



HANGING GARDENS OF BALI

SPA COLLECTION

20 | YEARS ANNIVERSARY

OVERVIEW

The Spa at Hanging Gardens of Bali overlooks the waterfalls of the holy Ayung River, embracing the sights and sounds of nature, while offering a unique range of luxurious treatments using all-natural, organic ingredients, many of them grown on our own estate.

Each of our spa villas offers a view of jungle greenery through amazing picture windows and a soundscape filled with chirping birds and monkeys. Each room features twin treatment beds, a huge divan for your traditional pre-treatment foot-wash, and, separated by an antique wooden shutter, a bathroom with a rain shower and an open-air bath.

The Spa uses only the finest indigenous, all-natural ingredients picked directly from our estate and the surrounding countryside, such as avocado, ginger and cocoa:

- Known for its miraculous health and beauty benefits, avocados are naturally rich in vitamins, minerals, proteins, fibres and phytochemicals, and are used for treat a variety of health and skin conditions.
- Ginger has a long tradition of alleviating symptoms of gastrointestinal distress and numerous therapeutic properties, including antioxidant and anti-inflammatory effects.
- Amongst many benefits, cocoa has immune stimulating effects, helps oxygenate the brain and promotes detoxification of industrialchemicals in the body.

Our spa team take special pride in their welcome ritual, designed to blissfully start your spa experience:

- Ice-cool Rosella tea - a captivating blend of sweetness and sourness that will soothe the throat and quench your thirst, high in vitamins and anti-oxidants to detoxify by lowering blood pressure, blood sugar, cholesterol and uric acid levels.
- Peppermint and eucalyptus face towel – refreshing and cooling after the balmy Balinese weather.
- Refreshing spring water foot bath with organic sea salt rich in minerals and therapeutic for joints and muscles, along with fresh lime for cleansing and relaxation.

The treatment is completed with a warming ginger herbal tea, which soothes your stomach and aids digestion.

All treatments can be taken solo or as a couple, and can be held in The Spa or:

- In the privacy of your villa beside your pool in your own bale.
- At the exhilarating setting of our deck, down beside the river.
- Beside our World famous swimming pool, voted #1 in the world by both Trip Advisor and Condé Nast Traveller.

Our all-Balinese spa staffs offer traditional, local treatments as well as bespoke signature experiences that only our spa can offer. All of our treatments and packages are customizable based on your individual needs.

The Spa at Hanging Gardens of Bali is open daily from 10am to 10pm and appointments can be made directly with the spa reception. Please arrive 15 minutes before commencement time of your treatment.

Please dial #7 from your Villa, email spa@hanginggardensofbali.com or call +62-361 982 700 for bookings.

Desa Buahan, Payangan, Gianyar, Bali 80571, Indonesia

SPA INFORMATION

OPERATING HOURS

The Spa at Hanging Gardens is open from 10am to 10pm daily. Yoga, meditation and personal fitness trainers are available on request. Please enquire at Spa Reception for schedules and outdoor activities.

RESERVATIONS

A 24-hour advanced reservation is highly recommended to secure your preferred date and time as treatments and facilities are subject to availability. Please dial extension #1 to make your appointment.

SPECIAL CONSIDERATIONS

Guests who are pregnant or have high blood pressure, a heart condition or any medical complications are advised to consult their physicians prior to reservation. Please inform our staff of any medical condition before treatment.

ADMISSION

The Spa at Hanging Gardens is open to all resort guests and visitors to our resort. Appointment priority will be given to our resort guests.

ARRIVAL

Please arrive at the Spa Reception area at least 15 minutes prior to your scheduled appointment. Late arrivals may be subject to a reduced treatment time to accommodate the next guest.

CANCELLATION POLICY

The treatments you select are reserved especially for you with one of our skilled therapists. A minimum of 24 hours' advance notice is kindly requested for all bookings. A 50% cancellation charge will apply for guests who do not arrive for their reserved treatment.

AMENITIES

Personal amenities and toiletries are provided in the Spa treatment room.

SPA ETIQUETTE

In consideration of the comfort of all guests, please refrain from using mobile phones and other communication devices within the spa premises.

SMOKING & ALCOHOL

Smoking within the Spa area is strictly prohibited. Alcohol consumption is not advised before any Spa treatments.

MINIMUM AGE

An adult must escort children under age of 10 during their spa treatment.

PRIVACY

Our therapists will discreetly drape areas of your body not involved in the treatment to protect your privacy and modesty at all times.

PAYMENT

We accept cash and major credit cards. Resort guests may charge services and products to their villas.

PRICES & TAXES

Price quoted in Indonesian Rupiah are shown in '000 and subject to 23.75% service charge & Government tax.

REFUND POLICY

All treatment packages are non-transferable, non-refundable and non-exchangeable.

OUR SPA SIGNATURE TREATMENTS



RECOMMENDED PRESSURE:



STRONG



MEDIUM



GENTLE

Please inform your spa therapist if at any time you wish to increase or reduce the pressure of your treatment.

BODY THERAPY

BLISS

60 MIN - IDR 1,800,000⁺⁺

90 MIN - IDR 2,300,000⁺⁺

An invigorating signature therapy to address tight muscle groups. Deep-tissue kneading, muscle manipulation and stretching techniques are applied to release body tension and stress. An excellent therapeutic massage for easing intense tiredness, muscular aches and fatigue after exercise or travel.

HERBAL REVIVAL

60 MIN - IDR 1,800,000⁺⁺

90 MIN - IDR 2,300,000⁺⁺

A traditional Balinese healing - herbs in the form of warm poultices are used to massage, calm nerves, soothe knotted muscles and rebalance energy levels to positively promote circulation and good health.

TRADITIONAL BALINESE

60 MIN - IDR 1,700,000⁺⁺

90 MIN - IDR 2,200,000⁺⁺

Unwind in the infinite beauty of the Island of the Gods with this blissful technique, handed down through generations. Soothe away tension with your choice of massage oil blends, combined with a suitable level of pressure to take your body and mind on a journey of ultimate relaxation and harmony.

CHI REJUVENATION

60 MIN - IDR 1,700,000⁺⁺

90 MIN - IDR 2,200,000⁺⁺

Our non-oil traditional Japanese bodywork applies kneading techniques and acupressure points along the meridian lines to stimulate and revitalise the Chi energy flow in the body, restoring your body's natural balance and wellbeing.

ANGEL BLISS FOR THE YOUNG **45 MIN - IDR 1,200,000⁺⁺**

For our junior guests aged 6 to 13 years old. Invite your child to discover the world of wellbeing under the gentle, caring touch of a skilled therapist. Soft pressure is applied to the scalp, legs and feet and a grounding oil massage is performed on the back and the arms. This treatment greatly soothes nervous system, strengthens immune system and improve quality of sleep. An adult is requested to accompany any child under the age of 10 during the treatment.

FOOT THERAPY

FEET SPA

60 MIN - IDR 1,200,000⁺⁺

A luxurious footbath in aromatic essential oil to soothe the travel fatigue feet, followed by a relaxing foot massage. This treatment relieves swelling and built-up pressures, energizes and revitalises the feet and calves, a perfect pampering for tired feet.

REFLEXOLOGY

60 MIN - IDR 1,200,000⁺⁺

An ancient healing therapy of applying pressure to the reflex points on the soles of your feet to stimulate circulation, relax the body and re-establish the flow of your energy. This treatment includes a gentle foot scrub and a warm organic sea salt bath with calming aromatic oils to relieve stiffness.

SCALP & HAIR CARE

SHINING GLORY

30 MIN - IDR 900,000⁺⁺

Rich in Vitamins B, E and K, with 15% natural fat content, estate-grown freshly-picked avocados are superbly moisturizing and nourishing, especially for sun-damaged, dry and frizzy hair. Coupled with a luxurious scalp, neck and shoulders massage, this treatment gives your hair a glorious shine and lustre.

LIGHTNESS

30 MIN - IDR 900,000⁺⁺

An ancient Indian non-oil massage that work on the head, neck and shoulder to ease knotted muscles. This massage stimulates circulation and promotes hair growth, enhances the clarity of your mind and restores radiance to your face. An excellent pick-me-up treat. Oil massage is optional.





SKIN GLOW

LULUR

60 MIN - IDR 1,900,000⁺⁺

A delectable treatment traditionally lavished on a bride before her wedding. Our recipe incorporates ginger, turmeric, jasmine and sandalwood to create an aromatic and ever-youthful complexion. This indulging signature treatment finishes with an energizing warm milk bath.

COCOA REMEDY

60 MIN - IDR 1,900,000⁺⁺

Freshly harvested and ground sweet cocoa beans with nourishing ground almond are applied to gently exfoliate and purify your skin, completed with a soothing and hydrating vanilla milk bath.

GINGER HEALER

60 MIN - IDR 1,900,000⁺⁺

Renowned for its healing properties, specially estate-grown fresh ginger, aromatic ginger flowers and rice are applied to warm and invigorate the body, deep cleanse and purify the skin. The aromatic ginger treat is followed by a warming herbal bath.

BODY COCOON

BALINESE BOREH

60 MIN - IDR 1,900,000⁺⁺

A traditional Balinese treatment to soothe muscular and joint discomfort. A full body mask made from cloves, ginger, turmeric, pepper, cinnamon and sandalwood is rubbed on the skin to exfoliate and the body is wrapped in a cocoon-heated blanket to infuse these therapeutic properties into the skin. This treatment begins with a warming scrub.

ALOE AVOCADO

60 MIN - IDR 1,900,000⁺⁺

Particularly beneficial for sun-soaked skin, this treatment involves generous application of freshly-pureed avocado, rich in Vitamins B, E and K, and fresh aloe vera gel with soothing and anti-inflammatory properties. The healing balms are gently massaged into your skin, followed by a cocoon body wrap, allowing the skin to be soothed, softened and completely hydrated.

BODY BATHS

VANILLA HONEY MILK

30 MIN - IDR 750,000**

Made famous by Cleopatra - a healing, sedative and nourishing treat. The anti-oxidant, anti-inflammatory, tranquilising and moisturising properties of pure honey and fresh milk, combined with vanilla essential oil, leave your skin totally radiant and silky-soft.

AROMATIC BLOSSOMS

30 MIN - IDR 750,000**

Celebrate the beauty and essence of fresh flowers in a bath ritual of ultimate peace and tranquillity. Immerse your body in warm, scented water, enlighten your senses and leave your skin feeling soft and youthful.

HERBAL HARMONY

30 MIN - IDR 750,000**

Revitalize yourself in this indigenous Balinese herbal bath, surrender to the warming and healing properties of local herbs that relieve muscle tightness while improving circulation and wellness.

TUTTI FRUTTI

30 MIN - IDR 750,000**

Earning the definition of an all-star fruit because of its Vitamin C and citrus flavonoids, this lusciously refreshing fruit bath consisting of lemon, lime, tangerine and pomelo is high in antioxidants and aids in neutralising free radicals, leaving the skin feeling revitalised and rejuvenated. A day advance reservation is required.



BEAUTY

All our facials include a tension-release head, neck and shoulder massage.

ULTIMATE RADIANCE

90 MIN - IDR 2,300,000⁺⁺

Rich in vitamins and anti-oxidants, this blend of pure essential oils is known for its unparalleled ability to balance and restore healthy skin tone, brighten the entire complexion, giving the skin an even, luminous and radiant glow for days.

AROMA ESSENCE

90 MIN - IDR 2,300,000⁺⁺

Designed to combat signs of skin ageing, this revitalizing treatment restores vitality and firmness and softens the appearance of expression lines. This incredible treatment shapes and plumps up cell volume and uplifts the contour of the face. A visibly toned and tightened skin from just one treatment!

PURE DETOX

60 MIN - IDR 1,900,000⁺⁺

For dull, clogged and blemish-prone skin, this facial deep cleanses, purifies, repairs and heals the skin. An excellent detox treatment for tired-out and skin that breaks out easily.

HYDRA REGENERATION

60 MIN - IDR 1,900,000⁺⁺

Most suitable for dry and dehydrated skin conditions, this balancing and hydrating facial uses specially formulated plants extracts and plant-based essential oils to relax, nourish and regain the skin's hydration and suppleness.





HANDS & FEET

SPA MANICURE

75 MIN - IDR 850,000⁺⁺

The ultimate pampering for your hands. Includes a luxurious scrub, hand massage, hydrating mask and manicure.

SPA PEDICURE

75 MIN - IDR 1,000,000⁺⁺

A deluxe treatment, including a luxurious scrub, foot massage, hydrating mask and pedicure.

SPA MANICURE & PEDICURE

135 MIN - IDR 1,600,000⁺⁺

A combo of our tantalising hand and feet indulgence.

NAIL REPAIR MANICURE OR PEDICURE

30 MIN - IDR 600,000⁺⁺

A quick fix for nails.

NAIL POLISH

10 NAILS - IDR 300,000⁺⁺

HAIR SALON

ALOE VERA REMEDY

60 MIN - IDR 1,200,000⁺⁺

High in vitamins, minerals, enzymes, amino and fatty acids, this organic and incredibly healing and medicinal plant cleans, soothes and nourishes the scalp and promotes hair growth.

HAIR SPA

60 MIN - IDR 1,200,000⁺⁺

An energizing scalp massage stimulates circulation and aids deeper penetration of vital hair nutrients into your scalp. Treatment includes hair wash, mask, neck and shoulders massage, conditioning and normal dry. Warm steam is optional.

HAIR MASK

60 MIN - IDR 1,200,000⁺⁺

For chemically treated or sun dried and damaged hair, this nourishing hair therapy smoothes and untangle knotted and frizzy hair.

SPA PACKAGES

HANGING GARDENS HAVEN 4 HOURS - IDR 5,000,000⁺⁺ per person

This head to toe detoxifying and rejuvenating therapy leaves you feeling totally refreshed and energized.

- Skin glow 30min
- Body bath 30min
- Body cocoon 30min
- Massage 60min
- Scalp & hair care 30min
- Facial 60min

WELLNESS HARMONY 3 HOURS - IDR 4,000,000⁺⁺ per person

A relaxing and de-stressing therapy for tired or tense body and skin, promotes deep relaxation and calmness from within.

- Skin glow 30min
- Massage 60min
- Body bath 30min
- Facial 60min

REST & RELAX 2,5 HOURS - IDR 3,700,000⁺⁺ per person

Simply rest, relax and enjoy being taken great care of by our skilled therapist.

- Facial 60min (hydra or pure detox)
- Massage 90min, choice of :
 - Traditional Balinese Massage
 - Bliss
 - Chi Rejuvenation
 - Herbal Revival (+350)





HANGING GARDENS DISCOVERY

HANGING GARDENS IMMERSION 1,5 HOURS - IDR 4,000,000⁺⁺ per person

Discover the beauty of Hanging Gardens of Bali, the expert treatment of our spa team complemented with the gourmet skills of our chefs.

- Skin glow 30min
- A healthy 3 course spa cuisine meal
- Massage 60min
- Fresh juice or estate grown herbal tea

JUST MARRIED

- Skin glow 30min
- A bottle of Sparkling Wine

2 HOURS - IDR 8,500,000⁺⁺ per couple

- Massage 60min
- A selection of freshly made tapas
- Body bath 30min

SWEET MEMORIES

Pre or post wedding spa rejuvenation will relax and pamper you from head to toe.

- Massage 60min
- A selection of freshly made tapas
- Facial 60min
- Fresh juices or estate grown herbal tea
- Body bath 30min

SPA BY THE RIVER

ROYAL SPA ON THE RIVER

3 HOURS - IDR 19,500,000⁺⁺ per couple

The tranquil jungle slowly wakes up from it's beauty sleep. Indulgent in the harmony of couple body and soul with each other to present yourself, enjoy our special amazing jungle treatment.

- Balinese Massage 90min
- Lulur 30min
- Facial by Thalgo 60min
- Royal Picnic lunch
- Fresh Juices
- Rindik player performance
- Foot massage 15min at Reflexology Lounge

SPA ON THE RIVER

1,5 HOURS - IDR 6,500,000⁺⁺ per couple

Awaken the spirit of romance in a nurturing Spa setting to strengthen the bond of love and ignite the senses. Slip away and take your body and mind on a journey of ultimate relaxation and harmony.

- Balinese Massage 60min
- Scalp & Hair Care 30min
- Afternoon Tea





ROYAL SPA SUITE PACKAGES

ROYAL FULL DAY

4 HOURS - IDR 32,500,000⁺⁺ per couple

Our truly luxurious Royal Spa Suite combines natural, local ingredients and ancient techniques, to create beauty therapies and treatments that soothe the mind, rejuvenate the body and energize the soul.

- Full day access to the Royal Spa Suite
- Body massage 90min
- Body Scrub 30min
- Avocado body wraps 30min
- Scalp & Hair care 30min
- 3 courses Royal lunch
- A bottle of Sparkling Wine
- Facial by Thalgo 60min
- Photo session

ROYAL HALF DAY

3 HOURS - IDR 16,000,000⁺⁺ per couple

Wash away the stresses of modern living and embrace total wellbeing by taking time out to retreat, rest and rejuvenate.

- Balinese massage 60min
- Facial By Thalgo 60min
- Body Bath 30min
- Avocado body wraps 30min
- 3 Courses Lunch
- A bottle of Sparkling Wine
- Selection of Fresh Juices

ROYAL VIEW

1,5 HOURS - IDR 6,500,000⁺⁺ per couple

Slip away and take your body and mind on a journey of ultimate relaxation and harmony.

- Balinese massage 60min
- Foot therapy 30min
- 2 Glass Sparkling Wine
- Canape



HANGING GARDENS OF BALI

DESA BUAHAN, PAYANGAN, GIANJAR, BALI 80571, INDONESIA

EMAIL: RESERVATIONS@HANGINGGARDENSOFBALI.COM

T: +62 361 982 700

WWW.HANGINGGARDENSOFBALI.COM