

C E M P E D A K

PRIVATE ISLAND

# SPA MENU





## ETIQUETTE AND DISCLAIMER

### ETIQUETTE AND DISCLAIMER

Please take a moment to read this :

#### RESERVATION

Advance booking prior to your arrival is recommended to secure your preferred date and time of treatment.

#### PREGNANCY

If you are pregnant, you may wish to avoid booking a treatment that involves the use of essential oils. Massage and stimulating treatments are not recommended during the first trimester of a pregnancy.

#### YOUR HEALTH

If you have high blood pressure, a heart condition, allergies or any other medical complications, we advise that you consult your doctor before signing up for any spa services. Please inform your therapist of any existing medical conditions.

#### OPENING HOURS

Every Day : 8:00am – 8:00pm  
Last booking : 6:30pm  
Email : [relax@cempedak.com](mailto:relax@cempedak.com)  
Online booking: [Here](#)



## CEMPEDAK SPA

CEMPEDAK SPA

The ethos of our spa treatments is that pleasure should always be a part of your cure. Deep authentic healing is combined with indulgent treatments and vibrant experiences – true sanctuaries where you can strengthen your body, free your spirit and soothe your soul.

Enjoy the nourishing balm of locally sourced virgin coconut oil to soothe your body and let our therapists knead you into relaxation with their intuitive touch. The combination of our blissful spa, wonderful therapists and unique treatments promises to soothe your body and mind.



BODY MASSAGE

BODY MASSAGE

	<u>Duration</u>	<u>Price</u>
<b>SIGNATURE MASSAGE</b>	60mins	\$75++
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.	90mins	\$85++
<b>BALINESE MASSAGE</b>	60mins	\$65++
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.	90mins	\$85++
<b>OCEAN BREEZE MASSAGE</b>	60mins	\$65++
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.	90mins	\$85++
<b>TENDER TOUCH</b>	60mins	\$75++
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.	90mins	\$95++
<b>BREATHE &amp; EXPAND</b>	60mins	\$65++
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.		

## BODY MASSAGE

### **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

## 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++



# CEMPEDAK SPA JOURNEYS

A perfect combination of scrub and massage treatments.

## CEMPEDAK SPA JOURNEYS

### HERBAL COMPRESS MASSAGE

Duration	Price
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

90mins

### Price

\$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.

## 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.

## FULL-BODY SCRUB

### 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.

<u>Duration</u>	<u>Price</u>
45mins	\$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 then nourished with hydrating shea butter and a blend of botanical essential oils.

45mins	\$50++
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### 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++
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### 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++
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# 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 90mins	\$65++ \$70++
CEMPEDAK NATURAL PEDICURE TREATMENT	75mins 90mins	\$60++ \$75++
MANICURE & PEDICURE PACKAGE	120mins	\$125++



[WWW.CEMPEDAK.COM](http://WWW.CEMPEDAK.COM)

