Spa
JEEVAniya

WE INVITE YOU TO RELAX
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!

OPEN DAILY FROM : 9AM TO 9PM

LAST REQUEST
ACCEPTED AT : 8PM

www.jeevaresorts.com

JEEVANIYA SPA
ETIQUETTE

SPA AMENITIES
On arrival, you will be supplied a bathrobe, slippers, and a place to keep your personal belongings. Towels are offered throughout the spa and disposable underwear is available for all body treatments. Facilities include individual vanities stocked with a variety of toiletries.

SERVICE CHARGE
All prices are in Indonesian Rupiah (IDR) and subject to 21% government tax and service charge.

ETIQUETTE
Our Spa environment is one of tranquility and relaxation. In consideration of other Spa guests, we asked that you speak in a quiet voice and switch off mobile phones. If using headphones, please make sure the volume level is not audible to other guests.

SPECIAL REQUESTS
Please feel free to request your preference for a specific Therapist. Our trained professionals properly guide you throughout your service. We strive to fulfill your wishes based upon availability. If you need assistance with anything during your Spa experiences, such as an adjustment to lighting, sound, temperature, or technique, please let your therapist know.

IN-ROOM TREATMENTS
In-room treatments are offered from our massage menu. Times and prices vary from the Spa menu. Please inquiry at the Spa Reception for more information.

CANCELLATIONS
Should you need to cancel your appointment, please inform our Spa associates at least 4 hours in advance to avoid a 50% cancellation fee or 100% in case of 'no show'.

CHILDREN
Spa areas are reserved for guest 16 years and older.

HEALTH
Please refrain from shaving before all body treatments and men's facials. To maximize the benefits of your Spa experience, please inform us of any health issues, allergies, or injures that may make the treatment you have chosen unsuitable so that we may advice safer alternatives.

PREGNANCY
We have specialty designed treatments for expectant mothers. Allow us to assist you in selecting suitable treatments for this special time. We ask you to consult your physician before booking any Spa services.

LOSS OR DAMAGE
We regret that we cannot be responsible for any lost or damage to personal items and valuables during your visit. Please refrain from wearing jewelry or valuables to the Spa. However, a safety box is available at Spa Reception should you wish to deposit valuable items.

APPOINTMENTS
We are recommended that you book your Spa treatments in advance to guarantee your preferred appointment times. Please arrive at least 10 minutes before the start of the treatment so that you can our facilities and optimal Spa experience. Please be aware that late arrivals will not be afforded only for the reminder of the scheduled appointment and charged at full value.

Spa JEEVAniya

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 530
With Body Mask – 90 minutes IDR 510
With Chocolate Body Mask – 90 minutes IDR 510

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 530
With Body Mask – 90 minutes IDR 510
With Chocolate Body Mask – 90 minutes IDR 510

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Spa
JEEVAniya

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 200

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 regular polish of your choice.

MANICURE – 60 MINUTES IDR 300
PEDICURE – 60 MINUTES IDR 300

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Spa Vaniya

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 color 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

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Spa JEEVAniya

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 pandanese, sandalwood, vetiveria, 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

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NATURE'S BODY WRAPS & SCRUBS

BODY EXFOLIATION AND MOISTURIZING USING FRESH LOCAL INGREDIENTS. THE TREATMENT CONCLUDES WITH EITHER A 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 is 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. While chocolate is powerful for antioxidants provide a feeling of well-being and relaxation.

COFFEE SCRUB – 30 MINUTES IDR 161
CHOCOLATE BODY MASK – 30 MINUTES IDR 180
CHOCOLATE SCRUB – 30 MINUTES IDR 200

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INDONESIAN
HERITAGE HEALING
MASSAGES

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 473
MASSAGE – 90 MINUTES IDR 540

MICET MADURA – *MADURAN*

A classic healing ritual from the island of Madura. 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 450
MASSAGE – 90 MINUTES IDR 550

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 600

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 – 90 MINUTES IDR 560

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Spa JEEVAniya

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 400
MASSAGE – 90 MINUTES IDR 500

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 400
MASSAGE – 90 MINUTES IDR 500

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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 anti-septic 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 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.

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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.

MANDI REMPAH (HERBAL BATH)
Soak in a blend of pandanese, sandalwood, vetiveria, lemongrass, capulaga, citrus skin and flower petals: perfect aromatic relaxation therapy.

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 (color pigments of the skin) and acts as a natural sun block and moisturizer. A powerful exfoliant for creating a rejuvenated and silky complexion.

3-HOURS IDR 1,230

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COUPLES
SPA RITUAL

Spa JEEVAniya

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 anti-septic 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, capulaga, 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.
OPI has introduced another big innovation to let you keep your natural nails and still have a durable, yet soluble color. 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 colors.

3-HOURS, PER COUPLE IDR 1,800

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JEEVANIYA ESCAPE
FOR TWO

Spa JEEVAniya

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

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