



HANGING GARDENS OF BALI

OVERVIEW

The Spa at Hanging Gardens of Bali overlooks the waterfalls of the holy Ayung River, embracing the sights and sounds of nature, while offering a unique range of luxurious treatments using all-natural, organic ingredients, many of them grown on our own estate.

Our spa villas all open up to the jungle with stunning picture windows of jungle greenery and a soundscape of chattering birds and monkeys. Each has twin treatment beds, a huge divan for your traditional pre-treatment foot-wash, and, separated by an antique wooden shutter, a bathroom with a rain shower and an open-air bath.

The Spa uses only specially selected indigenous, all-natural ingredients that are hand-picked from our own estate and the surrounding countryside, including avocado, ginger and cocoa:

- Avocado is known for its miraculous health and beauty benefits, naturally loaded with a myriad of vital nutrients including vitamins, minerals, proteins, fibres and beneficial phytochemicals, and used for treating a range of health and skincare problems
- Ginger has a long tradition of alleviating symptoms of gastrointestinal distress and numerous therapeutic properties, including antioxidant and anti-inflammatory effects
- Amongst many benefits, cocoa has immune stimulating effects, helps oxygenate the brain and promotes detoxification of industrial chemicals in the body.

Our spa team take special pride in their welcome ritual, designed to blissfully start your spa experience:

- ice-cool Rosella tea - natural sweetness and sourness to quench your thirst and soothe the throat, high in vitamins and anti-oxidants to detoxify by reducing blood pressure, blood sugar, cholesterol and uric acid
- peppermint and eucalyptus face towel – refreshing and cooling after the balmy Balinese weather
- refreshing spring water foot bath with organic sea salt rich in minerals and therapeutic for joints and muscles and fresh lime for cleansing and relaxation

After your treatment you will be served a warming ginger herbal tea to soothe the stomach and aid digestion.

All treatments can be taken solo or as a couple, and can be held in The Spa or

- In the privacy of your villa beside your pool in your own bale
- At the exhilarating setting of our deck, down beside the river
- Beside our famous swimming pool, voted #1 in the world by both Trip Advisor and Condé Nast Traveller

Our all-Balinese spa staffs are experienced in both the traditional, local treatments offered, and bespoke signature experiences that only our spa features. We can tailor all treatments and packages to your individual preferences.

The Spa at Hanging Gardens of Bali is open daily from 10am to 10pm and appointments can be made directly with the spa reception. Please arrive 15 minutes before commencement time of your treatment.

Please dial #7 from your Villa, email sparesv@hanginggardensofbali.com or call +62-361 982 700 for bookings.

Desa Buahon, Payangan, Gianyar, Bali 80571, Indonesia

SPA INFORMATION

OPERATING HOURS

The Spa at Hanging Gardens is open from 10am to 10pm daily. Yoga, meditation and personal fitness trainers are available on request. Please enquire at Spa Reception for schedules and outdoor activities.

RESERVATIONS

A 24-hour advanced reservation is highly recommended to secure your preferred date and time as treatments and facilities are subject to availability. Please dial extension #1 to make your appointment.

SPECIAL CONSIDERATIONS

Guests who are pregnant or have high blood pressure, a heart condition or any medical complications are advised to consult their physicians prior to reservation. Please inform our staff of any medical condition before treatment.

ADMISSION

The Spa at Hanging Gardens is open to all resort guests and visitors to our resort. Appointment priority will be given to our resort guests.

ARRIVAL

Please arrive at the Spa Reception area at least 15 minutes prior to your scheduled appointment. Late arrivals may be subject to a reduced treatment time to accommodate the next guest.

CANCELLATION POLICY

The treatments you select are reserved especially for you with one of our skilled therapists. A minimum of 24 hours' advance notice is kindly requested for all bookings. A 50% cancellation charge will apply for guests who do not arrive for their reserved treatment.

VALUABLES

We request that no jewellery be worn during your visit to the Spa. The management of Hanging Gardens Ubud cannot accept responsibility for the safety of money and valuables brought to the Spa.

AMENITIES

Personal amenities and toiletries are provided in the Spa treatment room.

SPA ETIQUETTE

In consideration of the comfort of all guests, please refrain from using mobile phones and other communication devices within the spa premises.

SMOKING & ALCOHOL

Smoking within the Spa area is strictly prohibited. Alcohol consumption is not advised before any Spa treatments.

MINIMUM AGE

An adult must escort children under age of 10 during their spa treatment.

PRIVACY

Our therapists will discreetly drape areas of your body not involved in the treatment to protect your privacy and modesty at all times.

PAYMENT

We accept cash and major credit cards. Resort guests may charge services and products to their villas.

PRICES & TAXES

Price quoted in Indonesian Rupiah are show in '000 and subject to 21% service charge & Government tax

REFUND POLICY

All treatment packages are non-transferable, non-refundable and non-exchangeable.

SPA MENU

Our Spa signature treatments



Recommended pressure:

Strong



Medium



Gentle



Please inform your spa therapist if at any time you wish to increase or reduce the pressure of your treatment.

BODY THERAPY

Bliss



60mins

1.400

90mins

2.000

An invigorating signature therapy to address tight muscle groups. Deep-tissue kneading, muscle manipulation and stretching techniques are applied to release body tension and stress. An excellent therapeutic massage for easing intense tiredness, muscular aches and fatigue after exercise or travel.

Herbal Revival



60mins

1.400

90mins

2.000

A traditional Balinese healing - herbs in the form of warm poultices are used to massage, calm nerves, soothe knotted muscles and rebalance energy levels to positively promote circulation and good health.

Traditionally Bali



60mins

1.400

90mins

2.000

Unwind in the infinite beauty of the Island of the Gods with this blissful technique, handed down through generations. Soothe away tension with your choice of massage oil blends, combined with a suitable level of pressure to take your body and mind on a journey of ultimate relaxation and harmony.

Chi Rejuvenation



60mins

1.400

90mins

2.000

Our non-oil traditional Japanese bodywork applies kneading techniques and acupressure points along the meridian lines to stimulate and revitalise the *Chi* energy flow in the body, restoring your body's natural balance and wellbeing.

Angel Bliss for the Young



45mins

850

For our junior guests aged 6 to 13 years old. Invite your child to discover the world of wellbeing under the gentle, caring touch of a skilled therapist. Soft pressure is applied to the scalp, legs and feet and a grounding oil massage is performed on the back and the arms. This treatment greatly soothes nervous system, strengthens immune system and improve quality of sleep. An adult is requested to accompany any child under the age of 10 during the treatment.

FOOT THERAPY

Footish

60mins

850

A luxurious footbath in aromatic essential oil to soothe the travel fatigue feet, followed by a relaxing foot massage. This treatment relieves swelling and built-up pressures, energizes and revitalises the feet and calves, a perfect pampering for tired feet.

Reflexology

60mins

850

An ancient healing therapy of applying pressure to the reflex points on the soles of your feet to stimulate circulation, relax the body and re-establish the flow of your energy. This treatment includes a gentle foot scrub and a warm organic sea salt bath with calming aromatic oils to relieve stiffness.

SCALP & HAIR CARE

Shining Glory

30mins

650

Rich in Vitamins B, E and K, with 15% natural fat content, estate-grown freshly-picked avocados are superbly moisturizing and nourishing, especially for sun-damaged, dry and frizzy hair. Coupled with a luxurious scalp, neck and shoulders massage, this treatment gives your hair a glorious shine and lustre.

Lightness

30mins

650

An ancient Indian non-oil massage that work on the head, neck and shoulder to ease knotted muscles. This massage stimulates circulation and promotes hair growth, enhances the clarity of your mind and restores radiance to your face. An excellent pick-me-up treat. Oil massage is optional.

SKIN GLOW

- Lulur**  60mins **1.600**
A delectable treatment traditionally lavished on a bride before her wedding. Our recipe incorporates ginger, turmeric, jasmine and sandalwood to create an aromatic and ever-youthful complexion. This indulging signature treat finishes with an energizing warm milk bath.
- Cocoa Remedy** 60mins **1.600**
Freshly harvested and ground sweet cocoa beans with nourishing ground almond are applied to gently exfoliate and purify your skin, completed with a soothing and hydrating vanilla milk bath.
- Ginger Healer** 60mins **1.600**
Renowned for its healing properties, specially estate-grown fresh ginger, aromatic ginger flowers and rice are applied to warm and invigorate the body, deep cleanse and purify the skin. The aromatic ginger treat is followed by a warming herbal bath.

BODY COCOON

- Balinese Boreh**  60mins **1.600**
A traditional Balinese treatment to soothe muscular and joint discomfort. A full body mask made from cloves, ginger, turmeric, pepper, cinnamon and sandalwood is rubbed on the skin to exfoliate and the body is wrapped in a cocoon-heated blanket to infuse these therapeutic properties into the skin. This treat begins with a warming scrub.
- Aloe Avocado** 60mins **1.600**
Particularly beneficial for sun-soaked skin, this treatment involves generous application of freshly-pureed avocado, rich in Vitamins B, E and K, and fresh aloe vera gel with soothing and anti-inflammatory properties. The healing balms are gently massaged into your skin, followed by a cocoon body wrap, allowing the skin to be soothed, softened and completely hydrated.

BODY BATHS

- Vanilla Honey Milk**  30mins **650**
Made famous by Cleopatra - a healing, sedative and nourishing treat. The anti-oxidant, anti-inflammatory, tranquilising and moisturising properties of pure honey and fresh milk, combined with vanilla essential oil, leave your skin totally radiant and silky-soft.
- Aromatic Blossoms** 30mins **650**
Celebrate the beauty and essence of fresh flowers in a bath ritual of ultimate peace and tranquillity. Immerse your body in warm, scented water, enlighten your senses and leave your skin feeling soft and youthful.
- Herbal Harmony** 30mins **650**
Revitalize yourself in this indigenous Balinese herbal bath, surrender to the warming and healing properties of local herbs that relieve muscle tightness while improving circulation and wellness.
- TuttiFrutti** 30mins **650**
Earning the definition of an all-star fruit because of its Vitamin C and citrus flavonoids, this lusciously refreshing fruit bath consisting of lemon, lime, tangerine and pomelo is high in antioxidants and aids in neutralising free radicals, leaving the skin feeling revitalised and rejuvenated. A day advance reservation is required.

BEAUTY

All our facials include a tension-release head, neck and shoulder massage.

Ultimate Radiance



90mins

1.950

Rich in vitamins and anti-oxidants, this blend of pure essential oils is known for its unparalleled ability to balance and restore healthy skin tone, brighten the entire complexion, giving the skin an even, luminous and radiant glow for days.

Aroma Essence

90mins

1.950

Designed to combat signs of skin ageing, this revitalizing treatment restores vitality and firmness and softens the appearance of expression lines. This incredible treatment shapes and plumps up cell volume and uplifts the contour of the face. A visibly toned and tightened skin from just one treatment!

Pure Detox

60mins

1.600

For dull, clogged and blemish-prone skin, this facial deep cleanses, purifies, repairs and heals the skin. An excellent detox treatment for stressed-out and skin that breaks out easily.

Hydra Regeneration

60mins

1.600

Most suitable for dry and dehydrated skin conditions, this balancing and hydrating facial uses specially formulated plants extracts and plant-based essential oils to relax, nourish and regain the skin's hydration and suppleness.

HANDS & FEET

Spa Manicure	75mins	750
The ultimate pampering for your hands. Includes luxurious scrub, hand massage, hydrating mask and manicure.		
Spa Pedicure	75mins	950
A deluxe treatment, including luxurious scrub, foot massage, hydrating mask and pedicure.		
Spa Manicure & Pedicure	135mins	1.500
A combo of our tantalising hand and feet indulgence.		
French Manicure or Pedicure	90mins	975
Classic French polish that begins with a luxurious scrub, hand or foot massage and hydrating mask.		
Nail Repair Manicure or Pedicure	40min	490
A quick fix for nails.		
Nail Art	10nails	450

HAIR SALON

Aloe Vera Remedy 	60mins	950
High in vitamins, minerals, enzymes, amino and fatty acids, this organic and incredibly healing and medicinal plant cleans, soothes and nourishes the scalp and promotes hair growth.		
Hair Spa	60mins	950
An energizing scalp massage stimulates circulation and aids deeper penetration of vital hair nutrients into your scalp. Treatment includes hair wash, mask, neck and shoulders massage, conditioning and normal dry. Warm steam is optional.		
Hair Mask	60mins	950
For chemically treated or sun dried and damaged hair, this nourishing hair therapy smoothens and untangle knotted and frizz hair.		

SPA PACKAGES

Hanging Gardens Haven  240mins per person **4.200**
This head to toe detoxifying and rejuvenating therapy leaves you feeling totally refreshed and energized.

- Choice of 30min skin glow
- Choice of 30min body cocoon
- Choice of 30min scalp & hair care
- Choice of 30min body bath
- Choice of 1hr massage
- Choice of 1hr facial

Wellness Harmony  180mins per person **3.500**
A relaxing and de-stressing therapy for tired or tense body and skin, promotes deep relaxation and calmness from within.

- Choice of 30min skin glow
- Choice of 30min body bath
- Choice of 1hr massage
- Choice of 1hr facial

Rest & Relax 150min per person **2.800**
Simply rest, relax and enjoy being taken great care of by our skilled therapist.

- Choice of 1hr 30min massage (+ USD10 for Herbal Revival)
- Choice of 1hr facial

HANGING GARDENS DISCOVERY

Hanging Gardens Immersion

90mins per person

3.800

Discover the beauty of Hanging Gardens Ubud, the expert treatment of our spa team complemented with the gourmet skills of our chefs.

- Choice of 30min skin glow
- Choice of 1hr Massage
- A healthy 3 course spa cuisine meal
- Fresh juice or estate grown herbal tea

Just Married

120mins per couple

6.800

Celebrate two hours of romantic bliss

- Choice of 30min skin glow
- Choice of 1hr massage
- Choice of 30min body bath
- A bottle of Champagne
- A selection of freshly made tapas

Sweet Nothings

150mins per couple

6.300

Two and half hour pre or post wedding spa rejuvenation will relax and pamper you from head to toe.

- Choice of 1hr massage
- Choice of 1hr facial
- Choice of 30min body bath
- Fresh juices or estate grown herbal tea
- A selection of freshly made tapas

Royal Day Spa at Hanging Gardens of Bali

720min per couple

22.500

Enjoy a luxurious full day relaxation at our Spa, Spa Suite and swimming pool. Check-in at 10am.

- Refreshing body scrub of your choice by Thalgo 30 min
- Flower Petal Massage 90 min
- Selection of Tropical fresh fruit bath or Aromatic Bath by Thalgo 30min
- A choice of Facial by Decleor 60 min
- A bottle of Champagne with chocolate truffles and canapés
- A 3 course exquisitely healthy lunch cuisine with refreshing juice of your choice served at the Spa Suite or River Café
- A memorable photography session with our in-house photographer
- Complimentary 2-way transfer to resort
- Complimentary use of the swimming pool

SPA BY THE RIVER

As the first rays of sunshine arise, the tranquil jungle slowly wakes up from its beauty sleep. Indulge in the harmony of couple body and soul with each other to present yourself, it's a best to enjoy our special amazing jungle treatments:

River Side Bliss  **180mins** **Per couple** **15.000**

- Full day entrance to the River Side
- Choice of 30min of Tropical fruit body scrub
- Choice of 30min of Tropical fruit body wrap
- Healthy drink selection with healthy sandwich
- Choice of 60 min massage
- Choice of 60min facial by Decleor
- Photo session and resort tour
- Picnic lunch with selection of a 3 course menu
- A Bottle of champagne with chocolate truffles and canapé
- Single Rindik Flayer performance
- Foot massage 15min at Reflexology Lounge

River Side Revival  **180mins** **per couple** **12.000**

- Choice of 30min foot massage
- Herbal Revival 90min
- Choice of 60min facial by Decleor
- 3 set course of healthy Picnic lunch
- A selection of fresh juice
- Foot massage 15min at Reflexology Lounge

River Side Rejuvenation  **90mins** **Per couple** **7.500**

- Choice of 30min body cocoon
- Choice of 60min body massage
- A bottle of Champagne
- Chocolate truffles
- Foot massage 15min at Reflexology Lounge