



Menu of Spa Services

# The Spa at Padma Resort Ubud

Purpose-built to offer hidden sanctuary for guest experiencing ultimate tranquil and relaxing in the midst of nature.

Deeply rooted in Asian natural wisdom to attain wellness, The Spa dedicated to provide a journey of rejuvenation to refresh your senses.

The Spa treatments blend the best science and nature to deliver an authentic spa experience based on your wellness goal :

- Soothing
- Uplifting
- Purifying



## Signatures | Essence of The Spa

With a passion for bringing the best elements of nature for healing & relaxing journeys, The Spa offers a signature collection of indulgent experiences designed to deliver results and nurture you inside and out.

### Journey

#### Pure Indulgence | Purifying

**3 hours**

Body Scrub | Milk Bath | Herbal Revival Massage | Elemis Facial

Capturing the purest elements of nature, this exclusive experience features a selection of fresh ingredients and exceptional therapies designed in harmony with the natural rhythms and the inherent needs of body and mind. Discover full body renewal through choice of body scrub then complemented with nourishing milk bath, a purifying herbal revival massage to release muscle and mental strain, and elemis skin solutions facial to address individual skin concerns and promote a healthy, radiant complexion.

### Massage

#### Herbal Revival Massage | Purifying

**60 | 90 minutes**

This aromatherapy massage blends customized essential-oil infusions with warm herbal compresses and therapeutic techniques to melt stiffness along tension area of body. Deliver you the ultimate experience to dissolve stress and balance the body's internal rhythm



# Journeys

Each of our journeys is precluded with sea salt foot soak and scrub that cleanse your energy and prepare to your rejuvenation experience.

## **Traditional Healing | Soothing**

**2.5 hours**

Lulur Scrub | Balinese Massage | Tester Facial

Connecting you to the healing traditions of Indonesia, this graceful experience delivers profound balance and harmony to mind, body, and soul. Beginning with lulur body exfoliation, skin is then polished with a delicate yogurt, followed by a deeply tension relieving Balinese massage. Lastly, a pampering Elemis mini facial enhances skin tone and texture for a bright and youthful complexion.

## **Radiance | Purifying**

**2.5 hours**

Herbal Scalp Massage | Body Scrub | Body Wrap | Milk Bath

This decadent combination of treatments is perfect for those looking for a beautifying boost. The ritual commences with Herbal scalp massage to calm the mind, followed by frangipani and lemongrass body exfoliation to shed dead skin cells, a green tea clay body mask to remove toxins and promote radiance. Skin nourishing session with milk bath to complete the journey. From head to toe, skin will feel softer, smoother and more radiant.

## **Jet Lag Revival | Purifying**

**2 hours**

Herbal Compress Massage | Foot Massage

An invigorating ritual that eliminates toxins and puts you back on your dynamic liveliness. Muscle melting Herbal revival massage, followed by invigorating foot massage, leaving you content and refreshed.



## **True Bliss | Soothing**

**2 hours**

Warm Stone Massage | Elemis Facial

Your sensory journey begins with a warm stone massage to encourage deep relaxation. Hot stones are placed on key meridian points while a deeply therapeutic massage relieves aching muscles and quiets the mind. Your restorative journey closes with Elemis mini facial to release any remaining signs of stress.

## **Instant Relief | Uplifting**

**1.5 hours**

Deep Tissue Massage | Elemis Facial

Designed to promote an instant renewal for your exhausted physique, begin with deep tissue massage then your restorative journey closes with Elemis mini facial to help you look and feel your best.





# Massage

## Warm Stone Massage | Soothing

60 | 90 minutes

Smooth, heated stones are applied to your body in a pattern that renews tired muscles and soothes an anxious mind. The heat from the stones radiates deep into your body, leaving you feeling grounded and rejuvenated.

## Balinese Massage | Uplifting

60 | 90 minutes

This traditional Balinese therapy employs age-old techniques including stretching, long strokes, skin rolling and firm applications of pressure to release tension and enhance flexibility. By incorporating aromatic oil you'll experience a surge in energy.

## Frangipani Petal Warm Oil Massage | Soothing

60 | 90 minutes

Warm oil and fresh frangipani petals are used in a soothing massage with applications of gentle pressure using palm techniques and flowing strokes to induce deep relaxation.

## ELEMIS Freestyle Deep Tissue Massage | Uplifting

60 minutes

Your therapist will select aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

## Foot Massage | Purifying

60 minutes

Treatment that concentrated on reflex areas in the feet that correspond to particular area of the body, stimulating and improving your overall physical, mental and emotional wellbeing.





# Face by Elemis

## **ELEMIS High Performance Skin Energizer for Men**

**60 minutes**

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximizes cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

## **ELEMIS Pro-Collagen Age Defy**

**60 minutes**

Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

*\*Independent Clinical Trials*

## **ELEMIS Sensitive Skin Soother**

**60 minutes**

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

## **ELEMIS Anti-Blemish Mattify and Calm**

**60 minutes**

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.





# Body Treatments

## Exfoliate

### Frangipani & Lemongrass | Soothing

45 minutes

A soothing exfoliation suitable for all skin types that gently removes dead skin cell to reveal soft, silky skin.

### Lulur | Purifying

45 minutes

A traditional Javanese royal beauty ritual, these aromatic treatments will soften and refine your skin as it gently exfoliates. After a fresh yogurt splash is used to nourish your skin.

### ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger | Uplifting

45 minutes

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

## Body Wrap

### Aloe Vera | Soothing

60 minutes

Calm and soothe your skin with mask rich in cooling aloe vera, nature's most potent healing herb. This wonderfully cooling body mask will leave your skin cool, while a scalp massage will sooth your mind. It is recommended for those with problem skin, sunburn or very sensitive skin.

### Boreh Revival | Uplifting

45 minutes

A Body wrap designed to ease most aches and pains. A blend of clove, cinnamon, ginger root is applied to the skin and gently massaged into your body so as warmed up the muscles, activate the mind and boost blood circulation.

### Green Tea Detox | Purifying

45 minutes

Body mask made from powerful herb that has many antioxidants. Promote healthy skin and natural beauty. It best aids helping to remove toxins as well as tone your skin.



# Enhancement

## Elemis mini facial

**30 minutes**

This introductory facial provides a quick and instant pick-me-up for any occasion.

## Foot massage

**30 minutes**

Massage inspired by reflexology technique to release tension in the feet and leg, while stimulating the body's natural recovery process.

## Back Massage

**30 minutes**

For those who short on time, these massage focuses on back, neck and shoulder to provide quick stress relief.

# Nails

Intensive treatments to rejuvenate overworked hands and feet.

## Basic

**30 minutes**

Includes shape, soak, cuticle conditioning and filling, without nail polish.

## Executive

**75 minutes**

Complete nail treatment including exfoliation, hydrating masque and shooting neck and shoulder massage.

## French polish

**75 minutes**



## **Spa opening hours**

09:00 AM-08:00 PM

## **Spa reservations**

It is highly recommended that you reserve your treatments in advance to secure a time that best suits your schedule. Our spa receptionist will ask for details room number to secure your reservation

## **Cancelation policy**

We request that you cancel your reservation at least four hours prior to your appointment time. If the cancellation is made less than four hours prior to the appointment, a cancellation fee of 50% will be applied.

## **Arrival**

Please arrive at least 15 minutes prior to your appointment time. It is however, highly recommended that you arrived 30 minutes before appointment should you wish to enjoy sauna and steam facilities. Arriving late for your spa services will result in a decrease in your treatments time.

## **Health considerations**

For your comfort, please advice upon booking of any allergies, ailments or disabilities, especially if you have high blood pressure or are pregnant as some services may not be appropriate for you at this time.

## **Gift certificates**

Gift certificates for Spa services are available for purchase at the Spa reception.



# Price List

## Signature | Essence of The Spa

Pure Indulgence | Purifying 3 hours IDR. 1.490.000  
Body Scrub | Milk Bath | Herbal Revival Massage | Elemis Facial

Massage  
Herbal Revival Massage | Purifying 60 | 90 minutes IDR. 690.000 | 840.000

## Journeys

Traditional Healing | Soothing 2.5 hours IDR. 1.290.000  
Lulur Scrub | Balinese Massage | Elemis Facial

Radiance | Purifying 2.5 hours IDR. 1.290.000  
Herbal Scalp Massage | Body Scrub | Body Wrap | Milk Bath

Jet Lag Revival | Purifying 2 hours IDR. 1.040.000  
Herbal Revival Massage | Foot Massage

True Bliss | Soothing 2 hours IDR. 1.040.000  
Warm Stone Massage | Elemis Facial

Instant Relief | Uplifting 1.5 hours IDR. 930.000  
Deep Tissue Massage | Elemis Facial

## Massage

Warm Stone Massage | Soothing 60 | 90 minutes IDR. 690.000 | 840.000

Balinese Massage | Uplifting 60 | 90 minutes IDR. 590.000 | 720.000

Frangipani Petal Warm Oil Massage | Soothing 60 | 90 minutes IDR. 590.000 | 720.000

ELEMIS Freestyle Deep Tissue Massage | Uplifting 60 minutes IDR. 690.000

Foot Massage | Purifying 60 minutes IDR. 550.000

Prices are in Indonesian Rupah, inclusive of service charge and subject to 12,5% tax



# Price List

## Face by Elemis

ELEMIS High Performance Skin Energizer for Men	60 minutes	IDR.	1.290.000
ELEMIS Pro-Collagen Age Defy	60 minutes	IDR.	1.290.000
ELEMIS Sensitive Skin Soother	60 minutes	IDR.	990.000
ELEMIS Anti-Blemish Mattify and Calm	60 minutes	IDR.	990.000

## Body Treatments

### Exfoliate

Frangipani & Lemongrass   Soothing	45 minutes	IDR.	550.000
Lulur   Purifying	45 minutes	IDR.	550.000
ELEMIS Intensely Cleansing Salt Scrub   Uplifting	45 minutes	IDR.	690.000

### Body Wrap

Aloe Vera   Soothing	60 minutes	IDR.	610.000
Boreh Revival   Uplifting	45 minutes	IDR.	550.000
Green Tea Detox   Purifying	45 minutes	IDR.	550.000

### Enhancement

Elemis mini facial	30 minutes	IDR.	360.000
Foot massage	30 minutes	IDR.	360.000
Back Massage	30 minutes	IDR.	360.000

### Nails

Basic	30 minutes	IDR.	200.000
Executive	75 minutes	IDR.	390.000
French polish	75 minutes	IDR.	390.000

Prices are in Indonesian Rupah, inclusive of service charge and subject to 12,5% tax





**The Spa at Lower Ground**  
**Opening hours: 10.00 – 21.00**

Please dial Butler Service or ext. 1911 for further information

