

**RESET  
RELAX  
RECHARGE**



at Dinarā  
**THE SPA**

# SPA ETIQUETTE

## Opening Hours

The Spa at Dinara is open daily from 11 : 00 am to 19 : 00 pm.

## Arrival Time & Late Arrivals

Please arrive 10 minutes prior to your scheduled appointment time in order to prepare for your treatment. In case of late arrivals, the treatment may need to be shortened should there be another booking immediately after.

## Cancellation

We request a minimum of 24 hours notice if you are unable to keep your appointment. No show will incur a 100% cancellation fee.

## Children

We welcome young guests age 5-10 years for selected treatments.

## Health Condition

Please advised us of any health condition, allergies or injuries that could affect your spa experience when making your booking and review any specific preferences with your therapist prior to your treatment. On arrival the therapist will conduct a brief consultation to determine the treatment best suited to your needs.

## What to Wear

It is not essential to carry or wear any specific attire. We provide bathrobes and disposable innerwear during your treatment.

## Mobile Phone

To preserve the peace and harmony of the space, we kindly ask to turn off the mobile phone or step out to the lobby for urgent calls.

## Feedback

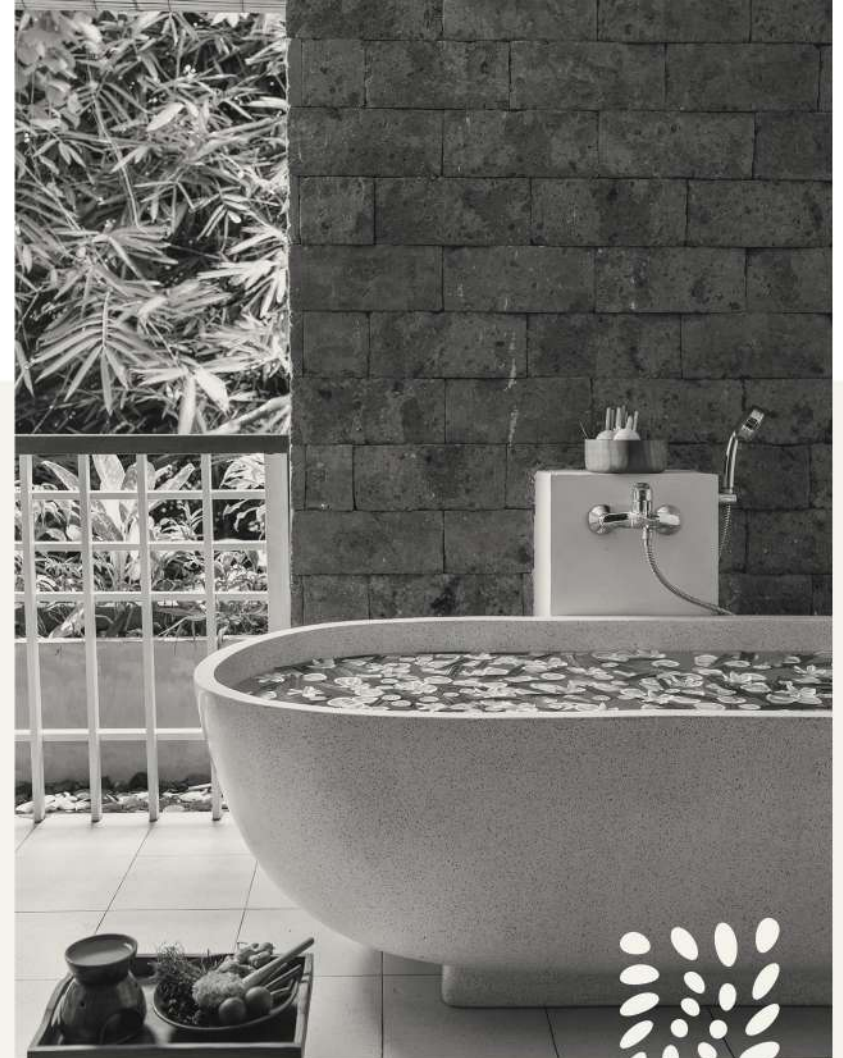
Please feel free to let the therapist know, how to improve the treatment or level of comfort during the massage.



The ancient knowledge of traditional Balinese healing is widely used to govern our well-being and personal vitality. In order to maintain a good health, the right energy and positive vibrations must flow freely within the body. Often the stresses of modern life block this free-flowing energy making it essential to rebalance our, chakras' and regain health. Our therapeutic massages and treatments are based on this traditional philosophy.

The intuitive and skilled touch of our trained therapists promises to rejuvenate the body, calm the mind and harmonize the senses.

We incorporate natural health-boosting botanical extracts and formulation into our therapies to bring you sustainable benefit. Several of our wellness products are crafted in-house using traditional recipes.



# MASSAGE

The Spa at Dinara offers carefully curated massage therapies with different aroma concepts to enhance your senses and well-being during the treatment. Relaxation (sandalwood), Detox (lemongrass), Refreshment (Ylang-Ylang).

**BALINESE MASSAGE** 60 minutes IDR 420.000  
90 minutes IDR 600.000

The Balinese massage honours ancient Balinese healing traditions to stimulate muscles using a variety of techniques including skin rolling, kneading and stroking specific pressure points. This therapy will relieve strained muscles, reduce stress levels and balance the body's energy.

**DEEP TISSUE MASSAGE** 60 minutes IDR 480.000  
90 minutes IDR 650.000

This massage uses a stronger pressure to ease muscle tensions and release stress. Our therapist will target your areas of concern, addressing trigger points with gentle pressure and release techniques. It is recommended to treat chronic pain and sport related injuries.

**HOT STONE MASSAGE** 90 minutes IDR 650.000

Warm river stones are placed on trigger points of your body after a relaxing but firm massage. The heat promotes relaxation of tight muscles. This type of massage therapy will further help to reduce muscle spasms, increase blood flow and encourage better circulation.

**AROMATHERAPY MASSAGE** 60 minutes IDR 420.000  
90 minutes IDR 600.000

Aromatherapy massage for a positive emotional health and wellbeing. The therapeutic power of warm essential oil paired with a massage involving gentle and harder pressure will increase the level of feel-good hormones, promoting calmness and relaxation.

**REFLEXOLOGY** 60 minutes IDR 360.000

Reflexology foot massage focuses on all trigger points on the feet that are connected through the nervous system to certain organs in the body. By applying different amounts of pressure to the feet, this therapy will help the body to return to a more relaxed and balanced state.

**PREGNANCY** 60 minutes IDR 480.000  
90 minutes IDR 650.000

We only recommend a pregnancy massage treatment during the second and third trimester. The massage position is side lying supported by an additional pillow for absolute comfort. This gentle massage will promote relaxation and bonding, soothe nerves, reduce swelling and relieve tired muscles.

**KIDS MASSAGE (5-12 years)** 60 minutes IDR 360.000

This treatment will start with a short warm up and deep breathing exercise to initiate the relaxing therapy. A gentle full body massage to promote the well-being and energizing the body using virgin coconut oil.

## ADDITIONAL MINI TREATMENT

Select any of the below treatments as add-on to your massage therapy.

Neck & Shoulder massage	30 minutes IDR 225.000
Foot Reflexology	30 minutes IDR 225.000
Refreshing Facial	30 minutes IDR 240.000
Herbal Bath	30 minutes IDR 300.000

## SPOIL YOURSELF FOR HER & HIM

### FACIAL

60 minutes IDR 380.000

This moisturizing facial calms and rejuvenate the sensitive facial skin leaving it hydrated and glowing. The Dava Facial treatment includes deep cleansing, face scrub, a gentle massage to stimulate circulation and raising emotional energy, a calming face mask and a hydrating moisturizer.

### SUN RECOVERY

60 minutes IDR 380.000

This treatment is especially curated to soothen and calm skin that has been exposed to sun. A cooling body and face mask will be applied using ingredients of aloe vera and cucumber that helps to relieve sun burn pain and encourages skin health.

### BODY SCRUB

60 minutes IDR 320.000

The body scrub ritual will renew and detoxify the skin. It further encourages skin rejuvenation by removing dead skin cells and smoothen the skin by clearing and unclogging the pores.



## PAMPERS JOURNEYS

### RISE & SHINE

2 hours IDR 920.000IDR /person  
2 hours IDR 1.700.000IDR /couple

Inspired from our balinese culture this package combines an **aromatherapy massage**, **Balinese boreh scrub** treatment to improve the blood circulation and remove dead skin, ending the journey with a **herbal bath** to encourage the body to enter a phase of deep rest.

### SIP ,N' CHILL

2 hours IDR 1.050.000 /person  
2 hours IDR 1.980.000 /couple

Reset. Relax. Recharge. An ultimate blissfull and relaxing journey with a pampering approach to restore and revitalize the body and mind. Start with a traditional **Balinese massage**, followed by a refreshing 30min refreshing **facial treatment**. End this journey sipping a **delicious cocktail** while soaking in a **flower bath**.

### MAGIC GLOW UP

3 hours IDR 1.350.000 /person  
3 hours IDR 2.640.000/ couple

The ultimate glow up! This journey is a complete pampering package, leaving the feeling of reconnection and rejuvenation from head to toe. It begins with a relaxing full body **Balinese massage**, followed by a **reflexology foot massage** focusing on trigger points. The journey continues with a **body mask**, which will hydrate and moisturize the entire body while the **facial mask** will refresh your face before soaking in a **citrus bath** with a view into the green.

# HOLISTIC TREATMENT

## REIKI HEALING MASSAGE

### With Master Jan

Approx. 2 hours IDR 1.000.000

(duration depends on personal body condition, min one day in advance booking)

The healing hands of Master Jan locate and treat physical problems and emotional blockages using intuitive and holistic diagnostics. He begins by detecting problem areas and focuses on trigger points to release any tensions with gentle to strong pressure on point. Master Jan also uses Reiki energy techniques to support healing. Please note that traditional healing therapies in Bali and Indonesia are based on alternative medicine and holistic treatments, please do consult your doctor for serious illness or injuries. We recommend to keep the day slow and rest early after this therapy.

## YOGA SHALA

Dinara's holistic approach to well-being includes the physical practice of yoga. You are invited to embrace the day with a guided session of yoga at the bamboo Yoga Shala. Our classes involve gentle stretches and controlled breathing exercises to promote physical and spiritual well-being.

### Private Yoga Class

60 minutes IDR 750.000 (1-2 person)



# HANDS & FEET TREATMENT

## PEDICURE

60 minutes IDR 420.000 (without nail polish)  
75 minutes IDR 540.000 (including OPI nail polish)

The Spa pedicure treatment starts with a foot cleansing ritual, followed by shortening and shaping the nails, removing cuticles and a foot scrub to remove dead skin. It also includes a relaxing foot massage and nail vitamins to strengthen nails and promote growth.

## MANICURE

60 minutes IDR 430.000 (without nail polish)  
75 minutes IDR 480.000 (including OPI nail polish)

The Spa manicure treatment starts with a hands cleansing ritual, followed by shortening and shaping the nails and removing cuticles. A gentle hand scrub will remove dead skin and promote softness. It also includes a relaxing hand massage and nail vitamins to strengthen nails and promote growth.

## PEDICURE & MANICURE

120 minutes IDR 600.000 (without nail polish)  
150 minutes IDR 800.000 (including OPI nail polish)

A Combination of both pedicure and manicure treatment for healthy looking hands and feet, boosting nail health and supporting softness of the skin.



**THE SPA**  
at Dinara