

## { MANIS KLEPON }

*120 minutes - 1.020++ / Person, 1.915k++ / Couple*

DaLa Foot Ritual

Balinese Massage

Coconut with Palm  
Sugar Body Scrub

Pandasnus leaves  
body mask

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 - 1.120k ++ / Person, 2.100k++ / Couple*

DaLa Foot Ritual

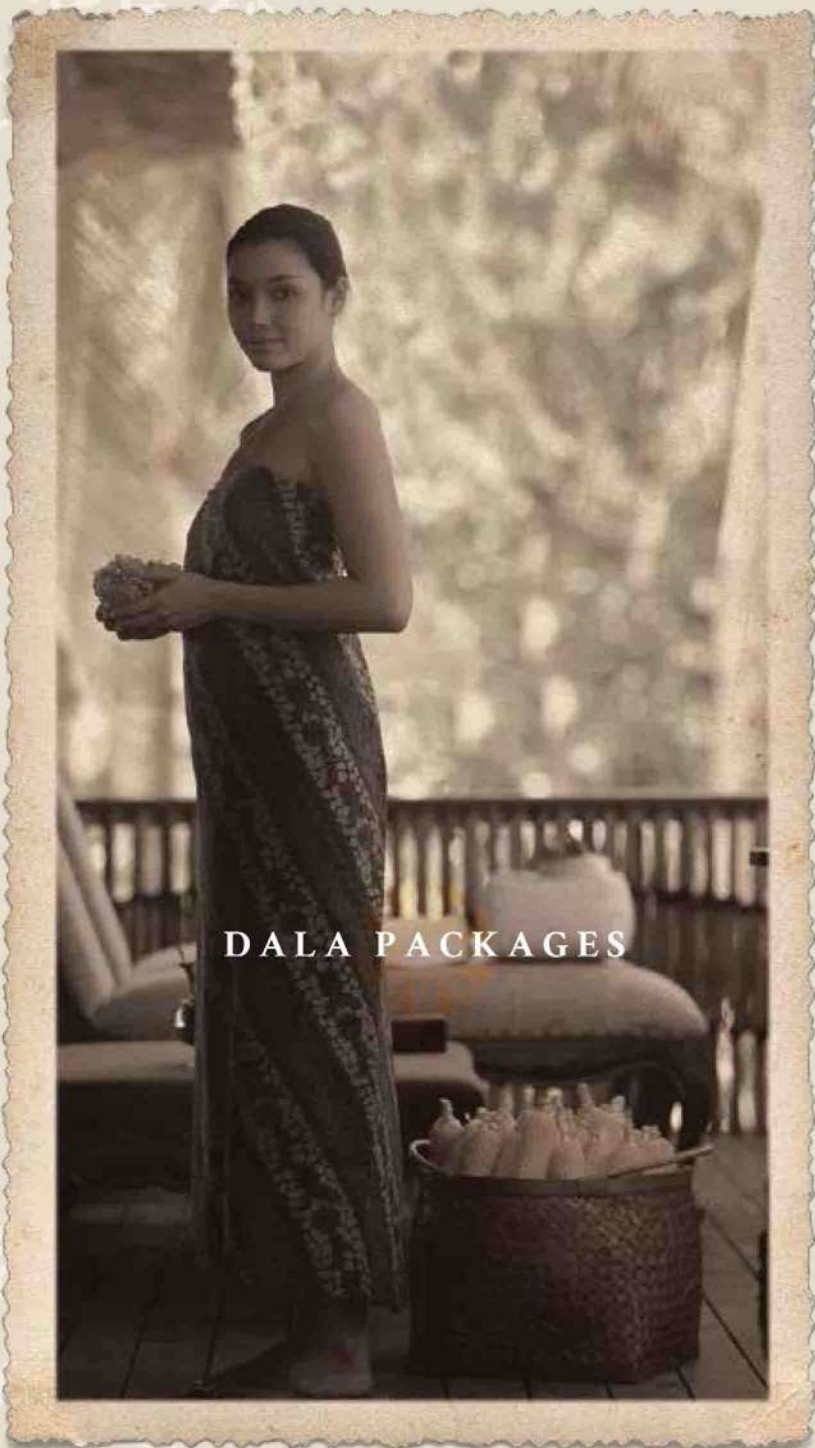
Warm stone  
Detox Massage

Corn with Coconut  
Cream Body Mask

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 - 1.020k ++ / Person, 1,915k ++ / Couple*

Pinang Foot Ritual

Rampai Signature  
Massage

Traditional  
Rice Mask

The Cananga infused  
Coconut Scrub

Bunga Rampai Bath

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.

### { DALA SIGNATURE TREATMENT }

*120 minutes - 1.020k ++ / Person, 1,915k ++ / Couple*

DaLa Foot Ritual

Aromatherapy  
Rebalance

Empress Facial 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.

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.

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 BY PEVONIA }

*120 minutes - 1.020k ++ / Person, 1,915k ++ / Couple*

Malabar Tea  
Foot Ritual

Oriental Massage

Instant Glow Green  
Tea facial

Malabar Tea Bath

This inspiring Indonesian 2 hours 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 using Micro emulsion Massage Oil with Vit E Safflower and Orange Peel Oil.

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.

## { TUTI FRUITY SPA }

150 minutes - 1.120k ++ / Person, 2.100k ++ / Couple

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 refreshing mint & lime drink is served post treatment.

## { THE ROYAL WEDDING RITUAL }

150 minutes - 1.120k ++ / Person, 2.100k ++ / Couple

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.

## { BALINESE BOREH }

150 minutes - 1.120k ++ / Person, 2.100k ++ / Couple

DaLa Foot Ritual

Sandalwood Healing  
Massage

Balinese Boreh

Revitalizing Herbal Bath

This treatment is inspired by Balinese traditional healing of age-old recipe to prevent cold and help to relieve stiff muscle. It starts with a lemongrass & ginger foot ritual, followed by 90 minutes Sandalwood Healing Massage. This restorative massage celebrate the therapeutic benefit of sandalwood and put modern twist on traditional balinese healing ritual.

Balinese Boreh made from fresh and natural herbs is applied to the body to increase blood circulation and ease muscle pain. A revitalizing Herbal Bath brings the treatment to the end.

## { THE SAMSARA }

240 minutes - 2.220k ++ / Person, 4.260k ++ / Couple

DaLa Foot Ritual

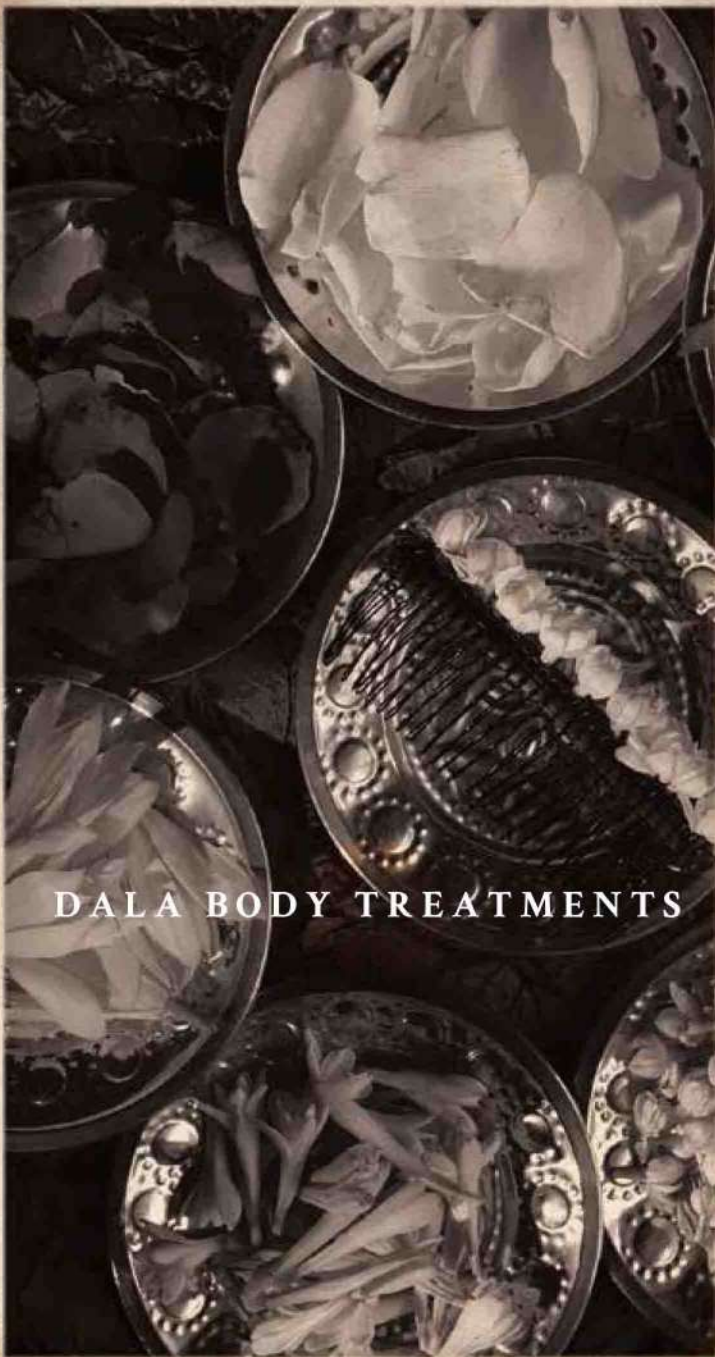
Choice of 90 minutes  
massages

Body Scrub\*  
Body Mask\*  
Bath Ritual\*

Empress Facial Ritual

\*of your choice

The ultimate spa package for head to toe indulgence, The Samsara 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. The experience ends with an Empress facial ritual.



## DALA BODY TREATMENTS

### { BALINESE MASSAGE }

*60 / 90 minutes - 585k/715k ++ / Person*

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 - 645k ++ / Person*

Using Micro emulsion Massage Oil with Vit E Safflower and Orange Peel, 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 movement, resulting in a feeling of well-being, a rested mind and a relaxed body.

### { URUT NUSANTARA }

*75 minutes - 645k ++ / Person*

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 - 645k ++ / Person*

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 }

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*90 minutes - 715k ++ / Person*

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 }

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*90 minutes - 715k ++ / Person*

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.

### { THE SHIRODHARA }

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*60 minutes - 715k ++ / Person*

Shirodhara 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 medicated oil is then poured continually over your third eye (located in the centre of the forehead) for 20 minutes.

### { HEAVENLY FOOT MASSAGE }

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*60 minutes - 385k ++ / Person*

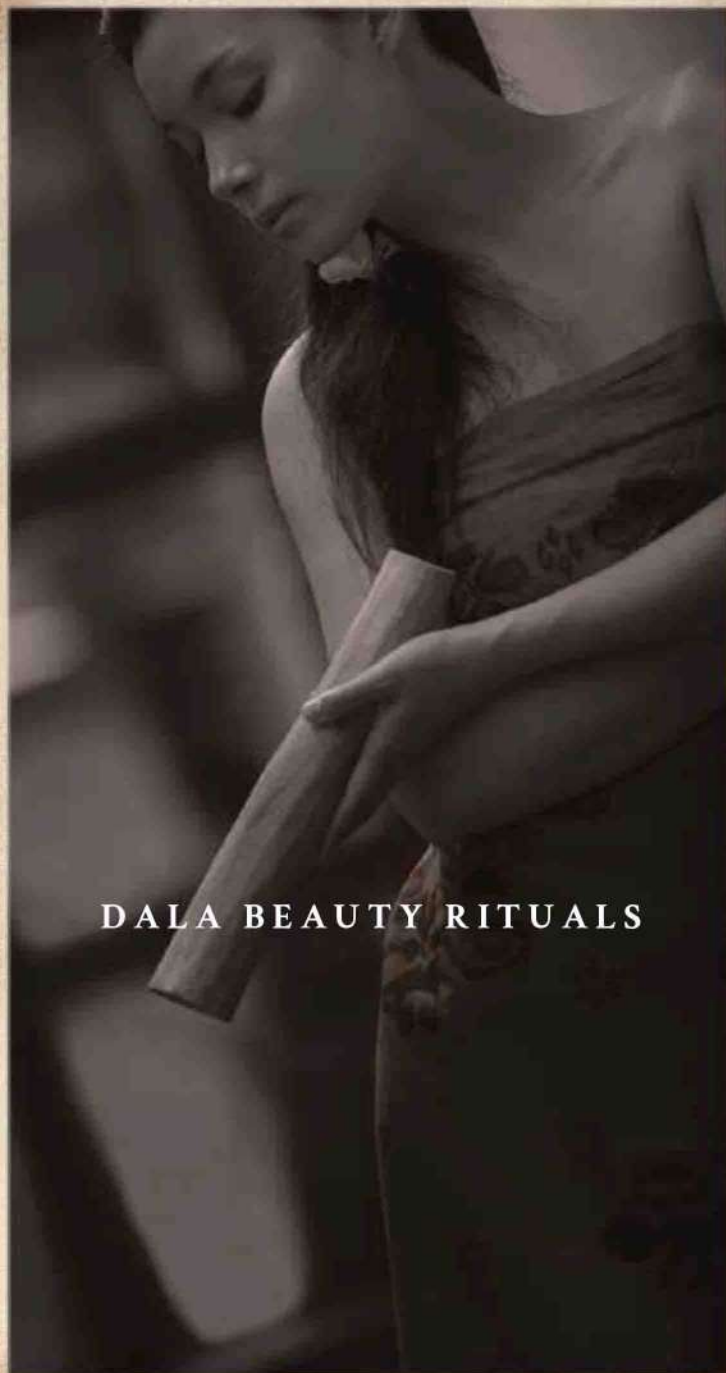
A gentle and immensely enjoyable therapy that works on the feet to increase circulation, shift toxins and stimulate the body's self-healing ability. As one of the most neglected parts of the entire body, this massage will leave you with a carefree spring in your step.

### { HEAD & SHOULDER RECOVERY }

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*45 minutes - 385k ++ / Person*

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 }

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*75 minutes - 720k ++ / Person*

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.

### { HYDRATION STRATEGY }

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USING PEVONIA BOTANICA

*75 minutes - 720k ++ / Person*

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 }

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USING PEVONIA BOTANICA

*90 minutes - 775k ++ / Person*

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.



## { DA LA BODY SCRUBS }

*30 minutes - 255k ++ / Person*

### 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.

## { DA LA BODY MASK }

*30 minutes - 255k ++ / Person*

### 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 body feeling smooth and silky all over.

### 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 that lingers for hours.



## { DA LA BATH }

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*15 minutes - 255k ++ / Person*

### 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.

### 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.

*Advanced reservation is required.*

*Please call #5 for further information.*

*All prices are subject to 21% government tax & service charge.*

## 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 9.00 am to 11.00 pm daily.

### RESERVATIONS

Reservations are highly recommended. Please call #5 to book a treatment call (+62 361) 972 200, or WA +62 853 3387 1447

### 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.

