

SPA COLLECTION



HANGING GARDENS OF BALI

SPA COLLECTION

REFRESH YOUR MIND, BODY AND SPIRIT, WHILE SAVOURING THE ISLAND OF BALI WITH OUR EXQUISITE SPA AND WELLNESS TREATMENTS.



EXPERIENCE:

The Spa Collection at Hanging Gardens of Bali, which overlooks the waterfalls of the holy Ayung River, embracing the sights and sounds of nature, offering a unique range of luxurious treatments using all natural organic ingredients, many of them grown on our own estate and the surrounding countryside, including avocado, ginger and cocoa.

You will be welcomed by a special ritual, designed to blissfully start your spa experience:

Ice-cool Rosella tea - Natural sweetness and sourness to quench your thirst and soothe the through. High in vitamins and anti-oxidants to detoxify by reducing blood pressure, blood sugar, cholesterol and uric acid.

Our all-Balinese spa staff are experienced in both the traditional and local treatments offered and can tailor all treatments and packages to your individual preferences.

The Spa at The Hanging Gardens of Bali is open daily from 10am to 10pm and appointments can be made directly with the spa reception.

Please arrive 15 minutes before the start of your treatment.

Please dial #7 from your Villa, email spa@hanginggardensubud.com
or call +62 361 982791 / +62 361 982700 for bookings.

SPA BY THE RIVER

Set your mind to a remote place and let yourself be carried away to a tranquil escape with a selection of sensual jungle treatments:

RIVERSIDE BLISS

180 MIN

- Full day entrance to the River Side Day Spa.
- Choice of 30min of Tropical fruit body scrub.
- Choice of 30min of Tropical fruit body wrap.
- Healthy drink selection with healthy sandwich.
- Coconut oil relaxing massage 60min.
- Choice of 60min facial by Decléor.
- Photo session and tour around resort.
- Healthy Lunch selection with 3 course menu.
- Champagne, chocolate truffles & canapés.
- “Single Rindik player”.
- 15min after treatment at the Spa reception.

RIVERSIDE INDULGENCE

180 MIN

- Choice of 30min foot massage.
- Herbal Revival 90min.
- Choice of 60min facial by Decléor.
- 3 set course of healthy Picnic healthy lunch.
- A selection of healthy juice.
- 15min after treatment at the Spa lounge.

RIVERSIDE REJUVENATION

90 MIN

- Choice of 30min body cocoon.
- Choice of 60min body massage.
- A bottle of Champagne.
- Chocolate truffles.
- Additional foot massages 15min after treatments at the Spa reception.

ROYAL DAY SPA at HANGING GARDENS OF BALI

Full day entrance to the Spa Suite and Spa (10 am - 10 pm)

- Refreshing body scrub of your choice by Thalgo - 30 min.
- Flower petal massage - 90 min.
- A selection of body bath, Tropical fruit bath or Aromatic Bath by Thalgo - 30 min followed by a Bottle of champagne with chocolate truffles and canapés.
- A choice of facial by Decleor for - 60 min.
- A 3-course exquisitely healthy cuisine and refreshing juice served in the Spa Suite or River Cafe of your choice (Selected menu by the Chef).
- Selection of refreshing healthy juices.
- A memorable photo session in the resort with our in-house photographer.
- Complimentary return transfer.
- Complimentary swim at The World's Famous Swimming Pool.



MASSAGE

BLISS MASSAGE

90 / 120 MIN

An invigorating signature therapy to address tight muscle groups. Deep-tissue kneading, muscle manipulation and stretching techniques are applied to release body tension and stress. An excellent therapeutic massage for easing intense tiredness, muscular aches and fatigue after exercise or travel.

HERBAL REVIVAL

90 MIN

A traditional Balinese healing - herbs in the form of warm poultices are used to massage, calm nerves, soothe knotted muscles and rebalance energy levels to positively promote circulation and good health.

TRADITIONAL

60 / 90 MIN

Unwind in the infinite beauty of the Island of the Gods with this blissful technique, handed down through generations. Soothe away tension with your choice of massage oil blends, combined with a suitable level of pressure to take your body and mind on a journey of ultimate relaxation and harmony.

CHI REJUVENATION

60 / 90 MIN

Our non-oil traditional Japanese bodywork applies kneading techniques and acupressure points along the meridian lines to stimulate and revitalise the Chi energy flow in the body, restoring your body's natural balance and wellbeing.

ANGEL BLISS FOR THE YOUNG

45 MIN

For our junior guests aged 6 to 13 years old. Invite your child to discover the world of wellbeing under the gentle, caring touch of a skilled therapist. Soft pressure is applied to the scalp, legs and feet and a grounding oil massage is performed on the back and the arms. This treatment greatly soothes nervous system, strengthens immune system and improve quality of sleep. A traditional sarong will be given to your child at the end of the treatment, so that our young guest can return to the villa in style.

An adult is requested to accompany any child under the age of 10 during the treatment.

FOOT THERAPY

FOOTISH

60 MIN

A luxurious footbath in aromatic essential oil to soothe the travel-fatigued feet, followed by a relaxing foot massage. This treatment relieves swelling and built-up pressures, energizes and revitalises the feet and calves: a perfect pampering for tired feet.

REFLEXOLOGY

60 MIN

An ancient healing therapy of applying pressure to the reflex points on the soles of your feet to stimulate circulation, relax the body and re-establish the flow of your energy. This treatment includes a gentle foot scrub and a warm organic sea salt bath with calming aromatic oils to relieve stiffness.

SCALP AND HAIR CARE

SHINING GLORY

30 MIN

Rich in Vitamins B, E and K, with 15% natural fat content, estate-grown, freshly-picked avocados, creates a superbly moisturising and nourishing effect specially designed for sun-damaged, dry and frizzy hair. This is paired with a luxurious scalp and neck massage, giving your hair a glorious shine and lustre treatment.

LIGHTNESS

30 MIN

An ancient Indian non-oil massage that work on the head, neck and shoulder to ease knotted muscles. This massage stimulates circulation and promotes hair growth, enhances the clarity of your mind and restores radiance to your face. An excellent pick-me-up treat.



NAILS

SPA MANICURE 75 MIN

The ultimate pampering for your hands. Includes luxurious scrub, hand massage, hydrating mask and a manicure.

SPA PEDICURE 75 MIN

A deluxe treatment, including luxurious scrub, foot massage, hydrating mask and pedicure.

SPA MANICURE & PEDICURE 150 MIN

A combo of our tantalising hand and feet indulgence.

NAIL REPAIR, MANICURE OR PEDICURE 30 MIN

A quick fix for nails.

All Nails.

NAIL ART 30 MIN

A simple nail art and polish.

All nails.

FRENCH MANICURE OR PEDICURE 90 MIN

BODY COCOON

BALINESE BOREH

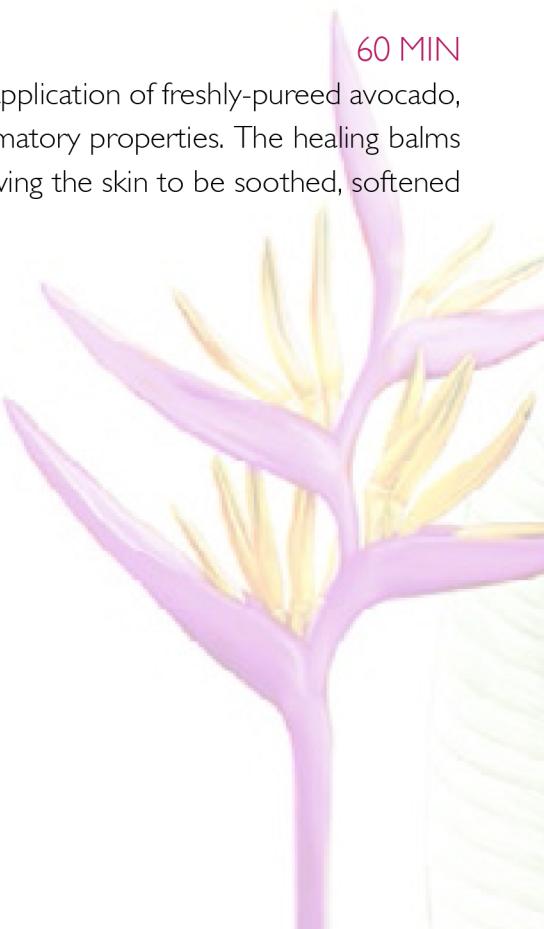
60 MIN

A traditional Balinese treatment to soothe muscular and joint discomfort. A full body mask made from cloves, ginger, turmeric, pepper, cinnamon and sandalwood is rubbed on the skin to exfoliate, whilst the body is wrapped in a cocoon-heated blanket to infuse this therapeutic properties into the skin. This treat begins with a warming scrub.

ALOE AVOCADO

60 MIN

Particularly beneficial for sun-soaked skin, this treatment involves generous application of freshly-pureed avocado, rich in Vitamins B, E and K, and aloe vera gel with soothing and anti-inflammatory properties. The healing balms are gently massaged into your skin, followed by a cocoon body wrap, allowing the skin to be soothed, softened and completely hydrated.



BODY TREATMENTS

SKIN GLOW

LULUR

60 MIN

A delectable treatment traditionally lavished on a bride before her wedding. Our recipe incorporates ginger, turmeric, jasmine and sandalwood to create an aromatic and ever-youthful complexion. This indulging signature treat finishes with an energizing warm milk bath.

COCOA REMEDY

60 MIN

Freshly harvested, grounded sweet cocoa beans with nourishingly ground almonds are applied to gently exfoliate and purify your skin, completed with a soothing and hydrating vanilla milk bath.

GINGER HEALER

60 MIN

Renowned for its healing properties, specially estate-grown fresh ginger, aromatic ginger flowers and rice are applied to warm and invigorate the body, deep cleansing and purify the skin. The aromatic ginger treat is followed by a warming herbal bath.

FACIAL

All our facials include a tension-release head, neck and shoulder massage.

ULTIMATE RADIANCE

90 MIN

Rich in vitamins and anti-oxidants, this blend of pure essential oils is known for its unparalleled ability to balance as well as restore healthy skin tone and brighten the entire complexion, giving the skin an even, luminous and radiant glow for days.

AROMA ESSENCE

90 MIN

Designed to combat signs of skin ageing, this revitalizing treatment restores vitality and firmness, whilst softening the appearance of expression lines. This incredible treatment shapes and plumps up cell volume as it uplifts the contour of the face. A visibly toned and tightened skin from just one treatment.

PURE DETOX

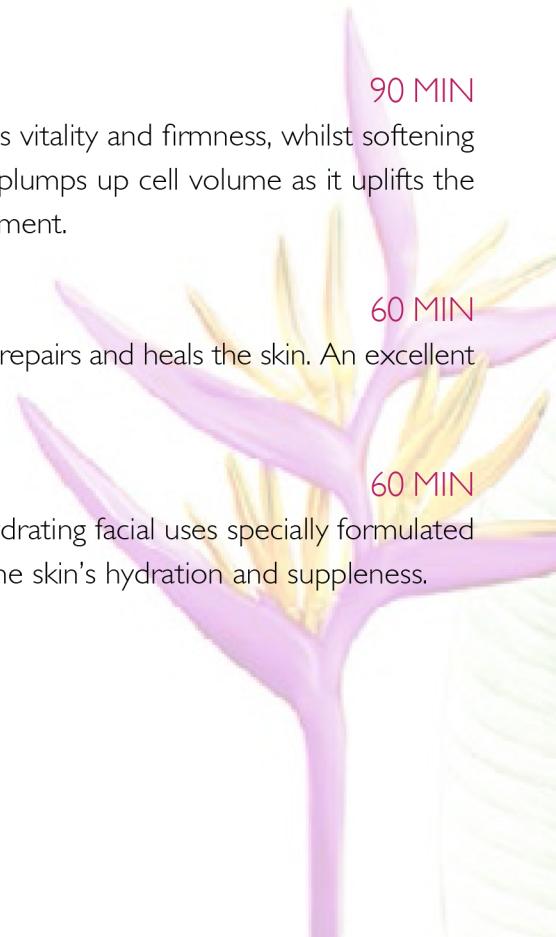
60 MIN

For dull, clogged and blemish-prone skin, this facial deeply cleanses, purifies, repairs and heals the skin. An excellent detox treatment for stressed-out skin that breaks out easily.

HYDRA REGENERATION

60 MIN

Most suitable for dry and dehydrated skin conditions, this balancing and hydrating facial uses specially formulated plants extracts and plant-based essential oils to relax, nourish and regain the skin's hydration and suppleness.



BODY BATHS

VANILLA HONEY MILK

30 MIN

Famously made by Cleopatra - a healing, sedative and nourishing treat. The anti-oxidant and anti-inflammatory, with tranquilising and moisturising properties of pure honey and fresh milk, combined with vanilla essential oil, will leave your skin totally radiant and silky-soft.

AROMATIC BLOSSOMS

30 MIN

Celebrate the beauty and essence of fresh flowers in a bath ritual of ultimate peace and tranquillity. Immerse your body in warm, scented water. Enlighten your senses and leave your skin feeling soft and youthful.

HERBAL HARMONY

30 MIN

Revitalize yourself in this indigenous Balinese herbal bath, surrender to the warming and healing properties of local herbs that relieve muscle tightness, while improving circulation and wellness.

HAIR SALON

HAIR SPA

60 MIN

An energizing scalp massage, stimulating the circulation and aids deeper into penetrating the vital hair nutrients into your scalp. Treatment includes a wash & normal dry.

HAIR MASK

Long | Short

HAIR WASH & BLOW DRY

Long | Short



SPA PACKAGES

HANGING GARDENS HEAVEN 240 MIN

This head to toe detoxifying and rejuvenating therapy leaves you feeling totally refreshed and energized.

A signature collection to choose:

- 30 min skin glow.
- 30 min body cocoon.
- 30 min scalp & hair care.
- 30 min body bath.
- 60 min massage.
- 60 min facial.

WELLNESS HARMONY 180 MIN

A relaxing and de-stressing therapy for tired or tense body and skin, promotes deep relaxation and calmness from within, with the selection of:

- 30 min skin glow.
- 30 min body bath.
- 60 min massage.
- 60 min facial.

HANGING GARDENS IMMERSION 90 MIN

Discover the beauty of Hanging Gardens of Bali, the expert treatment of our spa team complemented with the gourmet skills of our chefs, including:

- 30 min skin glow.
- 60 min Massage.
- A healthy 3 course spa cuisine meal.
- Fresh juice or estate grown herbal tea.

REST & RELAX 150 MIN

Simply rest, relax and enjoy being taken great care of by our skilled therapist:

- 90 min massage.
- 60 min facial.

THE HONEYMOONERS

JUST MARRIED

Per couple

Celebrate two hours of romantic bliss and select from our signature rituals:

- 30 min skin glow.
- 60 min massage.
- 30 min body bath.
- A bottle of Champagne.
- A selection of freshly made tapas.

90 MIN

SWEET NOTHING

Per couple

Two and a half hour pre or post wedding spa rejuvenation will relax and pamper you from head to toe:

- 60 min massage.
- 60 min facial.
- 30 min body bath.
- Fresh juices or estate grown herbal tea.
- A selection of freshly made tapas.

150 MIN



SPA INFORMATION

OPERATING HOURS

The Spa at Hanging Gardens of Bali is open from 10am to 10pm daily. Yoga, meditation and personal fitness trainers are available on request. Please enquire at Spa Lounge for schedules and outdoor activities.

RESERVATIONS

A 24 hour advanced reservation is highly recommended to secure your preferred date and time as treatments and facilities are subject to availability.

Please dial extension #7 to make your appointment.

SPECIAL CONSIDERATIONS

Guests who are pregnant, have high blood pressure, a heart condition or any medical complications are advised to consult their physicians prior to reservation. Please inform our staff of any medical condition before treatment.

ADMISSION

The Spa at Hanging Gardens of Bali is open to all resort guests and visitors of our resort.

Appointment priority will be given to our resort guests.

ARRIVAL

Please arrive at the Spa Lounge area at least 15 minutes prior to your scheduled appointment. Late arrivals may be subject to a reduced treatment time to accommodate the next guest.

CANCELLATION POLICY

The treatments you select are reserved especially for you with one of our skilled therapists. A minimum of 24 hours' advance cancellation notice is kindly requested. A 100% cancellation charge will apply for guests who do not arrive for their reserved treatment.

AMENITIES

Personal amenities and toiletries are provided in the Spa treatment room.

SPA ETIQUETTE

In consideration of the comfort of all guests, please refrain from using mobile phones and other communication devices within the spa premises.

SMOKING & ALCOHOL

Smoking within the Spa area is strictly prohibited. Alcohol consumption is not advised before any Spa treatments.

MINIMUM AGE

An adult must escort children under age of 10 during their spa treatment.

PRIVACY

Our therapists will discreetly drape areas of your body not involved in the treatment to protect your privacy and modesty at all times.

PAYMENT & REFUND POLICY

We accept cash and major credit cards. Resort guests may charge services and products to their villas. All treatment packages are non-transferable, non-refundable and non-exchangeable.



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THE SPA COLLECTION

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