

THE SPA



With every spa experience, enjoy a complimentary access to our serene pool and relax in its private cabana at your leisure

Influenced by Balinese healing rituals, The Spa provides a true and natural range of massage, body, and facial treatments using natural products. Our therapists are experienced in delivering our full range of massage, body, and facial treatments.

Every treatment begins with a glass of Lemon & Lemongrass Iced Tea and a Foot Bath.





Our Culinary Team will use their vast experience and knowledge to personalize a two-course healthy dining experience, inclusive in the package prices below. These dining options will be enjoyed at the main restaurant following the conclusion of your treatment and will be selected in accordance with the nature of the treatment.

Please note that the duration of the packages does not include the dining experience. Every treatment will begin with a glass of fresh juice and a foot bath.

Spa Packages

TRADITIONAL BALINESE treatment

130 min | IDR 1.800K

- Traditional body massage
- Body scrub (Traditional lulur or coconut scrub)
- Balinese boreh body mask
- Jacuzzi & body cream

THE BALÉ REJUVENATION ritual

165 min | IDR 2.390K

- Traditional body massage
- Coconut seaweed body scrub
- Anti-aging facial
- Jacuzzi & marine body cream

TROPICAL ROMANTIC ritual

Single 120 min | IDR 1.800K

Couple 120 min | IDR 3.300K

- Aromatherapy body massage
- Body wash
- Tropical flower scrub cream
- Jacuzzi & body cream

ZEN RITUAL for body & mind

120 min | IDR 1.700K

- Hot Stone massage with green tea massage oil
- Green tea body mask
- Jacuzzi & body cream

EXOTIC FRUITS BODY treatment

130 min | IDR 1.800K

- Hot stone body massage
- Body scrub with seasonal fresh fruits
- Extract fruits body mask
- Jacuzzi & body lotion

HONEYMOON INDULGENCE

Package Couple 180 min IDR 4.800K

- Honey treatment massage
- Honey body scrub
- Romantic bath or jacuzzi
- Honey facial

This package is our new ultimate couples treatment and is a genuine honey experience. A memory to enjoy and savour together!



Relax

INDIAN HEAD massage

30 min | IDR 450K

This relaxing holistic treatment uses warm coconut oil combined with a acupressure massage on the head, neck, shoulder & face. This treatment is particularly for alleviating stress, tension, fatigue, insomnia and headaches.

TRADITIONAL massage

60 min | IDR 700K

Inspired by Balinese healing rituals, this treatment combines stretching, acupressure, and Swedish massage techniques to relieve tension and improve blood circulation.

FOOT treatment

60 min | IDR 700K

Begins with a foot bath ritual and exfoliating foot scrub, followed by an acupressure massage focused on the reflex points of the feet to refresh the body and improve circulation.

TRADITIONAL facial

60 min | IDR 900K

Fresh Asian-inspired ingredients are used to cleanse, refine, restore, and rehydrate the skin, complemented by attention to the upper chest, neck, shoulders, hands, and feet.

AFTER SUN SOOTHING ritual with Aloe Vera

90 min | IDR 1.100K

- After-sun soothing bath
- After-sun soothing gel
- Fresh facial with cucumber slices and honey mask
- Cooling shower with after-sun shower gel
- After-sun soothing body lotion and body mist
- A refreshing glass of watermelon juice



Energize

AROMATHERAPY massage

60 min | IDR 850K

A combination of deep stroke massage using Lomi-Lomi, pressure point, and stretching techniques to reduce stress and muscle aches. Includes a choice of aromatherapy oils:

- Relaxation: Clary Sage, Lavender, and Geranium
- Revitalizing: Lemon, Basil, and Peppermint
- Detoxification: Ginger, Tangerine, and Lime

HEALING HOT STONE massage

60 min | IDR 900K

The healing power of touch combines with the energy of volcanic stones in this deeply relaxing massage. The warm stones help ease muscle tension and promote complete relaxation.

CRYSTAL HEALING THERAPY

Body therapy 60 min | IDR 970K

Facial 75 min | IDR 1.000K

A unique treatment combining East Asian bodywork and crystal healing techniques. Specially selected crystals help enhance energy flow between the body, mind, and spirit.

HONEY TREATMENT massage *(per couple)*

60 min | IDR 1.500K

A couples treatment using long massage strokes combined with warm honey oil. Honey helps calm the nerves, promote relaxation, and support overall wellbeing.

ANMA – TRADITIONAL

Japanese bodywork

75 min | IDR 1.000K

Traditional Japanese bodywork designed to balance and detoxify the body while relieving stress. Drinking water after the treatment is recommended to help flush out toxins.



Rejuvenate

STEAMED RICE facial

60 min | IDR 1.000K

A blend of ingredients from the Spice Islands of Indonesia and Asian remedies to moisturize, brighten, and smooth the skin. Complemented with attention to the upper chest, neck, shoulders, hands, and feet.


COFFEE RITUAL for men

90 min | IDR 1.100K

- Aromatherapy body massage
- Cappuccino body scrub
- Shower
- Body lotion application
- Fresh coffee or herbal tea

Open Daily | 10 AM to 9 PM

Please make your reservation through

 +62 812-3845-600

 spa@thebale.com



All prices are subject to 11% government tax and 10% service charge