

AURA

SPA & WELLBEING MENU



YOUR AURA SPA JOURNEY

Nature's bounty nourishes us, heals us and restores balance to our lives. Like the ancient civilisations that came before us, we find everything we need in our natural surroundings.

At Aura Spa & Wellbeing, we craft products from our island resources, using therapeutic ingredients such as sea salt, turmeric and aloe vera. All partner products follow EU natural skincare standards and are free from harmful additives.

Drawing inspiration from ancient Asian traditions, our menu targets six journeys to wellbeing:

RESTORE

For mature, dehydrated skin and active bodies.

BALANCE

Harmonise mood and sleep rhythms.

GLOW

Indulge in pampering experiences.

PROTECT

Gently heal, hydrate and nurture the body.

PURIFY

Cleanse and detoxify body and mind.

BEYOND

Ultra-pampering for honeymooners and couples.

For each wellness goal, we have created a list of treatments. What you need today may differ from what you need tomorrow. Like the Earth itself, we are constantly changing, adapting and evolving. Let Bawah be a part of your journey to becoming your best self.



ESSENTIAL OILS

Essential oils are concentrated plant essences, extracted to harness nature's healing properties. Simply smelling them can alter your mood. Below are our three favourite essential oil blends to enhance your personal Aura journey.

LAVENDER & GRAPEFRUIT

Calm, Relax & Regenerate

Antioxidant-rich grapefruit and balance-restoring lavender create a soothing blend that supports better sleep.

GRAPEFRUIT, LEMONGRASS & LAVENDER

Uplift & Energise

Citrusy lemongrass and grapefruit combine with sweet lavender for an invigorating experience.

PEPPERMINT & LEMONGRASS

Purify, Detoxify & Stimulate

Peppermint's refreshing scent and healing properties work in harmony with Southeast Asia's beloved lemongrass to revitalise both mind and body.

RESTORE

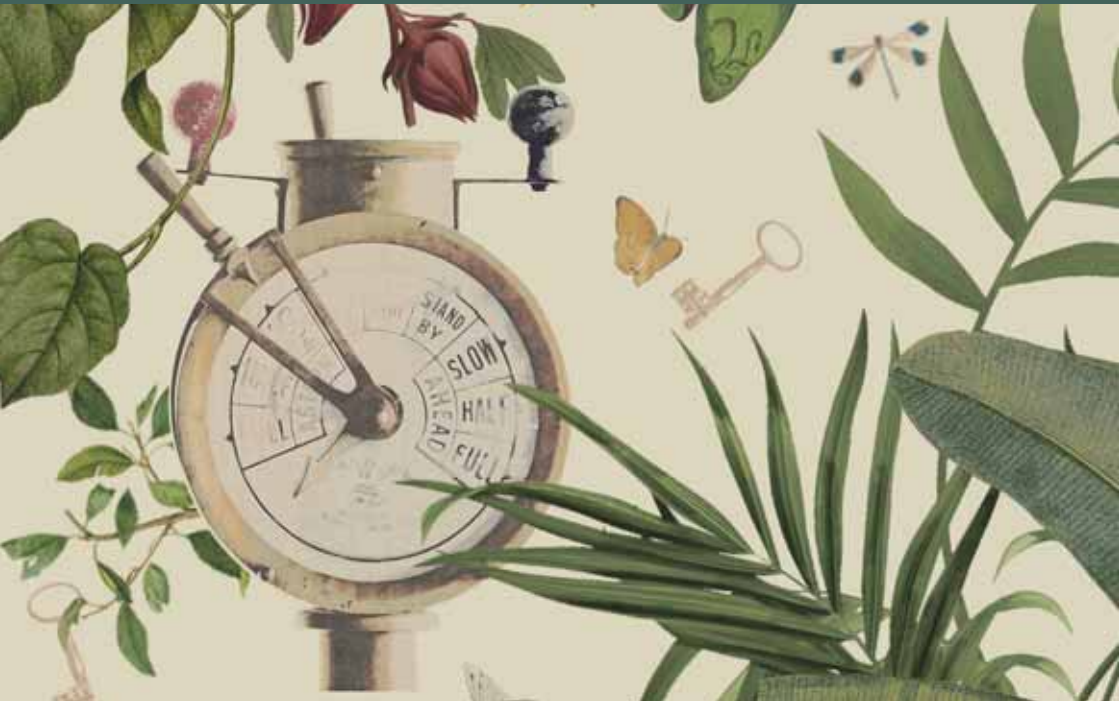
A life well lived through the passage of time, a dedication to exercise and hours spent soaking in sunshine require a dose of restoration every now and again. Just like Bawah's ecological efforts to accelerate the recovery of our ecosystems, these treatments aim to return you to your natural, healthy state.

DESIGNED FOR:

- ♦ **Maturing and/or sun-drenched skin**
- ♦ **Relief from intense physical activity**
- ♦ **Sports injuries**
- ♦ **Muscular tension related to activity and work**

BEST SUITED TO:




- ♦ **Sports enthusiasts**
- ♦ **Sun worshippers**
- ♦ **Anyone desiring to rejuvenate and revitalise**



FACIAL

55 MINS

SUPERFOOD LONGEVITY FACIAL



-  Mature, dry skin
-  Coffee, Cocoa, Raw Honey
-  Suitable for children

Boost longevity with this facial treatment featuring Indonesian coffee and raw honey. Coffee hydrates, detoxifies pores and prevents breakouts. A brown sugar scrub exfoliates, facial steam opens pores and gentle massage encourages cell renewal. Result: supple, firmer and more youthful skin.

MASSAGE

50 MINS & 90 MINS (\$)

EXPLORER'S MUSCLE RECOVERY



-  Balinese-style, strong, full body oil massage
-  Select your preferred oil blend

This full-body massage uses medium-to-strong pressure to awaken the senses, boost energy, melt away muscle tension and promote sound sleep.

BODY SCRUB

45 MINS

BODY AWAKENING SCRUB



-  Exfoliating, invigorating, de-stressing
-  Local Coffee, Brown Sugar, Organic Coconut Oil

Exfoliate with an organic coconut oil and Indonesian coffee scrub that reduces cellulite and stretch marks. Coffee's antioxidants can combat varicose veins while boosting blood and lymphatic flow. Enjoy a scalp massage and rinse under our rainwater shower for all-over softness and glow.

BODY WRAP

45 MINS

BALINESE RITUAL WRAP

-  Muscle aches, joint pain
-  Ginger, Clove, Cinnamon, Coriander, Pepper, Nutmeg

Experience a traditional Balinese treatment using a blend of herbs and spices from our organic gardens to stimulate circulation and relieve muscle or joint pain. It begins with a foot ritual and ends with a generous application of luxurious body butter.



ULTIMATE RESTORATION PACKAGE (\$)

 210 minutes

This blended therapy combines each of the offerings in our Restore Journey into one ultra-revitalising treatment. It's a profound choice of self care designed to repair your body and ease your mind.

- ◆ **Superfood Longevity Facial**
- ◆ **Body Awakening Scrub**
- ◆ **Explorer's Muscle Recovery Massage**
- ◆ **Balinese Ritual Wrap**

Advance notice is required for packages. To make a reservation, please consult with Aura's Spa Manager or our Guest Relations team.



PROTECT

Our bodies are in a continuous state of repair and renewal and this collection of five treatments helps to support these processes. They combine ancient remedies with modern science to reduce stress, ward off infection and soothe sun damage.

DESIGNED TO:




- ♦ Soothe, calm and heal while helping to protect you against lifestyle stressors

BEST SUITED TO:

- ♦ Sensitive skin
- ♦ Over-stressed minds
- ♦ Expectant mothers
- ♦ Seniors






GARDEN-TO-GLOW FACIAL

-  Sun-exposed, ageing, sensitive, oily or acne-prone skin
-  Aloe Vera, Raw Honey
-  Suitable for children

Includes steam, massage and a healing mask.



Our cooling facial uses freshly extracted aloe vera, grown on our island. This soothing, moisturising treatment infuses antioxidants and vitamins. Ideal for oily skin, aloe vera's benefits have been valued for millennia.

THE BARELY THERE MASSAGE

-  Soft, gentle, Swedish-style
-  Select your preferred oil blend
-  Suitable for children

Indulge in an intuitive full-body massage that targets tension, stimulates circulation and detoxifies. With soft-to-medium pressure, it promotes wellness, reduces tension and induces serenity. Suitable for seniors, children and expectant mothers (excluding first trimester).

THE ULTIMATE HEAD SOOTHER



-  Warm-oil-based massage
-  Organic Virgin Coconut Oil

Experience the Indian "champissage" head massage, blending gentle and stimulating techniques for improved blood flow, tension relief and a tranquil mind. Ideal for weary travellers and overactive minds adjusting to island serenity.

BODY MASK

45 MINS

COOLING BODY MASK



-  Sensitive, sun-exposed, dehydrated skin
-  Local Aloe Vera, Cucumber

Soothe sun-kissed skin with aloe vera freshly plucked from our gardens. This hydrating mask with a light, cooling fragrance renews the skin and promotes relaxation. It's nature's gift for skin restoration.

BODY SCRUB

45 MINS

GLORY BODY SCRUB



-  Sun-exposed, ageing, sensitive, dry skin
-  Local Cocoa Powder, Grated Coconut, Coconut Milk

A protective body scrub rich in antioxidants, carotenoids, polyphenols and vitamin E, it reduces UV damage and restores natural hydration. A chemical-free wrap provides nutrients, neutralises free radicals, leaving a supple finish.

BODY WRAP

45 MINS

EXHILARATING BODY-CONDITIONING

-  Brightening, moisturising, sun-exposed, hydrating
-  Local Cocoa Powder, Oatmeal, Honey, Coconut Milk

The aroma of chocolate alone can reduce tension and restore emotional balance. Our raw cocoa is full of detoxifying antioxidants that stimulate circulation and promote smoother, more sensual skin.



PERFECTLY PROTECTED PACKAGE (\$) 255 minutes

This five-in-one treatment is the perfect antidote to the oxidative damage we all experience daily. It promises respite from stressors such as environmental toxins, illness or overwork - nourishing your body and shielding it from future damage.

- ◇ **Garden-to-Glow Facial**
- ◇ **The Barely There Massage**
- ◇ **The Ultimate Head Soother Massage**
- ◇ **Cooling Body Mask**
OR Exhilarating Body Conditioning
- ◇ **Glory Body Scrub**

Advance notice is required for packages. To make a reservation, please consult with Aura's Spa Manager or our Guest Relations team.

BALANCE

A concept in ecology, balance describes a state of equilibrium in which disturbing one element disrupts the entire system. As such, identifying the point of imbalance is key; once you do, a small change can bring profound transformation. Here are five blissful treatments designed to realign, pamper and indulge the spirit while addressing common points of imbalance experienced by us all.

DESIGNED TO:

- ◇ **Realign**
- ◇ **Harmonise**
- ◇ **Nourish**
- ◇ **Energise**
- ◇ **Ground**

BEST SUITED TO:

- ◇ **The chronically tired**
- ◇ **The jet-lagged**
- ◇ **Those who yearn for better sleep and mental relaxation**



FACIAL

55 MINUTES

YIN YANG FACIAL

- 👤 All skin types, especially ageing or tired-looking skin
- 🍵 Jade Stone, Green Tea, Citrus

Enhance balance and vitality with our circulation-stimulating facial. Jade stone therapy tones muscles and promotes a youthful appearance. An infused mask firms and imparts minerals for radiant, plump skin.

BODY MASSAGE

50 MINUTES & 90 MINUTES (\$)

ISLAND DREAM BODY MASSAGE

- 👤 Soft to medium. Choose from Soothing Massage, Thai or Indonesian Fusion
- 🍵 Select your preferred oil blend

A daily must – this relaxing full-body massage uses a series of tried-and-true techniques to deliver the most relaxing experience imaginable.

- ~ **Soothing Massage:** Smooth, gentle massage strokes to calm sunburn, including application of aloe vera gel for reducing irritated skin.
- ~ **Thai Massage:** Ancient dry massage using thumb and palm pressure and special stretching techniques. Helps balance the body and mind; relaxes muscles and relieves pain; improves flexibility and range of motion; improves energy levels.
- ~ **Indonesian Fusion:** Combining Balinese & Swedish techniques; long and firm strokes; releases stress and muscle tension. Enter a state of well-deserved holiday bliss after your long journey to paradise.

FOOT REFLEXOLOGY

45 MINUTES

SOLE TO SOUL

- ☒ Chamomile, Lavender, Geranium, Coconut Oil
- ☒ Suitable for children

A warm soak readies your feet for a transformative treatment that goes way beyond foot massage. Reflexology clears blocked energy, promoting natural healing. Pressure on specific foot areas can alleviate stress and pain, triggering endorphin release for enhanced wellbeing.

HAND REFLEXOLOGY

45 MINUTES

AURA HAND SPA

- ☒ Select your preferred oil blend
- ☒ Suitable for children

Indulge in a rejuvenating hand treatment including soaking, exfoliation and a reflexology-like massage of hands and arms.

BODY SCRUB

45 MINUTES

ARISE & SHINE SCRUB

- ☒ Lighten dark spots and scars, brighten dull skin, slough dead skin, anti-allergenic, anti-bacterial
- ☒ Cinnamon, Javanese Rice Powder, Raw Honey

Enhance skin with our natural scrub featuring homegrown ingredients. Cinnamon's antioxidants and anti-inflammatory properties combat ageing and pigmentation. Javanese rice, rich in amino acids and minerals, boosts youthful levels of elastin.



COMPLETE BALANCE PACKAGE (\$)

🕒 255 minutes

Chronically tired, jet-lagged or simply feeling out of sync? This all-in-one therapy will recalibrate the body and realign the emotions. It's like a reset button for your life.

- ◇ Yin Yang Facial
- ◇ Island Dream
Body Massage
- ◇ Sole to Soul
- ◇ Aura Hand Spa
- ◇ Arise & Shine
Body Scrub

Advance notice is required for packages. To make a reservation, please consult with Aura's Spa Manager or our Guest Relations team.

PURIFY

Dirt, chemicals and pollutants build up over time, so it's critical to take steps to remove impurities every now and again. That is the intention behind these four treatments. They harness nature's most powerful cleansers, from antibacterial essential oils to freshly harvested sea salt and even nutrient-rich mud. These treatments will lighten, brighten and deeply cleanse the entire body.

DESIGNED TO:

- ◇ **Cleanse the body of toxins and impurities, oxygenate cells, deep clean pores**

BEST SUITED TO:



- ◇ **Oily, temperamental or combination skin**
- ◇ **Dull, lacklustre complexions**
- ◇ **Hormonal skin**



FACIAL

55 MINUTES

THE DEFINITIVE DETOX FACIAL




-  Oily, acne-prone and combination skin
-  Activated Charcoal

Experience the detoxifying power of activated charcoal. It draws out dirt and oils, lightens pigmentation, balances skin and reduces oil production. The treatment includes a sugar scrub, facial steam, hydrating mask and gentle massage for a clearer, fresher complexion.

BACK, NECK & SHOULDER MASSAGE

45 MINUTES

BACK AWAKENING MASSAGE

-  Deep tissue massage
-  Select your preferred oil blend
-  Suitable for children

Targeting back, neck and shoulder stress, this deep-tissue massage relieves muscle tension, restores mobility and aligns the spine using therapeutic trigger techniques.

BODY SCRUB

45 MINUTES

ISLAND SEA SALT BODY SCRUB

-  Detoxifying
-  Ginger, Kaffir Lime Leaf, Organic Virgin Coconut Oil, Fresh Ocean Salt

Indulge in a luxurious exfoliation treatment with local lagoon salt and Southeast Asian spices. Dry body brushing buffs away dead skin cells and a scented salt scrub reveals soft, supple skin, nourished with coconut oil.

BODY MASK

45 MINUTES


OCEAN MUD MASK

-  Brighten dull skin, erase dark spots and scars, slough away dead skin
-  Seaweed, Olive Oil

This deep-cleansing mask is a blend of mineral-rich seaweed and mud that's applied to the body to detoxify and nourish the skin. Enjoy a relaxing face and head massage while the mask lifts away a veil of dullness, restores a hydrated silkiness and reveals a radiant inner glow.



DETOX & PURIFY PACKAGE (\$)

 195 minutes

Yearning for a total body cleanse? Detox yourself from head to toe with this combination therapy that blends the best of our purifying treatments into one power-packed session. It's the easiest, most thorough way to banish toxins and impurities.

- ◆ **The Definitive Detox Facial**
- ◆ **Back Awakening Massage**
- ◆ **Island Sea Salt Body Scrub**
- ◆ **Ocean Mud Mask**

Advance notice is required for packages. To make a reservation, please consult with Aura's Spa Manager or our Guest Relations team.



These ultra-indulgent pampering treatments are designed to quickly refresh and keep you looking and feeling your absolute best. Book alone or with another treatment and savour these moments of joy.

DESIGNED TO:

- ♦ Pamper, preen and delightfully spoil

BEST SUITED TO:




- ♦ Anyone who wants a beauty fix



MANICURE

60 MINUTES

AURA SPA MANICURE




-  Bathe, salt scrub, massage, manicure and reef-safe polish
-  Aromatic Sea Salt, Eco-Polish
-  Suitable for children

Indulge in our spa manicure with hand scrub, massage and grooming for nails and cuticles. Add eco-friendly polish for a pop of colour free from harmful chemicals.

PEDICURE

60 MINUTES

AURA SPA PEDICURE




-  Bathe, salt scrub, massage, pedicure and reef-safe polish
-  Aromatic Sea Salt, Eco-Polish
-  Suitable for children

Our signature pedicure with sea salt exfoliation, essential oil foot massage and nail treatment is perfect for keeping your feet and toenails beautiful. Choose nail colour or a natural buff and shine.

EXPRESS NAILS

45 MINUTES

THE NAKED TREATMENT




-  Quick cuticle and nail care
-  Aromatic Sea Salt
-  Suitable for children

Our express nail treatment gives a natural finish. Nails are shaped, filed and buffed to a smooth shine. No smudges or chipping to worry about.

HAIR MASK & HEAD MASSAGE

60 MINUTES


MOISTURISING HAIR SMOOTHIE

-  For all hair types, including curls
-  Coconut Cream, Aloe Vera, Candlenut Oil
-  Suitable for children

Nourishes, softens and restores elasticity using only natural ingredients. Perfect for dry, brittle, island-sun-drenched hair. **Includes head, neck and shoulder massage.**



PAMPER & GLOW PACKAGE (\$)

 120 minutes

Holidays are the ultimate time to spoil yourself, which is why we designed this blissful half-day of our top beauty treatments. It's an indulgent treat to keep you looking and feeling island-chic during your entire stay.

- ◆ **Aura Spa Manicure**
- ◆ **Aura Spa Pedicure**

Advance notice is required for packages. To make a reservation, please consult with Aura's Spa Manager or our Guest Relations team.



BEYOND SPA JOURNEYS

Signature treatments and journey packages for honeymooners, couples and personal ultra-pampering.

*ISLAND SAND & HERBAL COMPRESS (\$)

🕒 90 minutes

🔑 Swedish, medium-to-strong

🐦 Healing Potali Compress, Sea Sand, Herbal Fusion,
Organic Virgin Coconut Oil

A rhythmic, fluid, whole-body massage using a warmed compress filled with healing ocean island sand and virgin coconut oil. Designed to soothe away muscle tension and joint pain while restoring balance to the body. A relaxing, nourishing treatment that promotes inner and outer wellbeing.

*SWEETEN UP DUO (\$)

🕒 135 minutes

◇ Island Fruit Body Scrub

◇ Body Massage, Facial OR Hand & Foot Reflexology

Includes two treatments: a full body scrub followed by a massage OR facial OR hand and foot reflexology. Step out of the spa with healthy, glowing, well-moisturised skin.

*INDONESIAN ROMANCE (\$)

🕒 120 minutes

- ◇ Herb-infused foot bath and foot massage
- ◇ Relaxation with wine and chocolates

An evening dedicated to relaxation. Allow us to pamper your feet with a soothing, herb-infused foot bath followed by a blissful lower leg and foot massage. Marvel at the stars, listen to the waves and enjoy the taste of wine and chocolates in the privacy of your own villa.

*AURA JOURNEY (\$)

🕒 210 minutes

- ◇ Product demonstration
- ◇ Arise & Shine Scrub OR Island Sea Salt Scrub
- ◇ Island Sea Sand Compress
- ◇ Balinese Ritual Wrap OR Cooling Body Mask


Surrender to the luxury of devoting time purely to yourself. Watch a demonstration of the preparation of wholesome scrubs and body wraps, before enjoying a full-body scrub and hydrating full-body wrap. Then relax with our unique island sea sand massage, using steam-heated compresses of sea sand mixed with virgin coconut oil. Applied with gentle pressure along the body's energetic meridians, this soothing treatment nourishes the skin, relieves muscle tension and joint pain and promotes overall wellbeing.


**Pricing is located at the back of this brochure*


SPA BATH EXPERIENCES

Highly valued by ancient cultures, therapeutic herbal baths soothe skin and promote wellness. Complete your Aura Spa treatment with a luxurious soak in a copper bath overlooking the surrounding forest.

*INDONESIAN HERITAGE HERBAL (\$)


 30 minutes


 Energising, detoxifying, restorative


 Lemongrass, Ginger, Pepper, Clove, Star Anise

Sink back and let the warm water and fragrant Indonesian spices go to work on relaxing both body and mind. Experience the combined aromatherapy effect, balancing your nervous system and offering a healing experience for your entire body.

*VANILLA MILK (\$)

 30 minutes

 Sunburn-soothing, skin-hydrating, mildly exfoliating

 Local Milk Powder, Vanilla Essential Oil

Our enriching bathing milk gently exfoliates, hydrates, nourishes and conditions. Enjoy a blissful interlude in a bath designed to transform your skin into a satin-soft and supple delight.

**Available at Aura Spa as a paid add-on to any spa treatment.*


3 hours advance notice is required.

Pricing is located at the back of this brochure.



IN-SUITE BATH EXPERIENCE

**ROMANTIC BATH TURNDOWN RITUAL (\$)

 30 minutes

 Indonesian Heritage Herbal OR Vanilla Milk bath

Wind down at the end of an activity-filled day with a shared romantic bath ritual, prepared for you in your own suite for ultimate privacy. Make your intimate interlude doubly memorable with a bottle of vintage Champagne or one of our favourite full-bodied Australian reds.

***Available anytime before 8pm. 3 hours advance notice required.*

Pricing is located at the back of this brochure.

A bottle of champagne or wine available for an additional cost.

Please select from our wine list or speak to our sommelier.

AURA SCENT BAR (\$)

CREATE YOUR OWN FRAGRANCE

Discover the transformative power of scent at Aura's Scent Bar, created in collaboration with the bespoke perfume atelier, *Maison 21G*.

Our bespoke perfumes are tailored to your story, personality and unique interests, ensuring that each scent is as individual as you are. Whether you desire a fragrant reminder of your time on Bawah, a sheet spray to induce peaceful sleep, or a calming scent for meditative prayer, let us take you on a voyage of olfactory exploration to craft it.





THE WORKSHOP

Explore 21 exquisite scent notes and be guided by our scent designers through the creative process of making your unique 21% eau de parfum. For a romantic experience, consider creating a fragrance together with your partner in our “Love Atelier” a perfect activity for honeymooners or couples.

WHAT'S INCLUDED:

Interactive experience
1 x 30 ml eau de parfum
bottled scent creation

21 SCENTS TO BLEND FROM

Amber	Jasmine sambac	Red cedar	Tuberose
Cashmere wood	Lily	Rose	Vanilla
Fir balsam	Lime	Sage	Vetiver
Frangipani	Mimosa	Sandalwood	
Havana Harvest	Ocean	Tea	
Incense	Patchouli	Tonka	

**Fragrances contain 21% perfume concentrate and do not contain preservatives, GMOs or phthalates.*

AURA SPA EXPLORER (\$)

THE ULTIMATE
SENSORY JOURNEY



Journey beyond the spa walls for an unforgettable experience surrounded by Mother Nature.

Cruise via private boat to discover a hidden beach, coastal alcove or secluded clifftop point and enjoy a spa treatment inside an open-air Indonesian bale with a symphony of sea breezes and breaking waves as your backdrop. With soft sand underfoot and crystal waters as far as the eye can see, you will be pampered from head to toe. Whether it's your honeymoon, an anniversary or simply time for you to focus on yourselves and each other, memories of this experience will last a lifetime.

*MUERBA

🕒 180 minutes

- ♦ Island Sea Salt Body Scrub
- ♦ Island Sand & Herbal Compress Massage
- ♦ The Ultimate Head Soother
- ♦ Short boat-ride
- ♦ Post-treatment healthy snacks and jamu, a herbal drink

*BATU TOKONG

🕒 180 minutes

- ♦ Sole to Soul Foot Reflexology
- ♦ Island Sand & Herbal Compress Massage
- ♦ Cooling Body Mask & Lymphatic Drainage Face Massage
- ♦ Short boat-ride
- ♦ Post-treatment healthy snacks and jamu, a herbal drink



** Advance notice required.*

Single person supplement applies.

*To make a reservation, please contact
Aura Spa or Guest Relations.*

AURA WELLBEING

MIND & BODY



WELLBEING

BREATH

Breathing at Bawah is about finding the perfect balance between movement and stillness. Like the tides, activity levels rise and fall naturally as you reconnect to your body and harmonise your physical and mental wellbeing. So, elevate your pulse with a sunrise jog along our forest trails, or have a morning dip in one of our placid lagoons. At the end of the day, wind down with a twilight yoga class along the water's edge.





**Please contact Guest Relations for this week's schedule
and to make a class booking.**

Booking is essential for all wellbeing activities at least one hour prior to start. Please confirm your booking with Guest Relations.

Private bookings available on request (\$).

Classes subject to availability.

AIR-CONDITIONED GYM

A fully equipped indoor gym with cardio and weight equipment, a TRX system, kettle bells, boxing equipment and stunning lagoon views.

DAILY MOVEMENT & MINDFULNESS CLASSES

We offer two daily group classes, which may be yoga, Pilates or a combination of modalities including mindfulness tools. Classes vary between low, medium and high intensity, yet remain accessible to all. (Daily 8am and 5pm at the Aura Wellbeing deck)

AQUA YOGA

Build cool confidence in your balancing poses. It involves key exercises to release muscular tension and calm the nervous system. (Weekly)

JUNGLE BATHING HIKE

Invite the jungle to revitalise you through all your senses. (Sunrise or sunset, weekly)

MUSIC MEDITATION

Research has shown that listening to music can lessen anxiety, normalise blood pressure and reduce pain as well as improve sleep quality, mood, mental alertness and memory.

SUP YOGA (\$)

Discover a different type of yoga workout that engages new muscles and develops mindfulness as your balance is put to the test.

(\$ additional charge applicable

*TRAUMA RELEASE MOVEMENTS (\$)

A series of movements for releasing deep patterns of tension, anxiety, stress or PTSD that have become lodged in muscle. No counselling, talking about events or feelings is required, but rather involves a somatic practice of key exercises which induce a natural reflex mechanism of shaking or vibrating to release muscular tension and calm the nervous system.

TWILIGHT / STARLIGHT MEDITATION

Reflect on your cosmic nature on the seashore; focus your mind, reveal and release old blocks and patterns and enter a space of deep peace. Either close your eyes or simply gaze up at the beautiful sky. (Weekly)

WALLACE LIBRARY

Named after the British naturalist and explorer, Alfred Russel Wallace, the library offers a cool respite from the tropical heat. Relax and peruse an array of books, which are free to borrow during your stay.

WILD SWIM CHALLENGE

Put your endurance to the test with this 2km wild swim. If you are swimming-fit and feel like a challenge, this long-distance swim across the channel between Bawah's Sand Bar beach and Sanggah Island beach will invigorate your entire being. Support team and refreshments will be available. (Weekly. Alternative time slots available on request).

PRIVATE CLASSES (\$)

A private, guided meditation, movement or wellbeing activity is the perfect opportunity to set specific, personalised goals for your unique body's flexibility, strength or fitness. Private classes can be one-to-one, or arranged for couples or small groups of up to six.

(\$) additional change applicable



AURA ETIQUETTE

SPA OPENING HOURS

Daily: 9:00 am to 7:00 pm

Last booking: 6:00 pm

SPA RESERVATIONS

Spa bookings can be made during your stay with our Guest Relations team.

Advance booking prior to your arrival is recommended if you wish to secure preferred date and treatment times.

PRIOR TO ARRIVAL

We recommend leaving all jewellery in your room before coming to the spa. Male guests are advised to shave before facial treatments for best results.

ARRIVAL

Please arrive 10 minutes prior to your treatment in order to complete a health assessment form (if you have not already completed it) and have time to relax in our tranquil spa surroundings before your treatment.

LATE ARRIVALS

To respect other guests' reservations, please be aware that if you arrive late, we may not be able to extend your treatment time.

DURING YOUR STAY

Aura Spa is a sanctuary of peace and harmony: please speak softly so as not to disturb other guests. In consideration of other guests, smoking and the use of mobile phones are not permitted.

PREGNANCY

Certain massage treatments and essential oils should be avoided during pregnancy, especially during your first trimester.

CHILDREN (8-16 YEARS)

- ~ For children aged 16 and under, a parent or guardian must be present during the treatment
- ~ A spa waiver form is required to be signed by an accompanying adult
- ~ Children are welcome in the spa when they are having a treatment
- ~ For children ages 8-12 manicures and pedicures are available
- ~ For children ages 12-16 junior treatments are available.

POST-TREATMENT

We recommend that you avoid sunbathing for three hours following body treatments.

PAYMENT

All treatments are subject to a 21% total government tax and service charge.

GRATUITY

If you choose to leave an additional gratuity, it is generally shared amongst all support staff, but you may add a gratuity for your therapist if you wish.



AURA PRICING

MASSAGE		Mins	IDR ++	US\$ ++
RESTORE	Explorer's Muscle Recovery	50/90	1.500/2.250 K	100/150
PROTECT	The Barely There Massage	50/90	1.500/2.250 K	100/150
PROTECT	Ultimate Head Soother Massage	45	1.200 K	80
BALANCE	Island Daily Dream Massage	50/90	1.500/2.250 K	100/150
BALANCE	Sole to Soul Foot Reflexology	45	1.200 K	80
BALANCE	Aura Hand Spa Reflexology	45	1.200 K	80
PURIFY	Back Awakening Massage	45	1.200 K	80
BEYOND	Island Sand Compress	90	2.400 K	160

FACIALS

RESTORE	Superfood Longevity Facial	55	1.800 K	120
PROTECT	Garden-to-Glow Facial	55	1.800 K	120
BALANCE	Yin Yang Facial	55	1.800 K	120
PURIFY	The Definitive Detox Facial	55	1.800 K	120

SCRUBS

RESTORE	Body Awakening Scrub	45	825 K	55
PROTECT	Glory Body Scrub	45	825 K	55
BALANCE	Arise & Shine Scrub	45	825 K	55
PURIFY	Island Sea Salt Body Scrub	45	825 K	55

WRAPS

RESTORE	Balinese Ritual Body Wrap	45	825 K	55
PROTECT	Cooling Body Wrap	45	825 K	55
PROTECT	Exhilarating Body Conditioning	45	825 K	55
PURIFY	Ocean Mud Mask	45	825 K	55

PAMPER

GLOW	Aura Spa Manicure	60	1.300 K	87
GLOW	Aura Spa Pedicure	60	1.300 K	87
GLOW	The Naked Nail Treatment	45	825 K	55
GLOW	Moisturising Hair Smoothie	60	1.200 K	80

PACKAGES

		mins	IDR ++	US\$ ++
RESTORE	Ultimate Restorative	210	4.200 K	280
PROTECT	Perfectly Protect	255	4.800 K	320

BALANCE	Complete Balance	255	4.950 K	330
PURIFY	Detox and Purify	195	3.700 K	247
GLOW	Pamper and Glow	120	2.100 K	140

BEYOND EXPERIENCES

BEYOND	Island Sand & Herbal Compress	90	K	160
BEYOND	Sweeten Up Duo	135	2.500 K	167
BEYOND	Indonesian Romance	120	4.200 K	280
BEYOND	Aura Journey	210	4.200 K	280
BEYOND	Aura Spa Bath Experience	30	1.300 K	80
BEYOND	In-suite Bath Ritual	30	1.650 K	110

AURA SPA EXPLORER

BATU TOKONG (single/couple)	180	7.400/10.400 K	495/695
MUERBA (single/couple)	180	5.900/8.900 K	395/595

AURA SCENT BAR EXPERIENCE

30 ml Eau De Parfum	60	4500 K	300
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CHILDREN'S TREATMENTS

RESTORE	Superfood Facial	55	1.700 K	110
PROTECT	Garden-to-Glow Facial	55	1.700 K	110
PROTECT	The Barely There Massage	50	1.400 K	100
BALANCE	Sole to Soul Foot Reflexology	45	1.100 K	80
BALANCE	Aura Hand Spa Reflexology	45	1.100 K	80
PURIFY	Back Awakening Massage	45	1.100 K	80
GLOW	Aura Spa Manicure	60	1.250 K	85
GLOW	Aura Spa Pedicure	60	1.250 K	85
GLOW	The Naked Nail Treatment	45	800 K	55
GLOW	The Moisturising Hair Smoothie	60	1.200 K	80

BREATHE (Private wellbeing sessions)

Private Classes (single/couple)	60	1950/3.150 K	130/210
SUP Yoga (single/couple)	60	1950/3.150 K	130/210
Life Coaching	60	2.250 K	150
Trauma Release Movements	60	2.250 K	150

All prices are in Indonesian rupiah (IDR)++ and subject to 10% service charge and applicable 11% GST.

**US\$ conversion is an estimate based on an exchange rate of IDR 15,000 to US\$1.



Disclaimer

The spa treatments, services and/or facilities received or utilised at Aura Spa are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise. Guests will fully indemnify and hold harmless Aura Spa, its holding company(ies), affiliates, subsidiaries, representatives, agents, staff and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and/or facilities

