

IRIDIUM SPA

RARE & REFINED

RITUALS, MASSAGES & BODY TREATMENT

RITUALS

LUXURY CHAMPAGNE TREATMENT

150 minutes IDR 12,000,000 per couple

Starting with a seductive Foot Ritual, cool drops of precious Champagne are poured on the whole body in a refreshing gentle massage, followed by The St. Regis Spa Bali Signature massage using grape seed scrub and grape seed oil. The powerful antioxidant of the grapes will tone and fortify dry malnourished skin, fight free radicals, boost circulation and increase cell hydration to regenerate your skin. The massage ends with a detoxifying Champagne Body Mask made of white clay mixed with Champagne. Conclude your treatment with an intimate flower bath and gently emerge from this blissful relaxation with a glass of Champagne under the private gazebo.

COUPLE'S REVITALIZING OCEAN JOURNEY

180 minutes IDR 11,000,000 per couple

This invigorating and revitalizing treatment features the ocean's unsurpassed riches and natural bounty. The Journey begins with a sensuous and soothing Ocean Clay Massage. Unwound and relaxed, your rested body is now ready for a complete transformation. Exquisite Indian Ocean Black Pearl Body Exfoliant peels away layers of old skin, followed by a whole body application of our futuristic brew of Marine Bio-enzymes and Minerals which promotes the regeneration of new skin cells. A mini-facial and a Sea Bath featuring more precious black pearl and potent caviar enzyme complete this fantastic Journey.

To end your Journey well, we recommend a glass of chilled Champagne and a choice from our Spa Cafe healthy tasting menu, with an additional charge.

HONEYMOON SPA EXPERIENCE

120 minutes IDR 8,500,000 per couple

The perfect way to embark on your honeymoon as well as preparing your skin for Bali's tropical weather, this experience can be enjoyed individually or as a couple. Begin with our signature foot bath to relax the feet and prepare the body for an exotic Body Scrub featuring scents of Jasmine and Tuberosa flowers, followed by a Petals and Cream body mask. Rinse off from your scrub with a luxurious flower petal, Tuberosa and milk bath accompanied with romantic mocktail and iced pralines. Finish with The St. Regis Spa Bali Signature Massage, leaving skin nourished, soft and supple.

ST. REGIS SIGNATURE 'BLOODY MARY' INSPIRED RITUAL

150 minutes IDR 5,500,000 per person

Inspired by St. Regis famed 'Bloody Mary', this signature ritual pays homage to a timeless tradition. Refreshing with a jolt, the treatment begins with an energizing Tomato, Pineapple and Wasabi Body Reviver followed by a skin purifying Vodka Tomato Clay Wrap. A detoxifying massage and an invigorating Tomato Vermouth and Mineral Salt bath ensue, leaving you feeling thoroughly recharged and revived.

Complement your 'Bloody Mary' treatment with freshly shucked oysters in coriander tomato water, served in a spa gazebo with an additional charge.

LULUR EXPERIENCE OF INDONESIA

120 minutes

IDR 3,700,000 per person

Experience a body treatment developed more than 400 years ago on Bali's "sister island" of Java. Originally designed for brides before their wedding day, this treatment begins with a foot ritual following with relaxing massage. A gentle body exfoliation featuring a scrub of sandalwood, turmeric, ground nuts, rice and other scented woods, polishing and preparing the skin for a rich, yogurt-based emulsion that restores hydration and balance. After an invigorating scrub, enjoy a relaxing soak in a warm flower bath. Your therapist will finish the treatment with a generous application of hydrating body lotion, leaving skin soft and luminous

WOMEN'S APPROACH

180 minutes

IDR 6,000,000 per person

This spa package is thoughtfully designed for ladies. Set the tone for relaxation with a warm foot wash, preparing the body for a relaxing Balinese Massage, followed by a Bespoke Facial. Finish with a Signature Manicure and Pedicure, leaving every inch of your body well cared for.

SLIMMING AND ANTI CELLULITE

150 minutes

IDR 5,500,000 per person

(Body Scrub, and Anti-cellulite Massage with a blend of Lemon, Cypress and Juniper Essential oils, Body Mask)

SLIMMING & ANTI CELLULITE BODY SCRUB

Slimming and Anti-cellulite Body Scrub is a gentle body exfoliator that cleanses, exfoliates and moisturizes the skin. It can improve blood circulation, stimulate and firm the skin, and enhance the renewal of cells.

SLIMMING & ANTI CELLULITE OIL MASSAGE

Slimming and Anti-cellulite Oil Massage consists of effective natural ingredients working in synergy to activate the slimming and anti-cellulite process while bringing absolute pleasure and relaxation to your body. It can immediately smooth and tone the skin and help to restore suppleness and firmness.

SLIMMING & ANTI CELLULITE BODY MASK / WRAP

With regular use, Slimming and Anti-cellulite Body Masks/Wraps can help tighten up saggy skin and reduce cellulite

THE EXPRESS REJUVENATION

90 minutes IDR 3,400,000 per person

The treatment starts with a 30-minute relaxing back massage followed by a Bespoke Facial including cleansing, specialized facial massage and moisturizing of your skin.

Complement all of these rituals with the following:

- Aqua Vitale pool (an under water massage pool)
- Finnish Sauna
- Aromatherapy Steam Room

FROM TOP TO TOE FOR HIM OR HER

300 minutes IDR 9,000,000 per person (vacation package)

Featuring a series of treatments customized to ensure you look and feel best after your vacation.

60-minute Signature Massage

60-minute Bespoke Body Scrub

60-minute Bespoke Facial

90-minute Signature Manicure and Pedicure

30-minute Hair Cut or Hair Styling

The treatments within this special package can only be enjoyed by one person (non-transferrable) and only within the duration of his/her stay. Please make your reservations at your convenience.

MASSAGES

THE ST. REGIS SPA BALI SIGNATURE MASSAGE

60 minutes IDR 2,000,000 per person

90 minutes IDR 2,750,000 per person

Whether you seek relief for overexerted muscles, or simply want to let your mind and body escape reality, your Spa therapist will customize your massage using specialty products and techniques essential to your ultimate relaxation and rejuvenation. Based on your particular areas of focus, your massage therapist may borrow from a variety of methods including Shiatsu, Swedish and Deep Tissue, enhanced with warm paraffin to ensure the most complete massage.

BALINESE MASSAGE

60 minutes IDR 1,800,000 per person

90 minutes IDR 2,600,000 per person

A traditional treatment for those seeking total relaxation. The technique of skin rolling, long kneading strokes, acupressure and foot massage are believed to renew, strengthen and relax the body.

FOUR HANDS MASSAGE

90 minutes IDR 4,600,000 per person

A powerful way to balance the body and stimulate the body's natural healing process. This treatment is designed to relieve toxins, tension and relax the mind, body and soul. Performed by two therapist working in harmony and synchronize

NURTURING MASSAGE FOR MOTHER-TO-BE

60 minutes IDR 3,000,000 per person

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialized positioning on the unique beanbag is used to ensure the ultimate in safety, comfort and relaxation. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit.

HERBAL POULTICE MASSAGE

60 minutes IDR 2,500,000 per person

90 minutes IDR 3,000,000 per person

The Herbal Poultice massage utilizes warmed muslin poultices of Balinese and Chinese herbs including ginger, lemongrass, and camphor that are steamed and applied directly to the body with rhythmic, kneading movements. It aims to soothe muscle tension and stiffness on targeted areas. Heat and herbs are absorbed by the body to help reduce aches and pains, increase lymphatic drainage and condition the skin.

AROMA STONE THERAPY

Warm Basalt Stones to Melt Away Tension

90 minutes IDR 3,500,000 per person

Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

AYUR VEDIC SHIRODHARA

90 minutes

IDR 3,000,000 per person

Practiced for centuries, Shirodhara massage originates from India and is based on the ancient principles of Ayurvedic medicine. The fundamental aim is to harmonize the body, mind, senses and soul. Ayurvedic shirodhara therapy involves 107 neuromuscular junctions where vital points are concentrated (Marma Points). It induces more than relaxation, resulting in the removal of toxins, cleansing the body and rejuvenating the systems. This treatment effectively alleviates stress, the main factor causing headaches, neuralgia and disease. You will emerge with a heightened state of awareness and a long-lasting sense of peace to equip you for any of life's challenges.

ASIAN FUSION MASSAGE

90 minutes

IDR 2,750,000 per person

Begin with a deep relaxing massage using the Chinese massage technic design to expel fatigue and release back tension. The treatment culminates with the elimination of body heat by stimulating the foot reflex zones, using indian massage technic with kanzu bowl.

THAI YOGA MASSAGE

90 minutes

IDR 2,750,000 per person

Originated from India, Thai Yoga massage works on 10 Zen vital points of the body to alleviate toxins caused by stress and over-exercising. The treatment uses long stroking movement from top to toe, pressure point manipulation, stretching and body rolling to relax the body, boost the immune system and relieve joint soreness. Emerge from this indulgence with a heightened state of awareness and a long lasting sense of body systems returning to a healthy operating state. This treatment will be performed in the tranquil ambience of the spa gazebo.

REFLEXOLOGY HAND AND FOOT

60 minutes

IDR 1,600,000 per person

A powerful way to balance the body and stimulate the body's natural healing process. This treatment is designed to relieve toxins, tension and relax the mind, body and soul.

BODY TREATMENTS

BESPOKE SCRUB

60 minutes

IDR 2,500,000 per person

From preparing skin to bask in the sun, to conditioning skin to look its best in warm weather clothing, our therapist will customize a scrub to gently exfoliate, smooth and re-energize, suitable to your skin type. Guests will select their aromatherapy of choice, which is incorporated in a gentle yet effective resurfacing scrub, and an ultra-moisturizing emulsion that leaves the skin incredibly soft and supple.

BESPOKE WRAP

60 minutes

IDR 3,000,000 per person

Achieve the transformational results you desire, whether it's nourishing benefits or recovering from too much time under the Bali sun. From hydrating aloe vera to seaweed extracts that promote lymphatic drainage, your Spa therapist will design a full body wrap incorporating local Balinese ingredients to recondition your skin from beneath the surface and provide a silky, toned finish.

HOLISTIC TREATMENTS

DETOXIFICATION

This cleansing program is created to cleanse the toxins in the body, both in the muscular and blood systems as well as in the digestion system (stomach, small intestine and colon). The program improves the function of the blood and stimulates the vital energy to re-energize and refresh the bod

DETOX MASSAGE

90 minutes IDR 2,750,000 per person

This massage works on cleansing the toxins in the muscles, tendons and in the lymphatic systems. It improves metabolism, blood circulation and vital energy in the body. A detox massage is given during the cleansing program.

3-DAY CLEANSING PROGRAM

90 minutes IDR 8,250,000 per person

The cleansing program involves drinking a special formula of fresh fruits and vegetable juices only, in order to clean the digestive system and the program consists of a 90-minute daily Detox Massage.

The combination of the 3-day cleansing diet and the detox massage is beneficial in removing the toxins from the body, both in the blood, muscle and in the digestive systems. If one is unable to do the 3-day cleansing program, the detox massage is sufficiently good to cleanse the toxins in the body.

REBALANCE

90 minutes IDR 2,750,000 per person

This treatment uses acupressure, reflexology and massage to release any stiffness and tension in the muscular system, relieve muscular pain or mental stress. It reduces blocks in the blood circulation and meridians and enhances a smooth flow, cleansing the toxins in the muscles and improving metabolism. It works to relax and rebalance the body from any physical and mental tension or stress to achieve total balance and rejuvenation. The treatment is good for one who is active in work or in sport or for those who would just like to experience total balance and a fresh feel. The treatment starts with foot reflexology, then body massage with reflexology and acupressure, hand reflexology and closes with a head, neck and shoulder treatment.

RE-ENERGIZE AND REVITALIZE

90 minutes IDR 2,750,000 per person

This massage treatment combines reflexology, acupressure and Reiki and is good for those who experience low energy, weakness, fatigue, asthenia or poor spirit. The treatment works to stimulate and increase energy and vitality, cleansing any toxins and negative energies, releasing inner tension and facilitating new vital energy flow in the meridians and blood circulation to achieve new power and ultimately to re-energize.

Starting with a foot treatment, then reflexology, acupressure and massage of the back and then front of the body, hand reflexology, head and shoulder massage, the treatment closes with a Reiki session.

HOLISTIC TREATMENTS

JAVANESE HEALING

120 minutes

IDR 3,500,000 per person

Javanese healing is a systematic holistic treatment using a unique and powerful Javanese therapeutic massage, inner energy treatment and spiritual healing to give a deep holistic healing to the body, mind and spirit. It is good for those who need deep therapy due to both acute and chronic problems of fatigue, asthenia, poor spirit, weakness, general tensions and aching. It rebalances and refreshes the system in the body, mind and spirit. Starting with Javanese therapeutic massage for the whole body, beginning with the feet, leg, back, hand, abdomen, shoulder, neck and head massage, incorporating an inner energy treatment and spiritual healing. Javanese therapeutic massage uses a unique technique of massage that works on the muscles, tendon, blood circulation, lymphatic and vital energy systems, all at the same time.

MASTER THERAPY

90 minutes

IDR 2,750,000 per person

This therapy uses the technique of reflexology, acupressure, an inner energy treatment and massage to fix the body system by working on key pressure points, nerve endings, reflex areas, vital energy systems, blood circulation and the muscular system. It is beneficial in curing acute and chronic problems or ailments in the body and it works on the basis of acknowledging the status of the problem and tunneling down to the root of the problem.

It helps with the following problems:

1. *Vertebralgia*
2. *Cervical syndrome*
3. *Lumbago*
4. *Sciatica*
5. *Sports injury*
6. *Arthritis and rheumatoid arthritis*
7. *Dizziness*
8. *Headache*
9. *High cholesterol*
10. *Hypertension*
11. *Neurosis*
12. *Palpitation*
13. *Constipation*
14. *Chest pain*
15. *Abdominal pain*

And it also helps those who need general body treatments like:

1. *Foot and hand reflexology and acupressure*
2. *Back treatment*
3. *Abdominal treatment*
4. *Shoulder, neck, head and face treatments*

SOUL BLESSING

90 minutes

IDR 4,500,000 per person

90 minutes

IDR 8,000,000 per couple

Soul blessing is created by a holy priest and holistic master from Bali. Alit, the Guru, is from a holy priest family (Brahmana).

When a person has problems with health, limited energy and needs peace and happiness in their life, Soul Blessing will provide purification for the body and mental spirit. Starting with techniques of concentration, controlling of breathing and basic meditation to connect the light and absorb the universal energy for love and happiness, the blessing continues with clearing the body and spirit of negative aura with an energy prana / reiki treatment. This is combined with pure holy water (with young coconut water, sea water, river water, lemon grass, lotus petals flower, rose petals, and some other flowers within one place). The Guru will then engage in an initiation program to charge you with positive energy from the universe and raise the energy levels in the body.

The last session is a consultation with the teacher about spirituality, healing, life problems, energy reading and more. Join in the Soul Blessing Journey and feel the benefits of nourishment to and calming of your body, spirit and mind.

All treatments in the holistic program are performed by male therapists.

We provide complimentary consultation prior to your treatment from 2:00 - 6:00 PM. Advance booking is required.

To complement all our holistic treatments, we recommend the use of Aqua Vitale pool (hydrotherapy massage pool), Finnish Sauna, Aromatherapy Steam Rooms same time.

MEN'S DEFINITION

Experience memorable moments of well-being and harmony with Wellness Treatments especially designed with gentlemen in mind.

HIS INDULGENCE

180 minutes IDR 5,000,000 per person

Specially designed for men, this ritual begins with our signature foot bath, followed by an invigorating Balinese Massage and Men's Vitality Facial, culminating in a choice of either a hair cream bath or men's manicure or pedicure.

MEN'S BACK TREATMENT

45 minutes IDR 2,000,000 per person

Thanks to Spa Sensation Salt Rub Body Peeling, the skin is left soft, supple and significantly refined. The combination of Thermo Roll and essential oil massage assures a relaxing, tension relieving beauty care experience.

*To complement this treatment, we recommend the following:
Men's Vitality Facial*

MEN'S VITALITY FACIAL

60 minutes IDR 2,750,000 per person

90 minutes IDR 3,250,000 per person

New energy and refreshing relaxation with intensive pampering care, for a dynamic and fresher look.

MEN'S MANICURE

IDR 800,000 per person

A 'quick fix' service for your hands. This Men's manicure features a bespoke scrub, and a relaxing massage that will leave your hands softer, brighter, and younger looking. In addition to nail shaping, buffing and cuticle treatment, your hands will be treated with paraffin to restore hydration.

MEN'S PEDICURE

IDR 1,000,000 per person

There is nothing basic about this pedicure in which your feet are treated to a thorough cleansing and buffing. Our pedicure uses high quality foot products that can be customized to your skin's needs, whether for removing a callus, cracked skin, sweating, varicose veins or just pure relaxation.

This treatment is for the well-being of your feet. Starting with an invigorating foot scrub, your lower legs and feet will benefit from an intense exfoliation and soothing massage for the softest calves, heels and toes followed by a warm paraffin application. Impeccable filing and cuticle treatment will leave your feet looking and feeling rejuvenated, perfect for getting feet sandal- and barefoot-ready for the Bali beaches.

FACIAL, NAILS, HAIR AND WAXING

FACIAL

BESPOKE FACIAL

60 minutes IDR 2,750,000 per person

90 minutes IDR 3,500,000 per person

After a one-on-one consultation and skin analysis, our therapist will design a facial that caters to your individual needs, to refresh the stressed skin caused by modern life.

The combination of pure plant extracts and oils regulates the skin's moisture levels, increases suppleness and protects against environmental damage.

This treatment provides vital new energy to relax and calm the skin instantly. Irritation, redness, a tingling feeling and tightness subside. Our Bespoke Facial includes a thorough cleansing, exfoliation, face massage, mask and moisturizing.

Each facial is complemented with a warm paraffin foot wrap, foot and scalp massage, and eye and lip treatments.

Suitable for women and men.

(If you would like a special Collagen Mask treatment, it would be at an additional charge.)

ANTI-AGING FACIAL

90 minutes IDR 4,250,000 per person

This highly effective anti-aging treatment is useful to keep our skin relaxed, young and sensual. It helps to improve collagen to renew skin vitality and leave our skin supple and firm. Lifting integral complex has a fourfold anti-aging effect. It instantly minimizes the traces of time, helps to prevent new wrinkles and lines from forming intensive tones as well as moisturizes the skin, promotes cell regeneration, enhances the elasticity of the skin and protects the skin from harmful influence from the environment.

OXYGEN INFUSION

REJUVENATION

60 minutes IDR 3,000,000 per person

FIRMING

90 minutes IDR 4,000,000 per person

This is a step to enhance the skin's transformation and specifically targets expression lines by cooling Oxygen Infusion and calming with pressurized oxygen to increase serum absorption Oxygen Infusion, balanced, looking healthy and glowing with vitality.

DETOX FACIAL

90 minutes IDR 4,250,000 per person

Deep-sea green, blue green and brown algae supply intensive moisture and trace elements with the power of ocean. Also bind metabolic wastes, congestions and impurities and clean the skin from within

PRO-COLLAGEN QUARTZ

LIFT FACIAL

One anti - Wrinkle Facial - Proven Results

60 minutes IDR 3,200,000 per person

This anti-wrinkle facial is clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57%*, after just one treatment. The power of Padina Pavonica is accelerated by the electrical energy of precious minerals Quartz, Tourmaline, Rhodochrosite and Malachite to re-energise cell communication, whilst Laminaria Digitata and Red Coral optimises cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance.*

SUNDA ISLANDS SUN FACIAL

60 minutes IDR 3,000,000 per person

Designed for those who have indulged in the Bali sun, this deluxe facial helps heal and correct skin imperfections caused by exposure to sun. This facial will focus on repairing damage at the molecular level, restoring hydration and protecting skin from future exposure. Skin is left optimally hydrated, nourished and brightened. This treatment is also excellent for guests visiting Bali from urban environments.

NAILS

SIGNATURE MANICURE

60 minutes IDR 1,200,000 net per person

The ultimate treatment for your hands, this manicure features a bespoke scrub and a relaxing massage that will leave your hands softer, brighter, and younger looking. In addition to nail shaping and buffing, cuticle treatment, and nail polish application, your hands will be treated with paraffin to restore hydration, providing a soft finish.

SIGNATURE PEDICURE

60 minutes IDR 1.400,000 net per person

There is nothing basic about this pedicure in which your feet are treated to a thorough cleansing, buffing and nail polish application. Our pedicure uses high quality foot products that can be customized to your skin's needs, whether for removing a callus, cracked skin, sweating, varicose veins or just pure relaxation. This treatment is for the well-being of your feet. Starting with an invigorating foot scrub, your lower legs and feet will benefit from an intense exfoliation and soothing massage followed by a warm paraffin application for the softest calves, heels and toes. Impeccable filing, cuticle treatment and nail polish application will leave your feet looking and feeling rejuvenated, perfect for getting feet sandal - and barefoot - ready for the Bali beaches.

HAIR

<i>Hair Cutting Men</i>	IDR 750,000
<i>Hair Cut and styling woman Long</i>	IDR 2,000,000
<i>Hair Cut and styling woman Short</i>	IDR 1,500,000
<i>Hair Shampoo and Styling Long</i>	IDR 1,500,000
<i>Hair Shampoo and Styling Short</i>	IDR 1,000,000

HAIR MASK

60 minutes IDR 1,000,000 net per person

Includes wash, hair mask and hair massage.

During application of mask cream, shoulder and hand massage will be performed.

This treatment is beneficial in giving nutrition and softening dry, colored and frizzy hair.

HAIR CREAM BATH

60 minutes IDR 1,000,000 net per person

Includes wash, hair cream and hair steam.

Scalp massage for better nourishing.

This treatment is good for relaxation and softens all hair types.

WAXING

The St Regis Spa uses a gentle, aroma therapeutic wax for fast, effective and gentle hair removal.

<i>Underarm</i>	IDR 600,000
<i>Half Arm</i>	IDR 700,000
<i>Full Arm</i>	IDR 1,000,000
<i>Half/Upper Leg</i>	IDR 800,000
<i>Full Leg</i>	IDR 1,200,000
<i>Basic Bikini</i>	IDR 800,000
<i>Brazilian Bikini</i>	IDR 1,200,000

PRIVATE WELLNESS CLASS

IDR 850,000 per person

IDR 1,500,000 per 2 guests

IDR 1,800,000 per 3 guests

IDR 500,000 net per person (Additional price)

Enjoy a private wellness class session at your convenient time, with the beauty of Bali as a backdrop, in your villa, Beachfront or Amphitheater. This session can be designed to work at the level that is most comfortable and beneficial for your body.

APPOINTMENT INFORMATION

We encourage you to arrive at least 15 minutes prior to your scheduled treatment to ensure total relaxation and enhance treatment results.

CANCELLATION POLICY

Should you find the need to cancel your appointment, please allow 6-hour notice of cancellation to avoid a 50% surcharge. A “No Show” will incur a 100 % surcharge.

SPECIAL CONSIDERATION

Your health and safety are our utmost priority. Please help us by completing the lifestyle consultation and inform us of any physical condition that may prevent you from having some of our spa treatments.

Please leave all your valuables in your guest room or in the locker provided when visiting the spa. As The St. Regis Spa offers each guest the chance to relax and rejuvenate, we appreciate you turning off or Switch your mobile phones to silent mode.

Smoking inside The St. Regis Spa premises is strictly prohibited.

WELLNESS PROGRAMME

Day	Activities	Time	Venue
Monday	<i>Pilates Matwork</i>	6:30 - 7:30 AM	<i>Fitness Studio</i>
Tuesday	<i>Yoga</i>	6:30 - 7:30 AM	<i>Amphitheater</i>
Wednesday	<i>Core Exercise</i>	5:30 - 6:30 PM	<i>Fitness Studio</i>
Thursday	<i>Pilates Matwork</i>	6:30 - 7:30 AM	<i>Fitness Studio</i>
Friday	<i>Meditation</i>	5:30 - 6:30 PM	<i>Bale Beachfront</i>
Saturday	<i>Yoga</i>	6:30 - 7:30 AM	<i>Bale Beachfront</i>
Sunday	<i>Circuit Training</i>	5:30 - 6:30 PM	<i>Fitness Studio</i>

YOGA

Meaning union, it harmonizes the mind, body and soul through exercise and breathing. Whether in the passive form (Hatha and Spiritual Yoga) or in the dynamic form (Astanga, Vinyasa or Power Yoga), Yoga has the ability to tone and improve one's flexibility and more importantly it calms one's mind.

CORE EXERCISES

Engage the torso muscles and strengthen your stability. Core muscles need to work as a unit, at the same time, across all joints in order to stabilize the spine. Some of the best core exercises are simple bodyweight exercises.

PILATES MATWORK

Pilates Matwork improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

MEDITATION

A combination of breathing control, general concentration and energy movements, it is one of the most effective ways to manage stress, refresh and calm mind and body, and enhance the feeling of happiness, love and intuition. The different techniques of movement in meditation are Giri Bhavana (health), Samadhi (enlightenment), Cakra (creative visualization) and Kundalini (opens the cakra).

CIRCUIT TRAINING

An excellent way to improve mobility, strength and stamina. The circuit training comprises of 6 to 10 strength exercises that are completed one exercise after another. Each exercise is performed in repetitions during a set time before moving on to the next exercise. Suitable for all fitness level.

The above activities are conducted in a group session but we also offer private sessions. (At a charge)

Private Activity:

IDR 850,000 net per person

IDR 1,500,000 net per two person

IDR 1,800,000 net three person

IDR 500,000 net (Additional)

Enjoy a private activities session at your convenient time, with the beauty of Bali as a backdrop, in your villa, Beachfront, Amphitheater or The Dulang. This session can be designed to work at the level that is most comfortable and beneficial for your body.

SPA GUIDELINES

APPOINTMENTS

We invite you to use all of the Iridium Spa features, including sauna, steam room and Jacuzzi®, before and after spa treatments. We request that you arrive at least 20 minutes prior to your treatment time, providing you with ample time to check in and prepare for your spa experience. Should your arrival be delayed, please note that your treatment time will be reduced accordingly so that we may serve the next guest on time.

MINIMUM AGE

Guests of Iridium Spa must be at least 16 years of age to enter and use any of the spa facilities.

RESERVATIONS

Walk-in appointments are welcome, however guests are encouraged to make arrangements in advance. All reservations must be secured with a credit card. To schedule your appointment(s), please call our Iridium Spa desk at +00 000 000 000. Guests staying at the property may dial extension 0000 from a guestroom.

CANCELLATION POLICY

The treatments selected are reserved especially for you with one of our professional practitioners. We request a minimum of 4 hours to cancel any service. Cancellation made with less than 2 hours' notice will incur a 50% cancellation fee. The full treatment charge will automatically be imposed for a "no show."

THE ST. REGIS BALI RESORT
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