



# White Rock

SPA & WELLNESS BY SERENITY

*OPENING HOURS*  
11 AM - 8 PM EVERYDAY

[WHITEROCKBALI.COM](http://WHITEROCKBALI.COM)

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# White Rock

SPA & WELLNESS BY SERENITY

## *ABOUT US*

### **Welcome to White Rock Spa & Wellness**

Nestled at the cliff's edge overlooking the magnificent expanse of Melasti Beach, White Rock Spa & Wellness offers an exquisite setting for profound relaxation. The ocean's gentle cadence orchestrates a soothing ambiance, ensuring an unparalleled journey into tranquility and transformative beauty.

### **A Sanctuary for the Senses**

Step into a world where every detail is crafted to soothe your mind, body, and soul. Our spa features a curated selection of treatments inspired by the natural elements of the sea. From invigorating salt scrubs to calming seaweed wraps, each therapy is designed to harmonize with the ocean's healing energy. Our expert therapists use only the finest organic products, ensuring a truly holistic experience.

### **Unwind in Style**

At White Rock Spa & Wellness, relaxation extends beyond the treatment room. Lounge by our infinity pool with a refreshing cocktail in hand, or sink into a plush daybed on the sun-drenched terrace.

### **Tailored Wellness Experiences**

We believe that wellness is a personal journey. That's why we offer customized spa packages tailored to your unique needs. Whether you're seeking a deep tissue massage to ease tension, a revitalizing facial to glow from within, our team is dedicated to crafting an experience that leaves you feeling refreshed and renewed.

# SPA PACKAGE

## **Serenity Seaside**

(120 Minutes)

**675**

Indulge & pampering treatment with a 60 minutes Balinese massage followed by 30 minutes. Foot relaxing and 30 minutes refresh facial.

## **Mermaid's Glow Ritual**

(120 Minutes)

**675**

Revitalizing & hydrating journey after a day sun shower, start with gentle massage with calming oil continued by hydra facial for 60 minutes.

## **Ocean Mineral Detox**

(90 Minutes)

**575**

Combination of Balinese massage 60 minutes with 30 minutes seaweed body wrap. It eliminates toxins from the body, moisturizes the skin, and provides a deeply relaxing effect.

## **Sea Breeze Sensation**

(90 Minutes)

**575**

Releasing the Muscle Tension melts away the toxin. Coconut trees on the beach produce fresh grated coconuts which are suitable for soothing dry, sunburned and sensitive skin. Mixed with turmeric as an antiseptic and represents the color of the sky when the sun starts to set and it's time for the body to feel fresh.

## **Coastal Retreat**

(60 Minutes)

**475**

A gentle back massage with soothing sea scents, accompanied by a beach-style

# MASSAGE

## **Relaxing Aromatherapy Massage**

**475 / 550**

(60 Minutes / 90 Minutes)

Experience rejuvenation with an aromatic blend of essential oils and soothing water flow techniques to relieve stress and awaken your senses.

## **Traditional Balinese Massage**

**475 / 550**

(60 Minutes / 90 Minutes)

Massage will work the knot out and perform to ease body tension, release stress and relax.

## **Revitalize Deep Massage**

**550**

(90 Minutes)

The therapeutic technique that targets deeper layers of muscles, tension and stiffness.

## **Cellulite Massage**

**475**

(60 Minutes)

Designed to address the area affected by cellulite and provide a deeply relaxing experience.

## **Hot Rock Massage**

**550**

(90 Minutes)

Refreshing treatment using aromatic oils and soothing hot stones. Relieve stress, restore harmony to your body, mind and spirit.

# BODY CARE

## **Body Scrub** (45 Minutes)

**400**

Cleanse the surface of the skin to reveal your true self.

- Coconut Scrub : Many benefits for cleanse and glow skin
- Sea Salt scrub : Can help to removes dead skin cells and softens the skin
- Seaweed scrub : Support of skin nutrition and anti-ageing

## **Body Wrap/Masque** (45 Minutes)

**400**

Treatment deeply nourishes, brightens and softens the skin.

- Coconut Extract Milk : Helps to moisturizes and nourishes the skin
- Botanical Sea Mask - Seaweed : Natural detox from sea plants, cooling the skin
- Traditional Mask - Boreh : Treatment towards colds, fevers, flu, jet lag, alaise

## **Sun Kiss Care** (45 Minutes)

**400**

Calming & pampering treatment for sunburn problem with aloe vera.

## **Back Neck & Shoulder Massage** (30 Minutes)

**350**

Back neck & shoulder massage to release muscle tense and relax.

## **Foot Relaxing** (60 Minutes)

**450**

Relaxing massage for leg & foot, stimulate blood circulation and relieve pain to restore an energy flow and holistic health.

# **FACIAL**

## *FRESH & REJUVENATE*

**Abhyanga Facial** **450**  
(75 Minutes)

Face acupressure and scalp massage, and hair nutrition to improve blood circulation, reduce signs of ageing and stress release.

**Hydra Facial** **400**  
(60 Minutes)

Rediscover the softness and cooling skin, the therapy combats the sun shower effect.

**Face Massage** **250**  
(30 Minutes)

Enjoy a soothing facial treatment to boost elasticity, brightness, and fight anti-aging.

## **HAIR & NAILS**

**Hair Spa** **350**

**Hair Wash** **200**

**Spa Manicure** **225**

**Spa Pedicure** **250**

**Classic Nail Polish Revlon** **250**

**Classic Nail Polish OPI** **275**

**Manicure Gel** **325**

**Pedicure Gel** **350**

**Nail Gel Remover** **125**

All prices are quoted in '000' rupiah and is inclusion with goverment tax & service charge

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# *THE INSIDER GUIDE TO SPA*

## **Our tips to you on how to have better experience**

### **Arrive Early**

Arrive early at least 10 minutes before your appointment time so that you will not feel rushed. Please don't be late, as we may not be able to extend your time.

### **Our Professionalism**

You will be asked to fill out a consultation card so that any health or medical concern can be taken care of prior to your treatment. We provide disposable underwear and all of therapist are trained in drapery to ensure your privacy is respected.

### **Our Environment**

White Rock Spa & Wellness provides a healthy, relaxing environment, so please, no phone, no smoking, no alcohol.

### **Personalizing Your Experience**

Let us know if you would like to change massage pressure, music, volume, lighting levels or room temperature at any time during your treatment.

### **Valuables**

Treatment are conducted free of jewelry, so please leave these behind in your locker/cabinet because after session, you may forget them.

### **Cancellations**

Spa is a busy, professional environment so please let us know of any change to your schedule at least 2 hours before your treatment, otherwise a 50% cancellation charge will apply.