

THE AMALA SPA MENU

The Spa at The Amala focuses on ancient Asian medicine and Western holistic philosophies. Tropical elixirs, and a touch of the local herbal, knowing hands and precision pressure points from well-trained therapist with a passion for perfection. The Amala has sourced organic product where possible for its treatments and natural blend recipes.

Every treatment will begin with a foot bath while enjoying a glass of lime, cucumber, mint and honey which help to relax, followed with purification ritual of Tibetan singing bowl to clear away negative vibrations, allowing fresh new chi to enter, opens up the chakra. Each session will be end with Tibetan prayer bells cleanse your mind, giving you a sense of uplift and relaxation.

Prices in RP, 000

Relax

Relief Back Massage – 30 min. 450

The back is where the important central nervous system is placed, it is the most likely part of the body that accumulates pressure. Our therapist will focus massage on your back large muscle groups and sensitive nerve plexus. By locating and easing back-problems, this will straighten up the spine. This massage will help to relieve muscle tension and muscular related low back pain.

Head and Shoulder Stress Relief - 60 min. 725

Alleviating stress, stimulates the lymphatic system, encouraging the elimination of toxins, helps break down muscle knots, increases oxygen uptake in tissues. Head massage can also be used to stimulate hair growth, improve concentration, relieve headache and recover insomnia. In addition, it is an excellent stress buster and makes you feel relaxed and recharged.

Traditional Balinese Massage - 60 min. 795

Influenced by the healing rituals of Balinese culture, this traditional massage combines stretching and acupressure techniques to relieve tension and improve blood circulation.

Balinese Exotic Fruit Ritual - 130 min. 1,325/ 2,120

Foot Bath-Traditional Balinese Massage-Scrub-Mask-Bath

Ritual start with traditional massage and fully pampered by combining exotic fruits. Papaya scrub helps rid the skin of dead cells and dirt, gently exfoliates and moisturize in one step with avocado body mask keep the skin smooth and soft, and rich in Vitamin E. Take a dip into citrus and flower petals bath.

Energize

Foot Massage - 75 min. 660

Based on the Chinese meridian theory of “energy pathways”, this treatment begins with a foot bath ritual, foot scrub to exfoliate, following with gentle stimulation of acupressure points in the feet to balance and energize the body.

Amala Holistic Signature Massage - 90 min. 990

Our aroma therapist will focus view your body, feel unbalanced site, using a variety of techniques to release physical stiffness, blocking, tissue adhesions, and tangled. Using Amala’s exclusively blended pure essential oils, this holistic full body treatment uses a fusion of therapeutic techniques from the East and the West giving you the ultimate soothing and pampering experience.

Tui Na – Chinese Acupressure Massage - 90 min. 990

A deep all over body massage designed to work on stiff, tight and fatigued muscles, this treatment is a bodywork treatment that honors the ancient elements of Chinese massage that opens and stimulates the meridians of the body to increase the flow of energy and replenish vitality.

Amala Healing Ritual - 120 min. 1,325/2,120

single / couple

Foot Bath-Amala Holistic Massage-Herbal Compress-Scrub-Bath Salt and Body Lotion-Aura cleansing mist

Ritual which you can heal with relaxing Amala holistic massage continue with warm herbal compress which will melt your tension away, continue with removing your dead skin using salt, ginger and cardamom scrub, immerse with indulge bath salt to cleanse and restoration of mineral balance in the blood. The finishing touch is a rich application of lotion to the body and purifies the aura by essential mist.

Oriental Boost Ritual - 150 min. 1,450/2,320

Steam-Foot Bath-Tuina-Scrub-Shower

This ultimate pampering start from the steam room which promote restful sleep, a tuina body massage soothe stiff muscles, total cleanse from tired cells using bamboo powder and honey exfoliation cream

Purify

Purification Massage with Ear Candle - 60 min. 795

A natural and non-intrusive method of cleansing the inside of the ears and head, this treatment helps promote thermal circulation in the encephalon by increasing oxygen and blood circulation, purifying the channel of throat, nose and ears, thereby easing tension and fatigue.

Lymphatic Drainage Massage - 60 min. 860

Using gentle and rhythmic lymphatic massage techniques, this treatment effectively eliminates toxins, reduces water retention and increases blood circulation.

Detox Purification Ritual - 150 min. 1,450/2,320

single / couple

Steam-Foot Bath-Lymphatic Drainage Massage-Scrub-Body Mask-Bath Salt Soak-Shower and body lotion

Begin to release the detox and enjoy relaxing in the steam, lymphatic massage to recharge the immune system, salt-cacao butter body peel is applied to reveal new skin and prepare the body for a rich seaweed masque that helps to detoxify tissues. The ritual finishes with a bath salt soak and the application of a body lotion.

Rejuvenate

Jade Stone Body Massage - 60 min. 860

This invigorating full body massage combines the healing powers of jade stone and herbal moxa. This treatment uses a series of century-old Chinese techniques to stimulate circulation and helps release toxins from the body's deep tissue.

Rebalancing indulgence Ritual - 100 min. 1,150/1,850

single / couple

Foot Bath-Lymphatic Drainage Massage-Organic facial cleanse, exfoliate, apply mask, moisturize-Shower

Blissful ritual which encourages the natural drainage of lymph, rhythmic circular movements stimulate your fluids flow and boost your immune system. The ritual is followed by an organic facial to revitalize and beautify your skin.

Chinese Royal Empress Ritual - 210 min. 1,790/ 2,850

single / couple

Foot Bath-Jade Massage-Scrub-Body Mask-Shower -Chinese Empress Pearl Facial -Tea Bath

A Chinese imperial secret reserved for thousands of years, this rejuvenate journey will include jade body massage followed by honey salt scrub and body polish with kaolin clay help cleanse, purify, heal, soothe and nourish. The ritual is followed by a flower bath and finishes a cool jade roller facial. Those were the privileged accessories of the Chinese empresses in their quest for smooth a youthful face.

Facial

Organic Facial - 60 min. 860

Cleanse, exfoliate, mask, followed by a revitalizing neck, upper chest, neck-shoulder, hand and feet massage. Custom-made recipes using fresh local organic ingredients to cleanse, refine, restore and hydrate your skin.

- Normal to oily skin

Scrub : Balinese coffee powder

Mask : strawberry (green tea), honey and yoghurt

Coffee is full of antioxidants, unclog the pores, and revitalize skin cells, while gentle facemask will help remove toxins from your skin.

- Normal to dry skin

Scrub : cocoa powder

Mask : milk and frangipani petals cream

Cocoa powder properties prevent free radicals, exfoliate and invigorate the skin. Milk and frangipani mask leaving it silky smooth and improve your skin's elasticity.

- Sensitive skin

Scrub: honey and aloe vera

Mask: cucumber, aloe vera and spinach

Aloe vera has its own natural way of soothing sensitive skin, resulting to stronger tissues and healthier skin.

Golden Spoon Facial - 90 min. 1,250

This rejuvenating facial uses the golden spoon therapy and bio-light ultrasonic induction method to reduce fine lines, lighten dark eye circles, and help skin become more radiant. This treatment includes serum mask and golden spoon massage to improve facial circulation and regenerate beautiful skin.

Cooling Jade Facial - 90 min. 1,250

Inspired by the beauty and radiant skin of Chinese Empress, this opulent anti-aging treatment lavishes your skin with pure Pearl Extract to improve elasticity and increase skin oxygenation. This treatment includes Pearl Extract mask and Jade roller massage.

Hand & Foot Care

Anti-Aging Hand Indulgence - 60 min. 400

Anti-Aging Hand Indulgence incl. manicure - 90 min. 490

Anti-aging Foot Indulgence - 60 min. 400

Anti-Aging Foot Indulgence incl. pedicure - 90 min. 490

Anti-aging Hand & Foot Indulgence - 90 min. 550

Our anti-aging hand, feet and nail treatment strengthens connective tissue, reduces wrinkles caused by dry skin, and promotes hand circulation. Hands or feet, are soaked and cleansed, exfoliated and massaged, cuticles groomed, nails shaped, followed by scrub and mask to moist the skin. The treatment is completed by a hand or foot massage.

Express Manicure - 30 min.	250
Express Pedicure - 30 min.	250
Express Manicure & Pedicure – 60 min.	450

Our nail care starts by shaping nails, trimming cuticle followed by hands or feet massage and completed by nails shine.