

ĀMAN
VILLAS
NUSA DUA

Spa Menu

Massage Treatments

BALINESE MASSAGE

A traditional Balinese massage focused on stimulating circulation and inducing relaxation. This treatment employs deep thumb and palm traditional pressure methods, called *Urut*.

60 minutes / 90 minutes

DEEP TISSUE MASSAGE

This deeply penetrating oil massage releases stubborn knots in problematic areas. A strong treatment that incorporates pressure points, deep tissue and stretching techniques and is a firm favourite amongst our guests.

60 minutes / 90 minutes

THAI MASSAGE

Thai-inspired traditional treatment, applied with grace, mindfulness, and generosity of spirit. The therapist uses a combination of gentle stretches and pressure point massage to relieve tension and leave muscles feeling deeply supple and relaxed. Performed without use of massage oil, comfortable clothing is worn throughout the treatment.

60 minutes / 90 minutes

FOOT MASSAGE & REFLEXOLOGY

Your therapist will work on the lower legs with focus on the pressure points on the soles of your feet to help restore balance in the body. Ideal after a long journey or a day of sightseeing.

60 minutes

Add Ons

INVIGORATING COFFEE SCRUB

Stimulating body scrub made from blended coffee, ginger and fresh honey, leaving your skin smooth and tingling. application of body lotion finishes this invigorating treatment.

30 minutes

ALOE VERA SOOTHING WRAP

Freshly grown Aloe Vera from our garden is used in this deeply moisturizing wrap. Hydrating after-sun cream is then applied to calm and soothe the skin further.

30 minutes

Traditional Indonesian Treatments

LULUR

This experience starts with a 60 min Balinese massage, followed by a body exfoliation made from local spices, including clove, ginger and turmeric, blended with rice powder. Known as *lulur*, it brightens the skin, helps relieve muscle tension and eases fatigue. A relaxing soak in a warm herbal bath completes the treatment.

120 minutes

Beauty

HOLISTIC FACIAL

Soothing rhythmic movements enliven, balance and rejuvenate the skin, whilst a unique blend of plant essences and oils deeply cleanses and nourishes. Zone Therapy massage techniques will address and stimulate the reflex points on the face and the treatment will finish with an uplifting technique using the ancient wisdom of marma point therapy from India.

60 minutes

MANICURES & PEDICURES

Manicure - 60 min

Pedicure - 60 min

Combination manicure/pedicure - 90 min

Polish change - 30 min

Spa Reminders

APPOINTMENTS

We advise booking your spa appointment upon arrival so that we may best accommodate your needs and to avoid disappointment should we be fully booked.

CANCELLATION POLICY

Should you wish to cancel an appointment, please allow us six hours' notice or a 50% cancellation fee will be applied. The full amount is charged for cancellations or no shows within one hour.

WHAT TO WEAR

Please feel free to arrive for the treatment in your robe, we offer disposable undergarments for both men and women. Our therapists are trained in professional draping to cover you appropriately during treatments in order to maintain your privacy. We recommend leaving your jewellery in your suite safety box.

TREATMENT VENUE

Treatments can be enjoyed at the privacy of your suite or by the swimming pool. Please contact your butler to make a reservation

SPECIAL CONSIDERATIONS

Some treatments are not suitable for certain conditions and it is in your best interest if we suggest an alternative.

Please let us know if you suffer from allergies, sensitivities, high blood pressure, diabetes, a heart condition or any other physical issues or injuries in your consultation form to allow the best possible treatment experience for you.

Please notify us when making a booking if you are pregnant and we will guide you through the treatments suitable for you.

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