

# MANGGAR SPA MENU

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Pamper yourself and loved ones at MANGGAR SPA, our in-house spa treatment center. Choose from a wide selection of beauty and therapeutic treatments using exclusive traditional oils and herbs to help you rejuvenate and revitalize the body.

We are open daily from 9 AM to 9 PM.  
Please contact our Front Desk for reservation

# SIGNATURE MASSAGE

These signature massages are the heart of Manggar Spa, each a unique journey designed to restore balance and vitality. Rooted in the rich heritage of Balinese healing, these treatments combine therapeutic techniques

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## ***The Balinese Village Embrace Balinese Massage 60'/90'*** **450K | 585K**

Step into the heart of Balinese healing with our signature massage, a timeless tradition passed down through generations within the tranquil villages of Bali. This full-body ritual is a symphony of gentle stretches, flowing long strokes, and rhythmic skin-rolling, harmonized with the precise pressure of palms and thumbs. Infused with the spirit of ancient wisdom, this massage not only eases muscular tension but also invites a profound sense of peace.

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## ***The Ocean's Rhythmic flow Javanese Deep Tissue Massage 60'/90'*** **450K | 585K**

Experience the powerful yet soothing embrace of the ocean's rhythm with our Javanese Deep Tissue Massage. This unique therapy targets areas of deep-seated tension with expert precision, utilizing the elbows and forearms to deliver profound pressure point techniques. As the therapist's movements echo the gentle undulations of ocean waves, long, specialized strokes create a fluid, rhythmic motion across your body. This deeply therapeutic massage is complemented by balancing foot reflexology, guiding you into a blissful state of tranquillity where stress dissolves and inner harmony is restored.

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## ***Herbal Restorative Massage 60'/90'*** **500K | 650K**

Reconnect with nature through this soothing massage that blends traditional techniques with the healing power of herbs. Warm herbal compresses infused with locally sourced botanicals are applied to relieve tension, soothe tired muscles, improve circulation, and promote deep relaxation. Combined with flowing massage strokes, this treatment deeply relaxes muscles and rejuvenates the mind, leaving you refreshed and harmonized. Perfect for those seeking natural healing and relaxation.

# SIGNATURE MASSAGE

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## ***Yoga Strech Massage 60'/90'***

**450K | 585K**

Unravel the knots of tension and awaken your vital energy with our Sacred Dance of Serenity, an ancient massage technique inspired by the principles of yoga. This unique therapy combines specialized stretching with targeted deep pressure point work, meticulously designed to enhance your body's natural energy flow. Performed without oil, and with comfortable, loose-fitting clothing provided, this massage is a dynamic yet deeply relaxing experience. It gently coaxes your muscles into release, improves flexibility, and re-energizes both your mind and body, leaving you feeling limber, balanced, and profoundly re-aligned.

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## ***Volcanic Warm Stone Massage 90'***

**650K**

Discover the profound healing power of Bali's sacred landscapes with our Volcanic Earth's Embrace massage. This extraordinary treatment harnesses the natural energy of stones gathered from the pristine rivers around our village in Tabanan. These smooth, volcanic stones are gently warmed and expertly glided across your body delivering a targeted massage that deeply penetrates and relaxes tense muscles. The warmth of the stones, combined with the therapist's intuitive touch, melts away stress and invites a profound sense of calm, connecting you to the ancient, nurturing energy of the earth itself. It's a truly grounding and deeply restorative experience.

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## ***Grounding Foot Revival Foot Reflexology 60'/90'***

**350K | 455K**

This ancient therapeutic practice focuses on specific reflex points on your feet that correspond to various organs and systems in your body. Our skilled therapists apply precise pressure to these points, stimulating energy flow, releasing blockages, and promoting the body's natural healing processes. This treatment is not just about foot relaxation; it's a pathway to overall well-being, helping to alleviate stress, improve circulation, and restore balance throughout your entire system. Feel a profound sense of calm and rejuvenation as your body's innate wisdom is gently awakened.

# BODY EXFOLIATION AND MASK

These signature treatments started with our signature massage then complemented by body scrubs and masks, are the heart of Manggar Spa - each a unique journey designed to restore balance and vitality. Rooted in the rich heritage of Balinese healing, these treatments blend therapeutic techniques with the calming power of natural elements to deliver that body glow that you deserve.

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## *The Indonesian Heritage 90'/120'*

**700K | 910K**

Experience the timeless beauty traditions of Indonesia with this holistic treatment inspired by time-honored beauty rituals. Your journey begins with a soothing aromatic massage oil to relax the body and restore harmony. A gentle herbal exfoliation follows, smoothing and revitalizing your skin, preparing it for a nourishing body mask infused with natural Indonesian ingredients. The ritual concludes with a luxurious application of tropical flower body butter, enveloping your skin in lasting moisture, enhancing its natural glow, and leaving it feeling soft and replenished. Perfect for those seeking a deeply cultural and rejuvenating experience, this ritual celebrates Indonesia's heritage while leaving your skin radiant and your spirit renewed.

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## *The Balinese Boreh Purification 90'*

**700K**

Embrace the ancient Balinese tradition of Boreh, a powerful purification ritual that draws upon the island's rich botanical heritage. This invigorating body scrub utilizes a meticulously prepared blend of hand-picked local herbs, spices, and rice powder, known for their warming and detoxifying properties. Gently massaged onto your skin, the boreh paste stimulates circulation, exfoliates impurities, and leaves your skin feeling incredibly soft, renewed, and deeply cleansed. This ritual is more than just a scrub; it's a connection to the earth's healing bounty, preparing your body and spirit for profound rejuvenation.

# BODY EXFOLIATION AND MASK

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## ***Aloe Hydration Wrap 90'/120'***

**700K | 910K**

Soothe and rejuvenate your skin with this deeply hydrating treatment. Fresh aloe vera, known for its cooling and moisturizing properties, is gently applied to nourish and restore dry or sun-exposed skin. Wrapped in comfort, your body absorbs the aloe's healing benefits, leaving your skin feeling soft, refreshed, and hydrated. After being cocooned in wrap, enjoy a gentle massage enhance relaxation and improve circulation. perfect for sun-exposed or dehydrating skin, this wrap leaves you feeling cool, nourished, and completely rejuvenated.

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## ***Salt of The Sea Ritual 90'/120'***

**700K | 910K**

Indulge in rejuvenating power Bali's ocean-harvested sea salt. Rich in minerals, this exfoliating ritual gently removes dead skin cells begin with a soothing full-body massage to melt away tension and awaken the senses. A gentle exfoliation with mineral rich sea salt follows, refining the skin's texture and stimulating circulation. The experience is completed with rich application of hydrating body butter, leaving the skin silky smooth, deeply nourished, and delicately scented. A luxurious journey inspired by rhythm of the sea.

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## ***Tropical Coconut 90'/ 120'***

**700K | 910K**

Include in relaxing massage, followed by a gentle exfoliation using a blend of grated coconut designed to remove dull skin and reveal radiant, silky-smooth skin. Rich in antioxidants and natural hydration, treatment deeply nourishes and revitalizes your skin, leaving your skin feeling soft and refreshed. The enchanting aroma of coconut transports you to serene island escape, while the finishing application of luxurious tropical body butter enhances your skin's natural luster. Perfect for tropical-inspired glow and hydration.

# FACIAL THERAPIES BY DERMALOGICA AND SENSATIA BOTANICAL

A moment of stillness, a return to radiance. Our facial treatments are thoughtfully crafted with active botanicals and eco-sensitive ingredients, bringing the perfect harmony of nature and science to your skin. Each experience is tailored to your unique skin type, gently renewing and restoring its natural glow—leaving you refreshed, balanced and beautifully luminous.

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## ***Facial by Dermalogica 75'***

**600K**

The Angless Bloom Facial Dermalogica

Gift your skin the power rejuvenation with our Angle Blooms Facial, a truly transformative experience designed for radiant skin and soothed senses. Utilizing high performance techniques and premium Dermalogica products, this signature age-defying facial works to regenerate and smooth your skin, bestowing it with a beautiful, youth glow. Customized to your unique skin type, the benefit of this luxurious treatment extends beyond your face, embracing your arms, hands and feet with nourishing care. It's a holistic approach to beauty that leaves you feeling refreshed, revitalized, and exquisitely luminous.

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## ***The Ultimate Deep Purifying Facial by Dermalogica 60'***

**600K**

Reveal your skin's true radiance with deeply purifying facial powered by Dermalogica. Designed to detoxify the skin from within, removing impurities, excess oil, and dead skin cells for a visibly clearer, smoother complexion. This treatment combines professional double cleansing, exfoliation, steam, extractions, and a customized mask to detoxify and refresh your skin. Ideal for combination, oily, or tired skin, it restores balance and clarity, leaving your complexion refined, refreshed and confidently radiant.

# FACIAL THERAPIES BY DERMALOGICA AND SENSATIA BOTNICAL

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## ***The Morning Dew Express Glow by Dermalogica 60'***

**450K**

Awaken your skin's natural luminosity with our Morning Dew Express by *Dermalogica*, a swift yet powerfull treatment designed to refresh and revitalize. This invigorating experience begins with e gentle cleanse and exfoliation, preparing your skin to receive the potent benefits of our cerefully selected oils. These powerfull elixirs work to rejuvenate skin cells, while a personalized face massage restores your natural radiance. Perfect for those seeking a quick yet effective boost, this facial leaves your complexion dewy, glowing, and beautifully refreshed.

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## ***Facial by Sensatia Botanicals 60'***

**450K**

Indulge in revitalizing facial powered by *Sensatia Botanical*-craftedwith potent natural ingredients to restore balance and glow to all skin types. This rejuvenating ritual deply hydrates, smooths uneven texture and targets dullness and discoloration for a radiant, healty cpmplexion. Featuring gentle cleansing, exfoliation and a nutrient-rich mask, the treatment replenishes moisture, booth skin elasticity, and brightens dark spots with palnt-based actives, Perfect for dehydrated, tired or evironmentally -stressed skin, this facial leaves you feeling fresh, nourished , and luminous naturally.

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## ***The Active Facial by Sensatia 60'***

**450K**

Designed specifically for the unique needs of mens skin, our Gentleman's Earth Facial by *Sensatia* offers a calming and aromatic experience. This tailored treatment cleanses and shootes skin often ravaged by evironmental factors, while a deeply relaxing scalp, neck, and shoulder massage melts away tension. Adapted to individual skincare concerns, this ritual restores balance and vitality.



# MANICURE & PEDICURE

More than just a beauty treatment- this is care for your hands and feet, redefined. Each session begins with a gentle exfoliating scrub to renew the skin, followed by expert grooming and shaping. A light, soothing massage completes the experience, easing tension while deeply hydrating the skin. The result: polished nails, softened skin, and a quiet moment of indulgence that lingers long after you leave.

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| <b>Classic Manicure 60'</b> | <b>350K</b> |
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| <b>Classic Pedicure 60'</b> | <b>350K</b> |
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| <b>Classic Manicure &amp; Pedicure 90'</b> | <b>500K</b> |
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| <b>Kids Manicure ( Up to 12 Y.O) 30'</b> | <b>150K</b> |
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| <b>Kids Pedicure ( Up to 12 Y.O) 30'</b> | <b>150K</b> |
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