

# AUTHENTIC BODY TREATMENTS

Managed by Manori Spa

*We'll bring the experience to you.*

*Relax & Rejuvenate yourself in the comfort and privacy of your own villa*



*Extensive training and supervision are controlled by our european master trainer established in Bali since 1991*

Our villa offers guests "In-Villa" Spa treatments provided by the Manori Spa's professionally trained staff. The body treatments programs provide therapeutic, relaxing and rejuvenating experiences using natural products to enhance well being and reduce stress.

The Manori Spa offers our guests a choice of aromatic massage fragrances: harmonizing and balancing lavender; refreshing, stimulating lemon and orange; or relaxing, soothing ylang ylang flower oils.

## Therapeutic Massage

### Traditional Oriental

A rejuvenating and stimulating approach to massage. Our unique blend of techniques combines long massage strokes, deep stimulation on muscles and Chinese foot reflexology to leave you feeling entirely rejuvenated.

### Tension Relief

Sitting long hours on planes or over a desk, improper posture have inspired these highly beneficial techniques.

Our therapists are trained to relieve tension and stress in specific parts of the body. Foot reflexology will also stimulate the body's recuperative power.

Choose from:

- Neck, shoulders, upper back
- Lower back
- Full back

**All massages** 60mins USD 21  
90mins USD 29

### Foot Reflexology Massage

Discover and enjoy the benefits of this relaxing as well as tonifying and stimulating approach. It is ideal for jet lag. Acupressure, deep strokes and drainage will make your feet and full body feel entirely new.

**One hour treatment.** Enjoy a flower Aromatic lavender peppermint foot wash to start, cool aromatic towels at the end to totally refresh you.

**One hour and a half treatment** goes further into more specific parts of the feet. Essential oils of peppermint, rosemary and pine are amongst the natural ingredients enhancing our sea mineral salts and flower footbath. Allow your feet to soak while our staff massage your neck and shoulders. Cool aromatic towels at the end revitalize and freshen you.

## Body Mask / Wrap

All treatments begin with a traditional relaxing massage to improve body metabolism. The body is wrapped with a thermolactic film increasing heat stimulation as well as facilitating ingredients absorption into the body's pores to relieve stress. A warm aromatic tropical flower bath completes the experience.

### Traditional Balinese Boreh

Pepper, clove and ginger are mixed in the "Boreh" of natural ingredients used to stimulate blood circulation and eliminate toxins.

### Mud Mask

Our superfine volcanic mud from the slopes of Bali's highest peak, Gunung Agung, is extremely rich in minerals and nutrients that suit all skin types. For deep pore cleansing, plus wrinkle-fighting richness.