


## 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

Please make your choice 

### 1. Boreh Scrub

Blend of rice, ginger, turmeric, mung beans, cloves, nutmeg, black pepper. (Increase blood circulation, ease rheumatic pains, to warm & relax the body, to relieve headaches, arthritis, muscular aches)

### 2. Lulur Scrub

Blend of white and red rice, mung beans, sandalwood, lotus flower and more. (To remove the toxins, stimulate circulation and promote cell renewal).

### 3. Papaya Scrub

Organic red Balinese papaya, sweet rice, red rice, soya beans. (Vitamin enriched, nutritious scrub for normal skin)

### 4. Green Tea Scrub

Blend of rice, green tea, mung beans, frangipani and cempaka flowers. (Antioxidant, purifying famous Asian anti aging therapy, helps beauty skin and boost circulation)

### 5. Avocado Scrub

Ripe organic avocado, red rice, mung beans and jicama fruit. (Moisturizing and suitable for dry or sensitive skin)

### 6. Coconut Scrub

Blends of rice, fresh coconut, mung beans, jasmine and cananga flowers and more. Soothing and moisturizing, suitable for dry skin)

## BEAUTY TREATMENTS

### Bliss Facial

1,5 hours (with 30 min deep massage) 300k

1 hour (with 8 min soft massage) 250k

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

Pedicure/45 minutes 150k

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

With Nail Polish/1 hour 200k

Manicure/45 minutes 150k

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

With Nail Polish/1 hour 200k

Natural Hair Treatment 200k

Coconut oil is massaged into the scalp, a combination of hibiscus leaf and Aloe-vera is applied and left on while the hair is wrapped in banana leaves. Experience healthier hair!



## Gaia Ocean Wellness Price List



Rejuvenate Your Body,  
Mind & Soul

For bookings, please contact :  
+62 81238 53350 / +62362 3436305



## Welcome Treatments

After a long travelling, time to relax for holidays. Let's enjoy first our welcome treatment to introduce your body with our touch before you try our others special treatment.

### Basic Treatment - 200k/ 1 hour

Refresh your face with an Aloe vera or Cucumber or Rosewater while you relax with an Balinese foot massage. Afterwards you can enjoy Honey face mask, while your hands receive a soft hand massage.

### Deluxe Treatment - 400k/ 2.5 hour

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



## BODY TREATMENTS

### Usadha Massage/ 1,5 hours

300k

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

300k

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

### Usadha Package/ 2,5 hours

420k

(Usadha massage and Body Scrub)

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

### Bali Traditional Massage/ 1 hour

250k

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

### Body Relax Massage/ 1,5 hours

300k

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



### Gaia Ocean Bliss/ 2,5 hours

420k

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

220k

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

### Stress Release/ 30 Minutes

150k

Head, Neck, Shoulders massage with special balinese Sandal wood oil or Frangipani oil. Healing after travel!

### Body Scrub (1 hour)

200k

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.