



THE SPA

AT RENAISSANCE

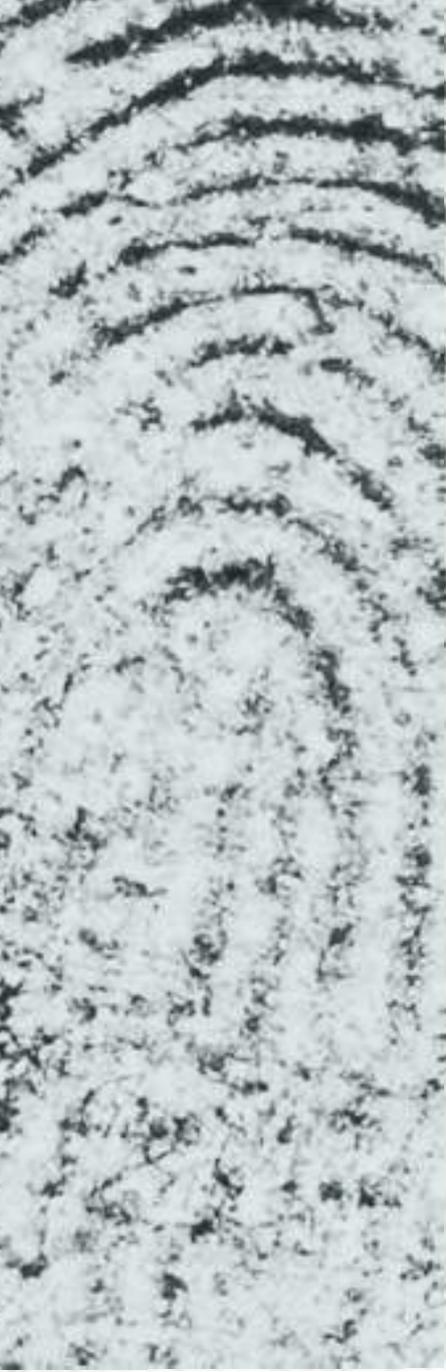
R

RENAISSANCE

BALI BEACH RESORT & SPA

Jl. Pantai Balangan I no 1, Ungasan, Bali 80361 Indonesia

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*“The only man who behaves sensibly is my tailor; he takes my measurements anew every time he sees me, while all the rest go on with their old measurements and expect me to fit them.”*

- George Bernard Shaw

The Spa at Renaissance is inspirational. The treatment rooms are fun jewel boxes, a playground for adults. Just like a fine Chef's table at your favorite restaurant, every dish is a unique discovery. Every spa treatment is made-to-order, every experience is personal. The Spa becomes you. This is your facial, designed for your Skin du Jour, literally. This is your massage, designed and performed based on your desire for the day, your mood, your moment. How you want to feel and be at the end of your experience is our goal, our ethos.

**DISCOVER YOURSELF**

## R SIGNATURE

### “R” Ultimate Mandi Lulur Ritual with Caviar and Champagne for Two 3 Hours

Mandi Lulur is an ancient beauty ritual which was originated in the royal palaces of Central Java, Indonesia centuries ago.

Mandi means bath in Indonesian and Lulur refers to organic herbal ingredients. It was a purifying ritual for Javanese Princesses to soften, sweeten and lighten their skin. The paste that is applied to the skin needs to dry before being carefully removed from the body. The pampering combination of the massage and the scrub is followed by a long soak in a warm bath with fragrant flower petals.

The Javanese over years maintained secrets of health and beauty using natural herbs, spices, foods, clays and minerals and it was originally created and used exclusively for the Royal Family. The recipes of the freshly ground pastes originate from various family traditions with most pastes including turmeric, rice, ginger and cumin.

Your R Ultimate Mandi Lulur Ritual begins with a Foot Bath followed by a Lulur Body Scrub to remove the unhealthy skin and to soften the skin. The body is then wrapped to nourish and cool the skin. Your facial experience takes place while your body is cooled in the wrap. Your rose-petal flower bath is prepared and to be enjoyed with Champagne and Caviar. The experience then continues with a Balinese Hot Stone Massage and Head Massage. You leave feeling like you have discovered yourself.

## Romantic Getaway for Two

3 Hours

Indulge in a complete Romantic Treatment for Two in our candlelit couples room.

Sooth your feet with a refreshing Foot Bath followed by a gentle exfoliation using an authentic Balinese Body Scrub which results in softer and brighter skin. You then soak in a Scented Bubble Bath with local flower extracts which prepares your mind and body for a Hydrating Facial and Head Massage

## Balinese Hot Stone

2 Hours

This ancient therapy uses the therapeutic heat from the stone combined with classic Balinese Massage techniques to relax muscles, increase blood circulation while the aromatic warm oils provide deep relaxation.

The journey starts with a Foot Bath continued with a Body Scrub and refreshing shower to prepare the body for the Balinese Hot Stone Massage.

## DAY SPA

Created for you, to experience a crafted personalized experience in a contemporary and tranquil surrounding. Each treatment includes a welcome drink on arrival and a Mixologist inspired beverage to end your experience.

### Detox your Way

3 Hours

A detoxifying treatment helps reduce unwanted body fluids, eliminates toxins and soothes the skin. It also promotes lymphatic drainage and stimulates the entire circulation of the body. The treatment starts with a Foot bath followed by a Detox Body Scrub and Detox Body Wrap which retains the body temperature and further enhances circulation while reducing the fluids in the body. The **Detox** Massage eliminates the toxins and the experience concludes with a 30 minute facial.

### Energize and Ready to Go

2 Hours

An ideal treatment to increase your energy levels in the mind and body. The Foot Bath symbolizes a cleanse and a sense of relaxation and the Body Scrub exfoliates and softens the skin. Rich, fragrant aromatherapy oils are massaged into the body to release tension and soothe tired, aching muscles. The ritual concludes with a Mini Facial to nourish and rehydrate the skin, restoring moisture and tonicity.

### Relax with Style

2 Hours

Uniquely designed with indulgence to release muscle tension and bring your body and mind back into a harmonious balance. The experience features a Foot Bath followed by a Body Scrub where the complete body is massaged with a personalized blend of aromatherapy oils combined with Hot Stones which further releases the stress on the muscles. A Face Massage focuses on the vital energy points to rebalance the body and finishes with a deep soothing Scalp Massage.

### Get Shape and Confidence

2 Hours

A specialized treatment concentrating on the areas of the body that are prone to cellulite, fluid retention and uneven skin tone. The areas are Exfoliated with a special blend of seaweed and citrus before Iced Mitts are used to provide an uplifting effect while toning the skin. A brisk and Detoxifying Massage using lymphatic drainage techniques and essential oils helps purify and cleanse the body. A Detox Body Wrap will then maximize cellulite burning. Pressure points on the reflex zones on the face, feet and hands are then activated to leave you feeling totally revitalized. A course of treatments is recommended to maximize the results.

### Cool and Fresh

2 Hours

Carefully designed to bring instant relief and intensify moisture to dry, sensitive, sunburn or flaky skin leaving it hydrated, soft and calm. Beginning with a Foot Bath followed by a Body Scrub which removes unhealthy skin, you will then experience an After Sun Body Wrap which will moisturize and further calm the skin. You will finish with an After Sun Facial to really enhance the softness of the skin while leaving you feeling fresh.



## FACE WORKS BY EMINENCE

Treat yourself to an award winning organic skin care line that delivers beautiful results using organic products bursting with juicy pulp, seeds and herbs. Feel good about feeding your skin all natural products without harsh chemicals or parabens. Eminence addresses a variety of skin concerns such as premature aging and wrinkling, sun damage, acne, loss of vitality, tone and radiance. Select a customized Eminence facial specifically created to suit your skin needs and let the active ingredients impart health and beauty to your skin

### Arctic Berry & Age Corrective Ultra Facial

90 minutes

Treat yourself to a premium anti-aging facial using luxury botanical and organic ingredients. The three layers Arctic Berry Illuminating system refines your complexion by removing dehydrated skin cells, unclog pores and recover your skin's youthful radiance. The advanced trio Age Corrective Ultra dramatically improves the appearance of puffy, tired eyes, sagging skin or even the deepest expression lines. Indulge a youthful, firmer, smoother & more luminous skin with just one treatment.

### VitaSkin Firm Facial

90 minutes

Get glowing, youthful skin that boasts the appearance of fewer fine lines and wrinkles by feeding it with the phytonutrients, antioxidants and vitamins found in acai, blueberry, raspberry and brambleberry with Eminence's Firm Skin Acai Masque. When combined with the hydrating powers of hyaluronic acid, skin is plumped and firmed to turn back the years for skin that appears ageless.

### VitaSkin Bright Facial

60 minutes

Lighten, brighten and prevent pigmentation while moisturizing your skin. Stone Crop, a natural healing and pigment-reducing plant, along with Bearberry, GigaWhite™ and Natural Hydroquinone Alternative gently lightens freckles & pigmentation and boost antioxidant on your face. Years of sun damage are erased to bring back skin that is soft, supple and replenished.

### Microgreens Detox Facial

60 minutes

Counter the effects of pollution to reveal dewy, soft skin - with help from nutrient-rich microgreens. During this facial, we'll cleanse, invigorate and exfoliate with skin-brightening stone crop before gently removing toxins and impurities. A relaxing facial massage and detoxifying treatment that will leave your skin feeling revitalized and protected from the effects of the environment.

### Sun-Kissed Facial

60 minutes

Treat and calm your sun-exposed skin with the organic Eminence's Sun-Kissed facial. The hydrating and healing Stone Crop soothes your skin while the Maize Flour in this mask exfoliates leaving your complexion appears smooth, bright and even.



## BODY MASSAGE

Massage Therapy is one of the oldest therapeutic remedies known to man. The simple act of human touch has the ability to connect, stimulate, relax and regenerate the body's natural healing processes.

### Balinese Massage

60/90 Minutes

Balinese Massage techniques are gentle and aim to make you feel relaxed and calm throughout. The techniques include skin folding, kneading, stroking, and other forms of touch. The massage therapist applies aromatherapy oil throughout the massage. Your blood, oxygen and energy flow is said to increase after the massage.

### Deep Tissue Massage

60/90 Minutes

Targets the body deepest layers of muscle to alleviate high stress levels, ease aching muscles and revive the senses. Dynamic blends of essential oils and with a customized level of pressure which targets your individual needs. Helps relax, recharge and reenergize all whilst your tension melts away.

### Swedish Massage

60/90 Minutes

Using five basic strokes; effleurage, petrissage, tapotement, friction and vibration, this massage reduces pain, joint stiffness and improves your overall body movement, circulation and offers a sense of relaxation. This treatment is particularly effective for people with sore lower backs.

### Thai Massage

60/90 Minutes

An ancient technique which includes deep pressure point massage, stretching and bending techniques to relieve tension and increase vitality and flexibility. While this treatment is not for relaxation, post the massage it does leave you feeling energized.

### Reflexology

60/90 Minutes

Reflexology is a pressure point massage focusing on the reflex zone area on the hands and feet that corresponds to a part of the body that is connected to the organ, gland or the body's immune system. Reflexology helps the body to heal from illness or to provide the ultimate relaxation.



## BODY WRAP

This contemporary body therapy combines polishing, scrubs, wraps and masks into the treatment that rejuvenates, detoxifies, firms and re-hydrates the skin.

### Balinese Lulur

60 Minutes

The treatment begins with a Balinese Lulur Body Exfoliation using ground rice and fragrant spices before being dressed with a luxurious mixture of ginger and spirulina which soothes and nourishes the skin.

### Detox Body Wrap

60 Minutes

The Detoxifier helps improve circulation, speeding up the elimination of toxins and excess fluid while cleansing the system.

### After Sun Body Wrap

60 Minutes

The After Sun **w**rap brings instant relief and intensive moisture to dry, sensitive, sunburnt or flaky skin leaving it calm, **s**oft and hydrated. It's the perfect way to end a day on the beach or by the pool.

## BODY ADVANCED TREATMENT

### Body Scrub

30 Minutes

Indonesian native herbs and essential oils are combined to help remove unhealthy skin and improve tonicity leaving your skin silky smooth. This scrub treatment while exfoliating also lets the oils slowly absorb which restores lost vitality and protect against dryness.

### Mother to Be

90 Minutes

This special body treatment is carefully designed for pregnant and nursing woman to relieve back pain and improve sleep and calmness, decrease stress and reduce labor complications as well as improve skin tonicity during this special time. It also gives you a little time out to enjoy you!



## BATH THERAPY

Bathing has long been associated with the art of healing and cleansing of negative energies through its natural properties over thousands of years; from the Romans and Turks to the Buddhists and Christians. The Balinese bathing ritual is called “Malukat” which means to cleanse the body and soul. The power of water can awaken, relax, renew and purify your mind, body and soul.

Choose one of our inspired baths using fresh local Balinese ingredients and experience a discovery of sensations. Your body will be left feeling moisturized and energized while your muscles will be free of life’s daily stresses.

### Mandi Rempah

In this bathing experience, you will bath in authentic Balinese herbs that relate to health and beauty. This will leave you feeling relaxed, improve circulation, increase muscle relaxation, help to reduce insomnia, avoid skin problems, soften the skin and keep your body fragrant.

### Jasmine Milk Bath

Inspired by Cleopatra and her bathing traditions, this will leave help you to maintain, soften and nourish the skin while providing the body with the scent of the Jasmine meaning “Fragrant Flower” and also reduce the appearance of wrinkles and gives the skin a healthy glow.

### Green Tea “Detox” Bath

Green Tea is rich in vitamin C and E. It is an antioxidant with properties that are said to slow down the aging and wrinkling process of the skin. It also is beneficial in reducing skin damage after too much sun. You will enjoy a hot detoxifying Indonesian Organic Green Tea during your bathing experience.



## HAND AND FOOT TREATMENT

Manicure  
60 Minutes

Pedicure  
75 Minutes

Manicure-Pedicure  
120 Minutes

Polish Change  
15 Minutes

## HAIR TREATMENT & HAIR SERVICES

Hair Cream bath  
60 Minutes

A Traditional and therapeutic treatment using conditioning cream of Sandalwood and Lavender which is softly massaged into your hair and scalp to make your hair smooth and silky.

Hair Cut Men  
Hair Cut Women  
Shampoo and Style (Short)  
Shampoo and Style (Long)  
Hair Dry and Blow

## WAXING

Full Leg Wax  
40 Minutes

Half Leg Wax  
25 Minutes

Eye Brow Wax/Shape  
15 Minutes

Under Arm Wax  
15 Minutes

Bikini Wax  
30 Minutes

Lip and Chin Wax  
15 Minutes



## THE YOUNG ONES

Even the younger ones need a little pampering once in a while and besides, it gives the grown up kids a little more time out. Our therapists are great with kids and will ensure that they save their energy for a few extra hours in the pool.

Hair Spa  
30 Minutes

Using natural products and ingredient specially made to soften and nourish the hair.

Mini Manicure and Pedicure  
30 Minutes

Nail Polish  
20 Minutes

Please note that a parent or guardian is required to be present for any treatments for children from 7 to 12 years old.

## WELLNESS

### REN Detox

#### About "Jamu"

Indonesia has long been known for its fertile soils which promote plant growth rich in natural benefits and vitamins. Native Indonesian plants, herbs, flowers, barks and fruits that are grown in these soils are processed using a traditional technique to produce a herbal medicine or potion called "Jamu". This potion has been used over thousands of years as a natural remedy to maintain good health and prevent illness.

Ren Detox offers Indonesian Jamu made from Ginger, Lemon and Turmeric which are rich in natural detoxifying properties. This Jamu increases metabolism, reduces toxins and body fat, cleanses the body's system and acts as an anti-inflammatory. It also helps the body to absorb nutrients and boost brain functions while brightening the skin.

For the Ren Detox Experience, please contact our Spa Host.

## SCHEDULE

07.00	Jamu
07.30	60 minutes Yoga
08.45	Healthy Breakfast
10.00	60-minute Detoxifying Body Scrub and Steam Bath/Sauna
12.00	Healthy Lunch
14.00	60 minute Detox Body Massage
15.00	60 minutes Detox Body Wrap
16.00	2 Cup of Herbal Tea
17.30	60 minutes of Pilates or Circuit at Fitness Center
19.30	Healthy Dinner
21.00	Jamu

For the Detox Programme, please contact our spa host.

## YOGA

The daily practice of Yoga helps breathing and physical movements and brings health benefits, increases energy levels and muscle tone, brings relief from muscle pain and stiffness, improves circulation and overall better general health. The breathing aspect can also benefit in reducing high blood pressure.

Complimentary Morning Yoga will be held every Monday, Wednesday and Friday morning at 07:00AM at Pool Area. Private Yoga can be arrange based on request.

## PRIVATE YOGA/ PILATES

### Hatta Yoga

This traditional yoga involves low impact exercise called *Asanas* which stretches the muscles and delivers a deep breathing technique called *pranayama* to develop balance, build muscle strength, increase flexibility, reduce stress, improve self-confidence and improve ones peace of minds through focused breathing.

### Vinyasa Yoga

Vinyasa simply means "a series of postures". This Yoga is a combination of slow movement and deep breathing techniques focused on inhaling and exhaling which will build endurance, strength, flexibility, burn calories and improve stamina.

### Ashtanga

Known as Power Yoga or the Yoga for more experienced Yogi. The synchronization of breathing with a Vinyasa and in producing internal heat which creates a purifying sweat that detoxifies muscles & the body's organs.

### Pilates

A series of floor exercises specifically designed to promote a feeling of physical and mental well-being and also develops inner physical awareness. Pilates also helps to strengthen the core muscle, improve posture & alignment, build flexibility, increase stamina & lung capacity, improve circulation, balance and coordination. Pilates makes muscles leaner, longer, stronger & healthier.

### Duration one hour

### Recommended Attire

Loose or fitted pants and T shirt that you feel comfortable in stretching and moving.

The class will include a Yoga Mat, Drinking Water and Towel.

## SPA ETIQUETTE

### Opening hours.

9.00 AM - 9.00 PM Last treatment at 8.00 PM

### What could I enjoy?

Range of experiences which include:

Aromatic Steam Room, Sauna, Bath Robes and Slippers, separate Male and Female changing room, Relaxation area.

### What should I wear to the Spa?

All of our treatment rooms are equipped with private changing facilities including wardrobes, grooming areas, showers and toilet. Whether you are visiting as a hotel guest (feel free to wear your robe to the spa) or non-hotel guest, your needs are taken care of.

### What should I wear during my treatments?

We recommend that your spa treatments be enjoyed without clothing. However, we respect your privacy so disposable undergarments will always be offered. Please be assured that areas of your body that are not involved in the treatment will be draped at all times.

### Is there a minimum age requirement?

Persons under 18 years of age are not permitted to use the saunas, to have body treatments or massages. Minors aged younger than 18 can receive the following services; manicures, pedicures, makeover, facials and eye/lip/chin waxing. Minors must remain fully clothed at all times. A parent or guardian must be present for the mentioned services if they are conducted in an enclosed area.

### Is it necessary to arrive early for my treatment?

We recommend that you arrive 30 minutes before your appointment time to allow yourself time to relax and to complete a health questionnaire which will help us personalize your spa experience.

### What if I am running late for my appointment?

To ensure we give the best possible experience to all of our spa guests, if you are running late your treatment time will be shortened to ensure the next guest is not delayed. The full price of the treatment will be charged.

### What do I do if I need to cancel my Spa treatment?

Please advise our team at The Spa should you need to cancel a minimum of three hours prior to your treatment. Please note that a 50% cancellation charge will be applied to no shows or to cancellations under three hours' notice.

### How do I pay for my treatments?

We accept cash (local currency only) and all major credit cards. You can also charge all spa treatments and services to your room account.

### Is there anything else I should know so I have the best Spa Experience?

This is your time to relax and rejuvenate. Please let your **Artisan or Beautician** know if they can improve your comfort during your treatment. Electronic devices, (including mobile telephones) are not permitted in the Spa area as these detract from your experience and also interrupt other guests in their enjoyment of the Spa.

### How do I purchase Gift Voucher?

Gift vouchers are available for any treatment, Day Spa program or product and are an ideal present for someone special. Gift vouchers are non-refundable and must be presented at time of treatment or purchase.

### Health conditions.

Kindly advise us of any health conditions, allergies or injuries, which could affect your service when making your Spa reservation and completing consultation card

At The Spa at Renaissance, every experience is prepared to match your needs, your expectations, even the unspoken wishes of your heart. The atmosphere is set from the moment you step in The Spa Living Room with unique furniture, Mixologist Bar, the aroma and DJ curated music. Bringing the soul and touch of Bali through the hands of our Spa Artisan and Estheticians, one step at time, a time that's rewarded as your own. Just like a fine garment, everything is measured to fit you, then designed and carefully tailored to match the need of your body, skin, spirit, and mind.

**"YOU HAVE NOW DISCOVERED YOURSELF"**

# PRICELIST

## R SIGNATURE

"R" Ultimate Mandi Lulur Ritual for two	3 Hours	IDR 7.000.000
Romantic Gateway for two	3 Hours	IDR 5.000.000
Balinese Hot Stone	2 Hours	IDR 1.700.000

## DAY SPA

Detox your way	3 Hours	IDR 2.200.000
Relax with style	2 Hours	IDR 1.500.000
Energize and ready to go	2 Hours	IDR 1.500.000
Get shape and Confidence	2 Hours	IDR 1.500.000
Cool and fresh	2 Hours	IDR 1.500.000

## FACE WORKS

Arctic Berry & Age Corrective Ultra Spring	90 Minutes	IDR 1.000.000
Vita Skin Firming Facial	90 Minutes	IDR 1.000.000
Vita Skin Brightening Facial	60 Minutes	IDR 850.000
Micro greens Detox Facial	60 Minutes	IDR 850.000
Sun Kissed facial	60 Minutes	IDR 850.000

## BODYWORKS

Body Massage	60/90 Minutes	IDR 800.000/1.000.000
Balinese Massage	60/90 Minutes	IDR 800.000/1.000.000
Deep Tissue Massage	60/90 Minutes	IDR 800.000/1.000.000
Swedish Massage	60/90 Minutes	IDR 800.000/1.000.000
Thai Massage	60/90 Minutes	IDR 700.000/900.000
Reflexology	60/90 Minutes	IDR 700.000/900.000

Body Wrap		
Balinese Lulur	60 Minutes	IDR 800.000
Detox Body Wrap	60 Minutes	IDR 800.000
After Sun Body Wrap	60 Minutes	IDR 800.000

## ADVANCED TREATMENT

Body Scrub	30 Minutes	IDR 500.000
Mother to Be	90 Minutes	IDR 1.000.000

## BATH THERAPY

Mandi Rempah	30 Minutes	IDR 400.000
Jasmine Milk Bath	30 Minutes	IDR 400.000
Detox Green Tea Bath	30 Minutes	IDR 400.000

## HAND AND FOOT TREATMENT

Manicure	60 Minutes	IDR 500.000
Pedicure	75 Minutes	IDR 600.000
Manicure-Pedicure	120 Minutes	IDR 1.000.000
Polish Change	15 Minutes	IDR 300.000

## HAIR TREATMENT & HAIR SERVICES

Hair Cream bath	60 Minutes	IDR 600.000
Hair Cut Men	60 Minutes	IDR 600.000
Hair Cut Women	60 Minutes	IDR 600.000
Shampoo and Style (Short)	60 Minutes	IDR 500.000
Shampoo and Style (Long)	60 Minutes	IDR 650.000
Hair Dry and Blow	60 Minutes	IDR 600.000

## WAXING

Full Leg Wax	40 Minutes	IDR 500.000
Half Leg Wax	25 Minutes	IDR 350.000
Eye Brow Wax/Shape	15 Minutes	IDR 200.000
Under Arm Wax	15 Minutes	IDR 200.000
Bikini Wax	30 Minutes	IDR 300.000
Lip and Chin Wax	15 Minutes	IDR 200.000

## THE YOUNG ONES

Hair Spa	30 Minutes	IDR 250.000
Mini Manicure and Pedicure	30 Minutes	IDR 250.000
Nail Polish	15 Minutes	IDR 250.000

## PRIVATE CLASS

Private yoga and pilates		IDR 700.000
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## REN DETOX

1 Day Package		IDR 4.000.000
2 Day Package		IDR 7.000.000

SPA RESERVATIONS  
TEL: +62 (361) 2003588 EXT: 1073 FAX: +62 (361) 2003599  
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SPA OPENING HOURS  
Everyday 09:00AM - 09:00PM

All spa treatments and pricing are subject to change without notice.