

OBEROI SPA
MENU



The Oberoi
BEACH RESORT
BALI



Oberoi Experiences

Our specially curated wellness and beauty spa rituals combine select treatments to rejuvenate and relax the body and mind. Each Oberoi Experience caters to your specific needs, delivers holistic care and transports you to a state of peace and calm.

Balinese Retreat

Duration: 3 hours

• Exfoliation • Body Wrap • Natural Hair Cream Bath • Full Body Massage

A Javanese hair cream using natural and local products is followed by a warming, full body exfoliation, and a boreh herbal wrap which stimulates natural osmosis, detoxifying and toning the skin. The experience concludes with a full body Balinese massage, which uses a combination of acupressure and oil massage to increase the circulation and promote a sense of calm, wellbeing and relaxation.

Island Aromatic

Duration: 2.5 hours

• Exfoliation • Full Body Massage • Facial

This begins with a full body exfoliating scrub to prepare your skin to absorb the aromatherapy oils and massage. A blissful full body massage is followed by your choice of relaxing facial.

Mandi Lulur

Duration: 2 hours

• Turmeric Body Scrub • Balinese Massage • Yogurt Splash

According to Javanese tradition, ladies indulge in this therapy daily for a week preceding their wedding to ensure they have a healthy and beautiful glow. This luxurious ritual begins with a blended herbal scrub to exfoliate and soften the skin. Afterwards, a traditional massage soothes away tension, completed by a refreshing application of yogurt to nourish and cleanse the skin, leaving the body silky smooth from top to toe.

Massage

From pain relief to deep relaxation, a skillfully delivered massage is excellent for your overall health and wellbeing. The Oberoi Spa offers the most effective massage therapies that soothe the senses, restore vitality and revive the spirit.

Oberoi Signature *75 minutes*

Relax your mind, body and senses with our signature massage. This treatment is excellent for releasing muscular tension, increasing circulation and relieving stiffness. Customised to suit your specific needs.

Balinese *60/90 minutes*

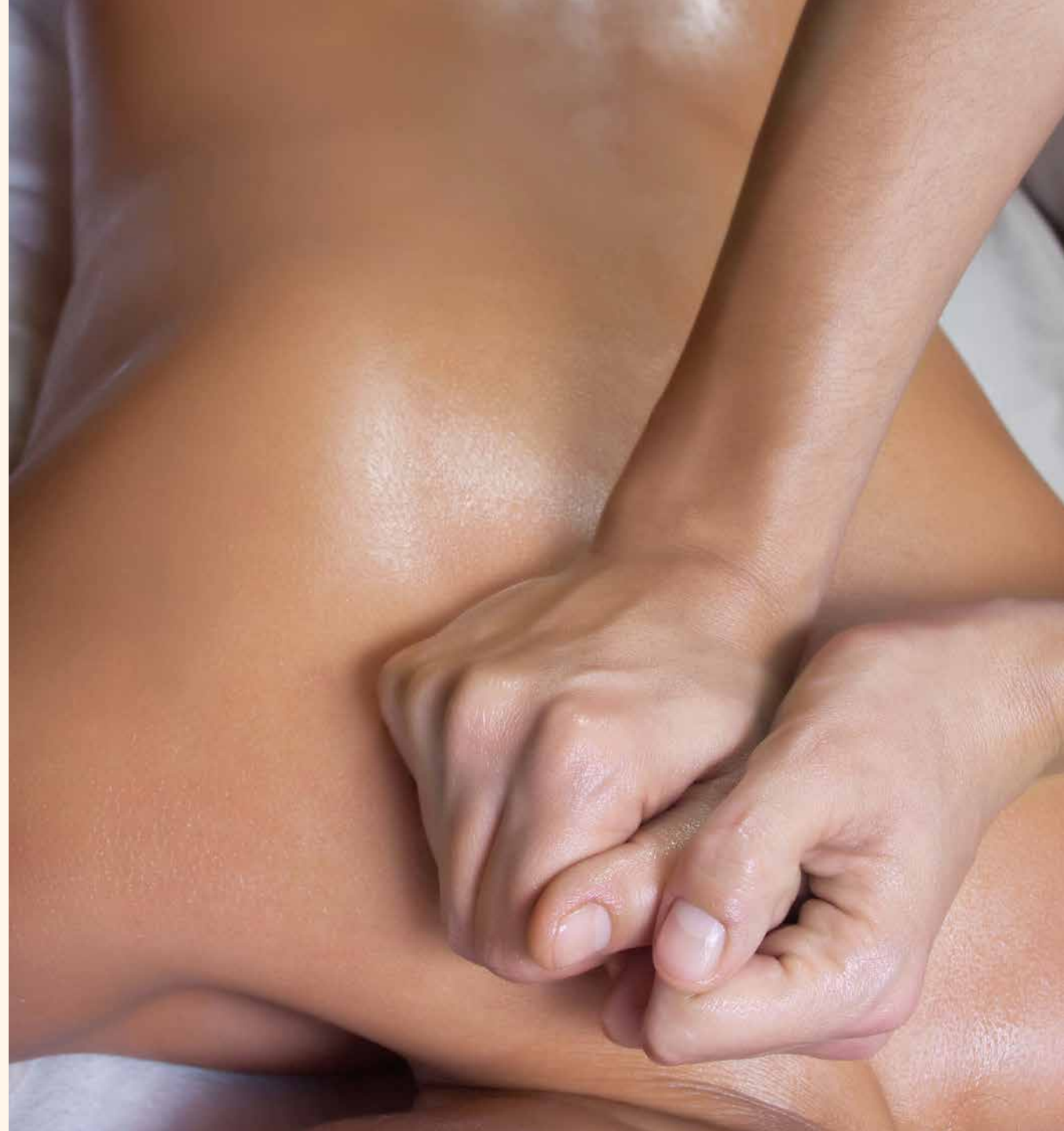
Developed on the island of Bali, this luxurious massage therapy combines the revitalising properties of aromatic oils with deep pressure techniques such as skin rolling, deep tissue manipulation and reflexology. A sense of calm and well-being envelops you as vital energy points are stimulated and muscle tension is eased.

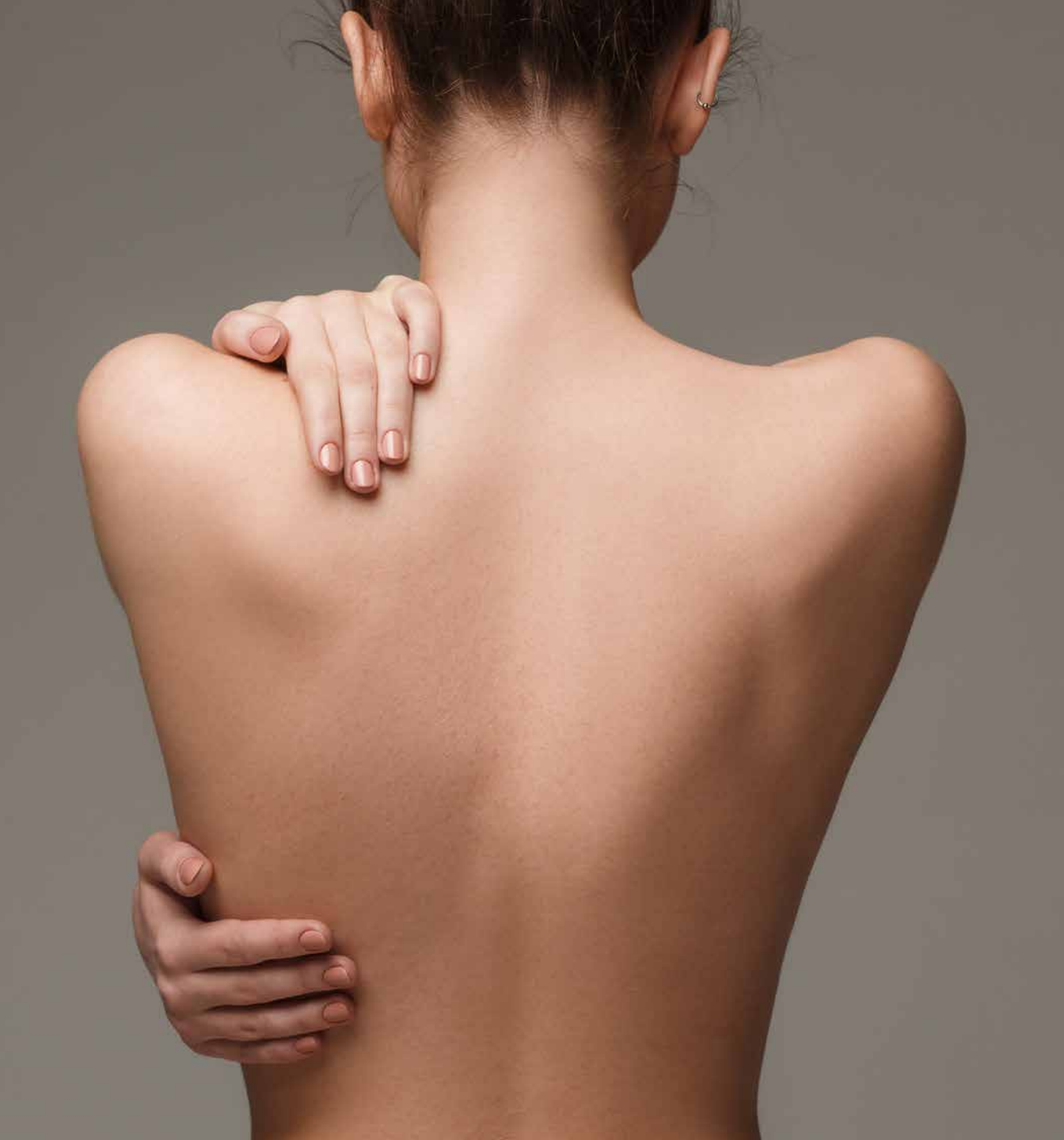
Stress Relieving *60/90 minutes*

Drawing upon Asian and international techniques, this oil massage combines soothing strokes and gentle stretching to loosen muscular tension. This flowing massage will evoke a sense of tranquility and rebalancing.

Hot Stone *90 minutes*

This massage uses a combination of heat and pressure to create long-lasting benefits. Smoothened volcanic stones, suffused with the earth's energies, and natural oils, are heated to intensify the effects. As these glide over and knead your body, you feel a sense of deep relaxation and balance descend upon you.





Body Treatments

Frangipani and Coconut Body Buff *30 minutes*

A luxurious blend of coconut and frangipani followed by an application of moisturiser restores a healthy glow. A full body mist of coconut and frangipani completes the therapy.

Lime and Ginger Exfoliation *30 minutes*

Invigorating ginger stimulates your senses and tones the body while lime energises and purifies the skin. Your body is left moisturised, looking radiant and replenished.

Frangipani and Coconut Boreh *90 minutes*

Your body is misted with frangipani floral water and then frangipani and coconut mask is applied. Afterwards, you are enveloped in a warming cocoon to infuse vitamins and hydration. Your therapy is enhanced with a sweet smelling aromatic moisturiser and is completed by a mist of frangipani and coconut.

Lime and Ginger Body Envelopment *90 minutes*

This detoxifying therapy begins with a gentle exfoliation. Afterwards, a warming lime and ginger body mask cocoons you, allowing stress and tension to melt away. Enjoy a relaxing scalp massage while the heat of the wrap soothes your body. Your therapy concludes with an application of lime and ginger body butter to rehydrate, leaving your skin soft and glowing.

Lemon, Basil and Grapefruit Slimming Wrap *90 minutes*

This slimming, anti-cellulite therapy begins with a full body scrub that includes essential oils effective in drawing out impurities and breaking down fatty tissue. You are wrapped in a fragrant blend to infuse vitamins and improve elasticity and firmness. While your body is enveloped, your therapist will administer a face, scalp and neck massage. An application of rich moisturiser and a full body mist completes the experience.

Sunburn Soother Wrap *60 minutes*

This wrap contains fresh herbs, aloe vera and cucumber, handpicked from our own herb garden. This healing and purifying blend is excellent for sensitive skin. It improves skin condition, calms skin irritation and moisturises. During the wrap, you will also receive an Eye Balancing treatment to reduce dark circles.

Facial Treatments

Omorovicza products are powered by a potent blend of mineral-rich healing waters from Hungary and the patented Hydro Mineral Transference™ delivery system. Omorovicza uses high-performance, naturally derived alternatives to commonly used synthetics, ensuring the Omorovicza experience is one of total luxury and maximum efficacy. (All products exclude parabens • polyethylene glycol • petrochemicals • silicones • sodium laureth sulfates • synthetic colours • fragrances, and are never tested on animals).

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 microcirculation whilst relieving tension. A nourishing organic poultice supplies ample nourishment and moisture, leaving the skin glowing with newfound health.

Soothing *60 minutes*

Mineral-rich Hungarian moor mud draws out impurities and nourishes the skin. The application of the mud mask followed by a thorough cleansing and exfoliation with rosemary and pineapple extract, treats sensitive skin and refines pores. This facial revitalises skin and soothes the 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.

Eye Balancing *15 minutes*

Balance any of our facial therapies with the addition of an eye freshening therapy.





Indian Essentials

Starting with a fresh neem leaf footbath, these spa treatments are inspired by ancient Indian healing techniques; traditional massage rituals using long strokes, practiced for thousands of years to restore the vital energies, balance polarities and nurture holistic wellness.

Full Body *75 minutes*

Warmed coconut oil is massaged over the whole body with long soothing strokes to activate circulation and balance energies which in turn promote deep relaxation.

Head & Shoulder *60 minutes*

A gentle massage that stimulates energy points in the shoulders, neck and face. Afterwards, a gentle stream of warm coconut oil is poured across your third eye, which stimulates healing, restores balanced health and calms the mind.

Foot & Leg *60 minutes*

With a warmed bronze kasa bowl and coconut oil, our therapist applies long strokes with medium pressure to the energy points in the lower legs and feet, stimulating circulation, relieving muscular stiffness and releasing tensions held from top to toe.

Hands, Feet & Hair

Soft Hands *60 minutes*

Treatment includes nail cutting and shaping, cuticle care, a gentle exfoliation, a massage with a blend of aromatic oils and a nourishing mask to leave hands soft and radiant.

*Nail polishing not included.

Smooth Feet *60 minutes*

Treat your feet to a warm soak in a bath salt, nail cutting and shaping, cuticle care, an exfoliation, a deep massage and a moisturising mask.

*Nail polishing not included.

Hair Spa *60 minutes*

Create soft, glowing hair using fresh aloe vera blended with polyscias scutellaria, handpicked from our own herb garden. A gentle head massage stimulates the circulation, rehydrates dry hair and promotes gloss.



For the Complete Spa Experience

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

- Kindly switch off your mobile phone or set the ringer to silent.
- Arrive at the spa reception area 10 minutes prior to your appointment in order to change and relax.
- 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 conditions or other medical complications and ladies who are pregnant should consult their doctor before undertaking spa therapies.
- Home spa: many 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.
- The spa is designed for guests 16 years and above.

Reservation 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 at least 4 hours prior, to avoid the full charge of our service.

Hours of Operation: 09:00 — 21:00

