

SOORI  
SPA

## 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 bare, wear your own underwear or swimwear during your spa treatment.

### GENTLEMEN

If you have chosen a facial, it is advisable to shave before to enhance the benefits of the treatment.

### ALLERGIES

Our Spa Host will enquire regarding any health related issues or known allergies.

### 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 are available at the Soori Spa retail store.

At Soori Spa, our ultimate goal is to guide you towards a lasting sense of well-being through holistic healing and nurturing treatments. Our tranquil setting – on the edge of a black volcano beach, amid stepped rice fields and under the towering gaze of 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 offer physical alignment and massage therapies, acupuncture, meditation, neuropathy 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 by 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.



HOLISTIC WELL-BEING

## ORIENTAL MEDICINE AT SOORI

The principles and foundation that make up Chinese Medicine, maintaining harmony and well-being and promoting longevity in body and mind through food, movement, relation with nature are naturally fostered through the environment and spirit of Soori.

Dr. Andrew (Andy) Taylor is a U.S. Licensed Acupuncturist (L.Ac.) and Soori Bali's onsite holistic doctor. A Traditional Chinese Medicine practitioner, Andy specializes in Japanese acupuncture, Chinese osteopathy, facial rejuvenation acupuncture, cupping and herbal medicine to comprehensively treat all types of pain and internal disorders.



## JAPANESE ACUPUNCTURE

A proven safe, effective and relaxing non-invasive therapy, this therapeutic treatment has been used for over 2,000 years in Asia and presently is practised all over the world. Acupuncture is the use of fine, sterilised, disposable needles that are skilfully and painlessly inserted at specific points into the superficial body functioning to regulate the body's various autonomous systems.

Acupuncture is commonly used in the treatment of all pain related problems including neck, back, shoulder pain, knee and joint pain, arthritis, headaches, stress induced conditions, anxiety, depression, chronic fatigue syndrome, bloating, gas, constipation, sinus problems, skin disorders, asthma, allergies, hypertension, menstrual and PMS related symptoms. The World Health Organization has found through extensive research that acupuncture is effective in the treatment of over 100 conditions and disorders.

## **STRUCTURAL REALIGNMENT AND CHINESE OSTEOPATHIC THERAPY**

Chinese Osteopathy treatment combines the use of gradual manipulations of the spine and joints, soft tissue release, PNF stretching, and muscle motor point acupuncture to eliminate the root of pain via the structural body. Treatment is aimed to reduce pain, increase range of motion, and restore normal structural function while improving activities of daily living. This therapy is commonly used in the treatment of all joint and muscle pain, especially neck, back, shoulder, hip and knee pain, hand, foot, wrist and ankle pain, headaches, sciatica, frozen shoulder, frozen hip, peripheral numbness and tingling, golf and tennis elbow and any restrictions with joint range of motion.

## **FACIAL REJUVENATION ACUPUNCTURE**

A non-invasive cosmetic facelift treatment, this therapy is now a preferred alternative to facial surgery and Botox. Facial Rejuvenation Acupuncture works by causing micro-traumas in the skin, increasing blood flow to the face and the production of collagen and elastin to promote wound healing. This treatment will help the skin to become smooth, soft, and vibrant, and help to reduce wrinkles, fine lines, acne, rosacea and tone jowl lines. In addition to changes within the face area, improvements with overall health and well-being are often experienced.

\* Results from this therapy are best seen after a series of at least three treatments.

## **CHINESE CUPPING THERAPY**

Cupping therapy, a therapy used all over the world for over three thousand years, is a safe and effective treatment which uses small glass “cups” suctioned onto various areas of the body. The vacuum effect functions to increase blood flow, moving stagnant blood and lymph while helping to remove toxins and fluids stuck in the muscular tissue and internal organs. It is used in the treatment of conditions such as the common cold, pneumonia and bronchitis, gastrointestinal disorders, arthritis and many pain conditions.



## CHINESE HERBAL MEDICINE CONSULTATION

Chinese herbal medicine is prescribed as a formulary blend of medicinal ingredients written and tailored to an individual's health presentation. After a full health assessment, a formula will be chosen to treat your presenting pattern according to the Chinese medical diagnosis. Our Chinese herbal medicine pharmacy features concentrated herbal extract powders that are grown and manufactured within international quality assurance standards and are GMP and GAP certified.

Chinese herbal formulas are used in clinics and hospitals around the world in the treatment of many conditions including insomnia, fatigue, loss of appetite, constipation, diarrhoea, IBS and other common digestive disorders, the common cold, influenza, chronic headaches, skin disorders, fluid retention, anxiety, depression, stress, allergies, Rheumatoid arthritis, osteoarthritis, menstrual disorders, menopause, infertility and decreased libido.



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 guide you through the discovery of your body and inner nature.

#### **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.

#### **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.



## **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 of two therapists working in unison.

## **ABDOMINAL CHI MASSAGE**

This abdominal massage works on both the physical and emotional level. It promotes circulation for the health of the internal organs, while balancing the nervous system to release stress. This treatment utilises gentle pressure with the power of your breath and can be deeply relaxing.

## **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. An oil scalp treatment is added to stimulate the follicles and awaken the senses.

## **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.

## **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.

## **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.

## WARM STONE THERAPY

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.



## 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 an indulgent 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 hydration for the skin.



BODY CARE

## ULTIMATE ESCAPE

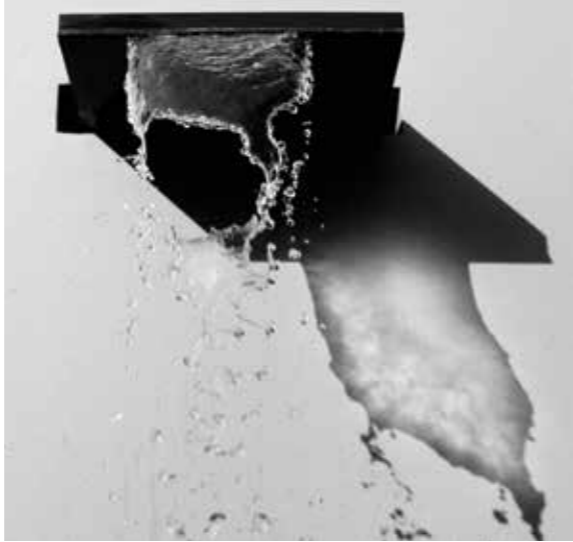
The only one of its kind, the Soori Vitality treatment suite offers a thermal spa journey combining hot and cold experiences to detoxify, replenish and rejuvenate. The detoxifying process involves the use of fresh herbal steam bathing, an invigorating full body scrub conducted on warmed terrazzo tables, 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.

## 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. Herbs of 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.

## 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 and cooling rain shower, concluding with an application of nourishing body lotion infused with coconut oil and shea butter.



FACIAL CARE

## SOORI SIGNATURE FACIALS

Our signature facials offer an intensive boost utilising nature's most potent ingredients with extraordinary nourishing, moisturising and anti-ageing properties. Utilising high-absorption hyaluronic acid of different molecular weights, these indulgent facial treatments are tailor-made to boost and nourish, leaving even the most delicate skin hydrated, toned and radiant. Both men and women can benefit from these signature facials that also ease signs of aging on our hands and arms. All products are formulated with extreme care in Italian laboratories with Hyaluronic Acid, Collagen and Plant Stem Cells -- all the essentials for keeping skin looking supple and fresh.

## FACIAL REJUVENATION ACUPUNCTURE

A non-invasive style of Acupuncture, this therapy is now a preferred alternative to facial surgery and Botox. This treatment will help skin become smooth, soft, vibrant, and help to reduce wrinkles, fine lines, acne, rosacea and tone jowl lines. In addition to changes within the face area, improvements may be seen with overall health and well-being.

Facial Rejuvenation Acupuncture works by causing micro-traumas in the skin, increasing blood flow to the face and the production of collagen and elastin to promote wound healing. The needles used are even finer than those of a regular Acupuncture treatment and are inserted into the most superficial layer of the skin. In addition to the Acupuncture, dietary and nutritional advice and instructions will be given to maintain the best results from treatment.

## CLASSIC FACIAL

Utilising locally sourced plant-based botanicals produced in small batches, our classic facial incorporates a thorough cleanse, mask application as well as a contouring massage for the arms. Tailor-made for both men and women for various skin types.



MIND-BODY CONNECTION



## YOGA AND MEDITATION

A complimentary group class is held daily.

## PRIVATE YOGA SESSION

## GYM

Our gym is located at the foyer of the spa, open 24-hours daily

## PRIVATE FITNESS TRAINING AND ACCESSIONMENT

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 child is under 16 years of age.
- Kindly come to class on time and avoid big meals two hours prior.

## QI GONG

A complimentary group class is held bi-weekly.

## PRIVATE QI GONG

Qi Gong, or Chi Kung, is an ancient form of exercise that can be described as a moving meditation, combining the principles of correct posture, relaxed breathing, and focused awareness. These exercises promote blood circulation, relax the nervous system, nourish the internal organs, reduce pain, and increase breath capacity. This private class will be tailored to the individual's health and well-being concerns. Participating guests will be taught a basic practice that can be easily continued at home.

## PRIVATE TEA MEDITATION

Cha Dao, the Way of Tea, is an ancient art and practice that dates back to Chinese aboriginals, Daoist mendicants and Zen monks. This intimate tea ceremony will allow the participants to drink an aged organic or wild Living Tea in silence and learn the skills necessary to how to make tea meditation a personal practice and even be able to share tea with groups. Private tea meditation can be done for groups up to eight people.

## PRIVATE TEA TASTING CEREMONY

This tea ceremony is for those who really enjoy tea and want a connoisseur's experience in drinking fine, aged and rare teas. We will drink two wild or organic Living Teas and speak on many topics of tea including how to make a fine cup of Chinese Gong Fu tea and the role of the ceremony's elements of tea, tea ware, fire and water. Private tea tasting ceremony's can be done for up to four people.

## WELL-BEING JOURNEYS

Soori Spa offers Well-Being Journeys intended for those seeking a more wellness-focused holiday to balance mind, body and soul. Our onsite wellness experts will offer a tailored itinerary, including a specific meal plan and group activities you can enjoy on a daily basis. Designed to help you reset and rejuvenate through a holistic approach, in our naturally gorgeous settings, for three, five, seven nights or longer.

## 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 at [www.sooribali.com](http://www.sooribali.com)

## OTHER ENHANCEMENTS

## HANDS AND FEET

### DELUXE MANICURE

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

### 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.

### DELUXE MANICURE AND PEDICURE (2 THERAPISTS)

### EXPRESS MANICURE AND PEDICURE COMBINATION

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

### OPI NAIL POLISH

### POLISH CHANGE

### GEL REMOVAL

## HAIR AND SCALP

### CRÈME 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.

### BLOW DRY

## WAXING

Utilising natural beeswax, infused with natural ingredients.

### WAXING FOR HER

Face wax (brow, lip and chin)

Leg

Underarm

Standard Bikini

### WAXING FOR HIM

Chest

Stomach

Back

## FOR KIDS

### PAMPERING MASSAGE

### MANI OR PEDI CARE

### SUN SOOTHER BODY TREATMENT

Please note the following:

- Children under the age of 16 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.

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