



## **RITUALS, MASSAGES AND BODY TREATMENTS**

### **LAGOON RITUAL**

#### **SIGNATURE LAGOON KELAPA RITUAL**

150 MINUTES: IDR 2,200,000

Total indulgence with this top-to-toe treatment; the ritual begins with a soothing coconut milk foot soak, and continues with your selection of kelapa body scrub to exfoliate and polish your skin, a traditional Balinese massage using the purest virgin coconut oil will leave your skin moisturized and glowing, and your whole body feeling relaxed yet energized. To conclude, an inspiring hair spa treatment. Rich virgin coconut hair nourishment will leave your hair soft and shiny.

#### **LULUR INDULGENCE**

150 MINUTES: IDR 2,200,000

Enjoy the famous powers of the traditional Lulur, a treatment with its origins in the royal courts of Java and used for centuries to soften and cleanse the skin. The seductive combination of spices leaves the skin soft, supple and shining. The treatment begins with a one hour massage with your choice of traditional massage oils, followed by a traditional scrub and a luxurious full body milk mask and finishes with an instantly refreshing facial.

#### **COUPLES' ROMANTIC SPA RETREAT**

120 MINUTES: IDR 3,200,000

Indulge in an intimate rejuvenating journey and unwind with your loved one in this romantic experience. Surrender to a 90-minute authentic Balinese massage side by side followed by a 30-minute invigorating facial mask or reviving foot massage. The romantic spa experience is complete with a glass of fresh mocktail and chocolate-dipped fruit skewers for your special occasion.

#### **BALINESE BOREH**

120 MINUTES: IDR 1,750,000

This traditional Balinese treatment is recommended for men and women to restore general health, vitality and freshness. A mix of ground spices and finely ground rice is applied to the skin to exfoliate and stimulate the surface. The warm, invigorating effect of the spices will relieve physical fatigue.

#### **LUXURIOUS CHOCOLATE TREATMENT**

120 MINUTES: IDR 1,650,000

Chocolate not only tastes good, it's also used for its antioxidant properties to the skin and to improve the overall sense of well-being. A warm chocolate massage oil followed by rich chocolate cream containing soft peeling buds is used to exfoliate the skin. A warm chocolate body wrap will indulge and conclude the chocolate experience.

## **RITUALS, MESSAGES AND BODY TREATMENTS**

### **RADIANT SKIN RENEWAL**

120 MINUTES: IDR 1,800,000

A combination treatment to renew your body and face skin. The treatment begins with a body scrub using a choice of different varieties of traditional herbal scrubs. It continues with a calming sensitive facial treatment which relaxes the skin as irritation, redness, tingling and tightness subsides instantly. The combination of pure plant extracts and oils that regulate the skin's moisture levels increases suppleness and protects against environmental damage.

### **FROM TOP TO TOE FOR HIM OR HER**

HALF DAY: VACATION PACKAGE: IDR 3,950,000

Featuring a series of treatments customized to ensure you look and feel your best during and after your vacation.

- 90 minutes Lagoon customized Massage
- 60 minutes Lagoon customized Body Scrub
- 60 minutes Refreshing Facial
- 60 minutes Signature Manicure and Pedicure
- 60 minutes Hair cut + styling or Hair spa creambath

The treatments within this special package can only be enjoyed by one person (non-transferrable) and only within the duration of his/her stay. Please make your reservations at your convenience.

## **BODY MESSAGES**

*Reduce tension, relieve the negative effects of everyday stress and restore your overall emotional and physical well-being by enjoying our professional spa treatments. Our rooms offer a sensory journey with ambient sounds, aromatherapy oils and the magical touch of our professionally trained therapists. The experience will start with our aromatherapy foot ritual.*

### **LAGOON CUSTOMIZED SIGNATURE MESSAGE**

90 MINUTES: IDR 1,300,000

A relaxing combination of several styles from around the world. This is the ultimate relaxing experience combining deep vigorous Chinese pressure points to activate the points on the meridian line improving the metabolism system, activating the drainage system and boosting the body's immune system, Finishing with Swedish massage and an Indian head massage encouraging the relaxation of body and mind.

### **TRADITIONAL BALINESE MESSAGE**

90 MINUTES: IDR 1,300,000

Medium finger pressure and deep strokes work the full length of the muscles, releasing stress and tension through all parts of the body. A natural healing process developed to promote well being and relaxation.

## **RITUALS, MESSAGES AND BODY TREATMENTS**

### **DUAL SYNCHRONY MASSAGE**

75 MINUTES: IDR 1,800,000

Two therapists work in unison, with synchronous hands and arms flowing over your entire body so seamlessly that your mind cannot register individual strokes whilst absorbing the relaxing aroma of your choice of essential oils. An extraordinary experience that should not be missed.

### **AROMATHERAPY STONE**

90 MINUTES: IDR 1,350,000

This treatment is a blissful top-to-toe spa treatment with warm stones and aromatherapy oils. It is a ritual of sensual body massage with a soft movement of warm stones, concluding the process with the gentle application of cold stones to tighten the skin and external acupressure.

### **WOMEN ENERGIZER TREATMENT**

90 MINUTES: IDR 1,550,000

An ideal treatment for the woman on the move with all natural ingredients derived from coconut and coffee scrub. Mixed into a warm paste, the mixture is applied to the entire body followed by a one hour aromatherapy oil massage. Truly an invigorating and energizing experience.

### **AYURVEDIC SHIRODARA TREATMENT**

90 MINUTES: IDR 1,400,000

Practiced for centuries, Shirodhara massage originates from India and is based on the ancient principles of Ayurvedic medicine. The fundamental aim is to harmonize the body, mind, senses and soul. Ayurvedic Shirodhara therapy involves 107 neuromuscular junctions where vital points are concentrated (Marma Points). It gives more than relaxation but also removes toxins from deep tissues and cleanses the body and rejuvenates the systems. This treatment effectively alleviates stress, the main factor causing headache, neuralgia and disease. You will emerge with a heightened state of awareness and a long-lasting sense of peace to equip you for any of life's challenges.

### **FOOT REFLEXOLOGY**

60 MINUTES: IDR 850,000

Using a gentle thumb and finger pressure-point massage to the reflex points on the feet, your therapist will release blockages and re-establish your body's energy flow, easing tension and improving circulation.

## **RITUALS, MESSAGES AND BODY TREATMENTS**

### **SHIATSU MASSAGE**

90 MINUTES: IDR 1,200,000

Shiatsu is a unique, non-invasive therapy designed to stimulate the body's inherent ability to heal itself. Literally translated, the Japanese word shiatsu means "finger pressure." Shiatsu therapy involves the systematic application of manual pressure to the body in order to assess and treat a variety of conditions. Shiatsu treatments have a regulatory influence on the autonomic nervous system, thereby improving organ function and reducing muscle tension. Shiatsu therapy is a distinctly Japanese contribution to holistic healthcare and has evolved out of 3,500 years of oriental medical wisdom. It is founded upon the same principles as acupuncture, although no needles are used. It also incorporates the modern Western sciences of anatomy, physiology and pathology. Shiatsu therapy has been fully incorporated into the modern public healthcare system of Japan, and has been regulated as a distinct therapy by the Japanese Ministry of Health since 1964.

### **MOONLIGHT MASSAGE**

90 MINUTES (2 PERSONS PER BOOKING): IDR 1,900,000

A romantic combination of massage, moonlight, mocktail, fresh fruit and chocolate. choose from our extensive mocktail, menu then enjoy a full hour's traditional Balinese massage, using a selection of traditional oils, in one of our beach gazebos while you enjoy the moonlight over the Bali sea. Fresh tropical fruit and homemade chocolate pralines will be served to complete the experience.

## **BODY TREATMENTS**

### **THE LAGOON CUSTOMIZED SCRUB**

60 MINUTES: IDR 950,000

From preparing skin to bask in the sun, to conditioning skin to look its best in warm weather clothing, our therapist will customize a scrub to gently exfoliate, smooth and re-energize, suitable to your skin type. Guests will select their aromatherapy of choice, which is incorporated in a gentle yet effective resurfacing scrub, and an ultra-moisturizing emulsion that leaves the skin incredibly soft and supple.

### **THE CUSTOMIZED WRAP**

60 MINUTES: IDR 950,000

Achieve the transformational results you desire, whether it's nourishing benefits or recovering from too much time under the Bali sun. From hydrating aloe vera to seaweed extracts that promote lymphatic drainage, your Lagoon Spa therapist will design a full body wraps incorporating local Balinese ingredients to recondition your skin from beneath the surface and provide a silky, toned finish.

## RITUALS, MESSAGES AND BODY TREATMENTS

### ANTI-CELLULITE BODY TREATMENT

150 MINUTES: IDR 2,800,000

“An anti-cellulite fat-burning program for the day”

This treatment is designed to stimulate the circulation and to firm problem zones. It divides fat cells, burns up surplus fat, eliminates waste and firms the skin tissue. With a cooling effect, this treatment works with active ingredients such as Glaucin, Caffeine, and Menthol to stimulate fat breakdown and to reduce fatty deposits. Smoother and firmer skin is just one treatment away.

### DETOX ALGAE BODY TREATMENT

150 MINUTES: IDR 2,800,000

“Beauty through the power of the ocean”

With the riches of the ocean, this treatment stimulates the skin’s microcirculation. With the use of blue-green algae, which is rich in amino acids, minerals, trace elements and vitamins, BABOR detox algae treatment has a highly stimulating effect on the skin and the metabolism of the skin tissue. combining the wrap, which tightens and tones the skin, with algae, which eliminates toxins from skin tissue, it is an excellent way to firm body contours. Pamper yourself with the power of the ocean and feel the unique harmony.

## HOLISTIC TREATMENTS

### HOLISTIC THERAPIST – MR. JOKO TRI LESTARI

*Originally from Solo, Central Java, Joko has been practicing traditional treatment and medicine for 15 years. He grew up in the environment of strong Javanese culture and tradition, giving him the foundation and knowledge about natural herbal medicine and Javanese philosophy.*

*A testament to this is, as a young child, he studied the traditional Javanese martial art “pencak silat” and an inner energy exercise from different masters. Having received, in 1999, a certificate in Javanese natural treatment and medicine, in 2000 he moved to Bali to put this theory into practice. Feeling inspired, he moved ahead to learn the art of Reiki, Chinese Tai-chi and Chi-kung, Acupuncture and traditional Chinese medicine. in 2004, he attained a certificate in acupuncture and Chinese medicine and continues to this day to study these ancient forms of healing. He has trained his team to be the best holistic therapists and will give you the total wellness and relaxation here at The Lagoon Spa.*

### THE AUTHENTIC CLASSIC

60 MINUTES: IDR 1,100,000

90 MINUTES: IDR 1,500,000

This treatment will leave you fresh and completely rejuvenated. A gentle palm pressure massage from your back down to your feet releases stiffness and muscular tension in the body, while the reflexology with acupressure techniques releases toxins and realigns your body’s energy.

A blissful head and shoulder massage completes the treatment and results in a relaxed body, mind and spirit.

## **HOLISTIC TREATMENTS**

### **ULTIMATE TONING & REVITALIZING**

60 MINUTES: IDR 1,100,000

90 MINUTES: IDR 1,500,000

This treatment is ideal for those experiencing low energy, weakness, and fatigue. Beginning with a foot treatment and reflexology, this treatment works to stimulate and increase energy and vitality. An acupressure massage and a hand reflexology increases blood circulation and re-energize the body. As you relax over this revitalizing treatment, toxins, negative energy and inner tensions are released, replaced with a new flow of energy.

### **MASTER HOLISTIC**

60 MINUTES: IDR 1,100,000

90 MINUTES: IDR 1,500,000

A powerful healing treatment using powerful and therapeutic massage techniques. This treatment is ideal to treat both acute and chronic problems of fatigue, asthenia, weakness and general tension. Relax over a therapeutic full body massage that rebalances and refreshes the internal system. A Reiki healing session focusing on spiritual healing and inner energy concludes the experience.

### **REIKI THERAPY**

60 MINUTES: IDR 1,100,000

90 MINUTES: IDR 1,500,000

Reiki is a healing technique by that uses the flow of positive energy to replace negative energy in the body where negative thoughts and feelings are stored. This treatment starts with a classic acupressure massage to open blockages and rebalance the body. The Reiki healing session follows, where negative energy around the body is cleaned and positive energy is transferred into the body through the palms of the healer.

### **3-DAYS PURE CLEANSING**

3 DAYS, 90 MINUTES PER EACH SESSION: IDR 4,150,000

This three-day detox program promotes overall body cleansing in the digestion, blood, and muscular systems, resulting in a healthy and light feeling. A customized diet plan consisting of fruit and vegetable juices will be introduced for the entire three days of the program, while the daily detox massage with unique techniques effectively removes toxins from the body and lymphatic system. At the end of this program, feel thoroughly fresh, healthy and full of spirit.

## **ALL ABOUT MEN**

### **ENERGIZER FOR MEN**

90 MINUTES: IDR 1,550,000

An ideal treatment for the man on the move with all natural ingredients derived from coconut and coffee scrub. Mixed into a warm paste, the mixture is applied to the entire body followed by a one hour aromatherapy oil massage. Truly an invigorating and energizing experience.

### **BABOR MEN'S FACIAL**

45 MINUTES: IDR 900,000

New energy and refreshing relaxation with intensive pampering care, for a dynamic and fresher look.

### **MEN'S EXPRESS MANICURE**

45 MINUTES: IDR 550,000

A warm soak is followed by detailed cleaning of nails, cuticle care and completed with a hand massage.

### **MEN'S EXPRESS PEDICURE**

45 MINUTES: IDR 550,000

Procedures are the same as the manicure range using products specifically developed for the legs and feet.

## **FACIAL, NAILS AND HAIR**

### **FRESH NATURAL FACIAL**

#### **FRUIT MASK**

60 MINUTES: IDR 900,000

A new concept in facial firming treatments which combine the innovative technology and natural enzymes of fresh avocado fruit. Preparing the face for the softening mask made from fresh avocado enzymes, rose water and natural clay which help combat sagging skin. Highly recommended before a special night out.

## **FACIAL, NAILS AND HAIR**

### **DR. BABOR**

#### **NATURE, SCIENCE, BEAUTY**

*In 1955, Dr. Michael Babor laid the foundation for the company's unique success when he applied for a patent for his hydrophilic oil-based cleanser, HY-ÖL®. This product has yet to meet its match. To this day BABOR has worked to develop innovative cosmetics with mostly natural-based ingredients in its own research facilities and with support from the most renowned universities. The company maintains the highest scientific standards in creating products of the utmost quality and effectiveness. BABOR has conducted extensive research on people's skin to develop holistic skin care concepts in line with nature. Their products give clients an enhanced sense of well-being and help them accentuate their own natural beauty. BABOR believes in combining the best of nature with the latest findings from the world of science. For this reason, their products primarily contain natural, plant-based ingredients. These are developed on the basis of sound in-house research and in strict compliance with species protection guidelines.*

#### **BLUE LAGOON FACIAL**

**60 MINUTES: IDR 1,600,000**

Just like bathing in the clear, blue waters of the ocean. The blue lagoon treatment firms, freshens and thoroughly hydrates the skin as well as the mind. A wonderfully refreshing and hydrating treat especially suited to dehydrated, combination and skin in need of firming. Algae extracts firm the skin whilst adding much needed trace elements and vitamins to revitalize. A unique peel off mask for the face and eyes leaves skin looking plumped and hydrated. A fantastic treatment for special occasions.

#### **COLLAGEN BOOSTER TREATMENT**

**90 MINUTES: IDR 2,000,000**

“The Synergy of Medicine and Nature”

Working closely with dr. Michael A. Konig, a leading authority in plastic surgery, BABOR developed DOCTOR BABOR treatments based on BABOR's longstanding knowledge and experience. With 99% collagen obtained from natural, freeze-dried collagen fibers that imitate the skin's collagen structure, supplying intensive moisture and promoting collagen synthesis in the skin, this treatment effectively reduces wrinkles, improves declining skin tone, and prevents the formation of lines and premature aging.

#### **OXYGEN INFUSION**

**30 MINUTES: IDR 650,000**

**60 MINUTES: IDR 1,100,000**

This is a step to enhance the skin's transformation and specifically targets expression lines by cooling, calming and pressurized oxygen to increase serum absorption naturally. This improves the skin's moisture levels while vitamins and antioxidants protect the skin. A combination of light weight Hyaluronic acid and antioxidants instantly result in smoother expression lines and wrinkles, better volume and increased firmness. The skin will be deeply hydrated, balanced, looking healthy and glowing with vitality. This treatment can be added to your choice of facial.



## **FACIAL, NAILS, HAIR**

### **SKIN BRIGHTENING FACIAL**

60 MINUTES: IDR 1,600,000

Looking for a natural way to even out your skin tone? Then Skin Brightening Facial treatment will be the perfect choice. The treatment is an effective combination of substances with melanoxyl for an even out skin tone colour. It affects the melanin to develop in two ways: quickly brightens the skin and also reduces existing hyper-pigmentation. The elasticity of the skin will also be noticeably improved. The skin can regain its perfect clarity, radiating transparency and youthful glow.

### **LAGOON CUSTOMIZE FACIAL**

60 MINUTES: IDR 1,300,000

“Recharge your batteries, experience revitalizing energy”

Stressed skin longs to be refreshed and filled with vital new energy. Excessive sunbathing, extended illness, emotional strain and stress can leave the skin feeling taut, looking dull and lifeless. The Lagoon Customize Facial revitalizes the skin with energy-rich active ingredients and refreshes from the inside out.

### **CALMING SENSITIVE FACIAL**

60 MINUTES: IDR 1,300,000

“Care for sensitive skin, sense the unique harmony”

Skin can be sensitive to nature. Our modern way of life increasingly exposes our skin to aggressive environmental influences that weaken the skin's natural protective mantle. It responds by sending out SOS signals, such as redness and a tingling feeling. The skin feels taut and itchy, and its moisture levels fall. This permanent lack of harmony can also accelerate the process of skin aging. This facial relaxes and calms the skin instantly. Irritations, redness, tingling feeling and tightness subside. The combination of pure plant extracts and oils regulate the skin's moisture levels, increase suppleness and protects against environmental damage.

## MANICURE AND PEDICURE

### MANICURE

60 MINUTES: IDR 600,000

A warm soak is followed by detailed cleaning of the nails, cuticle removal and completed with polishing your nails and finishing with your choice of color.

### PEDICURE

60 MINUTES: IDR 600,000

Procedures are the same as the manicure range, using products specifically developed for the legs and feet.

### NAIL ART

10 NAILS: IDR 550,000

Select from our tropical designs.

## HAIR TREATMENT

### HAIR SPA – INSPIRATIONAL HAIR TREATMENT

Be inspired by this legendary traditional treatment using vitamin-rich virgin coconut hair nourishment. Relax under the rhythmic touch of dancing fingers, stimulates and softens your scalp, nourishes and strengthens your hair in a firm but relaxing massage of scalp, neck and shoulders.

Hair Spa-Inspirational	IDR 650,000
Cut & Shampoo	IDR 500,000
Shampoo & Blow Dry	IDR 650,000
Hair Styling	IDR 800,000
Cut, Shampoo & Blow Dry	IDR 800,000

### YOGA / BAYU SUCI / MEDITATION

60 MINUTES

1 PERSON: IDR 600,000

2 PERSONS: IDR 1,100,000

3 PERSONS: IDR 1,600,000

Meaning union, it harmonizes the mind, body and soul through exercise and breathing.

Whether in the passive form (Hatha and Spiritual Yoga) or in the dynamic form (Astanga, Vinyasa or Power Yoga), Yoga has the ability to tone and improve one's flexibility and more importantly calm one's mind.

THE LAGUNA

A LUXURY COLLECTION RESORT & SPA, NUSA DUA, BALI

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