



We invite you to relax and rejuvenate your body, mind and spirit.

*Inspired by our rich cultural heritage, Jeevaniya Spa offers a variety of natural traditional Indonesian spa and massage treatments. Enjoy Indonesia at its best!*



We are open from 9AM to 10PM daily – last request accepted at 9PM



## Signature Massages

### Serenity

A luxurious full-body massage combining several kinds of techniques including long strokes, gentle kneading, and rolling of skin and muscles to relieve stress and tension and leave you oozing with a sense of well-being. The treatment improves circulation leaving you feeling serene and relaxed.

|                              |         |
|------------------------------|---------|
| Massage - 30 minutes         | IDR 270 |
| Massage - 60 minutes         | IDR 385 |
| With body Scrub - 90 minutes | IDR 475 |
| With body mask - 90 minutes  | IDR 455 |

### Jeeva Revive

This treatment is specially designed to relieve muscle tension and ease joints. Using deep tissue thumb pressure and strong kneading techniques, our therapist works on your tired muscles from your calves all the way to your back, shoulders and neck area.

|                              |         |
|------------------------------|---------|
| Massage - 60 minutes         | IDR 385 |
| With body scrub - 90 minutes | IDR 475 |
| With body mask - 90 minutes  | IDR 455 |



*Prices quoted in IDR '000' and subject to 21% service charge and government tax*



### Foot reflexology

A pressure point massage focusing on zones of your feet, based on the belief that each part of the human body is interconnected through the nerve system of the feet. The aim is to stimulate specific reflex points in order to promote relaxation and healing elsewhere in the body – a great treatment to have after being on your feet all day or a long Rinjani climb.

30 minutes IDR 127

### Manicure & Pedicure

Enjoy a soothing treatment for hands and feet. Start with a relaxing footbath followed by nail and cuticle care. Your hands and feet will be exfoliated and massaged, then your nails carefully polished with a gel or regular polish of your choice.

Manicure 60 minutes IDR 300

Pedicure 60 minutes IDR 300



*Prices quoted in IDR '000' and subject to 21% service charge and government tax*



## FRESH FROM NATURE FACIALS

### South Sea Gem Facial (Lombok Cultured South Sea Pearl Facial)

A wonderful skin nourishing treatment with the addition of freshly milled Lombok South Sea Pearls. Saltwater pearl powder helps to slow down the development of melanin, the colour pigments of the skin, and acts as a natural sun block and moisturizer. A powerful exfoliant for creating a rejuvenated and silky complexion.

45 minutes IDR 449

### Freshwater Gem Facial

Freshwater pearls promote cell renewal, enhance skin elasticity, regulate skin discoloration and protect from environmental radicals. The pearl's balancing properties leave your skin feeling smooth and refreshed.

45 minutes IDR 354

### All Natural Fresh facials

**Honey** : a strong anti-inflammatory agent that can prevent and reduce infection, offers antiseptic, antioxidant and cleansing properties.

**Cucumber** : an excellent source of silica, a trace mineral that supports our connective tissues resulting in a youthful skin appearance. A good treatment for sun-damaged or dehydrated skin.

**Candlenut** : an oil that contains essential fatty acids that are vital to healthy skin metabolism, provides a natural light and fast absorbing moisturizer and gently lifts debris from delicate, dry skin.

**Lime** : rich in vitamins and natural acids to help peel away dead skin cells and even out skin tones.

**Banana** : rich in vitamins, minerals (calcium, magnesium, iron, zinc, and folic acid) and antioxidants that moisturize and exfoliate, provides anti-acne actions and slows down skin's aging process. Perfect for sensitive skin

**Egg white** : high in protein and contains lysozyme enzymes, known for skin clearing properties. A natural cleanser that tightens pores resulting in a firming sensation. Perfect for sensitive skin

45 minutes IDR 255

*Prices quoted in IDR '000' and subject to 21% service charge and government tax*



## JEEVANIYA BATH

*A tailor made program to suit your personal needs as a denouement of the ritualistic journey. Choose from our luxurious selection of relaxing baths :*

### **Mandi rempah – Herbal Bath**

Soak in a blend of pandan, sandalwood, vetiver, lemongrass, capulaga, citrus skin and flower petals : perfect aromatic relaxation therapy.

30 minutes IDR 210

### **Mandi susu – Milk Bath**

Elevate your bathing ritual with a milk and honey bath. Our gentle cleansing milk bath is rich in nourishing vitamins.

30 minutes IDR 210



*Prices quoted in IDR '000' and subject to 21% service charge and government tax*



## NATURE'S BODY WRAPS & SCRUBS

*Body exfoliation and moisturizing using fresh local ingredients. The treatment concludes with either a banana leaf body wrap or a yoghurt mask.*

### Alpokat

Avocado is high in monounsaturated fats and Vitamin E making it the best natural moisturizer and the perfect solution for dry skin. Helps to delay the aging process.



Lumur (*wrap*) 30 minutes IDR 196

Lulur (*scrub*) 30 minutes IDR 215

### Papaya

Papaya are rich in Vitamins A, B, C and E, providing a great antioxidant and essential enzymes that promote skin renewal. The papaya's beta-carotene also serves as a skin and sunburn protector, as well as promoting elasticity.



Lumur (*wrap*) 30 minutes IDR 169

Lulur (*scrub*) 30 minutes IDR 205

### Lulur Kopi Lombok – Coffee Scrub

Caffeine in coffee when applied to the surface of the skin acts as a vascular constrictor that helps to reduce varicose veins, as well as decrease the formation of cellulite.



30 minutes IDR 161

*Prices quoted in IDR '000' and subject to 21% service charge and government tax*



## INDONESIAN HERITAGE HEALING MESSAGES

*Traditional massages from the archipelago that have been handed down from generation to generation. Your treatment starts with a warming "Jamu drink" and a refreshing therapeutic footbath.*

### **Urut Jawa - Javanese**

An ancient traditional healing massage from Java, an island steeped in mystery, culture and ritual. This treatment uses push and stroke techniques, focusing on easing muscle and joint pains and improving blood circulation.

Massage 60 minutes IDR 449

Massage 90 minutes IDR 494

### **Micet Madura - Maduran**

A classic healing ritual from the island of Madura. Done on a floor mattress, this unique treatment involves strong foot pressure on the legs and back with muscle stretching to relieve muscle tension and improve blood circulation.

Massage 60 minutes IDR 414

Massage 90 minutes IDR 486

### **Pijat Bali - Balinese**

A massage practiced for hundreds of years by the local Balinese. This traditional massage combines gentle stretches, skin rolling and the unique Kecak elbow slide creating a delightful vibrating sensation across your back. The treatment creates a relaxed state of mind, reduces stress and rebalances the body. A perfect treatment for those with sleep disorders.

Massage 60 minutes IDR 493

Massage 90 minutes IDR 560

### **Kerokan Jahe – Ginger Massage**

Indonesia's best kept alternative healing secret for when you're feeling a bit under the weather. Intended to open your pores for better blood circulation, the treatment starts with a massage to relax muscle tension, followed with gentle chafing, using fresh slices of ginger, on your back, chest and over the contours of your rib cage. Please note that you may have red marks temporarily on your skin after this treatment that could last for a couple days depending on your condition at the time of the treatment. This is a common Indonesian treatment for "masuk angin".

Massage 60 minutes IDR 396

*Prices quoted in IDR '000' and subject to 21% service charge and government tax*



## HOLISTIC BODY MASSAGE

*Choose from our luxurious selection of relaxing massages. Your therapist will ensure that you receive a personalized treatment to suit your individual and specific needs.*



### Thai Massage

This distinctive massage technique is rooted in the Asian philosophy of yoga. The muscles are stretched and kneaded to energize them and keep them supple. The treatment is done on a futon, while the guest remains clothed.

Massage 60 minutes IDR 375

Massage 90 minutes IDR 475

### Japanese Massage - Shiatsu

Shi means finger and atsu means pressure. Shiatsu is a Japanese finger pressure massage technique that works via acupuncture points. Energy lines and centres are gently stretched, pressed, tapped and mobilized to reactivate your metabolism and restore harmony. You will experience this as a general feeling of wellness throughout your body. This treatment is done on a futon, while the guest remains clothed.

Massage 60 minutes IDR 375

Massage 90 minutes IDR 475

*Prices quoted in IDR '000' and subject to 21% service charge and government tax*



## **SUPREME RITUAL - JEEVANIYA BLISS**

### **Sea Salt & Betel Leaf Footbath**

Sea salts supply essential nutrients to the muscles, help to prevent muscle cramps, exfoliate dead cells and moisturize. Betel leaves provide an antiseptic and aromatic stimulant.

### **Urut Jawa (Javanese Massage )**

An ancient traditional healing massage from Java, an island steeped in mystery, culture and ritual. This treatment uses push and stroke techniques, focusing on easing muscle and joint pains and improving blood circulation.

### **Lumur Alpokat (Avocado Wrap) or Lulur Kopi Lombok (Coffee Wrap)**

Avocado is high in monounsaturated fats and Vitamin E making it the best natural moisturizer and the perfect solution for dry skin. Helps to delay the aging process.

~

Caffeine in coffee when applied to the surface of the skin acts as vascular constrictor that helps to reduce varicose veins, as well as decrease the formation of cellulite.

### **South Sea Gem Facial (Lombok Cultured South Sea Pearl Facial)**

A wonderful skin nourishing treatment with the addition of freshly milled Lombok South Sea Pearls. Saltwater pearl powder helps to slow down the development of melanin (colour pigments of the skin) and acts as a natural sun block and moisturizer. A powerful exfoliant for creating a rejuvenated and silky complexion.

### **Mandi Rempah (Herbal Bath)**

Soak in a blend of pandanese, sandalwood, vetiveria, lemongrass, capulga, citrus skin and flower petals : perfect aromatic relaxation therapy.

3 hours IDR 1,230

*Prices quoted in IDR '000' and subject to 21% service charge and government tax*



## COUPLES SPA RITUAL

*Treat the one you love to a surprise wellness indulgence designed especially for couples.*

### Sea Salt & Betel Leaf Footbath

Sea salts supply essential nutrients to the muscles, help to prevent muscle cramps, exfoliate dead cells and moisturize. Betel leaves provide an antiseptic and aromatic stimulant.

### Jeeva Revive Massage

This treatment is specially designed to relieve muscle tension and ease joints. Using deep tissue thumb pressure and strong kneading techniques, our therapist works on your tired muscles from your calves all the way to your back, shoulders and neck area.

### Body Mask

Detoxify and tone your body and skin with our refreshing clay and peppermint body mask.

### Mandi Rempah (Herbal Bath)

Soak in a blend of pandanese, sandalwood, vetiveria, lemongrass, capulga, citrus skin and flower petals : perfect aromatic relaxation therapy.

### Manicure or Pedicure

Relax while your feet are soaked in a foot bath and your nails and cuticles trimmed and buffed. Your hand and feet will be exfoliated and massaged, then finished off with a nail polish of your choice.

With Gel Color, OPI has introduced another big innovation to let you keep your natural nails and still have a durable, yet soluble color. Gel Color is applied in several layers like a nail varnish and cured under a UV lamp. Tedious waiting for lacquer to dry is a thing of the past. Choose from various fashionable colours.

3 hours, per couple IDR 1'400

*Prices quoted in IDR '000' and subject to 21% service charge and government tax*



## JEEVANIYA ESCAPE FOR TWO

*This impossibly romantic experience is so luxurious and rejuvenating that it will surely deepen your love even further!*

### Sea Salt & Betel Leaf Footbath

Sea salts supply essential nutrients to the muscles, help to prevent muscle cramps, exfoliate dead cells and moisturize. Betel leaves provide an antiseptic and aromatic stimulant.

### Balinese Massage

A massage practiced for hundreds of years by the local Balinese. This traditional massage combines gentle stretches, skin rolling and the unique Kecak elbow slide creating a delightful vibrating sensation across your back. The treatment creates a relaxed state of mind, reduces stress and rebalances the body. A perfect treatment for those with sleep disorders.

### Avocado Scrub

Avocado is high in monounsaturated fats and Vitamin E making it the best natural moisturizer and the perfect solution for dry skin. Helps to delay the aging process.

### Milk Bath

Elevate your bathing ritual with a milk and honey bath. Our gentle cleansing milk bath is rich in nourishing vitamins.

### All Natural Fresh facials

Choose the best natural fresh product for a relaxing facial from honey, cucumber, candlenut, lime, banana, or egg white. It will restore suppleness to your skin and leave you feeling completely refreshed.

3 hours 30 minutes, per couple IDR 2'600

*Prices quoted in IDR '000' and subject to 21% service charge and government tax*