

AURA

SANCTUARY & SPA MENU





OPENING & CLOSING TIMES

AURA SPA TREATMENTS:

09h00 – 19h00 daily
(last treatment at 17h30)

AURA SANCTUARY PRIVATE JOURNEYS

09h00 – 13h00 daily (\$)

AURA SANCTUARY SOCIAL WELLBEING,

Sauna, Steam, Polar
14h00 – 19h00 daily

Bookings are subject to availability. Appointments may be pre-booked for the first two nights of your stay; after which, we will do our best to accommodate your preferred times, though these cannot be guaranteed.

YOUR AURA JOURNEY

Welcome to Aura Spa & Sanctuary – the jewel of Bawah, located in the beautifully secluded heart of our island getaway.

Guests often say that their daily spa treatments are one of the highlights of their time with us. You can be sure that as much as you enjoy planning your spa interludes from the many options in this menu, the warm, friendly and highly skilled Aura team look forward to making your day... every day.

At Aura, we know that nature's bounty nourishes, heals and restores balance to our lives. That's why we craft many of our own products from therapeutic ingredients such as locally harvested sea salt, turmeric and aloe vera. What's more, all our partner products follow EU natural skincare standards. Prepare to be delighted!

INSPIRED BY ASIAN TRADITIONS, OUR TREATMENTS HIGHLIGHT SIX DIFFERENT WELLBEING PATHWAYS:

RESTORE

Replenish dry or mature skin, boost exercise recovery and relax tense muscles.

PROTECT

Heal body and mind while protecting against stressors and warding off infection.

BALANCE

Harmonise mood and restore sleep rhythms.

PURIFY


Cleanse and detoxify body and mind.

PAMPER & GLOW

Top-to-toe indulgence.

BEYOND

Ultra pampering in our unique environment

KEY  Benefits  Ingredients  Suitable for children

✓ Treatment included in daily rate. \$ or S at additional cost; price list in the back

OUR TREATMENTS FALL INTO THREE CATEGORIES:

INCLUDED SPA TREATMENTS ✓

Options within this category are included in your daily rate.

DELUXE SPA TREATMENTS (\$)

Premium facials, massages and body treatments that involve specialised skills and ingredients. Pre-booking is required.

SIGNATURE EXPERIENCES (S)

Specialty treatments exclusive to Bawah Reserve and set in unique and extraordinary locations. Pre-booking is required.

FACIALS

Targeted treatments to nourish, hydrate,
and restore your skin's natural radiance.



RESTORE

60 MINS

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.


PROTECT

50 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.

PURIFY

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.

PROTECT

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.

✓ Indicates treatment included in daily rate

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.

RESTORE

50 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.

BALANCE

50 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.



How much skin care

20. April 2024

MASSAGES

Therapeutic touch to ease tension, restore balance, and deeply relax body and mind.



BEYOND

90 MINS

4 HANDS INDULGENCE MASSAGE (S)

◆ 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.

RESTORE

50 MINS

AFTER-SUN SOOTHING MASSAGE ✓

☞ Natural lotion with aloe vera gel to reduce inflammation

Gentle massage with aloe vera lotion to cool, calm, and soothe sun-exposed skin.

PROTECT

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.

PURIFY

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.

BALANCE

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.


✓ Indicates treatment included in daily rate

RESTORE

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.

BALANCE

45 MINS

HAND SPA REFLEXOLOGY ✓

 **Select your oil blend**


 **Suitable for children**


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

BALANCE

50 MINS & 90 MINS (\$)

INDONESIAN FUSION MASSAGE ✓

 **Medium to strong**


 **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.

BEYOND

90 MINS

ISLAND SAND & HERBAL COMPRESS MASSAGE (S)

 **Tea tree and lemon essential oils**

◆ **Perfect for couples**



A rhythmic, whole-body massage using a warmed potali compress filled with healing beach sand, herbs and organic virgin coconut oil soothes away muscle tension and restores balance.

✓ Indicates treatment included in daily rate

BALANCE

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.

RESTORE

45 MINS

MIND CALM HEAD MASSAGE ✓



-  **Stress relieving, sleep-enhancing**
-  **Dry Massage**

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

PURIFY

50 MINS & 90 MINS

PURE AURA DETOX MASSAGE (\$)



-  **Energising and revitalising**
-  **Select your oil blend**

Stimulating natural detoxification processes by targeting pressure points and lymphatic drainage techniques works to flush out toxins.

BALANCE

60 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 overall body healing.

BALANCE

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.

PROTECT

50 MINS & 90 MINS (\$)

THE BARELY THERE MASSAGE ✓

 **Swedish-style, gentle**


 **Suitable for children**

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

PROTECT

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 quietens the overactive mind.

RESTORE

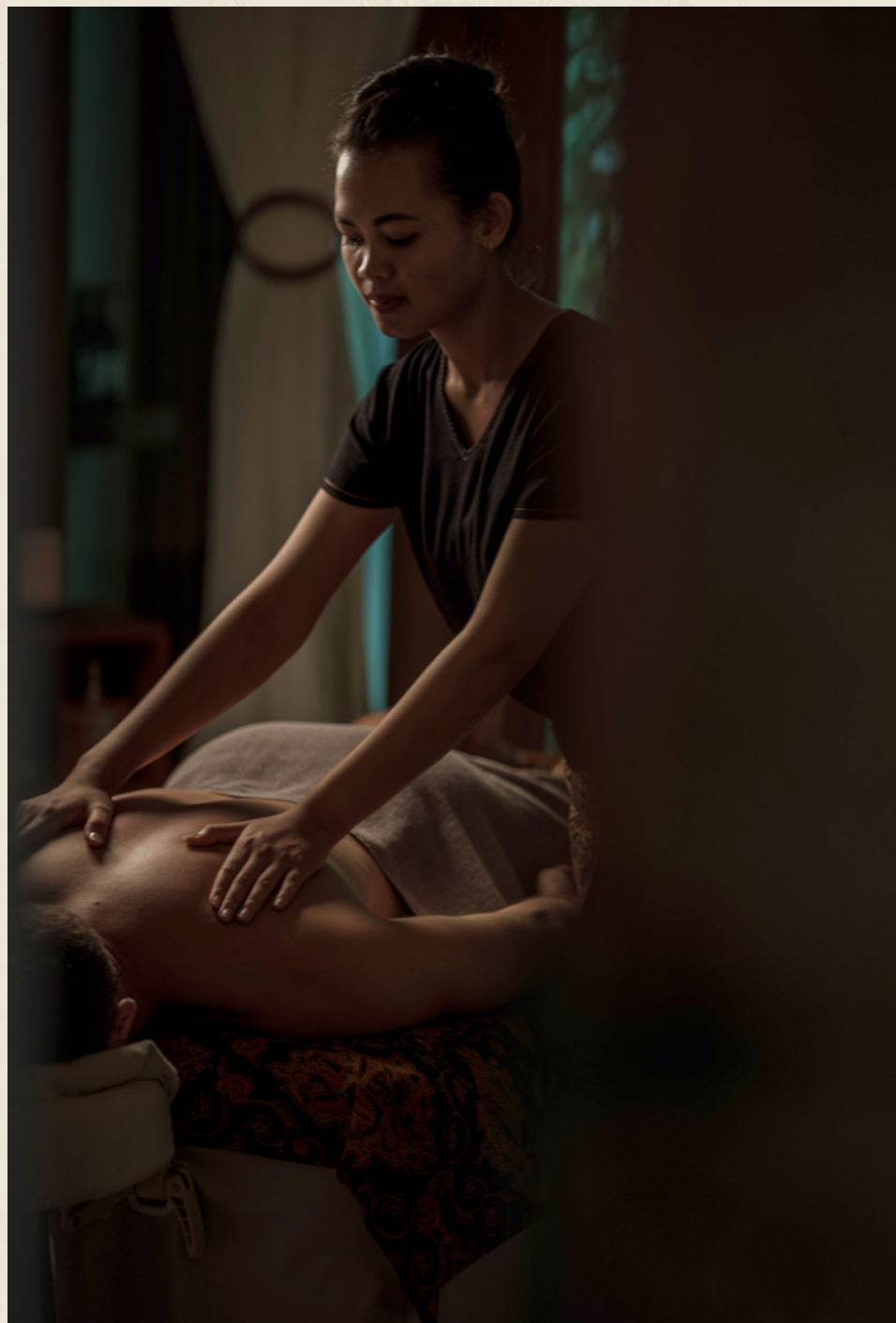
50 MINS & 90 MINS

VOYAGER'S VITALITY SPORT MASSAGE (\$)

 **Flexibility, mobility, recovery**

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

✓ Indicates treatment included in daily rate



BODY SCRUBS



Exfoliating rituals that smooth, soften, and
revitalise your skin from head to toe.



BALANCE

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.

RESTORE

45 MINS

BODY AWAKENING SCRUB ✓



-  **Exfoliating, invigorating and destressing**
-  **Indonesian coffee, brown sugar, organic coconut oil**

Coffee's antioxidants boost blood and lymphatic flow to reduce cellulite and stretch marks. Scalp massage and a rainwater shower enhance both softness and radiance.

PROTECT

60 MINS

COCONUT DREAM SCRUB (\$)

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


***Includes 15-minute head and shoulder massage**

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

RESTORE

60 MINS

ENERGISING GINGER SCRUB (\$)

-  **Fresh ginger, oatmeal, coconut cream**

***Includes 15-minute 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

PURIFY

60 MINS

ESSENTIAL SEAWEED BODY SCRUB (\$)

-  **Detoxifying, exfoliating and deep-cleansing**
-  **Nutrient-rich seaweed extracts, mineral-rich sea salts, exfoliating particles**



***Includes 15-minute head and shoulder massage**

This treatment nourishes and polishes skin, leaving it feeling fresh, smooth, and revitalised

PROTECT

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.

PURIFY

45 MINS

ISLAND SEA SALT SCRUB ✓



-  **Detoxifying and 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.

PURIFY

60 MINS

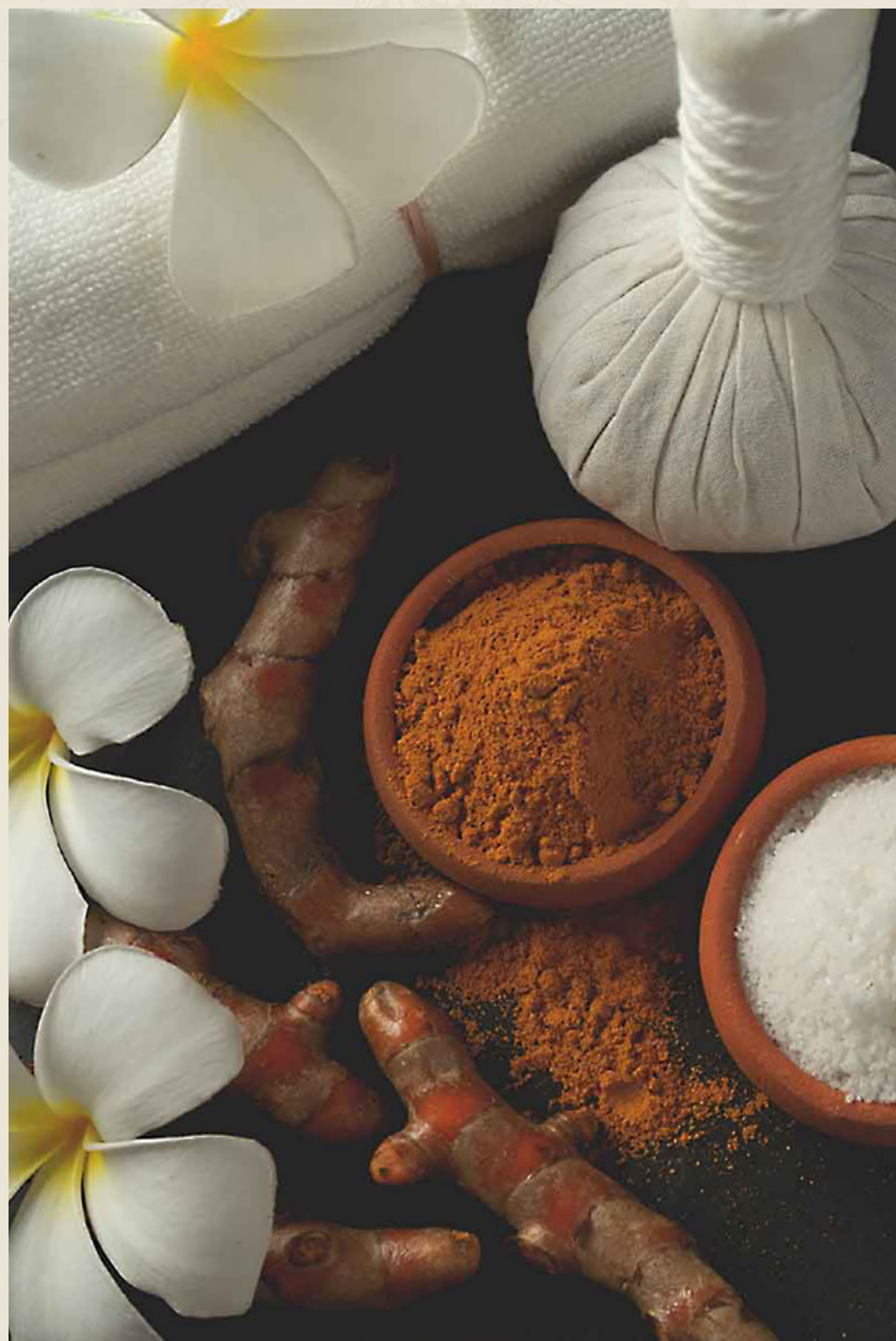
MARINE BODY ODYSSEY GREEN TEA SALT GLOW SCRUB (\$)

-  **Antioxidant and detoxifying**
-  **Green tea extract, mineral-rich sea salts, exfoliating particles**

***Includes 15-minute head and shoulder massage**

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

✓ **Indicates treatment included in daily rate**



BODY WRAPS & MASKS



Nourishing treatments to hydrate, detoxify,
and replenish your skin's vitality.



PROTECT

45 MINS

COOLING BODY MASK ✓



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

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

PURIFY

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.

RESTORE

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.

RESTORE

60 MINS


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 natural body lotion.

✓ Indicates treatment included in daily rate

MARINE ODYSSEY OCEAN MUD BODY 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.


PANDANUS BODY WRAP ✓

 **Antioxidant, moisturising, antibacterial**

 **Pandan leaf powder, rice flour & coconut milk**

A deeply purifying and mineral-rich body wrap using wild pandanus leaf powder to detoxify, soften skin, and restore energetic balance.

COCONUT DREAM BODY MASK (\$)

 **Moisturising, Skin Rejuvenation**

 **Coconut Milk, Rice Flour & Honey**

Intensely hydrates and replenishes dry, thirsty skin, restoring elasticity and firmness while soothing irritation for a radiant, healthy glow. Beyond the visible results, this indulgent ritual offers deep rejuvenation, melting away stress and nurturing a profound sense of well-being.

PAMPER & GLOW



Look and feel your best, from the top of your glossy head to the tips of your perfect toes.



PAMPER & GLOW

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.

PAMPER & GLOW

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.

PAMPER & GLOW

45 MINS

THE NAKED NAIL TREATMENT ✓



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

An express mani or pedi treatment where nails are shaped, filed and buffed to a smooth shine for a beautifully natural finish.

PAMPER & GLOW

75 MINS

THE NAKED NAIL TREATMENT PLUS POLISH (\$)

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

An express mani or pedi treatment where nails are shaped, filed, buffed to a smooth shine and then finished with an eco-friendly nail polish.

✓ Indicates treatment included in daily rate

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

JOURNEYS

Curated combinations of treatments for a complete, indulgent spa experience.



ULTIMATE RESTORATION JOURNEY (\$)

⌚ 120 minutes

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

- ♦ **Definitive Detox Facial**
- ♦ **Voyager's Vitality Sports Massage**
- ♦ **Energising Ginger Scrub OR Indo Spice Ritual Wrap**

PERFECTLY PROTECTED JOURNEY (\$)

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

⌚ 120 minutes

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

- ♦ **Sensatia Express Facial**
- ♦ **Andalas Back Reviver Massage**
- ♦ **Coconut Dream Scrub OR Wrap**

COMPLETE BALANCE JOURNEY (\$)

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

⌚ 120 minutes

This combination of treatments from our Balance Journey aims to recalibrate your entire system. It's like a reset button for your life.

- ♦ **Yin & Yang Facial**
- ♦ **Balancing Aromatherapy Massage**
- ♦ **Marine Body Odyssey Scrub OR Mask**

Price-list at the back of this brochure.

DETOX & PURIFY JOURNEY (\$)

⌚ **90 minutes**

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

- ◇ **Sensatia Citrus Blast Facial OR Pure Aura Detox Massage**
- ◇ **Essential Seaweed Body Scrub OR Wrap**

PAMPER & GLOW JOURNEY (\$)

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

⌚ **150 minutes**

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

- ◇ **Aura Spa Manicure OR Pedicure**
- ◇ **Sensatia Rose Radiance Facial**
- ◇ **Moisturising Hair Smoothie**





SPA BATH EXPERIENCES (S)

Complement your treatment with a 30-minute luxurious and therapeutic soak in a copper bath with a forest view. Available 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.

IN-SUITE BATH EXPERIENCE (\$)

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 bubbly or wine.

**Available any time before 8 pm.
3 hours advance notice required. Price-list at the back of this menu.**



AURA SPA EXPLORER (S) **

THE ULTIMATE SENSORY JOURNEY

*** A short boat-ride**

*** Post-treatment healthy snacks and jamu**

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 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 truly romantic experience or simply to be cared for in nature.

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



AURA

SANCTUARY



AURA SANCTUARY

Our beautiful new haven of vitality allows you to harness the therapeutic power of thermal contrast therapy. It includes a traditional sauna (62-82°C), steam bath (35-45°C), cold room (16-18°C) and cold immersion pool (9-12°C).

AURA SANCTUARY SOCIAL WELLBEING ✓

Social Wellbeing hours are from 14h00 to 19h00 daily, when the contrast therapy suite is open to all. Just drop in, no reservation required.

AURA SANCTUARY PRIVATE JOURNEYS (\$)

Private journeys are available from 09h00 to 13h00 daily, subject to availability. It's essential to book at least 2 hours in advance. Enquire at Guest Relations #100 or Spa Reception #199.



AURA SANCTUARY PRIVATE SESSIONS

Traditional Sauna

PRIVATE AROMATHERAPY SAUNA (\$) 30 MINS

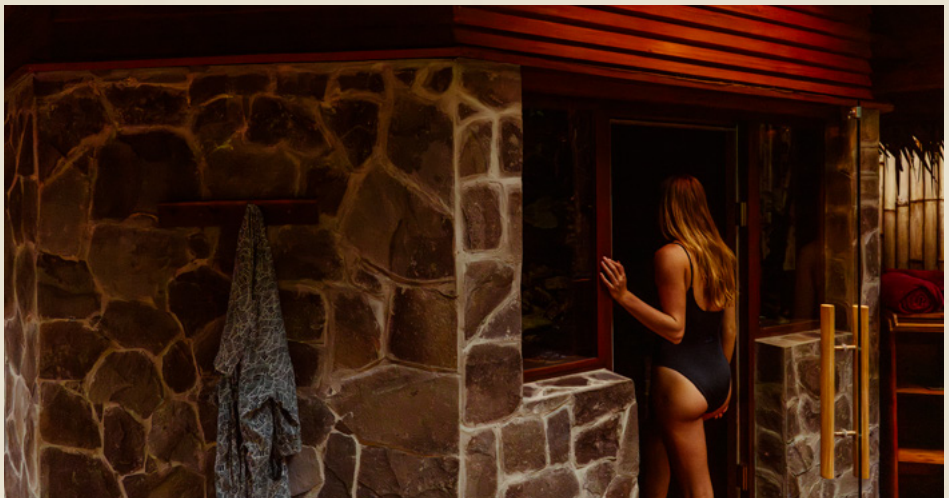
Aromatic essential oils enhance relaxation.

PRIVATE AROMATHERAPY SAUNA
WITH YOGA OR PILATES (\$) 30 MINS

Breathwork, movement and essential oils boost flexibility,
detoxification and inner calm.

PRIVATE GUIDED
SAUNA MEDITATION (\$) 20 MINS

Mindful breathing, gentle heat and essential oils restore balance.



Steam Bath

PRIVATE STEAM BATH (\$) 30 MINS

Aromatic mist promotes deep detoxification.

DELUXE STEAM BATH SCRUB (\$) 30 MINS

Enjoy your choice of deluxe body scrub while the steam works its revitalising magic.

Cold Immersion

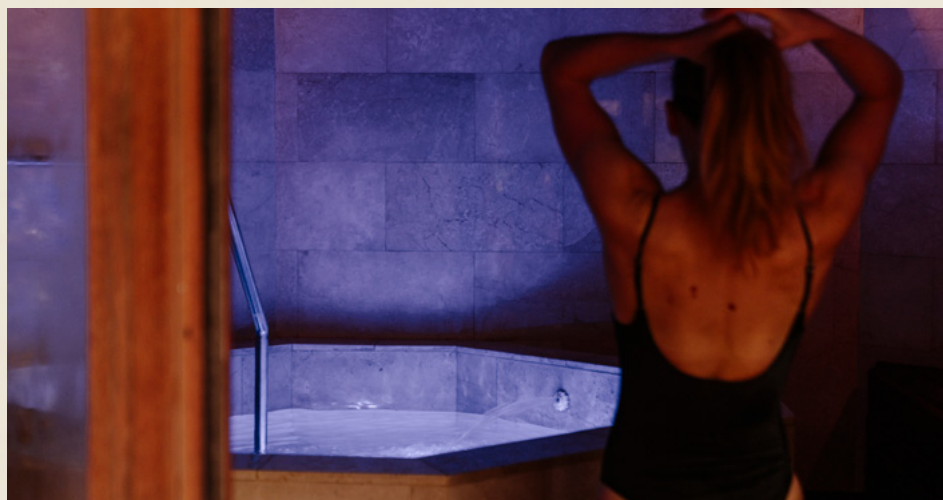
PRIVATE COLD IMMERSION (\$) 30 MINS

PRIVATE COLD IMMERSION
BREATHWORK CLASS (\$) 15 MINS

Takes place in the cold immersion pool.

Contrast Therapy

PRIVATE USE OF
ENTIRE SANCTUARY (\$) 30 MINS



AURA SANCTUARY RITUALS

AURA HAMMAM RITUAL (S)

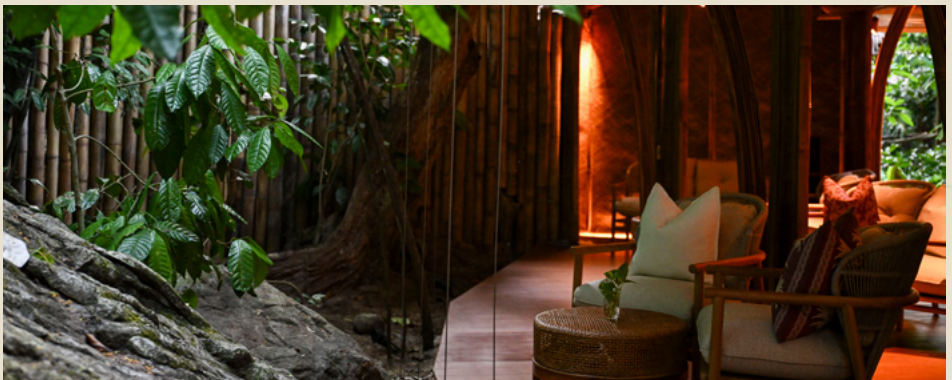
60 MINS

Based on traditional bathing practices, this deeply restorative hammam treatment begins with an aromatherapy-infused steam bath to open the pores and relax the body. Nourishing black soap is applied, followed by a full-body exfoliation with a traditional Kessa glove to remove dead skin cells and reveal a silky-smooth glow. This ritual supports detoxification, boosts circulation, enhances respiratory function and supports renewal. Afterwards, enjoy a refreshing young coconut drink under the jungle canopy, surrounded by birdsong and butterflies.

AURA ROYAL RITUAL (S)

150 MINS

Our signature multi-sensorial renewal journey is rooted in Indonesia's ancient healing traditions and begins with a garden-to-glass welcome drink. Next is a guided sauna meditation (optional) with eucalyptus aromatherapy. A footbath infused with island botanicals is followed by a deeply therapeutic Traditional Indonesian Massage and an exfoliating Royal Javanese Lulur Scrub. After a cooling cucumber cleanser and a full-body coconut milk splash in the steam room, an optional cold plunge boosts endorphins and circulation before you unwind in the tranquil butterfly garden with a young coconut to drink. Includes a special gift from Aura Sanctuary.





AURA SCENT BAR (\$)

CREATE YOUR OWN FRAGRANCE

Aura's Scent Bar was created in collaboration with bespoke perfume atelier Maison 21G.

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

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





AURA
WELLBEING



AURA WELLBEING

MIND & BODY

AIR-CONDITIONED GYM ✓

Fully equipped with cardio and weight equipment.

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 ✓

Hike to a magical viewpoint, with optional meditation or journaling on arrival.

IN-BODY BIOFEEDBACK & LIFESTYLE CONSULTATION (\$)

Valuable insight into body composition and basal metabolic rate, including a 30-minute wellness consultation.

INFINITY POOL AQUA YOGA ✓

Build cool confidence in your balancing poses.

JUNGLE ENERGY BOOTCAMP ✓

Brisk hiking, trail running and a dynamic workout for all fitness levels.



PRIVATE MOVEMENT CLASS (\$)

Choose from yoga, Pilates or stretching.

STAND UP PADDLE (SUP) YOGA (\$)

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

TRAUMA RELEASE MOVEMENTS (\$)

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

TWILIGHT/STARLIGHT MEDITATION ✓

Embrace the evening calm with guided breathwork and meditation.

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. muscles while developing mindfulness and balance.



AURA GUIDELINES & ETIQUETTE

SPA OPENING HOURS

9h00 – 19h00 daily

(last treatment at 17h30)

Aura Sanctuary (sauna, steam & cold)

Private Journeys:

9h00 – 13h00 daily (\$)

Social Wellbeing (open to all):

14h00 – 19h00 daily

RESERVATIONS

- ◇ Kindly book through Guest Relations during your stay.
- ◇ Please leave jewellery in your room.
- ◇ For best results, male guests are advised to shave before facial treatments.
- ◇ Bookings are subject to availability. Appointments may be pre-booked for the first two nights of your stay; after which, we will do our best to accommodate your preferred times, though these cannot be guaranteed.

ARRIVAL & TREATMENT

- ◇ Please arrive 10 minutes early to complete forms and relax.
- ◇ Treatment duration for late arrivals may unavoidably have to be cut short.
- ◇ For pregnancy, especially first-trimester, avoid certain treatments and oils.
- ◇ Avoid sunbathing for at least three hours after treatment.

CHILDREN & MINORS

- ◇ Children are welcome in the spa if having a treatment.
- ◇ Up to 16 years old, the presence of a guardian and a signed waiver are required.
- ◇ For children aged 8 to 12, manicures and pedicures are available, while

junior treatments are available for ages 12 to 16.

- ◇ Guests under 16 are not permitted in sauna, steam room or cold areas; from 16 to 17, an adult guardian must accompany them.

SPA ETIQUETTE

- ◇ Please keep noise to a minimum; speak softly.
- ◇ No smoking or mobile phones.
- ◇ Use towels on chairs and benches for hygiene.
- ◇ Dress code: swimwear or disposable underwear with a robe or sarong.
- ◇ No footwear inside sauna or steam rooms.
- ◇ No grooming activities (e.g. shaving, exfoliation or lotions).

HEALTH & SAFETY

- ◇ Kindly shower before entering any sauna, steam room or plunge pool.
- ◇ Don't wear jewellery or metal objects.
- ◇ Only shatterproof drinking vessels are allowed.
- ◇ Drink plenty of water before and after treatments or thermal sessions.
- ◇ Limit sauna, steam, or cold sessions to 10 to 20 minutes.
- ◇ Rest for 5 minutes between hot and cold therapies.
- ◇ Pregnant women or those with health conditions should seek medical advice before using thermal services or undergoing treatments.
- ◇ No alcohol or recreational substances are allowed.
- ◇ Alert staff immediately in case of emergency.

AURA PRICING

FACIALS		Mins	*\$ USD	* IDR
RESTORE	Superfood Longevity Facial	50	110	1.76 M
PROTECT	Garden-to-Glow Facial	50	110	1.76 M
BALANCE	Yin & Yang Facial	50	110	1.76 M
*Upgrade to Top Master (additional fee)			55	880 K

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

RESTORE	Definitive Detox Facial	60	130	2.08 M
PURIFY	Sensatia Citrus Blast Facial (tea tree & lemon)	60	150	2.4 M
GLOW	Sensatia Rose Radiance Facial (all skin types)	60	150	2.4 M
PROTECT	Sensatia Express Facial	45	130	2.08 M
*Upgrade to Top Master (additional fee)			55	880 K

MASSAGE

RESTORE	Explorer's Muscle Recovery	50/90	100/150	1.6/2.4 M
RESTORE	Mind Calm Head Massage (dry)	45	70	1.12 M
BALANCE	Indonesian Fusion Massage	50/90	100/150	1.6/2.4 M
PURIFY	Back, Neck & Shoulders Massage	45	90	1.44 M
PROTECT	The Barely There Massage	50/90	100/150	1.6/2.4 M
PROTECT	The Ultimate Head Soother (with warm oil)	45	80	1.28 M
BALANCE	Leg & Foot Massage	45	90	1.44 M
BALANCE	Aura Hand Spa Reflexology	45	80	1.28 M
BALANCE	Aftersun Soothing Massage	50	100	1.6 M
*Upgrade Add On 30 mins		30	55	880 K
*Upgrade to Top Master (additional fee)			55	880 K

DELUXE MESSAGES (\$) incl. specialist technique

RESTORE	Voyager's Vitality Sport Massage	50/90	100/150	1.6/2.4 M
PROTECT	Andalas Back Reviver Massage	50/90	100/150	1.6/2.4 M
PURIFY	Pure Aura Detox Massage	50/90	100/150	1.6/2.4 M
BALANCE	Thai Harmony Massage & Stretch	90	160	2.56M
BALANCE	Balancing Aromatherapy Massage	50/90	100/150	1.6/2.4 M
BALANCE	Sole to Soul Foot Reflexology	60	80	1.28 M
BEYOND	Island Sand and Herbal Compress	90	160	2.56 M
BEYOND	4 Hands Indulgence Massage	90	210	3.36 M
*Upgrade to Top Master (additional fee)			55	880 K

SCRUBS		Mins	*\$ USD	* IDR
RESTORE	Body Awakening Scrub	45	55	880 K
PROTECT	Glory Body Scrub	45	55	880 K
PURIFY	Island Sea Salt Scrub	45	55	880 K
BALANCE	Arise & Shine Scrub (lulur)	45	55	880 K

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

RESTORE	Energising Ginger Scrub	60	75	1.2 M
PROTECT	Coconut Dream Scrub	60	75	1.2 M
GLOW	*Marine Body Odyssey Green Tea Salt Glow	60	75	1.2 M
PURIFY	*Essential Seaweed Body Scrub	60	75	1.2 M
BEYOND	Botanical Scrub with Basil & Lime	60	75	1.2 M

BODY WRAPS & MASKS

PROTECT	Cooling Body Mask	45	55	880 K
PURIFY	Pandanus Body Wrap	45	55	880 K
RESTORE	Exhilarating Body Conditioning Mask	45	55	880 K

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

PROTECT	*Coconut Dream Body Wrap	60	75	1.2 M
RESTORE	Indo Spice Ritual Wrap (boreh)	60	75	1.2 M
PURIFY	*Essential Seaweed Body Wrap	60	75	1.2 M
GLOW	*Marine Body Odyssey Ocean Mud Mask	60	75	1.2 M

PAMPER & GLOW

GLOW	The Naked Nail Treatment (Mani or Pedi) *including polish (additional fee)	45 *30	55 *30	880 K 480 K
GLOW	Aura Spa Manicure or Pedicure	80	120	1.92 M
GLOW	Moisturising Hair Smoothie	45	55	880 M

JOURNEYS (\$)

PROTECT	Perfectly Protected	120	245	3.92 M
BALANCE	Complete Balance	120	230	3.68 M
PURIFY	Detox & Purify	90	180	2.88 M
GLOW	Pamper & Glow	150	280	4.48 M
RESTORE	Ultimate Restoration Journey	120	245	3.92 M

BEYOND SPA JOURNEYS (S)		Mins	*\$ USD	* IDR
BEYOND	Island Sand and Herbal Compress Massage	90	160	2.56 M
BEYOND	4-hands Indulgence Massage	90	210	3.36 M
BEYOND	Aura Spa Bath Experience	30	80	1.28 M
BEYOND	In-Suite Bath Ritual	30	110	1.76 M
BEYOND	Aura Hammam Ritual	60	150	2.4 M
BEYOND	Aura Royal Ritual	150	250	4 M

AURA SPA EXPLORER (S)

Island Bale	single couple	150	395 595	6.32 M 9.53 M
Batu Tokong Bale	single couple	180	495 695	7.92 M 11.12 M

AURA SCENT BAR EXPERIENCE (\$)

Incl. 30ml Eau de parfum (single)		60	150	2.4 M
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CHILDREN'S TREATMENTS

RESTORE	Back Neck & Shoulders Massage	45	90	1.44 M
RESTORE	Superfood Longevity Facial	50	110	1.76 M
PROTECT	The Barely There Massage	50	100	1.6 M
PROTECT	Garden-to-Glow Facial	50	110	1.76 M
GLOW	The Naked Nail Treatment *including polish (additional fee)	45	55 30	880 K 480 K
GLOW	Moisturising Hair Smoothie	45	80	1.28 M
BALANCE	Aura Spa Reflexology	50	80	1.28 M
BALANCE	Leg & Foot Massage	45	90	1.44 M

BREATHE (\$) PRIVATE WELLBEING SESSIONS

Stand up Paddleboard SUP Yoga	single couple	60	150 250	2.4 M 4 M
InBody Biofeedback Report incl. wellness lifestyle consultation	single	45	120	1.92 M
Private Movement Classes	single couple	60	150 250	2.4 M 4 M
Trauma Release Movements *Subject to availability	single couple	60	150 250	2.4 M 4 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 16,000 to US\$1.

AURA SANCTUARY		Mins	*\$ USD	* IDR
Private Aromatherapy Sauna	single couple	30	80 120	1.28 M 1.92 M
Private Aromatherapy Seated Yoga or Pilates Class inside Sauna or Steam	single couple	30	120 190	1.92 M 3.04 M
Private Guided Meditation Class inside Sauna or Steam	single couple	20	110 170	1.76 M 2.72 M
Private Aromatherapy Steam Bath	single couple	30	80 120	1.28 M 1.92 M
Deluxe Scrub Treatment of your choice inside Steam Bath	single	30	130	2.08 M
Private Cold Immersion	single couple	15	50 75	800 k 1.2 M
Private Cold Immersion Breathwork Class	single	15	65	1.04 M
Contrast Therapy <i>Private access to the Sanctuary</i>	single couple	60	150 225	2.4 M 3.6 M
Aura Hammam Ritual	single	60	150	2.4 M
Aura Royal Ritual	single	150	250	4 M



**** Denotes price per additional guest***

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DISCLAIMER

The spa treatments, services and/or facilities received or utilised at Aura Spa and Sanctuary 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 and Sanctuary, 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

