



Nusa Dua Spa
B A L I



SPA MENU

INSTANT BLISS

BACK, NECK AND SHOULDER MASSAGE

30 minutes journey Rp 490

Ideally suited for those who spend long hours sitting at computer screens or desks.

HEAD AND SCALP MASSAGE

30 minutes journey Rp 490

Designed to ease cranial pressure, release tension and improve blood circulation.

BODY THERAPY

TRADITIONAL BALINESE MASSAGE

50 minutes journey Rp 690

90 minutes journey Rp 975

This massage is an ancient traditional spa treatment using various techniques including skin rolling, kneading, stroking and acupressure. The treatment is combined with a blend of traditional oil to stimulate blood and oxygen flow in the body, leaving a sense of serenity and renewal.

NUSA DUA SPA FUSION

50 minutes journey Rp 690

90 minutes journey Rp 975

This signature massage fuses aromatherapy and combination of Hawaiian, lomi-lomi and Swedish massage techniques. Using long strokes along the body with palms, fingers and forearm, the therapist will help you get in touch with your whole body.

CHI REJUVENATION

50 minutes journey Rp 690

90 minutes journey Rp 975

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

NUSA DUA MASSAGE (Two Therapist)

50 minutes journey Rp 1,200

90 minutes journey Rp 1,750

This embracing massage performed by two therapists delivers total relaxation. The therapists will harmoniously synchronize their movements producing the most sensual treatment imaginable

STONE MASSAGE

90 minutes journey Rp 1,100

Enjoy this delightful spa experience that combines long strokes and use of polished volcanic warm stones. This massage combined with the stones heat will achieve deep relaxation of the muscle and relieve stress and tension.

ANGEL BLISS FOR THE YOUNG

50 minutes journey Rp 490

For junior guests aged 6 to 13 years old 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.

FOOT THERAPY

FOOTISH

60 minutes journey Rp 690

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 revitalizes the feet and calves, a perfect pampering for tired feet.

FOOT SCRUB AND ACUPRESSURE

60 minutes journey Rp 690

A combination of acupressure with Balinese foot scrub to give you a unique experience. Utilizing pressure points in the feet, the therapist will stimulate the major energy meridians that affect the balance of the internal organs.

BEAUTY THERAPY

PURE NATURE & ORGANIC TRADITIONAL BALINESE FACIAL

60 minutes journey Rp 800

Designed to leave dry skin feeling soft and re-hydrated, this traditional Balinese facial includes deep cleansing, exfoliation, a skin-perfecting mask and hydrating moisturizer. An additional element includes a massage to tone facial muscles.

BRING BACK THE GLOW (Fruit Active Glow) by Elemis

60 minutes journey Rp 930

Skin is deeply cleansed and stimulated by Eastern massage techniques, whilst powerful conditioning actively nourish and renew vital radiance. Suitable for dull skin.

A MOISTURE BOOST (Exotic Moisture Dew) by Elemis

60 minutes journey Rp 930

Following a facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin. Suitable for sensitive, dry & mature skin.

RESTORATION OF SKIN BALANCE (Herbal Lavender Repair) by Elemis

60 minutes journey Rp 930

Deeply cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts. Suitable for combination and oily skin.

SKIN IQ + FACIAL (For Men) by Elemis Advanced anti aging facial

60 minutes journey Rp 940

The ultimate skin overhaul for maximum anti-ageing results. Charged with clinically proven Time Defense Wrinkle Delay and Eye Reviver, this treatment is tailored to help combat the effects of a hectic lifestyle, ageing from frequent shaving and environmental stressors.

PURE & NATURAL COCONUT HAIR TREATMENT

60 minutes journey Rp 940

Coconut oil is rich in anti-microbial properties. Strengthens hair, helps to regrow hair and superbly moisturizes and nourishes, 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 luster.

BODY GLOW

SWEET & SALTY

50 minutes journey

Rp 750

Combination of Honey and Sea Salt. This invigorating scrub is excellent for the skin. Salt provides a powerful antiseptic and honey milk bath makes the skin soft. With this treatment, your skin becomes smooth and more supple. Suitable for oily and rough skin.

COCONUT & TURMERIC

50 minutes journey

Rp 750

A local village treatment handed down from generation to generation with a combination of coconut copra, turmeric and local herbs to exfoliate and cleanse the skin, aromatherapy flower bath. Suitable for normal and dry skin.

COFFEE & LIME

60 minutes journey

Rp 750

This invigorating coffee scrub improves blood circulation. Coffee often acts as a powerful anti oxidant and tightens the skin. Application of fresh lime loaded with vitamin C will leave the skin aromatic and fresh, end with honey milk bath. Suitable for normal & rough skin.

LULUR

60 minutes journey

Rp 750

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. Honey milk bath.

BODY COCOON

TRADITIONAL BALINESE BOREH HERBS & SPICES

60 minutes journey

Rp 750

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- blanket to infuse these therapeutic properties into the skin. Aromatherapy flower bath.

COOL AS CUCUMBER

60 minutes journey

Rp 750

The heat will sweep away from your sunburned skin as the hydrating cucumber and ginger wrap glazes your body. A great cleanser soothing skin irritations and reducing body swellings, Honey & Milk Bath.

PACKAGE RITUAL

WELLNESS HARMONY

105 minutes journey

Rp 1,300

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

Nusa Dua Foot Ritual – Choice of Body Therapy – choice of Body Cocoon or Body glow followed by Pure Organic body conditioner – Herbal Bath served with refreshment – relaxation time with water and fresh fruits.

JUST MARRIED

3 hours journey

Couple Rp 4,000

Celebrate two hours of romantic bliss in a private Villa with a Jacuzzi, steam room, sauna, plunge pool and terrace dining area.

Nusa Dua Foot Ritual – Choice of body therapy – Choice of Skin glow followed by Pure Organic body conditioner – Milk & Honey bath served with refreshment – Pure Nature & Organic Traditional Balinese facial or Foot Reflexology – Relaxation time with water and fresh fruits.

ROMANTIC EXPERIENCE

3 hours 30 min journey

Couple Rp 4,480

Exclusively for couples, enjoy intimate pampering moments in the secluded privacy of Villa Jepun. The villa offers a Jacuzzi, steam room, sauna, plunge pool and terrace dining area.

Nusa Dua Foot Ritual - Balinese Massage – Herbal Steam or Sauna – Choice of body glow or body cocoon – Choice of Energizing Bubble Bath or Plunge pool – Pure Nature & Organic Traditional Balinese Facial – relaxation time with water and fresh fruits.

NUSA DUA SPA COLLECTION

NUSA DUA FAVORITE

3 hours journey

Single Rp 2,100 | Couple Rp 4,000

Using a variety of gentle massage treatments combined with our unique blend of tropical essential oil, the therapist will first relax you before completely energizing your body.

Nusa Dua Foot Ritual – Balinese Acupressure Massage – Body glow – Pure Nature & Organic Traditional Balinese Facial – Herbal Bath – Relaxation time with water and fresh fruits.

NUSA DUA REJUVEANTION

3 hours 15 min journey

Single Rp 2,500 | Couple Rp 4,500

Indulge yourself from head to toe with this combination of traditional treatment designed to leave you feeling deeply relaxed and rejuvenated.

Nusa Dua Foot Ritual – Balinese Massage – Pure & Natural Coconut Hair Treatment – choice of body glow – Aromatherapy floral bath – Pure Nature & Organic Traditional Balinese Facial – Relaxation time with water and fresh fruits.



All prices are in thousand and nett.



: Signature treatment



: Strong



: Medium



: Gentle



NUSA DUA SPA

Nusa Dua Beach Hotel & Spa is the perfect resort to discover "Authentically Bali" where relaxation and privacy are complemented by Balinese warmth and hospitality. The Nusa Dua Spa offers a complete range of treatments and packages to pamper your body, mind and spirit. From relaxation to energizing body treatments, every element of your spa visit is designed to help you feel alive and inspired. The Nusa Dua Spa complex features a fully equipped fitness centre, squash and tennis courts. After your work-out, unwind with a dip in the lap pool, soak in the whirlpool or relax in the sauna.



NUSA DUA BEACH HOTEL & SPA

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