



Samudra Spa

at Kelapa Retreat

'Samudra' means *Ocean* in Indonesian, an apt name for our deluxe spa situated at the ocean's edge. Designed to assure both privacy and connection to the ocean's elements - the soothing lull of the waves are a backing track to your personally tuned massages and treatments.

B o d y W i s d o m

SAMUDRA SIGNATURE MASSAGE (60 / 90 min)

This massage is a combination of both Lomi-Lomi and Swedish techniques, working deeply into tired muscles. Your treatment is concluded with a foot ritual, leaving you feeling relaxed, invigorated and uplifted.

BALINESE MASSAGE (60 / 90 min)

This healing treatment is inspired by classical Hindu medical body-mind science (Ayurveda). A combination of gentle stretches, acupressure and aromatherapy oils stimulate the flow of blood, oxygen and 'chi' (energy), bringing balance - relaxing the mind and restoring the body.

JAVANESE AROMA MASSAGE (60 / 90 min)

This aromatic massage combines aromatherapy infusions with skilful therapeutic techniques to relieve physical tension and bring deep calmness to your mind. If you need to relax and unwind, this treatment will fulfil your every need.

REFLEXOLOGY (60 min)

Acupressure of major reflex points on the feet and lower legs promotes circulation while decreasing stress and fatigue, leaving you refreshed and energized.

B o d y B a l a n c e

JAVANESE LULUR (60 mins)

A traditional Javanese preparation of active herbs and rice is used to exfoliate - followed by a gentle massage with pure yogurt, resulting in soft, bright and fragrant skin.

BALINESE BOREH (60 min)

This ancient Balinese remedy begins with pure sea salt exfoliation of the whole body, followed by the application of a spice body mask. Particularly beneficial when suffering from cold or flu symptoms or to soothe aching muscles.

*ADD-ONS (Can be added to any treatment)

FOOT REFLEXOLOGY (30 min)

Acupressure of the major reflex points on the feet to release tension, provide relief and uplift energy levels.

HEAD, BACK & SHOULDER MASSAGE (30 min)

This therapeutic massage focuses on releasing stored tension, relieving headaches, back and shoulder muscular pain, clearing the mind and providing balance.

REFRESHER FACIAL (30 min)

A mini facial comprising of cleansing, exfoliation and a mask followed by a gentle relaxing head massage.

TOTOK WAJAH FACIAL (30 min)

This face massage focuses on facial pressure points to help release sinus congestion and energetic blocks. Particularly pleasant after air travel.

BATHING RITUAL (30 min)

This therapy will help to bring holistic equilibrium. Submerge and envelop your body and senses in warm aromatic water - scented with natural oils and flower petals - to relieve tired muscles and soothe the mind.

Beauty Therapy

SAMUDRA GLOW FACIAL (60 min)

A cleansing and hydrating facial combined with massage and a mask designed to promote beautiful radiant skin.

MANICURE (60 min)

For beautiful hands - nail filing, cuticle care and nail polish application.

PEDICURE (60 min)

For beautiful feet - nail filing, cuticle care and nail polish application.

Samudra (Ocean) Rituals

Inspired by the healing benefits of ocean minerals

SEA SALT SCRUB (50 min)

The exfoliating action of this sea salt body scrub enhanced with virgin coconut oil takes away dead surface cells revealing brighter, smoother, healthier looking skin.

SEAWEED WRAP (60 min)

Rich in minerals, vitamins and micro nutrients. This treatment activates circulation, increases metabolism and relieves aches and pains, revitalizing, firming and toning the skin.

Collection Rituals

POST-TRAVEL SKIN RETREAT (2 hrs)

Rejuvenate and rehydrate tired skin and restore balanced energetic flow while maintaining a long lasting healthy glow after travel.

- * Balinese Massage
- * Balinese Boreh

SWEET INDULGENCE (2 hrs)

The ultimate relaxation experience for your body and mind. Leaving your mind tranquil, your skin soft and smooth and your body soothed.

- * Javanese Massage
- * Javanese Lulur

Treatment Price List

During low season enjoy a 20% discount on all quoted prices

* all prices shown in thousands of Indonesian Rupiah

BODY WISDOM

Samudra Signature Massage	60 / 90 min	495 / 695
Balinese Massage	60 / 90 min	495 / 675
Javanese Aroma Massage	60 / 90 min	475 / 675
Reflexology	60 min	475

BODY BALANCE

Javanese Lulur	60 min	450
Balinese Boreh	60 min	450

BEAUTY THERAPY

Samudra Glow Facial	60 min	475
Manicure	60 min	345
Pedicure	60 min	345

SAMUDRA RITUAL

Sea Salt Scrub	50 min	395
Seaweed Wrap	60 min	450

COLLECTION RITUAL

Post - Travel Skin Retreat	2 hrs	895
Sweet Indulgence	2 hrs	895

ADD-ONS * can be added to any treatment

Foot Reflexology	30 min	275
Head, Back & Shoulder Massage	30 min	275
Refresher Facial	30 min	275
Totok Wajah Facial	30 min	275
Bathing Ritual	30 min	275

Seasonal Dates:

High Season: 1 July - 15 September

Peak Season: 25 December - 5 January

Low Season: 16 September - 24 December & 6 January - 30 June

