#### Manicure

#### 60 Minutes IDR 380,000 nett

Treatment that beautifies the hands and nails. Nails may be buffed to shine or coated with nail polish. May include a hand massage.

#### Pedicure

60 Minutes IDR 420.000 nett

Treatment that beautifies the feet and nails. Nails may be buffed to shine or coated with nail polish. May include a foot massage.

#### Manicure & Pedicure

#### IDR 670.000 nett 120 Minutes

Our special manicure and pedicure will restore or redesign your nails beauty. The treatment includes foot scrub, massage to arm and legs to soften and rejuvenate the skin.

#### **Depilatory Waxing**

It is an effective method to remove large amounts of hair at one time. It is a long- lasting method, as hair in waxed areas will not grow back for two to eight weeks. One of the best benefits of waxing is that your skin will feel smooth and even.

**Armpit** IDR 240.000 nett Hands IDR 320.000 nett Legs IDR 420.000 nett Hand & Legs IDR 640.000 nett



Back Massage	IDR	250.000 nett
Foot Massage	IDR	250.000 nett
<b>Express Facial</b>	IDR	250.000 nett
Flower Bath	IDR	250,000 nett



# The Ialanidi Package

# Single Treatment

#### Lulur & Milk Bath

#### 120 Minutes

IDR 1.200.000 nett

in ancient tradition, the Lulur is often used to clean and pamper the bride during the week leading up to her wedding and relaxing. Starting treatment with foot bath, Balinese massage, body scrub, milk and

# Couple Treatment

#### **Romantic Journey**

120 Minutes

IDR 2.200.000 nett

A couple getaway serenity. Enjoy the pleasure of natural based ingredients to strengthen the skin and moisturizer the skin from sunrays. It is an ultimate treatment for couple holiday's treat with foot bath, Balinese massage, body scrub and romantic flower bath.

Jl. Kartika Plaza, Kuta PO Box 1133 & 1134 Tuban, Bali, Indonesia Phone (0361) 761414 | Fax: (0361) 761421 email: spa@kutaparadisohotel.com www.kutaparadisohotel.com



# Jalanidi Relaxation Massage

### Balinese Massage

IDR 440.000 nett 60 minutes

### Signature Massage in Room

60 minutes

Balinese massage is a combination of gentle movements and pressure on specific points on the body, with the aim of reducing muscle tension, increasing blood circulation and helping to improve the energy balance

### **Aromatherapy Massage**

#### 60 minutes

IDR 470.000 nett

IDR 530.000 nett

Aromatherapy massage is a beautiful way with a gentle massage to express caring and help relieve the stress using technique of rubbing and kneading of the skin with plant oils that give off strong, pleasant aromas (smells) to promote relaxation, a sense of well-being, and healing.

## **Deep Tissue Therapy**

#### 90 minutes

### IDR 570.000 nett

A deep tissue massage focuses on the deeper muscles and connective tissue, aiming to break up this scar tissue and restore your mobility. Use firm pressure and slow stroked to massage deep layers of muscle and fascia, which is the connective tissue that surrounds.

### **Dry Massage**

### 60 minutes

#### IDR 370,000 nett

The actual massage consists of a technique that uses slow rhythmic compressions and stretches along the body's energy lines. Pressure point without using massage oil will focus on relief muscle tension and improve blood circulation.



### **Hot Stone Massage** 90 Minutes IDR 570.000 nett

Hot stone massage uses a combination of warmed stones and massage techniques to relax tense muscles, relieve pain and stiffness and improve circulation. This gentle technique improves suppleness and encourages mental tranquility.

### Mother - To - Be

### **60 Minutes**

### IDR 450.000 nett

Enjoy relief from the physical and emotional demands of pregnancy. Feel yourself slip into a state of calm as our therapist uses a lighter touch concentrating on those areas most vulnerable to changes in your body.

### Reflexology

#### 60 minutes

Pamper your day and feel the soothing sensation with a refreshing foot & hand massage with proven massage technique. Foot massage will help relieve muscle tension, reduce pain and improve blood circulation.

### Shirodara

#### 90 Minutes

#### IDR 650.000 nett

IDR 390.000 nett

Shirodara can help relieve symptoms of anxiety, stress, fatigue and hypertension. It relieves tension, worry, fear and headache as well as depression. It regulates mood and gives feelings of pleasure and relaxation. That's means, the treatment directly and immediately calm, relaxes and has a cleaning effect on the mind and nerves.

#### Sunburn Treatment 60 Minutes

#### IDR 480.000 nett

After a long day in the sun, treat and calm your skin with aloe vera gel body mask and facial after sun. Aloe vera is a popular medicinal plant with antioxidant and antibacterial properties.



# Jalanidi Beauty Treatment

#### Refresh Facial

60 Minutes

IDR 380.000 nett

Reveal fresh & glowing after a long day in the sun.

### Hair Creambath

### **60 Minutes**

### IDR 325.000 nett

Hair and scalp conditioning treatment in which a rich cream is applied to the hair section. The scalp massage is one of the effective ways to release muscle tension and stimulate healthy hair growth. The hair may be steamed before rinsing. The treatment will include a neck, scalp and shoulder massage

### Hair Mask

### **60 Minutes**

### IDR 340.000 nett

Hair and scalp conditioning treatment in which a rich cream is applied to the hair section. The mask perfect to soften and moisturize your hair and stimulate healthy hair growth. The treatment will include a neck and shoulder massage.

### Hair Blow

#### 60 Minutes

#### IDR 300.000 nett

The blowout treatment consist of a hair wash with shampoo and conditioner, a blow - dry using an entire range of different brushes, and a touch - up with a flat or curling iron and hair care products. For the ultimate in fashion and beauty, this is exactly what your hair needs.

### **Nail Polish**

#### 30 minutes

IDR 180.000 nett

Brighten up the day – or a night out with a quick color change on your nails and add a bit of glamour at the same time.

