

The background of the entire page is a soft-focus photograph of plumeria flowers and their large, green leaves. The flowers are in shades of yellow and orange, and the leaves are a vibrant green. The overall lighting is warm and natural, creating a serene and tropical atmosphere.

OBEROI SPA

S P A M E N U



The Oberoi
LOMBOK, INDONESIA





After a day of sun, sea and sand, treat yourself to a session of luxurious indulgence.

Personalised holistic therapies inspired by ancient Eastern traditions of health and healing and incorporating international influences, the Oberoi Spa is one of the defining spas in Lombok. Unwind with a steam bath or pamper yourself with beauty therapies designed to renew, refresh and replenish the soul. Rediscover your inner self with a session of rejuvenation at the Oberoi Spa. We provide limitless ways to heal the mind and body and rejuvenate your spirit.



EXOTIC INDULGENCE

180 minutes

(Your choice of exfoliation, full body massage, body wrap, floral bath)

This signature experience is a harmony of therapies for complete body cleansing, nourishing and rejuvenation. The session begins with a full body exfoliation to eliminate soften the skin.

This is followed by body wrap and massage of your choice.

A relaxing floral bath completes your experience.



ISLAND AROMATIC

150 minutes

(Your choice of full body exfoliation and full body massage)

The session begins with a full body exfoliation to prepare the skin to absorb the benefits of the aromatherapy oils and massage. A blissful 90 minute massage that follows, helps ease tension and calm your spirit. A warm floral bath completes this sublime experience.



ISLAND SAMPLER

120 minutes

Take your spa experience to a new level by opting for two or more consecutive therapies to suit your individual needs and create your very own spa ritual.

Price sheet - upon consultation



MANDI LULUR

120 minutes

Traditionally, Javanese women indulge in this therapy every day during the week preceding their wedding day. This luxurious journey begins with a blended herbal scrub to exfoliate and soften the skin followed by a Balinese massage. A refreshing application of yogurt is applied providing a thorough cleansing effect ending your experience with an exotic floral bathing ritual.



FOR GENTLEMEN

90 minutes

(Back massage, sole therapy, face massage)

Ease away the knots and tension with a back massage followed by a relaxing foot massage. A gentlemen's uplifting face massage completes your therapy. A perfect antidote for total relaxation of the entire body, mind and spirit.



The healing power of touch soothes the senses and awakens the soul.

Oberoï massage

60/90 minutes

Relax your mind, body and senses with our signature holistic massage. This medium pressure massage is a combination of soothing, rhythmic strokes to increase circulation and rejuvenate the spirit.

Balinese massage

60/90 minutes

This luxurious therapy which evolved in Bali is a deep pressure massage using a variety of techniques. This massage has cleansing effect on mind and body, leaving you refreshed and relaxed.

Stress relieving massage

60/90 minutes

Drawing upon the best of Eastern and Western techniques, this oil massage combines soothing strokes and gentle stretching to loosen muscular tension. This flowing massage will evoke a sense of tranquillity.

Thai massage

60/90 minutes

Traditional Thai massage is a sacred system of healing with roots in yoga, Ayurveda and Buddhist spiritual practice. It is a combination of rhythmic massage, acupressure and gentle twisting to stimulate and balance the flow of healing energy providing you with a powerful release of stress and tension. You are provided with loose comfortable clothing for this oil free therapy.



Hot lava shell massage

60/90 minutes

This massage offers unparalleled benefits with continuous heat and pressure creating the most powerful and long lasting results. Smooth lava shells are heated from the inside by combining natural ingredients of minerals, sea kelp, algae and salt water. Their seamless glide over your body creates a synergy of warmth and deep relaxation.

Sole massage

60 minutes

The reflex points on the soles of the feet are worked on to stimulate energy flow and restore harmony. This massage promotes quality sleep, increases circulation and energy flow to boost immunity, rejuvenating your entire body. A leg massage is included to promote relaxation and produce a sense of completeness.







REVITALISING BODY THERAPIES

Frangipani and coconut body buff

30 minutes

A tropical treat for the body. This gentle body exfoliation leaves your skin silky smooth with its enriched and luxurious blend of coconut and frangipani followed by an application of moisturiser. A full body mist of coconut and frangipani completes your therapy.

Lime and ginger exfoliation

30 minutes

An awakening therapy that gently exfoliates and cleanses your skin. Invigorating ginger stimulates your senses and tones the body while lime energises and purifies the skin. Your body is moisturised, lustrous, radiant and replenished.

Frangipani and coconut boreh

90 minutes

Cleanse and enrich your spirit with a lingering and exotic fragrance of frangipani and coconut. Your body is misted with frangipani floral water followed by an application of frangipani and coconut mask. You are then enveloped in a warming cocoon to infuse vitamins and hydration. Frangipani stimulates circulation while coconut promotes skin elasticity leaving you with a healthy shine. Your therapy is enhanced with a sweet smelling aromatic moisturiser and topped off with a mist of frangipani and coconut to complete your experience.

Lime and ginger body envelopment

90 minutes

This detoxifying therapy begins with a gentle exfoliation. Next we apply nutrient filled lime with warming ginger body mask and wrap you in a cocoon allowing your stress and tension to melt away. While your body is wrapped, your therapist performs a relaxing scalp massage. Your therapy concludes with an application of lime and ginger body butter to hydrate, leaving you with soft and glowing skin.

Lemon, basil and grapefruit slimming wrap

90 minutes

This slimming and cellulite reducing therapy begins with a full body scrub consisting essential oils effective for drawing out impurities and help breakdown fatty tissue. You are wrapped in a fragrant blend to infuse the vitamins and improve elasticity and firmness. While your body is enveloped, your therapist provides a face, scalp and neck massage. An application of rich moisturiser and a full body mist completes your experience.







The world renowned spa brand Omorovicza is used exclusively for all our facials. With a rich and romantic heritage, the brand uses the latest scientific advances in mineral cosmetology, applying unique healing waters to innovative skin care.

Healing

60 minutes

For sensitive skin in need of special attention, gentle products are used to cleanse and exfoliate. A unique Hungarian facial massage stimulates micro-circulation whilst relieving tension. A nourishing organic poultice supplies ample nourishment and moisture, leaving the skin glowing with new found health.

Soothing

60 minutes

Mineral-rich Hungarian moor mud draws out impurities and nourishes the skin. The application of the mud mask follows a thorough cleansing and exfoliation using rosemary and pineapple extracts which treat sensitive skin and refine your pores. This facial is certain to revitalise your skin and soothe your senses.

Energising

60 minutes

Designed to leave your complexion rejuvenated and revitalised, this facial begins with a gentle peel, enriched with copper to stimulate collagen production, followed by a unique facial massage to soothe the senses and accelerate micro-circulation. The rose and peony scented mask that follows, plumps the epidermis to reduce the appearance of fine lines leaving you energised with a youthful glow.

Balancing

15 minutes

Balance any of our facial therapies with the addition of an eye freshening therapy. This intensive eye therapy combines cooling and soothing cucumber and arnica to reduce puffiness and vitamin K to combat dark circles. Pressure point techniques work in harmony with these ingredients to provide immediate results

Salon therapies

The Oberoi Spa offers a range of salon therapies including hair and nail care. (For hair care, reservations need to be made at least one day in advance).



SKIN CARE









Facial

60 minutes

This deep cleansing, therapeutic facial for men is designed specifically to cater to your special skin care needs. Paying particular attention to razor burn and skin sensitivity, the therapy includes a de-stressing facial massage to refine the pores and a mask of Hungarian moor mud is applied. Our expert therapists will then perform a scalp and shoulder massage to relieve tension and rejuvenate your senses.

After workout massage

60/90 minutes

This powerful full body massage is designed to relieve aching muscles and joints after periods of physical stress and strain. Using a double layer of aromatherapy oils that will soothe away any muscular discomfort, your therapist will apply advanced deep tissue techniques to ensure effective absorption.



Back therapy

60 minutes

Created especially for men, this therapy begins with a deep cleansing exfoliation, hot compression and a warm mask to draw out impurities. Your therapy concludes with a soothing back massage leaving you feeling refreshed and renewed.

Manicure

30 minutes

A gentlemen's manicure with special attention to the distinct needs of men's hands. Includes nail buffing.

Sports pedicure

60 minutes

This aroma therapy ritual soothes and hydrates the feet. Your feet are relaxed with a therapeutic soak, followed by a warm mineral scrub to exfoliate and smoothen the skin and a moisturising foot massage. Your therapy concludes with grooming and buffing of the nails.





AYURVEDA INSPIRED RITUALS



Ayurveda is a holistic system of healing which evolved among the sages of ancient India for over 5000 years. At the Oberoi Spa, our therapists help determine your body type or dosha and recommend the appropriate massage and oils. Ayurvedic therapies detoxify the body and restore the natural balance of the energies within.



AYURVEDA INSPIRED RITUALS

Abhyanga

75 minutes

This detoxifying therapy uses warm herbs infused with Ayurvedic oils chosen according to your dosha. The oils are generously poured over the entire body and then vigorously massaged into the skin. This traditional Indian massage detoxifies your body and revitalises your spirit. A steam bath is recommended after this massage.

Shila Abhyanga

90 minutes

This Ayurvedic therapy was used by the yogis and rishis of ancient India to promote healing and longevity by releasing tension and connecting the flow of prana (vital energy) throughout the body. It promotes balance on the physical and emotional levels. This palm based massage uses heated river stones of varying sizes to key marma points on the body, giving a deep massage and creating sensations of comfort and warmth. This massage stimulates the circulatory system, softens and relaxes muscles, helps to release toxins, induces a state of deep relaxation, and relieves muscle pain. This therapy will leave you with a long lasting sense of calm.

Padabhyanga

60 minutes

This Ayurvedic reflexology therapy is an ancient massage for the sole which focuses on marma points of the feet and lower legs. Padabhyanga promotes quality sleep, increases circulation and energy flow to boost immunity, rejuvenating your entire body. This therapy incorporates the use of a kasa bowl which is warmed in oil resulting in a more effective therapy as the metal interacts with the energy force of the body.

Indian head massage

30 minutes

This ancient therapy was used traditionally by ladies in India to keep their long hair in healthy and beautiful condition. Pressure points on the scalp, neck and shoulder are stimulated to improve circulation, relieve tension and promote relaxation.

Shirodhara

60 minutes

Shirodhara is an ancient Indian therapy using warm, medicated oils which flow from a specially designed vessel. A gentle stream of warm oil is directed onto the third eye which in turn triggers healing, restores balanced health and calms the mind.

Hot Herbal Poultice Therapy

60 minutes

This therapeutic massage begins with an application of warm oil specific to your dosha. A warm herbal fomentation is applied to relax the muscles while stimulating blood circulation and energy flow. The effect of heat and herbs help to reduce aches and pains, increase lymphatic drainage and condition the skin, leaving you refreshed and relaxed.







For the complete spa experience

To ensure your spa experience is a relaxing journey into a different world, we recommend the following:

Schedule your therapy 24 hours in advance in order to ensure availability.

Consult our therapists who will be pleased to advise you on a therapy that suits your individual needs.

It is advised to switch off your mobile phone to ensure total relaxation.

Enjoy a relaxing shower before your therapy.

Arrive at the spa reception 10 minutes prior to your therapy in order to change and prepare yourself.

Gentlemen who are having a facial are advised to shave at least 3 hours before their therapy.

Schedule your therapy at a time when you will be able to relax for at least one hour after the therapy.

Guests with high blood pressure, heart condition or other medical complications and ladies who are pregnant should consult their doctor before scheduling an appointment for spa therapies.

Home spa - Most of the body and skin care products that we use in our therapies are available for purchase.

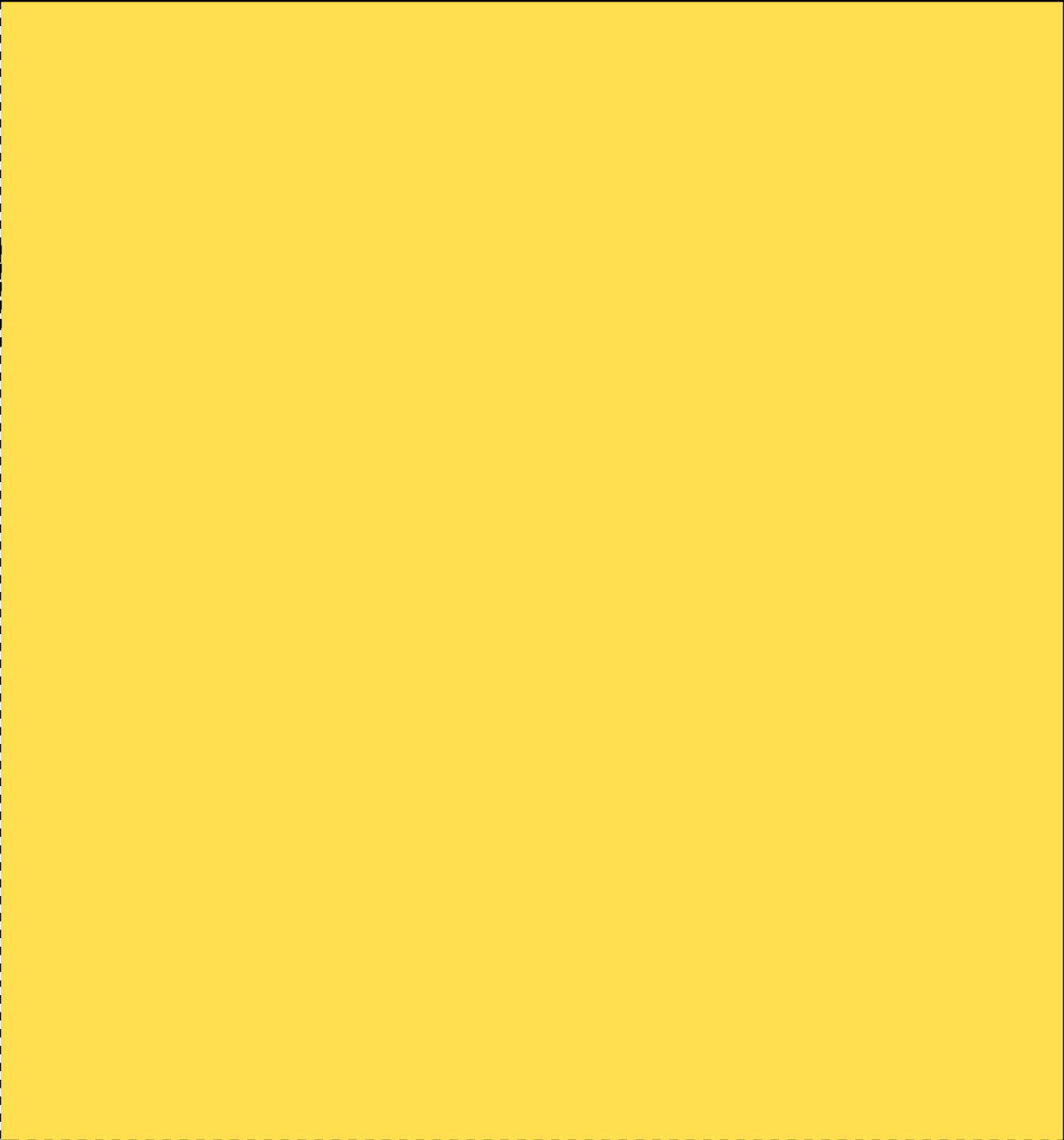
We encourage you to ask your therapist how to use these products to continue your spa experience at home.

Reservations and cancellations

All spa therapies can be scheduled or cancelled at the spa. We understand that unavoidable circumstances may arise and cancelling your appointment might be necessary. If you find yourself unable to keep your appointment, please contact the spa within a 4 hour time frame to avoid the full charge of your service. For reservation, please dial extension 855.

Hours of Operation - 9:00 am - 8:00 pm

All prices are inclusive of 11% Tax and 10% Service Charge.





The Oberoi

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