



## **SPA ETIQUETTE**

The Jiwa Spa is open from 10:00 to 19:00 (last booking at 18:00).

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

We recommend that you do not sunbathe directly after your spa treatment and advise that you limit your sun exposure for 2 hours before and after any spa treatment.

If you are pregnant or have recently given birth, please notify our spa reception so that we may take the necessary care with your treatment prescription. We provide bathrobes, slippers and disposable underwear for your personal use during your visit to our spa. Kindly note that the spa is a tranquil setting and a place to relax, therefore we request that you leave your mobile phone in your guest room and enjoy a peaceful visit to the spa. Please refrain from smoking within the spa grounds as we would like to provide a healthy environment for all our guest.

We kindly request that guests wear face masks at all times during the visit in the spa.

It is recommended that you leave all jewelry and valuables in your room's safety deposit box before coming to the spa. Please note that the spa will take no responsibility for lost or damaged items of a personal nature.

Please note that the spa is an unsuitable environment for babies and small children. We try to ensure that all of our guests benefit from the tranquil surroundings and ask you to be mindful of this when bringing young children to this location.

All treatment will be charged to your room and will appear on your account at the time of check out.

Please allow at least 6 hours notice for cancellation to avoid a 50% cancellation charge. Cancellations within 6 hours of scheduled treatment or without notice will incur a 100% charge.



## **SIGNATURE RITUALS**

### ***Coconut Aromatherapy | 120 mins***

Treat yourself with a healing Coconut stick massage that rolls and kneads the muscle tissue to create an extreme sensation of relaxation and remove the dead skin by applying Coconut Fresh Scrub. Conclude the experience with nourishing Coconut Milk bath to keep your skin moisturized. Key Element : Aromatherapy Coconut Stick Massage, Coconut Fresh Scrub, Coconut Milk Bath.

## **MASSAGE THERAPIES**

### ***Inner Radiance Massage | 120 mins | 90 mins | 60 mins***

For tense muscles and fatigue, traditional acupressure techniques realign the body's natural channels of energy and tone the physique.

### ***Tranquil Javanese Flow Massage | 120 mins | 90 mins | 60 mins***

Drift away to this signature massage of which movement mimics flowing ocean waves. Enjoy an aromatic massage with personalized essential oil combines with smooth strokes and firm acupressure.

### ***Balinese Hot Stone Massage | 75 mins***

A deeply restorative massage to nourish a weary mind and body. Using heated stones and a calming massage technique, sore and aching muscles melt away, resulting in pure relaxation.

### ***Reflexology | 60 mins | 30 mins***

Ancient Chinese therapy of stimulating acupressure points on the feet to activate body's internal healing powers and relieve ailments, promoting an overall sense of equilibrium and wellbeing.

### ***Back Massage | 30 mins***

Relaxing massage therapy concentrating on the stressed back muscles, designed to relax and ease tension.



## ESPECIALLY FOR MEN

### *Gentleman's Escape Rituals | 135 mins*

Loosen up the muscle knots with special deep-tissue sport massage focusing on your pressure points, followed by invigorating hair creambath to freshen up your body and mind. Conclude the experience with a nourishing pedicure.

### *Recharge Bamboo Massage | 90 mins*

Therapeutic deep muscle massage for de-stress experience and release tight muscle using warm bamboo and relaxing massage oil.

### *Sport Massage | 90 mins | 60 mins | 30 mins*

An invigorating massage that incorporates trigger points and Swedish Massage technique, focusing on relieving muscle ache and pain, that will leave your body feeling rejuvenated and refreshed.

## BEAUTY BLISS

### *Spa Pedicure | 60 mins*

Relieve your feet with cooling footbath, followed by a nourishing exfoliation. Conclude the pedicure with a soothing massage to stimulate reflex points and release tension from your feet. Nail varnish include if desired.

## PRICE LIST

### SIGNATURE RITUALS

Coconut Aromatherapy	120 mins	1.825K++
----------------------	----------	----------

### MASSAGE THERAPIES

Inner Radiance Massage	120 mins	1.650K++
Inner Radiance Massage	90 mins	1.375K++
Inner Radiance Massage	60 mins	1.045K++
Tranquil Javanese Flow Massage	120 mins	1.650K++
Tranquil Javanese Flow Massage	90 mins	1.375K++
Tranquil Javanese Flow Massage	60 mins	1.045K++
Balinese Hot Stone Massage	75 mins	1.250K++
Reflexology	60 mins	945K++
Reflexology	30 mins	525K++
Back Massage	30 mins	550K++

### ESPECIALLY FOR MEN

Gentleman's Escape Rituals	135 mins	1.950K++
Recharge Bamboo Massage	90 mins	1.650K++
Sport Massage	90 mins	1.500K++
Sport Massage	60 mins	1.200K++
Sport Massage	30 mins	650K++

### BEAUTY BLISS

Spa Pedicure	60 mins	525K++
--------------	---------	--------