



So | SPAMENU  
SOFITEL

REJUVENATING  
WORLD TRADITIONS,  
LATEST COSMETOLOGY.

Ancient traditions from around the world meet the skill and refinement of the latest cosmetology to create SoSPA; an exhilarating and rejuvenating experience.

Awaken your senses, feel re-energized, and explore a new kind of spa experience with a wide range of surprisingly poetic treatments. Discover the ingredients that enhance your natural beauty glow. Make the stresses and strains of daily life fade away.

Bali's rich health and healing resources, combined with selected fine skincare advancements, offer an unforgettable spa experience on this Island of Gods.

Allow us to soothe, pamper, and invigorate your mind and body with fully customized treatment plans tailor-made to your needs. Each treatment is carefully crafted to address your particular requirements and areas of attention, providing you with a unique spa experience.

Choose from a variety of signature massages that combine ancient and contemporary techniques with expert knowledge from all over the world. Both male and female guests are also invited to build their own spa package with a variety of interchangeable product elements and treatment enhancements.



SoSPA welcomes you daily from 09.00 to 22.00

# SOFITEL SIGNATURE TREATMENTS

90 minutes | IDR 1,750++

## So Exhilarating Massage <sup>ⓑ</sup>

An euphoric and soothing body massage, combining a rocking and tasteful experience that will shape and tone up your silhouette.

## So Rejuvenating Facial <sup>ⓕ</sup>

A refreshing and refined facial care. Honey and cucumber combined harmoniously with the best of French techniques to revitalize and bring back youth to the skin.

<sup>ⓕ</sup> Face Treatment | <sup>ⓑ</sup> Body Treatment

All prices are quoted in ,000 (thousands Indonesian Rupiah) and subject to 21 % government tax and service charge

# SET MENU

Do your own selection of starters, mains and desserts. Create your own package, to suit your needs and avail from these attractive offers.

STARTER + MAIN	120 minutes IDR 2,160++
STARTER + MAIN + DESSERT	150 minutes IDR 2,745++
MAIN + DESSERT	120 minutes IDR 2,160++
STARTER + DESSERT	60 minutes IDR 1,170++

<sup>ⓕ</sup> Face Treatment | <sup>ⓑ</sup> Body Treatment

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# À LA CARTE

## STARTERS

30 minutes  
IDR 650++

### Head and Shoulder Massage <sup>(B)</sup>

An invigorating massage treatment that essentially focuses on the key stress areas of the body. Includes scalp massage for healthy blood circulation to induce good sleep. This is a great way to unwind after a long day of activities.

### Back Relief <sup>(B)</sup>

For those who spend long hours working at the desk or encounter backaches, this 30-minute massage serves as the perfect tension and ache relief to iron out the tension and pain.

### Relaxing Body Wrap <sup>(B)</sup>

This gentle wrap has a re-mineralizing action on the skin and promotes a wonderful feeling of relaxation. This approach improves texture and tone by stimulating circulation and infusing the skin with vitamins and minerals. Skin feels silky soft and comfortable.

### Detoxifying Body Wrap <sup>(B)</sup>

A nutrient-rich detox wrap for a revitalized skin system that eases muscle soreness. Achieve maximum wellbeing by immersing yourself in a potent blend of organic extracts, essential oils, and herbs full of healthful nutrients to feed the skin. Helps eliminate impurities and activate the skin's natural healing power. Skin feels smooth and soft, firm and youthful-looking.

### Hydrotherapy Jet Floral Jacuzzi <sup>(B)</sup>

This treatment allows you to pamper yourself to a sensuous bath experience. Enjoy the therapeutic properties of a Jacuzzi combined with the aromatic healing properties of essential oils to a relaxing sensation, relieving tension and leaving you with a firmer and healthier body.

## MAINS - FACIAL

90 minutes  
IDR 1,750++

### Youthful Lift Facial <sup>(F)</sup>

A facial rejuvenation that lifts, tones, and relaxes the muscles of your face for a more youthful appearance. This anti-aging facial also cleanses your pores, improves blood flow to the facial tissues, and aids the process of skin regeneration. You will feel relaxed, calm and experience a sense of well-being. Best results are achieved when done as a series. Suitable for all skin types.

### Brightening Facial <sup>(F)</sup>

Take control of your skin's translucency with this effective whitening treatment that targets all layers of the skin. This refreshing custom facial is suited for all skin types and ideal for those in search of freshness and radiance. Includes cleansing, exfoliation, specialty masque and moisture treatment.

### Exotic Moisture Dew <sup>(F)</sup>

A rehydrating treatment to supply intense moisture. Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

### Metro Man Facial <sup>(F)</sup>

A complete treatment for men's skin affected by external contaminants and irritation from shaving. It purifies, moisturizes, and reduces the look of wrinkles and dark circles and energizes the skin. The treatment includes a massage of the scalp, neck, and shoulders that brings an instant feeling of wellbeing. You will look rested, relaxed and completely reenergized.

### Back Restoration Facial <sup>(F)</sup>

To achieve a clear smooth back, extractions are used to help eliminate blemishes. This deep cleansing and exfoliating treatment followed by a hot towel treatment and purifying mask will cleanse impurities from pores leaving your back smooth, re-textured and hydrated.

<sup>(F)</sup> Face Treatment | <sup>(B)</sup> Body Treatment

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## MAINS - BODY

90 minutes  
IDR 1,750++

### Liposage Reductor Contour Massage <sup>(B)</sup>

Massage technique contouring the body and melting fat deposits, followed by drainage of liquefied fat, toxins and excessive water retention and ultimately resulting in a sculpted body. This treatment is for those who want to slim and remodel the silhouette while gaining a real feeling of lightness.

### Moisture Relax Body Massage <sup>(B)</sup>

A massage using extracts for its hydrating and nourishing virtues. A wave of hydration and comfort for thirsty skin that becomes more comfortable, supple, and thus more resistant to external aggressions.

### Firming Body Massage <sup>(B)</sup>

This comforting body massage instantly smooths away lines, leaving skin soft and satin-smooth. Using a formula rich in regenerating and firming plant extracts which restore the skin's youthful density and elasticity. With irresistible velvety cream to pamper the body.

### Beautiful Mother-to-be Body Massage <sup>(B)</sup>

A pampering treatment which relieves tension, lightens the legs, improves skin elasticity and helps prevent marks linked to pregnancy. A perfect way to prepare your body and skin for the birth of your baby.

### Tension Release Massage <sup>(B)</sup>

Indulge in a full body massage which works to detoxify and relax. Allow yourself to be transported on a journey of wellbeing and calm with the powerful healing with blended essential oils. This treatment will target muscle aches, pain and tension, and stimulate the blood circulation with our signature warm oil technique.

### Chinese Hot Stones Massage <sup>(B)</sup>

Heated stones are used to enhance a nurturing head-to-toe tissue massage. Tensions melt away as a warm sensation penetrates the muscles to release stress, provides relief from pain and evokes deep relaxations. This treatment promotes physical, mental and even spiritual wellbeing.

### Canadian Deep Tissue Massage <sup>(B)</sup>

Unwind sore muscles with the deep tissue massage created to restore and heal over-used muscles, whether it's a heavy exercise schedule or too many hours spent sitting at your desk, and when you push yourself to your limit. This massage designed to strengthen the body's vital energy so that you can emerge with a renewed spirit.

## DESSERTS

30 minutes  
IDR 650++

### Revitalizing Eye Treatment <sup>(F)</sup>

This little gem can be taken in combination with your facial or on its own. Botanical extract revitalizes and tones the eye area to calm, relax, and soothe your eyes. A true blessing for tired, jet-lagged or irritated eyes, reducing puffiness and dark shadows.

### Express Facial <sup>(F)</sup>

Busy schedules can have negative impact on your facial skin. Recharge with a half-hour facial, featuring the essentials for skin radiance: plant extracts, pure essential oils and natural ingredients. It gives your skin a quick nourishing 'drink' with a cleansing and exfoliating facial massage, leaving skin refreshed and ready to go!

### Bust and Décolleté Beauty <sup>(B)</sup>

An exquisite and intensive bust treatment with its synergistic formulation for an instantaneous beautifying skin effect on the breast. It imparts velvetiness to the skin due to its significant moisturizing properties and preserves tone of tissues for fuller and younger-looking breasts.

### Foot Massage <sup>(B)</sup>

Enjoy and relax as your therapist applies varying degrees of pressure to specific points on the feet with thumb and fingers to unblock energy flow and promote the body's natural healing from within. It helps to shed away any tension or fatigue in your feet.

### Pure Exfoliation <sup>(B)</sup>

A complete body exfoliation treatment with essential oils benefits. This treatment promotes a wonderful feeling of wellbeing, leaving skin feeling ultra-soft and smooth.

## NAIL & FOOT LOUNGE

### Hand and Foot Mapping <sup>(B)</sup>

Release stress and tension by having the reflex points of your feet stimulated followed by a hand and shoulder massage. Your Therapist will apply pressure to the soles of the feet that correspond with different body organs. This restores depleted energy levels and encourages overall good health.

60 minutes / IDR 800++

### Foot Spa <sup>(B)</sup>

Indulge in a relaxing foot treatment with a gentle scrub, massage and mask. A treatment that leaves your feet luxuriously soft and velvety smooth.

45 minutes / IDR 600++

<b>SoSPA Manicure</b>	<b>IDR 600++</b>	<b>Express Pedicure</b>	
<b>SoSPA Pedicure</b>	<b>IDR 750++</b>	Ladies	<b>IDR 450++</b>
<b>Express Manicure</b>		Gents	<b>IDR 375++</b>
Ladies	<b>IDR 400++</b>	<b>Gel Polish</b>	<b>IDR 600++</b>
Gents	<b>IDR 300++</b>	<b>Shellac Polish</b>	<b>IDR 600++</b>

<sup>(F)</sup> Face Treatment | <sup>(B)</sup> Body Treatment

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## WAXING -DEPILATORY

Unwanted hair removal

- Half Leg **IDR 650++**
- Full Leg **IDR 850++**
- Back **IDR 850++**
- Half Arm **IDR 500++**
- Full Arm **IDR 650++**
- Underarm **IDR 450++**
- Bikini Line **IDR 450++**
- Eyebrow **IDR 400++**
- Upper Lip **IDR 400++**
- Chest **IDR 500++**
- Stomach **IDR 450++**
- Brazilian **IDR 850++**

## ROOM SERVICE

60 minutes  
IDR 1,350++

Experience a taste of SoSPA in your own room with one of our specially created treatments.

### Rejuvenating Foot Therapy <sup>(B)</sup>

Massages your feet and calves to improve circulation and alleviate swelling from your flight. This massage can be used to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance.

### Inner Strength Massage <sup>(B)</sup>

This nurturing treatment incorporates a variety of soothing massage techniques using firm pressure, to ease physical tension and emotional anxiety. It is a full body massage that combines long strokes, meridian pressure points, and breathing techniques to help you detach from everyday stresses. The blended massage oil is used throughout the treatment to enhance complete relaxation.

### Relaxing Body Massage <sup>(B)</sup>

An indulgent experience of stress relief using blended aromatherapy oils. The properties in essential oils penetrate the body to restore health and well-being. Common ailments that can be treated include stress, anxiety, headaches, fluid retention, poor circulation and fatigue.

## INDULGENCE BATH RITUALS IDR 650++

Sofitel Bali Nusa Dua Beach Resort introduces a heavenly experience through its range of Indulgence Bath Rituals. This bath experience is available within the privacy of your own room. Our Spa butler will require 30 minutes to prepare the bath in your room.

### Hydrating Milk Bath

Renew, clarify and calm the spirit while soothing and moisturizing your body with rich milk protein.

### Tranquillity Sea Salt Bath

Bath experience that is rich in minerals and various types of sea salts, an invigorating experience which bring the benefits of deep purifying and detoxification, reducing muscle aches and helps reduce water retention.

### Aromatic Bubble bath

Take care of your body and enjoy this fantastic bubble bath which helps soothe and smooth your skin. Leave feeling revitalized yet calm and serene.

### Romantic Chocolate Bath

Celebrate your time together with our romantic chocolate bath to balance your mind, body and spirit. This bath increases the function of the internal organs while bolstering the immune system and increasing stamina.

### Rewarding Bath Treat for Kids

This fun bubble bath is designed to meet the children's needs and teach them to take care of their health and hygiene. It is an efficient way to relieve stress, improve sleep, strengthen muscles and bones. This bath will leave your kids fresh and happy!

<sup>(F)</sup> Face Treatment | <sup>(B)</sup> Body Treatment

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<sup>(F)</sup> Face Treatment | <sup>(B)</sup> Body Treatment

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## SPA AT THE BEACH

60 minutes  
IDR 600++

### Balinese Healing Massage <sup>(B)</sup>

A traditional massage originated from a centuries-old legacy. The ritual utilizes a variety of techniques including skin rolling, kneading, stroking and pressure-point stimulation combined with the use of aromatherapy essential oils. The massage will increase blood and lymphatic circulation and makes you feel relaxed.

### Thai Healing Massage <sup>(B)</sup>

It is described as 'Yoga Massage' for its stretching and bending movements. An art with ancient traditions, this method of massage, relying on the use of palms, elbows and thumbs, to release muscle tension, activate circulation, increase vitality and flexibility.

### Swedish Healing Massage <sup>(B)</sup>

Focusing on total relaxation, this treatment involves circular pressure with firm kneading, percussion-like tapping, bending and stretching. This type of massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation while easing tension.

### Foot Massage <sup>(B)</sup>

A relaxing foot massage effectively stimulates and improves blood circulation to promote hormone balance, remove toxins, relieve back pain, improve quality of sleep and overall wellbeing.

30 minutes  
IDR 300++

### Head and Shoulder Massage <sup>(B)</sup>

An invigorating massage treatment that essentially focuses on the key stress areas of the body. Includes scalp massage for healthy blood circulation to induce good sleep. This is a great way to unwind after a long day of activities.

### Back Relief <sup>(B)</sup>

For those who spend long hours working at the desk or encounter backaches, this 30-minute massage serves as the perfect tension and ache relief to iron out the tension and pain.

### Foot Massage <sup>(B)</sup>

This treatment is based upon the concept that the reflexes in your feet correspond to every nerve, fiber, muscle, tendon and system in your body. This treatment provides you with an incredible sense of healing and therapeutic relief.

<sup>(F)</sup> Face Treatment | <sup>(B)</sup> Body Treatment

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# SPA FOR KIDS

Our kids live in the same world with the same stresses. Give them the gift of relaxation and have them experience kid friendly mini-spa treatments or our popular spa session. Kid's spa services are conducted in the spa and must have an accompanying adult present in the spa room during the time of service. These services are only for those below 12.

### Soft Balinese Massage

A customized relaxing session designed for your child to relax.  
30 minutes / IDR 500++

### Yummy Mini Facial

Learn basic skin care using all-natural cleansing and moisturizing products.  
30 minutes / IDR 500++

### Manicure & Nail Polish

IDR 450++

### Pedicure & Nail Polish

IDR 350++

### Mum and Me

**Mum:** Foot Bath Ritual, Choice of Massage or Facial, Choice of Manicure or Pedicure, Refreshment.

**Me:** Foot Bath Ritual, Choice of Soft Balinese Massage or Yummy Mini Facial, Choice of Manicure or Pedicure, Refreshment.  
120 minutes / IDR 3,200++

### Dad and Me

**Dad:** Foot Bath Ritual, Massage, Choice of Head and Shoulder Massage or Foot Reflexology, Refreshment.

**Me:** Foot Bath Ritual, Soft Balinese Massage, Choice of Manicure or Pedicure, Refreshment.  
90 minutes / IDR 3,100++

<sup>(F)</sup> Face Treatment | <sup>(B)</sup> Body Treatment

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# MY SPA DAY

Celebrate your special occasion (birthday, anniversary, etc.) with SoSPA. Foot Bath Ritual, Balinese Massage, Body scrub, Body Wrap, Facial, Hydrotherapy Bath, Refreshment and surprise.

3 hours / IDR 3,500++ per person

# A MOMENT FOR 2

We invite you to share a unique way of relaxation as a couple, with a friend or your child in our luxury spa suite. Please meet our So Spa Concierge to assist you in creating your desired spa experience.

# SPA TAKEAWAY

## Spa Time <sup>ⓑ</sup>

Own your most rewarding time by choosing our spa menu as your preference. Consult our Spa Concierge for your tailored spa treatment.

## Gift Certificate <sup>ⓑ</sup>

Value your friendship and relationship with a gift of spa moments at Sofitel Bali Nusa Dua Beach Resort. Offering a range of salon services for ladies and men that include cut and blow dry, hair treatments, makeup services, manicures and pedicures.

<sup>ⓕ</sup> Face Treatment | <sup>ⓑ</sup> Body Treatment

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## PLEASE TAKE SOME MOMENT TO READ HOW TO SPA

### HOURS OF OPERATION

The Spa is open daily from 09.00 to 22.00. Last treatment service conducted by 21.00.

### RESERVATIONS

Spa treatment reservations can be made by telephone through our operator. For outside guests, please dial 0361 849 2888. When making a booking, your room number and complete name are required. We recommend making a reservation at least one day in advance to ensure availability.

### CANCELLATION POLICY

Should you need to cancel your appointment, please allow four hours' notice to avoid a 50% charge. A "no show" will be charged at the full value of the scheduled treatment.

### ARRIVAL

We encourage you to arrive at least 15 minutes prior to your scheduled treatment to ensure total relaxation and enhanced treatment results. This will allow you time to complete the spa consultation process, and ready you for your treatment. Arriving late for your appointment will limit your treatment time, reducing its full benefits and your enjoyment. Your treatment will end on time to prevent any inconvenience to the next guest and the same treatment price will apply.

### SPECIAL CONSIDERATIONS

- Your health and safety come first. Please help us to provide you with the best possible spa experience by completing the guest consultation form.
- As the Spa offers each guest the chance to relax and rejuvenate, we appreciate you leaving your mobile phone in your guest room or switching it to silent mode or off upon entering the spa premises.
- Smoking and consumption of alcohol inside the spa premises are strictly prohibited. Alcohol consumption is not recommended prior to any spa treatment.

### GRATUITIES

Gratuities are only acceptable if you feel your experience warrants it. If you wish to give a gratuity to one of your staff for exceptional service, we kindly request you to add this directly to your bill. Please do not hand cash directly to the staff.

### VALUABLES

The Management shall not be held responsible for loss of any items, cash or valuables brought into the spa premises.

Disclaimer:

Conditions and prices are subject to change without prior notice

<sup>ⓕ</sup> Face Treatment | <sup>ⓑ</sup> Body Treatment

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