



Our balancing treatments are designed to relax, energize and soothe your mind and body

Galangal Spa opens daily from 12.00 noon till 21.00 hours

All the prices are in thousand Indonesian rupiahs and are subject to 21% government tax and service charge

MASSAGES



Galangal Signature Massage

60 minutes 650
90 minutes 890

Our signature massage will be performed by two therapists working together to give you a unique experience. The immediate benefit of this treatment is relaxation, including lowering your stress level.

Foot bath ritual – Galangal signature massage – Refreshment

Balinese Massage

60 minutes 450
90 minutes 620

Balinese massage will help you energize the body, relieve fatigue, body pain, sleep problem and anxiety. This therapy involves the use of long strokes, aromatherapy and acupressure as a total package.

Footbath ritual – Balinese Massage – refreshment

Galangal Fusion Massage Therapy

60 minutes 450
90 minutes 620

Enter a zone of bliss as waves of energy wash your stress away by enjoying our combined techniques of Shiatsu, Swedish and some stretching, with deep relaxation pressure to relieve tight muscles. The therapy will rejuvenate and stimulate your body's energy flow.

Foot bath ritual – Galangal Fusion Massage Therapy – refreshment

Nourishing Aromatherapy Massage

60 minutes 450
90 minutes 620

Aromatherapy Massage techniques involve the use of gentle and wide strokes and blending the sense of touch with smell. Aromatherapy Massage is a therapy that relaxes and rejuvenates the mind and body through the touches and selected aromatic oils.

Footbath ritual – Nourishing Aromatherapy Massage – refreshment

Swedish Massage

60 minutes 450
90 minutes 620

This originally European Swedish Massage is a deep tissue massage for relieving muscular tension, improving the circulation, and stimulating nervous system.

Footbath ritual – Swedish massage – refreshment

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Herbal Massage

60 minutes 450
90 minutes 620

Created from Thai's healing tradition, this massage will stimulate blood circulation and soothe tensed muscles and joints. Herbal massage is a combination of Balinese massage and warm herbal ball acupressure.

Foot bath ritual – Herbal Massage -refreshment

Traditional Japanese Shiatsu

60 minutes 450
90 minutes 620

It's a dry massage – a combination between pressure points, knuckle and palm pressure, to relieve tension and refresh the body.

Footbath ritual – Traditional Japanese Shiatsu – refreshment

Ayurvedic Massage

60 minutes 450
90 minutes 620

The traditional Indian massage has a balancing effect on all three doshas or body types and also helps to remove toxins and increase energy. The combined use of warm herbal oil and massage technique helps regulate the circulatory and nervous system of the body.

Footbath ritual – Ayurvedic Massage – refreshment

Warm Stone Massage

60 minutes 450
90 minutes 620

It is an ancient kind of healing by use of smooth heated stones during a massage session. Placement of hot stones on parts of body helps release tight muscles. It's relaxing effect brings mental and spiritual wellness; helps create good circulation; and soothe the mind.

Footbath ritual – Warm Stone Massage – refreshment





Sirodhara

60 minutes 550

90 minutes 790

Soothe your mind and achieve balanced composure with our Sirodhara treatment. The unique treatment begins with Ayurvedic massage and followed by pouring ointment oil on the forehead.

Footbath ritual - Sirodhara - refreshment

Anti-Stress Back Massage

45 minutes 390

Back massage can help relieve lower back pain, prevent anxiety and depression after a strenuous workout or sitting at a desk all day.

Anti-stress Back Massage - refreshment

Scalp, Neck & shoulder massage

45 minutes 390

It is a wonderful way to ease shoulder and neck tension as well as stiffness. This massage can help relieve stress, insomnia, and headaches and at the same time improve blood circulation.

Scalp, Neck & shoulder massage - refreshment

BEAUTY RITUAL



Signature Facial

60 minutes 490

A gentle, calming and effective facial to deeply hydrate and nourish all skin types, using botanical extracts. This treatment includes head, neck & shoulders massage.

Signature Facial – refreshment

Pedicure

60 minutes 310

Give your feet a special care with our traditional pedicure and foot massage that will leave your feet smooth and healthy. Nail polish application included.

Pedicure - refreshment

Manicure

60 minutes 310

Care for your hands with all aspects of traditional manicure to leave them soft, smooth and beautiful. Nail polish application included.

Manicure – refreshment

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BODY SCRUB

Exfoliating and cleaning the skin to remove toxins and dead and dull skin,
Stimulating blood circulation and helping skin regeneration

Javanese Lulur

75 minutes 490

One of the great secrets of the Javanese Royalty is 'lulur', the luxurious body scrub believed to be one of the nature's best exfoliating methods. This ritual has been used by ladies of Javanese royal families for centuries. Traditionally it was given to brides-to-be on their wedding day to cleanse, smooth, soften, and rejuvenate their skin. This healing art works well in eliminating dead skin cells.

Sauna - Javanese lulur - shower - moisturizer - refreshment

Green Tea Scrub

75 minutes 490

Green tea scrub helps smoothen your skin, reduce redness, also prevent further skin breakouts and leaves your skin radiant and glowing.

Sauna - Green tea scrub - shower - moisturizer - refreshment

Coconut Scrub

75 minutes 490

Rich of vitamins & antioxidants, coconut cells remove dead cells and strengthen new skin to leave it feeling completely clear and smooth.

Sauna - Coconut scrub - shower - moisturizer - refreshment

Coffee Scrub

75 minutes 490

This scrub is an aromatic blend of coffee to help refresh tired muscles and invigorate spirit; and provide deep skin exfoliation that leaves the skin fragrant.

Sauna - Coffee scrub - shower - moisturizer - refreshment

Sea Salt Scrub

75 minutes 490

Sea salt scrub is good for very sensitive skin, strengthening the skin tissue and leaving skin healthy.

Sauna - Sea salt scrub - shower - moisturizer - refreshment



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BODY WRAP

The wrap provides nutrition to keep skin look younger, firm and strengthen skin tissue.

Boreh Body Mask

75 minutes 490

'Boreh' is a traditional Balinese spice body mask which has been used by Balinese people who live in villages since long time ago. 'Boreh' is used to warm the body, improve blood circulation, relieve muscular aches and pains, prevent rheumatism and alleviate fever and flu. Sauna - boreh body mask - shower - moisturizer - refreshment

Seaweed Body Wrap

75 minutes 490

A cooling seaweed body treatment provides a gentle and therapeutic detoxification, improves body complexion, as well as reduces cellulite. Sauna - seaweed wrap - shower - moisturizer - refreshment

Green Tea Body Wrap

75 minutes 490

Your skin will deeply absorb rich nutrients of green tea that promotes healing and protects from irritation. Sauna - green tea wrap - shower - moisturizer - refreshment

Coconut Mask

75 minutes 490

Best of natural coconut wrap helps heal skin damage and protects your skin from further damage caused by the sun and other harsh environmental factors. Recommend for dry skin. Sauna - coconut mask - shower - moisturizer - refreshment



Coffee Mask

75 minutes 490

It has the ability to mend broken skin, soothe irritation, and revitalize cells. Sauna - coffee mask - shower - moisturizer - refreshment

Aloe Vera After-Sun Treatment

60 minutes 390

This is specially recommended after sunbathing to reduce redness and cooling the body by applying aloe vera gel with a gentle stroke. This treatment will be followed by head and foot massage while waiting the aloe vera gel absorbed in your skin. Aloevera after sun treatment - refreshment

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SPA PACKAGE

Royal Javanese Lulur Package

Single 120 minutes 810
Couple 120minutes 1550

This traditional beauty ritual will bring a beautiful glow to your skin as well as relieve tension, and improve blood circulation. You will feel completely refreshed at the end of this traditional beauty ritual treatment.

Floral footbath ritual – sauna – Javanese lulur – yogurt - shower – Balinese massage – refreshment

Green tea Purification

Single 150 minutes 950
Couple 150 minutes 1850

The package of green tea and aromatherapy massage is amazing healing from skin dehydration. It stimulates nervous system, improves blood circulation and prevent skin cancer.

Floral footbath ritual – sauna - green tea scrub – shower – green tea wrap – shower –nourishing aromatherapy massage – refreshment

Honeymoon Indulgence

Couple 190 minutes 2260

Especially create to share your love with your beloved. Enjoy indulgent treatment side by side and discover intimacy together.

Floral footbath ritual – sauna - choice of body wrap – shower – ayurvedic massage – signature facial – aromatherapy bath – refreshment

Balinese Journey

Single 175 minutes 1150
Couple 175 minutes 2250

Start your journey with our traditional Balinese treatment by boreh scrub and boreh mask to warm your body, followed by herbal massage to improve blood circulation, prevent rheumatism, and relieve muscle tension. The journey ends with herbal bath.

Floral footbath ritual – sauna - boreh scrub – shower - boreh wrap – shower - herbal massage – herbal bath – refreshment

Royal Samabe Signature

Single 180 minutes 1080

The Royal Samabe Signature begins with your choice of body scrub to remove dead skin, leaving your skin soft and smooth. Then, choose body massage to enhance deep relaxation, relieve stress and calm the senses. Finally relish aromatherapy flower bath to complete this indulgence.

Footbath ritual – sauna – shower - choose of body scrub – shower - choose of body wrap – shower – choose of Balinese massage / Swedish massage / aromatherapy massage / Japanese shiatsu / galangal fusion massage – aromatherapy flower bath – refreshment

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GALANGAL SPA DAILY TREATMENT PACKAGE

3 days package

210 minutes 1420

Day 1 : Balinese Massage

Day 2 : Signature Facial

Day 3 : Coconut Scrub

5 days package

360 minutes 2790

Day 1 : Samabe Signature Massage

Day 2 : Signature Facial

Day 3 : Aloe Vera After-sun Treatment

Day 4 : Swedish / Balinese Massage

Day 5 : Green Tea Scrub

AVAILABLE IN YOUR SUITE OR VILLA

Daily from 12.00 noon till 20.00 hours

Massage In your suite or villa. Enjoy the massage at the garden terrace, bedroom or in the bathroom.

Galangal Fusion Massage Therapy	60 minutes	390
Balinese Massage	60 minutes	390
Aromatherapy Massage	60 minutes	390
Swedish Massage	60 minutes	390
Japanese Shiatsu	60 minutes	390

IN SUITE OR VILLA BATH THERAPIES

Every creation of life relies on the most vital natural nutrients that nature has gifted to all water. For centuries, water has helped us to relax, revitalize and treat our skin with necessary nutrients and hydration. Bathe in one such beauty ritual that holds the important ingredient of meditative, secular and spiritual world. We recommend these baths for relaxation from stress, jet leg and other beneficial reasons.

Aromatherapy Flower Bath 220

Soak in a warm flower bath with aromatherapy soothing bath salt crystal made of sea salt, lavender buds, essential oil of lavender, rosemary, basil and lemon.

Papaya Lemon Spearmint Bath 300

Get the full mixed fruit bath experience with this exotic blend of papaya fragrant oil with lemon and spearmint essential oils together with fresh mint.

Soothing After Sun Bath 250

We are using an after-sun soothing bath gel, a highly concentrated combination of aloe vera and bangkoang extracts plus cucumber, lavender and geranium. This is a highly efficient way to soothe the pain of sun-damaged skin.

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SPA ETIQUETTE

1. Our Galangal Spa is open daily from 12.00am to 21.00pm. For more information and reservation please visit the spa reception in front of main hotel lobby or contact Galangal Spa extension 686.
2. Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings. Late arrivals will limit your treatment time as we need to end on time in order not to delay the next guest's appointment.
3. Please wear comfortable clothes. We provide bathrobes, slippers and disposable panties for your personal use during your visit to our spa. You may also wish to wear your bikini during your treatment. Whichever you choose, our therapists will make sure that your privacy is respected at all the times.
4. Please note that spa is unsuitable for small children and babies as we try to ensure that all our guests benefit from the tranquility of our surroundings.
5. We recommend you to leave your accessories in a safe place in your suite/villa before coming to the spa.
6. Please give 4 hours cancellation notice; otherwise 50% of the price will be charged.
7. If under 12 years of age, the treatment prices are half price. Parents are welcome to attend these treatments.
8. We recommend you to not sunbathe after oil treatments.
9. For men, please shave prior to all facial treatments to ensure maximum result.
10. We have our mother-to be massage oil and modified treatments specially designed for expecting moms.
11. Smoking or use of mobile phone is not permitted in the spa.
12. Guests who have high blood pressure, allergies, heart condition, pregnant or any other medical complexions are advised to consult with the doctor before signing up for any treatments.
13. Please notify spa reception of any existing medical conditions.
14. All the prices are in thousand Indonesian rupiahs and are subject to 21% government tax and service charge

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