

# ANANDA

LUXURY SPA BY SAMANVAYA



# THE ANANDA SPA

Emerge yourself into the experience of Ananda Spa.

Inspired by the peace and connection of ancient Balinese culture and the powers of our serene surroundings, all treatments have been designed with the nourishment of your body, mind and soul at the heart.

Journey with us to a place of relaxation and rejuvenation which indulges your senses every step of the way.

'Ananda'  
Ultimate Bliss



At Ananda Spa, we are proud to use natural and botanical skincare, and products that are home-made with ingredients from around the grounds of Samanvaya.

All of our treatments can be enjoyed with one of our delicious signature drinks. Our therapists will be happy to show you the menu.

## TRADITIONAL BALINESE TREATMENTS

Experience traditional massage therapies tailored specifically to your needs.

### TRADITIONAL BALINESE MASSAGE

A gentle and soothing Balinese Massage. Based on the holistic system of traditional Chinese Medicine, finger and palm pressure is applied to energise the meridians, calm the nervous system, improve circulation and relieve tired and tense muscles.

**60 MIN 540 | 90 MIN 780**

### FOUR HANDS OF BLISS

Enjoy deep relaxation as you indulge in our most decadent massage. In this four hands massage, two therapists use synchronised movements to induce a total body and mind relaxation.

**60 MIN 780 | 90 MIN 1080**

### HOT VOLCANIC STONE MASSAGE

Hot stone therapy is a powerful massage technique that uses heated riverbed stones. This ancient form of healing will release tension, increase blood circulation, relax the nervous system and restore fluidity to the connective tissue and joints.

**90 MIN 780**

### HOT BAMBOO MASSAGE

This treatment uses heated, hollow bamboo stalks of different lengths, widths and weights on the body's muscles, connective tissues, tendons, ligaments, and joints. This combined with the heat allows for deeper tissue penetration meaning your therapist can get tough knots, treating muscular injuries and reducing pain.

**90 MIN 780**



## HERBAL MASSAGE

90 MIN 840

This holistic massage method uses a fresh, aromatic herb blend of star anise, ginger, lemongrass, cloves and cardamom to harmonise your inner state, relieve stress and guide you towards deep relaxation. The warm compress is applied to your body to smooth muscle tension and improve blood and oxygen flow being ideal for lower back, neck and shoulder issues.

## ACUPRESSURE MASSAGE

60 MIN 540 | 90 MIN 780

Indulge yourself in this therapeutic treatment designed especially for natural healing and recovery. Lay down and enjoy the soothing touch of foot and hand reflexology finished by a soothing head and face massage focusing on pressure points in the temples of your head. This will assist your recovery by enhancing the blood circulation around the body, boosting the lymphatic system, removing toxins and clearing blockages in your meridians.

## REBORN FOOT REFLEXOLOGY

60 MIN 540

Foot reflexology is not just a foot massage, but an all-round tension-tamer which is the perfect solution for jet-lag or late afternoon fatigue. Your therapist will use pressure points that correspond with different parts of the body to stimulate and balance energy.

## SHIRODHARA TREATMENT

90 MIN 960

30 MIN 480  
(oil drop only)

An ancient and powerful tool for bringing body, mind, and soul into harmonious balance by addressing multiple layers of your being. Start the treatment with a full body 60 minute Balinese massage. The process of pouring oils over the forehead will exfoliate dead skin cells, move lymphatic fluids, erase muscular tension and mitigate the stress response.



## BODY SCRUBS AND WRAPS

All body scrubs and wraps include a 60 minute Balinese massage.

### CITRUS AND SEASALT BODY SCRUB

**90 MIN 840**

Made from organic sea salt harvested on the east coast of Bali, this scrub is rich in mineral exfoliates to remove dirt and rejuvenate the skin. The active ingredients of lavender, rosemary and white grapefruit provide nutrients to protect and improve skin elasticity to replenish your skin.

### IRISH COFFEE SUGAR SCRUB

**90 MIN 840**

Made from all natural ingredients, this scrub combines organic coconut oil, ground coffee beans, organic raw sugar and rum essence. Coffee scrub stimulates blood and lymph flow, reduces cellulite and tightens skin.

### FRESH ALOE VERA BODY WRAP

**90 MIN 840**

The healing and moisturising properties of aloe vera and lavender are combined for unrivalled relief for skin stressed by sun exposure or harsh weather conditions. Deep relaxation guaranteed.

### DETOXIFYING BOREH SPICE WRAP

**90 MIN 840**

This exotic clove, nutmeg, cinnamon and ginger combination awakens the senses providing an invigorating treatment. Traditionally used to boost circulation and revitalise skin tone, this is the perfect treatment if you are feeling less than 100% and in need of a boost.



## FACE, HAIR & NAIL TREATMENTS

### REJUVINATING FACIAL

60 MIN 720

This all-inclusive facial treatment includes deep skin cleansing, detoxifier toning, gentle exfoliation of coconut and vanilla scrub and an impurity removing hydrating mask of nourishing moisturising oils and refreshing eye care.

Indulge yourself with the 90 minute option which includes additional focus on face and head pressure points.

### THE DECADENT MANICURE OR PEDICURE

60 MIN 540 | GEL 90 MIN 660

This luxurious hand or foot treatment includes a deep tissue rejuvenation massage designed to relieve tension and improve circulation. The treatment continues with an exfoliation and a soothing relaxation massage with the application of both moisturising and essential oils. The completion of this treatment includes nail cleaning, cutting, shaping and cuticle care leaving you feeling relaxed and your hands or feet feeling soothed, hydrated and revived. Polish of your choice included.

### STRENGTHENING HAIR CREAM BATH

60 MIN 540

Enjoy the pleasure of this traditional Indonesian treatment. Rich conditioning cream is massaged into scalp and hair in an experience that is both blissful and beneficial. Tension melts away and the scalp tingles with improved circulation as your hair is softened, enriched and glowing.

Add Olaplex No3 Treatment for RP 150



## MIND AND BODY HEALING

### PRIVATE GUIDED YOGA & MEDITATION

Private and personalised yoga and meditation sessions are great for beginner or advanced students. Slow down and open your body to improve symptoms of anxiety and depression and leave you smiling from the inside out. An intrinsic part of Balinese Hindu culture, meditation will promote your emotional health by assisting in stress reduction, self awareness and controlling anxiety.

**60 MIN 650**

### PASSIVE YOGA

A uniquely Samanvaya experience. Passive asanas are yoga poses in which the body totally relaxes into the pose, supported by bolsters, other props and Komang, our local yoga teacher and healer. Instead of just holding a pose, you sink in to it, assisted by Komang to get the most out of your stretching and soften your muscles. Most passive poses are on the floor making this a relaxing practice.

**60 MIN 650**

### CHAKRA BALANCING

Chakras balancing is a technique for balancing the body's energy centers (chakras) using crystals and sound vibrations. Our local yoga instructor and healer Komang, uses special crystals and stones which are believed to have a healing effect as an alternative medicine. Sound vibrations provide a deep relaxing effect to distract the brain and can also improve blood flow by widening blood vessels and preventing blockages.

**60 MIN 960**



## SPA PACKAGES

### ROMANCE IN THE VALLEY

A romantic and dreamy spa package designed especially for couples wanting to spend pampering time together. Start your experience with an indulgent 30 minute foot and leg massage whilst sipping on a glass of bubbles or a delicious mocktail. Prepare your body for deep relaxation with a 90 minute sugar scrub and Balinese massage treatment. Finish in luxury with a romantic candle lit herbal bath. Ask our staff about adding on our romantic dinner packages.

**150 MIN 1,440**  
**Price per person.**

### TRAVELLERS REJUVINATION

Prepare your body with a cleansing detox juice of green capsicum, cucumber, lemon, lime and turmeric. This soothing treatment starts with 30 minutes of foot reflexology lying down followed by a 90 minute body scrub of your choice which includes a traditional Balinese massage. Enjoy the hydrating benefits of a 30 minute body wrap and 30 minute mini facial to give your skin a refreshing pick me up. This package is designed to help the body and mind recover from the physical and mental strains of long distance travel.

**180 MIN 1,920**

### COMPLETE ZEN

Start with a cleansing Jamu shot; traditional medicine in Bali. Experience a 60 minute crystal or sound healing treatment which synchronises brain waves to achieve profound states of relaxation helping to restore the normal vibratory frequencies of the cells in your body. Next, enjoy a 90 minute herbal oil or heated bamboo massage. Leave the experience feeling a deeper connection to the earth, the island and yourself.

**150 MIN 1,320**



## SPA ETTIQUITE

Please arrive 10 minutes before your treatment and take time to relax in our tranquil surroundings. Arriving late will decrease the time of your treatment.

All treatments will be charged to your room and will appear on your account at check-out.

Please give 24 hours' cancellation notice on treatments, otherwise 50% of the price may be charged to your account.

Smoking and the use of mobile phones is not permitted in the spa.

Please notify spa receptionists of any existing medical conditions.

All rates are 000 and are quoted in IDR



We look forward to welcoming you into the  
'Ananda' spa to rejuvenate your senses and  
soul.

Sampai Jumpa Lagi

See you soon