



OVERVIEW

The Spa at Hanging Gardens of Bali overlooks the waterfalls of the holy Ayung River, embracing the sights and sounds of nature, while offering a unique range of luxurious treatments using all-natural, organic ingredients, many of them grown on our own estate.

Our spa villas all open up to the jungle with stunning picture windows of jungle greenery and a sounds cape of chattering birds and monkeys. Each has twin treatment beds, a huge divan for your traditional pre-treatment foot-wash, and, separated by an antique wooden shutter, a bathroom with a rain shower and an open-air bath.

The Spa uses only specially selected indigenous, all-natural ingredients that are hand-picked from our own estate and the surrounding countryside, including avocado, ginger and cocoa:

- Avocado is known for its miraculous health and beauty benefits, naturally loaded with a myriad of vital nutrients including vitamins, minerals, proteins, fibres and beneficial phytochemicals, and used for treating a range of health and skincare problems
- Ginger has a long tradition of alleviating symptoms of gastrointestinal distress and numerous therapeutic properties, including antioxidant and anti-inflammatory effects
- Amongst many benefits, cocoa has immune stimulating effects, helps oxygenate the brain and promotes detoxification of industrial chemicals in the body.

Our spa team take special pride in their welcome ritual, designed to blissfully start your spa experience:

- ice-cool Rosella tea - natural sweetness and sourness to quench your thirst and soothe the throat, high in vitamins and anti-oxidants to detoxify by reducing blood pressure, blood sugar, cholesterol and uric acid
- peppermint and eucalyptus face towel – refreshing and cooling after the balmy Balinese weather
- refreshing spring water foot bath with organic sea salt rich in minerals and therapeutic for joints and muscles and fresh lime for cleansing and relaxation

After your treatment you will be served a warming ginger herbal tea to soothe the stomach and aid digestion.

All treatments can be taken solo or as a couple, and can be held in The Spa or

- In the privacy of your villa beside your pool in your own bale
- At the exhilarating setting of our deck, down beside the river
- Beside our famous swimming pool, voted #1 in the world by both Trip Advisor and Condé Nast Traveller

Our all-Balinese spa staffs are experienced in both the traditional, local treatments offered, and bespoke signature experiences that only our spa features. We can tailor all treatments and packages to your individual preferences.

The Spa at Hanging Gardens of Bali is open daily from 10am to 10pm and appointments can be made directly with the spa reception. Please arrive 15 minutes before commencement time of your treatment.

Please dial #7 from your Villa, email spa@hanginggardensofbali.com or call +62-361 982 700 for bookings.

Desa Buahan, Payangan, Gianyar, Bali 80571, Indonesia

SPA INFORMATION

OPERATING HOURS

The Spa at Hanging Gardens is open from 10am to 10pm daily. Yoga, meditation and personal fitness trainers are available on request. Please enquire at Spa Reception for schedules and outdoor activities.

RESERVATIONS

A 24-hour advanced reservation is highly recommended to secure your preferred date and time as treatments and facilities are subject to availability. Please dial extension #1 to make your appointment.

SPECIAL CONSIDERATIONS

Guests who are pregnant or have high blood pressure, a heart condition or any medical complications are advised to consult their physicians prior to reservation. Please inform our staff of any medical condition before treatment.

ADMISSION

The Spa at Hanging Gardens is open to all resort guests and visitors to our resort. Appointment priority will be given to our resort guests.

ARRIVAL

Please arrive at the Spa Reception area at least 15 minutes prior to your scheduled appointment. Late arrivals may be subject to a reduced treatment time to accommodate the next guest.

CANCELLATION POLICY

The treatments you select are reserved especially for you with one of our skilled therapists. A minimum of 24 hours' advance notice is kindly requested for all bookings. A 50% cancellation charge will apply for guests who do not arrive for their reserved treatment.

VALUABLES

We request that no jewellery be worn during your visit to the Spa. The management of Hanging Gardens Ubud cannot accept responsibility for the safety of money and valuables brought to the Spa.

AMENITIES

Personal amenities and toiletries are provided in the Spa treatment room.

SPA ETIQUETTE

In consideration of the comfort of all guests, please refrain from using mobile phones and other communication devices within the spa premises.

SMOKING & ALCOHOL

Smoking within the Spa area is strictly prohibited. Alcohol consumption is not advised before any Spa treatments.

MINIMUM AGE

An adult must escort children under age of 10 during their spa treatment.

PRIVACY

Our therapists will discreetly drape areas of your body not involved in the treatment to protect your privacy and modesty at all times.

PAYMENT

We accept cash and major credit cards. Resort guests may charge services and products to their villas.

PRICES & TAXES

Price quoted in USD and subject to 21% service charge & Government tax

REFUND POLICY

All treatment packages are non-transferable, non-refundable and non-exchangeable.

SPA MENU

Our Spa signature treatments



Recommended pressure:

Strong

Medium

Gentle



Please inform your spa therapist if at any time you wish to increase or reduce the pressure of your treatment.

BODY THERAPY

Bliss



60mins USD100

90mins

USD140

An invigorating signature therapy to address tight muscle groups. Deep-tissue kneading, muscle manipulation and stretching techniques are applied to release body tension and stress. An excellent therapeutic massage for easing intense tiredness, muscular aches and fatigue after exercise or travel.

Herbal Revival



A traditional Balinese healing - herbs in the form of warm poultices are used to massage, calm nerves, soothe knotted muscles and rebalance energy levels to positively promote circulation and good health.

Traditionally Bali



Unwind in the infinite beauty of the Island of the Gods with this blissful technique, handed down through generations. Soothe away tension with your choice of massage oil blends, combined with a suitable level of pressure to take your body and mind on a journey of ultimate relaxation and harmony.

Chi Rejuvenation



Our non-oil traditional Japanese bodywork applies kneading techniques and acupressure points along the meridian lines to stimulate and revitalise the *Chi* energy flow in the body, restoring your body's natural balance and wellbeing.

Angel Bliss for the Young



45mins

USD60

For our junior guests aged 6 to 13 years old. Invite your child to discover the world of wellbeing under the gentle, caring touch of a skilled therapist. Soft pressure is applied to the scalp, legs and feet and a grounding oil massage is performed on the back and the arms. This treatment greatly soothes nervous system, strengthens immune system and improve quality of sleep. An adult is requested to accompany any child under the age of 10 during the treatment.

Price Quoted in USD and subject to 21% service charge & Government tax

FOOT THERAPY



Footish

60mins

USD60

A luxurious footbath in aromatic essential oil to soothe the travel fatigue feet, followed by a relaxing foot massage. This treatment relieves swelling and built-up pressures, energizes and revitalises the feet and calves, a perfect pampering for tired feet.



Reflexology

An ancient healing therapy of applying pressure to the reflex points on the soles of your feet to stimulate circulation, relax the body and re-establish the flow of your energy. This treatment includes a gentle foot scrub and a warm organic sea salt bath with calming aromatic oils to relieve stiffness.

SCALP & HAIR CARE



Shining Glory

30mins

USD45

Rich in Vitamins B, E and K, with 15% natural fat content, estate-grown freshly-picked avocados are superbly moisturizing and nourishing, especially for sun-damaged, dry and frizzy hair. Coupled with a luxurious scalp, neck and shoulders massage, this treatment gives your hair a glorious shine and lustre.

Lightness

An ancient Indian non-oil massage that work on the head, neck and shoulder to ease knotted muscles. This massage stimulates circulation and promotes hair growth, enhances the clarity of your mind and restores radiance to your face. An excellent pick-me-up treat. Oil massage is optional.

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SKIN GLOW

Lulur



60mins

USD115

A delectable treatment traditionally lavished on a bride before her wedding. Our recipe incorporates ginger, turmeric, jasmine and sandalwood to create an aromatic and ever-youthful complexion. This indulging signature treat finishes with an energizing warm milk bath.

Cocoa Remedy

Freshly harvested and ground sweet cocoa beans with nourishing ground almond are applied to gently exfoliate and purify your skin, completed with a soothing and hydrating vanilla milk bath.

Ginger Healer

Renowned for its healing properties, specially estate-grown fresh ginger, aromatic ginger flowers and rice are applied to warm and invigorate the body, deep cleanse and purify the skin. The aromatic ginger treat is followed by a warming herbal bath.

BODY COCOON

Balinese Boreh



60mins

USD115

A traditional Balinese treatment to soothe muscular and joint discomfort. A full body mask made from cloves, ginger, turmeric, pepper, cinnamon and sandalwood is rubbed on the skin to exfoliate and the body is wrapped in a cocoon-heated blanket to infuse these therapeutic properties into the skin. This treat begins with a warming scrub.

Aloe Avocado

Particularly beneficial for sun-soaked skin, this treatment involves generous application of freshly-pureed avocado, rich in Vitamins B, E and K, and fresh aloe vera gel with soothing and anti-inflammatory properties. The healing balms are gently massaged into your skin, followed by a cocoon body wrap, allowing the skin to be soothed, softened and completely hydrated.

Herbal Steam Bath

Detox Mist

60mins

USD115

With the combination of anti-oxidant, anti bacteria and anti inflammatory herbs consisting of cloves, nutmeg, anise and galangal root, this herbal steam eases muscular aches and pains, speeds up the healing process and allows the muscle tissues to loosen up and relax. Improves circulation and immune system of the body.

Enliven Mist

With the combination of refreshing kaffir lime, lemon, lemongrass and pandanas leaves, this aromatic herbal steam warms the skin, uplifts and perks up the tired body and sluggish circulation. A totally rejuvenation experience for the jet lagged mind and body.

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BODY BATHS

Vanilla Honey Milk



30mins

USD45

Made famous by Cleopatra - a healing, sedative and nourishing treat. The anti-oxidant, anti-inflammatory, tranquilising and moisturising properties of pure honey and fresh milk, combined with vanilla essential oil, leave your skin totally radiant and silky-soft.

Aromatic Blossoms

Celebrate the beauty and essence of fresh flowers in a bath ritual of ultimate peace and tranquillity. Immerse your body in warm, scented water, enlighten your senses and leave your skin feeling soft and youthful.

Herbal Harmony

Revitalize yourself in this indigenous Balinese herbal bath, surrender to the warming and healing properties of local herbs that relieve muscle tightness while improving circulation and wellness.

TuttiFrutti

Earning the definition of an all-star fruit because of its Vitamin C and citrus flavonoids, this lusciously refreshing fruit bath consisting of lemon, lime, tangerine and pomelo is high in antioxidants and aids in neutralising free radicals, leaving the skin feeling revitalised and rejuvenated. A day advance reservation is required.

BEAUTY

All our facials include a tension-release head, neck and shoulder massage.

Ultimate Radiance



90mins

USD140

Rich in vitamins and anti-oxidants, this blend of pure essential oils is known for its unparalleled ability to balance and restore healthy skin tone, brighten the entire complexion, giving the skin an even, luminous and radiant glow for days.

Aroma Essence

Designed to combat signs of skin ageing, this revitalizing treatment restores vitality and firmness and softens the appearance of expression lines. This incredible treatment shapes and plumps up cell volume and uplifts the contour of the face. A visibly toned and tightened skin from just one treatment!

Pure Detox

60mins

USD115

For dull, clogged and blemish-prone skin, this facial deep cleanses, purifies, repairs and heals the skin. An excellent detox treatment for stressed-out and skin that breaks out easily.

Hydra Regeneration

Most suitable for dry and dehydrated skin conditions, this balancing and hydrating facial uses specially formulated plants extracts and plant-based essential oils to relax, nourish and regain the skin's hydration and suppleness.

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HANDS & FEET

Spa Manicure	75mins	USD55
The ultimate pampering for your hands. Includes luxurious scrub, hand massage, hydrating mask and manicure.		
Spa Pedicure	75mins	USD70
A deluxe treatment, including luxurious scrub, foot massage, hydrating mask and pedicure.		
Spa Manicure& Pedicure	135mins	USD105
A combo of our tantalising hand and feet indulgence.		
French Manicure or Pedicure	90mins	USD70
Classic French polish that begins with a luxurious scrub, hand or foot massage and hydrating mask.		
Nail Repair Manicure or Pedicure	30mins	USD35
A quick fix for nails.		
Nail Art	10nails	USD30

HAIR SALON

Aloe Vera Remedy		60mins	US70
High in vitamins, minerals, enzymes, amino and fatty acids, this organic and incredibly healing and medicinal plant cleans, soothes and nourishes the scalp and promotes hair growth.			

Hair Spa

An energizing scalp massage stimulates circulation and aids deeper penetration of vital hair nutrients into your scalp. Treatment includes hair wash, mask, neck and shoulders massage, conditioning and normal dry. Warm steam is optional.

Hair Mask

For chemically treated or sun dried and damaged hair, this nourishing hair therapy smoothens and untangle knotted and frizz hair.

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SPA PACKAGES

Hanging Gardens Haven



4 hour

USD300 per person

This head to toe detoxifying and rejuvenating therapy leaves you feeling totally refreshed and energized.

A choice of :

- Skin glow 30mins
- Body cocoon 30mins
- Scalp & hair care 30mins
- Body bath 30mins
- Massage 60mins
- Facial 60mins

Wellness Harmony



3 hour

USD250 per person

A relaxing and de-stressing therapy for tired or tense body and skin, promotes deep relaxation and calmness from within.

A choice of :

- Skin glow 30mins
- Body bath 30mins
- Massage 60mins
- Facial 60mins

Rest & Relax

2,5 hour

USD200 per person

Simply rest, relax and enjoy being taken great care of by our skilled therapist.

- Facial 60mins (Hydra or Pure Detox)
- Massage 90mins a choice of :
Traditionally Bali
Bliss
Chi Rejuvenation
Herbal Revival (+USD10)

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HANGING GARDENS DISCOVERY

Hanging Gardens Immersion

1.5 hour

USD270 per person

Discover the beauty of Hanging Gardens Ubud, the expert treatment of our spa team complemented with the gourmet skills of our chefs.

A choice of :

- Skin glow 30mins
- Massage 60mins
- A healthy 3 course spa cuisine meal
- Fresh juice or estate grown herbal tea

Just Married

2 hour

USD500 per couple

Celebrate yours romantic bliss

A choice of :

- Skin glow 30mins
- Massage 60mins
- Body bath 30mins
- A bottle of Champagne
- A selection of freshly made tapas

Sweet Nothings

2.5 hour

USD445 per couple

Pre or post wedding spa rejuvenation will relax and pamper you from head to toe.

A choice of ;

- Massage 60mins
- Facial 60mins
- Body bath 30mins
- Fresh juices or estate grown herbal tea
- A selection of freshly made tapas

Royal Day Spa at Hanging Gardens of Bali

12 hour

USD1.580 per couple

Enjoy a luxurious full day relaxation at our Spa, Spa Suite and swimming pool. Check-in at 10am.

- Refreshing body scrub of your choice by Thalgo 30mins
- Flower Petal Massage 90mins
- Selection of Tropical fresh fruit bath or Aromatic Bath by Thalgo 30mins
- A choice of Facial by Thalgo 60mins
- A bottle of Champagne with chocolate praline and canapés
- A 3 course exquisitely healthy lunch cuisine with refreshing juice of your choice served at the Spa Suite or River Café
- A memorable photography session with our in-house photographer
- Complimentary 2-way transfer to resort (Ubud area)
- Complimentary use of the swimming pool

SPA BY THE RIVER

As the first rays of sunshine a rise, the tranquil jungle slowly wakes up from its beauty sleep. Indulge in the harmony of couple body and soul with each other to present yourself, it's a best to enjoy our special amazing jungle treatments:

River Side Bliss



3 hour

USD1.055 per couple

- Full day entrance to the River Side
- Tropical fruit body scrub 30mins
- Tropical fruit body wrap 30mins
- Healthy drink selection with healthy sandwich
- Facial by Thalgo 60mins
- Photo session and resort tour
- Massage 60mins
- Picnic lunch with selection of a 3 course menu
- A Bottle of champagne with chocolate praline and canapé
- Single Rindik Flayer performance
- Foot massage 15mins at Reflexology Lounge

River Side Revival



3 hour

USD845 per couple

- Foot massage 30mins
- Herbal Revival 90mins
- Facial by Thalgo 60mins
- 3 course of healthy Picnic lunch
- A selection of fresh juice
- Foot massage 15mins at Reflexology Lounge

River Side Rejuvenation



1.5 hour

USD530 per couple

- Body scrub 30mins
- Body massage 60mins
- A bottle of Champagne
- Chocolate praline
- Foot massage 15mins at Reflexology Lounge

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At River Spa 1 **2 hour** **USD250 per person**

- Skin Glow 30mins
- Traditionally Bali massage 60mins
- Body Bath 30mins

At River Spa 2 **2.5 hour** **USD300 per person**

- Traditionally Bali massage 60mins
- Facial 60mins
- Body Bath 30mins

At Forest Spa 1 **2 hour** **USD160 per person**

- Herbal Revival 90mins
- Foot Therapy 30mins

At Forest Spa 2 **2 hour** **USD170 per person**

- Traditionally Bali massage 60mins
- Lightness Scalp Therapy 30mins
- Foot Therapy 30mins

Price Quoted in USD and subject to 21% service charge & Government tax

