



**FRESH! AQUA**  
BEAUTY LOUNGE

Bali's first Japanese inspired Bathhouse promises to defy your expectations of relaxation of body and mind. Plus all the amazing Fresh Spa services you have grown to love, Massage, Mani-Pedi, Facials, Body Scrubs and more all in central Canggu.

## FRESH! BODY

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

*30 mins - IDR 190,000*

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 300,000 | 90 mins - IDR 425,000*

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 425,000*

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.

### **Shiatsu Massage**

*60 mins - IDR 330,000 | 90 mins - IDR 450,000*

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.

## **Hot Stone Nidra Massage**

*90 mins - IDR 560,000*

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 Thermal Detox Treatment**

*60 mins - IDR 560,000*

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 skin kneading massage 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.

## **Squeaky Clean Scalp Regeneration and Head Spa**

*75 mins - IDR 355,000*

A Deep Cleanse and Exfoliation for your scalp, removing dirt, oil and skin cells ready to retire while leaving your hair softer and smoother! Your LED Dry Scalp massage is followed by Scalp Scrub and Hair Wash. Next comes a moisturizing Hair Mask and Steam with continuous Head Shoulder Back and Arm massage. But wait, there's more! A Hair Oil and Quick Blow Dry ending.

## FRESH! BODY

### **Magic Glove Body Scrub** 45 mins - IDR 360,000

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!

### **Sandalwood & Fresh Coconut Body Treatment**

45 mins - IDR 360,000

This is for the surfers and sun worshippers. A very gentle body scrub combining grated coconut and sandalwood powder to cool, refresh, and take the burn out of sunburn. Highly recommended for skin that has seen too much sun.

### **Coconut Dream Body Scrub** 30 mins - IDR 260,000

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!

### **Fresh Aqua Sento Bathhouse** IDR 400,000

Oh, take me away. Japanese inspired Sento bathhouse! Immerse yourself in complete relaxation and digital detox. Flow through a magnesium hot soak, salt water chromotherapy jacuzzi pool, cold plunge, and hot wood sauna in our indoor urban escape. Let us help you define what absolute relaxation looks and feels like for your body and mind. Add on our famous Magic Glove Body Scrub or an onsite poolside masage to maximize your spa experience.



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

**Ear Candling**  
30mins - IDR 240,000

**Hair Mask**  
10mins - IDR 125,000



## FRESH! FEET

### Balinese Foot Reflexology

30 mins - IDR 180,000 | 45 mins - IDR 210,000 | 60 mins - IDR 240,000

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 285,000

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

**Bikini Line** IDR 180,000

**Brazilian** IDR 295,000

**Half Legs** IDR 215,000

**Half Arms** IDR 180,000

**Shoulder** IDR 205,000

**Full Legs** IDR 325,000

**Full Back** IDR 325,000

**Full Arms** IDR 215,000

**Underarms** IDR 145,000

**Upper Lips** IDR 120,000

**Chin** IDR 120,000

**Eyebrow Wax** IDR 120,000

**Eyebrow Shaping** IDR 225,000

**Eyebrow Wax & Tint** IDR 245,000



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

**Foot & Leg Spa** 30mins - IDR 235,000

Cleaning – Buffing – Scrubbing – Revitalizing Mask

## FRESH! FACE

### Thank me later

45 mins - IDR 465,000

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 560,000

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 695,000

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 560,000

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 485,000

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 1,095,000

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

60 mins - IDR 535,000

This facial uses acupressure & accupoint facial massage and stretching, kneading strokes to release facial tension, and upwards Gua-Sha lifting, helps to encourage more defined facial contours.



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

**Jade Roller Face Massage** 30mins - IDR 275,000

**Collagen Jade Eye Mask** 30mins - IDR 295,000

**LED Light Machine** 20mins

IDR 125,000/session | IDR 535,000/package of 5 sessions + 1 free

# FRESH! NAILS

## BUFF 40 mins

Clean, shape, cuticle grooming, conditioning massage, without polish.

**Hands** IDR 180,000

**Feet** IDR 200,000

## POLISH 60 mins

Clean, shape, cuticle grooming, conditioning massage, with nail polish.

**Hands OPI** IDR 240,000

**Hands OPI Gel** IDR 455,000

**Feet OPI** IDR 260,000

**Feet OPI Gel** IDR 475,000

## FRENCH 75 mins

Clean, shape and conditioning massage, with French polish.

**Hands OPI** IDR 295,000

**Hands OPI Gel** IDR 515,000

**Feet OPI** IDR 325,000

**Feet OPI Gel** IDR 535,000

## EXPRESS 40 mins

Quick clean & shape, with polish.

**Hands OPI** IDR 180,000

**Hands OPI Gel** IDR 395,000

**Feet OPI** IDR 200,000

**Feet OPI Gel** IDR 425,000

## POLISH CHANGE 20 mins

Remove old regular polish & apply new color.

**Hands or Feet OPI** IDR 120,000

**Hands or Feet OPI Gel** IDR 325,000

## FRENCH POLISH CHANGE 20 mins

Remove old regular polish and apply new French polish.

**Hands or Feet OPI** IDR 180,000

**Hands or Feet OPI Gel** IDR 380,000

## POLISH REMOVING

**OPI Gel** IDR 120,000 | **Hard Gel** IDR 250,000

## LITTLE PEOPLE 45 mins

**Under 12-years** IDR 195,000

**Under 8-years** IDR 165,000

## NAIL ART Flowers, dots, fun stuff

IDR 30,000 *per nail*



## FRESH! BOOSTER

*Maximize your treatment with this sexy add on!*

**Builder in a Bottle (BIAB)** IDR 225,000

**Nail Extension** IDR 235,000

**Polygel** IDR 325,000

**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.*



## 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 645,000 (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 725,000 (90 pcs)

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



**Sexy Look** IDR 795,000 (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 940,000 (120 pcs)

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

**Lash Lift & Tint** IDR 420,000

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 620,000

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 and more filled in, even better combined with tinting.

**Refill Lashes**

IDR 850 /pcs

**Lash Tint**

IDR 210,000

**Eyebrow Tint**

IDR 180,000

# SPA PACKAGES



## **The Whole Shebang**

*210 mins - IDR 1,150,000*

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.

## **Heavenly Scrub and Soak Package**

*75 mins - IDR 600,000*

You might think you have gone to heaven and back! Start off by hopping into the sauna, followed with our Magic Glove Body Scrub, an invigorating dual scrub treatment on the wet massage bed, with ladles of warm water. Then alternate between soaking in our magnesium hot pool and plunging into the cold pool, all the while enjoying a digital detox.

## **Back on the Wagon**

*100 mins - IDR 675,000*

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.

*Follow us on  
Social Media!*



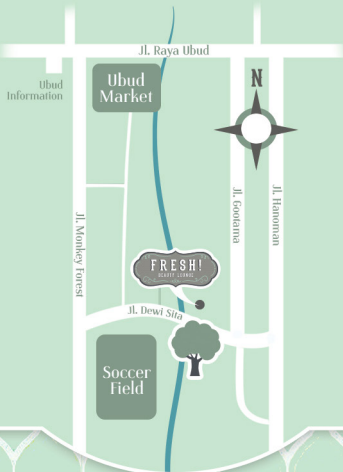
Fresh! Spa Bali  
@freshspabali



Fresh Spa

## UBUD LOCATION

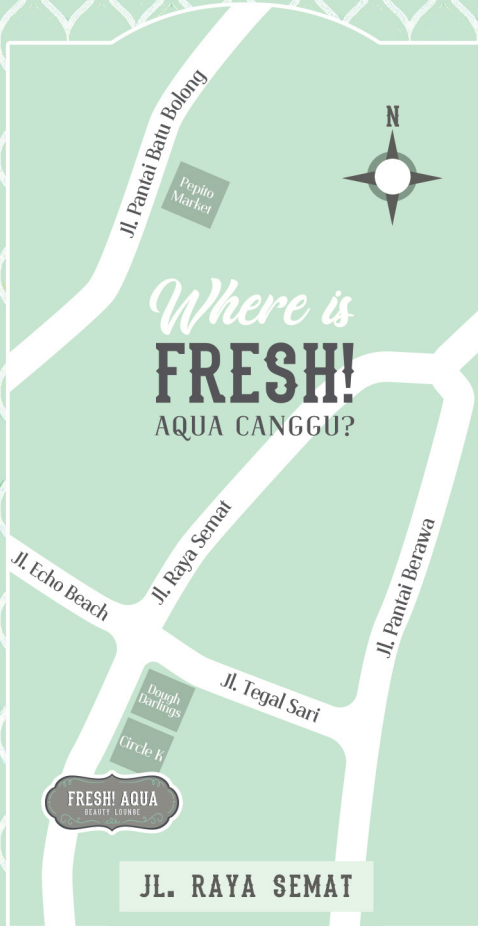
JL. DEWI SITA, UBUD



## ULUWATU LOCATION

JL. LABUAN SAI, ULUWATU





Where is  
**FRESH!**  
AQUA CANGGU?

We're open from  
**10 am – 9 pm**



*Morning price*

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



*To book  
an appointment*

☎ +62 812 6296 5000

✉ [freshaquacanggu@freshspabali.com](mailto:freshaquacanggu@freshspabali.com)



**JL. RAYA SEMAT**

