

C E M P E D A K

PRIVATE ISLAND

SPA MENU



The image shows the interior of a traditional structure, likely a house or a pavilion, constructed from bamboo. The roof is a complex, multi-tiered thatched structure made of bamboo poles and dried leaves. The interior is supported by numerous vertical bamboo poles, some of which are connected by horizontal beams. The floor is made of bamboo planks. The lighting is warm and natural, highlighting the texture of the bamboo and the intricate details of the roof structure.

ETIQUETTE AND
DISCLAIMER

CEMPEDAK SPA



A close-up photograph of a woman lying on her back on a white massage table. Her eyes are closed, and she has a serene expression. Her hair is pulled back into a bun, adorned with two white frangipani flowers. A therapist's hands are visible, gently massaging her upper back. The lighting is soft and natural, creating a peaceful atmosphere.

CEMPEDAK SPA JOURNEYS

A perfect combination of scrub, facial and
massage treatments.

HERBAL COMPRESS MASSAGE

Duration Price
 120mins \$120++

Herbal compress massage is an alternative therapy that targets soft tissues to relieve stress, enhance sleep quality, and promote overall well-being. Improves 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:
 Herbal Compress and Massage

ABSOLUTE LIFT

120mins \$110++

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:
 Balinese Massage or Ocean Breeze

ORIENTAL ROMANCE

150mins \$130++

Indulge in your choice of top-to-toe treatments, beginning with a body scrub to cleanse and prepare the body for the massage that follows. Conclude with a soothing facial treatment, leaving you glowing all over.

150-minute treatment includes:
 Seaside Citrus Sea Salt Scrub, Balinese Massage, and Cleopatra's Rose Facial

SENSATIA BOTANICAL FACIALS



	<u>Duration</u>	<u>Price</u>
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 and refreshing extracts of strawberry, hibiscus, grape and ginseng to tone, massage and rehydrate with amber and rose cream. Let your entire body feel totally relaxed and refreshed with our Lemongrass and Mandarin sea salt scrub.

90-minute treatment includes:
Lemongrass and Mandarin Sea Salt Scrub and Facial

CLEOPATRA'S ROSE FACIAL	60mins	\$65++
<i>(For all skin types)</i>	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, lemon peel and rose damask to cleanse, balanced with rose and refreshing extracts of strawberry, hibiscus, grape and ginseng to tone, massage and rehydrate with amber and rose cream. A treatment Cleopatra herself would insist on.

90-minute treatment includes:
Facial with gua sha and jade roller

FACIAL BOOSTERS - MASSAGE	30mins	\$40++
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Firming, lifting, and hydrating facial massage, lymphatic drainage with gua sha, and iced jade rollers.



BODY MASSAGE

BODY MASSAGE

SIGNATURE MASSAGE

Experience a deeply revitalizing massage where our therapist employs rhythmic techniques using thumbs, palms, and elbows to ease tension and loosen stressed muscles.

This holistic approach leaves your entire body feeling fully rejuvenated and refreshed.

<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 AND 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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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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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.



	<u>Duration</u>	<u>Price</u>
<p>SEASIDE CITRUS SEA SALT SCRUB <i>(For all skin types)</i></p> <p>Made with organic sea salt harvested on the east coast of Bali, this mineral-rich body scrub exfoliates to remove excess dirt and rejuvenate the skin. The active botanicals from lavender, rosemary and white grapefruit add a refreshing fragrance and provide nutrients that can help protect and improve elasticity.</p>	45mins	\$50++
<p>LEMONGRASS AND MANDARIN SEA SALT SCRUB <i>(For all skin types)</i></p> <p>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.</p>	45mins	\$50++
<p>RELAXATION AND SEA SALT SCRUB <i>(For all skin types)</i></p> <p>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.</p>	45mins	\$50++
<p>BODY MASKS <i>(For all skin types)</i></p> <p>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.</p>	45mins	\$45++

FULL-BODY SCRUB

PURE BLISS

Restore the radiant blush to dry skin with this soothing and sweet smelling relaxation and 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
Relaxation and Sea Salt Scrub and Signature Massage

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

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 AND FEET PARAFFIN	60mins	\$75++



MANICURE AND PEDICURE

A manicure and 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>
<p>CEMPEDAK NATURAL MANICURE TREATMENT</p> <p>A transformational treatment of luxurious proportions this manicure not only cleanses and protects from the wilds of your environment be it office, ocean or other, expect to deeply relax and inhale heavenly botanical scents enjoying massage and the deep hydration from a warming paraffin application. Bring your favourite polish with you or choose from the OPI spa range.</p>	75mins 90mins	\$65++ \$75++
<p>CEMPEDAK NATURAL PEDICURE TREATMENT</p> <p>This deluxe pedicure helps to stimulate circulation as well as revitalise and remineralise. For those who spend a lot of time on their feet or simply need the pampering, this treatment will also assist in reducing fluid retention to the foot and lower leg, great after travelling a long distance. Natural botanicals and healing oils as well as the warming paraffin infusion will assure great relief and deep hydration.</p>	75mins 90mins	\$60++ \$70++
<p>MANICURE AND PEDICURE PACKAGE</p>	120mins	\$110++
<p>EXPRESS MANICURE OR PEDICURE TREATMENT</p> <p>A simple and quick nail care treatment that includes nail shaping and polish.</p>	30mins	\$35++

WWW.CEMPEDAK.COM

