



# GALANGAL SPA



## **SPA MENU**

*Our balancing treatments  
are designed to relax, energize and soothe your mind and body*

*Galangal Spa opens daily  
from 10.00 noon till 21.00 hours*

All the prices are in thousand Indonesian rupiahs and are subject to 21% government tax and service charge

# MASSAGES



## **GALANGAL SIGNATURE MASSAGE**

<b>60 minutes</b>	<b>780</b>
<b>90 minutes</b>	<b>1040</b>

Our signature massage will be performed by two therapists working together to give you a unique experience. The immediate benefit of this treatment is relaxation, including lowering your stress level. Foot bath ritual – Galangal signature massage – Refreshment

## **BALINESE MASSAGE**

<b>60 minutes</b>	<b>550</b>
<b>90 minutes</b>	<b>780</b>

Balinese massage will help you energize the body, relieve fatigue, body pain, sleep problem and anxiety. This therapy involves the use of long strokes, aromatherapy and acupressure as a total package.

Footbath ritual – Balinese Massage – Refreshment

## **GALANGAL FUSION MASSAGE THERAPY**

<b>60 minutes</b>	<b>550</b>
<b>90 minutes</b>	<b>780</b>

Enter a zone of bliss as waves of energy wash your stress away by enjoying our combined techniques of Shiatsu, Swedish and some stretching, with deep relaxation pressure to relieve tight muscles.

The therapy will rejuvenate and stimulate your body's energy flow.

Foot bath ritual – Galangal Fusion Massage Therapy – Refreshment

## **NOURISHING AROMATHERAPY MASSAGE**

<b>60 minutes</b>	<b>550</b>
<b>90 minutes</b>	<b>780</b>

Aromatherapy Massage techniques involve the use of gentle and wide strokes and blending the sense of touch with smell. Aromatherapy Massage is a therapy that relaxes and rejuvenates the mind and body through the touches and selected aromatic oils.

Footbath ritual – Nourishing Aromatherapy Massage – Refreshment

## **SWEDISH MASSAGE**

<b>60 minutes</b>	<b>550</b>
<b>90 minutes</b>	<b>780</b>

This originally European Swedish Massage is a deep tissue massage for relieving muscular tension, improving the circulation, and stimulating nervous system.

Footbath ritual – Swedish massage – Refreshment

### TRADITIONAL JAPANESE SHIATSU

60 minutes	550
90 minutes	780

It's a dry massage – a combination between pressure points, knuckle and palm pressure, to relieve tension and refresh the body.

Footbath ritual – Traditional Japanese Shiatsu - Refreshment

### AYUVERDIC MASSAGE

60 minutes	550
90 minutes	780

The traditional Indian massage has a balancing effect on all three doshas or body types and also helps to remove toxins and increase energy. The combined use of warm herbal oil and massage technique helps regulate the circulatory and nervous system of the body.

Footbath ritual – Ayurvedic Massage – Refreshment

### HERBAL MASSAGE

60 minutes	550
90 minutes	780

Created from Thai's healing tradition, this massage will stimulate blood circulation and soothe tensed muscles and joints. Herbal massage is a combination of Balinese massage and warm herbal ball acupressure.

Foot bath ritual – Herbal Massage – Refreshment



### WARM STONE MASSAGE

60 minutes	650
90 minutes	880

It is an ancient kind of healing by use of smooth heated stones during a massage session. Placement of hot stones on parts of body helps release tight muscles. It's relaxing effect brings mental and spiritual wellness; helps create good circulation; and soothe the mind.

Footbath ritual – Warm Stone Massage – Refreshment



#### **SHIRODHARA**

**60 minutes**                      **640**  
**90 minutes**                      **870**

Soothe your mind and achieve balanced composure with our Shirodhara treatment. The unique treatment begins with Ayurvedic massage and followed by pouring ointment oil on the forehead.

Footbath ritual – Shirodhara – Refreshment

#### **ANTI-STRESS BACK MASSAGE**

**45 minutes**                      **440**

Back massage can help relieve lower back pain, prevent anxiety and depression after a strenuous workout or sitting at a desk all day.

Anti-stress Back Massage – Refreshment

#### **FOOT THERAPY**

**60 minutes**                      **420**

This treatment includes leg & reflexology with skillful acupressure point to stimulate blood circulation.

Footbath ritual - Foot massage - Refreshment

#### **SCALP, NECK & SHOULDER MASSAGE**

**45 minutes**                      **440**

It is a wonderful way to ease shoulder and neck tension as well as stiffness. This massage can help relieve stress, insomnia, and headaches and at the same time improve blood circulation.

Scalp, Neck & shoulder massage – Refreshment

# BEAUTY RITUAL



## **SIGNATURE FACIAL**

**60 minutes**                      **560**

A gentle, calming and effective facial to deeply hydrate and nourish all skin types, using botanical extracts. This treatment includes head, neck & shoulders massage.  
Signature Facial – Refreshment

## **PEDICURE**

**60 minutes**                      **440**

Give your feet a special care with our traditional pedicure and foot massage that will leave your feet smooth and healthy. Nail polish application included.  
Pedicure – Refreshment

## **MANICURE**

**60 minutes**                      **440**

Care for your hands with all aspects of traditional manicure to leave them soft, smooth and beautiful. Nail polish application included.  
Manicure – Refreshment

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# BODY SCRUB

*Exfoliating and cleaning the skin to remove toxins and dead and dull skin,  
Stimulating blood circulation and helping skin regeneration*

## **JAVANESE LULUR**

**75 minutes**

**670**

One of the great secrets of the Javanese Royalty is 'lulur', the luxurious body scrub believed to be one of the nature's best exfoliating methods. This ritual has been used by ladies of Javanese royal families for centuries. Traditionally it was given to brides-to-be on their wedding day to cleanse, smooth, soften, and rejuvenate their skin. This healing art works well in eliminating dead skin cells.

Sauna – Javanese lulur – Shower – Moisturizer – Refreshment



## **GREEN TEA SCRUB**

**75 minutes**

**670**

Green tea scrub helps smoothen your skin, reduce redness, also prevent further skin breakouts and leaves your skin radiant and glowing.

Sauna – Green tea scrub – Shower – Moisturizer – Refreshment

## **COCONUT SCRUB**

**75 minutes**

**670**

Rich of vitamins & antioxidants, coconut cells remove dead cells and strengthen new skin to leave it feeling completely clear and smooth.

Sauna – Coconut scrub – Shower – Moisturizer – Refreshment

## **COFFEE SCRUB**

**75 minutes**

**670**

This scrub is an aromatic blend of coffee to help refresh tired muscles and invigorate spirit; and provide deep skin exfoliation that leaves the skin fragrant.

Sauna – Coffee scrub – Shower – Moisturizer – Refreshment

## **SEA SALT SCRUB**

**75 minutes**

**670**

Sea salt scrub is good for very sensitive skin, strengthening the skin tissue and leaving skin healthy.

Sauna – Sea salt scrub – Shower – Moisturizer – Refreshment

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# BODY WRAP

*The wrap provides nutrition to keep skin look younger, firm and strengthen skin tissue.*

## **BOREH BODY MASK**

**75 minutes**                      **670**

'Boreh' is a traditional Balinese spice body mask which has been used by Balinese people who live in villages since long time ago. 'Boreh' is used to warm the body, improve blood circulation, relieve muscular aches and pains, prevent rheumatism and alleviate fever and flu.

Sauna – Boreh body mask – Shower – Moisturizer – Refreshment

## **SEAWEED BODY WRAP**

**75 minutes**                      **670**

A cooling seaweed body treatment provides a gentle and therapeutic detoxification, improves body complexion, as well as reduces cellulite.

Sauna – Seaweed wrap – Shower – Moisturizer – Refreshment

## **GREEN TEA BODY WRAP**

**75 minutes**                      **670**

Your skin will deeply absorb rich nutrients of green tea that promotes healing and protects from irritation.

Sauna – green tea wrap – Shower – Moisturizer – Refreshment



## **COCONUT MASK**

**75 minutes**                      **670**

Best of natural coconut wrap helps heal skin damage and protects your skin from further damage caused by the sun and other harsh environmental factors. Recommend for dry skin.

Sauna – Coconut mask – Shower – Moisturizer – Refreshment

## **COFFEE MASK**

**75 minutes**                      **670**

It has the ability to mend broken skin, soothe irritation, and revitalize cells.

Sauna – Coffee mask – Shower – Moisturizer – Refreshment

## **ALOE VERA AFTER-SUN TREATMENT**

**60 minutes**                      **480**

This is specially recommended after sunbathing to reduce redness and cooling the body by applying aloe vera gel with a gentle stroke. This treatment will be followed by head and foot massage while waiting the aloe vera gel absorbed in your skin.

Aloevera after sun treatment – Refreshment

# SPA PACKAGE

## ROYAL JAVANESE LULUR PACKAGE

Single 120 minutes 1040

Couple 120 minutes 1890

This traditional beauty ritual will bring a beautiful glow to your skin as well as relieve tension, and improve blood circulation. You will feel completely refreshed at the end of this traditional beauty ritual treatment.

Floral footbath ritual – Sauna – Javanese lulur – Yogurt – Shower – Balinese massage – Refreshment

## GREEN TEA PURIFICATION

Single 150 minutes 1120

Couple 150 minutes 2120

The package of green tea and aromatherapy massage is amazing healing from skin dehydration. It stimulates nervous system, improves blood circulation and prevent skin cancer.

Floral footbath ritual – Sauna - Green tea scrub – Shower – Green tea wrap – Shower – nourishing aromatherapy massage – Refreshment

## HONEYMOON INDULGENCE

Couple 190 minutes 2710

Especially create to share your love with your beloved. Enjoy indulgent treatment side by side and discover intimacy together.

Floral footbath ritual – Sauna – Choice of body wrap – Shower – Ayurvedic massage – Signature facial – Aromatherapy bath – Refreshment

## BALINESE JOURNEY

Single 175 minutes 1430

Couple 175 minutes 2580

Start your journey with our traditional Balinese treatment by boreh scrub and boreh mask to warm your body, followed by herbal massage to improve blood circulation, prevent rheumatism, and relieve muscle tension. The journey ends with herbal bath.

Floral footbath ritual – Sauna - Boreh scrub – Shower - Boreh wrap – Shower - Herbal massage – Herbal bath – Refreshment

## ROYAL SAMABE SIGNATURE

Single 180 minutes 1350

The Royal Samabe Signature begins with your choice of body scrub to remove dead skin, leaving your skin soft and smooth. Then, choose body massage to enhance deep relaxation, relieve stress and calm the senses. Finally relish aromatherapy flower bath to complete this indulgence.

Footbath ritual – Sauna – Shower – Choose of body scrub – Shower – choose of body wrap – Shower – Choose of Balinese massage / Swedish massage / aromatherapy massage / Japanese shiatsu / galangal fusion massage – Aromatherapy flower bath – Refreshment



# WATER BATH

*Only available in combination with a massage or body wrap*

**MILK BATH**  
30 minutes 280

Milk bath will make your skin feel softer, more resilient and fresh.  
Milk bath - Shower – Refreshment

**AROMATHERAPY FLOWER BATH**  
30 minutes 280

With a choice of aromatherapy, this bath is good for relaxing, calming and soothing the nerves.  
Aromatherapy flower bath – Refreshment

**HERBAL BATH**  
30 minutes 280

It will help you invigorate the circulation system and alleviate your anxiety.  
Herbal bath - Shower – Refreshment

## GALANGAL SPA DAILY TREATMENT PACKAGE

**3 days package**  
210 minutes 1740

**Day 1: Balinese Massage**  
**Day 2: Signature Facial**  
**Day 3: Coconut Scrub**

**5 days package**  
360 minutes 3320

**Day 1: Samabe Signature Massage**  
**Day 2: Signature Facial**  
**Day 3: Aloe Vera After-sun Treatment**  
**Day 4: Swedish / Balinese Massage**  
**Day 5: Green Tea Scrub**

## AVAILABLE IN YOUR SUITE OR VILLA

Daily from 10.00 am till 20.00 pm

Massage in your suite or villa. Enjoy the massage at the garden terrace,  
bedroom or in the bathroom.

<b>GALANGAL FUSION MASSAGE THERAPY</b>	<b>60 minutes</b>	<b>480</b>
<b>BALINESE MASSAGE</b>	<b>60 minutes</b>	<b>480</b>
<b>AROMATHERAPY MESSAGE</b>	<b>60 minutes</b>	<b>480</b>
<b>SWEDISH MASSAGE</b>	<b>60 minutes</b>	<b>480</b>
<b>JAPANESE SHIATSU</b>	<b>60 minutes</b>	<b>480</b>

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# IN SUITE OR VILLA BATH THERAPIES

*Every creation of life relies on the most vital natural nutrients that nature has gifted to all water. For centuries, water has helped us to relax, revitalize and treat our skin with necessary nutrients and hydration. Bathe in one such beauty ritual that holds the important ingredient of meditative, secular and spiritual world. We recommend these baths for relaxation from stress, jet lag and other beneficial reasons. Kindly allow 20 minutes for spa therapist to prepare your bath.*

## **FLORAL MILK & YOGURT BATH                    330**

A warm milk & yogurt bath with a lot of fresh flowers petals for a more dramatic result. This bath will make your skin feel softer, more resilient & fresh.

## **AROMATHERAPY FLOWER BATH                    330**

Soak in a warm flower bath with aromatherapy soothing bath salt crystal made of sea salt, lavender buds, essential oil of lavender, rosemary, basil and lemon.

## **SOOTHING AFTER SUN BATH                    330**

We are using an after-sun soothing bath gel, a highly concentrated combination of aloe vera and bangkoang extracts plus cucumber, lavender and geranium. This is a highly efficient way to soothe the pain of sun-damaged skin.

## **PAPAYA LEMON SPEARMINT BATH                    340**

Get the full mixed fruit bath experience with this exotic blend of papaya fragrant oil with lemon and spearmint essential oils together with fresh mint.

## OPTIONAL TREAT

*A bottle of pink sparkling wine 900 or a bottle of Moet Chandon 2.100, served with bowl of strawberry, served together with 2 large aroma candle lights.*

# SPA ETIQUETTE

1. Our galangal Spa is open daily from 10.00 am to 21.00 pm. For more information and reservation please visit the spa reception in front of main hotel lobby or contact Galangal Spa extension 686.
2. Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings. Late arrivals will limit your treatment time as we need to end on time in order not to delay the next guest's appointment.
3. For all 60 minutes massage will be without footbath ritual.
4. Please wear comfortable clothes. We provide bathrobes, slippers and disposable panties for your personal use during your visit to our spa. You may also wish to wear your bikini during your treatment. Whichever you choose, our therapists will make sure that your privacy is respected at all the times.
5. Please note that spa is unsuitable for small children and babies as we try to ensure that all our guests benefit from the tranquility of our surroundings.
6. We recommend you to leave your accessories in a safe place in your suite/villa before coming to the spa.
7. Please give 4 hours cancelation notice; otherwise 50% of the price will be charged.
8. If under 12 years of age, the treatment prices are half price. Parents are welcome to attend these treatments.
9. We recommend you to not sunbathe after oil treatments.
10. For men, please shave prior to all facial treatments to ensure maximum result.
11. We have our mother-to-be massage oil and modified treatments specially designed for expecting moms.
12. Smoking or use of mobile phone is not permitted in the spa.
13. Guests who have high blood pressure, allergies, heart condition, pregnant or any other medical complexions are advised to consult with the doctor before signing up for any treatments.
14. Please notify spa reception of any existing medical conditions.
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