



Salila  
spa



## Welcome to Salila SPA

Salila or Water in Sanskrit,  
with Philosophy to concentrate on balancing and tranquility in order to align and  
harmonize your spirit and body, to relax you into intuitive insight and wisdom.

Guiding you on a personal journey to find your own personal path of peace, tranquility  
and well - being in the sanctuary of Salila.

# Body Massages and Balancing Treatments

## Lomi - Lomi Balancing Massage

60 or 90 minutes

Adopted from the lomi lomi technique combined with Swedish massage. The massage uses a combination of invigorating and soothing strokes to stimulate the circulatory and the nervous systems in the body. It is recommended to those who like a relaxing massage.

## Avocado Banana Almond Body Mask

60 minutes

Now, there is a body treatment that would even tempt Eve for a second time. It all began in the Garden of Eden with the fruit that changed mankind's life. The mask has active ingredients of avocado extract, tomato extract, cucumber extract, avocado essence, banana and almond fragrant oil.

## Green Tea and Honey Body Scrub

60 minutes

You will feel stress and the problem of modern life fall away like a stone dropped in a still pond after this green tea and honey body scrub. This green tea and honey body scrub calms every aspect of your being with Zen like tranquility. Enter a parallel realm where your body and mind bond in perfect harmony.

# Body Massages and Healing Treatments

## Traditional Balinese Massage

60 or 90 minutes

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

## Ayurvedic Healing Massage

60 or 90 minutes

The oil enriches the skin and produces a warming effect to improve blood circulation, relieves tired muscles and combines with these unique massage techniques to refresh and renew the body. Massage strokes ranging from frictional to relaxing are blended to allow the body's internal system to benefit from the properties of the blended Ayurvedic oil.

## Indian Head Massage

60 or 90 minutes

This massage concentrates on back, head, face, and hand. Its purpose to help relieve people who have headache or neck problems. We use aromatherapy massage oil to help refresh your mind and body.

## After Sun Soothing

60 minutes

Strong sun can damage your skin. After the sun goes down and the temperature rises, you may need to cool off. Chill out at the SPA and un-cook your skin back to a creamy smoothness.

# Body Massages and Renewing Treatments

## Salila Signature Massage

60 or 90 minutes

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

## Lime Tea Body Mask

60 minutes

The Amazing anti-oxidant properties for tea all are presented in every course of this mad tea party. You will find every known way to make a proper cuppa worked into an ingenious regime. Lime Tea Body Mask is applied to lift out impurities and dead skin.

## Slimming Massage

90 minutes

Begin with Slimming Massage 60 minutes to promotes blood circulation and blood oxygenation, slimming massage has been known to have great effect on weight reduction and weight control. The slimming oil brings draining and firming properties to refine problem areas. 90 minutes slimming program will be finished with Sauna to helps you to remove excessive water.

## Hot Stone Massage

90 minutes

Natural Therapy in which warmed stones are positioned on parts of the body to maximize the therapeutic Benefit. The heat from stones help your muscles relax and may provide greater relief due to intense nature of the massage.

## Indian Ear Candles

30 minutes

Widely used for many problems related to the ear and head area, relieve anxiety and stress. This treatment include a pleasant feeling of warmth and a balance of pressure in the ears, forehead and sinuses.



# Salila Signature Treatments

## Salila Journey Package

240 minutes

This journey package is created for couples. It starts with 90 minutes Salila Signature Massage, continues with 30 minutes Green Tea and Honey Body Scrub and 30 minutes Green Tea and Honey Body Mask. 30 minutes on the bath with full of local flowers while enjoying a cup of Ginger tea with honey. After your body relaxed and revitalized, the treatment continues with 60 minutes Facial or Manicure for Ladies or Pedicure for Gents.

## Bali Coconut Boreh

120 minutes

This treatment comes from the island of the Gods, to define Bali as the center of the holistic SPA experience. This treatment begin with 60 minutes Traditional Balinese Massage followed by 30 minutes Body Boreh and 30 minute relaxing bath. It is the best two hours holiday you have ever taken.

## Javanese Royal Lulur

120 minutes

This treatment begins with 60 minutes Lomi-lomi Balancing Massage and followed by 30 minutes Body scrub using Javanese Lulur. This treatment finished with 30 minutes flower bath and refreshment.

## Male Experience Package

90 minutes

It is specially designed for men, this treatment start with 30 minutes Foot Massage, 30 minutes Back Massage and 30 minutes Head Massage.





## Facial Treatments

### Balancing Facial for All Skin Types 60 minutes

Our signature facial use natural healing properties from fresh products. The ingredients range from honey to watermelon and are suitable for all skin types.

### Healing Facial for Men 60 minutes

Purify the skin from dirt and excess oil with deep aromatic cleansing. Exfoliate with face scrub to soften and refine the skin. A gentle face massage, neck, shoulder and head massage helps to reduce stress.

## Hair Styling

Salila Head and Scalp Massage

Shampoo and Blow Dry

Hair Styling

Hair Mask (Include Blow Dry)

Hair Cream Bath (Include blow dry)

## Aesthetic Care Waxing

All waxing is available with dry mitt exfoliation, resulting in a silky smooth feeling

Upper Lip/Chin/Eyebrow

Underarm

Full Arms/Full Leg

Half Arm/Half Leg

Bikini

G-String

Brazilian

Back



# Foot and Hand Treatments

## Camakila Manicure

60 minutes

This Camakila manicure includes nail shaping, cuticle removal, and intensive hand mask massage to moisturize and nourish the skin. Choose from our range of nail polish for a glam and glossy finish ready for show.

## Sea Mint Pedicure

60 minutes

Pamper your feet with the sea-mint pedicure. This includes nail shaping, cuticle removal, foot scrub and foot mask massage to restore the life in your feet. The treatment is completed with your choice of polish giving your tootsies reason to twinkle

## Manicure

Express Manicure	30 minutes
Buff & Shine for Men (Hand)	30 minutes
Hand Nail Polish	
Hand French Polish	
Hand Paraffin	30 minutes
Hand and Neck massage	30 minutes

## Pedicure

Express Pedicure	30 minutes
Buff & Shine for Men (Foot)	30 minutes
Foot Nail Polish	
Foot French Polish	
Foot Paraffin	30 minutes
Foot Massage	30 minutes
Reflexology	45 minutes



# How to SPA

## Reservations

For reservations from within the hotel, please dial extension 7800.

## Hours of Service

Daily from 9 am to 9 pm. Last appointment will be at 8 pm for 60 minutes treatment.

## Arrival

Please arrive at least 15 minutes prior to your scheduled appointment. Late arrivals will be subject to a time reduction from the scheduled treatment.

## Special Consideration

Guests who have a history of high/low blood pressure, heart conditions or are on medication, pregnant or have other medical conditions are advised to consult their doctors before using any SPA Treatments. Please do make special note with our reception or therapist of any medical conditions you may have prior to your treatment.

## SPA Attire

You will be provided with a robe and sandals for your comfort. Please leave your valuables at home or in your room safe. The hotel accepts no responsibility for loss of money or valuables brought onto the SPA premises.

## SPA Environment

To fully enjoy the peaceful and tranquil environment of our spa, we respectfully request that all visitors keep noise level at a bare minimum. Usage of cellular phones and electronic devices are discouraged. Smoking and consumption of alcohol within the premise is prohibited.

## SPA Retail

Items purchased in the spa retail area are non-refundable.

# SPA Etiquette

## Age Limitations

SPA guests must be 16 years of age or accompanied by an adult however we do encourage the SALILA SPA experience for all ages.

## Reschedule and Cancellation

We suggest that you schedule your appointment in advance in order to obtain your preferred treatment time. Should you wish to reschedule/cancel an appointment please give us a minimum 8 hours advance notice or a 50% cancellation fee will be charged to your credit card. No-shows will be charged as full amount.

## Payment

We accept Credit Cards (Amex, Visa, Master, JCB, Dinners). Alternatively if you are a guest In House you may sign and charge to your room account.

# SPA Facilities

## The SPA offers the following facilities:

2 Double Massage Rooms, 4 Single Massage Rooms, Salon, Sauna, and Gym.



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