

SPA SENSATIONS

Choose from a nurturing menu of Asian inspired health and beauty practices delivered in three distinct treatment locations.

Immerse yourself in a realm of personal wellness at Spa Uluwatu as you take time for a replenishing body, mind and spirit experience.

Indulging spa treatments are yours for the taking at Villa Retreats, offering special packages tailor made for couples.

Alternatively, a massage at one of our tented beachside pavilions is certain to enliven your senses as the sea breeze lightly caresses your skin.

SPA ULUWATU

Open daily 9.00 am - 11.00 pm

Spa Uluwatu draws inspiration from century-old healing traditions and purposely sourced natural ingredients. A unique collection of treatments and packages have been created to anticipate the needs of each and every discerning modern-day traveller. Not to be missed are the InterContinental Signature Massage and Pure Radiance Facial.

VILLA RETREATS

Open daily 9.00 am - 11.00 pm

Abandon the pace of your modern lifestyle and enjoy moments of self being. Each Villa Spa Retreat is nestled within a tropical walled garden and takes the concept of personalised service to new heights. Visual water features create a harmonising ambience to freely indulge in lengthy treatment packages of your choice. Favourite options include Golden Lulur, Four Hands One Heart and Sea of Love treatments.

BEACHSIDE PAVILIONS

Open daily 9.00 am - 7.00 pm

A series of tented pavilions, positioned where the land melts into the sea, offers a choice of outdoor spa treatments. Surrender yourself to the healing hands that will guide you on the journey towards self well-being.

BEAUTY SALON / HAIRDRESSER

Open daily 10.00 am – 7.00 pm

Take time to indulge in a pampering session at our beauty salon. Choose from a menu of nail care, facial and hair treatments designed to make you look wonderful.



SPA ULUWATU

TRADITIONAL BALINESE MASSAGE | 60 & 90 minutes

A Balinese massage works deeply to soothe damaged tissue and relieve strained muscles and joint pain. It is a firm and deep massage which includes thumb working, palm pressure, skin rolling and percussion as well as pressure point foot massage. Essential oils will relax and soothe you.

Add on Pevonia Botanica Aromatherapy face oil

Add on 30 minutes choice of body scrub/wrap

DEEP TISSUE MASSAGE | 90 minutes

This is a vigorous and satisfying technique, very therapeutic and ideal for chronic stiffness and soreness. This massage helps loosen muscle tissue, release toxins, and increase blood and oxygen circulation throughout the entire body. Feel renewed and re-energised with aches and pains and tired muscles massaged away.

Add on Pevonia Botanica Aromatherapy face oil

Add on 30 minutes choice of body scrub/wrap

INTERCONTINENTAL SIGNATURE MASSAGE | 60 & 90 minutes

A relaxing combination of several massage styles from around the world. Your therapist has been trained in many techniques and your journey will take you across the continents of Asia, Europe and North America. Each treatment combines a method unique to the area complemented with our Balinese touch for a relaxing, yet invigorating massage.

Add on Pevonia Botanica Aromatherapy face oil

Add on 30 minutes choice of body scrub/wrap

WARM STONE | 90 minutes

This warm stone massage eases muscular tension and has an extraordinary relaxing effect on the entire body using the combined powers of heat and touch.

PREGNANCY MASSAGE | 60 minutes

Special Mom to be massage after the first trimester. Helps to ease muscle tension, improve circulation and mobility. Gentle strokes with special oil to calm and indulge your pregnancy moment.

HEAD, SCALP & NECK | 60 minutes

Simple and satisfying. Relax and enjoy a gentle head, scalp and neck treatment. Your scalp will be massaged with warm medicinal oil or cream and knotted muscles in your neck will be eased away.

THAI MASSAGE | 90 minutes

Take pleasure in an exotic Thai massage treatment using a unique combination of stretching techniques and deep tissue penetration to stimulate circulation and release tension. This indulging ritual is performed without massage oil to encourage a sense of overall wellness.

JAVANESE MASSAGE | 60 minutes

It is a choreographed treatment using the medium Deep Tissue massage technique and relies on deep thumb pressure which is accompanied by simultaneous stroking palm movements. Using Fennel or Sandalwood scents and along with more exotic scents, Patchouli and Lemongrass, for relaxation, body indulgence and stress relief.

MARTUP MASSAGE | 60 minutes

Full body massage using massage technique from North Sumatra. Martup massage will reduce muscle pain and improving sleep quality. It is also able to neutralize blood and help cure some diseases and rejuvenate the skin. The treatment will start from the head.

For further information and reservation, please dial "Spa" on your telephone.



VILLA RETREATS

SEA OF LOVE | 240 minutes

For the perfect romantic experience, take a deep breath and start to relax with a soothing foot bath and scrub. Then purify yourself of tension and toxins with an extended Balinese massage continue with foot reflexology. Take a short break with our specially created "Jamu" herbal drink and sweets. Ease back into the treatment with a head, scalp and neck massage before discovering the cleansing effect of a Javanese Sandalwood lulur or Lavender body scrub. Celebrate life by soaking in a hydrating fruit and flowers, followed by a body lotion massage to keep skin soft and supple.

Add on Pevonia Botanica Aromatherapy face oil

ULTIMATE ESCAPE | 150 minutes

Footbath, Balinese Massage, Foot Massage, Choice of Scrub, Aromatherapy Bath, Moisturising, Healthy Delicacies. The ultimate discovery for the body, mind and spirit. Start with a purifying footbath ritual, and re-balance and re-charge with Balinese massage to soothe the nervous system, calm the mind and relieve built up tension and stress. Enjoy a deeply relaxing foot massage incorporating reflexology. Your body is then exfoliated with your choice of formula to brighten, soften and purify your skin. An aromatherapy bath and a generous application of body moisturiser complete this experience. Finally, enjoy our healthy delicacies in privacy at the Upper Bale enjoying the fantastic view of the majestic Indian Ocean.

Add on Pevonia Botanica Aromatherapy face oil

SILHOUTTE REFINING BY PEVONIA | 120 minutes

Footbath, dry body brushing, cellulite massage, Green Coffee body wrap, scalp massage, Svelt gel application, moisturising skin and tone your body with Pevonia cutting-edge cellulite treatment. This slimming and toning wrap stimulates your body's ability to break down fat, increase metabolism, and eliminate water retention. Pevonia pure 100% micronized Green Coffee, naturally rich in Chlorogenic Acid, Polysaccharides, proteins, and essential oils, smoothes and enhances skin texture, visibly reducing spongy, dimply, cellulitic area.

Add on Pevonia Botanica Aromatherapy face oil

Add on 20 minutes romantic bath

For further information and reservation, please dial "Spa" on your telephone.

EXOTIC CHOCOLATE | 150 minutes

Indulge in a passion filled spa experience that has been inspired entirely by chocolate. This treatment begins with an aromatherapy foot ritual and continues with a cleansing chocolate scrub. A velvety smooth chocolate body mask, known for its extraordinary nourishing properties, is then followed by a long intimate soak in an aromatherapy floral bath. A full body Balinese massage using a rich blend of heavenly chocolate essential oil concludes this romantic ritual.

TRADITIONAL GOLDEN LULUR | 120 minutes

Begin your journey with a soothing foot bath. Now that you are suitably refreshed, clear your mind while we gently exfoliate your skin with our signature lulur spice body scrub followed by a replenishing application of scented lotion. Cleanse your soul with a leisurely soak in a flower bath. Then finish the sensation with a traditional Balinese massage. Experience why Bali is called the 'Island of the Gods'.

PURE INDULGENCE | 150 minutes

Be our guest and indulge in all the delicacies that Bali has to offer. Begin with a cleansing foot bath ritual and continue with a soothing massage. Experience the healing and sedating properties of our lavender body scrub which will prepare your body for the nourishing aloe and lavender body wrap which follows. While your body is in cocooned bliss, enjoy a cleansing mini facial treatment. Complete this truly indulgent experience with a flower bath.

WATERLILY HYDRATION WRAP BY PEVONIA | 90 minutes

Footbath, body massage, Waterlily body wrap, scalp massage, hydrating spray. An exquisite calm and peaceful body wrap by Pevonia for deep repair. Provide your skin immediate relief from sunburn or sensitivity due to excessive sun exposure. This soothing wrap cools and desensitizes by combining Waterlily, Green Tea, and Chamomile. Promptly alleviating burning and stinging sensations, this treatment heals, desensitizes, and decreases skin temperature.

Add on Pevonia Waterlily face mask

DETOXIFICATION | 150 minutes

Everyone needs to cleanse their system and this detoxifying treatment not only makes you feel great, it's good for you as well! Commencing with a dry body brushing to stimulate circulation the program follows with a deep tissue massage using our specially blended cream of eucalyptus, peppermint, clove and ginger. Revitalizing the body, mind and spirit in unison is important, therefore, the mind is stimulated by a therapeutic salt glow treatment using sea salt enriched with peppermint and Rosemary oil. You will find that this treatment energizes and invigorates mind and muscle and uplifts the spirit for a truly satisfying experience.

FOUR HANDS ONE HEART | 120 minutes

This is the ultimate in spa indulgence and includes two therapists in perfect sequence for an unforgettable 60 minute massage experience. Then a Bali spice body wrap, which draws out toxins, readies you for a warm luxury bath with specially blended oils and herbs. This two hour treatment will revive your spirits and replenish your energy level.



BEACHSIDE PAVILLIONS

TRADITIONAL BALINESE MASSAGE | 60 & 90 minutes

A Balinese massage works deeply to soothe damaged tissue and relieve strained muscles and joint pain. It is a firm and deep massage which includes thumb working, palm pressure, skin rolling and percussion as well as pressure point foot massage. Essential oils will relax and soothe you.

INTERCONTINENTAL SIGNATURE MASSAGE | 60 & 90 minutes

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DEEP TISSUE MASSAGE | 90 minutes

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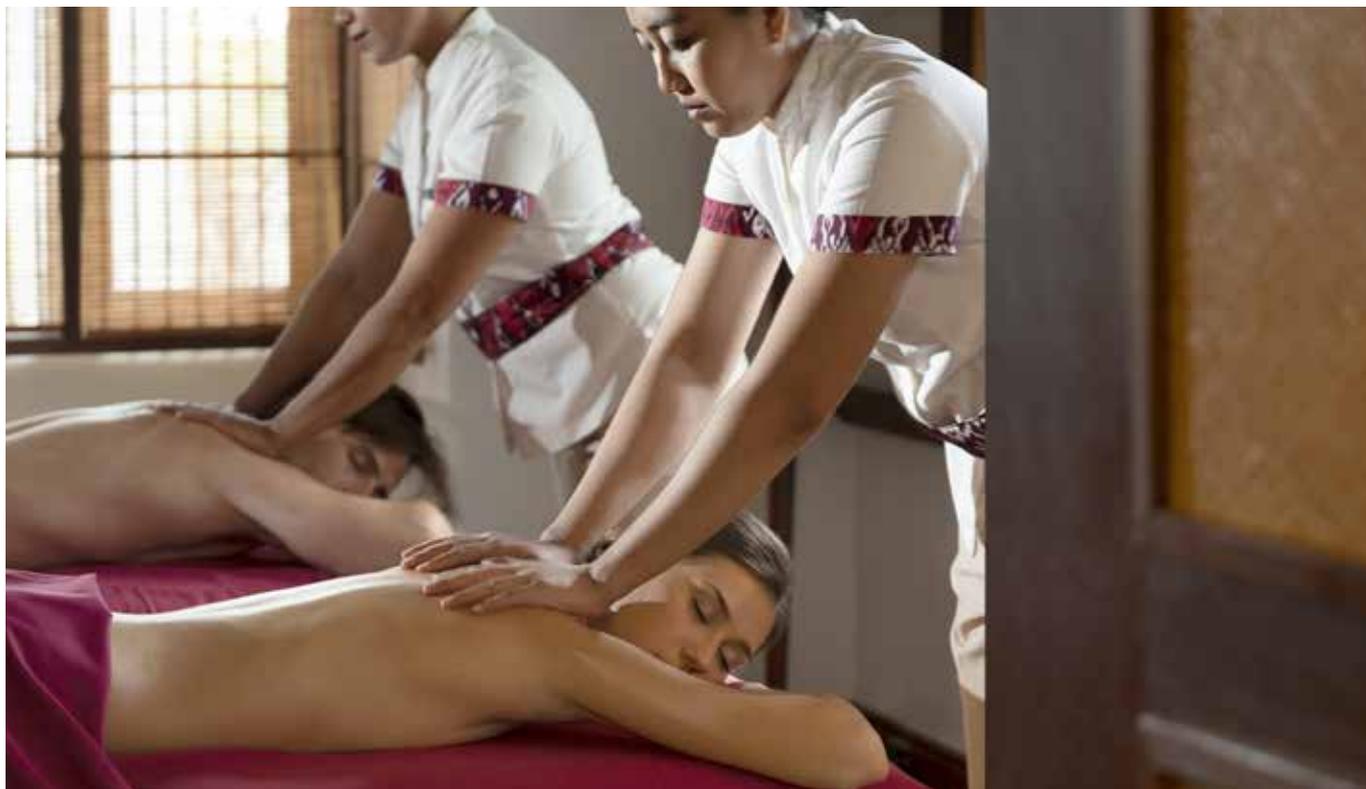
ANTI-STRESS MASSAGE | 30 minutes

This is a combination of traditional and relaxation massage concentrating on back, shoulders and neck to release emotional and physical tension.

REFLEXOLOGY | 30 & 60 minutes

Based on the theory that the feet are reflections of the body. By massaging and working "the points" in the feet, this massage will leave the entire body feeling relaxed and satisfied.

For further information and reservation, please dial "Spa" on your telephone.



IN ROOM TREATMENT

DEEP TISSUE MASSAGE | 90 minutes

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BATH INDULGENCE

Bath & body oil indulgence at your choice. Hydrate & relaxing.

* Additional charge will be applicable.

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FACIAL BY PEVONIA

MARINE CAVIAR & PEARL DE-AGEING FACIAL | 75 minutes

Facial Cleanse, Exfoliation, Massage of Intense Extracts, Setting Mask and Protective Cream. The most advanced defense against aging. This opulent anti-aging treatment lavishes your skin with pure Caviar Extract, Pearl Extract, and a revolutionary blend of phyto-extracts: Escutox®. Improving elasticity, this luxurious mask increases skin oxygenation and suppleness. Promoting rejuvenation, it visibly resurfaces and dramatically reduces expression lines and wrinkles.

PURE RADIANCE FACIAL | 60 minutes

Facial Cleanse, Exfoliation, Massage of Intense Extract, Mask and Protective Cream. Imagine moonlight on a calm sea: smooth, bright and glowing. You have captured the incredible result of this mask. Blending a potent concentration of stabilized Vitamin C with the firming and brightening benefits of a natural Lightening Mask this treatment reduces fine lines, strengthens skin's elasticity, counteracts photo-aging, and restores a youthful appearance, rendering skin visibly luminous!

ASIATIC LOTUS FACIAL | 60 minutes

Facial Cleanse, Gentle Exfoliation, Massage and Mask, Protective Cream. The peaceful, calming and repairing benefits of Nymphaea Alba Waterlily combine with soothing Green Tea and repairing Proline to reduce inflammation and heat in sensitized and dehydrated skin. This deeply decongesting treatment is perfect after sun exposure and helps to restore lost moisture and vanquish free radicals that cause premature skin aging.

COLLAGEN INFUSION FACIAL | 75 minutes

Utilizing Sorisa machine combining the different techniques of dermabrasion, vacuum, electroporation, photoporation, phototherapy and cryotherapy. The dermabrasion to exfoliate deeper to bring out new and healthier skin, stimulate collagen and enhance a clear complexion. Your skin then is drenched with moisture, vitamins and antioxidants. The Collagen cream to boost your skin appearance, leaves your skin supple, plump with youthful glow.

For further information and reservation, please dial "Spa" on your telephone.



intraceuticals it's in the skin

INTRACEUTICALS ATOXELENE OXYGEN INFUSION FACE TREATMENT | 45 minutes

(Smooth – Hold – Prevent – Ideal to soften the visible signs of fine lines and wrinkles)

Designed to smooth the appearance of expression lines and wrinkles with Atoxylene serum to firms, lifts and plumps your skin.

INTRACEUTICALS REJUVENATE OXYGEN INFUSION FACE TREATMENT | 60 minutes

(Hydrate – Lift – Tighten – Perfect for all skin type)

Align yourself with the Hollywood A-list. The first step in your skin's transformation, the revolutionary Intraceuticals Oxygen Infusion Face treatment delivers with therapeutic grade Hyperbaric Oxygen along with Rejuvenating serums made from Hyaluronic acid, Green Tea, Aloe Vera, Vitamin A, C and E. Instant visible result with visibly lifted, more plumped and hydrated during this cooling, calming treatment.

INTRACEUTICALS REJUVENATE + ATOXELENE OXYGEN INFUSION FACE TREATMENT | 75 minutes

A perfect combination Rejuvenate and Atoxylene serum for preventing ageing and healthy glowing skin result.

Celebrity testimonials:

Real people talking about real result...

"I use Intraceuticals oxygen skin treatment to hydrate my skin and give me that fresh, well slept glowing look before any performance or appearance".

Katy Perry - Artist

"There is nothing like Intraceuticals... it really helps you look and feel your best".

Victoria Beckham - Artist

"Thank you Intraceuticals. When constantly travelling I get dehydrated and Intraceuticals is an absolute necessity to replenish my skin".

Naomi Campbell – Supermodel

For further information and reservation, please dial "Spa" on your telephone.



BEAUTY SALON

HAIR

Hair spa creambath	60 minutes
Traditional creambath	60 minutes
Blow dry	60 minutes
Hair styling	90 minutes
Hair cutting for adults	60 minutes
Hair cutting for children	60 minutes
Hair braiding	Short/medium/long

HAND & NAILS

Deluxe manicure
Deluxe pedicure
French manicure
French pedicure
Nail polish
Deluxe manicure & pedicure
French manicure & pedicure
Additional gel polish application

WAXING

Under arm
Half leg
Full leg
Bikini
Brazilian bikini

For further information and reservation, please dial "Spa" on your telephone.



REIKI

Reiki is a technique which helps reduce stress, allowing everyone to tap into an unlimited supply of "life force energy". Reiki heals by flowing through the affected parts of the energy field and charging them with positive energy. It raises the level of the energy field in and around the physical body where negative thoughts and feelings are attached. The treatment feels like a wonderful glowing radiance that flow through and around the body. Reiki treats the body, mind and spirit allowing many beneficial effects including a sense of peace, security and well-being. Reiki is simple, natural and safe method of spiritual healing.

REIKI INITIATION | 90 minutes

The initiation of Reiki is an energetic technique that activates us as channels of Reiki and allows us to transmit Reiki energy through us.

REIKI HEALING TREATMENT | 60 minutes

A non-contact therapy, reiki sees the master move around your body performing martial arts– like poses, all the while casting a healing energy over you from his palms. More spiritual than physical, the therapy is thought to improve sleep patterns and reduce stress and muscle tension, promotes healing.

*Advance booking is essentials for availability of the spiritual healers

TEEN SPA SENSATIONS

TEEN MENU (12 – 19 years old)

ULUWATU TEEN MASSAGE | 60 minutes

Starting with foot bath ritual, then continued by relaxation full body massage with 3 choices massage oil.

CHOCOLATE CRUSH TREATMENT | 60 minutes

Starting with foot bath ritual, followed by full body massage with chocolate oil and ended by chocolate mask.

STRAWBERRY HYDRA BOOST FACIAL BY PEVONIA | 60 minutes

TEEN MANICURE

TEEN PEDICURE

NAIL ART HAND AND FEET

SPA BASICS

Please read through this list of frequently asked questions to help you make the most of your spa experience. Our Spa Receptionist will be happy to elaborate on any areas that are unclear or discuss specific concerns that may affect you on a personal level.

Should I reserve my treatment?

Yes, either by phone or visit the spa to book a reservation at your earliest convenience so we may accommodate your schedule.

When should I arrive?

Please arrive 15 minutes before the scheduled time to check-in and change.

What if I have special health considerations?

Please notify the Receptionist before booking your treatments if you have high blood pressure, allergies, other physical ailments or disabilities. If you have any concern at all, let us know.

What if I am pregnant?

Please contact the Receptionist for advice on treatments that are safe to enjoy during pregnancy.

What do I wear during my treatment?

You may wish to wear your own bikini or briefs, or we can provide you with hygienic disposable briefs. Alternatively, treatments may be enjoyed without clothes. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

What about my valuables?

Please leave valuables in the safe in your hotel room, we are not liable for any loss of personal valuable items.

What if I'm late for my appointment?

Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your enjoyment. Your treatment will end on time so that the next guest is not delayed.

What if I need to cancel a spa reservation?

The treatments you select are reserved especially for you. 50% charge will apply for cancellation of treatment 6 hours prior to booked treatment.

What about payment for spa services?

You may charge spa services to your hotel room. We also accept all major credit cards (Visa, AMEX, Master Card and JCB).

What about kids massage?

Massage for kids is available upon request.

* Every minimum 60 minutes massage will include of 10 minutes ritual foot bath at your choice, please inform to our reception when make a booking

* Spa facilities: Jacuzzi, Steam, Sauna & cold plunge are available for your pre and post treatment at Spa Uluwatu

We hope that you enjoy your experience at Spa Uluwatu!

SPA ULUWATU

TRADITIONAL BALINESE MASSAGE	60 & 90 minutes	850 & 1,000
Add on Pevonia Botanica Aromatherapy face oil		200
Add on 30 minutes choice of body scrub/wrap		450
DEEP TISSUE MASSAGE	90 minutes	1,100
Add on Pevonia Botanica Aromatherapy face oil		200
Add on 30 minutes choice of body scrub/wrap		450

INTERCONTINENTAL SIGNATURE MASSAGE	60 & 90 minutes	850 & 1,000
Add on Pevonia Botanica Aromatherapy face oil		200
Add on 30 minutes choice of body scrub/wrap		450
WARM STONE PREGNANCY MASSAGE	90 minutes	1,200
HEAD, SCALP & NECK THAI MASSAGE	60 minutes	850
JAVANESE MASSAGE	90 minutes	1,200
MARTUP MASSAGE	60 minutes	850

VILLA RETREATS

SEA OF LOVE	240 minutes	2,300
Add on Pevonia Botanica Aromatherapy face oil		200
ULTIMATE ESCAPE	150 minutes	1,700
Add on Pevonia Botanica Aromatherapy face oil		200
SILHOUTTE REFINING BY PEVONIA	120 minutes	1,800
Add on Pevonia Botanica Aromatherapy face oil		200
Add on 20 minutes romantic bath		450
EXOTIC CHOCOLATE	150 minutes	1,600

TRADITIONAL GOLDEN LULUR	120 minutes	1,300
PURE INDULGENCE	150 minutes	1,600
WATERLILY HYDRATION		
WRAP BY PEVONIA	90 minutes	1,200
Add on Pevonia Waterlily face mask		200
DETOXIFICATION	150 minutes	1,600
FOUR HANDS ONE HEART	120 minutes	1,700

BEACHSIDE

TRADITIONAL BALINESE MASSAGE	60 & 90 minutes	850 & 1,000
INTERCONTINENTAL SIGNATURE MASSAGE	60 & 90 minutes	850 & 1,000
DEEP TISSUE MASSAGE	90 minutes	1,100
ANTI-STRESS MASSAGE	30 minutes	500
REFLEXOLOGY	30 & 60 minutes	500 & 850

IN ROOM TREATMENT

DEEP TISSUE MASSAGE	90 minutes	1,200
TRADITIONAL BALINESE MASSAGE	60 & 90 minutes	980 & 1,200
INTERCONTINENTAL SIGNATURE MASSAGE	60 & 90 minutes	980 & 1,200
REFLEXOLOGY	60 minutes	950
BATH INDULGENCE		350

FACIAL TREATMENT

MARINE CAVIAR & PEARL DE-AGEING FACIAL	75 minutes	1,500
PURE RADIANCE FACIAL	60 minutes	1,100
ASIATIC LOTUS FACIAL	60 minutes	950
COLLAGEN INFUSION FACIAL	75 minutes	1,500
INTRACEUTICALS ATOXELENE OXYGEN INFUSION FACE TREATMENT	45 minutes	850
INTRACEUTICALS REJUVENATE OXYGEN INFUSION FACE TREATMENT	60 minutes	1,000
INTRACEUTICALS REJUVENATE + ATOXELENE OXYGEN INFUSION FACE TREATMENT	75 minutes	1,700

REIKI

REIKI INITIATION	90 minutes	1,500
REIKI HEALING TREATMENT	60 minutes	1,200

TEEN SPA SENSATIONS

ULUWATU TEEN MASSAGE	60 minutes	650
CHOCOLATE CRUSH TREATMENT	60 minutes	750
STRAWBERRY HYDRA BOOST FACIAL BY PEVONIA	60 minutes	800
TEEN MANICURE		300
TEEN PEDICURE		300
NAIL ART HAND AND FEET		300

BEAUTY SALON

HAIR

Hair spa creambath	60 minutes	600
Traditional creambath	60 minutes	600
Blow dry	60 minutes	500
Hair styling	90 minutes	700
Hair cutting for adults	60 minutes	400
Hair cutting for children	60 minutes	250
Hair braiding	Short/medium/long	600/800/1,000

HAND & NAILS

Deluxe manicure		425
Deluxe pedicure		450
French manicure		475
French pedicure		500
Nail polish		300
Deluxe manicure & pedicure		800
French manicure & pedicure		950
Additional gel polish application		400

WAXING

Under arm		350
Half leg		450
Full leg		700
Bikini		500
Brazilian bikini		700

*All rates listed are per person, in thousand rupiah and subject to 10% service charge & 11% government tax.
For further information and reservation, please dial "Spa" on your telephone.*