

AURA

SPA & WELLBEING MENU





YOUR AURA SPA JOURNEY

Nature's bounty nourishes us, heals us and restores balance to our lives.

At Aura Spa & Wellbeing, we craft many of our own products from therapeutic ingredients such as sea salt, turmeric and aloe vera harvested from our island resources. What's more, all of our partner products follow EU natural skincare standards and are free from harmful additives.

Inspired by Asian traditions, this menu offers six journeys to wellbeing:

RESTORE

Replenish dry, mature skin or active bodies.

BALANCE

Harmonise mood and restore sleep rhythms.

GLOW

Treat and pamper.

PROTECT

Heal, hydrate and nurture.

PURIFY

Cleanse and detoxify body and mind.

BEYOND

Ultra-pampering for couples.

KEY

✓ Treatment included in daily rate.

\$ Available at additional cost; price-list at the back of menu.

DELUXE SPA TREATMENTS (\$)

"Deluxe" treatments throughout this menu are premium facials, massages and body treatments that employ specialised skills and ingredients.

RESTORE

A full, active lifestyle blessed with sunshine and regular exercise needs to include time to relax and repair. These revitalising treatments aim to return you to your naturally healthy state.

DESIGNED TO:




- ◇ **Rejuvenate dehydrated or sun-drenched skin**
- ◇ **Boost recovery from intense exercise or sports injuries**
- ◇ **Relieve muscular tension**



FACIAL ✓

55 MINS

SUPERFOOD LONGEVITY FACIAL

-  **Mature, dry skin**
-  **Coffee, raw honey**
-  **Suitable for children**

Featuring Indonesian coffee and raw honey, this exfoliating treatment detoxifies pores and hydrates the skin. Gentle massage boosts cell renewal for suppler and more youthful skin.

DELUXE FACIAL (\$)

60 MINS

THE DEFINITIVE DETOX FACIAL

-  **Oily, combination or acne-prone skin**



***Includes a head & shoulder massage**

Using activated charcoal to draw out dirt and oils and reduce uneven pigmentation, this facial includes a sugar scrub, steam, gentle massage and a hydrating mask for a clearer, fresher complexion.

MASSAGE ✓

50 MINS & 90 MINS (\$)

EXPLORER'S MUSCLE RECOVERY


-  **Balinese-style, full body**
-  **Select your oil blend**

Medium-to-strong pressure awakens the senses, boosts energy, melts away muscle tension and promotes sound sleep.

HEAD MASSAGE ✓

45 MINS

MIND CALM HEAD MASSAGE

-  **Stress relieving, sleep-enhancing**


A soothing dry massage stimulates scalp circulation, easing away knots and tightness to induce a state of pure bliss.

✓ Indicates treatment included in daily rate

DELUXE MASSAGE (\$)

50 MINS & 90 MINS

VOYAGER'S VITALITY SPORT MASSAGE


 **Flexibility, mobility, recovery**

Targeted techniques and aromatic oils address areas of tension and promote overall wellbeing.

BODY SCRUB ✓

45 MINS

BODY AWAKENING SCRUB

 **Exfoliating, invigorating, destressing**


 **Indonesian coffee, brown sugar, organic coconut oil**

Combines coconut oil and coffee grounds to reduce cellulite and stretch marks. Coffee's antioxidants boost blood and lymphatic flow. A scalp massage and rainwater shower enhance both softness and radiance.

BODY MASK ✓

45 MINS

EXHILARATING BODY-CONDITIONING MASK

 **Brightening and hydrating**

 **Raw cocoa powder, oatmeal, honey, coconut milk**

The aroma of chocolate alone can lessen tension and restore emotional balance, while its antioxidants stimulate circulation to promote smoother, more sensual skin.

DELUXE BODY SCRUB (\$)

60 MINS

ENERGISING GINGER SCRUB

 **Fresh ginger, oatmeal, coconut cream**


***Includes a head and shoulder massage**

An invigorating blend of exfoliating ingredients gently buffs away dullness to leave skin rejuvenated and radiant.

✓ Indicates treatment included in daily rate

INDO SPICE RITUAL WRAP

 **Eases muscle and joint aches**

 **Organic spices**

This traditional boreh treatment with its blend of ginger, clove, cinnamon, coriander, pepper and nutmeg from our organic gardens stimulates circulation to relieve pain. Beginning with a foot ritual, it ends with a generous application of body butter.



ULTIMATE RESTORATION PACKAGE (\$)

 **210 minutes**

This ultra-revitalising combination of four Restore Journey treatments is designed to repair the body and ease the mind.

- ♦ **Superfood Longevity Facial OR Definitive Detox Facial**
- ♦ **Body Awakening Scrub OR Energising Ginger Scrub**
- ♦ **Voyager's Vitality Sports Massage**
- ♦ **Indo Spice Ritual Wrap OR Exhilarating Body Conditioning Mask**

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

PROTECT

These treatments support our body's continuous processes of repair and renewal through a fusion of ancient remedies and modern science.

DESIGNED TO:




- ◇ Heal body and mind while protecting against stressors and warding off infection
- ◇ Soothe sensitive or sun-damaged skin
- ◇ Perfectly support seniors and expectant mothers



FACIAL ✓

55 MINS

GARDEN TO GLOW FACIAL

-  **Sun-exposed, ageing, sensitive, oily or acne-prone skin**
-  **Aloe vera, raw honey**
-  **Suitable for children**

This soothing, moisturising treatment includes steam, massage and a healing mask that features fresh aloe vera gel from our own gardens, infusing precious antioxidants and vitamins.

DELUXE FACIAL (\$)

45 MINS

SENSATIA EXPRESS FACIAL



-  **Sensatia product**

Focusing on the core steps of cleansing, exfoliation and moisturising, an express facial is a quicker route to brighter, more revitalised skin – perfect as a pick-me-up between longer sessions.

BODY MASSAGE ✓

50MINS/90MINS (\$)

THE BARELY THERE MASSAGE


-  **Swedish-style, gentle**
-  **Suitable for children**

An intuitive, full body treatment with the oil blend of your choice, using soft-to-medium pressure to boost circulation, target areas of tension and promoting serenity and wellbeing. Perfect for seniors and expectant mothers (excl. first trimester).

HEAD MASSAGE ✓

45 MINS

THE ULTIMATE HEAD SOOTHER

-  **Organic virgin coconut oil**



Both gentle and stimulating, Indian “champissage” head massage with warm oil improves blood flow, relieves tension and quietyens the overactive mind.

✓ Indicates treatment included in daily rate

DELUXE BACK MASSAGE (\$)

50 MINS & 90 MINS

ANDALAS BACK REVIVER



-  **Anti-inflammatory, boosts circulation**
-  **Fresh ginger and galangal**

This rejuvenating massage is designed to soothe tired muscles, alleviate tension and restore vitality to your back.

BODY MASK ✓

45 MINS

COOLING BODY MASK



-  **Soothing and skin-quenching**
-  **Island-grown aloe vera and cucumber**

This hydrating mask with the light, cooling fragrance of fresh aloe vera repairs sun-exposed skin and promotes relaxation.

BODY SCRUB ✓

45 MINS

GLORY BODY SCRUB



-  **Antioxidants and polyphenols**
-  **Raw cocoa powder, grated coconut, coconut milk**

This scrub rich in protective Vitamin E, carotenoids and polyphenols works to counteract UV damage and restore hydration. Followed by a nutritive wrap for a supple finish.

DELUXE BODY SCRUB (\$)

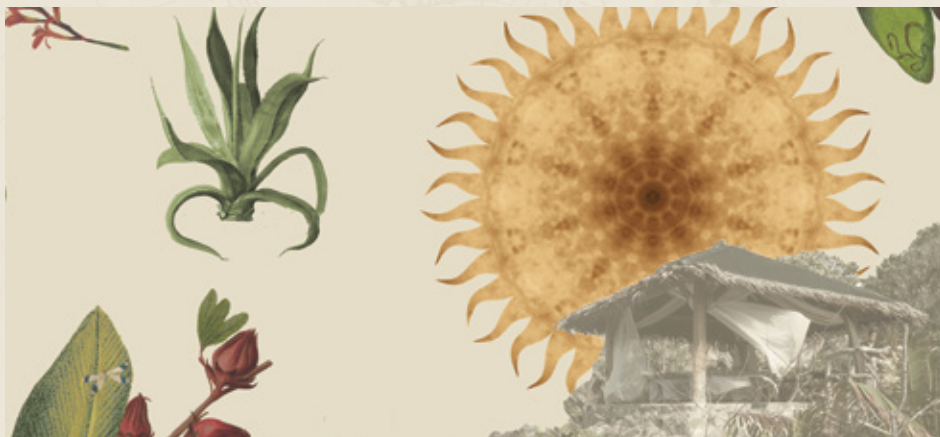
60 MINS

COCONUT DREAM SCRUB

-  **Soothing, nourishing and anti-ageing**
-  **Dried coconut, ground rice and coconut milk**

Our decadent scrub with the intoxicating scent of fresh coconut gently buffs away dead skin cells to reveal a silky-smooth and radiant complexion.

✓ Indicates treatment included in daily rate



PERFECTLY PROTECTED PACKAGE (\$)

 **255 minutes**

This four-in-one combination of treatments from our Protect Journey is the ideal antidote to oxidative damage from environmental damage, illness or overwork.

- ♦ **Garden-to-Glow Facial OR Sensatia Express Facial**
- ♦ **The Barely There Massage OR The Ultimate Head Soother Massage OR Andalas Back Reviver**
- ♦ **Glory Body Scrub OR Coconut Dream Scrub**
- ♦ **Cooling Body Mask**

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

BALANCE

These blissful treatments are designed to promote profound transformation by rebalancing body, mind and spirit.

DESIGNED TO:



- ◇ Relieve fatigue and jet-lag; restore healthy sleep
- ◇ Realign, harmonise, nourish, energise and ground



FACIAL ✓

55 MINS

YIN YANG FACIAL



-  **All skin types, especially mature or tired-looking**
-  **Jade stone, green tea, citrus**

Jade stone therapy stimulates circulation and tones facial muscles; the mask imparts minerals and antioxidants for radiant, plumped-up skin.

LOWER LIMB MASSAGE ✓

45 MINS

LEG & FOOT MASSAGE



-  **Gentle to firm**
-  **Relaxing, rejuvenating**

Using various therapeutic techniques, pressure is applied to the muscles, tendons and joints of the legs, ankles and feet to alleviate tightness, improve circulation and promote relaxation.

HAND REFLEXOLOGY ✓

45 MINS

AURA HAND SPA REFLEXOLOGY



-  **Select your oil blend**
-  **Suitable for children**

This soothing and rejuvenating treatment includes soaking, exfoliation and a reflexology-like massage of the hands and arms.

BODY MASSAGE ✓

50 MINS & 90 MINS (\$)

INDONESIAN FUSION MASSAGE



-  **Soft to medium**
-  **Select your oil blend**

For this relaxing, full-body massage, look forward to a combination of Balinese and Swedish techniques using long, firm strokes to release muscle tension.

BODY MASSAGE ✓

50 MINS & 90 MINS (\$)

SOOTHING MASSAGE

-  **Soft to medium**
-  **Select your oil blend**


Smooth, gentle massage strokes to calm sunburn, including application of aloe vera gel for reducing irritated skin.


✓ Indicates treatment included in daily rate

DELUXE BODY MASSAGE (\$)

90 MINS

THAI HARMONY MASSAGE & STRETCH

 **Medium to strong pressure**


 **Dry Massage**


Thai Harmony & Stretch Massage is a holistic approach that blends the principles of traditional Thai massage with stretching techniques to promote relaxation, flexibility and balance. This type of massage often integrates rhythmic pressure, gentle stretching, and assisted movements.

DELUXE BODY MASSAGE (\$)

50 MINS & 90 MINS

BALANCING AROMATHERAPY MASSAGE

 **Pain relief, improved sleep quality**

 **Essential oils**

The combination of warm oil, gentle flowing strokes and fragrant essential oils works to gradually dissolve tension and promote blissful relaxation.

DELUXE REFLEXOLOGY (\$)

50 MINS

SOLE TO SOUL FOOT REFLEXOLOGY

 **Chamomile, lavender, geranium, coconut oil**


 **Suitable for children**


After a preparatory foot-soak, this transformative modality applies pressure to specific areas of the foot so as to clear energy blockages and promote body-wide healing.

BODY SCRUB ✓

45 MINS

ARISE & SHINE BODY SCRUB

 **Lightening and brightening**

 **Cinnamon, Javanese rice powder, raw honey**

In this lulur treatment, cinnamon's antioxidant and anti-inflammatory properties work to combat uneven pigmentation, while Javanese rice – rich in amino acids and minerals – boosts elastin.

✓ Indicates treatment included in daily rate



COMPLETE BALANCE PACKAGE (\$)

 **255 minutes**

This ultra-revitalising combination of four Restore Journey treatments is designed to repair the body and ease the mind.

- ♦ **Yin Yang Facial**
- ♦ **Indonesian Fusion Massage OR Balancing Aromatherapy Massage**
- ♦ **Sole to Soul Foot Reflexology OR Leg & Foot Massage**
- ♦ **Aura Hand Spa**
- ♦ **Arise & Shine Body Scrub**

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

PURIFY

To remove the inevitable build-up of dirt, chemicals and other pollutants, the following treatments harness nature's most powerful cleansers, from antimicrobial essential oils to freshly harvested sea salt and nutrient-rich mud.

DESIGNED TO:

- ◇ **Cleanse toxins and oxygenate cells**
- ◇ **Balance oily, sensitive, hormonal or lacklustre skin**



DELUXE FACIAL (\$)

60 MINS

SENSATIA CITRUS BLAST FACIAL

 **Tea tree and lemon essential oils**


***Includes a head and shoulder massage**

Gentle cleansing and a citrus-based exfoliant to slough away dead skin cells and unclog pores improves skin texture and tone while promoting cell turnover for a radiant complexion.

BODY MASSAGE ✓

45 MINS

BACK, NECK & SHOULDER MASSAGE

 **Select your oil blend**


 **Suitable for children**


Targeting back, neck and shoulder stress, this deep-tissue treatment uses therapeutic trigger techniques to relieve muscle tension, restore mobility and align the spine.

DELUXE BODY MASSAGE (\$)

50 MINS & 90 MINS

PURE AURA DETOX MASSAGE

 **Select your oil blend**


 **Energising and revitalising**

Stimulating the body's natural detoxification processes by targeting pressure points and lymphatic drainage techniques increases the flow of energy and vital fluids to flush out accumulated toxins.

BODY SCRUB ✓

45 MINS

ISLAND SEA SALT SCRUB

 **Detoxifying, exfoliating**

 **Ginger, kaffir lime leaf, organic virgin coconut oil, fresh ocean salt**


Dry body brushing and a fragrant salt scrub effectively exfoliate to reveal soft, supple skin that is then richly nourished with coconut oil.

✓ Indicates treatment included in daily rate

DELUXE BODY SCRUB (\$)

60 MINS

ESSENTIAL SEAWEED BODY SCRUB

 **Detoxifying, exfoliating**


***Includes a head and shoulder massage**

Harnessing the goodness of nutrient-rich seaweed extracts, mineral-rich sea salts and exfoliating particles, our invigorating Seaweed Body Scrub delivers deep-cleansing at its most potent.

DELUXE BODY WRAP (\$)

60 MINS

ESSENTIAL SEAWEED BODY WRAP

 **Detoxifying and hydrating**

 **Seaweed**

This deeply relaxing spa experience eliminates impurities, replenishes moisture and rejuvenates the skin – it's a true therapeutic intervention.

DELUXE BODY WRAP ✓

60 MINS

PANDANUS BODY WRAP

 **Detoxifying and hydrating**


 **Pandanus leaves**

Crafted from the finest pandanus leaves, renowned for their natural healing properties, this body wrap offers a deeply nourishing experience for your skin. As the fragrant leaves envelop you, their soothing essence calms the senses and transports you to a state of blissful relaxation.

✓ Indicates treatment included in daily rate



DETOX & PURIFY PACKAGE (\$)

 **195 minutes**

Indulge in head-to-toe body cleansing with this combination of therapies from our Purify Journey.

- ◇ **Sensatia Citrus Blast Facial**
- ◇ **Back, Neck & Shoulder Massage OR
Pure Aura Detox Massage**
- ◇ **Island Sea Salt Scrub OR Essential Seaweed Body Scrub**
- ◇ **Coffee Body Mask OR Essential Seaweed Body Wrap**

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

W O L G

These pampering indulgences will keep you looking and feeling your best, from the top of your glossy head to the tips of your perfect toes.

DESIGNED TO:



♦ Beautify and delightfully spoil



MANICURE (\$)

80 MINS

AURA SPA MANICURE (\$)



-  **Aromatic sea salt, reef-safe polish**
-  **Suitable for children**

Our spa manicure includes a hand scrub, massage and grooming for nails and cuticles, with eco-friendly nail polish free from harmful chemicals.

PEDICURE (\$)

80 MINS

AURA SPA PEDICURE (\$)



-  **Aromatic sea salt, reef-safe polish**
-  **Suitable for children**

Our signature pedicure includes sea salt exfoliation and foot massage with essential oils. Choose a natural buff and shine, or add a pop of colour with eco-friendly nail polish.

EXPRESS MANICURE OR PEDICURE ✓

45 MINS

THE NAKED NAIL TREATMENT

-  **Quick cuticle and nail care**
-  **Suitable for children**




Add polish, 30 mins. \$30*

Nails are shaped, filed and buffed to a smooth shine for a beautifully natural finish.

HAIR MASK & HEAD MASSAGE ✓

45 MINS

MOISTURISING HAIR SMOOTHIE

-  **For all hair types, including curly**
-  **Coconut cream, aloe vera, candlenut oil**
-  **Suitable for children**



Natural ingredients nourish and soften the hair, restoring elasticity to dry, brittle or sun-exposed hair. Includes a head, neck and shoulder massage.

✓ Indicates treatment included in daily rate

DELUXE FACIAL (\$)

60 MINS

SENSATIA ROSE RADIANCE FACIAL

-  **All skin types**
-  **Deep-cleansing, brightening, tightening**

Gentle cleansing and exfoliation slough away dead skin cells. Then, while a luxurious rose-infused mask works to hydrate, nourish and promote youthful radiance, a soothing massage with rose-scented oils relaxes both mind and body.

DELUXE BODY SCRUB (\$)

60 MINS

MARINE BODY ODYSSEY GREEN TEA SALT GLOW SCRUB

-  **Antioxidant, detoxifying**



***Includes a head & shoulder massage**

Enriched with marine minerals and the goodness of green tea, this invigorating scrub gently buffs away dullness to reveal brighter, smoother skin.

DELUXE BODY MASK (\$)

60 MINS

MARINE BODY ODYSSEY OCEAN MUD MASK

-  **Brightening and nourishing**
-  **Seaweed, mud, olive oil**

While this deep-cleansing blend of mineral-rich seaweed and mud detoxifies the body, you enjoy a relaxing face and head massage.



PAMPER & GLOW PACKAGE (\$)

 **120 minutes**

This blissful session will keep you looking and feeling island-chic throughout your stay.

- ♦ **Aura Spa Manicure OR Aura Spa Pedicure**
- ♦ **Moisturising Hair Smoothie OR Sensatia Rose Radiance Facial**
- ♦ **Marine Body Odyssey Green Tea Salt Glow Scrub OR Marine Body Odyssey Ocean Mud Mask**

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

BEYOND SPA JOURNEYS

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

BOTANICAL BASIL LEAF & LIME SCRUB (\$) 60 MINS

***Includes a head and shoulder massage**

Transform your skincare routine into a moment of self-care and renewal with this body scrub. Let the invigorating blend of botanicals leave your skin feeling refreshed, radiant and delicately scented with the essence of nature's bounty.

*ISLAND SAND & HERBAL COMPRESS (\$) 90 MINS

- ◇ **Healing Potali Compress, Sea Sand, Herbal Fusion, Organic Virgin Coconut Oil**
- ◇ **Swedish, medium-to-strong**

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.

INDONESIAN ROMANCE (\$) 120 MINS

- ◇ **Herbal footbath and foot massage**

***Includes wine & chocolates**

Perfect for an evening dedicated to relaxation and indulgence in the privacy of your own villa.

4 HANDS INDULGENCE MASSAGE (\$) 90 MINS

- ◇ **Heightened sensory experience**



Two skilled therapists working in harmonious synchronicity will expertly address every muscle, knot and tension point for a deeply therapeutic and wonderfully indulgent experience.

Price-list at the back of this menu.

SPA BATH EXPERIENCES



Complete your Aura Spa treatment with a luxurious and therapeutic soak in a copper bath with a view of the surrounding forest. Available at Aura Spa as a paid add-on to any spa treatment.

INDONESIAN HERITAGE HERBAL (\$) 30 MINS

-  **Energising, detoxifying, restorative**
-  **Lemongrass, ginger, pepper, clove, star anise**

Experience the combined aromatherapeutic effect of fragrant Indonesian spices restoring balance to your nervous system and healing your entire body.

VANILLA MILK (\$) 30 MINS

-  **Sun-soothing and hydrating**
-  **Milk powder, vanilla essential oil**

Our enriched bathing milk gently exfoliates while it moisturises, leaving your skin satin-soft and supple to the touch.

3 hours advance notice required. Price-list at the back of this brochure.

IN-SUITE BATH EXPERIENCE

Available any time before 8pm. A bottle of Champagne or wine from our wine list is available at additional cost.

ROMANTIC BATH TURNDOWN RITUAL (\$)

Indonesian Heritage Herbal OR Vanilla Milk bath

Wind down with a shared romantic bath ritual prepared for you in your own suite for ultimate privacy. Make it even more special with a bottle of vintage Champagne or a fabulous Australian red.

3 hours advance notice required. Price-list at the back of this menu.





AURA SPA EXPLORER (\$) **

THE ULTIMATE SENSORY JOURNEY

*** A short boat-ride**

*** Post-treatment healthy snacks and jamu, a herbal drink**

Let us take you on a boat cruise for an unforgettable spa experience: on a hidden beach, in a coastal alcove or on a secluded clifftop, where your open-air Indonesian bale awaits you. Enjoy soft sand underfoot and Mother Nature's symphony of sea breezes and breaking waves as you are pampered from head to foot. Perfect for a honeymoon, an anniversary or simply to make lifelong memories.

ISLAND BALE

150 MINS

- ◇ **Bawah Signature Massage**
- ◇ **Island Sea Salt Scrub**
- ◇ **Soothing Face Mask**

BATU TOKONG

180 MINS

- ◇ **Bawah Signature Massage**
- ◇ **Foot Reflexology**
- ◇ **Cooling Body Mask with Face Acupressure**

**Advance notice required. Single person supplement applies.

These both include post-treatment healthy snacks & herbal refreshments

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



AURA SCENT BAR EXPERIENCE (\$)

CREATE YOUR OWN FRAGRANCE

Discover the transformative power of scent at Aura’s Scent Bar, created in collaboration with bespoke perfume atelier Maison 21D. It’s the perfect activity for couples.

We will take you on an interactive olfactory journey through 24 exquisite scent notes to create your own unique eau de parfum. Take home your 30ml bottled scent to use as a fragrant reminder of your time on Bawah, a sheet spray to induce peaceful sleep, or a calming fragrance to enhance meditation or prayer.

24 SCENTS TO BLEND FROM

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

* Fragrances contain 21% perfume concentrate and are free from preservatives, GMOs and phthalates.



BREATH

Find the perfect balance between movement and stillness each day. Elevate your pulse with a sunrise hike or 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 on the water's edge.

For all group classes and activities, please see Weekly Wellbeing Programme. Private guided classes for singles, couples or small groups of up to six can be arranged at an additional cost.



AURA WELLBEING

MIND & BODY

For all group classes and activities, please see Weekly Wellbeing Programme. Private guided classes for singles, couples or small groups of up to six can be arranged at an additional cost.

AIR-CONDITIONED GYM ✓

Fully equipped with cardio and weight equipment, a TRX system and more, plus stunning lagoon views.

BEACH STRETCH & MINDFUL SNORKELLING ✓ *

Combine outdoor stretching with meditative snorkelling in our naturally psychedelic lagoon aquarium.

DAILY MOVEMENT & MINDFULNESS CLASSES ✓ *

Two daily group classes: yoga, Pilates, or a combination of modalities including mindfulness tools. 8am and 5pm at the Aura Wellbeing deck.

FOREST BATHING HIKE ✓ *

Break a sweat and immerse yourself in our ancient oxygen-bearing jungle during a rejuvenating forest hike to a magical viewpoint with optional journaling or meditation on arrival.

INFINITY POOL AQUA YOGA ✓ *

Build cool confidence in your balancing poses.

JUNGLE ENERGY BOOTCAMP ✓ *

Unleash your inner adventurer by combining natural landscapes with brisk hiking, trail running and a series of dynamic workouts. All fitness levels.

TWILIGHT/STARLIGHT MEDITATION ✓ *

Embrace evening calm with guided meditation and breath-work.

WILD SWIM CHALLENGE ✓ *

Our famous 1km or 2km wild swim from Bawah's Sand Bar beach to Sanggah Island is an invigorating endurance test for the swimming-fit. Support team and refreshments available.

* Please see weekly Wellbeing Programme. Alternative time slots available on request.

✓ Indicates sessions included in daily rate



BREATHE (\$)

Private wellbeing sessions for singles or couples, by arrangement, subject to availability and at additional cost.

STAND UP PADDLE (SUP) YOGA

A yoga workout that engages new muscles while developing mindfulness and balance.

IN-BODY BIOFEEDBACK & LIFESTYLE CONSULTATION

Our InBody biofeedback report gives valuable insight into body composition and basal metabolic rate and includes a 30-minute wellness lifestyle consultation.

LIFE COACHING

Collaborative empowerment to achieve goals and make positive changes in your life.

PRIVATE MOVEMENT CLASS

Choose from yoga, Pilates or stretching.

TRAUMA RELEASE MOVEMENTS

Key exercises that induce a natural reflex mechanism of shaking or vibrating to release muscular tension and calm the nervous system.

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.

PREGNANCY

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

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.

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

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	*\$ USD	* IDR
RESTORE	Explorer's Muscle Recovery	50/90	100/150	1.5/2.25 M
RESTORE	Mind Calm Head Massage (dry)	45	70	1.05 M
BALANCE	Indonesian Fusion Massage	50/90	100/150	1.5/2.25 M
PURIFY	Back, Neck & Shoulders Massage	45	90	1.35 M
PROTECT	The Barely There Massage	50/90	100/150	1.5/2.25 M
PROTECT	The Ultimate Head Soother (with warm oil)	45	80	1.2 M
BALANCE	Leg & Foot Massage	45	90	1.35 M
BALANCE	Aura Hand Spa Reflexology	45	80	1.2 M
BALANCE	Soothing Massage	50/90	100/150	1.5/2.25M
*Upgrade Add On 30 mins		30	55	825 K
*Upgrade to Top Master (additional fee)			55	825 K

DELUXE MESSAGES (\$) incl. specialist technique

RESTORE	Voyager's Vitality Sport Massage	50/90	100/150	1.5/2.25 M
PROTECT	Andalas Back Reviver Massage	50/90	100/150	1.5/2.25 M
PURIFY	Pure Aura Detox Massage	50/90	100/150	1.5/2.25 M
BALANCE	Thai Harmony Massage & Stretch	90	160	2.4M
BALANCE	Balancing Aromatherapy Massage	50/90	100/150	1.5/2.25 M
BALANCE	Sole to Soul Foot Reflexology	50	80	1.2 M
BEYOND	Island Sand and Herbal Compress	90	160	2.4 M
BEYOND	4 Hands Indulgence Massage	90	210	3.15 M
*Upgrade to Top Master (additional fee)			55	825 K

FACIALS

RESTORE	Superfood Longevity Facial	55	110	1.65 M
PROTECT	Garden-to-Glow Facial	55	110	1.65 M
BALANCE	Yin & Yang Facial	55	110	1.65 M
*Upgrade to Top Master (additional fee)			55	825 K

DELUXE FACIALS (\$) incl. Head & shoulder massage

RESTORE	Definitive Detox Facial	60	130	1.95 M
PURIFY	Sensatia Citrus Blast Facial (tea tree & lemon)	60	150	2.25 M
GLOW	Sensatia Rose Radiance Facial (all skin types)	60	150	2.25 M
PROTECT	Sensatia Express Facial	45	130	1.95 M

*Upgrade to Top Master (additional fee)			55	825 K
SCRUBS		Mins	*\$ USD	* IDR
RESTORE	Body Awakening Scrub	45	55	825 K
PROTECT	Glory Body Scrub	45	55	825 K
PURIFY	Island Sea Salt Scrub	45	55	825 K
BALANCE	Arise & Shine Scrub (lulur)	45	55	825 K

DELUXE SCRUBS (\$) incl. head & shoulder massage

RESTORE	Energising Ginger Scrub	60	75	1.13 M
PROTECT	Coconut Dream Scrub	60	75	1.13 M
GLOW	*Marine Body Odyssey Green Tea Salt Glow	60	75	1.13 M
PURIFY	*Essential Seaweed Body Scrub	60	75	1.13 M
BEYOND	Botanical Scrub with Basil & Lime	60	75	1.13 M

BODY WRAPS & MASKS

PROTECT	Cooling Body Mask	45	55	825 K
PURIFY	Pandanus Body Wrap	45	55	825 K
RESTORE	Exhilarating Body Conditioning Mask	45	55	825 K

DELUXE BODY WRAPS & MASKS (\$) incl. head & shoulder massage

PROTECT	*Coconut Dream Body Wrap	60	75	1.13 M
RESTORE	Indo Spice Ritual Wrap (boreh)	60	75	1.13 M
PURIFY	*Essential Seaweed Body Wrap	60	75	1.13 M
GLOW	*Marine Body Odyssey Ocean Mud Mask	60	75	1.13 M

GLOW

GLOW	The Naked Nail Treatment (Mani or Pedi) *including polish (additional fee)	45 *30	55 *30	825 K 450 K
GLOW	Aura Spa Manicure or Pedicure	80	120	1.8 M
*Upgrade to Top Master (additional fee)			55	825 K
GLOW	Moisturising Hair Smoothie	45	80	1.2 M

PACKAGES (\$) (Massage, Facial, Scrub & Wrap) Discount 25%

RESTORE	Ultimate Restoration	210	280	4.2 M
PROTECT	Perfectly Protected	255	320	4.8 M
BALANCE	Complete Balance	255	330	4.9 M
PURIFY	Detox & Purify	195	250	3.75 M
GLOW	Pamper & Glow	120	140	2.1 M

BEYOND SPA JOURNEYS (\$)		Mins	*\$ USD	* IDR
BEYOND	Botanical Basil Leaf and Lime Scrub	60	75	1,13M
BEYOND	Island Sand and Herbal Compress Massage	90	160	2.4 M
BEYOND	Indonesian Romance	120	280	4.2 M
BEYOND	4-hands Indulgence Massage	90	210	4.2 M
BEYOND	Aura Spa Bath Experience	30	80	1.2 M
BEYOND	In-Suite Bath Ritual	30	110	1.65 M

AURA SPA EXPLORER (\$)

Island Bale (single/couple)	150	395/595	5.9M/8.9M
Batu Tokong (single/couple)	180	495/695	7.4M/10.4M

AURA SCENT BAR EXPERIENCE (\$)

Incl. 30ml Eau de parfum (single)	60	150	2.25 M
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CHILDREN'S TREATMENTS

RESTORE	Back Neck & Shoulders Massage	45	90	1.35 M
RESTORE	Superfood Longevity Facial	55	110	1.65 M
PROTECT	The Barely There Massage	50	100	1.5 M
PROTECT	Garden-to-Glow Facial	45	110	1.65 M
GLOW	The Naked Nail Treatment *including polish (additional fee)	45	55	825 K
		*30	*30	450 K
GLOW	Moisturising Hair Smoothie	45	80	1,2M

BREATHE (\$) Private Wellbeing Sessions

Stand up Paddleboard SUP Yoga (single/couple)	45	150/250	2.25/3.75 M
InBody Biofeedback Report incl. wellness lifestyle consultation	45	120	1.8 M
Life Coaching *subject to availability	60	200	3 M
Private Movement Classes (single/couple)	60	150/250	2.25/3.75 M
Trauma Release Movements *Subject to availability	60	150/250	2.25/3.75 M

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

