



BODY TREATMENTS

Usadha Massage/1,5 hours 250k

This ritual treatment offers varying techniques & tempo, including acupressure, rolling motions, long strokes and percussion, providing an invigorating and energizing experience for the whole body from head to toe.

Hot Stone Massage/1,5 hours 250k

a new specialty massage using the warm heat of the stones easing tension in aching and tired muscles, while increasing circulation.

Usadha Package / 2,5 hours 350k (Usadha massage and Body Scrub)

Is our signature cleansing programme inspired by the ancient Balinese philosophy which emphasizes unity of Soul, Body and Mind

Body Scrub (1 hour) 150k

Our wraps and masques have various therapeutic benefits, including hydrating the skin, detoxifying, and enriching it with nutrients, against the effects of sun and ageing, and easing tired, aching muscles.

Bali Traditional Massage/1 hour 210k

Acupressure for muscles, a deep tissue body massage with a special Balinese sandal wood oil.



Body Relax Massage/1,5 hours 250k

Deep relaxation, whole body, head & feet with our special Balinese oils.

Gaia Ocean Bliss/ 2,5 hours 350k

Special Relaxation and rejuvenation treatment. Full body massage, using traditional oils, body scrub and mask, facial with natural products.

Finishing touch with a special head massage with warm oil. Total Bliss!

Balinese Foot Massage / 1 hour 200k

Offers you deep sensation of healthy feet, stimulates the blood, leaving your feet refreshed and energized.

Stress Release / 30 Minutes 120k

Head, Neck, Shoulders massage with special Balinese sandal wood oil

BEAUTY TREATMENTS

Bliss Facial/1,5 hours 250k

With the back, neck, shoulder massage then cleansing face using natural local products. Stimulates blood and lymphatic system, delivers nutrients to tissues, warms and relaxes muscles, regulates energy (Prana and calms body and mind).

BEAUTY TREATMENTS

Pedicure/45 minutes 125k

Flower bath, nail shaping, cuticle treatment, includes Balinese scrub, feet & lower leg massage.

With Nail Polish/1 hour 150k

Manicure/45 minutes 125k

Flower bath, nail shaping, cuticle treatment, hands & lower arms massage, includes Balinese scrub

With Nail Polish/1 hour 150k

Facial Variations

We can prepare natural facial treatments using fresh organic ingredients depending on skin type. We require 4 hours notice, please discuss your requirement with our therapists.

SPECIAL SCRUBS

We use pure herbal ingredients such as herbs, honey and plant ingredients such as Boreh, Lulur, Papaya, Green Tea, Avocado, Coconut collected from the island

For bookings please contact our Reception from 07.00am-9.00pm

Gaia Oasis Resort,
Desa Tejakula, north Bali
Phone : +62 362 3436304/5
email : info@gaia-oasis.com:
www.gaia-oasis.com

Spa Etiquette

Arrive Early

We recommend that you arrive 15 minutes prior to your appointment to allow you to complete our consultation form and unwind.

Arriving late will limit the time available for your treatment, thus lessening their effectiveness and pleasure. Please note that all treatments will end on time in order that the next guest is not delayed.

Respect Other Guests

Please respect our peaceful ambience as well as the comfort of all our guest by ensuring that all cell phones and / or electronic devices are set on vibrate or turned off. While we respect your need to smoke, we regret to inform you that the spa is a free smoke zone.

Spa Experience

Our receptionists will assist you in creating your own spa experience, they will advise you about the various treatments and answer any questions you may have. Pregnant woman should avoid treatments that involve pressure, aromatic oils, minerals and heat.

Spa Attire

For your comfort, hygienic disposable briefs and slippers are provided during spa services, however, you are welcome to wear your own bikini/brief if you wish. Our therapists are trained in discreet draping techniques, ensuring your comfort and privacy during the treatment.

Welcome Treatments

After a long journey, treat yourself to our special welcome treatments, to prepare your body and mind for the holidays.

Basic Treatment

IDR 140.000 / 1 hr

Refresh your face with an aloe vera OR cucumber fleece, while you relax with an Ayurvedic foot massage. Afterwards you can enjoy a cooling rosewater face mask, while your hands are pampered with a gentle hand massage.

Deluxe Treatment

IDR 300.000 / 2.5 hr

Prepare your body for a regular tan with a herbal body scrub. While you calm down with an Ayurvedic foot massage plus aloe vera leg massage, your face benefits from an Aloe vera fleece, followed by a deluxe décolleté-throat-face massage. Afterwards you can enjoy a rosewater & cucumber astringent mask. Treatment ends with a Balinese Usadha hand massage.



Gaia Ocean Wellness Price List