



# MENU

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Welcome to Arana Spa & Wellness at Kayumas Seminyak Resort, where the harmonious blend of the four elements of nature invigorates your senses and restore your overall well-being.

Each treatment and ritual at Arana Spa & Wellness is carefully crafted to honor the elements that reside within us all. Our skilled therapists blends intricate techniques with natural products to guide you on a journey of self-discovery, helping you connect with the element that resonates most with your inner being.





At Arana Spa & Wellness, we embrace the essence of four elements: Earth, Air, Fire and Water. Each element represents unique qualities that resonate with different individuals, allowing us to craft our treatments to specific needs and desires.

🌿 **Earth - Healing therapies.** Experience the rejuvenating touch of body treatments that harness the healing properties of natural ingredients of the Earth found in our essential oils and scrubs to bring stability and balance on your mind, body and spirit.

🌊 **Water - Cleansing therapies,** Allow the soothing and revitalizing properties of water envelop your senses with treatments to detoxify your body and cleanse your skin, leaving you feeling relaxed and refreshed.

☁️ **Air - Relaxing therapies.** Combinations of gentle strokes and fragrances from herbs transports you to a state of serenity. As you unwind and relax, feel your body slowly feel as light as air.

🔥 **Fire - Energizing therapies.** We hope to impart energy within you to spark your inner radiance, like fire. Feel the warmth of hot stones, deep relief therapies and invigorating scrubs to improve your blood circulation and awaken your vitality.







# ELEMENTS SIGNATURE TREATMENT

## Arana Signature Massage 🌿

90/120 minutes

500/650

Embark on a path of rejuvenation and sublime relaxation with our signature treatment. With a combination of soothing strokes, rhythmic movements and targeted pressure, we are releasing built-up tension, promoting deep relaxation and improving skin elasticity.

## Detoxifying Body Spa ≡

90 minutes

600

Immerse yourself in a symphony of revitalizing sensations, as our therapist skillfully combine therapeutic massage, invigorating body scrubs and nourishing body wraps to cleanse toxins, boost lymphatic drainage and stimulate blood circulation.

## Blissful Stone Massage 🔥

90/120 minutes

550/700

Realign and balance your soul with a combination of our therapeutic massage techniques and the invigorating energy of hot stones. The warmth from the stones helps improve blood circulation, energizes your body, relieves insomnia and reduces pain and stiffness for guests with rheumatic or arthritic conditions.

## Arana Herb Fusion Massage 🌀

90/120 minutes

550/700

Allow magic from warm herb poultices to heal your state of mind, body and soul. The combination of herbal infusions and gentle pressure revitalizes your body and bringing a deep sense of tranquility. Warm poultices are gently pressed, releasing their fragrance, promoting deep relaxation, melting away your stress and tension.



Earth



Air




Water



Fire

Prices are in thousand rupiah.

All prices subject to additional 21% service charge and government tax.





# BODY MASSAGE

## **Traditional Balinese Massage** 🌿 60/90/120 minutes 325/460/580

Traditional Balinese full-body therapy using time-honored techniques that combines stretching, long strokes, skin rolling and firm pressures to release tension, enhance flexibility and stimulates blood circulation.

## **Holistic Wellbeing Massage** 🌿 60 minutes 325

Calming and nurturing massage techniques helps reduce feelings of depression, anxiety and stress. Increases endorphins, serotonin and dopamine hormones and improves sleep patterns.

## **Renewing Swedish Massage** 🌿 75 minutes 350

A favorite in the United States, this massage combines gentle flowing strokes, soothing kneading motions and a touch of Balinese techniques to calm the nervous system and aid in the removal of metabolic waste and toxins, improving both mental and physical health.

## **Tension Release Massage** 🌿 30/60 minutes 225/325 (Head, Neck, Shoulder)

Working long hours sitting at a desk or high-stress, demanding jobs can lead to muscle tension around the head, neck and shoulder area. Therapeutic massages combined with fragrances from natural oils relieves pain and tension, as well as bringing you a sense of deep relaxation.

## **Back in Balance Massage** 🌿 30/60 minutes 225/325

Rebalance your body and feel a deep sense of relaxation with therapeutic massages that focus on the back muscles, tissues and energy pathways to release tension, restore harmony and stimulate the body's energy meridians.

## **Relaxing Foot Massage** 🌿 30/60 minutes 225/325

Uses a combination of kneading, gentle strokes and rubbing motions to improve blood circulation and induces a deep state of relaxation that targets the foot muscles, joints and tissues.



Earth



Air



Water



Fire

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# BODY TREATMENT

## Arana Deep Relief Massage ♡

90 minutes

550

Immerse yourself in a therapeutic journey that targets chronic muscle tension with sustained pressure to reach deep layers of muscle and fascia, breaking up adhesions and releasing built-up tensions. This treatment helps improve blood circulation, reduces inflammation, alleviates muscle stiffness and enhances overall flexibility.

## Anti Cellulite Body Treatment ♡

90 minutes

650

Designed to target stubborn cellulites and promote a toned and youthful appearance, this special treatment combines advanced techniques, stimulating body wrap and specialized products with luxurious pampering to leave you feeling confident and rejuvenated.

## Foot Reflexology Therapy ♡

60 minutes

325

Time-honored therapy that focuses on specific reflex points on your feet, which corresponds to different organs and systems within the body to help promote natural healing, improve blood circulation and restore balance throughout your body.

## Healing Aroma Treatment ♡

90 minutes

550

Breathe in the therapeutic scent of our essential oils and the healing touch combined with warm massage oil that guides you towards a state of complete bliss. Rhythmic motions and gentle pressure will alleviate muscle tension, improving blood circulation and promote a sense of deep relaxation throughout your body.



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# SPECIAL MASSAGE

## Mom-to-be Body Massage 🌿

60 minutes

350

At Arana Spa, we are dedicated to provide a nurturing and soothing experience for expectant mothers. Our therapist combines gentle, flowing strokes with precise techniques to alleviate common discomforts of pregnancy, such as back pains, swelling and fatigue.

## Teen Spirit Massage 🔥

60 minutes

350

Suitable for teenagers between 10 to 16 years old experiencing muscle soreness, stress from academic pressures or simply wanting a moment of relaxation. With a combination of gentle pressure and techniques, Teen Spirit Massage ensures maximum comfort and relief.

## Little-Me Massage 🌿

30 minutes

250

A gentle and soothing experience tailored specifically for children between 5 to 9 years old. Designed to provide relaxation, comfort and a sense of calmness, Gentle Baby Massage aims to create an enjoyable and relaxing spa experience for your little one.



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# ADD-ON BODY CARE

**Traditional Boreh Wrap** 🌿 30 minutes 200

A gentle exfoliating scrub using a blend of finely ground spices and medicinal herbs. Rich in healing properties, this aromatic scrub is carefully applied to your body, gently sloughing away dead skin cells.

**Refreshing Glow Coconut Scrub** 🌿 30 minutes 200

Fragrant and refreshing, the Refreshing Glow Coconut scrub rejuvenates and exfoliates your skin, leaving a skin that is revitalized and glowing with radiance.

**Detox Green Tea Body Scrub & Mask** 🌿 45 minutes 250

The scrub and mask gently exfoliates dead skin cells, unclog pores and promotes healthy skin renewal. Antioxidant-rich green tea, infused in the scrub neutralizes free radicals and protects your skin from environmental stressors.

**Rose Petals Bath** 🌊 🌿 30 minutes 250

Immerse yourself in a wonderful sensory experience when you ease into a fragrant warm bath infused with a lavish abundance of rose petals, adorned with soft glows of candlelight.

**Tropical Bath** 🌊 🌿 30 minutes 200

Soothe your body and uplift your spirit by sinking into a warm bath infused with a carefully selected blend of tropical ingredients.

**Herbal Bath** 🌊 🌿 30 minutes 200

Immerse yourself in a warm, soothing bath infused with a carefully selected blend of aromatic and rejuvenating herbs, to revitalize your skin as well as relaxing your mind, body and spirit.



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# SPA RITUALS

## Arana Healing Ritual (For Her)

120 minutes

570

Discover a sanctuary of healing and rejuvenation with our specially crafted treatments, tailored to provide the ultimate spa experience for her.

Includes:

- Foot bath
- Healing Aroma Massage
- Jasmine Body Scrub
- Cucumber Body Mask
- Tropical Bath
- Herbal Drink

## Arana Deep Relief Ritual (For Him)

120 minutes

570

Discover ultimate relief and relaxation with a combination of treatments specially crafted to alleviate tension, reduce stress and aid in sports recovery,

Includes:

- Foot bath
- Deep Relief Massage
- Boreh Body Scrub
- Ginger Lemongrass Body Mask
- Herbal Bath
- Herbal Drink

## Tranquil Rejuvenation Ritual (Single/Couple)

150 minutes

590/1120

Indulge in the ultimate oasis of tranquility and rejuvenation with our Tranquil Rejuvenation Ritual at Arana Spa & Wellness. Immerse yourself in a world of relaxation, where serenity and renewal converge to create a truly transformative experience for the body, mind and spirit.

Includes:

- Foot bath
- Renewing Swedish Massage
- Green Tea Body Scrub
- Green Tea Body Mask
- Rejuvenation Facial
- Hot / Ice Green Tea



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# SPA RITUALS

## Teenage Retreat Ritual

120 minutes

530

At Arana Spa & Wellness, we believe in providing teenagers with a serene and rejuvenating escape from the demands of their daily lives. This ritual is specially crafted to impart a sense of tranquility, where young adults can unwind, recharge and indulge in self-care. Suitable for teenagers between the age of 10 to 16 years old.

Includes:

- Foot bath
- Teen Spirit Massage
- Milky Body Scrub
- Milky Body Mask
- Milky Bath
- Banana Smoothies

## Exotic Balinese Fruit Ritual

180 minutes 670/1240

(Single / Couple)

Indulge in our Exotic Balinese Fruit Rituals specially crafted for you and your loved ones. Let us transport you to a world of tropical bliss, where the soothing touch of Balinese fruits revitalizes your body, rejuvenates your mind and strengthens the bond of love and togetherness.

Includes:

- Foot bath
- Traditional Balinese Massage
- Coconut Body Scrub
- Coconut Body Mask
- Relaxing Head Massage
- Deep Face Cleansing
- Flower Bath
- Whole Coconut



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# FACE TREATMENT

## Deep Harmonizing Facial

60 minutes

370

Discover the perfect harmony between your skin and nature with our Harmonizing Facial infused with organic local products. The facial is specifically designed to restore balance, nourish your skin and promote a renewed sense of well-being.

## Age Defying Jade Facial

60 minutes

420

Indulge in a luxurious and rejuvenating facial treatment experience that combines the ancient and transformative power of Jade with advanced skincare techniques to revitalize your complexion and diminish aging skin, promoting a more youthful appearance.



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