# The Spod

Kuda Villingili

Time and Space Redefined

### Spa Etiquette

#### **Health Matters**

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any health related concerns you may have when making your appointment. We do not recommend the consumption of alcohol before or directly after spa treatments.

#### **Spa Attire**

We will provide you with spa attire including a choice of spa underwear, alternatively you may choose to wear your own. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

#### **Valuables**

We provide a secure place for your personal items inside the spa villa; however, we do not accept liability for loss or damage. We recommend valuable items be stored inside the safe located in your Villa.

#### Punctuality

Arriving late may make it necessary to limit the time for your treatment so the next guest is not delayed. Please arrive at The Spa reception ten minutes prior to your scheduled treatment time.

#### **Cancellation Policy**

The treatments you select are reserved especially for you. Guests will be charged a 50% cancellation fee for treatments cancelled less than six hours prior to the appointment time. No-show or cancellation with less than two hours' notice will be charged at 100%.

#### Smoking

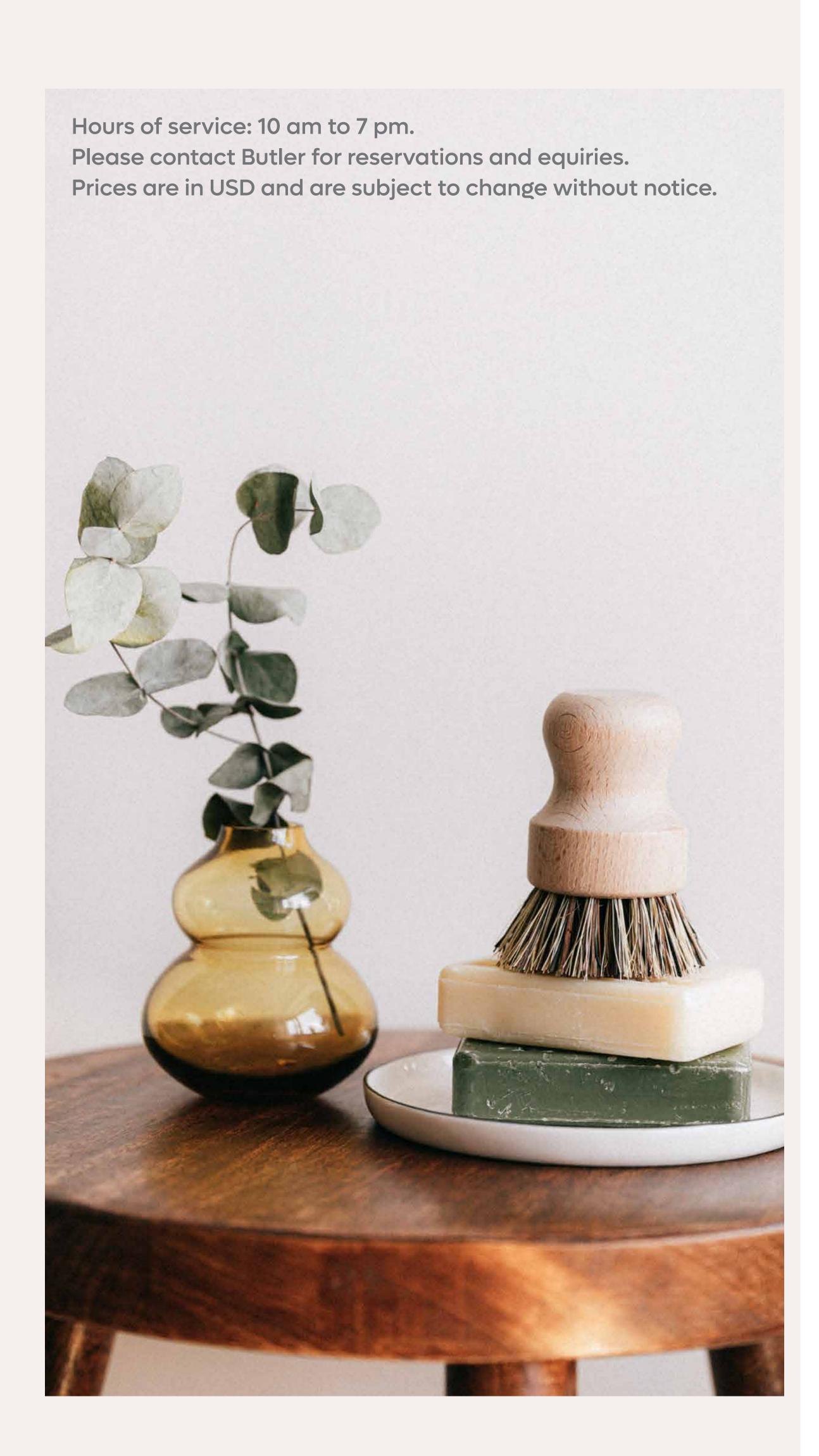
Kindly note the spa and health club facilities are designated as non-smoking zones.

#### **Mobile Phones**

Kindly refrain from using your mobile phone in the spa premises. Please keep your mobile phone on silent mode at all times.

#### Minimum Age

Minimum age for entry to the spa and health club facilities is 16 years old.



### Indulgent Oriental Rituals



#### Kuda Villingili Indulgence Ritual

(Performed by 2 therapists)

#### 150 minutes- USD 549

Aromatherapy Foot Polish, Kuda Vilingili Massage, Refreshing Facial with Foot Massage, Traditional Body polish, Floral Bath

#### Puri Bali Indulgence Ritual 120 minutes – USD 292

Aromatherapy Foot Polish, Ancient Balinese Massage, Frangipani Body Polish, Floral Bath

#### **Indian Ritual**

#### 120 minutes - USD 335

Aromatherapy Foot Polish, Abhyanga Massage, Sandalwood Body Polish, Floral Bath

#### Voya Heavenly Ocean Ritual 120 minutes – USD 335

Aromatherapy Foot Polish, Lomi Lomi Massage, Voya - Fucus Luscious Organic Salt Glow, Voya Aroma Bath Salts

#### Royal Indulgence Ritual

#### 120 minutes - USD 292

Aromatherapy Foot Polish, Chakra Balancing Stone Massage, Deep Relaxation Foot Massage, Floral Bath

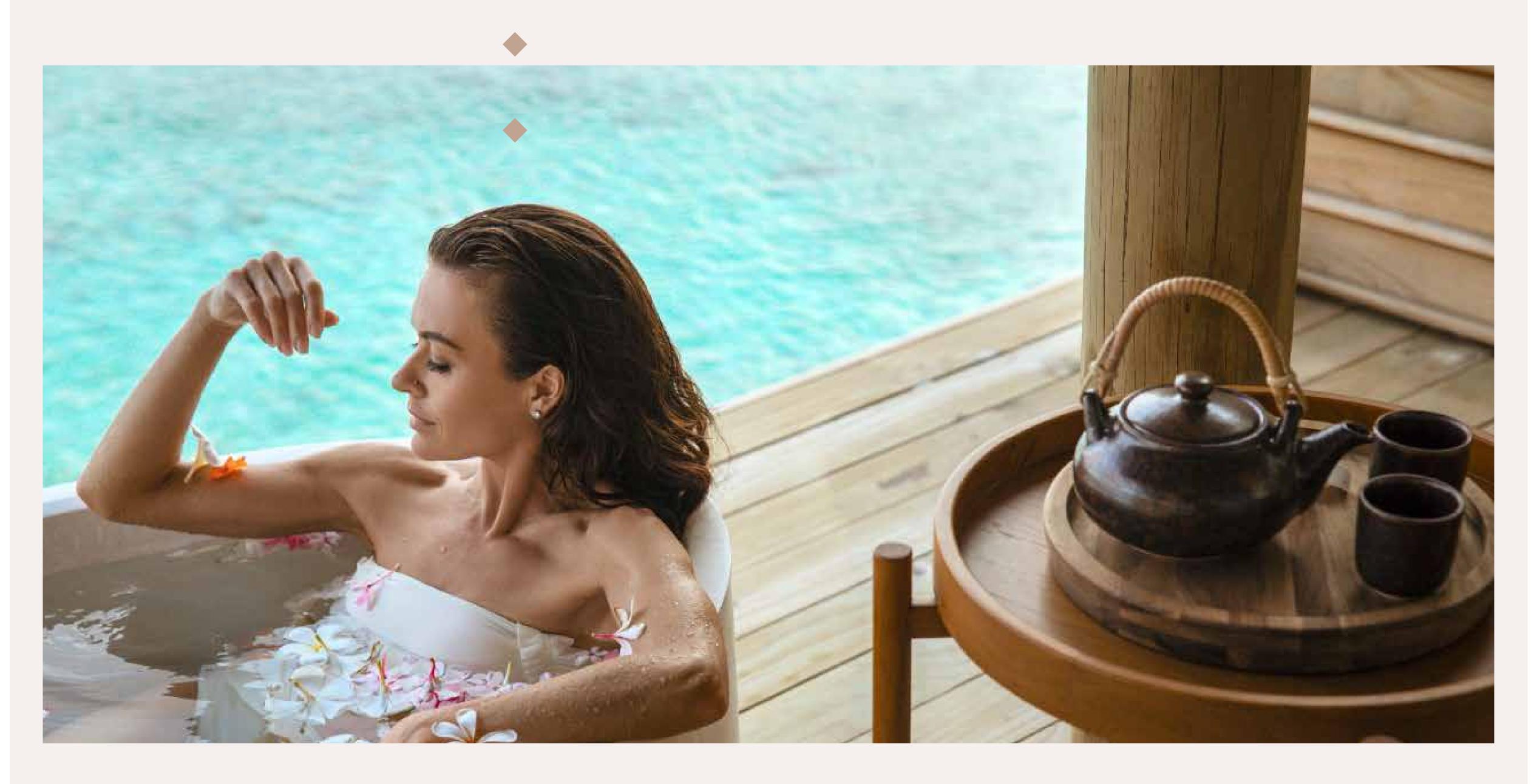
### You and I Ritual (Couple Treatment) 180 minutes – USD 671

#### Female:

Aromatherapy Foot Polish, Ancient Balinese Massage, Traditional Asian Facial, Silk Body Polish, Milk Bath

#### Male:

Aromatherapy Foot Polish, Ancient Balinese Massage, Relaxing Foot Massage, Sea Salt Body Polish, Milk Bath



### Therapuetic Massages



#### Kuda Villingili Massage

(Performed by 2 therapists)

60 minutes - USD 341

This dynamic four hand massage is your passport to heaven. It combines sweet orange, lotus and rose aromatherapy oil to dissolve deep muscle tension and soothe the spirit.

#### Ancient Balinese Massage 60 minutes – USD 183

90 minutes -USD 238

This traditional Balinese style massage includes stretching, palm and thumb pressure with deep effleurage techniques to draw oxygen into the muscles to relieve tension, improve blood circulation and calm the mind.

#### Relaxing Lomi Lomi Massage

60 minutes - USD 183

This revolutionary massage technique combines long stroking arm and palm movements with aromatherapy oil to release muscle tension and promote wellbeing.

#### Abhyanga Massage

60 minutes - USD 238

It is an ancient Indian massage technique, that uses aromatherapy oil to elevate energy levels by focusing on the doshas, which are three universal forces known as vata, pitta and kapha, that govern the body.

#### **Traditional Thai Style Reflexology**

60 minutes - USD 183

30 minutes - USD 98

Firm pressure is used to stimulate the reflexed points in the feet to stimulate deep relaxation and improve blood circulation.

#### **Back Soother**

30 minutes – USD 98

Combination of a Zen shiatsu massage and marma point healing treatment is performed on the upper back area to open the flow of energy to the head, neck and shoulder.



#### Prenatal Massage 60 minutes – USD 183

It is an ancient Balinese pregnancy massage technique with unscented oil to relax tensed muscle, ease sore spots and improve blood circulation to make you feel the ultimate relaxation.

#### Chakra Balancing Stone Massage

90 minutes – USD 275

Warm and cool stones are placed on the Chakra points to elevate and stimulate the movement of energy, which is known as chi, to help release the effects of stress and facilitate healing.

#### Deep tissue massage 60 minutes- USD 198

A medium to strong deep pressure massage with a perfect mix of subtle stretching with rhythmic massaging and compression uses traditional Thai techniques to apply intensive strokes to loosen and relax the muscles.

#### Ayurvedic Herbal Oil Massage

(Performed by Male therapist)

60 minutes-USD 238

It's a form of Indian Ayurveda Massage that involves massage of the entire body from the head to the toe with warm herbal infused oil, with moderate speed and pressure that restates the body and mind to a relaxed mode. It yields a range of benefits like improved blood circulation, strengthen body tolerance improve skin smoothness and softness, decrease hyperpigmentation, and removes fatigue stress and pain, good for relaxation.

### Reviving Body Polish Rituals



#### Voya Fucus Luscious Organic Salt Glow

#### 60 minutes - USD 183

The highest quality natural botanical ingredients with hand-harvested seaweed contain five of the most important antioxidants for skin protection, Vitamin C, Vitamin A, Vitamin E, Polyphenols and Flavonoids to nourish and soften tired skin and promote cell renewal.

#### Silk Body Polish

#### 60 minutes - USD 183

Sweet almond with milk is ideal for all skin types, except sensitive complexions. It is great to exfoliate dead cells and leave the skin feeling silky soft.

#### Frangipani Body Polish

#### 60 minutes - USD 183

This fragrant indulgence combines Balinese frangipani powder with aromatherapy oil to polish. It is the ultimate way to smoother, softer and more radiant looking skin.

#### **Coconut Body Polish**

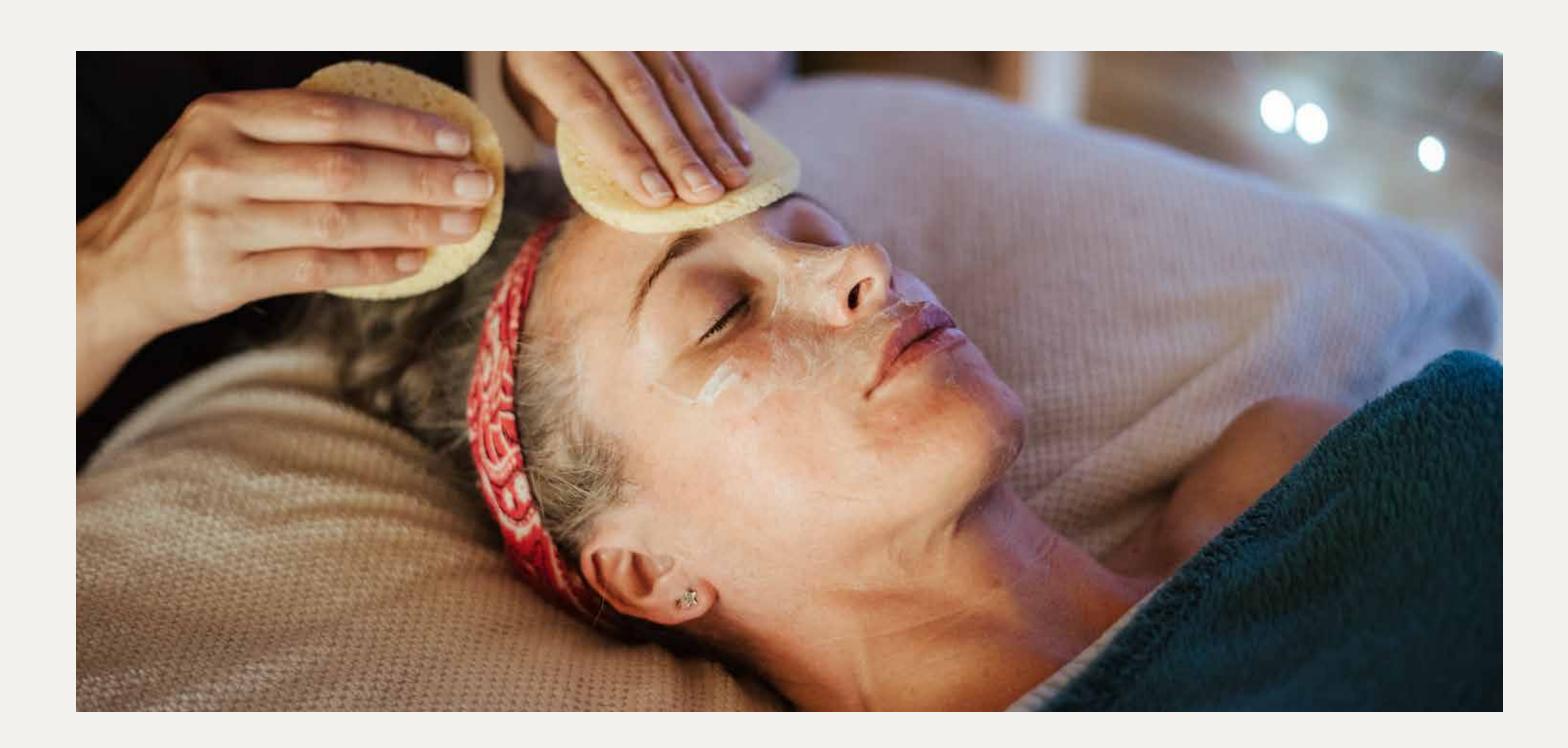
#### 60 minutes - USD 183

Coconut essential elements in traditional Asian beauty routines. A floral fruity scrub contains natural ingredients to revitalize tired skin.

#### Sandalwood Body Polish

#### 60 minutes – USD 183

Sandalwood extract is an important ingredient for restorative skin care with revitalizing results.





### Nurturing Envelopment Rituals



#### **Kuda Villingili Envelopment** 90 minutes –USD 275

It is a combination of Aromatherapy Foot Polish, Silk Body Polish, Milk & Honey Body Conditioning with Relaxing Foot Massage (During body wrap)

#### Himalayan Envelopment 90 minutes – USD 275

It includes the steps of Aromatherapy Foot Polish, Sandalwood Polish, Sandalwood Body Wrap with Relaxing Foot Massage (During body wrap)

#### Ocean Envelopment

90 minutes - USD 275

It includes the steps of Aromatherapy Foot Polish, Voya Fucus Luscious - Organic Salt Glow, Voya - Warm Spiced Mud Wrap with Relaxing Foot Massage (During body wrap)



### Rejuvenating Beauty Rituals



#### Voya Hydra Veil Facial

60 minutes - USD 183

This incredible organic Illuminating facial particularly good for sensitive, maturing, dry or dehydrated skin. Using a combination of antiox dant algae complexes and a restorative blend of organic ingredients, this facial incorporates a pressure point facial massage to improve radiance and helps to fight the signs of aging and reduce the appearance of fine lines and wrinkles through lifting, plumping and firming. Organic seaweed of wild Atlantic seaweed - are placed over a richly blended oxygenating face mask while particular attention is paid to the neck and shoulder massage.

#### **Voya Awakening Eye Treatment**

(Can be added to any facial treatment)

30 minutes - USD 98

Is the ultimate treatment for dehydratedzand puffy eyes. Featuring a potent mix of antioxidant rich and nutrient rich ingredients such as Green Tea, Bergamot, Sea Buckthorn Oil, and Seaweed Extract.

#### **Traditional Asian Facial**

60 minutes - USD 183

A refreshing 6-steps facial using pure and natural ingredients to enhance the condition an appearance of all skin types.

### Manicure & Pedicure



A regular traditional manicure or pedicure keeps nails clean, tidy and definitely improves their appearance. The skin is cared for using high quality products to promote nail strength and growth. An aftercare plan may be recommended to maintain and enhance the treatment at home.

Classic Manicure 60 minutes – USD 92

Classic Pedicure 60 minutes – USD 110

French Polish 45 minutes – USD 74

**WAXING** 

Full Leg 60 Minutes – USD 116

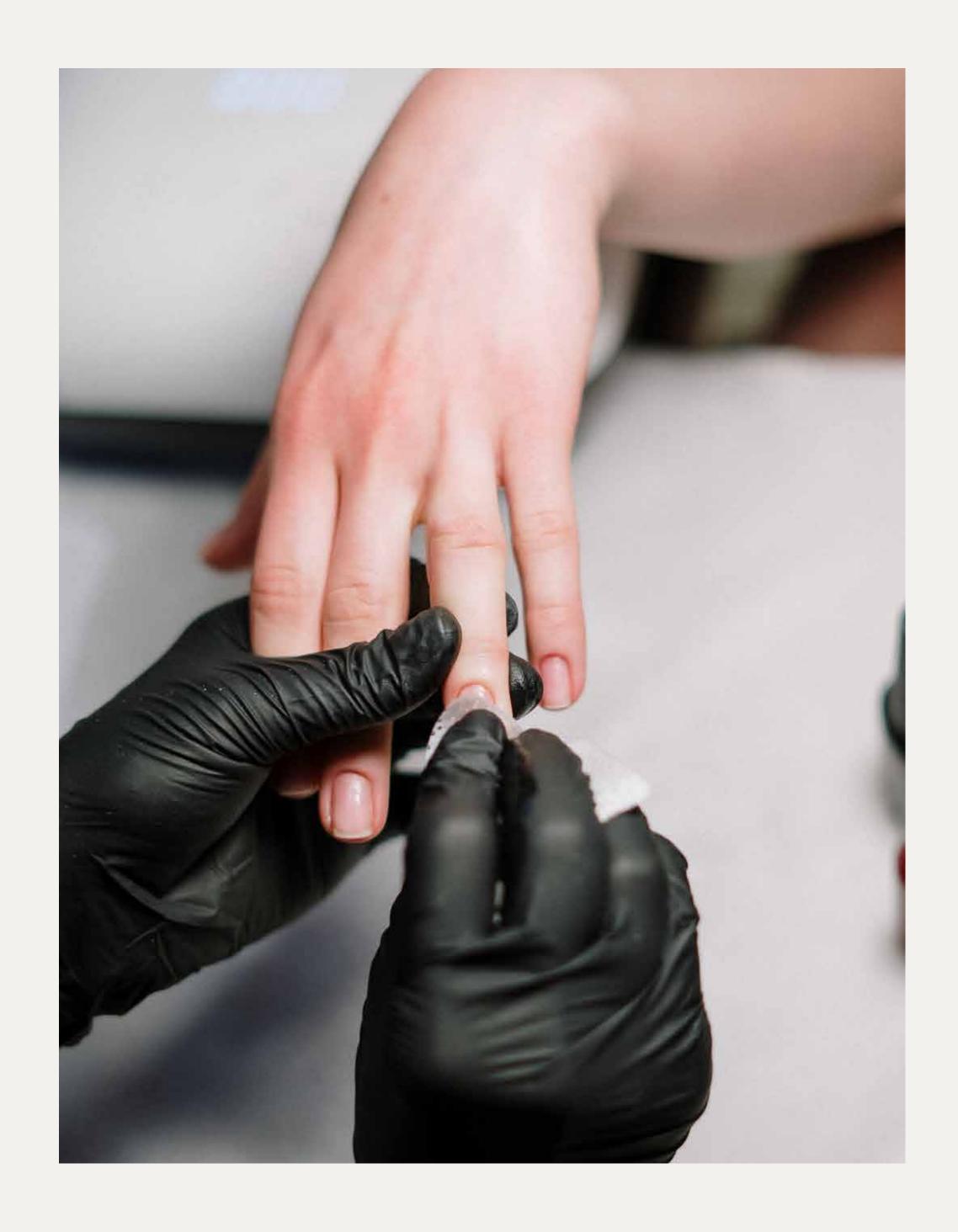
Half Leg 30 Minutes – USD 60

Under Arm 30 Minutes – USD 37

Chest 30 Minutes – USD 37

Back 30 Minutes – USD 37

Bikini Line 30 Minutes – USD 55



## Kuda Villingili

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