



PRĀṆA

SPA SEMINYAK

## PRANA SPA PACKAGES

*Most popular* ★★★

**Jet Lag Remedy** 120 minutes Rp. 720

Is the perfect treatment to diminish the effects of jet lag. With a firm back, neck and shoulder massage, to relax tense and knotted tissue and improve circulation. Next a refreshing facial to recondition and moisturise the skin and finally relax and enjoy our 60 minute foot massage with a hot towel compress.

**Revitalise** 120 minutes Rp. 900

A fantastic package to balance the body, mind and spirit. Beginning with the steam room and continuing with a body scrub and a face peel to deeply purify your skin, followed by an invigorating rain shower massage. This purification ritual finishes with a wonderful signature massage.

**Mum's to be** 120 minutes Rp. 950

Prana's pregnancy massage is a gentle and non invasive treatment. After your massage, enjoy our sixty minute hair cream bath and scalp treatment with a freshly made herbal tea. This is a perfect package to allow you to unwind and recharge.

**Pampering of Prana** 180 minutes Rp. 1,300

Beginning with the hot and cold plunge pools to first invigorate and stimulate the circulation system. Then a relaxing foot treatment and continuing with our signature body massage to melt away any stress. The relaxed vibe continues with a full facial which seeks to balance skin, body and mind. Complete with a rhythmic scalp massage and hair crème bath.

**Mystique of Bali** ★★★ 120 minutes Rp. 900

Succumb to the traditional techniques of a Balinese oil massage followed by your skin being polished by the herbal, aromatic spices of the lulur body scrub. After the lulur scrub, a cooling yogurt splash will condition and balance your skin, then soak in a floral fantasy as you relax in a rose petal and Frangipani flower bath.

**Simply Slimming** 120 minutes Rp. 1,100

Offering the ultimate in weight loss management, this treatment allows you to experience the latest in cellulite and water retention reduction. Recommended for anyone wishing to firm, tighten, eliminate and cleanse, the dramatic results of this modern therapy leaving an immediate impression.

**Exclusively Male** ★★★ 120 minutes Rp. 900

Exclusively for men to enhance wellness and achieve optimum health. Relax and enjoy an invigorating, firm massage improving blood circulation, followed by a relaxing facial to cleanse, exfoliate and leave your skin clean, balance and hydrated.

**Divine Unity** ★★★ 180 minutes Rp. 1,000

Allow your body, mind and soul to unite in a perfect balance. Awaken the soul with an exfoliating body scrub under the cleansing waters of the rain shower. Revitalise your body as you are massaged to therapeutic perfection and calm the wandering mind as you experience a natural facial. Relish in the whole of body, mind and soul.

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**Ayurvedic Simple Bliss** 120 minutes Rp. 1,200

Be pampered from head to toe during this blissful treatment. Enjoy a full body massage with our custom blended aromatherapy oils, then experience mental relaxation and serenity during Prana’s famous Shirodhara treatment. Your therapist will massage vital marma points as a golden stream of medicated oils cascades off your forehead. This is a deeply meditative and transformative experience.

**Turkish Trio** 120 minutes Rp. 950

Enjoy the tradition of the Middle East, beginning with time in the hot and cold plunge pools followed by the steam room. Next your body will be exfoliated and cleansed under the tranquil rain shower. To complete this trio, retreat to the salon to enjoy a scalp treatment and nourishing hair cream bath.

**Body and Beauty**

Flower or Herbal bath	30 min	Rp. 300
Body Scrubs	30 min	Rp. 350
Body Masks	30 min	Rp. 350
Milk Bath	30 min	Rp. 400
Hair Cream Bath	60 min	Rp. 400
Prana Manicure	60 min	Rp. 320
Prana Pedicure	60 min	Rp. 320
Deluxe Manicure	60 min	Rp. 370
Deluxe Pedicure	60 min	Rp. 400

**Massages**

Signature Body	60 min	Rp. 510
	90 min	Rp. 630
Deep Tissue	60 min	Rp. 630
	90 min	Rp. 750
Pregnancy	60 min	Rp. 650
Thai	75 min	Rp. 600
Heated Stone	90 min	Rp. 820
Hot & Cold Stone	90 min	Rp. 820

**Sun & Moon** 180 minutes Rp. 1,000

Begin with your choice of exfoliating body scrubs, followed by a body polish using fresh ingredients to condition your skin. A short visit to our steam room will give your complexion a healthy glow by flushing out toxins. Let stress and tension melt away with a flowing massage, continue with a foot massage and finally a relaxing facial to cleanse and exfoliate, leaving your skin clean, balanced and hydrated.

**Ayurvedic Rejuvenation** 240 minutes Rp. 3,200

This has been specially designed to re-align the body’s natural elements, using Ayurvedic healing. It will detoxify and pamper you, whilst leaving you in a state of utter bliss. This treatment includes; Prana foot ritual, Soma – to detoxify and restore balance, Shirodhara scalp massage, Prana eye ritual & a healthy light meal.

**Ayurvedic Treatments**

Shirodhara	60 min	Rp. 800
Soma	90 min	Rp. 1,400

**Facials**

Prana Natural	60 min	Rp. 510
Men’s	60 min	Rp. 510

**Elemis Facials**

Fruit Active Glow	60 min	Rp. 700
Exotic Moisture Dew	60 min	Rp. 700
Herbal Lavender Repair	60 min	Rp. 700
Pro – Collagen Quartz Lift	75 min	Rp. 1,300
Skin IQ +	75 min	Rp. 1,300

**Pevonia Facials**

Balancing	60 min	Rp. 800
Men’s Revival	60 min	Rp. 850
Organic	60 min	Rp. 950
Caviar Luxe	60 min	Rp. 1,500
High Performance	90 min	Rp. 1,700

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*Immerse  
yourself  
in royal  
indulgence*

*Private Suite*

## PRIVATE SUITE PACKAGES

*All packages and prices are based on two people*

*Most popular ★★★*

<b>Eastern Mystique</b>	<b>Gold</b> 180 minutes of luxury	Rp. 2,500
<b>Platinum</b>	with a bottle of wine & canape's	Rp. 3,500

Indulge in the healing of ancient Middle East traditions. Begin with a foot cleanse followed by a cleansing back facial leaving the skin exfoliated and nourished, a foot massage is performed relieving the tension in your soles and leaves you floating on a magical carpet ride. A royal facial to cleanse and soothe your skin completes your journey but as a finale, step into a herbal bath and enjoy decadent delights as you reflect on the healing energies of the Eastern Mystique.

<b>Jewels of the Nile</b> ★★★	<b>Gold</b> 240 minutes of luxury	Rp. 3,000
<b>Platinum</b>	with a bottle of wine & canape's	Rp. 4,000

Submerge your soles into a Nile of colours as your feet are cleansed, exfoliated and massaged. Fall into a tranquil state of luxury as your body is carefully and therapeutically massaged with the ultimate in luxury, 24 Karat gold infused massage oil. This profoundly relaxing massage will evolve into the anointing of the seven chakras as select precious gemstones are placed on each energy centre to encourage flow of positive vibrations. Continue with a genuine pearl facial. Then experience crown therapy, using warm oils and rosemary to nourish the scalp. This tranquil journey down the Nile is complete with a Legendary Cleopatra milk bath.

<b>7 Voyages to Health</b>	<b>Gold</b> 270 minutes of luxury	Rp. 5,500
<b>Platinum</b>	with a bottle of wine & canape's	Rp. 6,500

Indulge in 7 therapies from the sea, your sea legs will be soaked in a mineral rich seaweed footbath and exfoliated with the oceans finest sea salt, continue with a relaxing therapeutic massage followed by a dry body exfoliation increasing the body's circulation and leaving your skin soft and smooth before you are wrapped in the abundant proteins, vitamins and trace minerals from the sea, your body will eliminate toxins while absorbing the benefits leaving you hydrated and balanced. Indulge into a luxurious facial and continue with crown therapy using warm oils and rosemary to nourish the scalp. Complete this voyage with a well deserved soak in a milk bath.

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## One Thousand and One Nights

**Gold** 300 minutes of luxury  
**Platinum** with a bottle of wine wine & canape's

Rp. 4,000  
Rp. 5,000

Commence with a royal foot cleanse, foot massage of the finest Persian rose water and petals, preparing you for your divine experience. For men, enjoy the King Shahryar massage, a powerful and firm massage that releases muscle tension and for the ladies, relax into the Queen Scheherazade massage which will bring the harmonious balance of body and soul. Now that the body and mind are relaxed and harmonious, experience a royal facial, continue with crown therapy using warm oils and rosemary to nourish the scalp. Complete this journey with a private Kama Sutra or Relaxation Yoga session, focusing on relaxation and surrender to the deeper awareness of the breath. Soak as Kings and Queens in an exotically romantic bath infused with natural herbal aphrodisiacs.

### Luxury Upgrade option

Private Suite exclusive spa upgrades are available to turn your spa experience into a memorable journey. Spoil the one you love with our decadent upgrades and turn your Private Suite experience with us into an experience you will both never forget.

Hand Made Chocolate's (3)	Rp. 110
Rose Bouquet	Rp. 350
Gold Massage Oil, Gift Box	Rp. 350

### A la Carte Menu

Use of the Private Suite as below, based on two people (includes the Gold Infused Royal Massage - 90 minutes)

Private Suite A la Carte	120 minutes	Rp. 2,000
Private Suite A la Carte	180 minutes	Rp. 2,600
Private Suite A la Carte	240 minutes	Rp. 3,750
Private Suite A la Carte	300 minutes	Rp. 4,500

Also add any of the following treatments to your a la carte selection (based on two people)

<b>Royal Relaxing Facial</b>	45 min	Rp. 800	<b>Crown Therapy</b>	30 min	Rp. 850
<b>Genuine Pearl Facial</b>	60 min	Rp. 900	<b>Marrakesh Foot &amp; Leg Massage</b>	60 min	Rp. 900
<b>Caviar Luxe</b>	60 min	Rp. 3,000	<b>Legendary Cleopatra Milk Bath</b>	30 min	Rp. 950



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*Private Suite*

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