

Welcome Selamat Datang!

We are delighted that you have chosen to stay with us while holidaying on the mystical island of Bali.

Whilst you are here we invite you to experience one of Asia's most unique spas - **PRANA**. A world of divine opulence and a relaxed and exotic atmosphere awaits you at Prana Spa, Prana Spa Private Suite and Chill Reflexology and Acupressure.

PRANA - A word from ancient Sanskrit, meaning breathe, life & vitality of Spirit. Take a deep breath, inhale the energy and exhale all tension at Prana Spa.

Prana Spa was created with the understanding that only when mind, body & spirit are in harmony can optimum health be achieved. This belief underlies all of our services & natural product lines. Be nurtured for an hour, a morning, an afternoon or even a full day. Why not try one of our luxe Pevonia facials with only the finest botanical and marine ingredients delivering remarkable and visible results and of course our new Private Suite an experience not to be missed.

Our dedicated & internationally trained therapists deliver a unique, relaxing and memorable spa experience from our extensive range of treatments and pampering packages.

Please contact the spa team directly to arrange a complimentary consultation and tour of the spa. Simply phone #321 or #316 so we can assist in customising your spa journey.

Whether you are seeking relaxation or rejuvenation our team at Prana Spa, Prana Spa Private Suite and Chill Reflexology and Acupressure are looking forward to seeing you soon.


Kind Regards,

Andrew Keating
General Manager

and

The Prana Spa, Private Suite and Chill team
Best team in Bali



A woman with long dark hair, wearing a vibrant red, strapless, floor-length dress, stands in profile facing right. She is barefoot and appears to be in a spa setting, with steam rising from the floor around her. The background is a soft, hazy green, suggesting a natural or indoor spa environment. The lighting is soft and ethereal, highlighting the texture of her dress and the mist in the air.

Welcome to Prana Spa

Please take a moment to read through the information below on “how to spa” prior to your spa treatment;

Arrival time - So that you are able to enjoy your entire treatment, we recommend arriving 15 minutes prior to the commencement of the Spa treatment to allow time for check-in. Arriving late may limit the time of your treatment, regardless of when your treatment starts, the treatment will end on time.

Attire - Guests are welcome to arrive in regular and comfortable attire. We will provide you with a kimono, slippers, disposable underwear and a locker for your personal belongings. If you feel more comfortable please bring your own swim wear but please be aware if you use your own swim wear that some treatments contain products that may cause a permanent stain.

Cancellation policy - The treatments selected are reserved especially for you with one of our trained therapists. Any cancellation notice less than 8 hours from the original appointment will incur a 50% cancellation fee. In the case of no show, the full amount will be charged accordingly. To secure a reservation, a credit card number will be required.

Jewellery and valuables - Jewellery is not to be worn during treatments and we recommend that valuable items are left at home or in the safe in your room. We do provide a locker for personal belongings but please note we take no responsibility for lost or misplaced property.

Menstrual cycle - Our guest Relations will be pleased to assist in choosing a suitable treatment for you. A number of our treatments are not recommended during the menstrual cycle.

Minimum age for spa treatment - Guests must be over 16 years of age to experience a spa treatment. In order to assure a quiet environment children should not be present nor left behind in spa reception.

Photography - We appreciate that you will love your surroundings however to protect everyone’s privacy photography is strictly prohibited in and around the spa.

Pregnancy - Prana Spa offers pregnancy massages designed for a safe experience. We do not like to offend so please do not ask for anything outside our set treatments as they will be refused. The Prana Spa team will be happy to assist with any guidance.

Respect other guests - The Spa environment is one of tranquillity and relaxation, please respect our guest’s right to privacy and a quiet environment, ensure that all cell phones and pagers are turned off once entering Prana Spa.

Smoking - As you have entered a Spa where health and wellbeing is promoted and for the comfort of other guests, smoking is strictly prohibited in and around the Spa.

Welcome to Prana Spa - continued

Special health considerations - Some spa treatments may react with medications and medical treatments. If you have special health considerations including allergies please notify our spa team when making the booking and again on arrival. You should notify the therapists if you experience discomfort at any time during their treatment.

Your comfort - Sunbathing, consumption of alcohol and eating heavy meals prior to treatments are best avoided as this may affect your spa experience. Anyone that we feel has consumed too much alcohol or mind altering substances will be refused treatments and will be charged for their treatment.

Reservations Information

Appointment - Prana Spa services are very popular and we recommend that a reservation is made in advance to avoid disappointment.

Being late for the appointment - Arriving late may limit the time of your treatment. Regardless of when your treatment starts, the treatment will end on time to avoid any further delay for following guests.

Cancellation policy - The treatments selected are reserved especially for you with one of our trained therapists. Any cancellation notice less than 8 hours from the original appointment will incur a 50% cancellation fee. In the case of no show, the full amount will be charged accordingly. To secure a reservation a credit card number will be required.

Gift certificates - Gift certificates can be arranged for the perfect gift or special occasion. All gift certificates are available at our Guest Relations counter and are valid for twelve months from the date of purchase.

In Villa Spa experiences - Some spa treatments can be taken in the privacy of your Villa – simply call us on #321 or #316.

Payment for spa services - Prana Spa accepts cash and majors credit cards and payment is accepted upon check in for your treatment. Our hotel guests may charge spa services and products to their room account.

Transfer service – For guests that are not staying at The Villas, we offer a free transport service to and from the Prana Spa to Kuta, Nusa Dua, Jimbaran and Sanur areas (available on treatments over Rp. 1,500,000). Transfers must originate from the same location and treatments are taken at the same time.



Pricing

AROMATIC BODY & BEAUTY

Baths - Flower, Herbal or Vanilla	30 minute	250
Body Scrub and Vichi Shower	30 minute	300
- Sea Salt, Coffee, Lulur or Milk		
Body Masks	30 minute	300
- Seaweed or Clay		
Milk Bath	30 minute	350
Hair cream bath	60 minute	350
Prana Manicure	60 minute	280
Deluxe Manicure	60 minute	325
Prana Pedicure	60 minute	280
Deluxe Pedicure	60 minute	350

REJUVENATING PACKAGES

Jet Lag Remedy	120 minute	650
Mum's to be Spa Package	120 minute	850
Exclusively Male	120 minute	800
Revitalise	120 minute	800
Turkish Trio	120 minute	850
Mystique of Bali	120 minute	800
Simply Slimming	120 minute	1,000
Sun and Moon	180 minute	900
Divine Unity	180 minute	900
Pampering of Prana	180 minute	1,200

PEVONIA FACIALS

Pevonia De Stress Eye Wrinkle	45 minute	700
Pevonia Balancing Facial	60 minute	700
Pevonia Men Revival Facial	60 minute	750
Pevonia Organic Facial	60 minute	850
Pevonia Escutox and Caviar Luxe Facial	60 minute	1,500
Pevonia High Performance Facial	90 minute	1,500

Rp. ELEMIS FACIALS

Fruit Active Glow	60 minute	600
Exotic Moisture Dew	60 minute	600
Herbal Lavender Repair	60 minute	600
Pro-Collagen Quartz Lift Facial	75 minute	950
Men's Anti-ageing Skin IQ + Facial	75 minute	950

SIGNATURE FACIALS

Prana Natural Facial	60 minute	450
Men's Facial	60 minute	450

AYURVEDIC PACKAGES

Ayurvedic Simple Bliss	120 minute	1,000
Ayurvedic Rejuvenation	240 minute	2,850

AYURVEDIC TREATMENTS

Shirodhara	60 minute	700
Soma	90 minute	1,200

AROMATHERAPY MASSAGES

Signature Body Massage	60 minute	450
Signature Body Massage	90 minute	550
Deep Tissue Massage	60 minute	550
Deep Tissue Massage	90 minute	650
Pregnancy Massage	60 minute	600
Thai Massage	75 minute	500
Sacred Heated Stone Massage	90 minute	750
Sacred Heated and Cold Stone Massage	90 minute	750

Bookings are essential, the Prana Spa opens from 9.00am until 10.00pm.

The prices above may be subject to change without prior notice, valid from May, 2015 until March, 2016

All prices are in thousands Rupiah and are subject to 21% government tax and service charges.

Aromatic Body and Beauty

- these treatments are perfect combined

Baths *30 minute treatments* Rp. 250

A selection of Flower, Herbal or Vanilla bath - soak in an exotic romantic bath with a choice of flower, herbal or vanilla bath.

Body Scrub and Vichi Shower *30 minute treatments* Rp. 300

A selection of Sea Salt, Coffee, Lulur or Milk bath - choose any one of these beautiful products. This treatment will exfoliate dead skin cells, stimulate blood flow and eliminate toxin accumulations from your tissues.

Body Masks *30 minute treatments* Rp. 300

Your choice of either a seaweed or clay mask will be applied followed by a steam bath to collect the toxins as they are removed from your system, this will help tone, firm and balance your body.

Milk Bath *30 minute treatments* Rp. 350

Surreal and sublimely relaxing milk bath, blended with only the finest essential oils. Luxurious and soothing helping to exfoliate your skin, cleansing its deepest layers.

Hair Cream Bath *60 minute treatments* Rp. 350

A hair and scalp treatment using L'OREAL product from Paris - this treatment begins with a hair wash to prepare the hair so that it can absorb the essential vitamins from the hair cream. A scalp, neck, shoulder and hand massage follows whilst your hair enjoys a warm steam.

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Signature Facials

Prana Natural Facial

60 minute treatment

Rp. 450

A unique treatment that blends a European style massage with anti-aging techniques and natural ingredients. Cleansing begins with a skin firming massage followed by a gentle exfoliation and steam. Your therapist will then use a massage technique to firm and lift the skin, focusing on areas where the skin tends to reveal signs of aging. A hydrating mask of sandalwood is then applied to the skin leaving you looking and feeling rejuvenated and refreshed.

Prana Natural Facial includes a hand and arm massage allowing you to completely relax.

Men's Facial

60 minute treatment

Rp. 450

Prana Men's Facial is a unique treatment that blends European style massage with anti-aging techniques and natural ingredients. Enjoy our natural chemical free facial design for the male skin. This treat will cleanse, exfoliate and hydrate your skin leaving it radiant and clean. We recommend you shave a few hours prior to having this treatment. Our product line consists of 100% natural botanical and organic ingredients.

Pevonia Facials

Why Pevonia Botanica Spa skin care?

Pevonia's goal is to unite science and nature in every product to offer you the best skin care available with the most noticeable results. Pevonia Botanica prides itself on the fact that they will research, rediscover and actually reinvent themselves to meet and exceed the needs of you, the consumer.

Pevonia is an internationally recognised skin care solution not comparable with any product line; unheard of results and satisfaction with every product complete this advance skin care line. Free from artificial colour, fragrance, lanolin, mineral oil, alcohol and paraben. Pevonia is based on natural ingredients from plant, marine and earth sources and is a member of the Organic Trade Association.

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Pevonia Facials

Pevonia De Stress Eye Wrinkle

45 minute treatment

Rp. 700

Premature aging, sun exposure and environmental elements can strip your delicate eye area of its youthfulness and radiance. This potent treatment containing 100% marine collagen, smoothes away wrinkles, while tightening your eye contour for youthful vibrant eyes.

Ask us about our special pricing to upgrade any of the facials below with the De-Stress Eye Wrinkle Treatment

Pevonia Balancing Facial

60 minute treatment

Rp. 700

Pure essential oils have been chosen and blended with the Hazel Nut Oil for their unparalleled ability to restore a healthy pH and hydrate the skin. A customised mask is then applied to re-hydrate, cool and balance. Your skin will be left feeling plump, dewy, cool and radiant for days.

Pevonia Men's Revival Facial

60 minute treatment

Rp. 750

This richly repairing micro-emulsified gel contains a high concentration of Propolis from the Jura Mountains of France. Combined with Lavender and propolis concentrate it calms, heals, and truly enriches your skin. Anti-bacterial and decongesting, this vaso-constricting formulation alleviates micro-circulation problems and strengthens your fragile skin.

Excellent treatment for razor rash or prickly heat.

Pevonia Organic Facial

60 minute treatment

Rp. 850

A luxurious and heavenly rejuvenating skin treatment using organic botanicals and exquisite formulations, leaving your skin rejuvenated and hydrated. The aromatic scents of green tea and water lily will leave your senses awakened and your skin revived. A great pick me up facial for your skin after a long flight or prolonged hours in the sun. Natural rejuvenation at its finest.

Pevonia Escutox and Caviar Luxe Facial

60 minute treatment

Rp. 1,500

The perfect facial for the latest in Anti Aging with Russian Caviar, used to deliver optimal results in this effective defence against ageing. Escutox from the Okra flower relaxes and diminishes wrinkles and improves elasticity, while the caviar nourishes and replenishes the skin to a youthful glow.

High Performance Facial

90 minute treatment

Rp. 1,500

Visibly enhancing your skin's texture and maximizing hydration, this revitalizing facial with a specialized lift-off mask will leave your skin undeniably radiant. Anti-inflammatory properties help to soothe, calm, heal and nourish. This fortifying treatment will leave your skin feeling strengthened, hydrated and plump.

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Elemis Facials

Why Elemis Spa skin care?

Defined by nature, lead by science. The multi award winning Elemis aroma spa skincare range uses the successful combination of natural active ingredients with cutting-edge technology, formulations are designed to dynamically treat the skin with powerful results. Elemis spa treatments offer an unparalleled experience using unique massage sequences and power-boosting facials, combined with the most potent actives available, ensuring dynamic and visible results are achieved with maximum therapeutic activity.

ELEMIS SKIN SPECIFIC FACIALS

Fruit Active Glow

60 minute treatment

Rp. 600

Transform dull, lifeless skin.

This facial recharges the skin and will bring back the glow to a tired, dull and lifeless complexion. Skin is deeply cleansed and stimulated by specialist eastern massage techniques, whilst powerful skin conditioning actively nourishes and renews vital radiance.

Exotic Moisture Dew

60 minute treatment

Rp. 600

Treat your skin to a moisture boost.

For skin in need of a super saturating moisture boost, this thirst quenching facial is perfect for dry, dehydrated skin. Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin

Herbal Lavender Repair

60 minute treatment

Rp. 600

Rebalance combination and oily skin.

Perfect for restoration of skin balance, this facial helps to heal and repair oily, problematic and congested skin. Deeply cleansing to draw out the impurities this facial will help reduce unwanted shine, refine the pores and treat skin breakouts, calming redness and restoring skin hydration levels.

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Elemis Facials

ELEMIS ADVANCED ANTI-AGEING FACIALS

Elemis advanced anti-ageing facials are based on intensive skin booster treatments, offering remarkable, long-lasting results, stimulating cellular activity and boosting circulation whilst effectively treating the face and eye area. All anti-ageing facials are further enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in scientific skin therapy.

ADVANCED ANTI-AGEING FACIAL

Pro-Collagen Quartz Lift Facial

75 minute treatment

Rp. 950

Ultimate firming and hydrating facial, reviving dull, slackened skin.

This advanced anti-ageing facial offers immediate results in the fight against time, this exceptional facial helps to slow down the signs of premature ageing and reduce the appearance of fine lines and wrinkles. Dramatic results are achieved with specialized lifting massage techniques and a combined peel off high performance collagen mask, leaving a firmer, plump and glowing youthful complexion.

ADVANCED ANTI-AGEING FACIAL FOR MEN

Skin IQ + Facial

75 minute treatment

Rp. 950

Anti-ageing mens firming facial to boost tired, stressed skin

Helping to calm irritation and minimize the signs of ageing, this facial is the ultimate overhaul for male skin. Incorporating the NEW Time Defence Wrinkle Delay and Time Defence Eye Reviver, this anti-ageing treatment protects against the harsh effects of shaving and environmental damage. This therapeutic yet firming facial is tailored to meet the needs of a hectic lifestyle, giving men the ultimate skin overhaul with maximum anti-ageing results.

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Ayurvedic Treatments

Our Signature treatments

Shirodhara

60 minute treatment

Rp. 700

Shirodhara literally meaning “head flow” is one of the most desired Ayurvedic treatments. Beginning with a head, scalp, neck and shoulder massage, you will begin to calm the wandering mind. Meditative bliss will occur as a slow pouring of medicinal oils cascade over your sixth chakra, stimulating your third eye and window to the soul. Recommended for headaches and insomnia, find out why this is one of the most profound and popular treatments offered.

Soma

90 minute treatment

Rp. 1,200

Feel the healing powers of Ayurvedic medicine as you undergo this therapeutic treatment. Designed to bring the living body into a complete state of balance and wellness, Soma will be achieved. Beginning with Pizichil, a synchronized massage while two therapists massage medicated oils into your body. Udgarghana, the application of healing powders and herbs follows.

Mavarakizhi a technique using poultice bags filled with medicinal herbs will continue to create this curative experience. Feel the complete balance during Pina Sweda as steaming towels infused with herbs are draped over the body creating the wholeness and serenity you so deserve.

Ayurvedic Simple Bliss Package

120 minute treatment

Rp. 1,000

It's all in the name! Simply put, you will be pampered from head to toe during this blissful treatment. Enjoy a relaxing full body massage using the best in our custom blended aromatherapy oils. The focus now turns towards the heavens as you experience mental relaxation and serenity during Prana's famous Shirodhara. Your therapist will massage vital marma points as a golden stream of medicated oils cascades off your forehead. This is a deeply meditative and transformative experience and we recommend you relax after your treatment.

Ayurvedic Rejuvenation Package

240 minute treatment

Rp. 2,850

This program has been specially designed to re-align the body's natural elements, using Ayurvedic healing treatments, this selection of treatments will detoxify and pamper, leaving you in a state of utter bliss. This treatment includes:

- Prana Foot Ritual - An aromatic footbath using tropical flowers and herbal bath salts.
- Soma - This Ayurvedic signature treatment is designed to de-toxify the body and bring you to a state of total well being.
- Shirodhara - Combines ancient Indian healing techniques and is one of the most popular Ayurvedic treatments a mind-soothing Indian head and scalp massage.
- Healthy light meal
- Prana Eye Ritual - A complete rejuvenation of the eye contour area to release puffiness and tiredness.

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Aromatherapy Massages

Signature Body Massage *60 minute* Rp. 450 *90 minute treatment* Rp. 550

Your treatment begins with our Prana Foot Ritual - a time honored welcome for the weary traveler. Your feet and lower legs will be cleansed with rose petal and peppermint water, and then scrubbed with sea salt. A combination of Swedish and Balinese massage techniques, palm pressure and long strokes reduce muscle tension.

Thai Massage *75 minute treatment* Rp. 500

Stretching and pressure point techniques originating from ancient times balance the flow of “chi” through energy channels in the body known in Thailand as sen lines. This is a non oil massage – Thai style pyjamas are provided.

Deep Tissue Massage *60 minute* Rp. 550 *90 minute treatment* Rp. 650

For those who prefer a strong pressure massage we offer Deep Tissue massage using Hawaiian lomi – lomi, Swedish and shiatsu pressure point techniques. This is the massage to relax and revitalize those working muscles.

Pregnancy Massage *60 minute treatment* Rp. 600

Massage is a wonderful way to relax, increase your energy and relieve discomfort during your pregnancy. Prana’s pregnancy massage is a gentle, non-invasive, full-body treatment, achieved by using a side-lying position comfortably supported with cushions. The technique used not only concentrates on alleviating some of the aches and pains associated with pregnancy but also increases circulation and reduces swelling.

Sacred Heated Stone Massage *90 minute treatment* Rp. 750

This treatment was originally developed by American Indians to dissolve tension, melt deep seated tautness and leave one with a profound sense of relaxation. Under the skillful and simultaneous hands of therapist, your body will be massaged with heated basalt stone.

Sacred Heated and Cold Stone Massage *90 minute treatment* Rp. 750

Experience the healing powers of this detoxifying therapy dating back 5000 years in India and as far back as the Mayan civilization in South America. The heat of the basalt stones gliding across your limbs mobilises the lymphatic system, circulating nutrients throughout the body. As the cold marble gently awakens your muscles, the constriction of blood vessels stimulates the nervous system, drawing toxins out of the body. The soothing sensation of the warm stone and refreshing coolness of the marble make this a dramatically therapeutic and restorative massage. Recommended for support of the immune system, countering against flu symptoms and congestion and alleviating stress, tension, muscle aches, and fatigue.

All prices are in thousands Rupiah and are subject to 21% government tax and service charges.





Rejuvenating Packages

Jet Lag Remedy

120 minute treatment

Rp. 650

Prana's Jet Lag Remedy is the perfect treatment to diminish the effects of jet lag - It is recommended both before and after you travel. The treatment begins with a peppermint infused foot bath, followed by a firm back, neck and shoulder massage, which will relax tense and knotted tissue as well as improving the circulation. Continue with a refreshing facial to recondition and moisturise the skin, finally relax and enjoy our 60 minute foot massage with a hot towel compress.

Mum's To Be

120 minute treatment

Rp. 850

A massage is a wonderful way to relax, increase your energy and relieve discomfort during your pregnancy. Prana's pregnancy massage is a gentle, non-invasive, full-body treatment, achieved by using a side-lying position comfortably supported with cushions. The technique used not only concentrates on alleviating some of the aches and pains associated with pregnancy but also increases circulation and reduces swelling. After the massage, retreat to the salon and enjoy our 60 minute hair cream bath and scalp treatment and a freshly made herbal tea.

A perfect package to allow Mums to be to unwind and recharge.

Exclusively Male

120 minute treatment

Rp. 800

Design exclusively for men to enhance wellness and achieve optimum health. Relax and enjoy an invigorating, firm massage improving blood circulation, breaking down adhesions and ultimately easing stress. Followed by a relaxing facial to cleanse and exfoliate; leaving your skin clean, balance and hydrated.

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Rejuvenating Packages

Revitalise Package

120 minute treatment

Rp. 800

A fantastic 120 minute treatment to balance the body, mind and spirit. Beginning with the steam room and continuing with a body scrub and a face peel to deeply purify your skin, followed by invigorating Vichi shower massage. This Purification Ritual finishes with a wonderful signature massage.

Turkish Trio

120 minute treatment

Rp. 850

Enjoy the authentic tradition of the Middle East. Beginning with a session in the hot and cold plunge pools followed by steam room, relax in Prana's palace courtyard. Next your body will be exfoliated and cleansed under the tranquil Vichi shower. To complete this trio, retreat to the salon to enjoy a scalp treatment and nourishing hair cream bath while sipping on a refreshing beverage and enjoying Turkish delight.

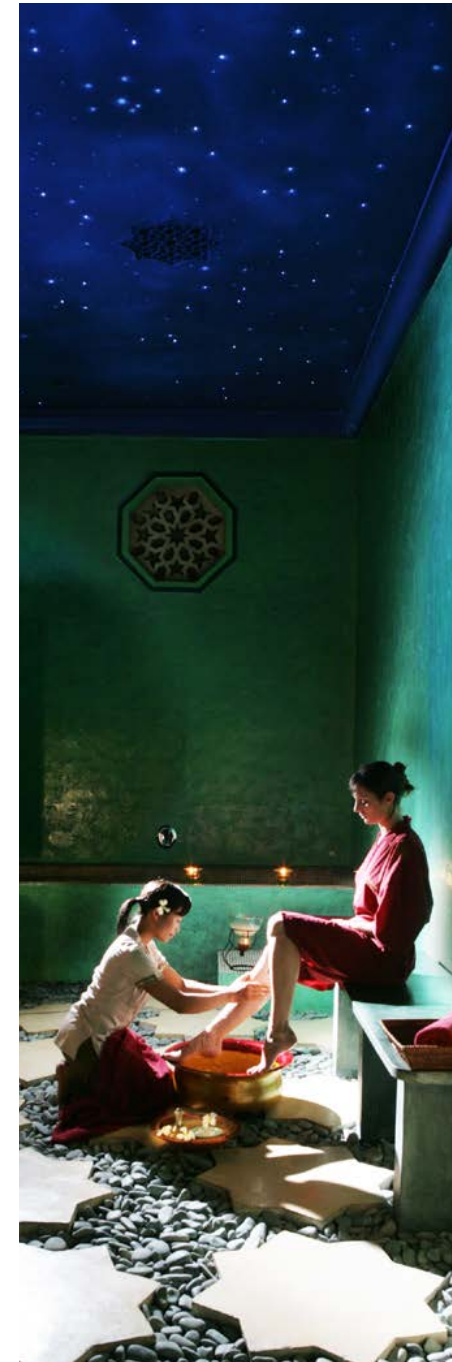
Mystique of Bali

120 minute treatment

Rp. 800

Enjoy all that the "Island of The Gods" has to offer in Prana's most popular package - The Mystique of Bali. Succumb to the traditional techniques of a Balinese oil massage followed by your skin being polished by the herbal, aromatic spices of the lulur body scrub. Next a cooling yogurt splash will condition and balance your skin. Soak in a floral fantasy as you relax in a Rose petal and Frangipani flower bath with a refreshing beverage.

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Rejuvenating Packages

Simply Slimming

120 minute treatment

Rp. 1,000

Offering the ultimate in weight loss management, this 120 minute treatment allows you to experience the latest in cellulite and water retention reduction. Prepare yourself for ultimate decadence as this exhilarating process commences with a full-body coffee exfoliating scrub. As the awakening aroma and rhythmic sensation stimulates your senses, toxins are dispelled from the blood, eliminating impurities through the pores of the skin. As you rest on your back, the tepid water leaves you clean and refreshed and prepares you for the next delightful phase, a seaweed mask. The smooth, rich seaweed is applied on the thighs and the torso, areas of the body that need special attention, and then you are prepared for a 15 minute steam session. As the uplifting steam firms your tissues and eliminates bloating and retention, the fresh taste of chilled water and the therapeutic scent of eucalyptus uplift the senses. After a refreshing shower, prepare for a deeply therapeutic massage as France's most dynamic weight loss creams and oils are applied throughout the session.

Recommended for anyone wishing to firm, tighten, eliminate and cleanse, the results of this cutting-edge therapy are immediate.

Sun and Moon

180 minute treatment

Rp. 900

Sun and Moon treatment begins with your choice of exfoliating body scrubs, followed by a body polish using fresh ingredients to condition your skin. A short visit to our steam room will give your complexion a healthy glow by flushing out toxins held just below the surface of your skin. Let stress and tension melt away with a flowing massage, using our own special blend of aromatherapy massage oils continue with a foot massage. Finally a relaxing facial to cleanse, exfoliate and leaving your skin clean, balance and hydrated.

Divine Unity

180 minute treatment

Rp. 900

Allow your body, mind and soul to unite in a perfect balance. Awaken the soul with an exfoliating body scrub under the cleansing waters of Vichi shower. Revitalize your body as you are massaged and calm your wandering mind as you experience a Natural Facial. Relish in the whole of body, mind and soul.

Pampering of Prana

180 minute treatment

Rp. 1.200

Beginning with the hot and cold plunge pools to first invigorate and stimulate the circulation system. Then a relaxing foot treatment and continuing with our signature body massage to melt away any stress. The relaxed vibe continues with a full facial which seeks to balance skin, body and mind. Complete with a rhythmic scalp massage and hair crème bath

All prices are in thousands Rupiah and are subject to 21% government tax and service charges.

Private Suite at Prana Spa

King Shahryar: *Look into my eyes. What do you see, Scheherezade?*

Queen Scheherezade: *Me. looking at you, my Love.*

Arabian Nights

Modern amenities meet the decadent mysteries of the most exotic era in history.

Leave your inhibitions behind and allow your imagination free reign
as you journey back to ancient Persia, Egypt, India, Morocco and the Middle East.

You will be spoiled with the riches of Kings and Queens as your soles tread upon plush carpets from Persia,
your pallet will savour the aromatic and exotic flavours and your body will be pampered and attended to like royalty
using only the finest in luxuries such as 24 Karat Gold and Genuine Pearl Powder.

All of these sumptuous amenities are available for your enjoyment.

Choose from any of our perfectly designed Private Suite Spa Packages or customise your spa experience.

You may also choose to simply lounge, feast or soak.

Upon this magic carpet ride you are the King and Queen, your wish is our desire to deliver.





Private Suite Packages

Eastern Mystique

Gold
Platinum

180 minutes of luxury
with a bottle of wine & canape's

Rp. 2,500
Rp. 3,500

"This is royal! Let those who went up through Spain make the best of it these dominions of the Emperor of Morocco suit our little party well enough. Tangier is a foreign land if ever there was one, and the true spirit of it can never be found in any book save The Arabian Nights."

The Innocents Abroad - Mark Twain

Indulge in the healing of ancient Middle East traditions.

The treatment begins with a foot cleanse followed by a cleansing back facial leaving the skin exfoliated and nourished, a foot massage is performed relieving the tension in your soles and leaves you floating on a magical carpet ride. A royal facial to cleanse and soothe your skin completes your journey but as a finale, step into a herbal bath and enjoy decadent Turkish delights as you reflect on the healing energies of the Middle East Mystique

Mystique Foot Cleanse, Casablanca Back Facial, Marrakesh Foot Massage, Royal Facial, Black Moroccan Herbal Bath and your choice of a bottle of red, white or sparkling wine and selected canapés



Jewels of the Nile

Gold
Platinum

240 minutes of luxury
with a bottle of wine & canape's

Rp. 3,000
Rp. 4,000

"How doth the little crocodile improve his shining tail, and pour the waters of the Nile on every golden scale!"

Lewis Caroll

Submerge your soles into a Nile of colours as your feet are cleansed, exfoliated and massaged atop a rainbow of precious stones. Fall into a tranquil state of luxury as your body is carefully and therapeutically massaged with the ultimate in luxury, 24 Karat Gold infused massage oil. Gold has long been admired for its therapeutic properties as well as its adoring beauty. This profoundly relaxing massage will evolve into the anointing of the seven chakras as select precious gemstones are placed on each energy centre to encourage flow of positive vibrations.

Continue with a Genuine Pearl Facial of pure Pearl powder which will be masked upon your face to brighten and enhance this opulent facial. Attention will now be brought to the heavens as you experience the Crown Therapy, using warm oils and rosemary to nourish the scalp. This tranquil journey down the Nile is complete with a Legendary Cleopatra Milk Bath.

Egyptian Foot Cleansing, Gold Infused Royal Massage, Precious Stone Alignment, Genuine Pearl Facial, Crown Therapy, Cleopatra Milk Bath and your choice of a bottle of red, white or sparkling wine and selected canapés

All prices are in thousands Rupiah and are subject to 21% government tax and service charges.

Private Suite Packages

Sinbad's Seven Voyages to Health

Gold
Platinum

270 minutes of luxury
with a bottle of wine & canapé's

Rp. 5,500
Rp. 6,500

*"Oft when thy case shows knotty and tangled skein, fate downs from Heaven and straightens every ply.
In patience keep thy soul till clear thy lot, for he who ties the knot can eke untie."*

The Arabian Nights - Translated by Sir Richard Burton

Set sail on your quest to health and indulge in seven therapies from the sea. Your sea legs will be soaked in a mineral rich seaweed footbath and exfoliated with the oceans finest sea salt, continue with a relaxing therapeutic massage followed by a dry body exfoliation increasing the body's circulation and leaving your skin soft and smooth before you are wrapped in the abundant proteins, vitamins and trace of minerals from the sea, your body will eliminate toxins while absorbing the benefits leaving you hydrated and balanced. Indulge into a luxurious facial, this renowned sea element is rich in protein and powerful antioxidants which hydrate, firm and llluminate the skin and continue with the Crown Therapy using warm oils and rosemary to nourish the scalp. Complete this voyage with a well deserved soak in a Cleopatra Milk Bath.

Algae Foot Cleanse, Royal Facial, Therapeutic Massage, Crown Therapy, Dry Body Exfoliation, Seaweed Body Mask, Cleopatra Milk Bath and your choice of a bottle of red, white or sparkling wine and selected canapés



One Thousand and One Nights

Gold
Platinum

300 minutes of luxury
with a bottle of wine & canapé's

Rp. 4,000
Rp. 5,000

*"O King of the Time and unique one of the Age and the Tide, I am thine handmaid, and these thousand nights and a night
have I entertained thee with stories of folk gone before and admonitory instances of the men of yore."*

The Arabian Nights - Translated by Sir Richard Burton

Commence with a Foot Massage of the finest Persian rose water and petals and Royal Foot Cleanse, preparing you for your divine experience. For men, enjoy the King Shahryar massage, a powerful and firm massage that releases muscle tension and for the ladies, relax into the Queen Scheherazade massage which will bring the harmonious balance of body and soul. Now that the body and mind are relaxed and harmonious, experience a Royal Facial. The luxurious sea element is rich in protein and powerful antioxidants which hydrate, firm and llluminate the skin continue with the Crown Therapy using warm oils and rosemary to nourish the scalp. Complete this journey with a private Kama Sutra or Relaxation Yoga session, focusing on relaxation and surrender to the deeper awareness of the breath. Soak as Kings and Queens in an exotically romantic bath infused with natural herbal aphrodisiacs.

Persian Foot Cleanse & Massage, Princess Jasmine Bath, Facial, Crown Therapy, King Shahryar & Queen Scheherazade Gold infused Royal Massage, Kama Sutra Yoga Stretches. Your choice of a bottle of red, white or sparkling wine and selected canapés

All prices are in thousands Rupiah and are subject to 21% government tax and service charges.



Private Suite Package Menu

- based on two people

Packages

Eastern Mystique	Gold	180 minutes of luxury	Rp. 2,500
	Platinum	with a bottle of wine & canape's	Rp. 3,500
Jewel of the Nile	Gold	240 minutes of luxury	Rp. 3,000
	Platinum	with a bottle of wine & canape's	Rp. 4,000
Sinbad's Seven Voyages to Health	Gold	270 minutes of luxury	Rp. 5,500
	Platinum	with a bottle of wine & canape's	Rp. 6,500
One Thousand and One Nights	Gold	300 minutes of luxury	Rp. 4,000
	Platinum	with a bottle of wine & canape's	Rp. 5,000

Luxury Upgrade option

Private Suite exclusive spa upgrades are available to turn your spa experience into a memorable journey. Spoil the one you love with our decadent upgrades and turn your Private Suite experience with us into an experience you will both never forget.

Hand Made Chocolate's (3)	Rp. 110
Rose Bouquet	Rp. 350
Gold Massage Oil, Gift Box	Rp. 350

A la Carte Menu

Use of the Private Suite as below, based on two people (includes the Gold Infused Royal Massage - 90 minutes)

Private Suite a la carte	120 minutes	Rp. 2,000
Private Suite a la carte	180 minutes	Rp. 2,600
Private Suite a la carte	240 minutes	Rp. 3,750
Private Suite a la carte	300 minutes	Rp. 4,500

Also add any of the following treatments to your a la carte selection (based on two people)

Royal Relaxing Facial	45 min	Rp. 700	Crown Therapy	30 min	Rp. 700
Genuine Pearl Facial	60 min	Rp. 750	Marrakesh Foot & Leg Massage	60 min	Rp. 750
Caviar Luxe	60 min	Rp. 3,000	Legendary Cleopatra Milk Bath	30 min	Rp. 800

Bookings are essential, the Private Suite opens from 10am until 10pm.

The prices above may be subject to change without prior notice, valid from May, 2015 until March, 2016

All prices are in thousands Rupiah and are subject to 21% government tax and service charges.