



# Learn more about our treatments and massages

Information and bookings ☎ +62 813 3786 8601

Open daily from 10:00 to 22:00  
Rates updated in August 2024

## Spots Massage ○○

A suitable massage for tired legs especially after a long day's work. Also ideal for treating specific points of the body and relieving ailments such as migraines or neck strain.

🕒 30' **220K**

## Foot Reflexology ○○

Originating in China over 5000 years ago, this is a method used to achieve therapeutic and healing effects, by activating and regulating the circulatory system at acupuncture points located on the soles of the feet, which are associated with each organ of the body.

🕒 30' **190K**    🕒 60' **330K**

## Special Foot Treatment ○

This is a marvellous remedy for treating sore, numb and tired feet. In addition to the massage, the treatment includes exfoliation and moisturising with our products.

🕒 30' **170K**

## Traditional Thai Massage ○○○

By applying pressure to the body's energy meridians, the veins and ends of muscles, this type of massage activates circulation and helps to eliminate accumulated toxins from tense and tired muscles.

🕒 60' **350K**    🕒 120' **650K**

## Traditional Balinese Massage ○○

The traditional Balinese massage applies a combination of gentle and delicate stretching, acupressure and almond oil, hence activating the 'chi' (the body's internal energy current).

🕒 60' **350K**    🕒 90' **490K**    🕒 120' **650K**

## Shiatsu Massage ○○○

Combination of Japanese techniques based on applying firm pressure to reach into the deepest parts of the muscle, helping to relieve underlying stress. Recommended for people who are already familiar with pressure massages.

🕒 60' **350K**    🕒 90' **490K**    🕒 120' **650K**

## Swedish Massage ○

Ideal for a first experience with the world of massages and for escaping from the stress and worries of our daily routine. Developed by a Swedish physiologist in 1812, this treatment uses a combination of firm and gentle pressure to improve circulation. It relieves muscle pain while improving flexibility, achieving a state of relaxation all over the body.

🕒 60' **350K**    🕒 90' **490K**    🕒 120' **650K**

## Aromatherapy Massage ○

Aromatherapy is one of the most popular treatments in tropical spas, available worldwide. The powerful properties, using pre-milled and blended essential oils, are absorbed both through the skin and by inhalation.

🕒 60' **380K**    🕒 90' **540K**    🕒 120' **690K**

## Bamboo Massage ○○○

Originating in Japan, this therapy uses bamboo in combination with deep draining. With this technique, relaxation and renewed energy is achieved, as the elasticity and strength of the bamboo aids in relieving accumulated tension.

🕒 60' **380K**    🕒 90' **540K**    🕒 120' **690K**

## Oriental Spa Massage ○○

This is Oriental Spa's signature treatment. Two therapists working simultaneously provide relaxation by alleviating any knots and areas of muscle tension. The Oriental Spa massage includes the best of the main types of massage available worldwide, as well as combining aromatherapy with lymphatic drainage and acupressure massage.

🕒 90' **680K**

## ORIENTAL SPA PRIVILEGE CARD

available upon request. Terms & conditions apply.



5% SERVICE + 15% TAX **INCLUDED**

### Treatment Intensity

○ \_\_\_\_\_ **Gentle** - relaxing  
○○ \_\_\_\_\_ **Medium** - balanced  
○○○ \_\_\_\_\_ **Strong** - therapeutic

### Sarawak Pepper Detox ○

This treatment offers a 'body scrub' to remove the dead cells from the skin, followed by a 'wrap' and ending with a massage with oils and pepper essences.

🕒 120' **590K**

### Oriental Body Scrub ○

This massage is an effective treatment for exfoliating and toning the skin through rubbing and scrubbing of the body. It also helps to rejuvenate the skin by removing dead cells and impurities, and the session is completed with the application of toning cream.

🕒 60' **380K**

### Balinese 'Boreh' Body Scrub ○

This is based on a centuries-old recipe consisting of a preparation of herbs and spices associated with curry. This preparation is used on the island of Bali as a remedy for fever, headaches, muscle pains, arthritis and colds. Its effectiveness in activating blood flow has also been demonstrated.

🕒 60' **380K**

### Oriental Herbal Ball ○○

This practice consists of applying steam-compressed herbs to the skin. Combining heat and pressure, this procedure transfers the mixture of oils and aromatic essences to the skin, which, combined with the massage, helps to reduce muscle tension, increases circulation, stimulates lymphatic drainage and frees us from blocked energies, while improving the quality of the skin.

🕒 90' **540K**

### Oriental Express Facial

A facial massage which, besides relaxing the face muscles, exfoliates and cleanses the skin. A treatment that perfectly combines relaxation with beauty.

🕒 30' **260K**

### Oriental Full Facial

This treatment complements the Oriental Express Facial. In addition to the massage, exfoliation and skin cleansing, a mask based on Cameron Highlands tea powder and a facial tonic are applied to achieve relaxation, hydration and fresh and healthy skin.

🕒 60' **490K**

## To enjoy your treatment more:

### Harmony

The spa is designed and prepared for you to rest your body and relax your mind and spirit.

Out of respect for other users, please collaborate in maintaining a peaceful atmosphere by not raising your voice more than necessary.

Children are not allowed in the spa unless they come to receive a treatment, in which case they must be accompanied by an adult.

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### Reservations and cancellations

If you have booked a specific time, please arrive at the spa 15 minutes in advance so as not to delay subsequent bookings. In case of cancellation, please inform us in advance so that we can make the room available for other guests.

Guests who fail to arrive within 15 minutes of the booking time forego all rights to their reservation.

### Health

If you are pregnant, please be aware that in most of our treatments oils and essences are used. Some massages or treatments are not recommended during the first few months of pregnancy.

If you suffer from allergies or any other problem, a doctor's consultation is advised before having any of our treatments. Likewise, please inform us if in case of any present injuries.

All the oils and essences used at Oriental Spa are natural and imported directly from Malaysia, Thailand and Europe.

### Mobile phones

Mobile phones are not permitted. If there is a need to keep it switched on, please keep it in silent mode.

## Packages

Combine our treatments; renew yourself inside and out. Treat yourself and enjoy our special packages.

### Oriental Express:

- Special Foot Treatment
- Spots Massage

🕒 60' **380K**

### Oriental Charm:

- Swedish Massage
- Foot Reflexology

🕒 90' **490K**

### Oriental Welcome:

- Balinese 'Boreh' Body Scrub
- Choice of:
  - Shiatsu Massage
  - Traditional Balinese Massage
  - Traditional Thai Massage

🕒 120' **680K**

### Balinese Paradise:

- Special Foot Treatment
- Balinese 'Boreh' Body Scrub
- Aromatherapy Massage

🕒 150' **850K**

### Magic of Borneo:

- Foot Reflexology
- Sarawak Pepper Detox
- Oriental Express Facial

🕒 180' **980K**

### Indochina Special:

- Special Foot Treatment and Foot Reflexology
- Balinese 'Boreh' Body Scrub
- Oriental Spa Massage
- Oriental Full Facial

🕒 270' **1800K**

Bookings 📞 +62 813 3786 8601

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