

A long, straight wooden walkway leads from the foreground into the distance, flanked by two long, white, single-story buildings. The buildings have large windows and are partially covered with climbing plants. The walkway is bordered by low wooden walls and several cylindrical planters containing tall grasses. The background is filled with dense tropical trees, including palm trees, under a bright, slightly overcast sky. The overall atmosphere is serene and modern.

S P A ALILA

# S P A **ALILA**

Naturally from The Heart

At Spa Alila, our goal is to help bring you back into balance naturally with treatments personalized to your needs. Through the heartfelt touch of our experienced therapists, our naturally active products and maximum guests' input, we create a new dimension in nurturing and divine pampering rituals.

Surrender to the blissful Spa Alila experience and you'll see and feel the benefits in your appearance, your spirit and your overall sense of well-being.

## Nurturing Mind and Body Wellness

Indulge in head-to-toe pampering with our luxurious spa treatments, specially created to promote the cleansing and rejuvenation of your body while inducing total mental and physical relaxation.

Choose from our selection of treatments that include:

Massage

Reflexology

Body treatments, scrubs and wraps

We also offer combination of spa packages and curate spa experiences that combine pampering treatments and personalized experiences. Whether you choose a single treatment or a full-day program, Spa Alila offers time for solitude, connection with your body and a renewed sense of well-being on many levels.

You may refer to our treatment menu for details or consult with our spa hosts.

## Pure Inspiration

Spa Alila believes in all things natural, whether it be the essential oils or organic spa ingredients that complement our treatment range.

Our carrier massage oils are a pure blend of virgin coconut, sweet almond, kukui nut and wheat germ oils, rich in healing, nutritive and aromatherapeutic qualities.

Virgin coconut oil is a truly unrefined coconut oil, where fresh coconut is shredded then cold-pressed to make coconut milk, fermented then separated and filtered. Virgin coconut oil has a much longer shelf life than most other carrier oils due to its natural antioxidant properties and is best applied directly to the skin for moisturizing and conditioning.

Sweet almond oil is an excellent scent-free carrier oil for aromatherapy essential oils and is also remedial in the treatment of itching, inflammation and dryness. Rich in minerals and antioxidants, with proteins and vitamins D and E, sweet almond oil is often referred to in naturopathy as the queen of all carrier oils.

Mother-to-be and nut-free oils are also available at Spa Alila.



**SPICED HEALTH HEROES**  
Nourishing Recipes

**HEALTH HEROES**  
Nourishing Recipes

**Warming Kacang**  
Nourishing Recipes

## Massage

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

### Balinese Massage

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

60 min | 90 min

### Therapeutic Massage

Experience a complete body awakening with a combination of therapeutic massage techniques using fluent strokes of different depths and intensity. Long Therapeutic strokes improve lymphatic drainage and circulation. Swedish deep tissue techniques work into muscles to relieve tension and stiffness. Acupressure points are used for specific stimulation, while Thai movements add elements of stretching to increase mobility.

90 min

### 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 with thumb and fingers to unblock energy flow and promote the body's natural healing from within.

60 min

### Swedish Massage

Using basic movements, including the long gliding effleurage & petrissage stroke, this treatment helps increase blood circulation and remove toxins from the body. Always working towards the heart, the therapist designs a session that relaxes you physically and emotionally.

60 min | 90 min

### 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

## **Signature Body Scrubs and Wraps**

Select from the interchangeable products that best suit your condition

### **Scrubs**

Deep and Dirty – coffee, sugar and oil

Comfort and Cleansing – coconut and lemongrass

Lightening and Brightening – papaya, sugar and aloe-vera

Ayurvedic – green gram, sandalwood, turmeric and honey.

### **Wraps**

Soothing – seaweed and aloe-vera

Toning – cocoa, coffee and clay

Detoxifying – red clay

Glowing – papaya, lime and sandalwood

Ayurvedic – fuller earth, turmeric and manjistha

## Treatment Enhancers

### Massage

Any one of the below mentioned areas:

Stimulating Scalp

Back | Foot | Hand

Arms | Neck | Shoulders

15 min | 30 min

### Children's Massage

Indulge your young ones with a relaxing massage that helps stimulate motor development and improves immunity and strength. We use extra virgin coconut oil which is gentle and safe for your child. Suited for children ages four to thirteen years.

15 min | 30 min | 60 min



## Your Own Spa – Spa Addict Packages

Spa Alila's unique approach recognizes the individual in you, offering you the flexibility to design treatments according to your personal needs and preferences in consultation with our therapists. Using the following packaged treatments as a guide, enjoy the fun and freedom to create your very own spa experience choosing from a selection of interchangeable products and treatment enhancers.

### **Aloe Glow**

A soothing treatment designed to hydrate and repair damaged or dull skin. The treatment includes our signature foot bath, a 60-minute Balinese or Swedish massage, an aloe vera and papaya scrub followed by a deeply nourishing seaweed and aloe body wrap. This therapy cools the body and gives your skin a divine glow. A herbal steam shower is optional depending on your skin condition.

140 min

### **Skinny Moccocino**

A unique combination of cedar wood and rose essential oils are blended with raw sugar which helps with the removal of dead skin cells and creates a toning effect leaving the skin soft and pure. A coffee and cocoa full body mask follows. The caffeine draws out all the impurities and tightens the skin while the cocoa, full of antioxidants, provides a fantastic anti-ageing effect by keeping the skin nourished. Treatment includes a signature foot bath, a 60 min Balinese or Swedish Massage and herbal steam.

140 min

## **Ayurveda**

Ayurveda, the knowledge of life enables you to be one with the universe, nurturing your mind, body and soul. Make it your way of life to bring back, improve and maintain the equilibrium of wellness

### **Shiro-Abhyangam**

This Indian head, neck and shoulder treatment begins with a reviving scalp massage that helps to improve circulation, prevent hair loss, dryness and breakage in hair. Pressure point and drainage techniques are applied to the neck and shoulders culminating in a soothing head massage.

30 min

### **Pada-Abhyangam**

A pampering massage to rejuvenate tired feet, this treatment improves blood circulation in the legs and is best for relieving post flight stress, tension and lethargy in the lower legs.

30 min

### **Uzhichill**

This traditional ayurvedic de-stressing massage is delivered with warm medicated herbal oils and is known for its great anti-ageing properties. The use of long strokes induce complete relaxation of the body and mind. It also helps in pacifying the Vata component in the body, improves circulation, relieves fatigue and revitalizes the skin.

60 min

### **Ayurvedic Rejuvenating Massage**

This popular ayurvedic treatment focuses on the pressure points of your entire body. Using herbal medicated oils, this massage is exceptionally helpful in stress relief that aides in strengthening and rejuvenating your body. Ayurvedic massage is extremely beneficial in relieving body aches and pains, arthritis, osteoporosis and general fatigue.

60 min| 90mins

### **Shirodhara**

Incorporating a continuous flow of warm medicated oil on the third eye, the treatment relaxes the mind and is also known to improve memory, regularize sleep patterns and control blood pressure. A complete de-stress regime.

60 min| 90min

As per the philosophy of Ayurveda, treatments should be received from therapists of the same gender.

Oils used is significantly more in quantity compared to western therapies.

### **Udwartanam**

A unique treatment where dry herbal powders are massaged to the skin. This treatment is highly effective in reducing cellulite by burning subcutaneous fat and improves circulation leaving the skin hydrated and glowing.

60 min

### **Podikizi**

Podikizi is one of the most common and effective Ayurvedic therapy involving full body massage (or the affected part) using kizhis (poultice) with a mixture of herbs, dipped in medicated oils. It is effective in treating neuro-muscular diseases, bringing back the natural body balance.

60mins

As per the philosophy of Ayurveda, treatments should be received from therapists of the same gender.

Oils used is significantly more in quantity compared to western therapies.

## **Yoga**

Yoga brings physical, mental and spiritual discipline into our lives. One can easily achieve better health and improve one's quality of life with this ancient treasure of knowledge. Spa Alila offers various sessions that combine surya namaskar (sun salutation), asanas (postures) and pranayama (breathing exercises) to help find your balance. Our yoga instructor will be happy to guide you through your yogic journey.

### **Surya Namaskar (sun salutation)**

Our yoga is performed in a set of 12 asanas (postures) performed continuously in a particular sequence. The session begins with a brief introduction on the concept, some mobility exercises and ends with relaxation.

30 min

### **Ashtanga Yoga Private Sessions**

In these sessions our yoga instructor will help you understand your body better. Get to know your specific body type and the areas that need focus during your personal yoga session. We practice Ashtanga yoga which brings a balance to mind and body. It is specially designed keeping in mind the needs of our individual guests.

60 min

### **Pranayama (Breathing Exercise)**

Pranayama is the ancient practice of controlling your breath. You control the timing, duration, and frequency of every breathe and hold. The goal of pranayama is to connect your body and mind. It also supplies your body with oxygen while removing toxins.

30min

## Spa Etiquette

### **Reservations**

We recommend advance booking for your treatment to avoid disappointment.

### **Late arrival means less spa time**

Arrive at least 15 minutes prior to your scheduled appointment. As part of our personalized service, you will receive a health questionnaire on your first visit.

### **Spa Attire**

All our rooms are equipped with changing facilities. Robes and disposable underwear will be provided.

### **Shhhh – Cellphones**

To maintain the serenity in the spa we request that all cellphones and other electronic devices be switched off on arrival.

### **Facial Treatments**

Any skin sensitivity concerns should be shared with your therapist, prior to your treatment. Men are advised to shave before the facial. Although not essential, it is beneficial.

### **Medical Concerns**

First timers need to undergo a consultation prior to the treatment to provide you with the best possible experience. Please consult with your doctor if you suffer from high blood pressure, heart or any other medical condition. Certain therapies are not recommended during pregnancy so please consult with the spa host for guidance.

### **Children's Massage**

Although we are skilled and highly professional in children's massage, it is recommended that one parent be present in the room while the treatment is being performed.

### **Food, Drinks and Smoking**

Smoking, consumption of alcohol, other beverages and food within the spa is strictly prohibited. Consumption of solid food or drinks before the treatment is not advisable. We provide drinking water before and a refreshing tea post therapy.

### **Valuables**

For the safety of your valuables, we recommend that you leave them in the guest room safe. The management will not assume any liability for the same.

### **Cancellation**

We hope that you do not have to cancel your appointment. To avoid being charged, please honor our three-hour advance notice clause. Cancellations made within three hours notice will be subject to 50% charge. We regret that a full payment will be imposed on a 'no-show' situation.

### Massage

Balinese Massage

60 min | 90min

4400 | 5700

Swedish Massage

60 min | 90min

4100 | 5400

Reflexology

60 min

4100

Therapeutic Massage

90 min

5600

Warm Stone

90 min

5600

### Body Scrubs and Wraps

Body Scrubs

30 min

3500

Body Wraps

30 min

3500

### Spa Addict Packages

Aloe Glow

140 min

8000

Skinny Moccocino

140 min

8000

### Treatment Enhancers

Massage

15 min | 30 min

1500 | 2500

### Ayurveda

Shiro-Abhyangam

30 min

2500

Pada-Abhyangam

30 min

2500

Uzhichill

60 min

4200

Ayurvedic Rejuvenating Massage

60 min | 90min

4300 | 5300

Shirodhara

60 min | 90min

5500 | 7000

Udwartanam

60 min

4400

Podikizi

60min

5500

Kids Massage

15 min | 30 min | 60 min

1800 | 2500 | 4100

### Yoga

Ashtanga Yoga – private sessions

60 min

2000

Surya Namaskar (sun salutation)

30 min

1000

Pranayama (Breathing Exercise)

30min

1000



SALON MENU

**HAIR CARE**

Short Hair Cut (Ladies)	1,500
Long Hair Cut (Ladies)	2,000
Root Touch-up	2,000
Full Hair Highlights	3,500
Dandruff Treatment	3,500
Hair Straightening	7,000
Blow Dry	1,500
Hair Wash	700
Styling with Rollers	2,500
Ironing	1,500
Hair Henna	2,500
Hair Cut with Wash (Men)	1,000
Men Hair Styling	1,500
Hair Cut (Men)	800
Shaving	500
Beard Trimming	500
Balinese Crème Bath	4200
Ayurvedic Hair Cream Bath	4200

**BLEACHING**

Face	1,000
Full Arms	2,000
Back	3,000
Full Body	5,000

**THREADING**

Face	700
Eyebrows	300
Upper Lip / Chin	200

**WAXING**

Full Arms	1,000
Full Legs	1,500
Full Back	3,000
Full Body	6,000
Bikini	2,000
Face	1,000
Under Arms	500

**HANDS & FEET**

Royal Feet Treatment	2,300
French Manicure or Pedicure	2,500
Winter Package (Hair Wash & Cut + Face Pack + Waxing – Arms & Legs + Threading)	5,000
Mehendi (one hand)	1,500
Nail Color – Re-application	500

**SKIN CARE**

Anti-ageing Face Treatment	3,900
Dry Skin Treatment	3,900
Acne Skin Care	3,900

**COUPLE PACKAGE**

	7,000
(Face Pack + Waxing - Arms & Legs+ Threading + Hair Color + Hair Treatment + Hair Cut)	

Prior booking is advised. Packages can be customized as per your requirement.  
All rates are in Indian Rupees and subject to applicable taxes. A 5% service charged will be levied.



**MAKE-UP & STYLING**

Make-Up	2500
Hair Styling	2000
Make-up & Hair Styling	3500
Make-up, Hair Styling & Saree Draping	3800
Saree Draping	800

Prior booking is advised. Packages can be customized as per your requirement.  
All rates are in Indian Rupees and subject to applicable taxes. A 5% service charged will be levied.

Contact

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