SANSARA SPA

RECLAIM YOUR WELL BEING AT SANSARA SPA

Welcome to Sansara Spa, where the art of rejuvenation unfolds in a sanctuary designed to help you reclaim your well-being.

Step into a haven where every element is crafted to restore balance to your body, mind, and spirit. Our expertly curated treatments blend ancient wisdom with modern techniques, providing a holistic approach to wellness. From soothing massages to invigorating therapies that awaken your senses, each experience is tailored to rejuvenate and revitalise.

Our wellness programs encompass not only rejuvenating spa treatments but also mindfulness practices that nurture your inner self. Sansara Spa invites you on a journey of self-discovery and renewal, a place where relaxation is an art, and rejuvenation is a journey

SPA PACKAGES

A TASTE OF SANSARA
180 minutes | IDR 2,700,000

Holistic Foot Ritual | Signature Massage | Pada Abhyangam | Balinese Lulur | Flower Bath

Personalized herb treatment session starting with our authentic signature massage and followed by a rejuvenating massage that targets the acupressure points of your lower legs and feet. Experience a gentle exfoliation with white turmeric, rice grain, and sandalwood, followed by a calming flower bath for the perfect touch of relaxation.

SANUR PERFECT HEALING
180 minutes | IDR 2,700,000

Holistic Foot Ritual | Open Chakra | Sound Healing | Boreh Wrap | Herbal Bath

Experience the calming desert warmth with our Boreh treatment using local herbs. This package promotes optimal health by addressing imbalanced doshas (That signifies three energies in Ayurveda, Vata - air and space, Pitta - fire and water, and Kapha - earth and water represent bodily functions and influence health), eliminating impurities and fatigue, boosting energy levels, and restoring vitality.

DREAM OF LOVE
150 minutes | IDR 4,850,000

Holistic Foot Ritual | Body Massage with Warm Oil | Papaya & Pineapple Salt Mousse Body Scrub | Tropical Flowers Bath with two glasses of Wine & Chocolate Pralines | Refresher Organic Facial

The whole spa journey talks about love. The tropical aroma of salt mousse body scrub brings you to starts the journey. Relax in a tropical bath with a glass of wine and chocolate cookies. Get a soothing body massage and a refreshing 30 minute organic facial. A truly perfect moment for the ultimate love celebration.

ISLAND ESSENTIALS
150 minutes | IDR 2,380,000

Holistic Foot Ritual | Balinese Massage | Facial by Pevonia | Foot Reviver

Rejuvenate your mind and body with this relaxing package, start with a Traditional Balinese body massage to ease muscle and mind tension. followed by a facial for balanced and nourished skin. Complete the journey with the Oriental Foot Reviver, a delightful treat to pamper and relax your tired achy feet.

BALI SEA MINERALS DETOX TREATMENT
150 minutes | IDR 2,380,000

Holistic Foot Ritual | Cellulite Massage | Salt Scrub | Herbal Bath

Experience Bali's sea salt exfoliation for your whole body, a traditional treatment for deep heat therapy and relax with a cellulite massage for complete rejuvenation and fat breakdown.

OPEN CHAKRA
120 minutes | IDR 1,700,000

Holistic Foot Bath | Open Chakra Massage | Chakra Balance

Our massage combines Ayurvedic practices and special pressure techniques to detoxify your body, release any blockages in your chakras and goes beyond the physical to address unresolved issues. You might experience emotions during the process, leading to a more balanced state of being.

HEAT SERENITY RETREAT
120 minutes | IDR 1,700,000

Holistic Foot Ritual | Balinese Massage | Boreh Body Wrap | Herbal Bath

Invigorating body warmth therapy is a Balinese treatment to prevent colds during the rainy season. A paste made from fresh herbs and spices is applied to the body to increase blood circulation and ease muscle pain. The experience includes a foot ritual, Balinese massage, boreh paste treatment, and a herbal bath.

SANCTUARY OF THE SENSES BY PEVONIA
120 minutes | IDR 1,750,000

Holistic Foot Ritual | Papaya & Pineapple Saltmousse Body Scrub | Flower Bath | Body Massage

Slip away in the enticing tropical aroma sensory experience begins with tropical fruit extracts sea salt scrub, followed by calming flower bath, and end with a stress relieving body massage. It's a simple and delightful way to relax and rejuvenate your senses.

SILKY SKIN DREAM BY PEVONIA
90 minutes | IDR 1,400,000

Holistic Foot Ritual | Muscle Recovery | White Lotus Body Mask

OR

Holistic Foot Ritual | Silky Skin Body Scrub | Muscle Recovery

Delightfully creamy, silky skin scrub with jojoba and lemon polishes away impurities, leaving skin radiant and healthy. Natural essential oils soothe your senses as they are warmly applied to stimulate your body's ability to release stress and leaving your skin smooth and softened.

BODY MASSAGE

SANSARA SIGNATURE MASSAGE
90 minutes | IDR 1,300,000

With local inspirations in mind, this signature massage was thoughtfully crafted to ensure a truly authentic experience. Encompassing several techniques of Indonesian, Thai, Breema, Shiatsu and Swedish this massage offers passive full body stretching, and long flowing strokes connecting you with your therapist and bringing to both mind and body.

TRADITIONAL BALINESE MASSAGE
60 minutes | 90 minutes IDR 900,000 | IDR 1,200,000

This ancient holistic full body massage provides a complete sensory experience by combining kneading, stretching, skin rolling and pressure point techniques. Using traditional oil of Cajuput to warm the body from top to toe makes this a legendary treatment.

MUSCLE RECOVERY
90 minutes | IDR 1,300,000

Derived from traditional Balinese massage techniques to renew, strengthen and heal the body. This full body massage applies stretching, long strokes, along with palm and thumb pressure techniques to relieve tension, improve circulation and create a feeling of well-being.

BAMBOO MASSAGE
60 minutes | IDR 1,100,000

Experience the holistic and balancing benefits of Bamboo Massage Therapy. This unique approach harmonizes the body, mind, and energy, providing a truly rejuvenating experience. In Balinese culture, bamboo holds significant symbolism, representing strength, fertility, and prosperity, and is renowned for its remarkable healing properties. Discover the power of bamboo as it enhances your well-being and leaves you feeling revitalized.

HEALING HERBAL COMPRESS
90 minutes | IDR 1,300,000

Inspired by ancient healing therapies from Asia, this treatment begins with dry massage techniques to warm up the body. Heated herbal compresses holding precious Balinese herbs such as, tamarind, ginger, cinnamon, and clove are then compressed on the body to relieve stress, boost energy and improve blood circulation.

HOT STONE MASSAGE
90 minutes | IDR 1,200,000

The combination of massage therapy and heat in a hot stone massage can effectively alleviate muscle pain and tension. Many experts recommend heat as a reliable method for treating sore muscles. By applying heat to specific areas of the body, blood circulation to those spots is enhanced, ultimately facilitating the healing process.

FANCY FOOT WORK
60 minutes | IDR 900,000

Foot reflexology applies focused pressure to reflex points on the foot that correspond to specific body parts. It has been used in the East and West for centuries to treat various conditions including headaches, migraines, insomnia, pain, numbness, high blood pressure, post-stroke syndrome, and hormonal and gastrointestinal dysfunction.

PADA ABHYANGAM
30 minutes | IDR 500,000

A stimulating massage that activates the acupressure points of your lower legs and feet with medicated oil. It is performed to relieve tired toes, induce deep sleep, reduce hypertension, soothe cracked heels and enhance the skin's conditions.

SHIRO ABHYANGAM
30 minutes | IDR 500,000

A soothing head, neck, and shoulder massage with warm herbal oils to improve oxygen supply to the brain, boosts blood circulation, relaxes, and offers various health benefits like stimulating the scalp, enhancing sight and concentration, promoting sound sleep, and reducing headache symptoms.

FACIAL

LUMA ELASTINE BY PEVONIA
75 minutes | IDR 1,400,000

Our anti-aging treatment, rich in Elastin, helps reduce wrinkles and gives your skin a firmer, tighter, and more youthful appearance. Suitable for all skin types. Try it now for glowing, luminous skin.

RADIANCE VIT C BY PEVONIA
75 minutes | IDR 1,400,000

Revitalize tired skin with potent Vitamin C Complex. Hydrate, correct photo-damage, and reduce signs of aging with this powerful combination of Vitamin C and Hyaluronic.

PHYTO ENERGY
60 minutes | IDR 1,000,000

Skin Types – Sensitive, Dry, Combination/Oily

Optimize your skin's health and radiance with mask treatments that specifically address your skin type. Pure organic aromatherapy elixirs & botanical actives formulations from Pevonia Botanica to purify, balance & renew the skin. Improves your skin naturally and restore normal, balanced moisture levels. Leaving your skin radiant, softer, and hydrated.

SUN-SOOTHING FACIAL BY PEVONIA
30 minutes | IDR 750,000

Instantly soothe the skin and restore hydration, with the repairing benefit of white lily and green tea to deeply hydrate and desensitize skin. No face scrub and face massage performed.

ADVANCED REJUVENATE FACIAL BY INTRACEUTICALS
60 minutes | IDR 1,500,000

Intraceuticals offers luxury facial treatments with no downtime. Their advanced treatments drive healing serums deep into the skin for instant results. Try their Ultimate Hyperbaric treatment for a luxurious facial experience.

OXYGEN ATOXELENE FOR ANTI-AGING BY INTRACEUTICALS
90 minutes | IDR 1,800,000

Rejuvenate and Atoxelene Infusion visibly reduce fine lines and wrinkles. They firm the skin, refine the eye area, and plump and hydrate the lips. Your skin will look refined and luminous post-treatment. A series of 3 treatments is recommended for best results. No contra-indications.

SANSARA WELLNESS

CRYSTAL AND SOUND HEALING
60 minutes | IDR 1,500,000

Crystal therapy promotes healing, balance, and well-being by releasing blockages on physical, emotional, mental, and spiritual levels. During a session, the therapist places crystals on different energy points of the body to clear blockages in the energy center, subtle bodies, and aura.

CHAKRA BALANCING
60 minutes | IDR 1,500,000

Chakra is a Sanskrit term that means "wheel of light". It represents energy centers in our body that connect the physical and spiritual selves. These centers govern the body's energy system. Blockages or imbalances can cause issues in all areas of life. The Chakra balancing treatment aims to restore balance for overall health.

FIRE BLESSING
45 minutes | IDR 1,400,000

Fire Blessing, an ancient Vedic practice, purifies the atmosphere daily at sunset using a specially prepared fire. This accessible ritual reduces stress, improves health, and boosts energy, benefiting individuals globally and contributing to planetary healing.

PALM MYSTERY
45 minutes | IDR 1,200,000

Palmistry, also known as palm reading, is the evaluation of a person's character or future by studying the palm of their hand "De Javaansche Geestenwereld" is a Dutch translation of Hindu Javanese transcript literature the petanganan that explains this practice. It can be a fun and interesting activity to explore.

SOUL BLESSING
120 minutes | IDR 4,200,000

The treatment ends with a prana/reiki session to clear negative aura. tIt starts with a holistic consultation and a combined shower using pure holy water, young coconut water, lemongrass essence, lotus and rose petals. The Guru initiates a positive energy charging program, raising the body's energy levels.

PRANAYAMA YOGA
60 minutes | IDR 600,000

This gentle yoga class focuses on the practice of deep breathing exercises to promote personal wellness. Proper breathing energizes the body, mind and spirit.

HEALING MEDITATION
60 minutes | IDR 700,000

This unique session teaches a series of simple breathing exercises as a form of meditation that channels positive energy to heal and balance the body, mind and soul.

BAYU SUCI
60 minutes | IDR 600,000

Embrace the flow of tai chi movement, breathing exercise and also elements of Balinese dance with Pencak Silat (a traditional self- defense art) for balancing body and mind.

TAICHI
60 minutes | IDR 900,000

Regular Tai Chi practice relaxes muscles, reduces stress, boosts metabolism, and strengthens the immune system. It improves posture, flexibility, and circulation through slow movements. The shorter sequence has 7 movements in 60 minutes, and the longer one has 12. Instructors repeat exercises until you remember.

REIKY
60 minutes | IDR 1,500,000

A healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being.

WELLNESS JOURNEY

2 DAYS REJUVENATION
5 hours | IDR 4,200,000

Day 1 | Wellness Ayurvedic Consultation, Signature Body Massage
Day 2 | Pranayama Yoga, Soul Healing, Healthy Drink

3 DAYS REVITALIZING
8 hours | IDR 6,700,000

Day 1 | Wellness Ayurvedic Consultation, Open Chakra Massage
Day 2 | Pranayama Yoga, Bali Energy, Healthy Food
Day 3 | Holistic Sound Healing, Shiro Abhyanga, Facial, Herbal Drink

5 DAYS ENLIVEN
12 hours | IDR 10,300,000

Day 1 | Wellness Ayurvedic Consultation, Open Chakra Massage
Day 2 | Yoga Surya Suwana, Bali Energy, Detox Salad & Healthy Slice Fruits
Day 3 | Reiki, Holistic Sound Healing, Pada Abhyanga
Day 4 | Bali Sea Detoxification, Detox Salad & Detox Juice
Day 5 | Soul Healing

7 DAYS RETOUCH & RECHARGE
16 hours | IDR 14,000,000

Day 1 | Wellness Ayurvedic Consultation, Open Chakra Massage
Day 2 | Yoga Surya Suwana, a Taste of Sansara, Herb Drink
Day 3 | Reiki, Bali Sea Mineral Detoxification, Detox Salad & Detox Juice
Day 4 | Facial Marine Caviar, Hot Stone Massage
Day 5 | Cellulite Massage, Shiro Abyangam, Detox Juice
Day 6 | Soul Blessing
Day 7 | Fire Blessing

SALON SERVICES

REVITALIZING BATH

Enjoy our classic pampering nail treatments using the latest trend of OPI products.

CLASSIC MANICURE
60 minutes | IDR 550,000

Polish and perfection at your fingertips. Includes shaping, cuticle grooming and smoothing with polish of your choice. Clear coat to finish.

CLASSIC PEDICURE
60 minutes | IDR 660,000

Cleanse and refresh. Includes foot soak, shaping, callus buff and cuticle grooming. Clear coat to finish.

HAIR RENEWAL – CRÈME BATH
60 minutes | IDR 700,000

Hair Wash – Hair and Scalp Massage – Shoulder and Arm Massage – Wash and Dry

Our Crème Bath, a timeless hair and scalp treatment, rejuvenates your locks for a naturally healthy appearance. Crafted with fresh ingredients like aloe vera to strengthen frizzy hair, avocado for natural moisture and vitamin E to rehydrate dry strands. Transform your hair with this revitalizing blend for vibrant and nourished locks.

MILK BATH
30 minutes

IDR 350,000 / Person
IDR 450,000 / Couple

ROMANTIC FLOWER BATH
30 minutes

IDR 350,000 / Person
IDR 450,000 / Couple

HERBAL BATH
30 minutes

IDR 350,000 / Person
IDR 450,000 / Couple

SCRUB & WRAP

SANDALWOOD BODY LULUR SCRUB
30 minutes | IDR 450,000

Lulur is an exfoliation that has been practiced in the Balinese palace, Lulur is aimed to soften your skin and leave your skin smoother and fresher looking. Suitable for all skin type.

COFFEE SCRUB
30 minutes | IDR 450,000

A coffee scrub will slough away your dead skin cell, increased circulation and deliver brighter, silky smooth skin with perfection

COCONUT SCRUB
30 minutes | IDR 450,000

This rich natural was specially formulated to nourish and refresh very dry skin, dead skin cells are removed and the skin is moisturized.

BOREH WRAP
30 minutes | IDR 400,000

A healing recipe of indigenous herbs is used in the region as a cure for stress – induced headaches, muscular stiffness and rheumatism using ginger, clove, cinnamon, nutmeg and rice powder.

SUN SHOOTER BODY WRAP
30 minutes | IDR 400,000

Naturally revitalize your skin with our Aloe Vera and yogurt body wrap. Enjoy a calming head and scalp massage, perfect for a post-sun indulgence. This emollient wrap soothes and refreshes, leaving your skin naturally revived.

SPA ETIQUETTE

HOURS OF OPERATION

Spa Treatments: 9:00 AM – 9:00 PM.

SPA ENVIRONMENT

The Spa is a place to restore your energy and relax. For your peace and privacy, phones and other electronic devices are not permitted.
If you would to receive messages during your time with us, please let one of our colleagues know and we would be happy to assist.

SPA ARRIVAL AND ETIQUETTE

We recommend you arrive 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time.
Late arrivals may result in a reduction of your treatment experience.
To make any changes to your booking, please contact Spa reception at T +62-361-3011888 | Spa Reception Ext 8901

PERSONAL MATTERS

Please inform us of any health conditions at the time of booking.
You will also be asked to complete a medical history form upon arrival, so we can better customize your experience to your needs.

SPA ATTIRE

You will receive a robe and slippers to wear between treatments and a locker for your personal belongings. We ask that you please leave jewelry and valuables in your hotel room or the safe provided for you.

GIFT CARDS

Gift cards for all spa services and packages are available for purchase
Please contact our Spa Receptionists for further information.

MAKING SPA APPOINTMENTS

Spa Reception Ext. 8901
T: +62-361-3011888 | E: spa.icbalisanur@ihg.com
The Spa is located on the ground floor across from the fitness center.
Advanced reservations are recommended to ensure availability.

SPA CANCELLATION POLICY

If you wish reschedule or cancel any spa appointments or packages, please notify the Spa 4 hours in advance. Missed appointments without proper notices are subject to a 50% charge for reserved services.
The same applies for no shows.

TAXES AND SERVICE CHARGES

In an effort to make your spa experience as seamless as possible, 10% service charge and 15% government tax will be added to the cost of your service. Additional gratuities for your service provider(s) are subject to your discretion.

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