

Welcome

Selamat Datang!

We are delighted that you have chosen to stay with us while holidaying on the mystical island of Bali.

Whilst you are here we invite you to experience one of Asia's most unique spas - **PRANA**. A world of divine opulence and a relaxed and exotic atmosphere awaits you at Prana Spa, Prana Spa Private Suite and Chill Reflexology and Acupressure.

PRANA - A word from ancient Sanskrit, meaning breathe, life & vitality of Spirit. Take a deep breath, inhale the energy and exhale all tension at Prana Spa.

Prana Spa was created with the understanding that only when mind, body & spirit are in harmony can optimum health be achieved. This belief underlies all of our services & natural product lines. Be nurtured for an hour, a morning, an afternoon or even a full day. Why not try any of our treatment and enjoy the remarkable and visible results and of course our new Private Suite an experience not to be missed.

Our dedicated & internationally trained therapists deliver a unique, relaxing and memorable spa experience from our extensive range of treatments and pampering packages.

Please contact the spa team directly to arrange a complimentary consultation and tour of the spa. Simply phone #321 or #312 so we can assist in customising your spa journey.

Whether you are seeking relaxation or rejuvenation our team at Prana Spa, Prana Spa Private Suite and Chill Reflexology and Acupressure are looking forward to seeing you soon.

Kind Regards,

Prana Team





Welcome to Prana Spa

Please take a moment to read through the information below on “how to spa” prior to your spa treatment;

Arrival time - So that you are able to enjoy your entire treatment, we recommend arriving 15 minutes prior to the commencement of the Spa treatment to allow time for check-in. Arriving late may limit the time of your treatment, regardless of when your treatment starts, the treatment will end on time.

Attire - Guests are welcome to arrive in regular and comfortable attire. We will provide you with a kimono, slippers, disposable underwear and a locker for your personal belongings. If you feel more comfortable please bring your own swim wear but please be aware if you use your own swim wear that some treatments contain products that may cause a permanent stain.

Cancellation policy - The treatments selected are reserved especially for you with one of our trained therapists. Any cancellation notice less than 8 hours from the original appointment will incur a 50% cancellation fee. In the case of no show, the full amount will be charged accordingly. To secure a reservation, a credit card number will be required.

Jewellery and valuables - Jewellery is not to be worn during treatments and we recommend that valuable items are left at home or in the safe in your room. We do provide a locker for personal belongings but please note we take no responsibility for lost or misplaced property.

Menstrual cycle - Our guest Relations will be pleased to assist in choosing a suitable treatment for you. A number of our treatments are not recommended during the menstrual cycle.

Minimum age for spa treatment - Guests must be over 16 years of age to experience a spa treatment. In order to assure a quiet environment children should not be present nor left behind in spa reception.

Photography - We appreciate that you will love your surroundings however to protect everyone’s privacy photography is strictly prohibited in and around the spa.

Pregnancy - Prana Spa offers pregnancy massages designed for a safe experience. We do not like to offend so please do not ask for anything outside our set treatments as they will be refused. The Prana Spa team will be happy to assist with any guidance.

Respect other guests - The Spa environment is one of tranquillity and relaxation, please respect our guest’s right to privacy and a quiet environment, ensure that all cell phones and pagers are turned off once entering Prana Spa.

Smoking - As you have entered a Spa where health and wellbeing is promoted and for the comfort of other guests, smoking is strictly prohibited in and around the Spa.

Welcome to Prana Spa - continued

Special health considerations - Some spa treatments may react with medications and medical treatments. If you have special health considerations including allergies please notify our spa team when making the booking and again on arrival. You should notify the therapists if you experience discomfort at any time during their treatment.

Your comfort - Sunbathing, consumption of alcohol and eating heavy meals prior to treatments are best avoided as this may affect your spa experience. Anyone that we feel has consumed too much alcohol or mind altering substances will be refused treatments and will be charged for their treatment.

Reservations Information

Appointment - Prana Spa services are very popular and we recommend that a reservation is made in advance to avoid disappointment.

Being late for the appointment - Arriving late may limit the time of your treatment. Regardless of when your treatment starts, the treatment will end on time to avoid any further delay for following guests.

Cancellation policy - The treatments selected are reserved especially for you with one of our trained therapists. Any cancellation notice less than 8 hours from the original appointment will incur a 50% cancellation fee. In the case of no show, the full amount will be charged accordingly. To secure a reservation a credit card number will be required.

Gift certificates - Gift certificates can be arranged for the perfect gift or special occasion. All gift certificates are available at our Guest Relations counter and are valid for twelve months from the date of purchase.

In Villa Spa experiences - Some spa treatments can be taken in the privacy of your Villa – simply call us on #321 or #312.

Payment for spa services - Prana Spa accepts cash and majors credit cards and payment is accepted upon check in for your treatment. Our hotel guests may charge spa services and products to their room account.





Pricing

AROMATIC BODY & BEAUTY

| | | |
|--|-----------|-----|
| Baths - Flower, Vanilla | 30 minute | 300 |
| Body Scrub and Vichi Shower - Sea Salt, Coffee, Lulur or Milk | 30 minute | 350 |
| Body Masks - Seaweed or Clay | 30 minute | 350 |
| Milk Bath | 30 minute | 400 |
| Hair cream bath | 60 minute | 400 |
| Prana Manicure | 60 minute | 320 |
| Prana Pedicure | 60 minute | 320 |

REJUVENATING PACKAGES

| | | |
|-------------------------|------------|-------|
| Refresh Remedy | 120 minute | 900 |
| Mum's to be Spa Package | 120 minute | 950 |
| Exclusively Male | 120 minute | 900 |
| Revitalise | 120 minute | 900 |
| Serenity | 120 minute | 900 |
| Mystique of Bali | 120 minute | 900 |
| Spirit of Bali | 120 minute | 900 |
| Sun and Moon | 180 minute | 1,000 |
| Divine Unity | 180 minute | 1,000 |
| Pampering of Prana | 180 minute | 1,300 |

| | | |
|------------|----------------------------|---------------|
| Rp. | PEVONIA FACIALS | Rp. |
| | Pevonia Balancing Facial | 60 minute 800 |
| | Pevonia Men Revival Facial | 60 minute 850 |

SIGNATURE FACIALS

| | | |
|----------------------|-----------|-----|
| Prana Natural Facial | 60 minute | 510 |
| Men's Facial | 60 minute | 510 |

AYURVEDIC TREATMENTS

| | | |
|------------------------|------------|-------|
| Shirodhara | 60 minute | 800 |
| Ayurvedic Simple Bliss | 120 minute | 1,200 |

AROMATHERAPY MASSAGES

| | | |
|------------------------|-----------|-----|
| Signature Body Massage | 60 minute | 510 |
| Signature Body Massage | 90 minute | 630 |
| Deep Tissue Massage | 60 minute | 630 |
| Deep Tissue Massage | 90 minute | 750 |
| Pregnancy Massage | 60 minute | 650 |

*Bookings are essential, the Prana Spa opens from 9.00am until 8.00pm.
The prices above may be subject to change without prior notice.*

All prices are in thousands Rupiah and are subject to 21% government tax and service charges.

Aromatic Body and Beauty

- these treatments are perfect combined

Baths *30 minute treatments* Rp. 300

A selection of Flower, Vanilla bath - soak in an exotic romantic bath with a choice of flower, vanilla bath.

Body Scrub and Vichi Shower *30 minute treatments* Rp. 350

A selection of Sea Salt, Coffee, Lulur or Milk bath - choose any one of these beautiful products. This treatment will exfoliate dead skin cells, stimulate blood flow and eliminate toxin accumulations from your tissues.

Body Masks *30 minute treatments* Rp. 350

Your choice of either a seaweed or clay mask will be applied followed by a steam bath to collect the toxins as they are removed from your system, this will help tone, firm and balance your body.

Milk Bath *30 minute treatments* Rp. 400

Surreal and sublimely relaxing milk bath, blended with only the finest essential oils. Luxurious and soothing helping to exfoliate your skin, cleansing its deepest layers.

Hair Cream Bath *60 minute treatments* Rp. 400

A hair and scalp treatment using L'OREAL product from Paris - this treatment begins with a hair wash to prepare the hair so that it can absorb the essential vitamins from the hair cream. A scalp, neck, shoulder and hand massage follows whilst your hair enjoys a warm steam.

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Signature Facials

Prana Natural Facial

60 minute treatments

Rp. 510

A unique treatment that blends a European style massage with anti-aging techniques and natural ingredients. Cleansing begins with a skin firming massage followed by a gentle exfoliation and steam. Your therapist will then use a massage technique to firm and lift the skin, focusing on areas where the skin tends to reveal signs of aging. A hydrating mask of sandalwood is then applied to the skin leaving you looking and feeling rejuvenated and refreshed.

Prana Natural Facial includes a hand and arm massage allowing you to completely relax.

Men's Facial

60 minute treatments

Rp. 510

Prana Men's Facial is a unique treatment that blends European style massage with anti-aging techniques and natural ingredients. Enjoy our natural chemical free facial design for the male skin. This treat will cleanse, exfoliate and hydrate your skin leaving it radiant and clean. We recommend you shave a few hours prior to having this treatment. Our product line consists of 100% natural botanical and organic ingredients.



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Pevonia Facials

Why Pevonia Botanica Spa skin care?

Pevonia's goal is to unite science and nature in every product to offer you the best skin care available with the most noticeable results. Pevonia Botanica prides itself on the fact that they will research, rediscover and actually reinvent themselves to meet and exceed the needs of you, the consumer.

Pevonia is an internationally recognised skin care solution not comparable with any product line; unheard of results and satisfaction with every product complete this advance skin care line. Free from artificial colour, fragrance, lanolin, mineral oil, alcohol and paraben. Pevonia is based on natural ingredients from plant, marine and earth sources and is a member of the Organic Trade Association.

Pevonia Balancing Facial

60 minute treatments

Rp. 800

Pure essential oils have been chosen and blended with the Hazel Nut Oil for their unparalleled ability to restore a healthy pH and hydrate the skin. A customised mask is then applied to re-hydrate, cool and balance. Your skin will be left feeling plump, dewy, cool and radiant for days.

Pevonia Men's Revival Facial

60 minute treatments

Rp. 850

This richly repairing micro-emulsified gel contains a high concentration of Propolis from the Jura Mountains of France. Combined with Lavender and propolis concentrate it calms, heals, and truly enriches your skin. Anti-bacterial and decongesting, this vaso-constricting formulation alleviates micro-circulation problems and strengthens your fragile skin.

Excellent treatment for razor rash or prickly heat.

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Ayurvedic Treatments

Our Signature treatments

Shirodhara

60 minute treatments

Rp. 800

Shirodhara literally meaning “head flow” is one of the most desired Ayurvedic treatments. Beginning with a head, scalp, neck and shoulder massage, you will begin to calm the wandering mind. Meditative bliss will occur as a slow pouring of medicinal oils cascade over your sixth chakra, stimulating your third eye and window to the soul. Recommended for headaches and insomnia, find out why this is one of the most profound and popular treatments offered.

Ayurvedic Simple Bliss Package

120 minute treatments

Rp. 1.200

It’s all in the name! Simply put, you will be pampered from head to toe during this blissful treatment. Enjoy a relaxing full body massage using the best in our custom blended aromatherapy oils. The focus now turns towards the heavens as you experience mental relaxation and serenity during Prana’s famous Shirodhara. Your therapist will massage vital marma points as a golden stream of medicated oils cascades off your forehead. This is a deeply meditative and transformative experience and we recommend you relax after your treatment.

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Aromatherapy Massages

Signature Body Massage

60 minute treatments

Rp. 510

Your treatment begins with our Prana Foot Ritual - a time honored welcome for the weary traveler. Your feet and lower legs will be cleansed with rose petal and peppermint water, and then scrubbed with sea salt. A combination of Swedish and Balinese massage techniques, palm pressure and long strokes reduce muscle tension.

Signature Body Massage

90 minute treatments

Rp. 630

Your treatment begins with our Prana Foot Ritual - a time honored welcome for the weary traveler. Your feet and lower legs will be cleansed with rose petal and peppermint water, and then scrubbed with sea salt. A combination of Swedish and Balinese massage techniques, palm pressure and long strokes reduce muscle tension.

Deep Tissue Massage

60 minute treatments

Rp. 630

For those who prefer a strong pressure massage we offer Deep Tissue massage using Hawaiian lomi – lomi, Swedish and shiatsu pressure point techniques. This is the massage to relax and revitalize those working muscles.

Deep Tissue Massage

90 minute treatments

Rp. 750

For those who prefer a strong pressure massage we offer Deep Tissue massage using Hawaiian lomi – lomi, Swedish and shiatsu pressure point techniques. This is the massage to relax and revitalize those working muscles.

Pregnancy Massage

60 minute treatments

Rp. 650

Massage is a wonderful way to relax, increase your energy and relieve discomfort during your pregnancy. Prana's pregnancy massage is a gentle, non-invasive, full-body treatment, achieved by using a side-lying position comfortably supported with cushions. The technique used not only concentrates on alleviating some of the aches and pains associated with pregnancy but also increases circulation and reduces swelling.

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Rejuvenating Packages

Refresh Remedy

120 minute treatments

Rp. 900

Prana's Jet Lag Remedy is the perfect treatment to diminish the effects of jet lag - It is recommended both before and after you travel. The treatment begins with a peppermint infused foot bath, followed by a firm back, neck and shoulder massage, which will relax tense and knotted tissue as well as improving the circulation. Continue with a refreshing facial to recondition and moisturise the skin, finally relax and enjoy our 60 minute foot massage.

Mum's To Be

120 minute treatments

Rp. 950

A massage is a wonderful way to relax, increase your energy and relieve discomfort during your pregnancy. Prana's pregnancy massage is a gentle, non-invasive, full-body treatment, achieved by using a side-lying position comfortably supported with cushions. The technique used not only concentrates on alleviating some of the aches and pains associated with pregnancy but also increases circulation and reduces swelling. After the massage, retreat to the salon and enjoy our 60 minute hair cream bath and scalp treatment and a freshly made herbal tea.

A perfect package to allow Mums to be to unwind and recharge.

Exclusively Male

120 minute treatments

Rp. 900

Design exclusively for men to enhance wellness and achieve optimum health. Relax and enjoy an invigorating, firm massage improving blood circulation, breaking down adhesions and ultimately easing stress. Followed by a relaxing facial to cleanse and exfoliate; leaving your skin clean, balance and hydrated.

Revitalise

120 minute treatments

Rp. 900

A fantastic 120 minute treatment to balance the body, mind and spirit. Beginning with the steam room and continuing with a body scrub and a face peel to deeply purify your skin, followed by invigorating Vichi shower massage. This Purification Ritual finishes with a wonderful signature massage.

Serenity

120 minute treatments

Rp. 900

Enjoy all the "Island of The Gods" has to offer in Prana's most popular package - The Serenity package. Succumb to the traditional techniques of a Balinese oil massage for 90 minutes the followed by 30 minutes foot massage.

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Rejuvenating Packages

Mystique of Bali

120 minute treatments

Rp. 900

Enjoy all that the “Island of The Gods” has to offer in Prana’s most popular package - The Mystique of Bali. Succumb to the traditional techniques of a Balinese oil massage followed by your skin being polished by the herbal, aromatic spices of the lulur body scrub. Next a cooling yogurt splash will condition and balance your skin. Soak in a floral fantasy as you relax in a Rose petal and Frangipani flower bath with a refreshing beverage.

Spirit of Bali

120 minute treatments

Rp. 900

Spirit of Bali treatment begins with our Prana Foot Ritual – a time honored welcome for weary traveler. Your feet and lower Legs will be cleansed with peppermint water, and then scrubbed with sea salt. A 60 minutes Full Body Massage techniques, palm pressure and long Strokes reduce muscle tension, 10 minutes Foot Massage, 15 minutes Body Scrub and 15 minutes body bath.

Sun and Moon

180 minute treatments

Rp. 1.000

Sun and Moon treatment begins with your choice of exfoliating body scrubs, followed by a body polish using fresh ingredients to condition your skin. A short visit to our steam room will give your complexion a healthy glow by flushing out toxins held just below the surface of your skin. Let stress and tension melt away with a flowing massage, using our own special blend of aromatherapy massage oils continue with a foot massage. Finally a relaxing facial to cleanse, exfoliate and leaving your skin clean, balance and hydrated.

Divine Unity

180 minute treatments

Rp. 1.000

Allow your body, mind and soul to unite in a perfect balance. Awaken the soul with an exfoliating body scrub under the cleansing waters of Vichi shower. Revitalise your body as you are massaged and calm your wandering mind as you experience a Natural Facial. Relish in the whole of body, mind and soul.

Pampering of Prana

180 minute treatments

Rp. 1.300

Beginning with the plunge pools, then a relaxing foot treatment and continuing with our signature body massage to melt away any stress. The relaxed vibe continues with a full facial which seeks to balance skin, body and mind. Complete with a rhythmic scalp massage and hair crème bath

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Private Suite at Prana Spa

King Shahryar: *Look into my eyes. What do you see, Scheherezade?*

Queen Scheherezade: *Me. looking at you, my Love.*

Arabian Nights

Modern amenities meet the decadent mysteries of the most exotic era in history.

Leave your inhibitions behind and allow your imagination free reign
as you journey back to ancient Persia, Egypt, India, Morocco and the Middle East.

You will be spoiled with the riches of Kings and Queens as your soles tread upon plush carpets from Persia,
your pallet will savour the aromatic and exotic flavours and your body will be pampered and attended to like royalty.

All of these sumptuous amenities are available for your enjoyment.

Choose from any of our perfectly designed Private Suite Spa Packages or customise your spa experience.

You may also choose to simply lounge, feast or soak.

Upon this magic carpet ride you are the King and Queen, your wish is our desire to deliver.

Private Suite Packages

Eastern Mystique

180 minutes of luxury

Rp. 2,500

"This is royal! Let those who went up through Spain make the best of it these dominions of the Emperor of Morocco suit our little party well enough. Tangier is a foreign land if ever there was one, and the true spirit of it can never be found in any book save The Arabian Nights."

The Innocents Abroad - Mark Twain

Indulge in the healing of ancient Middle East traditions.

The treatment begins with a foot cleanse followed by a cleansing back facial leaving the skin exfoliated and nourished, a foot massage is performed relieving the tension in your soles and leaves you floating on a magical carpet ride. A royal facial to cleanse and soothe your skin completes your journey but as a finale, step into a herbal bath.

Mystique Foot Cleanse, Casablanca Back Facial, Marrakesh Foot Massage, Royal Facial, Flower Vanilla Bath

Jewels of the Nile

240 minutes of luxury

Rp. 3,000

"How doth the little crocodile improve his shining tail, and pour the waters of the Nile on every golden scale!"

Lewis Caroll

Submerge your soles into a Nile of colours as your feet are cleansed, exfoliated and massaged atop a rainbow of precious stones. Fall into a tranquil state of luxury as your body is carefully and therapeutically massaged with the ultimate in luxury, Gold infused massage oil. Gold has long been admired for its therapeutic properties as well as its adoring beauty. This profoundly relaxing massage will evolve into the anointing of the seven chakras as select precious gemstones are placed on each energy centre to encourage flow of positive vibrations.

Continue with a Royal Facial to brighten and enhance this opulent facial. Attention will now be brought to the heavens as you experience the Crown Therapy, using warm oils and rosemary to nourish the scalp. This tranquil journey down the Nile is complete with a Legendary Cleopatra Milk Bath.

Egyptian Foot Cleansing, Gold Infused Royal Massage, Precious Stone Alignment, Genuine Pearl Facial, Crown Therapy, Cleopatra Milk Bath.

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Private Suite Package Menu

- based on two people

Packages

| | | |
|--------------------------|-----------------------|-----------|
| Eastern Mystique | 180 minutes of luxury | Rp. 2,500 |
| Jewel of the Nile | 240 minutes of luxury | Rp. 3,000 |

A la Carte Menu

Use of the Private Suite as below, based on two people (includes the Gold Infused Royal Massage - 90 minutes)

| | | |
|--------------------------|-------------|-----------|
| Private Suite a la carte | 120 minutes | Rp. 2,000 |
| Private Suite a la carte | 180 minutes | Rp. 2,600 |
| Private Suite a la carte | 240 minutes | Rp. 3,750 |
| Private Suite a la carte | 300 minutes | Rp. 4,500 |

Also add any of the following treatments to your a la carte selection (based on two people)

| | | |
|---|------------|---------|
| Royal Relaxing Facial | 60 minutes | Rp. 900 |
| Crown Therapy | 30 minutes | Rp. 850 |
| Marrakesh Foot & Leg Massage | 60 minutes | Rp. 900 |
| Legendary Cleopatra Milk Bath | 30 minutes | Rp. 950 |

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