAs and anti-oxidants to smooth and brighten the skin. Suitable for all skin types, repeat regularly for maximum effect.

BVLGARI

RESORT BALI

PURIFIER

1 Hour

Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance.

This deep cleansing, oil-controlling facial helps to regulate oil secretions whilst refining open pores. Included in this facial are naturally decongesting and anti-inflammatory ingredients such as Tea Tree and White Thyme.

AFTER SUN SOOTHER

1 Hour

A gentle facial for sensitive, fragile skins prone to redness and irritation.

Soothing, de-sensitising natural plant extracts and aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skins, helping to reduce sensitivity and to minimise redness.

RE-HYDRATOR

1 Hour

A regenerating boost for dry, dehydrated, flaky skin requiring moisture and hydration.

Careful cleansing and exfoliation greatly helps the skin to improve the absorption of nourishing and moisturizing masks. Specialized facial oils and creams such as the Botanical Rescue are specifically chosen for their deeply re-hydrating, soothing and healing benefits.

BODY WRAPS

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Choose from our sophisticated menu of individual wraps blended to meet your specific needs or just book a wrap and let our therapists decide for you.

BULGARI BALINESE LULUR

1 Hour

Indulge in this sensuous Indonesian ritual, traditionally performed on brides before the wedding. The treatment begins with a Balinese Lulur Body Exfoliation using ground rice and fragrant spices, before being enveloped with a luxurious mixture of yoghurt, ginger and spirulina which are soothing and nurturing to the skin

DETOXIFIER

1 Hour

The Detoxifier helps improve circulation, speeding up the elimination of toxins and excess fluid and cleansing the system.

AFTER SUN SOOTHER

1 Hour

The After Sun Soother brings instant relief and intensive moisture to dry, sensitive, sun burnt or flaky skin leaving it calm, hydrated and soft.

HOLISTIC BODY MASSAGES

Choose from our luxurious selection of relaxing massages. Your therapist will ensure that you receive a personalized treatment to suit your individual and specific needs.

HOLISTIC MASSAGE

I Hour 30 minutes

A powerful blend of Tea Tree and Eucalyptus Oil well known for their natural anti-viral, anti bacterial and soothing properties to boost your Immune system or Specially blended Soothing aromatherapy oils which have relaxing and calming properties to de-stress.

BULGARI BALINESE MASSAGE

I Hour 30 minutes

A Freestyle massage of Bulgari therapists using Balinese techniques.

THAI MASSAGE

I Hour 30 minutes

An ancient technique which includes deep pressure point massage and stretching techniques to relieve tension and increase vitality and flexibility. Loose garments are provided as no oil is used for this massage.

REFLEXOLOGY MASSAGE

I Hour 30 minutes

A relaxing and therapeutic foot massage used to stimulate energy zones and pressure points in the feet that correspond to pressure points in the body. This gentle therapy encourages the body to naturally restore and maintain its own healthy balance.

ADVANCED BODY TREATMENTS

PRE/POST NATAL INDULGENCE TREATMENT

1 Hour 30 Minutes

This total body treatment has been carefully designed for pregnant and nursing mothers to aid in relaxation and improve tonicity of the skin during this very special time. The treatment uses a natural Calendula infused oil and advanced massage techniques are used on safe areas. The body is gently exfoliated and receives a tension relieving massage followed by a warm application of Body Mask, focussing on the bust and tummy. The body is gently covered in natural linens while a relaxing scalp massage takes place.

ANTI-CELLULITE HIP & THIGH TREATMENT

1 Hour

A specialised treatment concentrating on the areas of the body prone to cellulite, fluid retention and uneven skin tone.

An exfoliation with a special blend of seaweed, salt and oil, is then followed by an uplifting and toning effect of iced mitts. A brisk and powerful detoxifying massage and lymphatic drainage techniques using stimulating essential oils help to purify and cleanse the body. Relevant reflex zones and pressure points on the feet are then activated to leave you feeling totally revitalised. A course of treatments is recommended to maximise the effects.

BODY SALT & OIL SCRUB

30 Minutes

Carefully blended sea salts and essential oils have been combined to help remove dead skin cells and improve tonicity leaving a silky smooth skin. As well as exfoliating, the oils will be slowly absorbed to help restore lost vitality and protect against dryness.

FINISHING TOUCHES

HOLISTIC HAND AND ARM TREATMENT WITH HOT STONES

1 Hour

A holistic arm, hand and nail treatment including a gentle skin refiner and a therapeutic massage. Appropriate aromatherapy massage oils incorporating hot stone therapy soothe and relax. Hands and nails are then enveloped in warm paraffin wax to intensively nourish, soften and condition. An application of nail colour is optional.

HOLISTIC FOOT AND LEG TREATMENT WITH HOT STONES

70 Minutes

A Holistic foot leg and nail treatment including gentle exfoliation, and a relaxing acupressure point massage with the appropriate aromatherapy massage oil incorporating Hot Stone Therapy. The feet are then enveloped in warm paraffin wax to soften, deeply nourish and condition the skin. An application of nail colour is optional.

MANICURE

1 Hour

For grooming of the hands. Nail polish is optional.

PEDICURE

1 Hour

For grooming of the feet. Nail polish is optional.

Polish change available on request

15 Minutes

HAIR SERVICES

TRADITIONAL HAIR CREAM BATH

1 Hour

A Traditional and therapeutic treatment using conditioning cream of Sandalwood, Lavender or Mint is luxuriously massaged into your hair and scalp to make the hair as soft as silk.

BULGARI HAIR AND SCALP RITUAL

1 hour 30 minutes

A complete ritual, designed to naturally improve the scalp and hair condition and enhance its appearance. It includes acupressure facial massage, specialized cleansing techniques and intensive hair booster and mask. A luxurious scalp tonic is then massaged into the scalp for its nurturing property.

Relax and allow our team of hairstylist and therapists, after an in depth consultation, to select the appropriate products to suit your specific and individual needs.

If you would like to enhance your Ritual experience by receiving the Hair style, please allow an additional 30 minutes of time and price.