



SPA
AT PEPPERS SEMINYAK



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, you'll find healers as well as colonic hydrotherapy.

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 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.

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.

Signature Treatments

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





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.

Simplicity | Massages

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

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.

Top To Toe

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





Elemis

Elemis | Physique

Looking after your body isn't just about diets and detox. A luxurious bodycare ritual can transform the way you feel in your skin and yourself. Customise your routine with a wonderful array of aromatics and textures.

Elemis Nourish Wrap - Frangipani

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. Mood balancing aromatics and skin conditioning oils do their work while you are kept cocooned and warm.

Elemis Intensely Cleansing Salt Scrub - Lime & Ginger

Slough away dead skin cells with fragranced salt, leaving a smooth and responsive canvas to absorb the deeply nourishing body oil.

Elemis

One of the most bestselling spa products globally, Elemis was born out of the vision to bring together the power of nature, science and aromatics. With 6.5 million customers yearly and 25 years as a pioneer within the beauty industry, your skin, body and wellness lies at the heart of Elemis.

Elemis | Visage

Masterfully created and curated.

Pro-Collagen Age Defy

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

**Independent Clinical Trials*

High Performance Skin Energiser

Mens Facial

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 Superfood Pro-Radiance

A nutritional boost rich in superfoods and essential minerals designed to pack stressed dull skin with energizing, detoxifying activities. Clinically proven* to leave skin plumper, radiant and lit up with good health.

**Independent Clinical Trials*

Elemis Sensitive Skin Soother

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

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.



Elemis



Healing *(60 & 90 minutes)*

A deeply moving, remarkable way to treat oneself. Considered as one of the gateway pillars to the world of wellness, healers work with your current physical and mental state, helping you open a path towards a state where you are not only being, but thriving.

Colonic Hydrotherapy *(90 minutes)*

Colon hydrotherapy is an extremely safe and effective process for removing toxic fecal material accumulated in the colon. The hydration of the colon benefits the digestive system, increases immune function and restores the effectiveness of the organ. One, three and six sessions packages are available, with each session lasting 90 minutes.

Detox Package *(210 minutes)*

Detox Massage, Detox Facial, Colon Hydrotherapy and light refreshment

The ultimate package for a total systematic detoxification. Beginning with a detoxification massage to relax the body while increasing blood and lymph circulation, continued with a detoxification pressure point facial, then concludes with a Colon Hydrotherapy session.

Wellness

*A holistic journey to wellness tends to both physical
and mental care.*

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, Elemis tester facial

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

Frangipani Bliss *(120 minutes)*

Elemis Exotic Frangipani Monoi Oil, Elemis Lime and Ginger Salt Glow, mini facial, 60 minutes body massage

Warm oils drizzled on the skin to awaken your senses with the subtlest of touches, followed with a luxurious body exfoliation, while a therapeutic scalp massage and a mini facial helps rid your worries away.

Ultimate Indulgence

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 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.

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.

Ultimate Indulgence

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



Off With The Hair!

Waxing

Upper Lip
Under Arm
Arm
Half Leg
Full Leg
G-String
Bikini
Brazilian

& 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



Mini Me Massage *(45 minutes)*

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

Mum and Me *(60 minutes)*

A combination of back massage, natural mini facial and express manicure.

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.

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.





Stretch & Breathe

Ashtanga Yoga

Dynamic and flowing form of yoga, focusing on synergy of movement and breathing

Hatha Yoga

Slower paced, concentrating on maintaining correct breathing while holding the positions

Tai Chi

Ancient Chinese martial art form, nowadays widely practiced for its health benefits

**maximum 6 people per instructor.*

Commit to be Fit

Adult Boxing - burn up to 800 calories!

**maximum 2 people per instructor.*

Parents' Time Out - 60 minutes

Fitness session for children 8 -14 years

Nimble Ninja - using TRX apparatus, focusing on strength and balance

Rocky's Apprentice - focusing on cardio via fit boxing (a.k.a safely and effectively diluting energy levels!)

Nutritional consultations

60 minutes session with BODIKU senior nutritionist towards achieving your optimum health and mental clarity. Extended support via Skype consultations available upon request.

Refresh & Refuel

Eating and training right is a lifestyle that you sometimes just can't leave behind during your getaway to paradise. At Peppers Seminyak we provide BODIKU Fitness Management services for you to keep your strength and fitness level up.

How was your visit? Let everyone know how it was - post a review on [Tripadvisor.com](https://www.tripadvisor.com).
We'd love to hear your thoughts and impressions. Thank you for choosing us.





For more information please contact us :

Jl. Pura Telaga Waja, Petitenget, Seminyak - Bali 80361

Phone +62 361 733 398 • www.peppersseminyak.com