



## Sanctuary for the Senses

Drawing on Asian traditions that date back centuries, our intimate retreats blend romance and serenity with exotic sensuality. The architecture of the spa pavilions and suites infuses local inspiration seamlessly with the natural beauty of the environment. Our massages are based on evolving techniques that passed through the hands of many generations. Our health and beauty remedies combine the use of aromatic oils, herbs and spices with ancient healing powers. Under the intuitive touch of our therapists, simple sensory pleasures are reawakened to define the award-winning Banyan Tree Spa experience.

**Sense of Tranquillity:** Calm your mind and draw in the tranquillity of your surroundings. Sit back and relax as our therapist welcomes you with a soothing Foot Bath. Leave the cares of the world behind as you enjoy an herbal drink and refreshments. All Banyan Tree Spa treatments come with a complimentary 30-minute Calm Time of refreshments and relaxation. Enjoy the difference.

## **PLEASE TAKE A MOMENT TO READ THIS**

### **Etiquette**

For the consideration of others, we request that visitors keep noise to a minimum. Children are not allowed at the spa unless they are having a treatment, accompanied by an adult. We ask that you respect other guests' privacy by speaking softly.

Please switch your cellular phones and electronic devices off or to silent mode.

### **Calm Time**

Guests will be accorded a 30-minute Calm Time of refreshments and relaxation per visit, except hand, foot, hair, and selected a la carte treatments.

### **Check-in**

Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment time. A late arrival will result in a shortened treatment to accommodate other guests fairly.

### **Valuables**

We recommend that no jewellery be worn at the spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

### **Smoking and Alcohol**

Smoking and the consumption of alcohol within the spa are prohibited.

### **Cancellation Policy**

A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full fee will be imposed for a "no-show".

### **Refund Policy**

Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.

### **Gift Certificates**

Treat a friend or loved one to an indulgent experience. Gift certificates are available for purchase. Please contact our spa receptionist for more details.

### **Disclaimer**

The spa treatments, services and/or facilities received or utilised at Banyan Tree Spa are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that Guests may have. Guests will fully indemnify and hold harmless Banyan Tree Spa, its holding company(ies), affiliates, subsidiaries, representatives, agents, staff and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and/or facilities.

# BANYAN SIGNATURES

The ultimate pampering experience, Banyan Signatures features holistic treatments for your complete physical, mental and spiritual renewal.

## Royal Banyan

150-minute treatment

IDR 2,300++ per person

This signature therapy features the Royal Banyan Herbal Pouch Massage where a herbal pouch dipped in warm Sesame Oil, complements the East-meets-West massage techniques to improve blood circulation and muscular tension. The Lemongrass Cucumber Body Scrub deeply exfoliates while moisturising the skin. This signature experience culminates with the relaxing Foot Massage which aids in alleviating stress and boosting body circulation.

Lemongrass Cucumber Body Scrub • Foot Massage • Royal Banyan Herbal Pouch Massage •  
Calming Herbal Bath

## Sense of Place - Balinese Ritual

150-minute treatment

IDR 2,125++ per person

Aching muscles are soothed and skin restored to its natural balance with healing Indonesian treatments. The deep-tissue Balinese Massage is complemented with a relaxing Face & Head Massage which relieves tension. A combination of nourishing body scrub and body conditioner completes this indulgent treat.

Balinese Massage • Face & Head Massage • Boreh Restorer • Carrot Purifier

## Tropical Rainmist

120-minute treatment

IDR 2,100++ per person

Widely known as Banyan Tree Spa's innovation, unwind in the sensory pleasures of the trickling Rain Shower. An invigorating body scrub purifies before the skin is boosted with extra moisture. This experience brings you perfect tranquility as tension is kneaded away by the therapeutic touch of the therapist.

Choice of Massages • Bath Soak • Steam Bath • Rain Shower • Cleansing Mitt Scrub • Rain Shower  
• Honey Milk Nourisher • Rainshower with Hair Wash

## TIME-HONOURED TRADITIONS

Inspired by ancient traditions dating back centuries, this selection of classic therapies features timeless secrets of wellness and beauty.

### Indian Traditions

90-minute treatment

IDR 1,785++ per person

This beautifying regime features Ayurvedic traditions with aromas that bathed the grounds of Indian palaces. Allow the therapist to restore vitality to your energy channels and strengthen your immune system. The Shirodhara effectively relieves anxiety as a soothing stream of warm oils flows onto your forehead.

Ayurvedic Massage • Chakra Head Massage • Shirodhara • Lepamam • Steam Bath

### Indonesian Traditions

120-minute treatment

IDR 2,050++ per person

Practised in the palaces of Central Java, you can now indulge in bliss fit for royalty. The deep tissue Balinese massage using strong, firm strokes dissolves all muscle tension. The divine treatment adopts century-old beauty recipes which include healing ingredients and their renowned floral baths to awaken the senses.

Balinese Massage • Lulur Purifier • Yoghurt Body Splash • Fresh Milk Nourisher • Jamu Bath

### Thai Traditions

120-minute treatment

IDR 1,785++ per person

The therapeutic stretching of the massage alleviates internal tension and enhances flexibility of the body. Feel the soothing heat on your muscles and be wrapped in a healing remedy of Thai herbs. Soak in the goodness of an uplifting Ginger Bath as you step out with glowing skin.

Ginger Refresher • Thai Herbal Heat Treatment • Herbal Enhancer •  
Thai Classic Massage • Aromatic Ginger Bath

# TAILORED FOR YOUR SENSES

Create your very own spa experience with favourites from a curated list of components.

Select your desired duration then mix and match with the body treats of your choice.

## Package 1

90-minute treatment

IDR 1,350++ per person

## Package 2

120-minute treatment

IDR 2,020++ per person

## Package 3

150-minute treatment

IDR 2,125++ per person

## For The Ladies

- 60-minute Body Massage
- 30-minute Body Scrub
- 30-minute Body Conditioner
- 60-minute Facial
- 30-minute Calming Bath

## For The Gentlemen

- 60-minute Body Massage
- 30-minute Back Massage OR 30-minute Foot Massage
- 30-minute Body Scrub
- 30-minute Body Conditioner
- 30-minute Express Facial
- 30-minute Calming Bath

*\*For optimal relaxation and benefit, the duration of combined massages would be 90 minutes.*

# FULL BODY MASSAGES

Choose from an indulgent array of massages, and surrender to the intuitive touch of our professionally trained therapists. Choose from *Touch of Love* or *Touch of Peace* massage oil to complement your state of mind and achieve desired effects.

## **60-minute treatment**

IDR 850++ per person

## **90-minute treatment**

IDR 1,200++ per person

### **Balinese**

60/90 –minute treatment

A medium to strong massage where the therapist applies deep thumb and palm pressure with slow, firm, rhythmic strokes. These techniques uplift the senses and ease muscle tension, leaving you fully invigorated.

### **Deep Tissue**

60/90 –minute treatment

A medium to strong deep pressure massage which minimises recovery time for stressed and tense muscles. The intensive strokes work to loosen and relax the muscles.

### **Gentle Touch**

60/90 –minute treatment

Be pampered by this soft to medium massage where soothing, long strokes and thumb pressure are applied in tandem to relax the body. Ideal for guests who prefer a lighter massage pressure or expectant mothers, children and the elderly.

### **Thai Classic**

60/90 –minute treatment

A perfect mix of subtle stretching with rhythmic massaging and compressions to balance the body system and stimulate energy flow. This classic massage uses traditional Thai techniques to apply deep palm strokes on the back with delicate stretching.

### **Thai Essence**

60/90 –minute treatment

A medium to strong massage adapted from traditional Thai massage techniques which improves overall flexibility from top to toe. Palms and thumbs are applied to pressure points to relieve tired muscles and to boost energy. No oil is used and a two-piece outfit is worn.

## FUSION FOCUS

Designed for guests who are on-the-go, these massages begin with a gentle foot wipe and end with light refreshments. Warm Clarity Oil is used in all massages to soothe nerves and moisturise skin.

### **30-minute treatment**

IDR 550++ per person

### **45-minute treatment**

IDR 720++ per person

### **Back Reviver**

30/45 –minute treatment

For the backaches resulting from long hours spent at the desk, this massage serves as a perfect relief to iron out tension and pain.

### **Foot Release**

30/45 –minute treatment

Pamper your soles with this relaxing massage concentrating on the pressure points to rejuvenate tired, worn muscles from the heel to the tips of the toes.

### **Hand Relax**

30/45 –minute treatment

Take good care of your arms, hands and fingers by reducing stress and tension. This massage prevents locked fingers and increases mobility.

### **Head & Shoulders Reliever**

30/45 –minute treatment

Let your therapist knead your stress and headaches away with this simple but effective massage to improve flexibility and blood circulation within the head. Guests can choose to enjoy this massage with or without oil.

# BODY SCRUBS

**30-minute treatment**

IDR 450++ per person

## **Apple Green Tea Polisher**

*For All Skin Types & Sensitive Skin*

Natural acids from the apple acts as a gentle cleanser while the green tea powder nourishes the skin with its anti-oxidant properties. The skin feels softer after this treatment and skin cells are naturally renewed.

## **Ginger Lemon Cleanser**

*For Oily Skin*

The warming effect of fresh ginger paired with the citric fruit acid from lemon makes this body scrub a perfect cleanser. Let the refreshing scent of the natural ingredients relax your body as you look forward to refined and radiant skin.

## **Kieffer Lime Refresher**

*For Normal & Oily Skin*

Fresh lime peels gives a delightful scent and acts as an antiseptic. The wheat germ included in the scrub smoothen fine lines with its rich Vitamin E content while the honey nourishes the skin.

## **Turmeric Honey Cleanser**

*For All Skin Types*

Known for its healing and cleansing properties, turmeric mixed with honey, tamarind and sesame seeds forms this refreshing scrub. The oil from the crushed sesame seeds ensures that the skin is not stripped dry by the scrub.

# BODY WRAPS

## 30-minute treatment

IDR 450++ per person

### **Aloe Lavender Healer**

*For All Skin Types & Sensitive Skin*

Aloe and lavender are known for their healing and purifying properties. Excellent for sensitive skin, the mask improves skin condition, calms skin irritation and its light fragrance induces relaxation.

### **Chrysanthemum Enhancer**

*For All Skin Types*

A nutritious mix of dried chrysanthemum, honey and lemon juice provides a moisturising treatment to revitalise the skin. These ingredients are blended with protein-rich soya milk for extra benefits.

### **Honey Avocado Healer**

*For All Skin Types*

The highly moisturising honey and creamy Avocado make up this body conditioner which improves skin condition and restore softness to the skin. Its delightful fragrance leaves you feeling refreshed.

### **Kieffer Lime Mask**

*For All Skin Types*

Uplift your senses with the zesty lime as you are wrapped in this invigorating and fragrant body mask. The ingredients are quickly absorbed, leaving the skin feeling soft and radiant.

# CALMING BATHS

## **30-minute treatment**

IDR 450++ per person

### **Detoxing Bath**

Relax your senses with a salt bath, an all-time favourite for centuries. Citrus fruits are added for extra zest.

### **Purifying Bath**

Get pampered like royalty and unveil radiant, youthful skin after this moisturising bath.

### **Relaxing Bath**

Infused with indigenous flower from the destination, feel your mood lighten up with this fragrant bath.

### **Rejuvenating Bath**

Uplift your senses and brighten up dull skin with herbs such as lemongrass and ginger, which are rich in anti-oxidants.

# FACIALS

Indulge in our facial treatments to leave your skin glowing with refreshed vitality. Each facial includes a Shoulders & Arms Massage to surround you in a state of total bliss.

## 60-minute treatment

IDR 900++ per person

### **Banyan Facial**

*For All Skin Types*

60 –minute treatment

A signature facial recipe specially created by Banyan Tree Spa, a purifying scrub and a hydrating mask moisturise and brighten the skin, giving the face a fresh and healthy look.

### **Anti Ageing**

*For All Skin Types*

60 –minute treatment

For a firmer, visibly younger-looking appearance, this facial is a welcome change to reverse the signs of fatigue, wrinkles and fine lines. The therapist will use a firming technique on your face followed by a cream facial mask with skin-tightening effects to pump up the volume to achieve absolute radiance.

### **Purification**

*For Oily Skin Types*

60 –minute treatment

This revitalising facial treatment helps to regulate sebum production and absorb excess facial oil generated by over-active sebum glands. The skin is remineralised and rebalanced, revealing a fresh and shine-free face.

### **Hydrate**

*For Dry Skin Types*

60 –minute treatment

Dry skin is deeply re-hydrated with this nourishing facial treatment. The skin barrier function is strengthened during the treatment, reducing fine lines and increasing skin suppleness.

# FACIALS

Indulge in our facial treatments to leave your skin glowing with refreshed vitality. Each facial includes a Shoulders & Arms Massage to surround you in a state of total bliss.

## 60-minute treatment

IDR 900++ per person

### Rejuvenation

*For Normal/Combination Skin*

60 –minute treatment

Let this facial help to regulate sebum production while hydrating and nourishing the skin. Your complexion will be radiant and healthy after this rejuvenating facial treatment.

### Soothe

*For Sensitive Skin*

60 –minute treatment

A calming treat for sensitive skin, this facial soothes and reduces skin irritations. Its decongesting effect refreshes and boosts the micro-circulation of the face, leaving the skin feeling soft and luminous

### Express

## 30-minute treatment

IDR 450++ per person

Create a blissful treat for your face; select the combination which works best for your skin type. This facial begins with cleansing to remove impurities and ends with a moisturiser to restore radiance.

Choose from scrub, mask or massage to give a clearer and brightened complexion.

Cleansing • Scrub • Mask • Moisturise OR Cleansing • Massage • Mask • Moisturise  
OR Cleansing • Scrub • Massage • Moisturise

# HAND & FOOT TREATMENTS

Treat your hands and feet to a pampering session, leaving them in tip top condition.

## 60-minute treatment

IDR 450++ per person

### **Banyan Hand Basics**

Keep your hands and nails in best condition with this beautifying regime which concludes with a rich moisturiser. Nails are trimmed and shaped to your preference.

Hand Bath • Hand Scrub • Nail Maintenance • Hand Moisturising

### **Banyan Foot Basics**

Give your feet the attention they deserve. Start with a Foot Bath for thorough cleansing and a Foot Scrub to slough off dead skin. Then, nails are trimmed and shaped to your preference.

Foot Bath • Foot Scrub • Nail Maintenance • Foot Moisturising

## Nail Painting

### 30-minute treatment

IDR 315++ per person

Brighten your day with beautifully painted nails. Enhance your hand or foot care with a neat application of nail polish.

# BANYAN HAIR BASICS

*\*Hair longer than shoulder length is considered long hair*

<b>Hair Wash &amp; Blow Dry:</b>	Short	IDR 225 ++
	*Long	IDR 315 ++
<b>Additional Hair Care:</b> (30 minute)	Hair Mask	IDR 180 ++
	Scalp Massage	IDR 180 ++