

AWAY
BALI LEGIAN CAMAKILA

SALILA

Menu

AWAY BALI LEGIAN CAMAKILA

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Away Bali Legian Camakila



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SALILA SPA

Signature Rituals



OTHERS *Selection*

Sauna

30 minutes IDR 55K

60 minutes IDR 110K

Gym & Cross fit (in house free)

Outside guest - 30 minutes IDR 50K / 60 minutes IDR 75K



YOUR BATH

Selection

Aromatherapy Bath

30 Minutes IDR 120K

Milk Bath

30 minutes IDR 120K

Flower Bath

30 minutes IDR 120K



TRADITIONAL REMEDY

120 minutes - IDR 650K

Boreh is a traditional scrub that made of herbal ingredients. This scrub became a heritage and until now Balinese people always use this traditional scrub for health or beauty. Boreh is a natural scrub that made of natural spices. The function of this natural scrub is to efficacious blood circulation, warm and removes toxins in the body. Apart from being a traditional medicine, Boreh is also used as a herb for beauty.

The traditional balinese treatment uses a selection of traditional pressure massage techniques which help release tension and loosen stiff joints while the body wrap of exotic spices works to increase blood circulation and exfoliate the skin. Once your bones are warmed and the blood is flowing, the creamy milk bath helps keep skin smooth, soft and deeply moisturised.

This treatment begins with:

- 30 Minutes boreh body scrub
- 60 Minutes traditional Balinese massage
- 30 Minutes Milk bath





MANDI LULUR RITUAL

120 minutes - IDR 650K

Originating from Javanese royalty, Mandi Lulur originated in the Indonesian Royal Palaces of Central Java. The name comes from the word 'Mandi' meaning bath and 'Lulur' which refers to flowers in the Indonesian language. This was believed to be the purifying ritual for the princesses of Javanese royalty. The use of a special blend of herbs and spices softened and lightened the skin.

Mandi Lulur treatment is a 30 minutes exfoliating body scrub which is followed by 60 minutes body mask while you are in the cocoon you will get a scalp and face massage and continue a soak in 30 minutes warm aromatherapy bath.



HAIR *Treatment*

Hair Creambath with blow dry
60 Minutes IDR 250K

Shampoo and blow dry
60 Minutes IDR 200K

Hair Mask with blow dry
60 Minutes IDR 250K





NAIL Treatment

Salila Manicure - 60 Minutes IDR 225K

This manicure includes nail shaping, cuticle remover, and intensive hand massage. Choose from our range of nail polish for a glam and glossy finish – ready you to sparkle.

Salila Pedicure - 60 Minutes IDR 225K

Pamper your feet this treatment include nail, shaping, cuticle removal, a foot scrub and foot massage. The treatment is complete with your choice of polish giving your toes reason to twinkle.

Express Manicure - 30 Minutes IDR 145K

Express Pedicure - 30 Minutes IDR 145K

Nail Polish - 30 Minutes IDR 125K

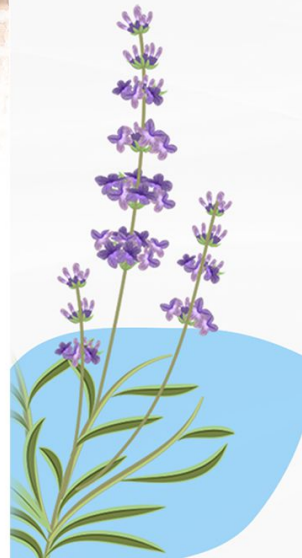
SALILA PAMPER ME

120 minutes - IDR 600K

Having the ability to disconnect from the world and solely focus on your well-being is an effective way to boost your mood. When life gets busy, it is an amazing feeling to be able to take a step back and re-focus our energy on soothing our minds and bodies. This treatment will start with :

60 Minutes massage

60 Minutes Facial



SOULMATE ESCAPE

120 minutes - IDR 950K for couple

Connect and unwind with your SPA-by-design package. Choose from any 60 minutes of massage customized to your body, followed by your choice of one 30 minutes Spa express treatment, and 30 minutes Aromatherapy Bath. The ultimate escape to celebrate romance.



EXPRESS *Massage*

The Crown - 30 minutes IDR 180K

This delightful sequence of massage started with tension relieving work on the neck and shoulder, followed by a traditional pressure point technique on the face and concluded with energy balancing head massage.

Strain Reliever - 30 minutes IDR 180K

Let yourself drift into relaxation as this massage takes off those tension from your shoulder and back.

Leg and Foot - 30 minutes IDR 180K

This journey creates the perfect balance of relaxation and revitalization. Relieving tension and water retention with foot therapy.



BODY *Envelopments*



Green Tea Body Mask - 60 Minutes IDR 300K

Aiming to provide a complete body renewal that targets water retention, cellulite, and poor circulation. Started with a body exfoliation to boost circulation and stimulate the detoxification process.

After Sun Body Cooling Aloe Vera Gel Mask - 45 Minutes IDR 250K

The strong sun can damage your skin. After the sun goes down and the temperature rises, you may need to cool off. This treatment is possible to completely chill out and makes your skin back to a creamy smoothness.

SPECIALTY MASSAGE *Therapy*



Salila Signature Massage

90 minutes IDR 425K

60 minutes IDR 300K

Our signature massage uses palms, and fingertips to apply pressure with exotic massage oil. It is performed as an energizer massage to relieve stress, and muscle tension as well as being stimulating and create better blood pressure.

Traditional Balinese Massage

90 minutes IDR 425K

60 minutes IDR 300K

Traditional Balinese massage has the purpose to relieve the stress and tension in your body. The experience is relaxing and healing, focusing on pressure points through finger pressure and thumb rolling.

Hot Stone Massage

90 minutes IDR 450K

Natural therapy in which warmed stones are massaged on parts of the body maximizes the therapeutic benefit. The heat from stones help your muscle relax and may provide greater relief due to the intense nature of massage.



SKIN SMOOTHING *Polishes*

Green Tea Body scrub - 45 Minutes IDR 250K

Green tea has antioxidant properties, which help in repairing damaged skin cells and dead skin. This scrub calms every aspect of your being with zen-like tranquility. Enter a parallel realm your body and mind bond in perfect harmony.

Lulur Traditional Scrub - 45 Minutes IDR 250K

From ancient Javanese ritual that is special for the royal family will leave your skin soft, gently scented, and refreshing.

Coconut Body Scrub - 45 Minutes IDR 250K

Restore your skin moisture with a large variety of natural ingredients sourced from plants, organic, and vitamins to restore, brighten and moisturize your skin.



Aromatherapy Massage

90 minutes IDR 425K

60 minutes IDR 300K

The main benefits of the aromatherapy massage are reduction of stress and anxiety, decrease in muscle tension, and pain relief.. It also helps to reduce the symptoms of depression, control the inflammation and help with headaches.

Sport Massage

90 minutes IDR 425K

60 minutes IDR 300K

A sports massage is used for general relaxation of the muscular-skeletal system as well as being directed towards any problem areas. Sports massage helps relieve muscular tension, break down adhesion and reduce pain.

Reflexology

90 minutes IDR 425K

60 minutes IDR 300K

Reflexology is a type of therapy that uses gentle pressure on specific points along your feet. to help you feel better. The theory is that this eases stress, and that helps your body work better. It's also known as zone therapy.





FACIAL



Healing Facial - 60 Minutes IDR 300K

This is a unique facial designed to relieve tension in the muscles of the face, boost blood circulation, and encourage lymphatic drainage to banish bloat. It helps break up fascia, the connective tissue that hugs muscles but can sometimes interfere with optimal circulation.

Anti Aging Facial - 75 Minutes IDR 350K

This Facial begins with a back massage to relax the muscle followed with the facial cleanse and firming face massage technique.