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## { BUNGA RAMPAI (POTPOURRI) RITUAL }

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*120 minutes*

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### *Pinang Foot Ritual*

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### *Rampai Signature Massage*

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### *Traditional Rice Mask*

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### *The Cananga infused Coconut Scrub*

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### *Bunga Rampai Bath*

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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.

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.

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.

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## { DALA SIGNATURE TREATMENT }

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*120 minutes*

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### *DaLa Foot Ritual*

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### *Aromatherapy Rebalance*

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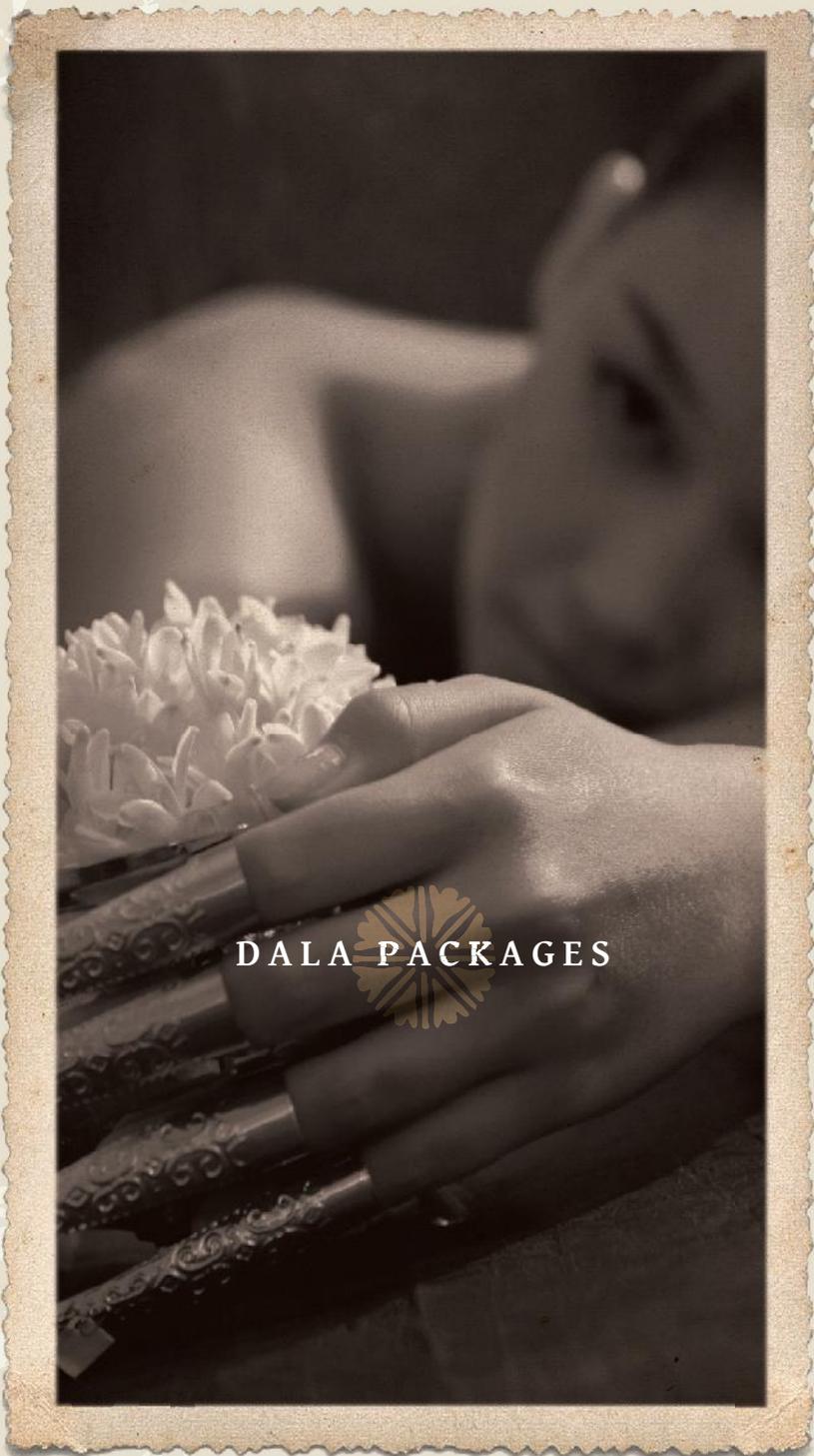
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### *Empress Facial Ritual*

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Your treatment begins with a sensory journey, where you will choose from one of our customised blends of essential oils for your body massage. Your feet are then bathed in a warm water of rose petals, scented with invigorating lavender & eucalyptus Essential Oils, and fresh lime.

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.



## DALA PACKAGES

### { DALA ESSENTIALS }

*120 minutes*

*DaLa Foot Ritual*

*Balinese Massage*

*Rose Petal Scrub*

*Rose Petal Bath*

Celebrating the precious bounty of Mother Nature, this refreshing package has been created to help you unwind.

Begin with a DaLa foot ritual to soothe away aches and pains with a mild rose petal wash and an invigorating lavender and eucalyptus gel. Savour a 60 minute Balinese massage followed by an exfoliating rose petal scrub. Then enjoy a luxurious soak in a rose petal bath scented with lavender and eucalyptus oil for a purifying experience.

### { VELVET ROSE }

*120 minutes*

*Rose Splash*

*Foot Ritual*

*DaLa Aromatherapy*

*Massage*

*Rose Quartz Facial*

Reawaken your skin's vitality and restore balance with our rose-inspired journey. A refreshing rose splash foot ritual begins this indulging treatment.

Continue with a 60 minute signature massage performed using rose damask oil to ignite the senses. A nurturing rose quartz facial leaves the skin with a radiant glow and brings this replenishing interlude to a close along with a serve of rose bud tea.

## { MALABAR TEA CEREMONY }

120 minutes

*Malabar Tea  
Foot Ritual*

*Oriental Massage*

*Instant Glow Green  
Tea facial*

*Malabar Tea Bath*

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.

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.

## { THE ROYAL WEDDING RITUAL }

150 minutes

*DaLa Foot Ritual*

*Balinese Massage*

*Javanese Lulur*

*Yogurt Body Polish*

*Milk & Flower 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 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 followed by a natural body scrub. A vitamin enriched tomato and basil body polish is then applied to re-hydrate the skin before a lavish soak in a lemongrass and tuberose bath.

## { HIGH TEA }

150 minutes

*Green Tea &  
Avocado Foot Ritual*

*Warm Stone  
Detox Massage*

*Green Tea  
Body Mask*

*Spicy Chai Tea  
Milk Bath*

Inspired by the soothing zen-sational qualities of antioxidant teas, this package has been created to calm the mind.

It begins with a nourishing green tea & avocado foot ritual. A 90 minute warm stone detox massage follows to melt away stress and encourage deep relaxation. The pampering continues with a green tea body mask to protect the skin against premature aging and concludes with a soak in a chai tea milk bath filled with exotic spices.

## { TUTI FRUITY SPA }

150 minutes

*Green Tea & Avocado  
Foot Ritual*

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.

*DaLa Aromatherapy  
Massage*

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 by a local Balinese orange and lime milk bath.

*Berries Yogurt with  
Honey Refresher  
Facial*

A mouth watering fruit sorbet enriched with vitamins concludes this fruity spa experience.

*Papaya & Pineapple  
Mousse Scrub*

*Orange & Lime  
Milk Bath*

## { DIVINE PAMPERING }

240 minutes

*DaLa Foot Ritual*

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

*Balinese or DaLa  
Massage*

*Body Scrub\**

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 choice.

*Body Mask\**

*Bath Ritual\**

*Spa Cuisine*

*Empress Facial Ritual*

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

*Moroccan Mint Tea*

*\* of your choice*



The Royal Wedding Bath Flowers



Iris Room



Bunga Rampai Ritual

## { BALINESE MASSAGE }

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*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 }

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*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 }

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*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

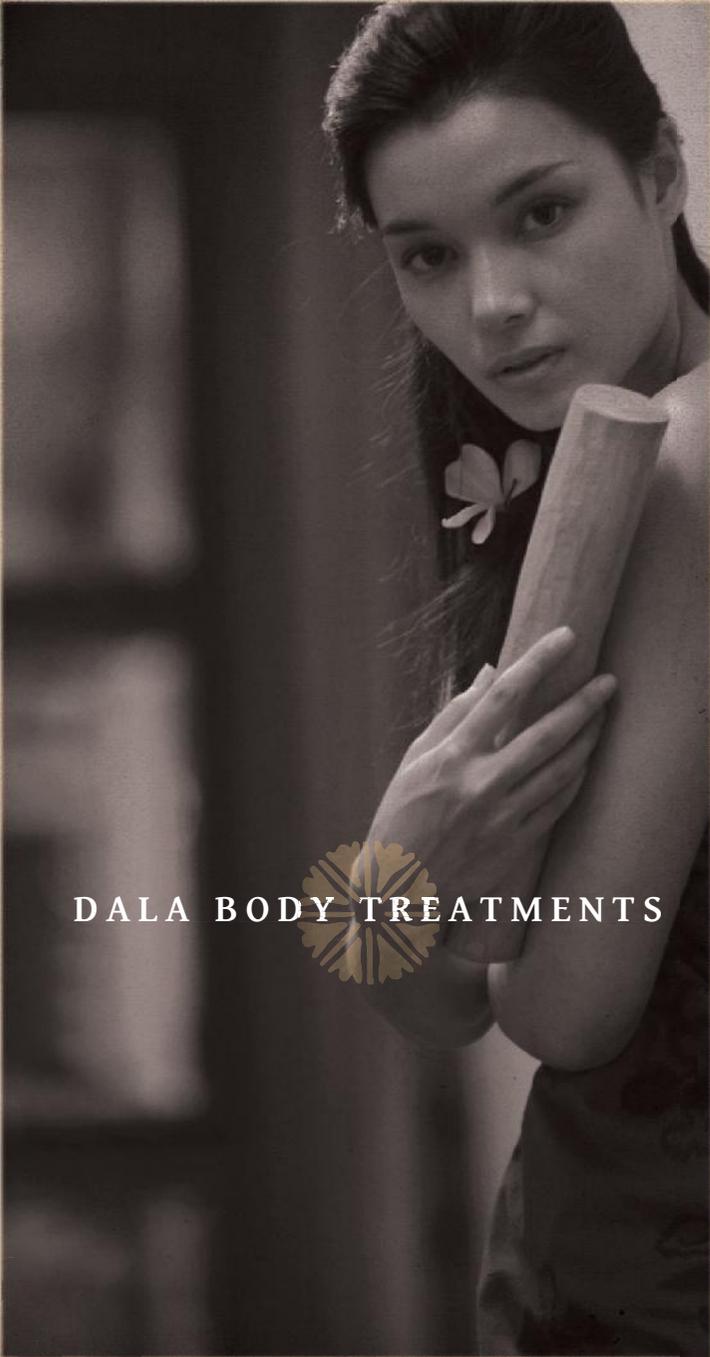
## { DaLa AROMATHERAPY MASSAGE }

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*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.



DALA BODY TREATMENTS

### { 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).

### { 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.

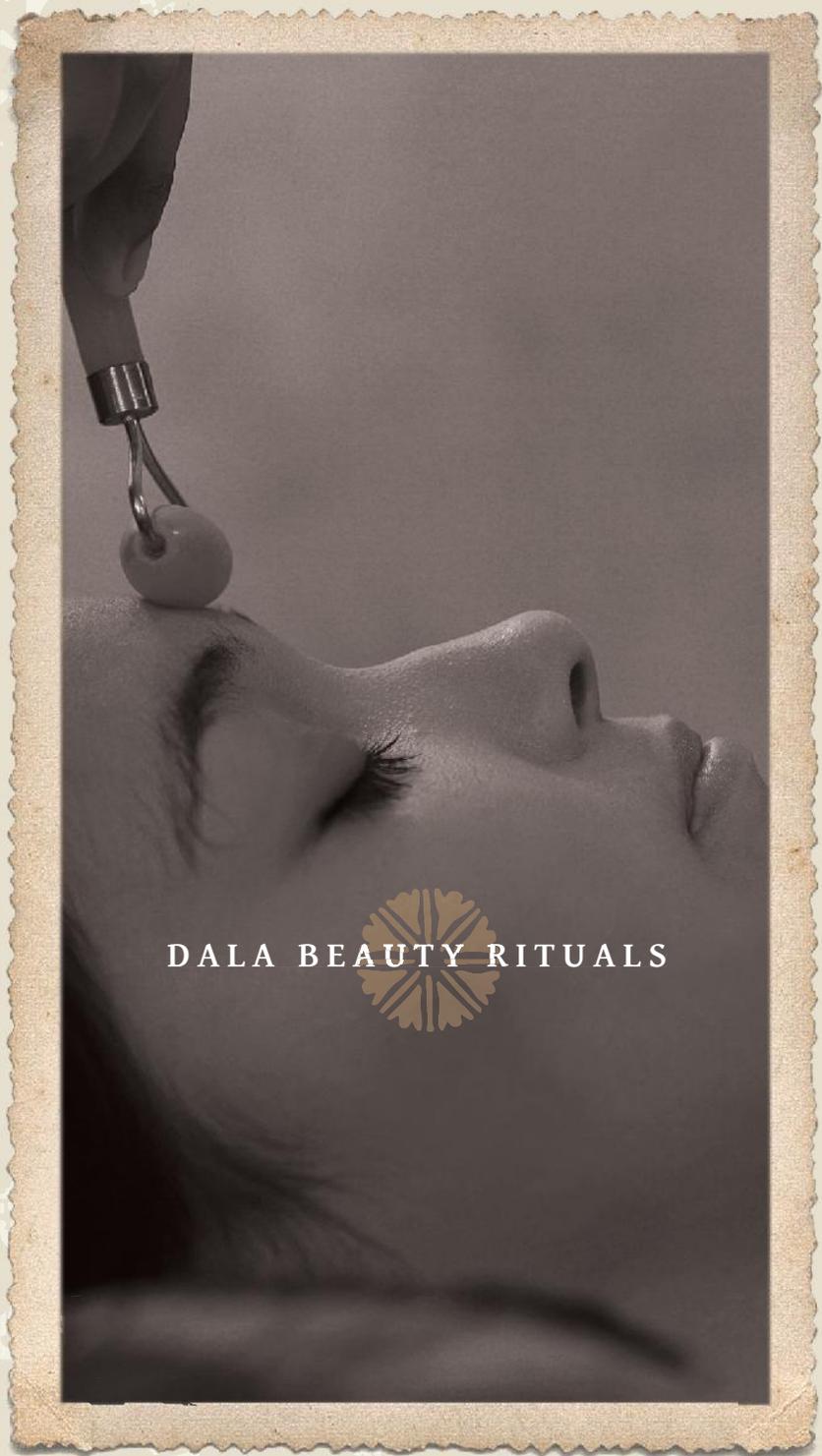
As one of the most neglected parts of the entire body, this massage will leave you with a carefree spring in your step.

### { INVIGORATING FOOT BATH } =

*30 minutes*

This 30 minute treatment aims to relax and ease tired leg muscles.

First, your feet will be soaked in warm water infused with lemongrass bath salt. The legs and feet are then massaged with peppermint lotion and the final touch is a refreshing eucalyptus foot spray.



### { EMPRESS FACIAL RITUAL }

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*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.

### { ROSE QUARTZ FACIAL }

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*75 minutes*

This luxury facial uses rose quartz crystal (the stone of love and harmony) to stimulate circulation and promote cell growth. It contains a number of minerals, including iron, magnesium, sodium, manganese and silicium, as well as oxygen for a positive effect on body, mind and soul.

### { HYDRATION STRATEGY }

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*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.

## { SPA MANICURE/PEDICURE }

*60 minutes*

A pampering spa pedicure includes an aromatherapy footbath, foot scrub, cuticle stimulation, nail shape and polish, and a relaxing foot massage and finishes with a lavish application of mint & citrus foot cream.

*To compliment your spa manicure or spa pedicure*

### FRENCH NAIL *(15 minutes)*

This popular style gives your hands and feet a well-groomed appearance with nails painted in natural pink with elegant white tips.

### BALINESE NAIL ART

Balinese nail art is a great way to get into the mood of being on holiday with cute flowers and motifs decorating your fingers and toes.

Sonya Room



## { DA LA BODY SCRUBS } ---

*30 minutes*

### ROSE PETAL SCRUB

Made from fresh red rice powder, rose petals and pure rose essential oil, this mild scrub gently exfoliates the skin and leaves it with a youthful glow. The pure and natural ingredients of the Rose Petal Scrub are suitable for sensitive skin types.

### 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.

### 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.

## { DA LA BODY MASK } ---

*30 minutes*

### 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 body feeling smooth and silky all over.

### GREEN TEA MASK

Green tea prevents oxidation of cells and protects skin against premature ageing. This nurturing mask is gently applied to the body to nourish the skin and leave it fresh and vibrant.

### TOMATO & BASIL POLISH

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



## { DALA BATH }

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*15 minutes*

### REVITALIZING HERBAL BATH

Marinate yourself in the herbal goodness with an exotic blend of ginger, lemongrass, turmeric and a squeeze of fresh kaffir lime juice. Savour the sensation of this refreshing bath and also enjoy a cup of warm tea and cookies.

### 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.

### SPICY CHAI TEA MILK BATH

Chai tea is the signature tea of India, which is full of heady spices to enhance circulation and warm the body. The mix is made of milk powder, honey, oats, cloves, cardamom, black pepper, nutmeg, ginger and cinnamon. Take pleasure in the benefits of this ancient bathing ritual with a cup of chai tea served with milk and honey.

### 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. This refreshment has extraordinary healing properties to calm your nerves and helps you face the remainder of the day with renewed enthusiasm with a cup of chrysanthemum ginger tea and cookies.

### LEMONGRASS & TUBEROSE BATH

This invigorating bath with a heady blend of cinnamon, clove and coriander essential oil is then delivered and set the mood to an end with a lavish soak in a lemongrass and tuberose bath. Enjoy this lavish bath with a cup of warm lemongrass tea to relax your body.

### BUNGA RAMPAI BATH

A lavish soak comprises of rose petals, tuberose, cananga, cempaka, and fresh limes inspired by the majestic Malay wedding bath to freshen the body. A cup of refreshing warm Rose Bud Tea, rich of vitamin A & C with homemade cookies will help you to calm your nerves.

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Enjoy a luxurious bath experience in the privacy of your villa. 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 #320 for further information.*



Ixora Room

## 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 10:00pm daily.

### RESERVATIONS

Reservations are highly recommended. Please call #320 to book a treatment or call (+62 361) 756 276

### 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 villa.

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 US Dollars 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.

## { DA LA RATES }

DA LA PACKAGES	LENGTH	RATE <i>(single/couple)</i>
DaLa Essentials	2 hrs	105 / 198
Velvet Rose	2 hrs	105 / 198
DaLa Signature Treatment	2 hrs	105 / 208
Bunga Rampai (Potpourri) Ritual	2 hrs	105 / 208
Malabar Tea Ceremony	2 hrs	115 / 218
The Palace Ritual	2.5 hrs	115 / 218
The Royal Wedding Ritual	2.5 hrs	115 / 218
High Tea	2.5 hrs	115 / 218
Tuti Fruity Spa	2.5 hrs	115 / 218
Divine Pampering	4 hrs	228 / 438

DA LA BEAUTY RITUALS	LENGTH	RATE
Empress Facial	75 min	76
Rose Quartz Facial	75 min	76
Hydration Strategy	75 min	76
Original Beauty	90 min	85
Spa Manicure	60 min	33
Spa Pedicure	60 min	37
Spa Manicure with French Nails	75 min	36
Spa Pedicure with French Nails	75 min	40
Balinese Nail Art <i>(per nail)</i>		1

DA LA BODY TREATMENTS	LENGTH	RATE
Balinese Massage	60 min	58
Balinese Massage	90 min	72
Oriental Massage	60 min	58
Urut Nusantara	75 min	65
DaLa Aromatherapy Massage	75 min	65
Sandalwood Healing Massage	90 min	72
Warm Stone Detox Massage	90 min	72
Asian Fusion Massage	90 min	72
Heavenly Foot Massage	60 min	39
Invigorating Foot Bath	30 min	29
DaLa Bath	15 min	25
DaLa Body Scrub	30 min	25
DaLa Body Masks	30 min	25

*All prices are in US Dollars and are subject  
to 21% government tax & service*

# DaLa Healthy Cuisine

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## COURSES SPA MENU

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USD 25 ++

Spa Cuisine prepared here at DaLa Spa is well balanced and designed to be easily digested while giving the body more energy. Meals are kept in low fat, low in salt and calorie.

### STARTER

#### SUNSET LEGIAN SOUP

*(Tomato, fresh basil, celery, carrot served with salmon)*

or

#### EGG ANDALUSIEN SALAD

### MAIN

#### TRADITIONAL GRILLED SEAFOOD

*(King prawn, squid, and fish, served with black rice)*

or

#### GRILLED CHICKEN ALA PESTO

*(Penne pasta served with fresh basil, garlic, and olive oil)*

#### ASSORTED TROPICAL FRESH FRUIT