



## FRESH! SPA

ULUWATU

Fresh Spa is your haven from the high street!  
Shimmy into our nostalgic beauty lounge from yesteryear  
and allow us to revive your beauty and rejuvenate your soul.

[WWW.FRESHSPABALI.COM](http://WWW.FRESHSPABALI.COM)

## **FRESH! BODY**

### **Resurrection Back, Neck, and Shoulder Massage**

30 mins - IDR 125,000<sup>++</sup>

Perfect for those on the run. We can't quite claim a cliché loaded re-birth experience, but with skilled therapists showing some love to your back, neck and shoulders we can guarantee you will "float" out feeling a whole lot better than on arrival.

### **Classic Balinese Massage**

60 mins - IDR 225,000<sup>++</sup> | 90 mins - IDR 325,000<sup>++</sup>

You ain't lived until you have experienced this massage. Quintessential Balinese massage in all its glory. A balanced combination of traditional pijat techniques and long relaxing effleurage strokes that leave you feeling like you need to you need to extend your visa on arrival.

### **Nomadic Dreams Tension Release Massage**

75 mins - IDR 325,000<sup>++</sup>

The ultimate antithesis to too many hours at the laptop, this remedial massage incorporates lomi lomi strokes and a little bit of elbow action to knead out tension created over time due to bad posture.

### **Shiatsu Massage**

60 mins - IDR 250,000<sup>++</sup> | 90 mins - IDR 350,000<sup>++</sup>

Keep your comfy clothes on! A non oil Japanese massage which focuses on finger, palm and foot pressure on accupoints along the body's meridian pathways. Great for overworked muscles, increases blood circulation for quicker muscle recovery. You will walk out of this one in full deep relaxation, ahhhhh.

### **Magic Glove Body Scrub** 45 mins - IDR 295,000\*\*

Two full body scrubs, first with our magic glove, second a soft scrub/massage, all on our specially designed wet massage beds. Ladles full of warm water in between, and finished off with a head massaging hair wash and hair spa conditioner. You will see and feel the difference all over!

### **Coconut Dream Body Scrub** 30 mins - IDR 195,000\*\*

The scent of our specially created coconut oil and sea salt scrub brings you back to your Hawaiian Tropic tanning days! Skin is left invigorated and silky smooth hydrated. What's even better you can buy a jar to take home with you!

### **Balinese Reflexology**

30 mins - IDR 120,000\*\* | 45 mins - IDR 130,000\*\* | 60 mins - IDR 170,000\*\*

Both relaxing and remedial, balinese reflexology combines foot acupressure with our own signature lymphatic drainage strokes to soothe and balance.



**FRESH! BOOSTER** *Maximize your treatment with this sexy add on!*

**Ear Candling** 30mins - IDR 195,000\*\*

**Hair Mask** 10mins - IDR 75,000\*\*

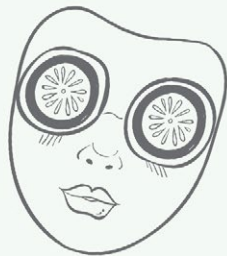


## FRESH! FACE

### Thank me later

45 mins - IDR 330,000\*\*

For those who just want a quick refresh, this facial is also suitable for sensitive skin. Gentle but effective facial massage techniques increase circulation and firmness but minimise redness.



### Revamp

75 mins - IDR 425,000\*\*

This facial caters to acne prone skin and uneven tone due to pigmentation. It is the perfect combination of skilled extraction, steam ozone, clarifying products and bacteria zapping Blue LED light, and will have you cruising out with your head held high.

### The Ivy leaguer

75 mins - IDR 540,000\*\*

Ideal if you are naturally prone to dry skin or are suffering the effects of too much sun exposure. Intensely nourishing products are applied with just the right smoothing touch to ensure total absorption. Finished off with Red LED light to fade out wrinkles and stimulate collagen production.

### The Supernova

90 mins - IDR 425,000\*\*

This facial is a complete and exceptional experience, so many steps including a 5 phase cleansing protocol, peel and a nourishing mask. This facial is deeply relaxing, and results in radiant, beautifully clean skin.

## Daddy-0

60 mins - IDR 350,000<sup>++</sup>

This one is for the men, as men have different skin composition and pores to women so we have designed this facial specifically for them. Daily shaving wreaks havoc also. This facial is a nourishing, rebalancing, rehydrating experience.

## The Cadillac

90 mins - IDR 875,000<sup>++</sup>

Everything about this facial is premium, carefully curated acupressure facial massage taken from Japanese shiatsu techniques combined with the absolute best Yonka has to offer makes this facial a top of the line non invasive, anti-ageing experience.

## Like a Boss Facial Yoga

60 mins - IDR 395,000<sup>++</sup>

This facial uses accupressure and accupoint facial massage and stretching, kneading strokes to release facial tension and encourage defined contours. It is a work out for the face. We even send you home with a maintenance exercise prescription!



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**Gemstone Roller Face Yoga** 30mins - IDR 250,000<sup>++</sup>

**Collagen Jade Eye Mask** 30mins - IDR 225,000<sup>++</sup>

**LED Light Machine** 20mins

IDR 75,000<sup>++</sup>/session | IDR 375,000<sup>++</sup>/package of 5 sessions + 1 free

## FRESH! NAILS

**BUFF** 40 mins | Clean, shape and conditioning massage, without polish.

**Hands** IDR 125,000\*\* | **Feet** IDR 145,000\*\*

**POLISH** 60 mins | Clean, shape and conditioning massage, with polish.

**Hands** (OPI) IDR 175,000\*\* (OPI Gel) IDR 370,000\*\*

**Feet** (OPI) IDR 195,000\*\* (OPI Gel) IDR 390,000\*\*

**FRENCH** 75 mins | Clean, shape and conditioning massage, with French polish.

**Hands** (OPI) IDR 225,000\*\* (OPI Gel) IDR 420,000\*\*

**Feet** (OPI) IDR 245,000\*\* (OPI Gel) IDR 440,000\*\*

**EXPRESS** 40 mins | Quick clean & shape, with polish.

**Hands** (OPI) IDR 125,000\*\* (OPI Gel) IDR 320,000\*\*

**Feet** (OPI) IDR 145,000\*\* (OPI Gel) IDR 340,000\*\*

**POLISH CHANGE** 20 mins | Remove old regular polish and apply new color.

**Hands** (OPI) IDR 70,000\*\* (OPI Gel) IDR 265,000\*\*

**Feet** (OPI) IDR 70,000\*\* (OPI Gel) IDR 265,000\*\*

**FRENCH POLISH CHANGE** 20 mins

Remove old regular polish and apply new French polish.

**Hands** (OPI) IDR 110,000\*\* (OPI Gel) IDR 305,000\*\*

**Feet** (OPI) IDR 110,000\*\* (OPI Gel) IDR 305,000\*\*

**OPI GEL REMOVING** IDR 75,000\*\*

**NAIL ART** IDR 25,000\*\* per nail | Flowers, dots, fun stuff

**LITTLE PEOPLE (under 12)** 45 mins - IDR 125,000\*\*



**Nail Polish Guarantee** - if your nail polish chips within 3 days or your gel within 7 days, contact reception and we'll fix it for free

## FRESH! WAXING

Bikini Line .....	IDR 150,000**
Brazilian .....	IDR 210,000**
Half Legs .....	IDR 150,000**
Half Arms .....	IDR 150,000**
Shoulder .....	IDR 150,000**
Full Legs .....	IDR 250,000**
Full Back .....	IDR 250,000**
Full Arms .....	IDR 160,000**
Underarms .....	IDR 100,000**
Upper Lips .....	IDR 80,000**
Chin .....	IDR 80,000**
Eyebrow Wax .....	IDR 80,000**
Eyebrow Shaping .....	IDR 150,000**

### FRESH! BOOSTER

*Maximize your treatment with this sexy add on!*

**Foot & Leg Spa** 30mins - IDR 175,000\*\*  
 Cleaning – Buffing  
 Scrubbing – Revitalizing Mask



*Where is*  
**FRESH! SPA**  
ULUWATU?



**JL. LABUAN SAIT**

(next to Padang-Padang Inn)

*We're open from*  
**10 am – 9 pm**



*Morning price*

**10% discount**  
received for  
any treatment  
finished before **12 noon**



*To book  
an appointment*

☎ +62 8123 9909 350

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