

the gangsa's luxurious spa facility, **rehab spa**, provides a comprehensive menu of traditional balinese healing and beauty treatments that explore the ancient hindu belief that balance is the very essence of overall wellbeing. treatments include a range of massage, body therapy and beauty rituals all utilizing naturally sourced ingredients designed to refresh and rejuvenate.

> massage therapies

all massage treatments begin with an aromatherapy foot bath*, a symbolic cleansing to wash away your cares and prepare you for total relaxation. finally enjoy a blissfully relaxing massage.

*) *except for the 30-min treatment*

traditional balinese massage 60 min US\$ 50 ++
invigorating long strokes, skin rolling, and thumb & palm pressure techniques are utilized to relieve tension, stimulate the senses and enhance blood circulation. based on the island's ancient healing heritage, this massage treatment also eases anxiety for a calm frame of mind.

classic revival 60 min US\$ 50 ++
this energizing massage treatment incorporates deep strokes and elbow pressure to relieve stress and unleash emotional tension. it is essentially a healing therapy that soothes weary muscles and recharges the body, mind and spirit.

bamboo forest 75 min US\$ 60 ++
new massage treatment inspired by the primitive **dayak tribe** from the remote jungle of Kalimantan, using a unique technique of rolling lengths of bamboo over the entire body to keep it strong and revitalized. this therapeutic massage reduces tension, stimulates circulation and generally leaves the body with renewed energy levels. a trained therapist works magic by concentrating rolled bamboo pressure on the neck and shoulder blade region.

tropical charm 75 min US\$ 60 ++
heated volcanic stones are applied to strategic energy points of the body. the warmth penetrates the skin to alleviate muscular tension and feelings of depletion. this treatment is the ideal pick-me-up for anyone recovering from an emotional ordeal as it thoroughly nurtures the senses.

moods at glance 90 min US\$ 60 ++
this is a very special treatment that uses aromatic oils and a relaxing water flow massage technique to rebalance the body and spirit.

revitalizing massage 120 min US\$ 75 ++
indulge your body with 2 hours of head to toe pampering. this treatment covers all areas of the body and feet and finishes with gentle pressure movements on the head to restore overall well-being.

rehab spa

tender spirit

30 min

US\$ 35 ++

focusing specifically on the lower leg region, including the calves and skins, this reviving treatment reduces travel fatigue and the weary sensation caused by sitting stationary for long periods of time. this refreshing massage gives legs a new lease of life and put the spring back in every step taken.

timeless surrender

30 min

US\$ 35 ++

concentrating on the back, shoulders, neck and upper arms, this indulging massage treatment restores energy levels and relieves muscle strain that has built up over time. it evokes a sensation of deep relaxation and is the perfect introduction to the healing art of touch.

> body therapies

the gangsa body therapies use products from the land and sea to polish and scrub away skin impurities that are a direct effect of modern living. each treatment involves a soothing foot bath, an exfoliating body scrub and warm shower to rinse away the ingredients. an additional massage to your back, neck and shoulder areas with moisturizer will soften and hydrate the skin.

gentle harmony

60 min

US\$ 55 ++

this replenishing scrub uses a choice of pure and natural ingredients to gently exfoliate the body and remove tired skin cells. it is an aged old beauty ritual that stimulates blood circulation, encourages regeneration and leaves skin soft and radiant.

please choose one of the following products:

- lulur ~ softens, refines and rejuvenates skin
- green tea ~ antioxidant, exfoliate and encourage growth of skin
- avocado ~ exfoliate, soften and nourish the skin
- fresh coconut ~ for sensitive, sunburnt or dry skin
- coffee & cinnamon ~ exfoliates and warms the body

sweet allure

60 min

US\$ 55 ++

choose from a selection of indigenous herbs, fruit and volcanic mud to be applied to the body for a cleansing wrap that will detoxify and hydrate the skin as well as soothe weary muscles. while the nourishing properties of these natural ingredients take effect, the face, head and scalp are slowly massaged to evoke feelings of deep relaxation. a brisk shower is enjoyed and followed by a refreshing application of body moisturizer.

please choose one of the following products:

- boreh ~ stimulates body heat, relieves aching muscle and pain
- cucumber & honey wrap ~ cooling the skin after sun exposure

> beauty rituals

basic beauty care is a vital to the way we present ourselves on a daily basis. a regular facial and hair treatment will ensure that you look your best at all times, while neat nails always complement a well groomed appearance.

refreshing natural facial

60 min

US\$ 55 ++

this reviving treatment focuses on the use of pure and natural ingredients known for their nourishing properties such as lemon, honey and fresh cucumber. a candle nut peel will eliminate impurities, while ripe avocado flesh penetrates the skin for a deep moisturizing effect.

traditional facial

60 min

US\$ 55 ++

this traditional facial combines fresh from the garden ingredients with seaweed and anti-aging *biokos* products manufactured by *martha tilar*, a company that celebrates indonesia's natural healing and beauty heritage.

hair care treatment

60 min

US\$ 50 ++

this is a gentle hair and scalp treatment in which a rich cream is applied to the hair in sections. choices of natural ingredients are used to treat different hair conditions. a stress relieving head and neck massage is also performed to stimulate the scalp and soothe shoulder muscles.

please choose one of the following products:

- cem-ceman ~ *makes the true colour of the hair shines and strengthen the hair*
- aloe vera ~ *enriches all hair types*

manicure

60 min

US\$ 40 ++

pedicure

60 min

US\$ 40 ++

nail care is the ultimate treat as it boosts your confidence and makes you feel positive about your appearance. this treatment softens the skin, stimulates nails growth and is an essential part of personal grooming.

> spa packages

relaxing ritual

120 min

US\$ 80 ++

experience the pleasure of overall indulgence with a nurturing treatment that pays attention to every part of the body. the ritual involves a massage to optimize energy levels, while a body scrub will revive tired skin and stimulate circulation. a long soak in flower bath will excite the senses.

> *aromatherapy foot bath* > *body pressure massage* > *body scrub* > *flower bath*

balinese dream

120 min

US\$ 90 ++

indulge with a beauty ritual created to nurture the entire body by gently eliminating the tensions of a modern lifestyle. the treatment begins with a nourishing 'cem-ceman' oil hair therapy followed by an aromatherapy foot wash and cleansing sea salt scrub in scented water. the pampering continues with a traditional balinese massage for a totally relaxing body and mind experience. a scrub of indigenous spices is then applied to naturally exfoliate the skin and remove any impurities before concluding with a leisurely soak in a warm bath infused with herbal ingredients.

> *hair therapy* > *aromatherapy foot wash* > *traditional balinese massage* > *spice body scrub*
> *balinese herbal bath*

heavenly touch

120 min

US\$ 90 ++

celebrating the eternal quest for aesthetic beauty and wellness, heavenly touch is a treatment designed to awaken feelings of self awareness. the ritual begins with a gentle foot wash in fragrant water followed by a traditional balinese massage to strengthen and renew the body and spirit. then follows a soothing facial using mother nature's bounty to cleanse and nourish the skin and encouraging a healthy glow. an extravagant chocolate bath enriched with anti-oxidants will complete this superb treatment.

> *aromatherapy foot wash* > *traditional balinese massage* > *refreshing natural facial* > *chocolate bath*

ultimate bliss

150 min

US\$ 100 ++

this signature treatment of rehab spa is a personal journey that refreshes and pampers the body and soul. the treatment begins with a unique hair therapy using 'cem-ceman' oil followed by an aromatherapy foot wash and cleansing sea salt scrub in warm water. this indulging experience continues with a balinese traditional massage to totally relax the body and mind, and a grape scrub to naturally exfoliate the skin and remove impurities. an extravagant flower and milk bath reminiscent of cleopatra's legendary beauty regime concludes this replenishing ritual.

> *hair therapy* > *aromatherapy foot wash* > *traditional balinese massage* > *grape scrub* > *milk bath*

true destiny

150 min

US\$ 215 ++ /couple

unwind, relax and surrender for a session of complete rejuvenation. this exclusive 'his and her' treatment was designed to anticipate different wellness requirements. it pays attention to neglected areas of the body that are in need of special care and takes couples on a journey of sensory indulgence. the ritual begins with a lavish aromatherapy foot bath to soften the skin and set the mood for the individual rituals that follow.

for him: *aromatherapy foot bath* > *tropical charm massage* > *foot massage* > *refreshing facial*
for her: *aromatherapy foot bath* > *traditional balinese massage* > *traditional facial* > *manicure*

> spa for kids

a replenishing spa treatment is no longer a pampering experience just for adults. realizing that youngsters also deserve some quality time out, rebab spa at the gangsa has created a nurturing menu especially for children between 7 – 11 years old. this is a great opportunity to introduce children to the benefits of personal wellness.

menu 1 <i>aromatherapy foot bath ~ manicure and pedicure</i>	90 min	US\$ 45++
menu 2 <i>aromatherapy foot bath ~ back and shoulder massage ~ mini facial</i>	90 min	US\$ 45++
menu 3 <i>aromatherapy foot bath ~ hair braiding</i>	90 min	US\$ 45++

> spa etiquette

we ask that you always allow enough time for your experience by arriving at least 15 minutes prior to your appointment. we will then evaluate your current spa needs, serve refreshments and invite you to relax in our sensory lounge environment.

please note that as a courtesy to all of our clients, a prompt appointment schedule is adhered to and late appointments may not be honoured. treatments that begin late will still finish at the appointed time, so other guests are not inconvenienced.

in every treatment room you will find a wardrobe for your personal effects. please take care of your valuables, as we do not assume liability for any losses.

a robe, a supply of towels, slippers and disposable underwear will be provided for you as required. your spa therapist will complete the consultation process with you to ensure that your visit to rehab spa is carefully tailored to your personal requirements. during your treatment, please be assured that your body will be modestly covered at all times.

at the end of your treatment you will have time to change and prepare yourself to rejoin the world feeling totally relaxed and at peace with your inner and outer being.

please note that mobile phones must be switched off or put on silent mode at all times during your treatment.

> pregnancy

we have specially designed treatments for mothers-to-be. please allow the spa therapist to guide you in selecting a treatment, which is most appropriate to you and your condition.

> cancellation policy

clients who wish to change or cancel an appointment must provide 4 (four) hours notice. otherwise 50 % payment of your chosen treatment will be charged.