



## SPA, SAUNA & GYM

Relax - Rejoice - Rejuvenate

### 1. Spa Packages

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|--------------------------------------|---------------|
| - Absolute Delight For Two - 3 Hours | 1.330.000 IDR |
| - The Griya Signature - 3 Hours      | 980.000 IDR   |
| - Pampering Channa - 3 Hours         | 980.000 IDR   |
| - Divine Bliss & Beauty - 3 Hours    | 910.000 IDR   |

### 2. Massages

#### Asian Four Hands Massage

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|----------|---------------|
| - 90 min | 1.050.000 IDR |
| - 60 min | 770.000 IDR   |

#### Hot Stones Channa Massage

- |          |             |
|----------|-------------|
| - 90 min | 560.000 IDR |
| - 60 min | 420.000 IDR |

#### Warm Oil Massage

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|------------|-------------|
| - 90 min ★ | 560.000 IDR |
| - 60 min ★ | 420.000 IDR |

#### The Channa Massage

- |            |             |
|------------|-------------|
| - 90 min ★ | 490.000 IDR |
| - 60 min ★ | 350.000 IDR |



### 3. Body Scrub

- Javanese Lulur - 45 min 280.000 IDR
- Balinese Coffee Scrub - 45 min 280.000 IDR
- Soothing Green Tea Body Mask - 45 min 280.000 IDR

### 4. Reiki Tummo

- Reiki Tummo Package - 3 X 30 min ★ 1.120.000 IDR
- Reiki Tummo Energy Session - 60 min ★ 630.000 IDR
- Reiki Tummo Energy Session - 30 min ★ 420.000 IDR

### 5. Pedicure & Manicure

- Pedicure - 60 min ★ 350.000 IDR
- Manicure - 45 min ★ 252.000 IDR

### 6. Facials

- Galvanic Facial - 60 min - 560.000 IDR
- Rejuvenating Facial (mini lift) - 60 min - 420.000 IDR
- Refreshing Facial - 60 min - 350.000 IDR
- Mini Facial - 30 min - 210.000 IDR

### 7. Foot Reflexology

- 60 min ★ 490.000 IDR
- 30 min ★ 280.000 IDR



## 8. Cream Bath

- Cream bath Hair Treatment - 60 min 280.000 IDR

## 9. Sauna

- Sauna - 60 minute session 350.000 IDR
- Sauna - 30 minute session 210.000 IDR

## 10. Spa For Kids

- Hair Plaiting - 60 min 350.000 IDR
- Mini Finger & Toes Treatment - 60 min ✪ 350.000 IDR
- Junior Massage - 30 min ✪ 280.000 IDR

## 11. Extras:

- Extension massage + 15 min ✪ 140.000 IDR
- Extension massage + 30 min ✪ 280.000 IDR



## 1. SIGNATURE SPA PACKAGES

### **Absolute Delight For Two – 3 Hours**

**1.330.000 IDR**

4 Essential Treatments:

- Body Scrub
- Flower Bath
- Body Massage
- Refreshing facial

Enjoy your day together with your partner in one room. This treatment will relax your mind and body. The treatment will begin with a full body scrub to exfoliate dead skin cells, followed by flower bath and body massage, which will relax tension. The session concludes with a refreshing facial to moisturize the skin.

### **The Griya Signature – 3 Hours**

**980.000 IDR**

The Package includes:

- Foot Bath with Sea Salt Aromatherapy
- Body Scrub
- Sauna
- Body Massage
- Reiki Tummo Energy

This treatment will relax your mind, body and soul. We will start with a soothing sea salt aromatherapy footbath to smooth the skin. A Balinese coffee full body scrub to remove all dead skin cells will follow this initial refreshing treatment. Your session will continue with a 20-minute sauna session to stimulate blood circulation and rejuvenate your entire body. You'll then be able to enjoy a relaxing full body massage using the best-blended aromatherapy oil. And last but not least, the focus now turns toward your mental and emotional experience with Reiki Tummo energy to balance your mind, body, and spirit.



### **Pampering Channa – 3 Hours**

**980.000 IDR**

4 essential treatments:

- Exfoliating Body Scrub
- Griya Body Massage
- Body Mask
- Rejuvenating Facial

Allow your body, mind, and spirit to unite in a perfect balance. Awaken the spirit with an exfoliating body scrub and balance your mind and body with the Griya body massage. This is followed by a unique application of a body mask. During the mask, the therapist will do the rejuvenating facial to lift, firm, and tone your skin, while reducing the appearance of lines and wrinkles.

### **Divine Bliss & Beauty– 3 Hours**

**910.000 IDR**

4 Essential Treatments:

- The Griya Massage – 60 minutes
- Mini Facial – 30 minutes
- Cream Bath – 30 minutes
- Choice of Manicure OR Pedicure – 1 hour

You will be pampered from head to toes during this treatment. Enjoy a full body massage using the best-blended aromatherapy body oil, followed by mini facial to tone the skin. After which, it is time to relax your scalp and shoulders while we apply the nourishing cream to your hair. Your treatment will finish with a manicure or pedicure so that you will feel totally clean and fresh.

### **Please Note:**

For all Spa Packages, the treatments that are part of one package will be given all at once during your stay with us, i.e. in the same day.



## 2. MASSAGES

### Asian Four-Hand Massage

- 90 min **1.050.000 IDR**
- 60 min **770.000 IDR**

Treat yourself with a great massage to make you feel healthy, energized and relaxed. The amazing feeling of being relaxed, energized and pain-free gives you a boost like no other treatment. The massage therapists offering a four-hand massage work together in this treatment. Their hands will feel like they are perfectly synchronized. Most techniques used are based on Swedish massage using strokes, kneading, and touches in order to relax your body.

### Hot Stone Massage

- 90 min **560.000 IDR**
- 60 min **420.000 IDR**

Heated, smooth stones are placed on certain points on the body to warm and loosen tight muscles and balance energy centers. The massage therapist may also hold stones and apply gentle pressure with them. The warmth is comforting. Hot stone massage is good for people who have muscle tension but prefer lighter massage.

### Warm Oil Massage

- 90 min ★ **560.000 IDR**
- 60 min ★ **420.000 IDR**

Getting a massage is one of the best treats for your body and your mind. We begin by drizzling warm oil over the body. Light rhythmic strokes are used with movement toward the lymphatic glands to drain away toxins and balance both sides of the brain. Massage deeply relaxes the nervous system and stimulates blood circulation.

### The Channa Massage

- 90 min ★ **490.000 IDR**
- 60 min ★ **350.000 IDR**

Our signature massage utilizes a variety of techniques inspired by popular traditional Asian massage. This massage concentrates on pressure points to banish blockages in the body's energy flow and flush out toxins from the lymphatic system.



### 3. BODY SCRUB

**45 minutes**

Choice of:

- Javanese Lulur **280.000 IDR**
- Balinese Coffee Scrub **280.000 IDR**
- Soothing Green Tea Body Mask **280.000 IDR**

Gently exfoliates your body using naturally extracted plant and flower extract blended with antioxidant rich scrub to remove dead skin cells. This stimulates blood circulation and awakens the skin, leaving you feeling silky, refreshed, and smooth. You can also pamper yourself further by adding a body mask or body massage of your choice to complete the spa experience.

### 4. REIKI TUMMO ENERGY

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- Reiki Tummo Package – 3 x 30 min ★ **1.120.000 IDR**
- Reiki Tummo Energy Session – 60 min ★ **630.000 IDR**
- Reiki Tummo Energy Session – 30 min ★ **420.000 IDR**

Reiki is a technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that unseen life force energy flows through us and is what causes us to be alive. When one's life force energy is low, then we are more likely to get sick or feel stressed.

When one's life force energy is high, we are more capable of being happy and healthy. A treatment feels like a wonderful glowing radiance that flows through you and around you. Reiki treats the whole person including body, emotions, mind and spirit, creating many beneficial effects. Some benefits include relaxation and feelings of peace, security, and wellbeing.



## 5. PEDICURE & MANICURE

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### **Pedicure – 60 min ★**

**350.000 IDR**

A pedicure consists of filing, shaping of the free edge, cuticle treatment, massage of the feet, and the application of nail polish.

### **Manicure – 45 min ★**

**252.000 IDR**

A manicure is a cosmetic beauty treatment for the fingernails and hands. It consists of filing and shaping the free edge, pushing (with a cuticle pusher) and clipping (with cuticle nippers) any nonliving tissue (limited to cuticle and hangnails). Treatments include a massage of the hands, and conclude with the application of fingernail polish.

## 6. FACIALS

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### **Galvanic Facial – 60 min**

**560.000 IDR**

With the stress of modern life, spa treatments have become more than just the occasional pampering. They are a requisite for “looking & feeling” great. In this unique Galvanic Facial Treatment, we use cutting-edge technology to soften the appearance of lines and wrinkles in order to rejuvenate your complexion, as well as refresh and energize your skin. It deeply cleanses your skin of any unwanted impurities that cause a dull and lifeless appearance. We guarantee that you will look visibly younger and feel vibrant and revitalized.

### **Rejuvenating Facial – 60 min (mini lift)**

**420.000 IDR**

This lifting facial’s target is to refresh dull and lifeless skin. We will start with double cleansing, exfoliating, extractions, and massage while applying lifting facial mask. The mask helps to promote cell regeneration, boost elastin and collagen, as well as reduce lines and wrinkles. A hand and foot massage completes this treatment.





### **Refreshing Facial – 60 min**

**350.000 IDR**

Refresh your face and body with this fantastic facial. It consists of facial cleansing, exfoliating, massage, and followed by an application of a facial mask. During the mask, the therapist will massage your hands and feet. This facial will help you to improve the skin tone.

### **Mini Facial – 30 min**

**210.000 IDR**

Mini facials are a cosmetic treatment designed to give you most of the benefits of a full facial in less time. A Mini Facial usually lasts around 30 minutes, making it a convenient option for people with busy schedules and little time to spare.

## **7. ART OF REFLEXOLOGY**

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### **Foot & Leg Reflexology Massage**

- **60 min** ✪ **490.000 IDR**
- **30 min** ✪ **280.000 IDR**

Love to have your feet rubbed? The therapist works primarily on your feet, stimulating various reflexology points in the feet. These points correspond to body organs. Through manipulating the points the therapist can promote health in that organ via the body's energetic pathways. Reflexology is a powerful treatment with benefits that can be felt throughout the body.

## **8. CREAM BATH**

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### **Cream Bath Hair Treatment – 60 min**

**280.000 IDR**

Cream bath treatment is designed to hydrate and nourish your hair, in addition to rejuvenating your scalp. Your treatment begins with a head massage. We will use a hot towel while massaging the neck, shoulders, arms, and hands to add a touch of pampering.



## 9. SAUNA

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<b>Sauna – 60 minute session</b>	<b>350.000 IDR</b>
<b>Sauna – 30 minute session</b>	<b>210.000 IDR</b>

## 10. SPA FOR KIDS (\*)

<b>Hair Plaiting – 60 min – Full Head</b>	<b>350.000 IDR</b>
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Girls love a trip to the hairdresser. In this case, the salon comes to you in your villa. A full head of plaits will last for up to a week.

<b>Mini Fingers &amp; Toes Treatment – 60 min ★</b>	<b>350.000 IDR</b>
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Fun and relaxing manicure and pedicure treatment for cleaning, shaping and polishing those little nails.

<b>Junior massage – 30 min ★</b>	<b>280.000 IDR</b>
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A selection of natural chocolate, strawberry, vanilla or mango massage oils is employed with specially designed gentle massage to introduce children to the wonderful benefits of massage. This relaxing treatment will promote sound sleep and melt away any tension or fatigue.

\* For kids age 2 to 12.