ART OF TRADITIONAL RITUALS

BALINESE MASSAGE WITH HOT STONE

120 mins - IDR 1,600,000++/Couple
120 mins - IDR 950,000++/Single
Relaxing traditional Balinese massage to release your muscle tension combined with hot stones for deeply soothing & stress relieving treatment. Floral Foot Ritual – Lulur Body Scrub – Balinese Massage with Hot Stone – Head Massage.

AFTER SUN BATHING

90 mins - IDR 850,000++
Cool & replenish your face and body with this gentle wrap of skin-quenching aloe Vera, lavender, green tea, cucumber, & chamomile. A soothing treatment for sunburnt and dehydrated skin. Your healing journey concludes with a sun-kissed facial gently delivered with a calming neck, shoulder & scalp massage. Depart feeling cleansed and invigorated

JETLAG RECOVERY

120 mins - IDR 960,000++
Recommend for Jetlag and Insomnia :
• 60 mins Stress Release Massage
• 30 mins Chocolate Body Wrap
• 30 mins Herbal Bath

ART OF WELLNESS

YOGA

Single IDR 375.000
Couple IDR 600.000
Maintain core strength, muscle tone and good energy levels whilst on vacation. These private sessions are appropriate for all levels - from novice to the experienced practitioner. Breathe fully and reap the therapeutic benefits in sublime surrounds. Please consult the Spa for more details.

PILATES

Single IDR 375.000
Couple IDR 600.000
Pilates has a focus on the core which can basically be thought of as the 'powerhouse' of your body. Your core is the area between your shoulders and your pelvis (without your arms and legs) and encompasses all the muscles within this area.

OPTIMAL PRIMAL STRENGTH TRAINING

Single IDR 375.000
Couple IDR 600.000
Using a combination of your own body weight and gym weights, work all your muscle groups intensively, giving you maximum results in minimal time

HOW TO MAKE THE MOST OF YOUR RETREAT EXPERIENCE

• Please arrive 15 minutes prior to your treatment in order to complete your health assessment from and take time to relax in our tranquil surrounds.

• Please Note the spa is unsuitable for small children and babies (unless receiving treatment), as we try to ensure that all our guests benefit from the peaceful atmosphere.

• We recommend that you leave all jewelry in your safe deposit before coming to the spa. Zanti The Retreat accepts no responsibility for loss of valuables of any kind.

• Cancellation within 6 hours of appointment will result in a 50% cancellation fee. No show will result in a 100% cancellation fee.

• We recommend that you do not sunbathe before or after treatment.

• Men – Please shave prior to all facial treatments to ensure that maximum results are achieved.

• Smoking and the use of mobile phones is not permitted in the spa.

• Arriving late will decrease the time of your treatment.

• Guests who have blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications are advised to consult the doctor before signing up for any treatment.

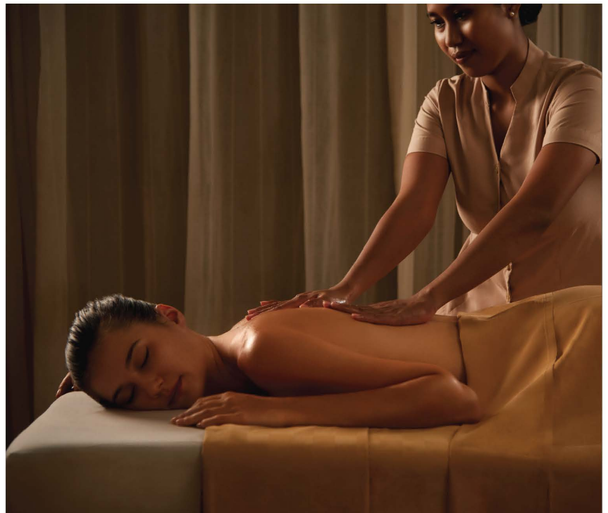
• Please notify spa receptionist of any existing medical condition.details.

All prices are in Rupiah and are subject to 26.5% service charge and government tax. Prices are subject to change without prior notice.

SPA OPENING HOURS 09 AM – 10 PM

FOR RESERVATIONS PLEASE CONTACT:

CY.DPSSM.SPA.SPV@COURTYARD.COM OR CALL US AT 0361 8490077
Courtyard Bali Seminyak Resort Jalan Camplung Tanduk No 103 SP,
Dhyana Pura, Seminyak Bali, Indonesia, 80361



ZANTI
THE RETREAT

ART OF BODY WORKS

ZANTI SIGNATURE MASSAGE

60 mins - IDR 599,000++, 90 mins - IDR 715,000++
Explore an infusion of Volcanic Minerals and Moor Mud which creates a natural bond and provides a deep holistic treatment for the back.

AROMATHERAPHY MASSAGE

60 mins - IDR 559,000++, 90 mins - IDR 675,000++
Therapeutic massage using essential oils chosen according to individual specific needs to promote relaxation, relieve stress and tension.

TRADITIONAL BALINESE MASSAGE

60 mins - IDR 510,000++, 90 mins - IDR 585,000++
In this authentic massage style influenced by ageless tradition, therapist uses an Indonesian floral oil together with palm pressure and stretching techniques to relieve tension and improve blood flow and in turn create waves of muscle relief.

WARM STONE THERAPY

90 mins - IDR 815,000++
This balancing treatment relieves tired muscles and restores balance; utilizing warm basalt rocks to deeply penetrate. Begins with purifying body oil followed by slow flowing strokes with various sized stones.

REFLEXOLOGY

60 mins - IDR 300,000++
Therapeutic foot massage to stimulate energy zones and pressure points on the feet; encouraging the body to naturally restore and maintain its own healthy balance.

DEEP TISSUE MASSAGE

60 mins - IDR 600,000++, 90 mins - IDR 750,000++
The Ultimate relaxation treatment; combining deep vigorous massage with hot towels to release muscle tension. Excellent for jet lag or from a late night out to restore vitality.

MOTHER TO BE... (Special Pregnancy)

60 mins - IDR 655,000++
Therapeutic bodywork that focuses on the special needs of the mother-to-be as her body goes through the dramatic changes of pregnancy. It enhances the function of muscles and joints, improves circulation and general body tone, and relieves mental and physical fatigue.

BESPOKE MASSAGE

30 mins - IDR 295,000++
Head & Scalp, Neck & Shoulder, Back & Lower Back, Feet, Hand Massage Every day is different. Everybody is unique. Seeking more attention on your back & neck area? Only desire a mind-soothing head & neck massage? This personalized massage is tailored to those who would like to have therapists focus on specific areas of their body.

YOUR OWN CHOICES

45 mins - IDR 400,000++
Choices of Body Scrub or Body Mask Body scrubs are physical exfoliants that mechanically slough away dead skin cells Body mask is intended to detoxify and refine the skin.

ART OF FACE
AROMATHERAPY FACIAL

SOOTHING SENSITIVE

60 mins - IDR 825,000++
Desensitize for visible improvement! The organic energy harmoniously blends with other key agents to diffuse your skin's redness and sooth irritation for a smooth appearance.

BALANCING COMBINATION

60 mins - IDR 825,000++
A perfect balance of wonderfully aromatic face oil effectively repairs and smoothens out your skin; making it remarkably radiant and perfectly balanced.

REJUVENATING DRY

60 mins - IDR 825,000++
Exude a smooth and radiant glow! Superbly rich in moisture-bonding hyaluronic acid hydrates the skin, while Vitamin E and carotene acts as repairing emollients.

DEEP CLEANSING FACIAL

60 mins - IDR 935,000++
Deep cleansing facials will restore your skin, gently cleansing your pores to leave your skin feeling fresh and clean.

MARINE COLLAGEN FACIAL

60 mins - IDR 1,045,000++
Perfect to refresh and fight against signs of dehydration due to humidity, leaving your skin radiant and youthful. Rich in concentrated Marine Collagen and Caviar, this treatment counteracts any sign of early aging, combat excessive dryness, dehydration, fine lines and wrinkles.

SUN-KISSED FACIAL

45 mins - IDR 605,000++
Instantly restores and repairs moisture loss to deeply hydrate, soothe, and protect your skin. Recommended for those with sensitive, dehydrated or sun exposed skin.

ART OF MAN RITUALS

ORGANIC ENERGIZE FOR MEN

60 mins - IDR 850,000++
Designed for men. This facial uses photo extract and pure essential oils for their unparalleled ability to restore skin back to a healthy balance. Incorporating a relaxing blend of facial, shoulder, scalp, hand and arm massage.

MEN'S RETREAT

150 mins - IDR 1,450,000++
Begins with a Stress Release Massage to start to relax your tired muscle. Salt and oil scrub will help to cleanse your body. An Organic Energize Facial from Pevonia is delivered with a generous neck and shoulder massage – all of which will leave you looking well-groomed and most significantly, Feeling great. Floral Foot Ritual – Stress Release Massage – Salt & Oil Scrub
– Organic Men Facial – Refreshment.

MEN'S ULTIMATE

90 mins - IDR 935,000++
Bring your body to life with a century recipe of herbs and spices. Relax into an indigenous massage with essential oils before refreshing with an express men's facial. Floral Foot Ritual – Zanti signature Massage – Express Men's Facial – Refreshment.

DAWN RENEWAL

90 mins - IDR 775,000++
Start your day with a soothing total body and foot massage series. Let ancient techniques restore your body's energy flow and unwind your tired mind. Floral Foot Ritual – Traditional Balinese Massage – Coconut Vanilla Body Scrub – Refreshment.

ART OF TRADITIONAL RITUALS

SENSE OF ROMANCE - SIGNATURE PACKGE

IDR 3.850,000++/couple
Experience the sense of romance & bonding at Zanti where an authentic, memorable experience awaits. Indulge in a romantic couples spa treatment and discover the art of touch & spa therapy alongside your loved one.
•Morning Session: Private Honeymoon Yoga
•Noon Session Spa couple treatment
•60 minutes Deep Tissue Massage
•30 minutes Coconut and Vanilla Body Scrub
•15 minutes Rose Petal Bath
•60 minutes Skin Specific Facial

TRADITIONAL BALINESE RITUAL

180 mins - IDR 2,695,000++/Couple
180 mins - IDR 1,485,000++/Single
Created from locally grown ingredients, your treatment begins with a divine Balinese Lulur body polish ancient beauty wedding ritual where your skin is coated with a blend of turmeric, spices and powders followed by milk bath to cleanse and refresh your body. A deeply relaxing Balinese massage & end the session with choice of skin specific facials. Floral Foot Ritual – Balinese Lulur Body Polish
– Milk Bath – Balinese Massage – Skin Specific Facial
– Jamu Refreshment.

BALINESE DETOX THERAPY

150 mins - IDR 1,925,000++/Couple
150 mins - IDR 1,100,000++/Single
Our new Detox Cleanse Package invites you to indulge in a guilt-free holiday experience that will leave you feeling refreshed and ready for your day. Your 150 minutes spa escape begins with a salt and oil cleansing, Boreh Body Wrap followed with stress release massage. Herbal bath at the end of the session ensures your glow lasts all day and night. Floral Foot Ritual – Salt & Oil Body Scrub
– Boreh Body Wrap – Deep Tissue Massage – Herbal Bath
– Coconut Water.