

# SPA

AT PEPPERS SEMINYAK

## *Discover Indulgence*



With an established core of expertly trained Balinese therapists, the SPA strives to go above and beyond skin-deep beauty in addition to offering top quality facial and body treatments.

The SPA uses only the finest quality skin and body care to ensure a holistic luxurious experience, from the smallest of treatments to hours long packages.

We hope you'll enjoy your visit with us.

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A really memorable experience awaits you.

## General Spa Information

Please reserve your treatments in advance by dialing extension 2 from your villa.

When you arrive at the SPA, our receptionist will explain your scheduled treatment and she will ask you to complete a Spa Consultation Form. Please take the time to answer all the questions thoroughly and let us know if you have any medical conditions or concerns.

Disposable underwear, slippers and a bathrobe will be provided for your use.

Special notice for pregnant guests:  
You may want to avoid treatments using deep pressure. Please inform our spa receptionist of your condition when you book your treatment so that we can assist in selecting the most suitable options for you.

## Spa Etiquette and Policy

### Arrive Early

Please try to arrive at least 10 minutes before your scheduled treatment time. Arriving late will shorten your spa time with us as your treatment must end on time to prevent delays for the next appointment.

### Jewellery

Please make sure you are not wearing any jewellery.

### Minors

Spa guests must be at least 12 years of age. Guests younger than 12 years old has to be accompanied by an adult.

### Smoking and Alcohol

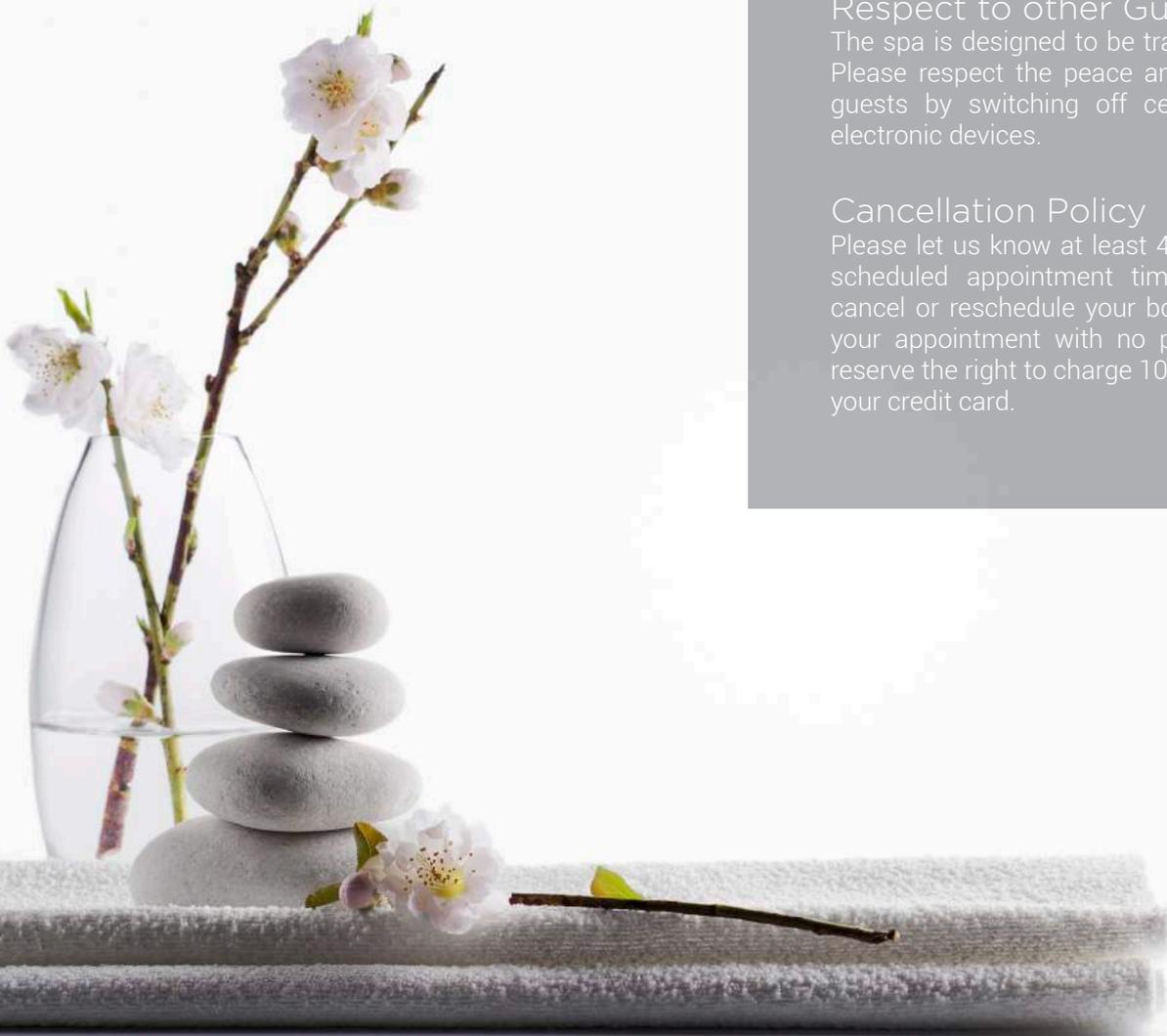
Smoking and alcoholic beverages are NOT permitted in the spa. We recommend that you refrain from consuming alcohol at least 8 hours before your treatment.

### Respect to other Guests

The spa is designed to be tranquil and relaxing. Please respect the peace and privacy of other guests by switching off cellular phones and electronic devices.

### Cancellation Policy

Please let us know at least 4 hours before your scheduled appointment time if you wish to cancel or reschedule your booking. If you miss your appointment with no previous notice we reserve the right to charge 100% to your bill or to your credit card.





## Signature Treatments

*A harmonious blend of techniques from century-old cultures, culminating in paradise island to introduce balance to your physical state.*

### Traditional Balinese Massage *(60 & 90 minutes)*

This traditional massage is an ever-present part of the island's spiritual and physical beauty and is relaxing and therapeutic, utilizing both thumb pressure and skin rolling.

### Hot Stone Massage *(90 minutes)*

Shoot away stress and dissolve muscular tension. Aims to ease muscle stiffness, increase circulation, metabolism, and promotes deeper muscle relaxation.

### Tui Na Facial Massage with Cooling Jade Roller *(60 minutes)*

Tui Na is a Chinese medical massage technique using a gentle push and pull movements that incites the blood circulation in the head, face and ears. Your therapists will massage over 20 acupuncture points on the face. To complete this facial, discover the ancient cooling and therapeutic effects of the Jade roller. The rolling technique of the stone closes the pores while helping to move the lymph to reduce puffiness and wrinkling.

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## Simplicity | Massages

*Sometimes, less is more. A well executed massage might just be what you need.*

### Symmetry *(60 & 90 minutes)*

Combining soft and medium pressure and long sinuous strokes throughout the body, the Symmetry Massage is perfect to lull you into the mindset you need to fully enjoy your vacation. Using long stroke palm technique, this massage is a holistic approach to balance the body.

### Detox *(60 & 90 minutes)*

Designed to release toxins and increase blood and oxygen circulation. This therapeutic detoxification massage boosts the immune system to restore the body's natural balance.

### Sports *(60 & 90 minutes)*

Ideal for chronic stiffness and soreness, our Sports Massage utilizes various deep tissue techniques and stretching. A perfect treatment to release specific areas of congestion, loosen muscle tissue, release toxins, and increase blood and oxygen circulation throughout the entire body. Loved by all our male guests.

### Remedial *(45 & 60 minutes)*

Specialised Treatment for Upper back pain, Neck pain, Lower back pain. Performed by one of our senior therapists, trained by an accredited trainer and soft tissue therapist from Australia.

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## Top To Toe

*Not an inch to be missed in the world of indulgence.*

### Hair Treatment *(60 minutes)*

Quench thirsty, tired hair with a lush Hair Cream Treatment, followed by a stress releasing head massage. Available at the SPA, as well as wash and blow dry with regular styling.

### Body Scrub *(30 minutes)*

Body scrubs are a therapeutic exfoliating treatment for the skin, leaving the entire body glowing and healthy. A selection of scrubs is available to suit your mood and skin type.

### Foot Relaxation Massage *(60 & 90 minutes)*

Designed to relax and revive tired legs and relieve swelling; fantastic after a long flight!

### Foot Reflexology *(60 & 90 minutes)*

Heaven for tired legs and feet. Reflexology is based on the theory that the feet are reflections of the entire body. It will focus on specific points to stimulate and improve blood circulation and promote a healthy, balanced body.

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## Pevonia Botanica, the organic skin care experts

*A leader in advocating and protecting organic standards so that consumers can have confidence in certified organic production, reassures that Pevonia manufacturing code of ethics meets one of the highest and most respected organic organisations criteria.*

### Marine Collagen *(60 minutes)*

#### **Anti-aging**

Counteract any signs of early aging, to combat excessive dryness, dehydration, fine lines and wrinkles. Rich in concentrated Marine Collagen, this facial is perfect to refresh and fight signs of dehydration due to the humidity while on holiday's leaves skin plump, tone, with youthful glow.

### Detox Propolis *(60 minutes)*

From the Jura Mountains of France, abundant in antioxidant and antibacterial, Propolis perfect for those with sensitive, hypersensitive and allergy-prone skin. Clear up breakouts, reduce blemishes and clarify skin tone. This booster for the skin will soothe, heal, and truly enrich your skin.

### Detailing Facial For Him *(60 minutes)*

Rasher rash, skin irritation or sensitivity are all treated in this executive facial for him. Combining Lavender and Propolis, this micro emulsified gel is infused into the deeper layers of the skin to calms, heals, and truly enriches your skin. This facial also focuses on anti-bacterial and decongesting properties to alleviates micro-circulation problems and strengthens your fragile skin.

### Phyto Organic Facial *(60 minutes)*

#### **Skin Types – Sensitive, Dry, Combination/Oily**

Optimize your skin's health and radiance with mask treatments that specifically address your skin type. Pure organic aromatherapy elixirs & botanical actives formulations from Pevonia Botanica to purify, balance & renew the skin. Improves your skin naturally and restore normal, balanced moisture levels. Leaving your skin radiant, softer, and hydrated.

### Organic Express *(30 minutes)*

Look impeccable in record time.. Incorporate cleansing, exfoliating, face massage and moisturizing, leaves your skin fresh and vibrant. Pure essential oils refine the skin's texture and balance moisture and oil levels.

### Sun-Soothing *(30 minutes)*

Instantly soothe the skin and restore hydration, with the repairing benefit of White Lily and Green Tea to deeply hydrate and desensitize skin. No face scrub and face massage performed.



## SIGNATURE BODY MESSAGES

## LUXURIOUS BODY RITUAL

### Signature Massage *(60 & 90 minutes)*

#### **Deep tension massage with hot towel ritual & holistic Moor mud on back**

The holistic exotic Moor mud rich in natural vitamins, minerals and enzymes is generously applied to your back for a deep relaxation body massage. Deep tension, sore muscles, aches and pains are alleviated as your body's circulation is stimulated and stress vanishes.

### Youthful Skin Massage *(60 & 90 minutes)*

#### **Luxe anti-aging massage for skin**

This unique body massage not only ease muscle tension but wonderfully restore youthful-looking skin. Using Pevonia Botanica unique massage emulsion rich in antiaging vitamin E, Safflower and Orange, good for wrinkle-smoothing, increase skin elasticity, and glowing skin.

### Pure Bliss *(120 minutes)*

#### **Pure bliss – de-aging, youthful and supple skin**

Footbath – Mango Passionfruit Saltmousse body scrub – Body Massage – Mango Passionfruit body mask complemented with Pevonia Botanica mini facial

The divine scent of sea and tropical fruits gently awaken your senses... Tropical Saltmousse removes impurities and mineralizing your skin. Then deeply relax in body massage using antiaging massage emulsion. Then your body will be gently cocooned in a luscious-nourishing tropical scent elixirs for your skin rejuvenation goodness. Complete the pampering journey with a hydrating Pevonia Botanica mini facial for the sake of your pampered senses.

### Fruity Delight *(90 minutes)*

#### **Rejuvenate, firmer & brighter skin**

#### **Mango Passionfruit Saltmousse body scrub - Body massage**

The exotic tropical fruits aromas of Mango & Passionfruit and the rich ingredients of vitamins and minerals pamper your skin and your senses. Your skin emerges supple, smooth and glowing, while the fruity aromas deliver a wonderful feeling of the tropical spa experience.

### Holistic Awakening *(90 minutes)*

#### **Holistic healing – restore energy, strength and inner balance**

Footbath – Hot towel ritual & warm Moor Mud body Mask and head massage – Body massage with warm oil.

This healing black magma warm aromatic Moor Mud is rich in natural vitamins, enzymes and minerals. A great anti-fatigue therapy, works deeper alleviating fatigue, aches, and pain. Ideal for those prone to chronic pain or fatigue, rheumatism/ arthritis pain and post-sports injuries. This superb mud offers a gentle thermal action which stimulates and invigorates the body bringing a state of deep relaxation and wellbeing. This treatment is designed to awaken the body, to restore strength and inner balance.



## Ultimate Indulgence

*Get the best of our SPA with these combinations of our most popular treatments*

### Clarity *(90 minutes)*

#### **Body massage, body scrub**

Sometimes we only need a little bit of help on achieving relaxation. Our Balance package combines the benefits of a body exfoliation along with the hydrating and relaxing benefits of a body massage.

### Symmetry for Two *(180 minutes)*

#### **Symmetry body massage, body exfoliation, herbal bath, Facial with cooling jade roller**

Beginning with a footbath, the experience continues with a detoxifying and invigorating body exfoliation with a sea salt scrub followed by a herbal bath (choice of clove, star anise, cinnamon or peppermint) to prepare for a natural cleansing facial using a cooling jade roller to seal the pores.

### Finding Balance *(120 minutes)*

#### **Body scrub, body massage, herbal bath**

After readying your body to absorb the nourishing benefits of therapeutic oils with a full body exfoliation and massage, a herbal bath helps to relax your tense muscles.

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*Get the best of our SPA with these combinations of our most popular treatments*

### Chocolate Fondue *(135 minutes)*

**Balinese body massage, body scrub, milk chocolate body mask, warm chocolate bath, chocolate body lotion**  
If only your skin could taste! This decadent package is recommended even for those on the strictest of diet.

### The Absolute Treat *(270 minutes)*

**Symmetry massage, body exfoliation, mineral rich orange and body mask, bath, cleansing natural facial with cooling jade roller, express manicure and pedicure, spa cuisine.**  
This is an opportunity to spend a day discovering tranquility.

### After Sun Delight *(120 minutes)*

**Body massage with lavender oil, cooling body mask, mini facial**

Rehydrate the skin with moisture rich lavender oil, followed with a cooling body mask. While you are cocooned, our professional therapists conducts a mini facial. A true oasis for those who worship the sun.

\*Not recommended for acute sunburn.

### Create your own package!

**Combine different treatments available and create the perfect spa experience that suits your needs today.**  
Choose any A La Carte treatment from our menu and save 10% from the full price.

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# & Manicure & Pedicure

Manicure

Pedicure

French Manicure

Express Manicure

Express Pedicure

Polish Change

Combined Manicure and Pedicure

Shellac Manicure

Shellac Pedicure

Shellac Manicure & Pedicure

Shellac Nail Polish

Shellac Polish Remover

Shellac Polish Remover + adding new Shellac Polish

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## For The Little Ones

*Because we know that a healthier lifestyle from a young age brings lifetime benefits for our loved ones. These treatments are designed for children 12 years old and under.*

### Mini Me Massage *(45 minutes)*

A relaxing and therapeutic full body massage with our all-natural oils.

### Mum and Me *(90 minutes)*

A combination of body massage and natural mini facial or express manicure/pedicure.

### Twinkle Toes and Fancy Fingers *(60 minutes)*

Children Manicure and Pedicure. Treatment includes a soak, citrus scrub, cuticle trimming, gentle foot and hand massage and a choice of nail polish.

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## Health & Wellness Activities

*Keep your body and mind in harmony through our curated private health & wellness activities. Reservations 48 hours in advance are necessary.*

- Vinyasa, Yin, Hatha, Ashtanga Yoga
- Kundalini Yoga and Sound Healing
- Qigong
- Weight Training
- Boxing
- Breathwork
- Tibetan Bowl Chakra Healing
- Japa Mala Meditation

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SEMINYAK  
BALI

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