



**FRESH! SPA**  
NAILS --- HAIR --- FACE --- BODY

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 155,000\*\*

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 255,000\*\* | 90 mins - IDR 355,000\*\*

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 355,000\*\*

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.

### **Yin Yoga for Dummies Yoga Stretch**

90 mins - IDR 395,000\*\*

Wanna feel like your yoga teacher's pet for a change? Our therapists are trained to intuitively assess your flexibility and whilst you are coerced into a deep state of relaxation, your mind falls away and new possibilities arise. This sweet spot combination of ayurvedic acupressure and assisted yoga stretches encourages your body to reach a new level of relaxation and flexibility.

## Hot Stone Nidra Massage

90 mins - IDR 475,000\*\*

This blissful experience is not to be missed. The thermal properties of the stones in combination with our skilled massage therapist's warmed stone strokes result in a feeling of being suspended in deep relaxation. If you love someone buy them this treatment!

## Chilli Ultrasonic Detox Treatment 60 mins - IDR 475,000\*\*

Ibu Jo went to Thailand and came back with Chilli cream. Ibu Meg went to the USA and came back with an Ultrasonic machine and so was born the most effective anti-cellulite treatment in Bali!

Not for the faint hearted, this intense anti-cellulite, lymphatic drainage treatment yields some serious results. Perfect for those who want to add that extra boost to their detox or need to combat water retention. We use a unique combination of a chilli based cream and a 1Hz Ultrasonic wave technology to penetrate the skin and increase circulation and improve skin elasticity. Please note the Hot Chilli cream is HOT! and the heat lingers post treatment. For best results book a course of successive treatments.

## Fresh Signature Experience 75 mins - IDR 375,000\*\*

Our most popular package integrating principles of zero waste bespoke "make your own" new product line! We invite you to create your own massage oil, then enjoy our Classic massage using your own creation. To top it all off you will take home the 50ml bottle.



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

**Coconut Dream Body Scrub** 30mins - IDR 215,000\*\*

**Ear Candling** 30mins - IDR 205,000\*\*

## FRESH! FACE

### Thank me later

45 mins - IDR 380,000\*\*

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 475,000\*\*

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 590,000\*\*

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 475,000\*\*

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 400,000\*\*

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 925,000\*\*

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 445,000\*\*

This facial uses acupressure 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 275,000\*\*

**Collagen Jade Eye Mask** 30mins - IDR 250,000\*\*

**LED Light Machine** 20mins

IDR 100,000\*\*/session | IDR 450,000\*\*/package of 5 sessions + 1 free

## FRESH! NAILS

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

**Hands** IDR 150,000\*\* | **Feet** IDR 170,000\*\*

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

**Hands** (OPI) IDR 200,000\*\* (OPI Gel) IDR 385,000\*\*

**Feet** (OPI) IDR 220,000\*\* (OPI Gel) IDR 405,000\*\*

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

**Hands** (OPI) IDR 250,000\*\* (OPI Gel) IDR 435,000\*\*

**Feet** (OPI) IDR 270,000\*\* (OPI Gel) IDR 455,000\*\*

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

**Hands** (OPI) IDR 150,000\*\* (OPI Gel) IDR 335,000\*\*

**Feet** (OPI) IDR 170,000\*\* (OPI Gel) IDR 355,000\*\*

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

**Hands or Feet** (OPI) IDR 100,000\*\* (OPI Gel) IDR 275,000\*\*

**FRENCH POLISH CHANGE** 20 mins

Remove old regular polish and apply new French polish.

**Hands or Feet** (OPI) IDR 135,000\*\* (OPI Gel) IDR 320,000\*\*

**OPI GEL REMOVING** IDR 100,000\*\*

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

**LITTLE PEOPLE (under 12)** 45 mins - IDR 150,000\*\*



**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

*All services subject to mandatory 12.5% government tax*

## FRESH! FEET

### Balinese Reflexology

30 mins - IDR 150,000\*\*

45 mins - IDR 175,000\*\* 60 mins - IDR 200,000\*\*

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

### Herbal Foot Spa 60 mins - IDR 245,000\*\*

The ultimate foot spa experience and one of our most popular treatments! The indulgent combination of an aromatic foot soak with chocolate and aromatic spice and a warm shoulder pack, leaves you melting into the chair. Warming foot and leg hot stone massage chills you out for the rest of the day. If you love someone buy this treatment!

## FRESH! WAXING

<b>Bikini Line</b>	IDR 150,000**	<b>Full Arms</b>	IDR 175,000**
<b>Brazilian</b>	IDR 250,000**	<b>Underarms</b>	IDR 120,000**
<b>Half Legs</b>	IDR 175,000**	<b>Upper Lips</b>	IDR 100,000**
<b>Half Arms</b>	IDR 150,000**	<b>Chin</b>	IDR 100,000**
<b>Shoulder</b>	IDR 175,000**	<b>Eyebrow Wax</b>	IDR 100,000**
<b>Full Legs</b>	IDR 275,000**	<b>Eyebrow Shaping</b>	IDR 150,000**
<b>Full Back</b>	IDR 275,000**	<b>Eyebrow Wax &amp; Tint</b>	IDR 200,000**



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

**Foot & Leg Spa** 30mins - IDR 195,000\*\*

Cleaning - Buffing - Scrubbing - Revitalizing Mask

**Paraffin Hands or Feet** 30mins - IDR 175,000\*\*

# FRESH! EYES

## EYELASH EXTENSIONS

Transform your eyes with our 70% silk eyelash extensions! Top quality product made in Japan (Lash Concept). Each eyelash is applied to your natural eyelashes one by one. Go glam!



### **Natural Look** IDR 545,000\*\* (80 pcs)

Lashes are enhanced by adding subtle length and volume. Suited for those who do not want their extensions to be noticeable.



### **Cute Look** IDR 615,000\*\* (90 pcs)

Longer lashes are placed on the center of the eyes making the eyes look bigger, rounder, and more open.



### **Sexy Look** IDR 675,000\*\* (100 pcs)

Longer lashes are placed on the outer corner of the eyes to emphasize the width of the eyes. For a sultry and exotic look.



### **Movie Star Look** IDR 800,000\*\* (120 pcs)

For those who want the highest volume, length and curled lashes for a totally glamorous look.

### **Lash Lift & Tint** IDR 350,000\*\*

The Lift treatment works by boosting and lifting each individual lash, then tinting them for a thicker, darker, and more dramatic looking lash. Lasts 6 to 8 weeks.

### **Brow Lamination & Tint** IDR 550,000\*\*

Brow lamination is a procedure that involves straightening the brow hairs so they lie straight, full, and in the right direction. Brows appear fuller and are more filled in, even better combined with tinting.

### **Refill Lashes**

IDR 7000\*\* /pcs

### **Lash Tint**

IDR 175,000\*\*

### **Eyebrow Tint**

IDR 150,000\*\*

*All services subject to mandatory 12.5% government tax*



## Hair Spa

For soft silky hair, try this traditional Indonesian hair treatment using a shea butter hair mask and steamer. While the hair mask is doing its magic, relax into a head and shoulder massage.

**Alfaparf Professional Cream Bath** IDR 295,000\*\*

**Add on Blow Dry Stylist** IDR 95,000\*\*

## Keratin Hair Treatment

Get rid of your frizz (up to 95%) for up to three months! Perfect for smoothing out Bali humidity hair. Velvety smooth hair that is easier to comb and style. Paraben, formaldehyde & cruelty Free. Prices based on consultation, length, texture and hair resistance.

**Starting at** IDR 2,000,000\*\*

## Wash + Cut + Blow

### Women

IDR 250,000\*\*

### Bang & Fringe / Beard Trim

IDR 100,000\*\*

### Add on Styling with hot tools

*(flat or curling iron)*

IDR 75,000\*\*

### Men

IDR 175,000\*\*

### Children 12 & under (M/F)

IDR 150,000\*\*/IDR 200,000\*\*

### French Braiding

*(based on consultation)*

IDR 150,000-250,000\*\*

## **Nano Booster Hair Treatment** IDR 445,000\*\*

Nano Booster is a revolutionary hair treatment that uses the power of nanoparticles. These microscopic particles infused with our signature product penetrate deep into the hair shaft, repairing and nourishing the strands from within. Suitable for all hair types, including chemically treated and colored hair.

### *Benefits:*

#### **Hair Restoration:**

Helps repair damaged hair by replenishing the lost proteins and moisture, resulting in revitalized, healthier-looking hair.

#### **Frizz Reduction:**

Tames frizz, leaving the hair smoother, more manageable, and easier to style.

#### **Intense Hydration:**

Infuses moisture into the hair, providing deep hydration and restoring its natural luster.

## **BLOW BAR**

### **The Marilyn** 45 mins ( S IDR 180,000\*\* / M 205,000\*\* / L 230,000\*\* )

Effortless waves, body and volume with a sprinkle of glam for that big night out!

### **Some like it Straight**

45 mins ( S IDR 230,000\*\* / M 255,000\*\* / L 305,000\*\* )

Sweet spot combination of voluminous but straight locks that, with the help of our professional products, will stay straight and sleek all evening.

### **With Grace** 30 mins ( S IDR 180,000\*\* / M 205,000\*\* / L 230,000\*\* )

A more natural blow-dry, lots of natural movement perfect for a confidence perk without feeling overdressed for the occasion.

### **Add on Hair Vitamin** 15 mins - IDR 150,000\*\*

*All services subject to mandatory 12.5% government tax*



**BEST  
CHOICE**

## GLO&GO PACKAGES

### **The Drive-thru** 75mins - IDR 705,000\*\*

Not got heaps of time but want us to work some miracles? This is the package for you. Express Mani-Pedi, Blow Dry of your choice and our amazing Collagen Jade Eye Mask will spruce you up for the evening ahead.

### **The Bomb** 120mins - IDR 925,000\*\*

This package is for when you really need to impress yourself or someone else! Full Mani-Pedi, Hair Vitamin, Blow dry of your choice and our collagen eye treatment.

## SPA PACKAGES

### **The Whole Shebang** 210 mins - IDR 1,010,000\*\*

The ultimate treat that induces that lost in paradise feeling, however when you return to reality you will be feeling and looking a whole lot better than before. Totally indulgent combo of our Classic Massage, the Supernova Facial and a Mani-Pedi will leave you feeling all round awesome.

### **Back on the Wagon** 100 mins - IDR 595,000\*\*

Absolve yourself of your "sins" and make it all ok again with this purifying combination of Coconut Dream Body Scrub Treatment and Chili Ultrasonic Detox Treatment. Great as an add on to detox retreat program.

# Where is **FRESH?**



We're open from  
**10 am - 9 pm**



*Morning price*

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



*To book  
an appointment*

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☎ +62 81246 612611

✉ [fresh@freshpabali.com](mailto:fresh@freshpabali.com)

