



HANGING GARDENS OF BALI

THE SPA COLLECTION



WWW.HANGINGGARDENSOFBALI.COM

OVERVIEW

Suspended above the sacred Ayung River and embraced by the emerald folds of the jungle, The Spa Collection at Hanging Gardens of Bali is a sanctuary shaped by water, stone, and the quiet rhythm of nature.

Here, wellness unfolds slowly — accompanied by drifting mist, distant waterfalls, and the timeless atmosphere that has long defined Bali's most iconic jungle retreat.

THE SPA VILLAS

Bathed in natural light and framed by panoramic jungle views, each spa villa is designed as a private haven of stillness.

Twin treatment beds, rain showers, open-air baths, and generous daybeds for traditional foot rituals create an experience that feels deeply intimate while remaining fully connected to the surrounding landscape. Beyond the picture windows, the jungle lives and breathes — birds moving through the canopy, the river flowing endlessly below.

THE RITUAL

Every spa journey begins with a traditional Balinese welcome ritual designed to quiet the senses and prepare the body for deep relaxation.

Guests are welcomed with chilled rosella tea, cooling peppermint and eucalyptus towels, and a mineral-rich foot cleansing ritual infused with sea salt and fresh lime. Each experience concludes with a warming ginger herbal infusion, leaving behind a lingering sense of calm and renewal.

BOTANICAL HEALING

Drawing inspiration from Bali's ancient healing traditions, treatments incorporate indigenous botanical ingredients sourced from our estate and surrounding countryside. Avocado nourishes and softens the skin with restorative natural oils. Ginger awakens circulation and restores balance to the body, while antioxidant-rich cocoa revitalises and gently renews.

BESPOKE EXPERIENCES

Treatments may be enjoyed individually or as a couple within the serenity of the spa villas, beside the privacy of your own pool villa bale, at the riverside deck suspended above the Ayung, or overlooking the legendary infinity pool.

Led entirely by skilled Balinese therapists, The Spa Collection honours centuries-old island wellness traditions while offering experiences tailored to the individual needs of each guest.

OPENING HOURS

The Spa Collection is open daily from 10:00 am to 10:00 pm.

We kindly recommend arriving 15 minutes prior to your appointment to begin your journey unhurriedly.



SPA OPERATIONS

OPERATING HOURS

The Spa Collection at Hanging Gardens of Bali is open daily from 10:00 am to 10:00 pm. Private yoga sessions, meditation experiences, and personal fitness training may also be arranged upon request. Please contact Spa Reception for schedules and personalised wellness activities.

RESERVATIONS

To ensure your preferred treatment time, advance reservations are highly recommended, particularly during peak periods. Appointments may be arranged directly through Spa Reception by dialing extension #1.

HEALTH & WELLNESS CONSIDERATIONS

Guests who are pregnant or who have high blood pressure, heart conditions, allergies, or other medical concerns are kindly requested to consult their physician prior to booking spa treatments. Please inform our therapists of any medical conditions or sensitivities before your treatment begins so we may tailor the experience accordingly.

ADMISSION

The Spa Collection welcomes both in-house resort guests and external visitors. Priority for appointments is given to resort guests.

ARRIVAL

We kindly recommend arriving at least 15 minutes prior to your scheduled appointment to allow time for relaxation and consultation. Late arrivals may result in a shortened treatment duration out of consideration for subsequent bookings.

CANCELLATION POLICY

Your treatment time is reserved exclusively for you and your therapist. We respectfully request a minimum of 24 hours' notice for any cancellation or amendment. Cancellations made within less than 24 hours, or missed appointments, may incur a 50% cancellation fee.

AMENITIES

Luxury spa amenities, bathrobes, slippers, and personal toiletries are thoughtfully provided for your comfort during your visit.

SPA ETIQUETTE

To preserve the peaceful atmosphere of the spa, we kindly request that mobile phones and electronic devices remain on silent mode while within the spa sanctuary.

SMOKING & ALCOHOL

Smoking is not permitted within the spa premises. For your comfort and wellbeing, we recommend avoiding alcohol consumption prior to spa treatments.

MINIMUM AGE

Children under the age of 10 must be accompanied by an adult during their spa experience.

PRIVACY

Your comfort and privacy are of utmost importance to us. Throughout your treatment, therapists will ensure appropriate draping and discretion at all times.

PAYMENT

We accept cash payments and all major credit cards. Resort guests may conveniently charge treatments and retail purchases directly to their villa account.

PRICES & TAXES

All prices are quoted in US Dollar and are subject to 21% service charge and prevailing government tax.

REFUND POLICY

All spa treatments and packages are non-transferable, non-refundable, and non-exchangeable.



THE SPA COLLECTION SIGNATURE TREATMENTS

RECOMMENDED PRESSURE

Strong • Medium • Gentle

Our therapists will gladly personalise the pressure and rhythm of your treatment to suit your individual comfort and wellbeing. Please feel free to communicate your preference at any time during the experience.

BODY THERAPY

BLISS

60 Minutes — 134++

90 Minutes — 167++

A deeply restorative signature body ritual designed to release accumulated tension and fatigue. Combining deep tissue techniques, stretching, and therapeutic muscle manipulation, this treatment works through areas of tightness to restore movement, improve circulation, and calm the body after long journeys, physical exertion, or daily stress. Ideal for guests seeking a stronger, more invigorating massage experience.

HERBAL REVIVAL

60 Minutes — 134++

90 Minutes — 167++

Rooted in traditional Balinese healing wisdom, this warming ritual uses aromatic herbal poultices filled with indigenous herbs and spices to soothe the body and quiet the mind. The gentle heat helps release muscular tension while promoting circulation, grounding energy, and restoring a deep sense of balance and wellbeing.

TRADITIONAL BALINESE

60 Minutes — 123++

90 Minutes — 160++

Inspired by generations of ancient island healing traditions, this timeless Balinese massage combines flowing movements, acupressure, and aromatic oils to ease tension and restore harmony between body and mind. Performed with your preferred pressure and oil blend, the experience invites complete relaxation amid the serenity of the jungle surroundings.

ANGEL BLISS FOR THE YOUNG

45 Minutes — 89++

A gentle introduction to wellness designed especially for younger guests aged 6 to 13 years. Using calming movements and light therapeutic touch, this nurturing treatment focuses on the scalp, back, arms, legs, and feet to encourage relaxation, improve sleep quality, and promote overall wellbeing. For the comfort and safety of our younger guests, an adult is kindly requested to accompany children under 10 years of age during the treatment.



FOOT THERAPY

REFLEXOLOGY

60 Minutes — 89++

Rooted in ancient Eastern healing traditions, this deeply grounding foot ritual focuses on the body's vital reflex points to restore balance, stimulate circulation, and encourage the natural flow of energy throughout the body. Gentle pressure techniques are combined with a soothing foot exfoliation and a warm organic sea salt soak infused with calming aromatic oils, leaving tired feet renewed and the body profoundly relaxed.

SCALP & HAIR CARE

SHINING GLORY

30 Minutes — 68++

Inspired by the nourishing botanicals of the Balinese countryside, this restorative hair ritual uses freshly harvested estate-grown avocado, naturally rich in vitamins and essential oils, to deeply condition and revitalises dry or sun-exposed hair. A relaxing scalp, neck, and shoulder massage melts away tension while restoring softness, shine, and vitality, leaving the hair beautifully luminous and renewed.

GLOW RITUALS

LULUR

60 Minutes — 140++

A timeless royal beauty ritual once reserved for Balinese brides before their wedding ceremonies. This fragrant treatment blends ginger, turmeric, jasmine, and sandalwood into a delicately exfoliating body polish designed to soften the skin and restore a luminous, youthful glow. The ritual concludes with a comforting warm milk bath, leaving the body velvety smooth and delicately scented.

COCOA REMEDY

60 Minutes — 140++

Inspired by the rich botanical abundance of the Indonesian archipelago, this indulgent body ritual combines freshly ground cocoa beans with nourishing almond to gently exfoliate, purify, and soften the skin. A soothing vanilla milk bath completes the experience, enveloping the body in warmth while deeply hydrating and restoring natural radiance.

BODY COCOON

BALINESE BOREH

60 Minutes — 140++

An ancient Balinese healing ritual traditionally used to warm and restore the body after long days in the fields and cool mountain climates. This deeply therapeutic treatment begins with an invigorating body exfoliation, followed by the application of a warming herbal blend of cloves, ginger, turmeric, pepper, cinnamon, and sandalwood. Wrapped in a heated cocoon, the body absorbs the restorative properties of these indigenous spices, helping to ease muscular tension, improve circulation, and encourage deep relaxation.

ALOE AVOCADO

60 Minutes — 140++

A soothing restorative ritual created especially for skin exposed to the tropical sun. Fresh aloe vera and estate-grown avocado, naturally rich in vitamins and nourishing oils, are gently applied to calm, soften, and deeply hydrate the skin. The body is then enveloped in a warm cocoon wrap, allowing the healing botanicals to restore moisture, comfort, and renewed suppleness to the body.





BODY BATH RITUALS

VANILLA HONEY MILK

30 Minutes — 55++

Inspired by ancient beauty rituals once favoured by royalty, this deeply nourishing bath combines pure honey, fresh milk, and delicate vanilla essence to soften, calm, and restore the skin. Rich in natural antioxidants and moisturising properties, the warm aromatic soak leaves the body silky smooth, comforted, and beautifully radiant.

AROMATIC BLOSSOMS

30 Minutes — 55++

A serene floral bathing ritual designed to quiet the mind and awaken the senses. Surrounded by the delicate fragrance of fresh tropical blossoms floating upon warm scented water; the body relaxes into complete tranquillity while the skin is softened, refreshed, and gently renewed.

BEAUTY RITUALS

All facial rituals include a relaxing head, neck, and shoulder massage.

ULTIMATE RADIANCE

90 Minutes — 167++

An illuminating facial ritual enriched with botanical oils and antioxidant-rich ingredients designed to restore balance, revive tired skin, and enhance natural luminosity. This deeply nourishing treatment improves skin tone and texture while leaving the complexion visibly brighter, smoother, and beautifully radiant.

AROMA ESSENCE

90 Minutes — 167++

A restorative anti-ageing facial created to revitalise and firm the skin while softening the appearance of fine lines and signs of fatigue. Combining advanced botanical formulations with deeply relaxing massage techniques, the treatment helps improve elasticity, restore vitality, and redefine facial contours for a naturally lifted and refreshed appearance.

PURE DETOX

60 Minutes — 140++

Designed for congested, tired, or blemish-prone skin, this purifying facial deeply cleanses and detoxifies while helping to rebalance stressed complexions exposed to environmental factors and daily fatigue. The skin is left clarified, refreshed, and visibly healthier.

HYDRA REGENERATION

60 Minutes — 140++

An intensely hydrating facial ritual created for dry or dehydrated skin conditions. Using plant-based extracts and restorative botanical oils, this soothing treatment replenishes moisture levels, improves suppleness, and restores softness and comfort to the skin, leaving the complexion fresh, balanced, and deeply nourished.

HAIR SALON

HAIR SPA

60 Minutes — 90++

A revitalising hair and scalp ritual designed to restore balance and vitality beneath the tropical climate. An energising scalp massage stimulates circulation and encourages deep nourishment while conditioning treatments help strengthen and soften the hair. The experience includes hair cleansing, nourishing mask, neck and shoulder massage, conditioning, and finishing dry. Optional warm steam enhances absorption and relaxation.

HAIR MASK

60 Minutes — 90++

A deeply nourishing treatment created for dry, sun-exposed, chemically treated, or damaged hair. Rich conditioning ingredients help smooth frizz, restore softness, and improve manageability, leaving the hair silky, hydrated, and renewed with healthy natural shine.

HANDS & FEET

SPA MANICURE

75 Minutes — 63++

A restorative hand ritual designed to soften, nourish, and beautifully refine the hands. This indulgent treatment includes gentle exfoliation, meticulous nail care, a deeply hydrating mask, and a relaxing hand massage to restore comfort, suppleness, and elegance to the skin and nails.

SPA PEDICURE

75 Minutes — 73++

A luxurious foot therapy created to revive tired feet and restore softness after days spent exploring the island. The ritual combines exfoliation, detailed nail care, a nourishing mask, and a deeply relaxing foot massage, leaving the feet refreshed, smooth, and perfectly groomed.

SPA MANICURE & PEDICURE

75 Minutes — 120++

A combo of our tantalising hand and feet indulgence

NAIL REPAIR MANICURE OR PEDICURE

30 Minutes — 45++

A quick restorative treatment designed to refresh and refine nails with essential grooming and care.

NAIL POLISH

10 Nails — 20++

Professional nail polish application for beautifully finished hands or feet.



SPA JOURNEYS

REST & RELAX

2.5 Hours — 270++ per person

Created for complete surrender and uninterrupted relaxation, this calming spa escape allows the body and mind to slow gently into stillness beneath the serenity of the jungle surroundings. Combining therapeutic massage with personalized facial care, the experience is designed to restore balance, comfort, and wellbeing.

This experience includes:

- Personalized Facial — 60 Minutes (Hydra Regeneration or Pure Detox)
- Choice of Massage — 90 Minutes
 - Traditional Balinese
 - Bliss
 - Chi Rejuvenation
 - Herbal Revival (additional \$ 20++)

HANGING GARDENS HAVEN

4 Hours — 360++ per person

A deeply restorative wellness journey inspired by the healing rhythms of the jungle and river valley. Designed to detoxify, nourish, and renew from head to toe, this immersive ritual combines a sequence of signature therapies that leave the body refreshed, the skin luminous, and the mind completely restored.

This experience includes:

- Skin Glow Ritual — 30 Minutes
- Body Cocoon Therapy — 30 Minutes
- Scalp & Hair Care Ritual — 30 Minutes
- Aromatic Body Bath — 30 Minutes
- Signature Massage — 60 Minutes
- Facial Ritual — 60 Minutes

HANGING GARDENS DISCOVERY

RITUALS FOR TWO

2 Hours — 600++ per couple

A romantic spa journey designed for newlyweds and couples celebrating love amid the secluded beauty of the Ayung valley. This intimate experience combines soothing treatments, warm aromatic bathing rituals, and quiet moments of indulgence shared together in complete privacy.

This experience includes:

- Skin Glow Ritual — 30 Minutes
- Signature Couple's Massage — 60 Minutes
- Aromatic Body Bath — 30 Minutes
- A Bottle of Sparkling Wine
- A Selection of Freshly Prepared Tapas



SPA BY THE RIVER

HALF DAY RIVER RITUAL

3 Hours — 1,000++ per couple

Hidden beside the sacred Ayung River and surrounded by the timeless beauty of the jungle, this signature riverside experience invites couples into a world of rare tranquillity and indulgence. As the sounds of flowing water and the rhythm of the valley gently unfold around you, body and mind surrender to a deeply restorative journey inspired by Balinese healing traditions and the quiet romance of nature.

This exclusive experience includes:

- Traditional Balinese Massage — 90 Minutes
- Lulur Body Ritual — 30 Minutes
- Thalgo Facial Ritual — 60 Minutes
- Royal Picnic Lunch
- Fresh Tropical Juices
- Traditional Rindik Bamboo Performance
- Reflexology Foot Massage — 15 Minutes

ROMANTIC RIVER EXPERIENCE

1.5 Hours — 400++ per couple

A romantic riverside retreat designed to reconnect body, mind, and spirit within the serenity of the jungle landscape. Suspended above the flowing waters of the Ayung, this calming experience combines therapeutic touch with moments of quiet indulgence, creating an atmosphere of intimacy, balance, and complete relaxation.

This experience includes:

- Traditional Balinese Massage — 60 Minutes
- Scalp & Hair Care Ritual — 30 Minutes
- Afternoon Tea by the River



ROYAL SPA SUITE JOURNEYS

ROYAL JUNGLE RETREAT

4 Hours — 2,000++ per couple

An extraordinary wellness journey created for couples seeking complete seclusion, indulgence, and renewal within the serenity of the jungle valley. Set within the privacy of the Royal Spa Suite, this immersive experience combines ancient Balinese healing traditions, restorative botanical rituals, and refined moments of celebration overlooking the sacred Ayung landscape.

This exclusive journey includes:

- Full-Day Access to the Royal Spa Suite
- Signature Body Massage — 90 Minutes
- Body Scrub Ritual — 30 Minutes
- Avocado Body Cocoon — 30 Minutes
- Scalp & Hair Care Ritual — 30 Minutes
- Thalgo Facial Ritual — 60 Minutes
- Royal Three-Course Lunch
- A Bottle of Champagne & Fresh Tropical Juices
- Private Photo Session

ROYAL RIVER RETREAT

3 Hours — 1,000++ per couple

A restorative escape designed to release the pressures of modern life and restore balance through the healing rhythms of touch, nature, and quiet indulgence.

Surrounded by the sounds of the jungle and river below, this curated spa journey offers deep relaxation and refined wellbeing for two.

This experience includes:

- Traditional Balinese Massage — 60 Minutes
- Thalgo Facial Ritual — 60 Minutes
- Aromatic Body Bath — 30 Minutes
- Avocado Body Cocoon — 30 Minutes
- Three-Course Lunch
- A Bottle of Sparkling Wine
- Selection of Fresh Tropical Juices

ROYAL TRANQUILLITY

1.5 Hours — 400++ per couple

A serene spa escape created for couples seeking a moment of stillness and reconnection amidst the lush beauty of the Ayung valley. Combining therapeutic touch with quiet indulgence, this intimate ritual leaves the body relaxed and the senses gently awakened.

This experience includes:

- Traditional Balinese Massage — 60 Minutes
- Foot Therapy Ritual — 30 Minutes
- Two Glasses of Sparkling Wine
- Selection of Canapés



—❁—
*May the serenity of the jungle and the healing spirit of Bali remain with
you long after your journey ends*
—❁—