

# Welcome to SPA at Peppers Seminyak

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.



## 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 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

Smoking is NOT permitted in the spa.

### 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.



# Island's Best

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

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## 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.







# Simplicity | Massages

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

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## 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.

## 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.



# 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.





# Facial Treatment

## 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 is perfect for those with sensitive, hypersensitive and allergy-prone skin. Clears up breakouts, reduces blemishes and clarifies 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 calm, heal, and truly enrich your skin. This facial also focuses on anti-bacterial and decongesting properties to alleviate micro-circulation problems and to strengthen 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.



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.*

*Experience the power of nature and the luxury of the spa with Pevonia.*





# Signature Body Massage

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Signature Massage *(60 & 90 minutes)*

**Deep tension massage with hot towel ritual & holistic \*Desert Heat mud\* back application**

The holistic Desert Heat mud enriched with copper, magnesium, and zinc is generously applied to your back to complement a stress release 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 eases muscle tension but wonderfully restores youthful-looking skin. Using Pevonia Botanica unique massage emulsion rich in anti aging vitamin E, Safflower and Orange, good for wrinkle-smoothing, increases skin elasticity, and glowing skin.

# Luxurious Body Ritual

## 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 mineralises 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 – Body massage with warm oil, hot towel ritual & warm Desert Heat mud body mask and head massage

This holistic earthy treatment is designed to awaken and rejuvenate the skin while recharging and rebalancing the body. The warm sensation of Desert Heat mud contains of Red Seaweed and mineralizing golden Arizona Desert mud enriched with copper, magnesium, and zinc to enhance massage benefits to vanquish fatigue and stress. The healing effect of Desert Heat is boosted, leaving the skin mineralized, energized, nourished, toned, lustrous, and smooth.

## Pevonia Refresh *(90 minutes)*

### **Energizing body, radiant skin**

Body Massage – Pevonia Organic Express Facial

Body and face rejuvenation in a blitz! Enjoy the energizing body massage with the benefits of key essential oils to ease muscle tension and nourish the skin, and Pevonia Botanica Organix express facial leaving your skin healthy, radiant and smooth.







# Ultimate Indulgence

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

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## 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.

## Renew *(90 minutes)*

**Body massage, tester facial**

Bringing out your most radiant self by combining the traditions of the massage and the finest Asian skincare.

## 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.



# Ultimate Indulgence

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

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## 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 tranquillity.

## 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.*





## 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.*

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

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

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

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

### 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.



# & Manicure & Pedicure

Manicure

Pedicure

French Manicure

Express Manicure

Express Pedicure

Polish Change

Combined Manicure and Pedicure

**Gel** Manicure

**Gel** Pedicure

**Gel** Manicure & Pedicure

**Gel** Nail Polish

**Gel** Polish Remover







## Health & Wellness Activities

*Keep your body and mind in harmony through our curated private health & wellness activities. Reservations 24 hours in advance are necessary.*

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- Vinyasa, Yin, Hatha, Ashtanga Yoga
- Kundalini Yoga and Sound Healing
- Qigong
- Breathwork
- Tibetan Bowl Chakra Healing
- Japa Mala Meditation
- Boxing
- Mat Pilates
- Floating Sound Bath
- Floating Pilates or Yoga

How was your visit? Let everyone know how it was - post a review on Tripadvisor.com. We'd love to hear your thoughts and impressions. Thank you for choosing us.



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# Pricelist

## ISLAND'S BEST

Traditional Balinese Massage <sup>(60'/90')</sup>	500/620
Hot Stone Massage <sup>(90')</sup>	750
Tui Na Facial Massage <sup>(60')</sup>	750

## SIMPLICITY | MESSAGES

Symmetry Massage <sup>(60'/90')</sup>	530/650
Detox Massage <sup>(60'/90')</sup>	530/650
Sports Massage <sup>(60'/90')</sup>	550/670
Remedial <sup>(45'/60')</sup>	600/650

## TOP TO TOE

Hair Treatment <sup>(60')</sup>	500
Body Scrub <sup>(30')</sup>	350
Foot Relaxation Massage <sup>(60'/90')</sup>	440/550
Foot Reflexology <sup>(60'/90')</sup>	460/570

## PEVONIA BOTANICA FACIAL

Marine Collagen <sup>(60')</sup>	1,200
Detox Propolis <sup>(60')</sup>	1,100
Detailing Facial For Him <sup>(60')</sup>	1,100
Phyto Organic Facial <sup>(60')</sup>	950
Organic Express <sup>(30')</sup>	650
Sun Soothing <sup>(30')</sup>	550

## SIGNATURE BODY MESSAGE

Signature Massage <sup>(60'/90')</sup>	600/750
Youthful Skin Massage <sup>(60'/90')</sup>	550/700

## LUXURIOUS BODY RITUAL

Pure Bliss <sup>(120')</sup>	1,450
Fruity Delight <sup>(90')</sup>	850
Holistic Awakening <sup>(90')</sup>	800
Pevonia Refresh <sup>(90')</sup>	1000

## ULTIMATE INDUGENCE

Clarity <sup>(90')</sup>	800
Renew <sup>(90')</sup>	850
Symmetry for Two <sup>(180')</sup>	3,100 /couple
Finding Balance <sup>(120')</sup>	950
Chocolate Fondue <sup>(135')</sup>	1,200
The Absolute Treat <sup>(270')</sup>	2,500
After Sun Delight <sup>(120')</sup>	900

## FOR THE LITTLE ONE

Mum and Me <sup>(90')</sup>	1,300 /couple
Mini Me Massage <sup>(45')</sup>	350
Twinkle Toes and Fancy Fingers <sup>(60')</sup>	400

## MANICURE PEDICURE

Manicure	400
Pedicure	450
French Manicure	500
Express Manicure	250
Express Pedicure	300
Polish Change	200
Combined Manicure and Pedicure Gel Manicure	800
Gel Pedicure	400
Gel Manicure & Pedicure	450
Gel Nail Polish	800
Gel Polish Remover	250
	100

## HEALTH & WELLNESS ACTIVITIES

Vinyasa, Yin, Hatha, Ashtanga Yoga*	-
Kundalini Yoga and Sound Healing*	-
Qigong*	-
Breathwork*	-
Tibetan Bowl Chakra Healing* Japa Mala Meditation*	-
Boxing**	-
Mat Pilates	-
Floating Sound Bath	-
Floating Pilates or Yoga	-

\* Prices include up to 4 participants  
\*\* Prices include up to 2 participants

All prices are in thousands of Indonesian Rupiah (IDR) and subject to 21% Government Tax and Service Charge.