



# BLACK BAMBU SPA

Traditional Health, Beauty Treatments  
& Massages

we work with natural, homemade products directly from nature to your  
body,

## Full Body Balinese Massage

Enjoy a variety of techniques to relax muscular tensions. Our therapists use blends of essential oils from Indonesian spices and flowers.

1 hour	Rp \$ 260.000
90 min.	Rp \$ 350.000

## Surfer's Massage

Relax your neck, shoulders, arms and back while therapist focus on massaging the muscles mostly sore after a surf session. Usually it requires a bit more of strength from the therapist.

30 min.	Rp \$ 170.000
1 hour	Rp \$ 350.000

## Exfoliation Massage Balinese Lulur

This treatment begins with a 45 minutes Balinese massage, then the entire body is painted in a brown granular paste (the traditional Javanese, *lulur*), containing turmeric, sandalwood, cinnamon, ground nuts and rice. The paste is then rubbed gently to exfoliate and stimulate circulation on your skin. It will feel soft and silky.

1 hour	R\$ 380.000
--------	-------------

You can also choose the below treatments:

Coffee/Papaya Scrub or

Coconut/Lemon Scrub,

Honey/Banana Scrub

Cold Cucumber slices will be applied on your eyes during the whole session and Aloe Vera will be left in your body for a final skin luminous finishing.

## Jet Leg Bambu Massage

A **Bambu Massage** is the use of hollow bamboo canes that are warmed. The bamboo cane replaces the therapist's hands, and it is able to give a deeper, firmer massage. Bamboo canes were used in Traditional Chinese

medicine. The cane is held by the therapist and rolled over the muscle with the same strokes they would use with their hands. The muscle is then kneaded, which assists in the release of tension and easing of knots. This technique uses the general principles of massage.

Hands are used to work over the muscles and the cane is used to focus on knots. Muscles relax to a deeper level when the cane is warmed.

1 hour	Rp \$ 360.000
90 min.	R\$ \$ 400.000

## **Personal Massage**

Ask our therapist exactly where you would like to be massaged. She will focus in the spots you mostly like.

1 hour	R\$ 360.000
90 min.	R\$ 400.000

Choose from our different essential oils. Smell them, one by one and see which one makes you feel more sensual.

## **Hot Stone Massage**

It is a powerful massage technique that involves heated river stones. The effects of this ancient form of healing have been proven to release tension in muscles, increase blood circulation, trigger relaxation response in the nervous system and restore fluidity to the connective tissue and joints.

1 hour	Rp \$ 380.000
90 min.	RP \$ 420.000

## **Reflexology**

Reflexology is based on the belief that each body part is represented on the feet and that pressing on specific areas on the feet can have therapeutic effects. Tender points can be a sign that stress and its effects have become accumulate in the corresponding parts of the body. Reflexology aids the

release of toxins from the major organs in the body, increases circulation, and improves overall health

30 min.	Rp \$ 150.000
1 hour	Rp \$ 320.000

### **Coconut Scrub Foot Massage**

For a soothing alternative to reflexology enjoy our foot massage is followed by a grated coconut scrub and in the end moisturized by coconut oil. This will keep your feet feeling light and fresh.

30 min.	Rp \$ 120.000
1 hour	Rp \$ 360.000

### **Back Massage**

Therapist will work on your back only

30 min.	Rp \$ 180.000
1 hour	Rp \$ 360.000

### **Head and Shoulders Massage**

Relax while therapists move their hands on your head and shoulders

30 min.	Rp \$ 120.000
---------	---------------

### **Anti-Celulite Massage Slim Massage**

Therapist will work with special coconut cream doing slow movements to drain fat away to the glands. Anti-cellulite massage will help melt your fat away.

60 min.	Rp \$ 360.000
---------	---------------

## Facial

Therapist will clean and slightly scrub your face with special organic products taken directly from nature. A cucumber mask will be applied on your face and eyes.

## Hair

### Hair Blow Dry

50 min

Rp \$ 105.000

## Nails

### Manicure

A thorough manicure to clean toes and remove dead skin cells from cuticles, fingernails are treated from the cuticle to the tip, your manicure also includes a relaxing hand massage. Nails are shaped to your taste, polished to perfection and finished with a clear top-coat for lasting shine. A luxurious and enjoyable treat for the hands

40 min.      Rp \$ 85.000

#### **Plus polish**

Rp \$ 30.000

Change polish only

Rp \$ 35.000

### Pedicure

A thorough pedicure to clean toes and remove dead skin cells from the soles of your feet. Toenails are treated from the cuticle to the tip, your pedicure also includes a relaxing foot massage. Nails are shaped to your taste, polished to perfection and finished with a clear top-coat for lasting shine. A luxurious and enjoyable treat for the feet.

<b>Plus polish</b>	30 min.	Rp \$ 95.000 Rp \$ 30.000
<b>Polish Change only</b>	15 min.	Rp \$ 45.000
<b>Foot Scrub</b>	30 min.	RP \$160.000

## PACKAGES

<b><u>PACKAGE 1</u></b>	90 min.	
Full Body Massage Full Body Scrub		Rp \$ 400.000
<b><u>PACKAGE 2</u></b>	90 min.	
Foot Massage Face and Head Massage Back Massage		Rp \$ 400.000
<b><u>PACKAGE 3</u></b>	90 min.	
Head and Shoulder Manicure		

Pedicure

Rp \$ 390.000

**Package 4**

min 90

Blow Dry  
Manicure  
Pedicure

Rp \$ 346.000

**Package 5**

45 min

Reflexology  
Blow dry

Rp \$ 340.000

**Package 6**

40 min

Foot scrub,  
Foot massage

Rp \$ 210.000