

C E M P E D A K

PRIVATE ISLAND

SPA MENU



The image shows the interior of a traditional building, likely a stupa or a similar structure, constructed from bamboo. The roof is a complex, multi-tiered thatched structure made of bamboo poles and dried palm leaves. The interior is supported by numerous vertical bamboo pillars of varying heights. A wooden floor is visible at the bottom. The lighting is warm and natural, highlighting the textures of the bamboo and the thatch. The text "ETIQUETTE AND DISCLAIMER" is overlaid in white, sans-serif font in the upper left quadrant.

ETIQUETTE AND
DISCLAIMER

CEMPEDAK SPA



A woman is lying on her back on a massage table, receiving a back massage. Her hair is pulled up in a bun with a single white frangipani flower tucked through it. Her arms are raised above her head. A masseuse's hands are placed on her upper back. To the right of the woman, a small bouquet of white frangipani flowers with green stems lies on the white tablecloth. The background shows a wooden headboard.

BODY MASSAGE

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SIGNATURE MASSAGE

This is a deeply revitalizing massage. Our Therapist uses full body techniques, applied with rhythmic grace using thumbs, palms and elbow, eases and loosens stressed muscles leaving the entire body fully rejuvenated.

<u>Duration</u>	<u>Price</u>
60mins	\$75++
90mins	\$95++

BALINESE MASSAGE

A medium to strong deep tissue massage where the therapist applies thumb and palm pressure and firm strokes. The massage stimulates blood circulation, improves energy flow and relieves muscle tension in the back and shoulders.

60mins	\$65++
90mins	\$85++

OCEAN BREEZE MASSAGE

Like the rhythm of the oceans tide and gentle flowing tropical breeze, this deeply relaxing treatment soothes and rejuvenates the body. Great for insomnia, jet-lag and hypertension, surrender to the ebb and flow of nature, exhale and release all tension.

60mins	\$65++
90mins	\$85++

TENDER TOUCH

When a gentle touch is called for, this massage is the ideal choice. Palm strokes are applied in tandem with a rice pouch dipped in warm oil, making it suitable for those guests wanting a gentler treatment and for expectant mothers.

60mins	\$75++
90mins	\$95++

BREATHE & EXPAND

This dynamic treatment combines; expansion, stretching, mobilization and “unfolds” according to the traditional Indonesian healing philosophy of energy & movement, breathing, relaxation and healing. This is a creative and interactive dry treatment, without oil, a synthesis of ancient Indonesian knowledge and Western principles of breath and anatomy. Opening and lengthening the body, this treatment is a great choice for the active person who may already incorporate activities such as yoga, exercise, or sports in their daily or weekly routine.

60mins	\$65++
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BACK MASSAGE - *Iron out tense muscles*

For those who spend long hours working at the desk or encounter backaches, this 50-minute massage is perfect for ironing out tension and pain.

<u>Duration</u>	<u>Price</u>
50mins	\$55++

FOOT LOOSE - *From soul to sole*

This healing 50-minute foot therapy is highly recommended for those with tired legs and feet. The massage aids in alleviating stress and boosting body circulation. Ailments in the form of fatigue, low-energy levels, aches and pains can be relieved with this pressure point foot massage.

50mins	\$55++
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HEAD & SHOULDER MASSAGE

Feel the tension and stiffness of the neck and shoulders melt away with this 50 minute invigorating massage. We target tension hot-spots in the neck and shoulders, while the head massage alleviates stress and calms the senses.

50mins	\$55++
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SENSATIA BOTANICAL
FACIALS



CLEOPATRA'S ROSE FACIAL

- *Rich & Luxurious (All Skin Types)*

This blissfully euphoric facial treatment uses rich infusions of rose to cleanse and hydrate, deeply nourishing the skin. Luxuriate with blends of geranium leaf, lemon peel & rose damask to cleanse, balanced with rose & refreshing extracts of strawberry, hibiscus, grape & ginseng to tone, massage and rehydrate with amber & rose cream. A treatment Cleopatra herself would insist on.

<u>Duration</u>	<u>Price</u>
60mins	\$65++
90mins	\$80++

MEN'S FACIAL

60mins	\$65++
90mins	\$80++

A woman with her eyes closed and hair in a bun adorned with white plumeria flowers is lying on a massage table. Two hands are gently massaging her upper back. The scene is set in a spa environment with soft lighting and white linens.

CEMPEDAK SPA JOURNEYS

A perfect combination of scrub and
massage treatments.

HERBAL COMPRESS MASSAGE

<u>Duration</u>	<u>Price</u>
120mins	\$120++

Herbal compress massage is the type of alternative therapy treatment which is applied on your soft tissues such as muscles and fascia to help you to relieve the stress, improve your sleep, improve general well-being. Promotes blood circulation, stimulates the lymphatic system which helps to remove the waste products from your body and manage pain including non-specific lower back pain and neck and shoulder pains and aches.

120-minute treatment includes

ABSOLUTE LIFT

120mins	\$110++
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This treatment is a specially tailored massage to suit your preferences. Inform your therapist what kind of massage pressure or style you would like and what areas of the body you need work on the most i.e. scalp, neck, shoulders, lower back, feet, stretching and joint mobilization.

120-minute treatment includes

ORIENTAL ROMANCE

150mins	\$130++
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Indulge in your choice of top to toe treats, beginning with a body scrub to cleanse and prepare the body for the massage that follows. A choice of soothing facial treatment completes the experience leaving you glowing from top-to-toe.

150-minute treatment includes:

Cleopatra's Rose Sea Salt Scrub • Balinese Massage •
Cleopatra's Rose Facial

PURE BLISS

Duration

Price

90mins

\$95++

Restore the radiant blush to dry skin with this soothing and sweet smelling relaxation & sea salt scrub that smoothens and softens the skin. Let your entire body feel totally relaxed and refreshed with our signature massage.

90-minute treatment includes

EMPEROR BEAUTY

90mins

\$95++

This blissfully euphoric facial treatment uses rich infusions of rose to cleanse and hydrate, deeply nourishing the skin. Luxuriate with blends of geranium leaf, balanced with rose & refreshing extracts of strawberry, hibiscus, grape & ginseng to tone, massage and rehydrate with amber & rose cream. Let your entire body feel totally relaxed and refreshed with our Lemongrass & Mandarin sea salt scrub.

90-minute treatment includes:

Lemongrass & Mandarin Sea Salt Scrub • Facial

FULL-BODY SCRUB

Add a full-body scrub as a prequel to another spa treatment. Perfect before your massage, enjoy a sumptuous selection of 100% natural Sensatia scrubs or ask for our own fresh concoctions.



CLEOPATRA'S ROSE SEA SALT SCRUB

(For all skin types)

Pure organic Indonesian sea salt, lavender, Spanish rosemary, white grapefruit, French clay and African shea butter..The "United Nations" of scrubs will deeply cleanse, exfoliate and assist with cellulite.

Duration

45mins

Price

\$50++

LEMONGRASS & MANDARIN SEA SALT SCRUB

(For all skin types)

Buff away dead skin cells and tone up skin with this refreshing citrus-scented body scrub.The formula contains organic Balinese sea salt that acts as a natural exfoliant to slough away dirt and other impurities. Skin is the nourished with hydrating shea butter and a blend of botanical essential oils.

45mins

\$50++

RELAXATION & SEA SALT SCRUB

(For all skin types)

Good for your skin and the environment, this soothing body scrub will leave skin feeling soft and supple.The all-natural ingredients include organic Balinese sea salt to exfoliate, shea butter to moisturize and Lavender essential oil to calm irritated skin. The subtle floral aroma helps put your mind at ease for pure relaxation.

45mins

\$50++

BODY MASKS

(For all skin types)

If you need to quell the heat from your sunburn or boost your body hydration, ask about a fresh concoction that can be made especially for you.

45mins

\$45++



PARAFFIN TREATMENT

A form of thermotherapy, paraffin treatment effectively increases blood to aid in rehabilitation, or to warm an area of the body prior to other therapy or exercise.

Warm paraffin is also used extensively to soften dry cracked skin by drawing moisture from within the body to the surface.

The benefits of this treatment include improved blood circulation and hand mobility, whilst also softening and moisturizing the skin.

PARAFFIN TREATMENT

	<u>Duration</u>	<u>Price</u>
HAND PARAFFIN	30mins	\$40++
FEET PARAFFIN	30mins	\$40++
HAND & FEET PARAFFIN	60mins	\$75++



MANICURE & PEDICURE

A manicure & pedicure will clean and shape your nails whilst treating your cuticle, which is vital for keeping your nails healthy and strong. We also exfoliate to remove dead skin cells and stimulate blood flow.

	<u>Duration</u>	<u>Price</u>
CEMPEDAK NATURAL MANICURE TREATMENT	75mins	\$65++
	90mins	\$70++
CEMPEDAK NATURAL PEDICURE TREATMENT	75mins	\$60++
	90mins	\$75++
MANICURE & PEDICURE PACKAGE	120mins	\$125++

WWW.CEMPEDAK.COM

