The Lembah Spa
2010 Spa Treatments

Treatments	Description	Duration	Price
Foot Reflexology	Therapeutic pressure point massaage	45 min	$ 45
Manicure or Pedicure	Scrub, moisturize, massage, cut and polish	45 min	$ 45
Hair Cream Bath	Shampoo, hair moisturizer, full head massage	45 min	$ 45
Deep Cleansing Facial	Steam, scrub, face massage, mask, moisturize	45 min	$ 45
Massage	Foot bath, French, Balinese or Hawaiian massage	60 min	$ 65
Four Hands Massage	Same as above but with 2 therapists	60 min	$ 75
Select your Kingdom	Combination of various treatment types	120 min	$ 120
Viceroy Tropical Indulgence	Fruit themed scrub, body mask, massage, bath	150 min	$ 185
Neptune's Fix	Salt themed scrub, body mask, massage, bath	150 min	$ 185
Cleopatra on Petanu River	Milk themed scrub, body mask, massage, bath	150 min	$ 185
Pirates of the East Indies	Spices themed scrub, body mask, massage, bath	210 min	$ 270
Spa & High Tea Package	Foot bath, Balinese massage, facial, high tea	120 + 60 min	$ 115

Valid from 1 Apr 2010 – 31 Mar 2011 Prices are in US Dollars per person and inclusive of 21% tax and service charge.

Basics

Foot Reflexology	This is the use of the foot as a body map to identify and ease organ or nervous system traumas. This massage focuses entirely on the foot which corresponds with particular body parts, organs, muscle and energy meridians which are alternately stimulated.
Hair Cream Bath	A traditional hair cream bath with Head Massage
Deep Cleansing Facial	Is a gentle face massage with cleansing creams and steamer to open the pores followed by a mild scrub to remove dead skin cells and improve penetration of the mask formulated to suit your skins needs. The treatment ends with a lotion to nourish, firm and protect your skin from outdoor elements and to produce anti-aging effects.

Massage

Balinese Massage	This traditional Balinese village massage is a firm fingered and palm massage. It was this massage technique which the village members practised for centuries to help relieve muscle pain caused by working long hard hours in the rice fields. This endearing massage will relax those weary muscles, mainly the back.
French Massage	This special massage is a lymphatic drainage system massage. Similar to Shiatsu this massage focuses on the lymphatic system and its fluids helping to remove toxins from the body and aid in the reduction of cellulite. You will find that your nervous system relaxes and your stresses drift away and energy level increases. You will have an increase in urinary times as the toxins are being discarded from your body, plenty of water afterwards is recommended.

Hawaiian Lomi Lomi Massage	Lomi Lomi is a traditional Hawaiian massage using fragrant oils and gentle pressure. Stretching is used to increase flexibility and the range of motion of your limbs a great massage for limbering up the muscles and tendons.
Four Hands Massage	Harmony Duo is a four hands massage with two therapists working in tandem to gently ease the body into a state of total relaxation, this special massage employs a technique to rejuvenate tired muscles and improve blood circulation. Ideally it is followed by a leisurely steam sauna, cold pool dip and hot Jacuzzi.

120 min Spa Treatment : Choice of one (1) of the following treatments

Majapahit Combination	Javanese LuLur Java Lomi Massage Java Hair Cream Bath
Kutai Combination	Lava Mud Pack Javanese LuLur Combination Massage
Sriwijaya Combination	Reflexology Tumeric Exfoliation French lymphatic massage
Singaraja Combination	Balinese Massage Manicure (Tidy and Buff only) Steam Bath + Cold Pool + Jacuzzi
Mengwi Combination	Hair Cream Bath Pedicure with Buff or Polish Manicure with Buff or Polish
Gianyar Combination	Cream Bath Balinese LuLur Balinese Massage

150m Spa Treatment

Viceroy Tropical Indulgence *Fruit themed scrub, body mask, massage, bath*	Step 1: Body Exfoliation with a fresh fruit scrub Step 2: Scrub removed Step 3: Body Mask of tropical and citrus fruits is applied and left to absorb the epidermis layers Step 4: Shower to remove mask Step 5: Relaxation for 20 mins rotating between the Steam Room, Cold Pool and Hot 68 jet Jacuzzi Step 6: Balinese Massage 50 min with essential orange oils Step 7: Fruit bath with orange scented bath foam, Orange and lime slices Step 8: Shower, dress and relax with a fresh fruit juice overlooking the spectacular view

Neptune's Fix *Salt themed scrub, body mask, massage, bath*	Step 1: Body exfoliation with seaweed scrub Step 2: Scrub removed Step 3: Body Mask of Organic Seaweed is applied; you are wrapped in plastic and left till your body heat causes intensified absorption to the epidermis layers Step 4: Shower to remove mask Step 5: Relaxation for 20 mins rotating between the Steam Room, Cold Pool and Hot 68 jet Jacuzzi Step 6: Deep tissue massage (pressure point) to activate the lymphatic system and speed the detoxification process (as this is a strong deep tissue massage it is not recommended for those who bruise on touching) Step 7: Shower, dress and relax with a hot herbal tea overlooking the spectacular view
Cleopatra on Petanu River *Milk themed scrub, body mask, massage, bath*	Step 1: Body exfoliation with candle nut scrub Step 2: Scrub removed Step 3: Body Mask of Whey Step 4: Shower to remove mask Step 5: Egyptian Massage 50 minutes with essential vanilla oils Step 6: Body rinsed Step 7: Body smothered in natural yoghurt Step 8: Soak in warm milk bath with rose petals Step 9: Shower, dress and relax with a hot herbal tea overlooking the spectacular view

210 min Spa Treatment

Pirates of the West Indies S*pice themed scrub, body mask, massage, bath*	Step 1: Body exfoliation with exotic spices Step 2: Scrub removed Step 3: Body Mask of coffee and cocoa Step 4: Shower to remove mask Step 5: Relaxation for 20 mins rotating between the Steam Room, Cold Pool and Hot 68 jet Jacuzzi Step 6: Lomi - Lomi massage (Hawaiian) Step 7: Relax with a coffee of your choice overlooking the spectacular view while being pampered with foot reflexology

Spa & High Tea

High Tea Package	Foot bath, Balinese Massage, Creambath or Facial (120 min) High Tea (60 min)