

## { MANIS KLEPON }

*120 Minutes*

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DaLa Foot Ritual

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Balinese Massage

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Coconut with Palm  
Sugar Body Scrub

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Pandanus leaves  
body mask

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Balinese seven  
flower bath

Truly unique to DaLa Spa, this nurturing treatment was inspired by the colourful ingredients of a traditional Balinese rice flour cake (Klepon). Tired toes are gently bathed for a refreshing start. A classic Balinese massage using long strokes and applications of pressure for deep relaxation.

An exfoliating coconut and palm sugar scrub is then applied to the body to eliminate impurities. This is followed by a fragrant body mask made from pandanus and suji leaves. Final by a soak in a warm bath infused with seven Balinese flowers washes away the remains of the mask.

## { THE ISLAND COCOON }

*150 Minutes*

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DaLa Foot Ritual

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Warm stone  
Detox Massage

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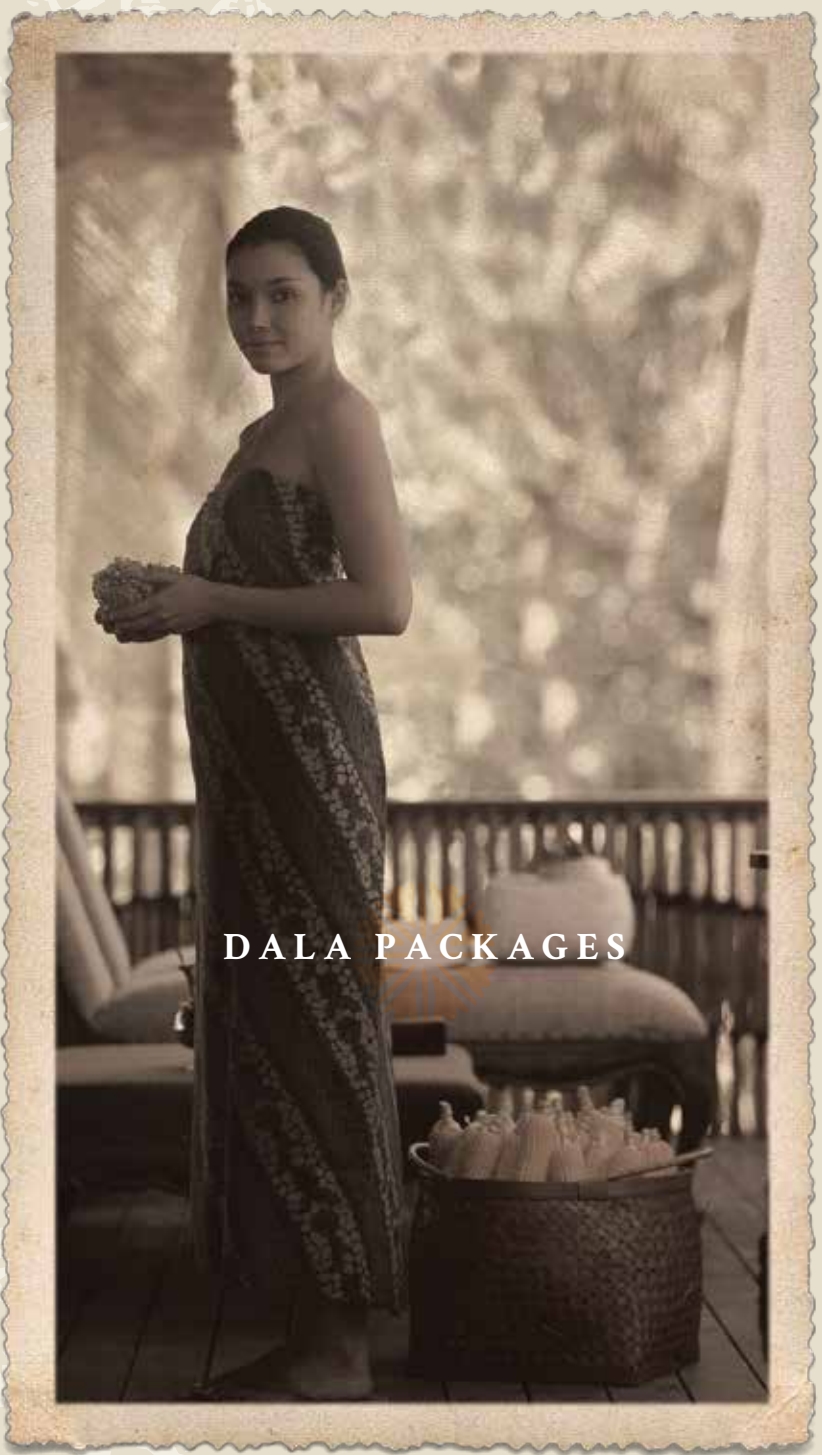
Corn with Coconut  
Cream Body Mask

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Revitalizing  
Herbal Bath

Paying homage to an age-old Indonesia skin care remedy, this reviving treatment is about looking good and feeling even better. A foot ritual is performed using natural ingredients to put the spring back into every step. Then a warm compress is applied to the body to open pores in preparation for a warm stone massage to melt away stress and tension.

An antioxidant enriched mask uses grated Corn, coconut cream and clay, which work together to cool, soften and moisturize the skin. Follow up with a lavish soak in a revitalizing herbal bath to Energize the body.



## DALA PACKAGES

### { BUNGA RAMPAI (POTPOURRI) RITUAL }

120 Minutes

Pinang Foot Ritual

This inspiring 2 hour treatment rejuvenates the mind and uplifts the spirit based on the rich beauty traditions of the Indonesian and Malay cultures. It begins with a Pinang (betel nut) Foot Ritual, an age-old Malay custom to deliver great reverence. The journey starting with a ritual sprinkling of fresh flower petals to generate positive energy prior to a Rampai Signature Massage. A traditional rice mask is then applied to the face to draw out toxins and clear pigmentation for a well-nourished effect.

Rampai Signature Massage

Traditional Rice Mask

The Cananga infused Coconut Scrub

The Cananga infused Coconut Body Scrub is made from cananga & jasmine extract, grated candlenut, and fresh kaffir lime to leave the body silky smooth with perfection.

Bunga Rampai Bath

It is followed by a refreshing Bunga Rampai Bath of rose petals, tuberose, cananga, cempaka, and fresh limes to recreate the opulence of a Malay bridal bath

### { DALA SIGNATURE TREATMENT }

120 Minutes

DaLa Foot Ritual

Your treatment begins with a sensory journey, where you will choose from one of our customised blends of essential oils for your body massage.

Aromatherapy

Your feet are then bathed in a DaLa signature foot ritual with lemongrass, sliced ginger and lime scented with herbal essential oils. The feet will then be exfoliated with a coconut jasmine scrub.

Rebalance

Empress Facial Ritual

Enjoy a back, neck and shoulder massage to alleviate muscular tension followed by a luxurious royal Empress facial that uses fresh natural ingredients that are perfect for all skin types. Savour an arm, leg, feet and scalp massage as your face mask works its magic.

### { MALABAR TEA CEREMONY }

120 Minutes

Malabar Tea Foot Ritual

This inspiring Indonesian 2 hour treatment, rejuvenates the mind and uplifts the spirit using the benefits of teas. Commence your journey with a foot ritual with the antioxidant benefits of green tea. Followed by 60 minutes Oriental Massage with a rich and creamy body balm blended with 4 Teas elixir, to free the body from all its tensions with agile, graceful strokes and gentle movements.

Oriental Massage

Instant Glow Green Tea facial

Continue by an Instant Glow Green Tea facial for total revival. A journey draws to close with a signature Malabar Tea Bath with fresh mint and lemongrass bath salt to refresh body and mind.

Malabar Tea Bath

## { THE PALACE RITUAL }

150 minutes

Tepak Manggis  
Foot Ritual

Urut Nusantara

Asam Payo

Body Scrub

Tomato & Basil

Body Polish

Lemongrass &  
Tuberose Bath

Inspired by the gracious traditions of the ancient Sriwijaya Kingdom in South Sumatra, this treatment begins with a foot cleansing ceremony. The experience continues with a Yoni & Lingga reiki ritual using bronze singing bowls.

Next is a rhythmic massage to address fatigue finishes the ritual followed by a natural body scrub. A vitamin enriched tomato and basil body polish is applied to re-hydrate the skin before a lavish soak in a lemongrass and tuberose bath.

## { TUTI FRUITY SPA }

150 minutes

Green Tea & Avocado  
Foot Ritual

DaLa Aromatherapy  
Massage

Papaya and pineapple  
mousse scrub

Berries yoghurt with  
Honey Refresher facial

Orange and lime  
milk bath

The healthy benefits of fresh fruit are brought to light in this delicious spa indulgence that will ignite the senses and leave you feeling full of zest. A replenishing green tea & avocado foot ritual, which is rich in natural oils and proteins, begins the treatment. This aroma-sensory experience continues with DaLa aromatherapy massage will restore harmony between the body and mind.

A berry yogurt with honey refresher facial will then cleanse and hydrate the skin to give it a Radiant glow. De aging papaya and pineapple mousse body scrub to exfoliate the skin then final with local Balinese orange and lime milk bath. A mouth watering fruit sorbet enriched with vitamins concludes this fruity spa experience

## { THE ROYAL WEDDING RITUAL }

150 minutes

DaLa Foot Ritual

Balinese Massage

Javanese Lulur

Yoghurt body polish

Milk and flowers bath

This traditional Indonesian beauty ritual was once the privilege of royal brides in the ancient palaces of Central Java. A DaLa foot ritual begins the indulgence and continues with a tension relieving Balinese massage.

The highlight is a Javanese lulur exfoliation, where a paste of turmeric, sandalwood and rice powder is slowly applied to the body.

A hydrating yoghurt body polish is then applied followed by a luxurious milk bath infused with flowers.

## { THE SAMBARA }

240 minutes

DaLa Foot Ritual

Balinese or

Aromatherapy Massage

Body Scrub \*

Body Mask \*

Bath Ritual \*

Spa Cuisine

Empress Facial Ritual

\* of your choice

The ultimate spa package for head to toe indulgence, The Sambara takes you on a 4 hour journey of personal rejuvenation.

Begin with a gentle DaLa foot ritual followed by your choice of relaxing massage. Next is your choice of body scrub and body mask before a luxury bath ritual of your preference.

There is time out to enjoy a delectable luncheon or dinner of nutritionally balanced spa cuisine. The experience ends with an Empress facial ritual.



DALA BODY TREATMENTS

{ BALINESE MASSAGE }

*60 / 90 Minutes*

This massage uses the traditional Balinese techniques of firm finger and palm pressure as well as long stimulating strokes. Performed with your preferred choice of essential oil blend, this massage therapy can ease body tension and invigorate the senses.

{ ORIENTAL MASSAGE }

*60 Minutes*

Using a rich and creamy body massage balm with rejuvenating black tea, this massage frees the body from all its tension by working the muscles and skin with agile, graceful strokes and gentle comforting movements. The kneading and smoothing movements will leave you feeling relaxed and calm. This massage works the body with parallel movements, resulting in a feeling of well-being, a rested mind and a relaxed body.

{ URUT NUSANTARA }

*75 Minutes*

Celebrating the timeless healing traditions of the Indonesian archipelago, Urut Nusantara nurtures body, mind and spirit. The experience begins with a Yoni & Lingga Reiki Ritual using bronze singing bowls to re-balance the alignment of energy between the chakras. A classic massage using a heady blend of essential oil is then performed. This invigorating treatment combines different techniques to address fatigue and stimulate blood circulation.

{ DALA AROMATHERAPY MASSAGE }

*75 minutes*

As our signature massage treatment, the DaLa massage focuses on movement, Swedish massage techniques and the art of healing, where wellness can be attained through the use of essential oils. By combining the sensory elements of touch and smell, this massage helps to restore harmony between body and mind.



### { WARM STONE DETOX MASSAGE }

*90 minutes*

Warm river stones anointed with massage oil are placed on the chakra energy centres and massaged over the body to melt away stress and tension. The heated stones promote a deep state of relaxation and clarity of mind.

### { SANDALWOOD HEALING MASSAGE }

*90 minutes*

This restorative massage celebrates the therapeutic benefits of sandalwood and puts a modern twist on a traditional Balinese healing ritual. The experience begins with a soothing foot bath and a blessing that pays homage to Bali's rich cultural heritage. The massage involves warm pieces of sandalwood being rolled over the entire body to ease away aches, pains and weariness. This process mirrors the graceful movements of a Balinese dancer as a feeling of overwhelming serenity permeates the body, mind and spirit.

### { ASIAN FUSION MASSAGE }

*90 minutes*

This spectacular treatment draws on three cultures, to deliver an intensely relaxing and calming experience using a rich black tea body balm. Specifically designed to expell fatigue from the body as well as rid it , of daily stress and tension. In order to re-balance energies, movements are precise and sustained, focusing on the tense parts of the body. Back tensions are carefully worked (Chinese massage) before a progressive massage of the abdomen (Malaysian method). The treatment culminates with the elimination of 'body heat' achieved by stimulating the foot's reflex zones (Indian Massage with the Kansu bowl).

### { THE SHIRODHARA }

*60 minutes*

Shirodara can induce a feeling of absolute calmness and serenity, and is regarded as an anti-aging therapy. This treatment starts with an Indian head, scalp, neck and shoulder massage to help dissolve tension or stress. Your therapist will massage all the vital marma points to stimulate and energize the body. A golden stream of warmed medi- cated oil is then poured continually over your third eye (located in the centre of the forehead) for 20 minutes.

### { HEAVENLY FOOT MASSAGE }

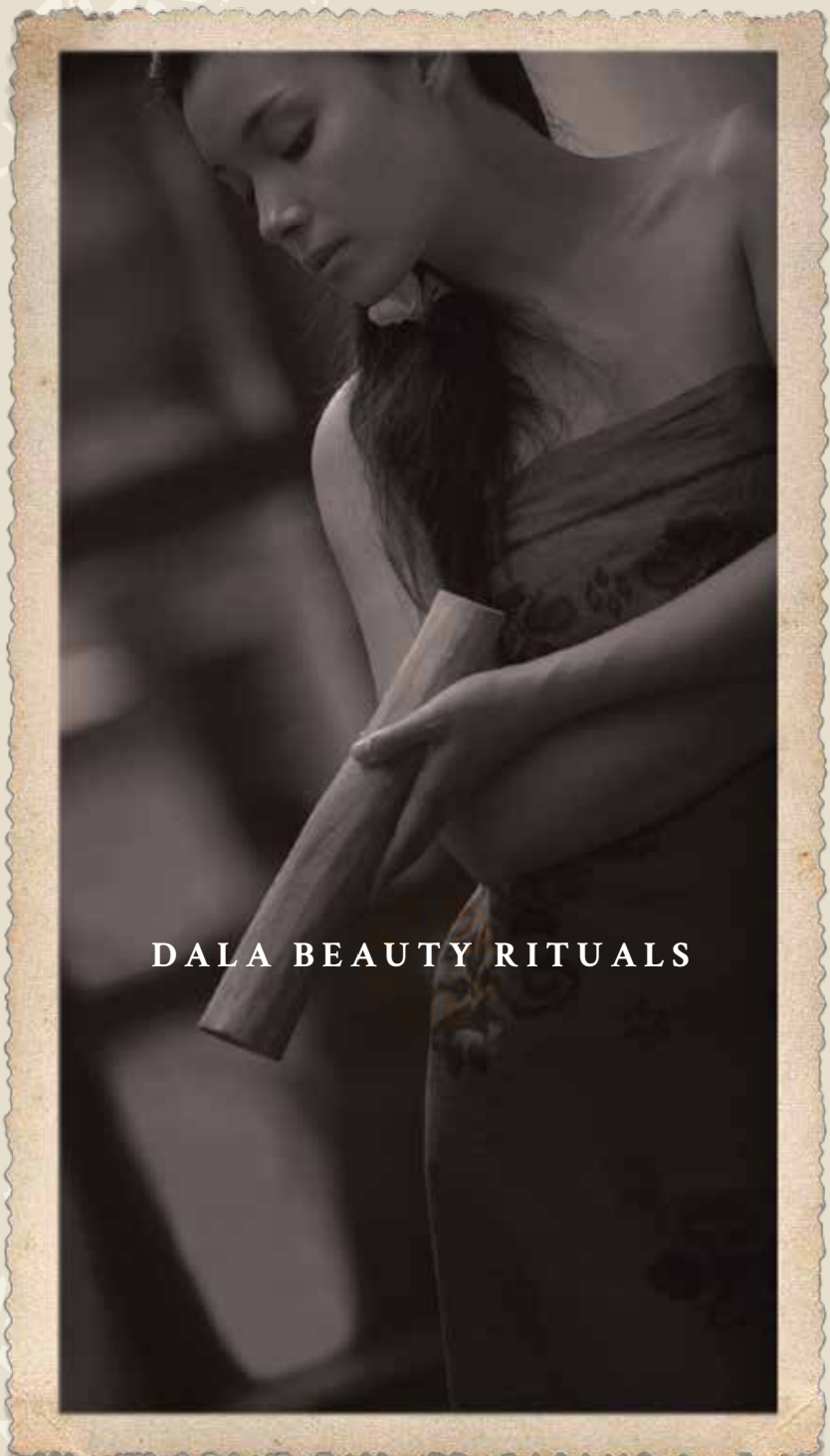
*60 minutes*

A gentle and immensely enjoyable therapy that works on the feet to increase circulation, shift toxins and stimulate the body's self-healing ability. As one of the most neglected parts of the entire body, this massage will leave you with a carefree spring in your step.

### { HEAD & SHOULDER RECOVERY }

*45 minutes*

This is the perfect way to relieve shoulder pain, anxiety, and stress. Your feet will be soaked in floral warm water with essential oil. A head and shoulder massage using an acupressure technique is then performed to promote healing by correcting energy imbalances within the body.



## DALA BEAUTY RITUALS

### { EMPRESS FACIAL RITUAL }

*75 minutes*

This royal facial uses fresh and natural ingredients. The face is cleansed and exfoliated with a lavender, chamomile and honey scrub. Sliced cucumber is used to tone the skin and then sweet almond oil is slowly massaged into the face. The ritual continues with a steaming mini pouch followed by a traditional Indonesian rice pearl mask. The chilled surface of a jade roller is then used to caress the skin and close pores. A soothing balm is applied to the lips.

### { ALAYA RENEWAL FACIAL }

*75 minutes*

Tired looking skin will be thoroughly cleansed and then gently exfoliated to polish away dead cells and impurities. A blend of pure essential oils chosen for their unparalleled ability to restore a healthy pH levels is used to give your face a new lease of life. A mask is then applied to re-hydrate, cool and balance the skin; leaving you feeling, fresh, dewy

### { HYDRATION STRATEGY }

*75 minutes*

An intensely hydrating and delicate treatment is a perfect escape for tired dull skin. A series of techniques including the use of Ridokis are used within the massage which begins with stretching the nape of the neck; cleansing and exfoliating the skin before you enjoy a relaxing mask and Shiatsu massage movements, the ultimate in deep relaxation.

### { ORIGINAL BEAUTY }

*90 minutes*

This intensive anti-ageing treatment, is designed to combat wrinkles and loss of elasticity. After a deep cleanse of the skin, including a peel to encourage cell renewal followed by a relaxing face massage. The treatment is completed with the application of an intensive mask and kneading acupuncture movements, while massaging the arms and legs. The results are radiant skin and a visible reduction of fine lines.





## { DALA BODY SCRUBS }

*30 minutes*

### Asam Payo Body Scrub

A replenishing Asam Payo Body Scrub made from rosella with grated candlenut and fresh coconut milk. This natural concoction reduces cholesterol, wrinkles and leaves the skin with a radiant glow.

### The Cananga infused Coconut Scrub

The Cananga infused Coconut Body Scrub is made of cananga & jasmine extract, grated candlenut, and fresh kaffirlime to leave the body silky smooth with perfection.

### Javanese Lulur

This replenishing scrub was traditionally used as a pre-wedding beauty ritual for brides of the noble class in the Royal Palaces of Central Java. Nowadays, it is used by women throughout Indonesia to maintain healthy and radiant skin. The key ingredients of this scrub are yellow turmeric and sandalwood to naturally soften the skin.

### Coconut with Palm Sugar Body Scrub

This traditional scrub has super moisturizing benefits for the skin. It uses natural coconut oil mixed with palm sugar to gently exfoliate the body and leave it feeling silky and smooth.

### Papaya & Pineapple Mousse Scrub

A glorious mousse scrub is lathered and broken down over the body to remove impurities, dead cells and toxins, to reveal a smoother, supple skin, radiant while your senses go into tropical overdrive.

## { DALA BODY MASK }

*30 minutes*

### Corn With Coconut Cream Body Mask

This nurturing treatment is an antioxidant and de-aging body mask made from fresh grated corn kernels blended with coconut cream to moisturize the skin and help cell growth.

### Natural Yogurt Polish

Natural yogurt ultimately softens and revitalizes the skin. This polish contains mild exfoliating properties to eliminate old skin cells, while the lactic acid content of the yogurt has a moisturizing effect to leave the

### Tomato & Basil Polish

A vitamin enriched tomato and basil body polish to nourish the skin for an even tone and smoother texture.

### Pandanus Leave Body Mask

This unique body mask made from pandanus leaves has an extraordinary moisturizing effect on the skin and carries a light scent



## { DALA BATH }

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*15 minutes*

### Revitalizing Herbal Bath

Marinate yourself in the herbal goodness with an exotic blend of ginger, lemongrass, betel leave, cinnamon, clove and a squeeze of fresh lime.

### Luxurious Royal Wedding Milk Bath

Soak away the tensions of modern living with a lavish milk bath infused with a mix of 7 different fragrant flowers, while candles gently flicker to bring a sense of deep relaxation and pleasure.

### Balinese Seven Flowers Bath

A luxury Balinese bath infused with 7 different types of temple flowers as well as pandanus leaf to ease muscular fatigue. This bath is scented with jasmine and cananga essential oil to enhance the experience.

### Local Balinese Orange & Lime Milk Bath

Leisurely soak away nervous tension and stress in a milk bath scented with sweet Balinese oranges that are cultivated in the highlands of the Kintamani district. A dash of refreshing lime juice enlivens the senses and renews energy levels for the remainder of the day.

### Rose Petal bath

Enjoy a luxurious soak in a rose petal bath scented with lavender and eucalyptus oil for a purifying experience.

### Lemongrass & Tuberose Bath

Take delight in a leisurely soak in a lemongrass and tuberose bath to uplift the senses and leave you feeling fresh all over.

### Bunga Rampai Bath

This lavish bath is an infusion of rose petals, tuberose, cananga, cempaka and fresh limes.

It is inspired by the majesty of a Malay bridal bath to relax and refresh the body.

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Enjoy a luxurious bath experience in the privacy of your room. Simply select one of the menu items above and a therapist will be delighted fill your bath with fragrant ingredients and provide a cup of chrysanthemum ginger tea and cookies.

*Advance reservation is required.*

*Please call #5 for further information.*



## Spa Class

Discover the natural beauty and healing secrets of the Indonesian Archipelago at DaLa Spa.

Partake in an informative lesson with our resident spa expert and learn how to make your own products from fresh flowers, herbs and spices. This unique holiday experience gives a rare insight into the age-old wellness rituals of a bygone era.

### { HOME CARE BODY MASK/SCRUB }

60 minutes

- Jamu herbal drink of the day and chilled towel
- Spa lesson in our spacious lobby environment
- Body scrub/mask trial in the privacy of an opulent treatment room

### { MAKING OF JAMU (HERBAL DRINK) }

60 minutes

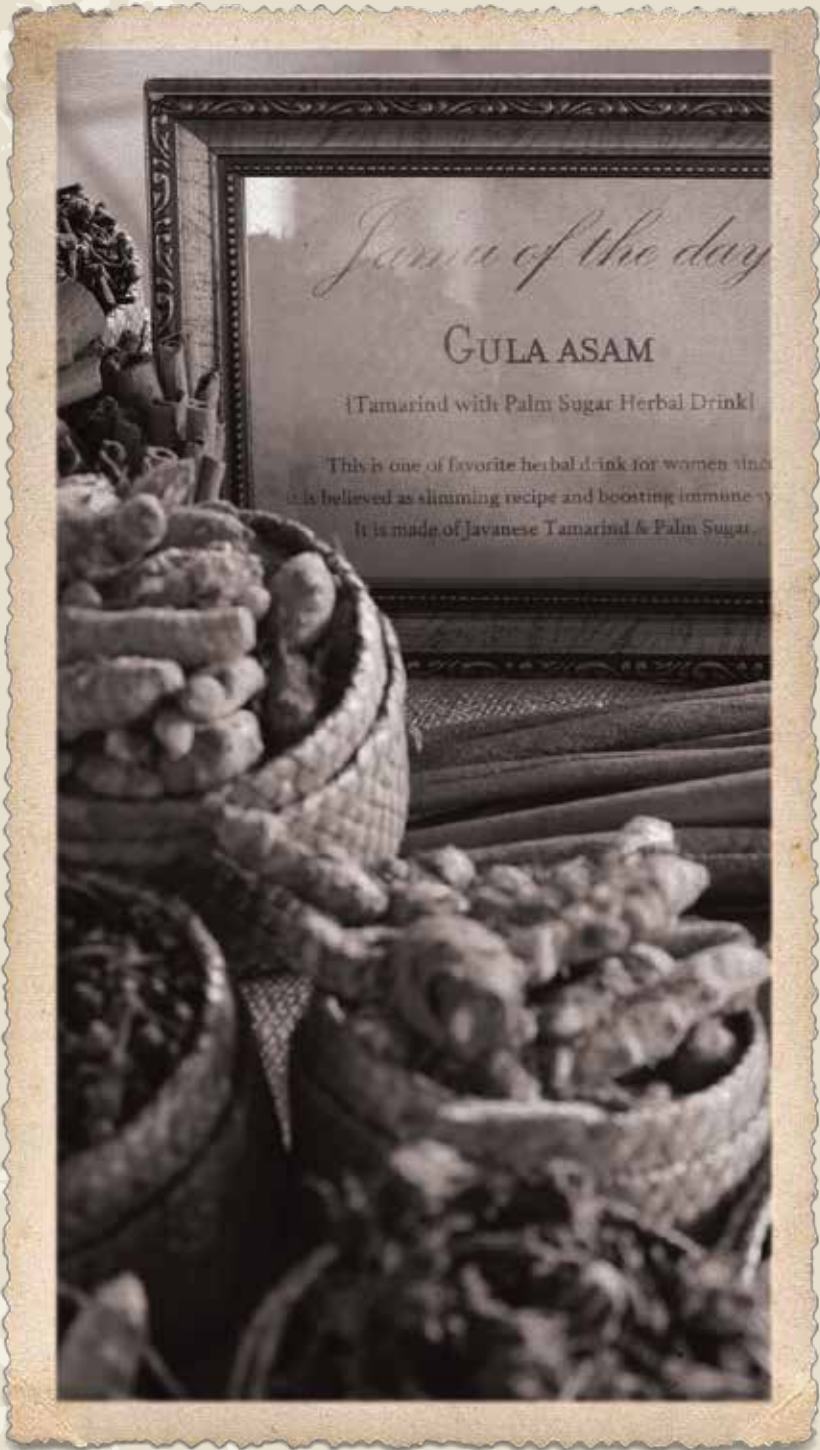
- Welcome drink and chilled towel
- Spa lesson in our spacious lobby environment
- Invigorating footbath while you sip your Jamu

### { Home Care Refresher Facial }

75 minutes

- Jamu herbal drink of the day and chilled towel
- Spa lesson in our spacious lobby environment
- Refresher facial trial in the privacy of an opulent treatment room

*Advance reservation is required | Please call #5 for further information.*



# Jamu Of The Day

{HERBAL DRINK}



Jamu is traditional tonic that many Indonesians consume daily to enhance personal health and beauty. It is made from natural ingredients such as plants, roots, leaves, bark and fruit using recipes that have been passed down through many generations.

This herbal drink dates back to the royal courts of Central Java during the 17th century. Women of the noble class started experimenting with jamu and concocting their own potions to preserve beauty from within.

In honour of this timeless Indonesian heritage Alaya Ubud proudly presents 'Jamu of the Day' at DaLa Spa.

Please visit our spa lobby during your stay to sample a glass of freshly made jamu for a healthy boost to your day with our compliments.





## SPA INFORMATION

The information listed below has been compiled to help you make the most of your experience at DaLa Spa. Please do not hesitate to contact us if you have any further questions or require assistance in choosing a treatment to suit your needs.

### SPA HOURS

DaLa Spa opens from 09:00am to 09:00pm daily.

### RESERVATIONS

Reservations are highly recommended. Please call #5 to book a treatment or call (+62 361) 972 200

### PRE-INFORMATION

We advise you to arrive at least 15 minutes prior to your scheduled appointment, which enable us to prepare you for your spa experience. Arriving late will limit the time and full benefits of your treatment.

Please refrain from sunbathing, heavy eating and consuming alcoholic beverages prior to your treatment as this may have an adverse effect on your spa experience.

Please let us know if you are feeling unwell or have a history of high/low blood pressure, allergies, or poor health that requires medication.

Our spa treatment rooms cater to the needs of Individuals or couples.

We will provide you with disposable underwear, slippers, towels, shower facilities and a hair dryer for your comfort and convenience.

To respect your privacy, our therapists have been trained to discreetly drape a cloth over your body during your treatment.

Please leave any valuable belongings in your room.

We will not accept Responsibility for the loss of valuables brought to the spa. While it is not for you to take out contact lenses during your treatment, we advise you to bring your case and solution to the spa just in case you feel any discomfort.

### NOTE FOR MEN

Men are advised not to shave for at least three hours before a facial.

### NOTE FOR WOMEN

Women are required to remove all traces of make- up prior to any treatment and avoid shaving before a body exfoliation treatment. Body treatments are not appropriate for pregnant women. However, please ask our receptionist to advise what treatments/rituals are considered safe to experience during pregnancy.

### CANCELLATION

Please notify the spa 12 hours in advance if you would like to cancel or reschedule your appointment. A 50% cancellation fee will be levied for treatments cancelled less than 12 hours in advance. No-shows will be charged the full amount for missed services.

### PAYMENT

DaLa Spa accepts cash and all major credit cards including Visa, Amex, Master Card and JCB. All rates are in Indonesian Thousand Rupiah and subject to 21% government and service charge.

### PROHIBITED

Photography and smoking in and around the spa are strictly prohibited.

### AGE LIMITATION

Children under the age of 14 are not permitted to use the spa facilities. Please do not leave the children unattended in the spa reception.

## { DaLa Rates }

DaLa Packages	Length	Rate (single/couple)
Bunga Rampai (Potpourri) Ritual	2 hrs	845 / 1.595
DaLa Signature Treatment	2 hrs	845 / 1.595
Manis Klepon	2 hrs	845 / 1.595
Malabar Tea Ceremony	2 hrs	1.050 / 1.855
The Island Cocoon	2.5 hrs	945 / 1.750
The Palace Ritual	2.5 hrs	945 / 1.750
The Royal Wedding Ritual	2.5 hrs	945 / 1.750
Tuti Fruity Spa	2.5 hrs	945 / 1.750
The Samsara	4 hrs	1.850 / 3.550

DaLa Beauty Rituals	Length	Rate
Empress Facial	75 min	595
Alaya Renewal Facial	75 min	595
Hydration Strategy	75 min	595
Original Beauty	90 min	645

Spa Class	Length	Rate
Home Care Body Mask/Scrub	60 min	395
Making of Jamu (Herbal Drink)	60 min	395
Home Care Refresher Facial	75 min	595

DaLa Body Treatments	Length	Rate
Balinese Massage	60 min	450
Balinese Massage	90 min	550
Oriental Massage	60 min	495
Urut Nusantara	75 min	495
DaLa Aromatherapy Massage	75 min	495
Sandalwood Healing Massage	90 min	550
Warm Stone Detox Massage	90 min	550
Asian Fusion Massage	90 min	550
The Shirodara	60 min	550
Heavenly Foot Massage	60 min	295
Head & Shoulder Recovery	45 min	295
DaLa Bath	15 min	195
DaLa Body Scrub	30 min	195
DaLa Body Masks	30 min	195

*All prices are in Indonesian Thousand Rupiah and are subject to 21% government tax & service*



