

# TREATMENTS

## **PHILOSOPHY**

Set amidst beautifully landscaped gardens and the Indian Ocean, Nirwana Spa at Pan Pacific Nirwana Resort Bali offers guests the most exclusive health and spa facilities; a place to soothe their senses, a sanctuary of the mind and body, where guests will enjoy the luxury of true wellness in an aesthetic and healing environment amongst complete serenity. We are committed to delivering all aspects of wellness with integrity and honesty, providing inspiration amidst lifestyle changes in an environment that delights the senses.

## **TREATMENTS**

A unique experience inspired by Tanah Lot Temple's ambience and the breeze of the Indian Ocean, The Nirwana Spa offers several therapeutic treatments to rebalance and unblock the Zen lines.

With attentive and personalised service, we serve our guests with sincerity, warmth and care. Each treatment starts and finishes with the gentle Balinese chime. Specially designed treatment rooms have been created where you can unwind, escape and rejuvenate.

## **PRODUCTS**

Nirwana Spa signature product lines have been developed specifically for our guests, using only luxurious ingredients containing natural active ingredients.

The product range incorporates four body oils, essentials oils, body lotions and unique organic body scrubs and wraps. The selection of beauty treatments are cornerstones of the Nirwana Spa lifestyle concept and has been created to respect the complex physiology of skin and body.



NIRWANA SPA

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## **NIRWANA SIGNATURE**

Step into a space where the beauty of form merges with the elements of nature. Experience the revitalising and rejuvenating power of Nirwana Finishing Touches from top to toe.

### **Blooming Beauty**

**Purifying**

**2hrs**

**2,500**

Enriched with 26 dynamic ingredients including an exclusive combination of anti-ageing extracts, the latest in peptides and a de-ageing lipsonic technology, look youthfully radiant with this purifying treatment. Deeply repairing, hydrating, and smoothing, this luxurious wrap leaves every inch of your skin velvety soft while rendering your body visibly rejuvenated, instantly firmer and more toned.

### **"Ayus Lomi"**

**Purifying**

**2.5hrs**

**1,300**

Indulge in this 150-minute intensive treatment which combines the Ayurvedic principles with aspects of the Lomi-Lomi-Nui massage from Hawaii. Depending on the dosha type, your personal massage oil is mixed out of different essential oils and pure oils. Feel absolutely deep-relaxed and energised, with balanced, radiant skin - as if you are reborn. Dosha-specific nutritional recommendations help to transfer this experience to your every-day world.

All prices are in thousand (000) Indonesian Rupiah nett



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## HONEYMOON JOURNEYS

A romantic getaway on the Island of the Gods.

Feel like royalty when enjoying the luxurious abundance of restorative spa treatments with our pampering collections.

### Nirwana Escape

**Relaxing**

**3hrs**

**Single/Double**

**1,300/2,180**

Savour the perfect romantic escape with this package, including an aromatic foot ritual, your choice of a one-hour full body therapeutic massage, your preferred scrubs or masks, followed by the ultimate facial and bathing ceremony, all to leave your skin velvety soft and restored.

### Romantic Retreat

**Purifying**

**2hrs**

**Single/Double**

**1,300/2,180**

Delivered in a divine aromatic sensory experience, this deeply nourishing treatment is the ultimate in counteracting premature ageing and sun damage. Begin with a body massage with anti-ageing properties, then a mango and passion fruit salt mousse exfoliating treatment, followed by a de-ageing body wrap.

### Golf Sensation

**Energizing**

**2hrs**

**Single/Double**

**1,210/2,090**

This invigorating treatment is excellent for easing tense muscle pains and post exercise stress. Begins with an aromatic foot cleansing followed by a Sports Massage with muscle manipulation and stretching techniques. Indulge in a full body mask from authentic Balinese herbal ingredients applied all over the body, which help to heal the body whilst relieving aching joints and sore muscles. This Boreh Mask will increase blood circulation, leaving your skin feeling pleasantly warm.

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## **Beraban Indulgence**

**Relaxing**

**90min**

**Single/Double**

**1,120/1,360**

This package is a wonderful reward for meeting the demands of a busy life. Inspired by the beauty of the ocean and the green garden of Nirwana Spa, this package includes an aromatic foot ritual, a full body therapeutic massage with warm oil, and a pearl and hibiscus body scrub. The Beraban Indulgence journey is a replenishing treatment that will leave you looking good all over.

## **BODY MASSAGES**

Experience unrelenting relaxation and pampering. A unique setting inspired by the soothing ambience of Tanah Lot Temple, Nirwana Spa offers several therapeutic massages to rebalance and unblock the Zen lines.

### **Tanah Lot Massage**

**Balancing**

**60min/90min**

**850/975**

One of the natural healing therapies, this treatment begins with an aromatic foot wash followed by a combination massage technique using palming, stretching, effleurage and pressure points to relieve tension, improve blood flow and harmonise your body, mind and spirit.

### **Sport Massage**

**Purifying**

**60min/90min**

**850/975**

This massage relieves fatigue and stress in muscles before or after sport events. This is typically a stimulating massage that incorporates stretching and invigorating techniques. It is useful for the prevention of lactic acid build-up in muscles and to improve the mobility of joints and muscles.

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## **Anti-Aging Massage**

**Purifying**

**60min/90min**

**850/975**

This exquisite nourishing and repairing body massage improves skin elasticity and counteracts premature aging by delivering wrinkle-smoothing and rejuvenating benefits. Enriched with a high content of vitamin A and vitamin E, it renders the skin firm and youthfully supple.

## **Nirwana Foot Massage**

**Purifying**

**30min/60min**

**425/610**

An traditional foot massage focusing on acupressure points on your nerve center on the feet, which improves circulation, relieves stress, and promotes relaxation. Traditional healing therapy aims to rebalance and harmonise the functions of the entire body.

## **Herbal Bundle Massage**

**Relaxing**

**60min/90min**

**850/975**

Hot aromatic herbs wrapped tightly in muslin are pressed along the energy lines of the body and on areas holding tension. Camphor, ginger, tamarind, lemongrass and eucalyptus are used in these traditional herb bundles. They are deeply relaxing and they help relieve muscle pain, soothe dry skin and alleviate respiratory ailments. Treat yourself to this luxurious and therapeutic experience.

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## SCRUBS & MASKS

Designed to stimulate your body system with detoxification and hydration. To enhance your experience, all the scrubs and wraps are combined with back and shoulder massage.

### Mango Mousse Scrub

**Purifying**

**60min**

**850**

A unique spa botanical elixir to preserve your skin's health and restore your body to optimal renewal. The skin emerges smooth to the touch, visibly brightened and rejuvenated.

### Moor Mud

**Energizing**

**60min**

**850**

Recharging and energising. This scientifically proven holistic healing treatment consists of healing black magma, vitamin-rich Moor mud and beneficial Green Pine. Ideal for those prone to aches, pains, fatigue, or for restoring strength and inner balance.

### Aloe Cooling Wrap

**Purifying**

**60min**

**600**

This unique body wrap is perfect for hydrating and cooling your skin after spending too much time under the sun. This treatment makes use of fresh avocado, aloe vera gel and a wrap of fresh calming banana leaves to nourish and detoxify the skin.

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## **Detoxifying Green Tea**

**Balancing** 60min

**600**

Feel tension melt away with this treatment, starting with a combination of pressure points and palm strokes to soothe the neck, back and shoulders. Savour the benefits of a green tea scrub to exfoliate and revitalise the skin, while detoxifying the body, mind and spirit.

## **Pearl & Hibiscus Scrub**

**Relaxation** 60min

**600**

This soft-textured exfoliating scrub promotes youthful and healthy-looking skin. An ideal pre-treatment scrub prior to any treatment because it smoothes away dulling debris while a soothing rich aroma relaxes you.

## **Elemis - Lime & Ginger Salt Glow**

**Energizing** 60min

**600**

A body exfoliation ritual to invigorate and revitalise the body. After a light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturized, leaving it glowing and vibrant, replenished and flawless.

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## BEAUTY

Offers a complete line of spa products containing the finest natural marine and botanical ingredients, combined with technologically advanced formulas that deliver highly visible results.

### **Herbal Lavender Repair Facial by Elemis**

**Purifying** **60min** **750**

For perfect restoration of balanced skin. Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

### **Fruit Active Glow by Elemis**

**Energizing** **60min** **750**

Bring back the glow to a lifeless complexion. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

### **Pro Collagen Eye Treatment**

**Balancing** **30min** **450**

Your eyes can often reflect poor nutrition, the demands of your daily lifestyle, travel fatigue and other factors. Formulated with Ginkgo Biloba, this in-spa treatment effectively relieves dark circles and unappealing puffiness for refreshed, radiant eyes.

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## **Pro Collagen Quartz Lift Facial by Elemis**

**Purifying** 60min

**950**

With immediate results in the fight against time, this exceptional face and eye treatment helps to slow down the signs of premature ageing and reduce the appearance of fine lines and wrinkles, leaving skin looking firmer, uplifted and more youthful.

## **Visible Brilliance Facial by Elemis**

**Balancing** 60min

**850**

This anti-ageing face and eye treatment instantly firms, rejuvenates and plumps the skin restoring your natural luminosity for a bright, radiant and lasting glow.

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# WELLNESS PROGRAMMES

## **NIRWANA REJUVENATION (5 HOURS)**

**3.500/person**

- Choice of any treatment on our spa menu
- Unlimited cleansing juice
- Personal water aerobics for 30 minutes

## **NIRWANA CLASSIC (4 HOURS)**

**2.900/person**

- Choice of any treatment on our spa menu
- Unlimited cleansing juice
- Personal water exercise for 30 minutes

## **3 DAYS OF DETOXIFYING RETREAT**

**4.500/person**

Day 1 : Aromatherapy bathing welcome ceremony in Suite

Day 2 : Aromatherapy foot cleansing, Herbal Bundle Massage (60 minute), Refreshments

Day 3 : Aromatherapy foot cleansing, Ginger & lime salt glow (30 minute), Nurturing mini facial (30minute) Refreshment

### **Inclusion**

- Choice of Yoga session or Water Exercise
- 3-course lunch (spa cuisine)
- Unlimited cleansing juice (during 3 days)
- Spa gifts

Prices are in thousand (000) Rupiah and inclusive of 21% Government Tax and Service Charge



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# WELLNESS PROGRAMMES

## 5 DAYS OF REJUVENATION

**4,900/person**

- Day 1 : Aromatherapy bathing welcome ceremony in Suite
- Day 2 : Aromatherapy foot cleansing, Herbal Bundle Massage (60 minute), Refreshments
- Day 3 : Aromatherapy foot cleansing, Anti Aging Massage at Spa Bale with ocean view (60 minute), Refreshments
- Day 4 : Aromatherapy foot cleansing, Coffee body scrub (30 minute),  
Balneotherapy moor mud (30minute), Refreshments
- Day 5 : Aromatherapy foot cleansing, Avocado Hair stimulation (60 minute)  
White Crystal Facial (60 minute), Refreshments

### Inclusion

- Choices of Yoga session or Water Exercise
- Cycling around resorts
- 3-course lunch (spa cuisine)
- Free flow juice cleanse (during 5 days)
- Spa gifts

Prices are in thousand (000) Rupiah and inclusive of 21% Government Tax and Service Charge



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# HAIR AND NAILS

## Hair Services

Hair Cut for Ladies	350	Hair Color Short Hair	750
Hair Cut for Men	250	Hair Color Medium Hair	850
Hair Cut for Children	250	Hair Color Long Hair	950
		Hair Do/ Styling only	950
Hair Mask	650	Make up only	950
Wash & Blow Dry Short Hair	450	Hair Do & Make up for Bride	2.750
Wash & Blow Dry Medium Hair	550		
Wash & Blow Dry Long Hair	600		

## Manicures and Pedicures

Luxe Manicure		650	OPI gel Manicure	750
Luxe Pedicure		650	OPI gel Pedicure	750
Hand Nail Care	30 Minutes	350	OPI gel Nail Color	500
Feet Nail Care	30 Minutes	350	OPI gel French Color	600
Hand Coloring	30 Minutes	350		
Feet Coloring	30 Minutes	350		

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