

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

spa or your suite or villa.

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

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



INDULGENT Oriental rituals

Tanah Gajah Oriental Ritua

150 minute – 3,215,000 Aromatherapy foot polish, Tanah Gajah Jade Massage, Choice of 60 – minute Facial, Thai- Style Foot Reflexology, Himalayan Crystal Body Polish, Oriental Bathing ceremony

Bali Oriental Ritua

120 minute – 1,785,000 Aromatherapy foot polish, Ancient Balines Massage, Choice of Body Polish, Balinese Bathing Ceremony

India Oriental Ritual

120 minute - 2,100,000 Aromatherapy foot polish, Ayurvedic Abhyanga Massage, Marma Point Head Massage with Hair Masque, Herbal Steam Rath

Thai Oriental Ritua

120 minute – 2,100,000 Aromatherapy foot polish, Herbal Stean 3ath, Thai- Style Foot Reflexology, REN 3espoke Facial

ila Adreno Restore Ritu

120 minute - -2,100,000
Adrenal fatigue is a 21st century syndrome. Although we all recognize the stress is part of everyday life in modern times, few understand the impact that long-term stress will have on our health. Adrenal fatigue occurs when our adrenal glands can no longer meet the psychological demands of maintaining homeostasis due to stress that may be triggered by physical, emotional or psychological factors.

Vetivert, pine, cedarwood, ashwagandha and pfaffia are blended with Himalayan salt crystal and applied with exfoliation techniques. A wrap with the same adaptogenic herbs is applied to the torso to target the adrenal glands. Naturopathic packs are warmed and applied over the adrenals to infuse healing herbs through the skin. Float into deep relaxation during a Tibetan-style massage called Ku Nye fo

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 t 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 combine 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 Detoxifving 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

Himalavan salt emits many negative ions

that refresh and energise on a subtle level.

exhaustion. When warmed, the pink

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 Gaiah 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 I omi-I omi

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

Avurvedic Abhvanga 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

system.

and energize the subtle body and meridian

REJUVENATING BEAUTY RITUALS

Ren Bio Active Bespoke Facia

60 minutes – 1,190,000 75 minutes – 1,430,000

A complete facial incorporating Japanese lymphatic drainage and hydration massage techniques for toning and moisturizing. An application of eyelift gel, cell therapy and a hand treatment complete the ritual.

Ren Facial for Men

60 minutes – 1,190,000 Vitamin C is the most potent antioxidant for the skin and assists in the production of collagen. This facial removes impurities and refines the skin as it hydrates and promotes

Ren Bio Active Eye Care

30 minutes – 595,000
A deluxe hydration to treat the delicate
eye area.

VOYA Organic Deluxe Facia

The creme de la crème of facial treatments for all skin type, of particular benefit for mature, dry or dehydrated skin, alleviates fine lines and wrinkles. This indulgent seaweed facial begin with a back exfoliating and a bespoke back massage.

aneviates rine interes and wrinkles. This indulgent seaweed facial begin with a back exfoliating and a bespoke back massage. The double action masque aims to detoxify nourish even the most troubled dry skin. This facial includes a 20 minute facial massage, complemented by a relaxing

VOYA Organic Marine EyeTreatment

An ultimate treat for refreshing and rejuvenating tired eyes. Combining relaxing and decongesting lymphatic massage. movement with specialized organic Laminaria Digitata Seaweed Eye Patches hand-harvested from the wild Atlantic

VOYA Organic Illuminating Facia

60 minute - 1,190,000

This incredible organic Illuminating facial is deeply detoxifying and will brighten and even skin- tone. It will also increase claritileaving the skin feeling silky smooth, soft and radiant. This facial incorporates a pressure point facial massage, targeting deeper muscle in the face to release any build-up of toxins, improve radiance and restore a glow to your complexion. The treatment also includes a pressure point foot massage to melt away tension and promote a state of deep relaxation.

la Gemstone Facial

5 minute – 1,430,000

During this gentle, non-invasive treatment, electro-magnetic light frequencies, color therapy and the subtle energy of crystals combine to release facial tension, rejuvenate the complexion and raise the vibration energy of the skin. Lymphatic drainage massage eliminates toxins and reduces puffiness in the face, while marma point massage with warm rose quartz crystal and targeted light therapy deliver energy where it is needed to balance the body and bring forth innate beauty. This facial ends with a cooling jade masque to reduce the appearance of fine line and wrinkles.

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 – 535,00 Aura Balance Pedicur 60 minutes – 595,00

Waxin

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

Half leg – 360,000 Bikini – 360,000 Underarm – 300.00

Chest - 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 used raping 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 schedule 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.

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

Prices are in Indonesian Rupiah and are ubject to 13.75% government tax and 10% ervice charge.

Jalan Goa Gajah Tengkulak Kaja, Ubud Bali 80571, Indonesia T (62 361) 975 685 F (62 361) 975 686 reservation@tanahgajahubud.com

tanahgajahubud.com