

ARNALAYA
BEACH HOUSE

SPA

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Treat yourself to a relaxing Balinese massage in Arnalaya's in-house spa with Specialist Therapist, Oka Dewa. Featured in the luxury SPA Finder's "Hall of Fame," Oka began his career as a healing therapist with Mandara SPA in Bali and then worked for many years at various locations in the Como Group. His journey in healing has taken him to places like the Caribbean, Maldives and Bhutan, where he has shared his art of healing with many.

Oka's style is extremely therapeutic and compassionate, working with what your body and mind needs in order to bring about deep muscular release and a sense of rejuvenation. Oka has an almost mystical faith in the healing powers of massage and an inherent devotion to the restorative art that makes him a true master.

SPA Menu

❖ **Signature Massage (additional therapist – 4 hands)**

Relax and revitalize your whole being with long flowing strokes and kneading of the muscles that will soothe and release tension, boost the immune system, reduce muscular aches and pains, improve circulation and reduce stress. Add a more luxurious touch by requesting two therapists for an even more relaxing and synchronized treatment.

❖ **Oriental Massage**

Combining the best of various Oriental massage techniques, this "dry" massage does not utilize massage oils, instead pressure is applied to the soft tissue of the body. This treatment involves the use of palm and thumb pressure as well as dynamic stretches for the body to rejuvenate the energy passages along the meridians of the body.

❖ **Indonesian Massage**

This traditional Indonesian modality combines techniques from Bali and Java and targets deeper muscle groups, focusing on areas of excess tension and discomfort.

❖ **Deep Tissue Massage / Sports Massage**

This massage focuses on specific areas for the release of chronic tension and stretches muscle to increase the range of motion. Targets aching, injured, or overworked muscles and helps to speed recovery.

❖ **Traditional Facial with Cucumber (Oily & Sensitive Skin)**

Cucumber contains minerals and vitamins which neutralize excessive fat. Also has a natural soothing effect for sensitive and sunburned skin.

❖ **Traditional Facial with Avocado (Dry Skin)**

Rich in moisturizing composite, iron, potassium, vitamin A and B, avocado is a nourishing skin food, especially effective for dry and mature skin.

❖ **Green Tea Scrub**

Green tea, mung bean, rice, soybean, lotus seeds, frangipani, and delem leaves contain powerful antioxidants, reduce acne, cellulite and stretch marks, help reactivate tired skin cells, and generally improve the condition of the epidermis.

❖ **Rempah Wangi Scrub**

Red and white rice grains, green bean, temu giring, sandalwood, wild ginger, akar wangi, lotus flower, and cinnamon help refine the skin and promote softness and radiance for the body.

❖ **Foot Reflexology**

This health enchanting therapy focuses on the feet and legs to affect the entire body. Reflexology works on precise points on the feet that are believed to 'reflex' to other parts of the body. Stimulating these points can increase overall circulation and restore the natural healthy balance to specific parts of the body.



Prices:

Oka:

Rp 450,000/hr

Senior Therapist:

Rp 350,000/hr

Tirka (Reflexology):

Rp 300,000/1.5hrs