



S P A **ALILA**

Naturally from The Heart

SIGNATURE MASSAGE

Alila Seminyak Massage

60 min | 90 min

Experience the ultimate full-body deep muscle massage designed to combat tiredness, back pain, and jet lag. This fusion of rejuvenating massage techniques, such as lomi-lomi and skin rolling, works to relieve muscle tension and aches, while palm and thumb pressure unravels the deepest stress.

SIGNATURE TREATMENT

Mineral Ritual

180 min

Mineral ritual is intentionally crafted to release muscle tension and promote rejuvenation. The pampering begins with our Signature Alila Seminyak massage, incorporating a deep tissue massage using lomi-lomi techniques, along with the application of a volcanic clay mask and a gentle cucumber and aloe vera cleansing. Followed by acupressure focuses on the feet area, then a full-body scrub using magnesium-rich sea salt—an essential nutrient for healthy muscles, nerves, bones, and blood sugar levels. After rinsing off with a warm Vichy shower, you'll indulge in a magnesium microbubble bath, where countless oxygen-rich microbubbles deeply cleanse the skin, leaving it soft and smooth.

This mineral-packed ritual includes a glass of coconut and mint water and a 3-course lunch at Seasalt restaurant.

Royal Ritual

150 min

Indulge in the epitome of opulence with our exclusive seven-flower bath experience! Beyond its breathtaking beauty, this luxurious treatment offers a harmonious fusion of Balinese massage techniques, using deep, relaxing strokes, acupressure, and an exquisite aromatic blend of chamomile, geranium, and mandarin oil. Immerse yourself in the ancient secrets of pampering with our aromatic lulur, a part of the ancient royal bathing custom used to purify and soften the skin. Rinse off the aromatic lulur with a seven-flowers bath, a traditional custom in several Indonesian royal cultures meant to imbue a person with the vibrational frequency of a highly potent concoction. This bathing ritual is performed with petals of seven distinct colors, believed to increase one's personal aura and infuse it with the natural vitality of flowers, filling it with positivity.

This indulgent royal ritual includes a glass of sparkling wine and a 3-course lunch at Seasalt restaurant.

MASSAGE

Balinese Massage 60 min | 90 min

Feel tension dissolve with this ancient Balinese healing therapy that combines long therapeutic 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.

Lymphatic Massage 60 min | 90 min

This soft and gentle massage aims to help the body maintain a proper blood circulation, body fluid balance, and immune functions. Mostly using gentle palm strokes and hand rolling's, it focuses on the lymphatic circulation system. It reduces swelling and improve circulation throughout the lymphatic system as well as to detox.

Warm Stone 60 min | 90 min

Experience a blissful combination of Balinese Massage techniques, while feeling the soothing warmth of smooth-heated river stones gliding in rhythmic, flowing strokes over your body. This exquisite treatment effortlessly melts away tension and calms your emotions.

Shirodhara 90 min

This 5000-year-old Indian therapy is physically rejuvenating and mentally refreshing. Experience an ultimate calmness as a stream of specially blended, warmed medicated oils is poured softly onto the third eye, transporting your mind and body into a state of deep relaxation.

Muscle Recovery 60 min

This massage is focuses on active muscles to support movement during exercise. Collaboration techniques of deep tissue massage such as tapoment, deep acupuncture, gentle stretching and it delivers in a fast rhythm to reduce muscle spasm, improve blood flow, decrease neurological excitability, eliminate excess lymph liquid to speeds up recovery, and promote range of motion.

Pregnancy Massage 75 min

Enjoy a relief from the physical and emotional demands of pregnancy. This gentle massage will ease your discomfort, reduce swelling and help soothes your mind.

Reflexology 60 min | 90 min

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.



COMPLETE EXPERIENCE

Balinese Beauty Ritual **120 min**

Balinese lulur is an ancient village remedy originating from the rice farmers of Bali. Treatment includes a 60-minute Balinese Massage, a traditional skin-softening lulur body polish or warm therapeutic Balinese Boreh and a brightening mini facial.

You and I **150 min**

Revel in a romantic rejuvenating escape to reconnect and cherish an intimate moment with your other half. This treatment for two starts with a relaxing warm stone massage followed by an aromatic cocoa mud mask while you both will cocooned in warm wrap and enjoying stimulating scalp massage. Complete the indulgence with a microbubble marigold bath while sipping a glass of sparkling wine or mocktail.

EXTRA LUXURIOUS

Balinese Boreh **45 min**

Balinese Boreh is a traditional scrub made of herbal ingredients that has been used for centuries as a home remedy for healing and beauty.

Body Scrub or Body Mask **45 min**

Body Scrub and Body Mask combination **60 min**

Scrubs

Aloe vera and cucumber | Coffee and Cocoa | Lemongrass and Ginger | Lavender, ylang ylang and lemongrass

Masks

Chamomile, Aloe vera gel and geranium | Cocoa, coffee and coconut | Turmeric, cinnamon and ginger

FACE

Purification Facial **75 min**
A combination of pressure point, lymphatic drainage facial massage techniques using warmed river stones and Alilla living facial product will leave your skin looking alive, toned and lustrous!

Facial Express **30 min**
Express cleaning and moisturizing focus in the face and décolleté area.

Awakening Facial Massage **30 min**
This indulgent massage is designed exclusively for the face, combining the gentle and soothing strokes of lymphatic drainage technique with the added touch of warm stone strokes. The lymphatic drainage technique helps to detoxify and reduce puffiness, promoting a youthful and radiant complexion.

Microdermabrasion, Collagen and O2 **90 min**
A combination of deep cleaning microdermabrasion and a collagen booster mask reveals skin's full potential. The treatment ends with an ampoule and O2 application for immediate glowing and supple results.

Aqua Peel Hydro-dermabrasion and O2 **90 min**
A safe, non-invasive treatment to rejuvenate skin. With the use of exfoliation, iontophoresis, hydration, and integrated vacuum extraction, the procedure is an all-encompassing tool to combat impurities. We elaborate Alilla Living facial product and Ampoules from Babor.

Facial by BABOR
Pamper your skin with regenerating and revitalizing BABOR's range in its joint collaboration with Dr. Michael A. König, a leading facelift specialist, to maximize skin's natural and youthful appearance. Using unique cleansing and invigorating power of oil and water (HY-OL) and natural plan sesame oil, shea butter, jojoba oil, our professional skin analysis will show you which treatment and skin care products that suit you best.

Ultimate Firming and Lifting **90 min**
"The synergy of medicine and Nature"
With 99% of collagen obtained from natural freeze-dried collagen fibers that imitate the skin's collagen structure, supplies intensive moisture and promotes collagen synthesis in the skin. This treatment can reduce wrinkles, improve declining skin tone, and prevent the promotion of lines and premature aging.

Ultimate Hydrating and Glow **90 min**
"Thoroughly moisturize dry skin, sense the unique harmony"
Dry skin that is lacking in moisture has lost its suppleness and reveals dryness lines and flakes easily. This vita balance treatment uses deep moist complex for the care of dry skin. This moisturizing treatment regulates the skin's lipid and moisture balance, restores elasticity and suppleness, leaving the complexion looking soft and well cared for.

HAIR CARE

Hair Wash, Blow Dry and Styling 60 - 75 min
Straight or curly

Avocado and Coconut Hair Spa 60 min
A mind-melting, intensely hydrating crème hair bath with essential oils of rosemary and lavender combined with nourishing base oils of coconut, avocado and shea butter. Includes a relaxing neck and shoulder massage.

HANDS AND FEET

Our manicure and pedicure treatments include a cleansing, scrubbing, soothing bath, relaxing massage, nail polish and nails grooming.

Manicure or Pedicure with normal polish 60 min
Manicure or Pedicure with gel polish 60 min
Gel Removal Manicure or Pedicure 15 min

Men Nail Care 60 min
Finger and toe treatment including pedicure foot wash, scrubbing callus removal, nail maintenance and nail grooming.

Nail polish
Our nail polish is included with cutting cuticle and shaping.

Nail Polish for fingers or toes 20 min
Gel Polish for fingers or toes 20 min

WELLNESS ESCAPE

Choose your path to well-being:

Half-Day Escape 180 min
Includes 3 hours of spa and beauty treatments of your choice, followed by 3 course Spa lunch.

Sunset in Paradise 180 min
Includes 3 hours of spa and beauty treatments of your choice, followed by 3 course Spa diner and a glass of cocktail.

3 hours treatment selections:

90 min selections:
Balinese Massage, Warm Stone Massage, Alila Seminyak Massage.

60 min selections:
Reflexology, Manicure, Pedicure, Facial, Avocado creambath.

30 min selections:
Nail Polish for Fingers or Toes, Lulur Body Polish, Body Scrub or Wrap.

Ultimate Self-Love 240 min
You deserve the best! Begin your escape with our signature Mineral Ritual and enjoy being extra spoiled as we serve a bottle of sparkling wine and delicious strawberry chocolate dipped while you soak in the bath. Whenever you are ready, the pampering continues with an Manicure or Pedicure or Avocado Hair Spa.

This escape includes a cocktail, a 3-course dinner at Seasalt and a self-care product to take home.

SPA FOR THE LITTLE ONE

Suitable for the age of 5 - 12 years old

Children are to be accompanied by an adult during their treatment. All treatment for the little ones included with chocolate milk and cookies.

Children's Massage **45 min**

A gentle and nurturing massage therapy dedicated to your little one's health, well-being and development, featuring a citrus bubble foot bath and gentle coconut oil massage. Treatment may assist with pain reduction, anxiety, gastric problems and sleep patterns. But most of all, it just feels like fun!

Sweetheart Nail Care **45 min**

A bubbly and art-filled version of our traditional spa manicure designed for young children. Little fingers and toes are soaked in cleansing mandarin bubbles, nails trimmed and shaped, then a massage with chocolate and honey all-natural moisturizer. The final touch is an application of nail polish or choose between applying nail polish or a delicate nail art design as the final touch.

Pampelicious **120 min**

This treatment is designed for the little ones aged 12 years and under who wish to enjoy a pamper-filled day of spa and beauty rituals. Treatment includes a signature footbath, 45-minute children's massage, hair cleansing and complete nail care.

Happy Hair **20 min**

A laid back and relaxing moment for your little one while our therapist gently yet deeply cleanses and hydrates their hair. Designed to remove built-up oil, chlorine and dirt, while perhaps eliciting a giggle or two along the way.

FAMILY SPA

Suitable for the age of 5 - 12 years old

Daddy & I **60 min**

Finally, quality time for daddy and I at Spa Alila while enjoying a relaxing foot, neck and shoulder massage. I will get my chocolate milkshake while he enjoys his ice tea during our massage. Love this holiday!!

Pampelicious with Mom **90 min**

Time to be spoilt together - kids massage for me and back massage for mommy. Then I will have sweetheart Nail care, while mommy is having Manicure and a glass of smoothies for both of us while we are pampered in the salon.

SPA & BEAUTY TREATMENT PRICE LIST

Signature Treatment	Duration	Price	Hair	Duration	Price
Alila Seminyak Massage	60 min 90 min	800 1,200	Hair Wash, Blow Dry and Styling	60 - 75 min	360
Mineral Ritual	180 min	2,400	Avocado & Coconut Hair Spa	60 min	450
Royal Ritual	150 min	2,000			
Massage	Duration	Price	Hands and Feet	Duration	Price
Balinese Massage	60 min 90 min	780 1,170	Manicure or Pedicure with normal polish	60 min	300
Lymphatic Massage	60 min 90 min	800 1,200	Manicure or Pedicure with gel polish	75 min	350
Warm Stone	60 min 90 min	800 1,200	Men Nail Care	60 min	200
Shirodhara	90 min	1,200	Gel Removal Manicure or Pedicure	15 min	100
Muscle Recovery	60 min	800	Nail Polish for fingers or toes	20 min	150
Pregnancy Massage	75 min	800	Gel Polish for fingers or toes	20 min	150
Reflexology	60 min 90 min	400 600			
Complete Experience	Duration	Price	Wellness Escape	Duration	Price
Balinese Beauty Ritual	120 min	1,400	Half-Day Escape	180 min	2,200
You and I – <i>price for two</i>	150 min	2,800	Sunset in Paradise	180 min	2,600
			Ultimate Self-Love	240 min	3,900
Extra Luxurious	Duration	Price	Spa for the Little One	Duration	Price
Balinese Boreh	45 min	450	Children's Massage	45 min	450
Body Scrub or Body Mask	45 min	450	Sweetheart Nail Care (<i>fingers and toes</i>)	45 min	300
Body Scrub and Body Mask combination	60 min	650	Pampelicious	120 min	800
			Happy Hair	20 min	180
Face	Duration	Price	Daddy & I	60 min	650
Purification Facial	75 min	800	Pampelicious with Mom	90 min	1,200
Awakening Facial Massage	30 min	350			
Facial Express	30 min	400			
Microdermabrasion, Collagen & O2	90 min	1,600			
Aqua Peel Hydro-dermabrasion & O2	90 min	1,800			
Facial by BABOR	Duration	Price			
Using Microdermabrasion					
Ultimate Firming and Lifting	90 min	1,900			
Ultimate Hydrating and Glow	90 min	1,900			

Prices are in thousand Indonesian Rupiah and subject to 21% government tax and service charge.



Spa Etiquette

Cancellation

Reservations cancelled within 4 hours will be subject to a charge of 50% of the listed price. Treatment times may be changed subject to the approval of our spa host.

Arrival

Please try to be early. Kindly arrive at least 15 minutes before your scheduled treatment. A late arrival means reduced spa time.

Allergies

Our Spa Concierge will ask you regarding any health related issues or known allergies. Simple patch tests will be performed before conducting any treatment to ensure the selected product is right for you.

Gentlemen

Gentlemen, if you have chosen a facial, please shave before the treatment. Although not essential, it is definitely beneficial.

Switch Off

Please turn your mobile phone to a silent mode and keep conversation to a minimum to enjoy the maximum benefit of your treatment.

Children

Infants and children are not allowed in the spa treatment rooms unless they are having a treatment.

Skin Studio

Aesthetics

IV THERAPY TREATMENTS

IV DRIP By Skin Studio

The epitome of modern beauty clinics where luxury and wellness seamlessly intertwine.

Designed exclusively for Alila Seminyak guests seeking rejuvenation and revitalization during their holiday, this cutting-edge therapy combines the benefits of intravenous infusion with the expertise of their doctor and nurses.

IV DRIP By Skin Studio

After Party Cure 980

Recover swiftly from a night of indulgence with our IV recovery drip. Banish headaches, nausea, and stomach cramps as we re-energize and rehydrate your body. Our infusion replenishes vital minerals, electrolytes, and restores optimal pH balance, supporting mental clarity and elevating your mood.

Recovery Booster 1,200

Experience immediate relief from the dreaded Bali Belly with our potent infusion. We rapidly rehydrate your body, alleviating nausea, and providing respite from diarrhea and abdominal pain. Feel revitalized and rejuvenated as your energy levels soar. We replenish essential minerals and electrolytes, ensuring your body functions optimally.

The Revival – Jetlag Therapy 1,100

Prepare for or bounce back from your travels with The Revival infusion. Adjust to time zone changes effortlessly as we provide optimal hydration for your body's overall well-being. Feel a surge in energy shortly after treatment and enjoy an elevated mood. Our infusion promotes enhanced blood flow and cardiovascular health while regulating stress hormones, ensuring restful and rejuvenating sleep.

Anti-Aging 1,800

Unleash your skin's natural radiance and health with our Anti-Aging infusion. Witness a noticeable reduction in visible wrinkles and an increase in skin elasticity. Enjoy supple lips and stimulate the growth of healthy hair, skin, and nails. Our infusion aids in preventing and healing skin conditions, such as dermatitis and hyperpigmentation. Reclaim your youthful appearance and confidence.

Fitness Booster 1,600

Optimize your performance and recovery time with our Fitness Recovery infusion. Deep cellular rehydration promotes muscle recovery and regeneration, while uplifting your mood and boosting energy levels. Restore your body's hydration and natural pH balance for overall well-being.

Myer's Cocktail 1,300

Experience the renowned Myer's Cocktail infusion for optimal health and well-being. Boost your energy levels and fortify your immune system against illnesses and infections. Alleviate stress and anxiety, promoting a sense of calm and relaxation. Reduce bodily inflammation while our active ingredients stimulate and optimize your metabolism.



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