



# Montigo Spa Experience

Please reserve your treatment(s) in advance by touching  or 6602 on your villa telephone or by visiting the Montigo Spa at your convenience.

You are advised to remove all jewellery prior to your arrival at the Spa. Upon arrival, please proceed to the Reception Counter. Our Spa Receptionist will reconfirm and briefly explain your scheduled treatments.

Montigo Spa is committed in providing a safe environment for everyone. Therefore, persons aged 17 and under ("minors") who receive closed door spa therapies must have a parent or an adult guardian in the room during the treatment. Children (aged 3-12 years) must be accompanied by a parent or guardian during their Montigo Spa visit.

## Spa Etiquette & Policy

### Arriving Early

Arriving late will shorten your treatment, please remember that your treatment will end on time to prevent further delays, regardless of how late you start.

### Cancellation Policy

For cancellations or changes in your appointment, a minimum of four hours is required in order to avoid being charged in full for any scheduled appointment, program or service not attended.

### Health Concerns

When making your reservation, please advise our spa receptionist of any health conditions, allergies or injuries that could affect your treatment. Our Spa team is available to assist in recommending treatment(s) that are customised to your needs and to ensure your comfort and safety.

### Rates

Rates are quoted in Indonesian Rupiah and subject to 10% service charge and prevailing government taxes.

### Respect for Others

Our spa promotes an environment of tranquility and relaxation. Please respect the rights of others to enjoy privacy and peace. The use of cellular phones and gaming devices is prohibited in the Spa.

### Smoking & Alcohol

Smoking is not permitted in the Spa. We recommend that you refrain from consuming alcohol within eight hours of your treatment.



Please reserve your Spa booking a week in advance to enjoy a 10% discount

## Montigo Sensory Magic

Rejuvenate your senses through this unique journey that includes, aromatherapy, light and audio therapy, a relaxing scalp and foot massage, and an awakening of your taste buds. Available also as a treatment for groups of up to 6 persons.

60 min

550000++

## Massage

### Indonesian Massage

Improve your blood circulation and the oxygen flow through your body with this traditional Indonesian massage that combines acupressure, reflexology and aromatherapy using one of the four signature Montigo oil blends.

60/90 min

650000++ / 900000++

### Montigo Massage

Relieve muscle tension and aches with this massage designed with the sports enthusiast in mind. Light or medium pressure is applied using long strokes and kneading techniques according to your personal needs. Montigo's Relaxing or Revitalising oil blends are recommended.

60/90 min

650000++ / 900000++

### Thai Massage

Feel limber and supple from this dry massage adapted from traditional Thai methods, that works on the body's meridian lines to stretch every limb and ease aching muscles. It improves blood circulation as well as relieves tension.

60/90 min

650000++ / 900000++

### Dua-puluh Jari

Our 20 fingers massage is a choreographed rhythmic massage performed by two therapists. This extremely relaxing synchronized massage helps the body to loosen up muscle tension and enhances the immune system.

60/90 min

1100000++ / 1500000++

## Herbal Compress Massage

Herbal compress massage combines the healing effects of traditional Thai massage techniques with a heated herbal compress containing a blend of traditional herbs, simultaneously relaxing and invigorating the mind and body. This ritual purifies, relaxes, warms, relieves aches and pains and improves the skin condition while stimulating the senses.

90 min

925000++

### Hot Stone Massage

Hot stone massage therapy allows heated stones to glide smoothly over the body concentrating on muscle aches and tension through deep heat penetration. Combined with deep tissue massage, the hot stones have a sedative effect that can ease muscle stiffness, increases circulation, reduce stress and promote deep relaxation.

90 min

990000++

### Back Reliever

This massage focuses on the back using pressure point, Swedish massage and stretching techniques to relax tired back muscles, the shoulders and neck. Our therapist's expert hands are coupled with a warm spice and herbal blend, perfect for those who wish to relieve back tension and aches.

60 min

650000++

## Facial

Facials include cleansing, toning, steaming, scrubbing, and moisturising, as well as a massage and a mask. Choose either a Traditional Facial or a Signature Montigo Facial.

The Montigo Signature Facial uses *Sundari Products*

60 min

650000++

The Traditional Facial uses natural ingredients

60 min

650000++

## Hand & Foot Treats

<b>Manicure</b>	60 min	400000++
<b>Pedicure</b>	60 min	400000++
<b>French Manicure</b>	60 min	450000++
<b>French Pedicure</b>	60 min	450000++

### Foot Reflexology

A healing touch that relieves pain and eases headaches and other effects of stress. Foot reflexology is the application of pressure onto particular areas of the soles believed to be connected to internal organs.

60/90 min      550000++ / 800000++

## Body Scrubs

### Montigo Scrub

A cooling and refreshing scrub that softens and refines the skin, it also stimulates new cell growth. Suitable for all skin types.

*Green tea scrub, ground rice, oatmeal, milk, mint leaf*

45 min      500000++

### Island Spice Blend

A warming scrub that cleanses while lightening the skin.

*Ginger, galangal, lemongrass, clove, fresh milk*

45 min      500000++

### Salt Scrub

An antibacterial salt scrub of Indonesian origins, combining essential oils with exfoliating minerals to return a natural glow to the skin and to leave it soft and smooth.

*Mineral sea salt, essential oil*

45 min      500000++

## Body Wraps

### After Sun Treat

Specially designed for sunburn and dry skin, this cooling after sun treat, nourishes and invigorates. The treatment includes a 30-minute wrap, a head massage and ends with the application of a gentle, hydrating lotion.

*Aloe vera, cucumber*

45 min      500000++

### Firming Wrap

The warming effect of this wrap relieves tension and leaves a refreshing feeling after. The therapist will apply a mask on the body containing such as lemongrass, ginger, galangal, black sesame, white sesame, fresh milk and almonds. Whilst the mask is on, relax with a face and head massage.

45 min      500000++

### Mud Wrap

A mud wrap aids in detoxification by drawing out toxins through the skin's pores. It can improve skin tone, trim and shape the body. In addition to all these cosmetic benefits, mud wrap has plenty of therapeutic effects. It also soothes the muscles and can ease joint pain and reduce inflammation.

45 min      500000++

### Montigo Wrap

Is suitable for all skin types and stimulates new cell growth. It has a whitening effect and also nourishes the skin.

*Oatmeal, milk, rice powder and white clay*

45 min      500000++



# Montigo Spa Rituals

## Javanese Lulur

### Indonesian Massage

*A traditional massage that combines acupressure, reflexology and aromatherapy to improve blood circulation and the oxygen flow through the body.*

### Lulur

*A traditional Javanese scrub using fresh ingredients such as turmeric, candlenut, jasmine and yogurt.*

90 min

925000++

## Ladies Treat

*This treatment has been practiced for generations as part of Indonesian customs. It is highly recommended for feminine discomfort and helps strengthen the uterus after menstruation (the treatment is composed of a 30-minute scrub, 60-minute deep tissue massage and 15-minute Ratus).*

*The treatment concludes with a special herbal drink (Jamu)*

105 min

990000++

## Men's Treat

*In this treatment, deep tissue massage strokes manipulate the fascia by ungluing and freeing the fibres. The healing powers of this deep tissue massage treatment stimulates the energy points and helps to loosen and warm up the muscles. It is followed by an aromatic zip-up sauna to relax, detoxify and rejuvenate the body and soul.*

105 min

990000++

## Montigo Signature Revival Journey for Him & for Her

### Montigo Facial

*A refreshing facial using natural ingredients. Suitable for all skin types.*

## Island Spice Blend for Him & Montigo Scrub for Her

*A warming scrub for him cleanses and lightens the skin while a moisturizing scrub for her will stimulate new cell growth and nourish the skin.*

## Firming Wrap for Him & a Montigo Wrap for Her

*The warming effect from a firming wrap will relieve tension and make him feel fresh while the Montigo wrap for her, which is suitable for all skin types, has a whitening effect, stimulates new cell growth and nourishes the skin.*

## Montigo Massage or Indonesian Massage

*Massages designed to relieve muscle aches leaving you completely relaxed. Choose either a relaxing or revitalising massage oil.*

180 min

1400000++/person

## Couple's Spa Experience

*There's no better way to spend quality time together than with this most delightful Spa treatment*

### For Her

- 60-minute massage of choice (except dua-puluh jari)
- 30-minute scrub of choice
- Manicure
- Honeymooner's special drink

### For Him

- 60-minute massage of choice (except dua-puluh jari)
- 30-minute scrub of choice
- Pedicure
- Honeymooner's special drink

140 min

2500000++

## Bath Ritual Sensations

*Bath Rituals will be enjoyed at your villa. Please reserve one day in advance*

### Chocolate or Strawberry

#### Bubble Bath 300000++

Melt into the ultimate sweet aromatherapy of chocolate or strawberry. This bath will relieve fatigue and will tone your body. It is the perfect treat to pamper yourself or share with your partner or children.

#### Ginger Bath 300000++

Boost your energy level with this detoxifying bath that helps reduce stress and tension levels, allowing you to sleep better. The bath is complemented by a special drink concoction.

#### Refreshing Bath 300000++

Refresh and rejuvenate with this bath made of fresh lime, pandan leaves and milk, which contains vitamins and minerals to smoothen, hydrate and relieve dry skin. The bath is complemented by a special drink concoction.

#### Romantic Milk Bath 600000++

Pamper yourself and your loved one with a sensual, luxurious milk bath and flowers while sipping on a flute of champagne. This bath nourishes the skin and refreshes the mind and soul. A romantic experience like no other.

## Kids' Spa

Share the healthful benefits of the Spa experience with your kids through these specially designed therapies just for them.

### Kid's Massage

A lovely way to share holiday time and introduce your children to the experience of professional massage. This unique massage is tailor made with their health in mind.

30/60 min 300000++ / 600000++

### Fabulous Facial

Let their smiles light up your life. Enjoy this relaxing facial complete with a face mask and cucumbers for the eyes. This special treatment is sure to please! Complete with a take-home headband!

30 min 300000++

### Mani For Me

This fun spa manicure is a delightful experience. Your child's hands are soaked and cleansed with fruity strawberry or chocolate bubble bath followed by a scrub and massage. Includes nail trim and your choice of colour.

30 min 200000++

### Twinkle Toe's (Pedicure)

A chocolate or strawberry version of our Spa Pedicure. First, we soak little feet in a chocolate or strawberry bubble bath, then we scrub, trim nails, clean and apply a chocolate cream while massaging. Then, for the final touch, we buff the nails for that additional shine.

30 min 200000++

## Spa Packages For Children

### Me (Girls)

#### Massage

This relaxing massage, using long strokes and soft pressure, helps calm the body and mind. Choose between oil or cream with delicious flavours such as chocolate, strawberry or lavender and camomile oil.

#### Facial

Make smiles and laughter even brighter with our organic facial . A gentle treatment for delicate skin.

#### Manicure

Includes gentle shaping of the nails followed by a scrub, and your choice of nail color and nail art.

90 min

800000++

### Me (Boys)

#### Massage

A beautiful way to introduce your child to massage. This experience will help young spa-goers learn to deal with future stress or sports injuries.

#### Facial

Make smiles and laughter even brighter with our organic facial. A gentle treatment for delicate skin.

#### Pedicure

Includes cleaning and a gentle shaping of nails followed by a scrub, foot massage and then, for the final touch, we buff the nails for that additional shine.

90 min

800000++

## Me and Mom

A day of pampering the two of you will never forget.

(Mom) will enjoy a 60-minute massage of her choice followed by lulur scrub which was traditionally used by the princesses of Java.

(Me) will indulge in a specially designed massage using chocolate, strawberry or relaxing lavender and camomile massage cream, a facial, nail colour perfect to complete my special day with mom.

90 min

1500000++

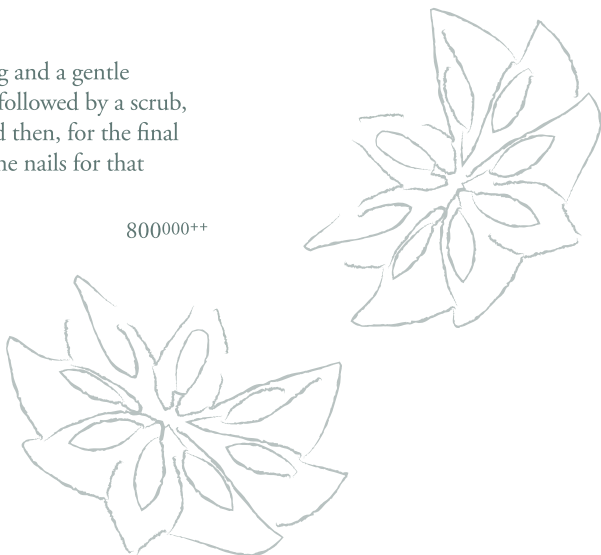
## Me and Dad

(Dad) will enjoy an herbal scrub and back treatment to relieve tired muscles. It is perfect for those in search of relieving back tension and aches.

(Me) will enjoy a massage, mini facial and pedicure for a completely relaxing day with dad.

90 min

1500000++



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