

# SOORI

SPA & WELLBEING

## SOORI SPA

At Soori Spa, our ultimate goal is to guide you towards a lasting sense of wellbeing through holistic healing and nurturing treatments. Our tranquil setting – on the edge of a black volcanic beach, amid stepped rice fields and under the gaze of towering Mount Batukaru – is home to deeply transformative experiences for the mind, body and soul.

Highly skilful and attentive, our team of onsite practitioners and visiting wellness experts offers physical alignment and massage therapies, acupuncture, meditation, neurotherapy, and longevity procedures among many other bespoke techniques.

Reinvigorate your senses and sample our personalised services at one of our five treatment rooms; spoil yourself at the dedicated Thai massage room clad with soothing dark stone and hand-crafted terracotta tiles; relax in our meditation pool caressed by the fresh ocean breeze; or simply select your own preferred location across Soori's vast and spiritually-charged estate for your next tailor-made treatment.

At Soori Spa, we believe that real beauty lies in the fine balance between the inner being and the material self, and that true goodness stems from an authentic bond with nature and with one another. We are driven by our underlying awareness of a more harmonious and sustainable way of life.

Journey with us to a better you at Soori Spa.

## SOORI SPA TREATMENT MENU

### SOORI SIGNATURE FACIALS

#### Her

Reveal your skin's full potential with this remarkable facial specifically customised for ladies. See the glowing results of exfoliating sandalwood, detoxifying French red clay, and toning and rejuvenating oils of rose and lemon. A combination of pressure point and lymphatic drainage massage techniques leaves your skin looking alive and lustrous!

60 min | 1,210

#### Him

Our Soori Facial for Men is designed to restore skin's natural pH balance, leaving you with a softer, smoother and radiantly healthy appearance. Treatment includes exfoliation with local rice bran and sandalwood, a detoxifying mask of volcanic clay and lemon, then finished with an ultra moisturising blend of aloe vera juice, wildflower honey and wheat amino acids.

60 min | 1,210

## **BABOR FACIALS**

Working closely with Dr. Michael A. Konig, a leading authority in cosmetic surgery, BABOR developed treatments based on BABOR's longstanding knowledge and experience. All facial treatments are carried out using Babor SKINOVAGE PX products. All treatments include a soft peeling, thorough skin cleansing, application of active ingredients, tidying of the brows and gentle finishing care.

### **BABOR PRESCRIPTIVE FACIAL**

A prescriptive facial attending to the specific needs of your current skin condition. Your therapist will customise your facial to restore balance utilising Babor's enhanced pure fluids, serums and creams, infused with a specific facial massage and manual stimulation techniques.

VITA BALANCE for dry and stressed skin

PERFECT COMBINATION for combination skin

CALMING SENSITIVE for sensitive skin

60 min | 1,510

## HANDS AND FEET

### DELUXE MANICURE

This indulgent manicure includes a stimulating hand scrub, relaxing hand massage and essential nail maintenance and grooming.

75 min | 605

### DELUXE PEDICURE

Treat your feet to the attention they deserve! This spa pedicure includes an invigorating foot scrub, relaxing footbath, foot massage and essential nail care.

75 min | 605

### DELUXE MANICURE AND PEDICURE (2 Therapists)

75mins | 950

### EXPRESS MANICURE AND PEDICURE COMBINATION

Express file, tidy and polish. Massage and scrubs are not included.

75 min | 605

OPI Weekly Nail Polish	add 100	
Polish change	15mins	200
Gel removal	30mins	270 (30mins for either all fingers or all toes)

## HAIR AND SCALP

### CREME BATH TREATMENT

A mind-melting, intensely hydrating crème hair bath combining essential oils with nourishing base oils of coconut and shea butter. A mask is massaged into the hair and scalp and left to condition, strengthen and hydrate while pressure point massage and palm strokes soothe the neck and shoulders. A warm wrap is applied followed by a cool wash with our signature shampoo and conditioner – the finishing touch for a renewed healthy sheen.

60 min | 990

Enhancement

Blow Dry

200

## MASSAGE THERAPY

At Soori Spa, we draw on the benefits of a range of Asian and European massage techniques that can be tailored to your personal needs. Allow our spa hosts to help you select the appropriate massage therapy and oils to suit your condition.

### SPIRIT OF SOORI MASSAGE

Soori's signature massage is based on the concept of healing energy. Working on the concept of "taksu" (meaning "spirit" to the Balinese), this oil massage is a tailor-made journey, utilising firm pressure and dynamic stretches, which gently guides you through the discovery of your body and inner nature.

90 min | 1,815

### BALINESE MASSAGE

Feel tension dissolve with this ancient Balinese healing therapy that combines long therapeutic strokes and skin rolling to relieve muscle tension. Palm and thumb pressure techniques are also applied to unravel the deepest stress and improve blood flow.

75 min | 1,510

### THERAPEUTIC MASSAGE

Experience a complete body awakening with a combination of therapeutic massage techniques using fluent strokes of different depths and intensity. This deep tissue treatment incorporates firm palm, thumb and forearm pressure to relieve muscle tension and improve joint mobility.

75 min | 1,510

### FOUR HANDS MASSAGE

A unique synchronised massage that brings a sense of harmony and balance to the body and soul. A truly pampering experience, surrender to the sublime symphony of healing and pleasure created by the energy two therapists working in unison.

75 min | 2,200

### BACK, NECK AND SCALP CARE

Using a combination of techniques, and focusing on the back, shoulders, neck and scalp, this treatment quickly loosens areas of deeply held tension caused by staying in one position for too long. A oil scalp treatment is added to stimulate the follicles and awaken the senses.

60 min | 1,210

### FOOT REFLEXOLOGY

Reflexology is based on the principle that energy flows freely around the body when we are in good health and that there are reflex areas on the feet that correspond to every part of the body, including major organs. Sit back and relax as your therapist applies varying degrees of pressure to specific points on the feet to unblock energy flow and promote the body's natural healing from within.

60 min | 990

### PRE-NATAL MASSAGE

Enjoy relief from the physical and emotional demands of pregnancy. This gentle, non-invasive approach to massage will ease your discomfort, reduce swelling and help lower stress. Feel yourself slip into a state of calm relaxation as our skilled therapist uses a lighter touch, concentrating on those areas most vulnerable to changes in your body.

60 min | 1,210

### THAI MASSAGE

Thai Massage is an energy-based full body massage technique, with a view that the body is based on meridians or energy lines known as "Sen". The aim of a Thai Massage is to balance energies throughout the body by working these "Sen" lines. Given clothed and without oil this experience involves pressure point massage using thumbs, hands, arms, knees and feet, as well as stretching movements. It is an invigorating therapy that relieves muscular tension, loosens joints and opens energy channels.

90 min | 1,815

### WARM STONE

The therapeutic power of touch combines with the energy of the earth in this muscle relaxing massage. After our signature foot bath, smooth, heated river stones are used in rhythmic flowing strokes over the body to melt tension and soothe emotions. The stones are also placed on various energy points to stimulate the body's natural healing potential.

90 min | 1,815

## BODY TREATMENTS

### CREATE YOUR OWN JOURNEY TO RENEWED BALANCE

#### ULTIMATE ESCAPE

The only one of its kind, the Soori Vitality treatment suite offers a thermal spa journey combining hot and cold experiences to detoxify, replenish and rejuvenate. The detoxifying process involves the use of fresh herbal steam bathing, an invigorating full body scrub conducted on warmed terrazzo tables, followed by a Vichy shower, scalp treatment, drenching the body in a cold power shower and a full body massage to encourage the positive flow of energy while the body's detoxifying processes are activated. Your therapists will guide your journey through the various experiences in our premium Vitality Treatment Suite. Spa refreshments will be served.

3hrs 30mins | 3,650

#### BALINESE BEAUTY RITUAL

Balinese lulur is an ancient village remedy originating from the rice farmers of Bali. It has been handed down through generations and is recognised as a traditional medicine, believed to help warm the body, relieve aching joints and help treat skin problems. Sandalwood, fennel seed, star anise, eaglewood and fenugreek create this powerful healing remedy. Treatment includes a 60-minute Balinese Massage, a traditional lulur body scrub, and pressure point mamar facial.

120 min | 2,050

#### SOORI SUN SOOTHER

We recommend enjoying this treatment at the end of your stay to enhance your holiday glow and minimise the appearance of flaking skin. Heal and restore vital moisture to skin that has been exposed to the elements with a soothing cucumber and aloe vera wrap, cooling rain shower and concluding with an application of nourishing body lotion infused with coconut oil and shea butter.

30 min | 600

90 mins | 1,815 (with additional massage)

## HYDROTHERAPY

Hydrotherapy is the use of water to relieve discomfort and promote physical wellbeing and has been revered for centuries. At Soori Spa we combine this with a pampering application of a scrub and wrap followed by a Vichy shower delivered by 6 showerheads. The pulsating shower aligns with the midline of the body and stimulates circulation and revitalises the skin. The dreamy sensation of water on the skin can soothe the nervous system and calm the mind, and a mix of cold and hot water applications can help enhance overall circulation.

Choice of scrub and wrap and application of hydrating lotion.

45 min | 900

120min | 2,415 (with additional massage)

## WAXING

Utilising natural beeswax, infused with natural ingredients.

### WAXING FOR HER

Face Wax (brow, lip and chin)

355

Leg

680

Underarm

415

Standard Bikini

480

### WAXING FOR HIM

Chest

From 415

Stomach

From 415

Back

From 480

## **MESSAGE FOR KIDS**

A gentle and nurturing massage dedicated to our little ones' wellbeing. This treatment includes a citrus bubble foot bath and utilises gentle coconut massage.

45 min | 450

## **SERIOUSLY SPOILT**

For teens of 16 years and under wishing to enjoy a pampering day at Soori Spa. The treatment includes a signature footbath, full body massage and a mini facial. Teens are welcome to join their parents in the spa suite for their spa time together.

90 min | 1,510

## **PRINCESS PEDICURE OR MANICURE**

Little fingers or toes are soaked in cleansing bubbles, nails trimmed and shaped followed by a gentle coffee, cacao and brown sugar scrub. Enjoy a selection of clear OPI polish.

45 min | 450

Please note the following:

- Children under the age of 14 must be accompanied by an adult during treatments.
- Use of a bathing suit is recommended for children.
- Recommended ages for kids receiving spa treatments is 4 -16 years.

## **YOGA AND MEDITATION**

A complimentary group class is held daily.

### **PRIVATE YOGA SESSION**

60 mins | 900 (up to 2 pax)

Additional pax at 150

Please note the following:

Prenatal Yoga and yoga for kids are available in a private setting only.

Please consult us if you are expecting a baby or if your children are under 12 years of age.

Kindly come to class on time and avoid big meals two hours prior.

## **GYM**

Open 24-hours, daily.

## **HEALING RETREATS**

We invite various facilitators, internationally renowned instructors and health coaches throughout the year to lead workshops and retreats. For more information, visit our website or inquire at our Front Desk.

## SPA ETIQUETTE

### Arrival

Kindly arrive at least 15 minutes before your treatment time. A late arrival means less spa time.

### Cancellation

Reservations cancelled within 8 hours will be subject to a charge of 50% of the listed price. Treatment times may be changed subject to availability.

### Spa Attire

Please wear comfortable attire. Robes and disposable underwear will be provided. You may choose to be naked, wear your own underwear or swimwear during your spa treatment.

### Gentlemen

Gentlemen, if you have chosen a facial, please shave before the treatment. Although not essential, it is definitely beneficial.

### Mothers-to-be

We have our very own blend of "Mother-to-be" massage oil and modified therapeutic treatments specially for expecting mums.

### Allergies

Our Spa Host will enquire regarding any health related issues or known allergies. Simple patch tests will be performed before conducting any treatment to ensure the selected product is right for you.

### Products

All products used throughout Soori Spa are 100% natural, free from synthetic preservatives and additives. To continue your spa regime at home, our complete range of products and testers are available at the Soori Spa retail store.

### Service Charge

All treatments are subject to a 21% total of government tax and service charge.