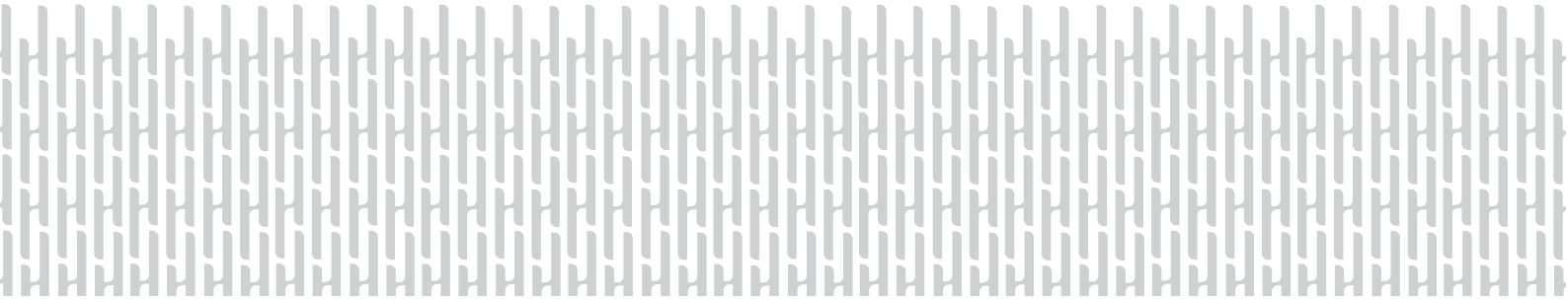


THE SPA

AT TANAH GAJAH, A RESORT BY HADIPRANA



Tanah Gajah Love Bath Ceremony

30 minutes – 1,190,000

Rose Petals, Love Potion, Champagne and Canapés

VOYA Organic Seaweed Bathing Ceremony

30 minutes – 595,000

Organic Whole Leaf Seaweed

Oriental Bathing Ceremony

30 minutes – 595,000

May Chang and White Grapefruit Bath Salt

Balinese Bathing Ceremony

30 minutes – 595,000

Ylang Ylang and Lemongrass

Aromatic Herbal Steam Bath

30 minutes – 595,000

Fresh Lemongrass, Ginger and Tropical Lime

ROMANTIC BATHING CEREMONIES

Deluxe double spa suites feature oversized semi-outdoor terrazzo baths. Each spa suite also includes a private steam shower. An invigorating steam bath or relaxing bathing ceremony is a great way to unwind and relax before or after a massage

NURTURING ENVELOPMENT RITUALS

VOYA Organic Seaweed Leaf Envelopment for Detoxification

120 minutes – 2,260,000

We use the finest seaweed hand-harvested from the ocean to ensure that the highest content of bio-actives is preserved. The treatment start with a body and facial exfoliation using seaweed and spiny bamboo blended with seaweed oil. Next, the body is cocooned in whole seaweed leaves for toning and firming while special leaves are used on the face. After the envelopment and face masque have been applied, a conditioning hair masque is Massaged into the scalp. After 20 minutes, the seaweed leaves are removed and the excess seaweed gel is massaged into the skin. The treatment concludes with the application of seaweed face cream, eye serum and body moisturizer.

ila Bio-Rhythm Envelopment for Jetlag

120 minutes – 2,260,000

The aim of this treatment is to restore the body's natural flow of energy that can be disrupted by air travel and use of electronic devices. The treatment begins with an Energy Body Polish and continues with a Mud Wrap, both containing high levels of minerals in ional form which emit negative ions when warmed. These ions charge and restore the magnetic field surrounding the body that is known as the aura. A Marma Massage on the back soothes the nervous system finishing with a Marma Massage of the face while you are cocooned in a warm blanket. This treatment is the perfect remedy for jetlag.

ila Amethyst Envelopment For Inner Peace

90 minute – 1,785,000

The amethyst wrap draws deep toxins from the cells and astral body. It revitalizes and purifies the skin, lymphatic system and bio-energy field and can promote profound emotional and energetic healing. This wrap also incorporates a Jasmine and Pearl Body Polish, mini crystal face massage and application of beautiful Jade Body Cream.

ila Envelopment for Energizing

90 minutes – 1,785,000

The treatment begins with a stimulating body polish using wild-grown argan oil blended with juniper berry, organic rose geranium and wild poppy essence for energizing and detoxifying. The body polish is followed by an application of purifying mud for revitalization of the skin and balancing of the energy field surrounding the body. While you are cocooned in the full body envelopment, a stimulating scalp massage and hair masque complete this top-to-toe treatment.

ila Mother-To-Be Massage

90 minute – 1,430,000

A portable pregnancy massage bed is designed to accommodate mother's baby bump for complete comfort and relaxation while laying prone. The treatment begins with an exfoliation using a special blend of Himalayan pink salt, rosehip and blackcurrant seeds to remove dead skin cells and stimulate lymphatic drainage to release water retention. This is followed by a massage using organic argan oil infused with herbal extracts of rose and geranium. Soothing heated poultices with lavender and calendula are used over marma points to bring balance and harmony to mother and baby. Treatments are available in the spa or your suite or villa.

ila Chakra Balancing Massage

75 minute – 1,190,000

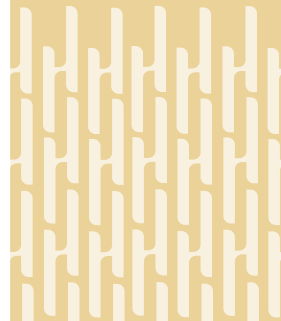
This subtle energy therapy is aimed at balancing the nervous system and has a powerful effect. A synergistic blend of essential oil including cardamom, jasmine and patchouli in a base of pure organic argan oil is applied using ancient massage techniques. The energetic combination of botanical essence and marma point massage open the flow of subtle healing energy through the chakras for increase vitality. The treatment is focused along the spine with some massage to the extremities. The massage technique is gentle with soft to medium pressure and is focused on the flow of energy rather than manipulation of muscle tissue.

**ila Indian Marma Point Head Massage
And Hair Mask**

45 minute – 835,000

Acupressure techniques release tension and open the flow of energy in the head and neck area. Essential oil of juniper berry and geranium nourish the hair for a healthy shine. A vitamin- rich hair masque feeds, fortifies and thickens the hair.

THERAPEUTIC MASSAGES



REVIVING BODY POLISH RITUAL

VOYA Focus Luscious Organic Glow For Detoxifying

60 minute- 1,110,000

An excellent skin rejuvenator, this detoxifying treatment is designed to remove dull skin cells and refine the texture of your skin. VOYA Luscious Salt is combined with Dead Sea Salt Focus Serratus Seaweed Oil. This blend of ingredients will stimulate blood lymph flow while improving skin tone and luster. It is an excellent skin rejuvenator that leaves skin velvety and dewy soft.

VOYA Bladderwrack Body Buff For Nourishing

60 minute – 1,110,000

Certified organic Bladderwrack Body Buff is the ultimate treat for tired and dull skin. The antioxidant of the mineral- rich Bladderwrack seaweed are combined with massage oil for a powerful combination of ingredients to nourish and improve the condition of the skin. The body polish is followed by a cleansing shower and short massage with VOYA's Softly Does It seaweed body moisturizer.

ila Himalayan Crystal Body Polish For Detoxifying Or Uplifting

60 minute – 1,110,000

A body polish will stimulate the lymphatic system, aid circulation and refine the texture of the skin. This treatment is an ideal remedy for cellulite, stress and exhaustion. When warmed, the pink Himalayan salt emits many negative ions that refresh and energize on a subtle level.

Choose from wild- grown argan oil with juniper berry, organic rose geranium and wild poppy essence for energizing and detoxifying or damascene rose otto with jasmine and organic rosehip seed oil a blissful experience.

Ren Guarande Salt Exploiting Body Balm For Delicate Skin

60 minute – 1,110,000

Hand-harvested French mineral salt from the sea is combined with basil and peppermint essential oils in a balm made from rich olive and almond oils. This exfoliating body balm gently removes dead cells and will leave your skin moisturized, renewed and glowing. Hot towels are applied to infuse the nutrients and essential oils for cell renewal and deep relaxation. The ritual concludes with an Application of hydrating Rose Body Cream.

Tanah Gajah Jade Massage

60 minutes – 1,430,000

90 minutes – 2,140,000

A dynamic style to dissolve deep muscle tension and soothe the spirit. Two therapists work in synchronized movements using a variety of massage techniques including Shiatsu, Balinese, Thai, Swedish and Lomi-Lomi.

Ancient Balinese Massage

60 minutes – 890,000

90 minutes – 1,340,000

This traditional Balinese-style massage includes Balinese palming, stretching, effleurage and pressure point techniques to relieve tension, improve blood flow, ease stress and calm the mind.

Ayurvedic Abhyanga Massage

90 minutes – 1,430,000

An ancient ritual to balance mind and body with warmed therapeutic oils and a special massage technique for each dosha: Vata, Pitta or Kapha.

Himalayan Warm Stone Massage

90 minute – 1,430,000

Shamans have used heater river stone in their healing practice for centuries. Warm stone are placed on the chakras and then massaged over the body to promote a deep state of relaxation, soothing away stress and dissolving muscular tension.

Thai – Style Foot Reflexology

30 minute – 475,000

60 minute – 835,000

Firm pressure is used to stimulate the reflex points in the feed. Float into deep relaxation for a divine sense of balance and well-being.

Traditional Indonesian Head Massage And Hair Masque

60 minute – 750,000

This Traditional Indonesian beauty ritual begins with a double cleanse of the hair, and continues with a scalp massage using a heavenly scented hair balm for deep conditioning. The hair balm is processed under a steamer while you enjoy a relaxing shoulder and arm massage.

ila Tibetan Ku Nye Massage

90 minute – 1,430,000

This body treatment honours and respects the ancient Tibetan traditional of healing, restoring, harmonizing and strengthening the body's natural flow of energy. A blend of wild-grown essential oils combine with traditional techniques of cupping, acupressure, kneading, rocking, hot stones and poultices to purify the five element of the body, stimulate the lymphatic system and energize the subtle body and meridian system.

MANICURE AND PEDICURE

At Tanah Gajah, a Resort by Hadiprana, we use only vegan, wild crafted, organic Spa Ritual products for our nail services. The lacquers and elixirs are free from toluene, formaldehyde, dibutyl phthalate and parabens normally found in nail treatment products.

Enjoy an aromatherapeutic journey where you choose your intent...relax, uplift and inspire. Micro algae and mineral salt infused with wildcrafted Indonesian ginger will gently slough away dry skin. The aromatherapeutic properties of ginger are deepened with a full healing hand or foot massage using a hydrating blend of ginger and Chinese jasmine essential oils, aloe with Shea butter, sesame oil, olive oil, avocado and vitamins A and E.

Aura Balance Manicure

60 minutes – 535,000

Aura Balance Pedicure

60 minutes – 595,000

Waxing

Aloe Vera, Natural and Rose cartridge wax is used for legs, back and chest while film wax is used for bikini and underarms.

Full leg – 595,000

Half leg – 360,000

Bikini – 360,000

Underarm – 300,000

Chest – 360,000

Back – 360,000

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 prefer 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 suite; however, we do not accept liability for loss or damage. We recommend valuable items are stored inside the safe located in your suite or 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 Phone

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

Minimum Age

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

Gift Certificates

Gift certificate for spa service and retail product are available from The Spa Reception.

Hours of service: 9:00 am to 9:00 pm
Dial extension number 0 for reservations and enquiries.

*Prices are in Indonesian Rupiah and are subject to 13.75% government tax and 10% service charge.
Prices are subject to change without notice.*

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