

THE SPA

The cliff-top Spa at Bulgari Bali offers breathtaking views and the ultimate spa experience. Traditional Balinese culture and the elegance of Italian contemporary style are reflected in the exquisite design. The Spa is dramatically and romantically located on a high cliff top with stunning views overlooking the Indian Ocean. A complete retreat from the rest of the world, the Spa extends an enticing invitation for you to enter a world of peace and harmony.

Internationally acclaimed, ESPA has created a range of sophisticated therapies drawing from Bali, Asia and Europe, all enriched by attentive and graceful Balinese service. Find balance, peace and tranquillity as our team of professional, ESPA-trained therapists create a customized sequence of therapies to suit your personal needs.

Surrender your body and mind to the ultimate spa experience at Bulgari Hotels & Resorts, Bali.

SPA PAVILIONS

Pure indulgence can be experienced by reserving one of our exclusive Spa Pavilions for a minimum of 3 or more hours including relaxation time before and after treatments; encouraging you to enjoy the stunning surroundings of your pavilion for a personal or shared escapism.

Each spa pavilion contains a whirlpool and outdoor living space with open air shower or indulge in the Royal Pavilion benefiting from the addition of a luxurious Steam Shower and secluded, outdoor Plunge Pool.

BULGARI ROYAL SIGNATURE RITUALS

BULGARI ROYAL LULUR FOR TWO

3 Hours

The queen of treatment literally, this spice and yogurt exfoliation and body polishing process has been practiced in palaces of Central Java since the 17th century. There the pursuit of beauty has long been a daily ritual Javanese lulur an integral step, leaving skin soft, supple and shining.

Today Javanese lulur (“Lulur” is Javanese for “coating the skin”) is more usually administered each during the week prior to one’s wedding day.

This stems from the belief that a bride should be at her most clean and pampered in preparation for child bearing-her first and foremost duty as married woman.

An exotic blend of indulgent therapies for couples seeking a complete retreat.

This regal experience for two takes place in the Royal Spa Pavilion, resting on the cliff top with breathtaking views over the ocean.

Commence with a **Welcome Foot Ritual**, followed by skin brushing and an **Exfoliating Lulur Scrub** of rice powder, spices and Exfoliating Body Polish. A full body envelopment of **Cooling Marine Algae**, yogurt and fresh mint soothe the skin while a **Cleansing Facial** takes place and feet and Limbs benefit from an intensive **Reflex Zone Massage**. Ease into the **Whirlpool Baths or Plunge Pool** to cleanse and refresh, then bliss resumes with a perfectly synchronized **Body Massage** rich with exotic oils and herbs to complete this decadent, stress relieving and calming experience.

ESCAPE FOR TWO

3 Hours

The ultimate, romantic treatment for couple in the Royal Spa Pavilion.

A de-stressing foot ritual welcomes you before you are soothed in a fragrant Ylang Ylang and Frankincense infused whirlpool bath. **Full body exfoliation** continues with an aromatic salt and oil scrub to soften and soothe the skin. Warm fragrant oils are poured into the centre of the body as deeply therapeutic **Balinese Body Massage** with heat of the volcanic stones soothes and relieves tension. Relaxation is complete with an **After Sun Facial** using natural plant extracts and oils to cleanse nourish and hydrate, sensitive, fragile skin.

BULGARI BALINESE RITUALS

BALINESE MASSAGE WITH HOT STONES

2 hours

A deeply soothing, stress-relieving body treatment.

Body exfoliation and an ESPA Facial Cleanse begin the treatment. Warm aromatherapy oils are poured onto the centre of the body and massaged into the skin using long deep sweeping movements that encompass the whole body. Hot stones are used where required to release deep seated tension. A relaxing scalp massage is also included to achieve total relaxation.

BALINESE FOUR HAND MASSAGE

2 hours

Excellent for those who find it hard to unwind and relax during massage.

One therapist will carry out a welcome foot ritual followed by body exfoliation and a facial cleanse. Two therapists then connect to commence the four handed tension releasing massage. Using advanced massage combinations of stretching and rolling movements and long deep strokes. The treatment combines the use of hot stones, warm oils and a therapeutic head massage.

STRESS RECOVERY

3 Hours

An ideal experience if recovering from the excitement of a wedding or simply the stress of business life.

A Salt and Oil Scrub exfoliates and softens tired skin and then rich fragrant Aromatherapy Oils are massaged into the body with hot volcanic stones to release tension from tired aching muscles. The ritual concludes with a Re-hydrator Facial to reduce facial tension, nourish and hydrate the skin, restoring moisture and tonicity.

DETOXIFYING CLEANSING RITUAL

3 Hours

A detoxifying ritual to help reduce fluid retention, improve lymph drainage and stimulate circulation

Detoxifying Salt and Oil Scrub prepares the body for a wrap rich in Natural Marine Algae to aid the elimination process. A Deep Tissue Detoxifying Massage works to stimulate circulation and lymph.

A Purifying Facial includes lymph drainage and a mind clearing head massage to complete this uplifting ritual.

BULGARI COUPLES EXPERIENCES

ROMANTIC HARMONY

2 Hours 30 Minutes

Indulge in complete romantic harmony for two in our candlelit couples treatment villas.

Leave stress behind as your feet are softened and soothed in frangipani fragranced water. The skin is smoothed and cooled with **Spearmint and Aloe Exfoliating Body Polish** to prepare the body and mind for a personalised **Aromatherapy Body Massage**. Restore sun parched or travel dehydrated skin with a **Re-hydrator Facial** using natural botanic and plant extracts.

BALINESE INDULGENCE

2 Hours 45 Minutes

The hydration and comfort of this treatment will bring calm to the mind and cool the skin.

Full body exfoliation leads to a skin softening **Body Envelopment** to prepare and relax the body to receive **Balinese Four Hand Body Massage**. Warmed oils are poured onto the centre of the body before both therapists connect with stretched elongated movements to calm the mind. A tension-melting **Scalp Massage** completes this luxurious experience.

AYURVEDIC INFLUENCE EXPERIENCE

ESPA AYURVEDIC HOT STONE MASSAGE AND BODY WRAP

2 Hours

The mind, body and spirit are rebalanced through a combination of body exfoliation, wrap and hot stone massage. This Ayurvedic inspired treatment is traditional yet sophisticated and holistic.

The foot cleansing ritual is followed by a Sea salt and Oil Body Scrub to enhance circulation. A warm blend of Oshadi Clay, Marine Algae or Mineral-rich Mud are applied to the body and cocooned in natural linens. Warm oils are poured onto the body and hot stones are used for a Dosha Specific Body Massage.

During the consultation therapist will personalize and assist the guest to identify the Dosha

ESPA FACIALS

ESPA INTENSIVE FACIALS

ESPA Facials are highly effective, advanced treatments designed to naturally improve the skin condition and enhance its appearance.

Each facial includes specialised cleansing techniques, gentle exfoliation, acupressure facial massage and an intensive face mask.

Relax and allow our team of therapists, after an in depth consultation, to select the facial to suit your specific and individual needs.

MENS PURIFYING FACIAL, SHOULDER AND SCALP MASSAGE

1 hour

City pollution, environmental stress, travel, business pressures or lack of sleep are reflected in dull, lifeless skin. This relaxing facial works at a deep molecular level to purify, balance and hydrate the skin leaving you feeling de-stressed and renewed.

The triple cleanse procedure which includes steaming hot towels to soothe and soften bristles, promotes drainage and aids in preventing blocked pores. Following a relaxing acupressure face massage and purifying mask, a deep shoulder and scalp massage is performed using conditioning hair and scalp mud combined with ESPA Body Oil to release tight muscles and tension.

AGE DEFYER

1 Hour 30 Minutes

Perfect for minimizing and protecting against the visible signs of ageing; excellent for mature, dry, dehydrated and sun damaged skin.

The finest natural ingredients, rich in natural anti oxidants and skin firming properties are used. A lifting eye treatment is included to minimise fine lines around this delicate area.

Oriental Head Massage techniques are incorporated to stimulate and lift the skin around the hairline and into the scalp, and to relieve tightness and tension.

SKIN BRIGHTENER

1 Hour

Suitable for all skin conditions, particularly when pollution, stress, business pressure or lack of sleep can leave you with dull, lifeless, sallow skin.

This facial includes a special application of Skin Brightener, rich in natural AHAs, BHAs and anti-oxidants to smooth and brighten the skin. Suitable for all skin types, repeat regularly for maximum effect.

PURIFIER

1 Hour

Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance.

This deep cleansing, oil-controlling facial helps to regulate oil secretions whilst refining open pores. Included in this facial are naturally decongesting and anti-inflammatory ingredients such as Tea Tree and White Thyme.

AFTER SUN SOOTHER

1 Hour

A gentle facial for sensitive, fragile skins prone to redness and irritation.

Soothing, de-sensitising natural plant extracts and aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skins, helping to reduce sensitivity and to minimise redness.

RE-HYDRATOR

1 Hour

A regenerating boost for dry, dehydrated, flaky skin requiring moisture and hydration.

Careful cleansing and exfoliation greatly helps the skin to improve the absorption of nourishing and moisturizing masks. Specialized facial oils and creams such as the Botanical Rescue are specifically chosen for their deeply re-hydrating, soothing and healing benefits.

ESPA BODY WRAPS

ESPA BODY WRAPS

The ESPA body wraps include skin brushing, body exfoliation and an envelopment of Algae, Marine Mud or Oshadi Clay. Ultimate tranquillity is achieved with a mind calming Oriental head massage.

Choose from our sophisticated menu of individual wraps blended to meet your specific needs or just book a wrap and let our therapists decide for you.

BULGARI BALINESE LULUR

1 Hour

Indulge in this sensuous Indonesian ritual, traditionally performed on brides before the wedding. The treatment begins with a Balinese Lulur Body Exfoliation using ground rice and fragrant spices, before being enveloped with a luxurious mixture of yoghurt, ginger and spirulina which are soothing and nurturing to the skin

DETOXIFIER

1 Hour

The Detoxifier helps improve circulation, speeding up the elimination of toxins and excess fluid and cleansing the system.

AFTER SUN SOOTHER

1 Hour

The After Sun Soother brings instant relief and intensive moisture to dry, sensitive, sun burnt or flaky skin leaving it calm, hydrated and soft.

HOLISTIC BODY MESSAGES

Choose from our luxurious selection of relaxing massages. Your therapist will ensure that you receive a personalized treatment to suit your individual and specific needs.

ESPA HOLISTIC MASSAGE

1 Hour 30 minutes

A powerful blend of Tea Tree and Eucalyptus Oil well known for their natural anti-viral, anti bacterial and soothing properties to boost your Immune system or Specially blended Soothing aromatherapy oils which have relaxing and calming properties to de-stress.

BULGARI BALINESE MASSAGE

1 Hour 30 minutes

A Freestyle massage of Bulgari therapists using Balinese techniques.

THAI MASSAGE

1 Hour 30 minutes

An ancient technique which includes deep pressure point massage and stretching techniques to relieve tension and increase vitality and flexibility. Loose garments are provided as no oil is used for this massage.

REFLEXOLOGY MASSAGE

1 Hour 30 minutes

A relaxing and therapeutic foot massage used to stimulate energy zones and pressure points in the feet that correspond to pressure points in the body. This gentle therapy encourages the body to naturally restore and maintain its own healthy balance.

ESPA ADVANCED BODY TREATMENTS

ESPA PRE/POST NATAL INDULGENCE TREATMENT

1 Hour 30 Minutes

This total body treatment has been carefully designed for pregnant and nursing mothers to aid in relaxation and improve tonicity of the skin during this very special time. The treatment uses a natural Calendula infused oil and advanced massage techniques are used on safe areas. The body is gently exfoliated and receives a tension relieving massage followed by a warm application of red and white clay and Deeply Nourishing Body Mask, focussing on the bust and tummy. The body is gently covered in natural linens while a relaxing scalp massage takes place.

ESPA ANTI-CELLULITE HIP & THIGH TREATMENT

1 Hour

A specialised treatment concentrating on the areas of the body prone to cellulite, fluid retention and uneven skin tone.

An exfoliation with a special blend of seaweed, salt and oil, is then followed by an uplifting and toning effect of iced mitts. A brisk and powerful detoxifying massage and lymphatic drainage techniques using stimulating essential oils help to purify and cleanse the body. Relevant reflex zones and pressure points on the feet are then activated to leave you feeling totally revitalised. A course of treatments is recommended to maximise the effects.

ESPA FULL BODY SALT & OIL SCRUB

30 Minutes

Carefully blended sea salts and essential oils have been combined to help remove dead skin cells and improve tonicity leaving a silky smooth skin. As well as exfoliating, the oils will be slowly absorbed to help restore lost vitality and protect against dryness.

FINISHING TOUCHES

ESPA HOLISTIC HAND AND ARM TREATMENT WITH HOT STONES

1 Hour

A holistic arm, hand and nail treatment including a gentle skin refiner and a therapeutic massage. Appropriate aromatherapy massage oils incorporating hot stone therapy soothe and relax. Hands and nails are then enveloped in warm paraffin wax to intensively nourish, soften and condition. An application of nail colour is optional.

ESPA HOLISTIC FOOT AND LEG TREATMENT WITH HOT STONES

70 Minutes

A Holistic foot leg and nail treatment including gentle exfoliation, and a relaxing acupressure point massage with the appropriate aromatherapy massage oil incorporating Hot Stone Therapy. The feet are then enveloped in warm paraffin wax to soften, deeply nourish and condition the skin. An application of nail colour is optional.

MANICURE

1 Hour

For grooming of the hands. Nail polish is optional.

PEDICURE

1 Hour

For grooming of the feet. Nail polish is optional.

Polish change available on request

15 Minutes

WAXING

Includes skin brushing to prepare the skin and a soothing, cooling balm to finish. Choose from:

Full Leg Wax	40 Minutes
Half Leg Wax	30 Minutes
Bikini Wax	15 Minutes
Underarm Wax	15 Minutes
Lip and chin	15 Minutes
Eyebrow Shape	15 Minutes

HAIR SERVICES

TRADITIONAL HAIR CREAM BATH

1 Hour

A Traditional and therapeutic treatment using conditioning cream of Sandalwood, Lavender or Mint is luxuriously massaged into your hair and scalp to make the hair as soft as silk.

Sandalwood for Soothing and Dry hair

Lavender for Relaxing and Normal hair

Mint for Cooling and Oily hair

BULGARI HAIR AND SCALP RITUAL

1 hour 30 minutes

A complete ritual, designed to naturally improve the scalp and hair condition and enhance its appearance. It includes acupressure facial massage, specialized cleansing techniques and intensive hair booster and mask. A luxurious scalp tonic is then massaged into the scalp for its nurturing property.

Relax and allow our team of hairstylist and therapists, after an in depth consultation, to select the appropriate products to suit your specific and individual needs.

If you would like to enhance your Ritual experience by receiving the Hair style, please allow an additional 30 minutes of time and price.

HAIR CUT MEN

HAIR CUT WOMEN

SHAMPOO AND STYLE (Short)

SHAMPOO AND STYLE (Long)

HAIR BLOW VARIATION AND STYLE

BULGARI BATHS

30 minutes

A tailored made program to suit your personal need as a denouement of the ritualistic journey.
Choose from our luxurious selection of relaxing baths:

GREEN TEA DETOX BATH

Prepare the skin and kick-start your Detox programme with a vigorous scrub of ESPA Detox Salt and Oil Scrub. Step into the bath and soak away the scrub by immersing yourself in a warming bath of Green Tea and Seaweed. Mineral Sea Salts soften and soothe the skin as ESPA Detoxifying Seaweed Bath, and Detox Bath Oil are added to stimulate the system and begin the programme. Towel dry and massage ESPA Detoxifying Body Oil into the skin to complete the experience. Drink lots of water to speed up the elimination process. It is suggested that this is repeat daily.

BALINESE BATH

This De-Stressing, Recovery Bath is the perfect stress relieving experience. Comforting, nurturing, or immune boosting depending on your needs. Exquisite Sandalwood incense gives off nurturing smoke as you step into the restoring warm waters aromatic with Palmerosa, Myrrh and Orange oils Or Immune Boosting Eucalyptus oils with Tea Tree and Lavender. Mineral Sea Salts soften the water and Restorative or Resistance Oils treat body and mind. Smooth over body oil to complete this soothing experience

REFINE YOUR SOUL AND WELLBEING

SUNRISE AND SUNSET YOGA

The daily practice of Yoga can help to refine your body and prepare your mind for a higher consciousness, as well as improve your emotional and physical well being.

Our Yoga teacher focuses on the Ashtanga style and holds an open class for all level of ability at our Yoga Pavilion at The Spa or at one of the open gardens overlooking the Indian Ocean.

Sessions are one hour with our compliment.

PERSONAL YOGA AND MEDITATION

Our Yoga teacher can be booked for private Yoga or Meditation sessions, please allow a days notice. These personal sessions may be practiced in the privacy of your own villa or at the Yoga Pavilion in the Spa.

Duration one hour

USD 116 ++ Per Couple

Recommended Attire

- Loose or fitted pants and T shirt that you feel comfortable

Services Included

- Yoga Matt
- Meditation Cushions
- Drinking Water
- Cool Towels

Session Schedule

- Sunrise Yoga every Thursday at 8 am
- Sunset Yoga every Thursday at 5.30 pm

HOW TO SPA

Opening Hours

9.00 AM - 9.00 PM

Arrival time

You are encouraged to arrive at least forty minutes prior to your appointment to enjoy the exclusive facilities at The Spa.

FACILITIES

Enjoy the luxurious range of experiences which include the use of:

- Aromatic Steam Room
- Luxury Bathrobes and Slippers
- Separate Male and Female Changing Rooms
- Relaxation Pavilion with breathtaking sea views
- Spa Cuisine

All treatments and Spa Packages will be available to residents of the Bulgari Hotels and Resorts.

Non-residents are welcome to reserve Spa appointments at a minimum of 2 hours booking time. These cannot be confirmed or secured without a credit card.

To make an appointment for the perfect treatment, call The Spa at on Ext 6601 or 6602.

SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquillity. Please respect all Spa Guests' right to privacy and serenity. We appreciate you turning off your mobile phone whilst in the Spa.

GIFT VOUCHERS

Gift vouchers are available for any treatment, Day Spa programmes or product and are an ideal present for someone special. Gift vouchers are non refundable and must be presented at time of treatment or purchase.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your service when making your Spa reservation.

CANCELLATION POLICY

If you must cancel your appointment, we ask that you notify us 24 hours in advance to avoid being charged the price of your treatment. Cancellations made with less than 24 hours notice will be charged full price.

PREGNANCY

We have specially designed treatments for expectant mothers. Please allow our Spa team to guide you in selecting which treatments are most suitable for you during this special time.

HOMECARE

To continue your Spa regime and experience at home, all ESPA products used in the treatments are available from the Spa reception.

BVLGARI
HOTELS & RESORTS
BALI

TREATMENTS	DURATION	PRICE USD
BULGARI ROYAL SIGNATURE RITUALS		
Bulgari Royal Lulur for two	3 Hours	975
Escape for two	3 Hours	689
BULGARI BALINESE RITUALS		
Balinese Massage with Hot stones	2 Hours	207
Balinese Four Hands Massage	2 Hours	313
Detoxifying Cleansing Rituals	3 Hours	300
Stress Recovery	3 Hours	300
BULGARI COUPLES EXPERIENCES		
Romantic Harmony for two	2 Hours 30 minutes	563
Balinese Indulgence	2 Hours 45 Minutes	319
AYURVEDIC INFLUENCE EXPERIENCE		
ESPA Ayurvedic Hot stone Massage & Body Wrap	2 Hours	185
ESPA INTENSIVE FACIALS		
Age Defyer	1 Hours 30 minutes	134
Men's Purifying Facial, Shoulder & Scalp Massage	1 Hour	93
Skin Brightener	1 Hour	93
Purifier	1 Hour	93
After Sun Soother	1 Hour	93
Re-Hydrator	1 Hour	93
ESPA BODY WRAPS		
Bulgari Balinese Lulur	1 Hour	93
Detoxifier	1 Hour	93
Balinese After Sun Soother	1 Hour	93
HOLISTIC BODY MASSAGES		
ESPA Holistic Massage	1 Hour 30 Minutes	134
Bulgari Balinese Massage	1 Hour 30 Minutes	134
Thai Massage	1 Hour 30 Minutes	134
Reflexology	1 Hour 30 Minutes	134
ESPA ADVANCE BODY TREATMENTS		
Pre/Post Natal Indulgence	1 Hour 30 Minutes	136
Anti-Cellulite Hip and Thigh Treatment	1 Hour	93
Full Body Salt & Oil Scrub	30 Minutes	53

BVLGARI
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TREATMENTS	DURATION	PRICE USD
ESPA ADVANCED BODY TREATMENTS		
Pre/Post Natal Indulgence	1 Hour 30 Minutes	136
Anti-Cellulite Hip and Thigh Treatment	1 Hour	93
Full Body Salt & Oil Scrub	30 Minutes	53
ESPA HOLISTIC HAND&FOOT TREATMENTS		
Holistic Hand&Arm Treatment With Hot Stones	1 Hour	74
Holistic Foot & Leg Treatment With Hot Stones	70 Minutes	85
Manicure	1 Hour	50
Pedicure	1 Hour	62
Polish Change	15 Minutes	26
FINISHING TOUCHES		
Full Leg Wax	45 Minutes	57
Half Leg Wax	30 Minutes	44
Bikini Wax	15 Minutes	27
Underarm Wax	15 Minutes	25
Lip and Chin	15 Minutes	25
Eyebrow Shape	15 Minutes	25
HAIR SERVICES		
Traditional Hair Cream Bath	60 Minutes	93
Bulgari Hair and Scalp Ritual	1 Hour 30 Minutes	134
Hair Cut Men		46
Hair Cut Women		56
Shampoo and Style (Short)		35
Shampoo and Style (Long)		46
Hair Blow Variation and Style		60
BULGARI BATHS		
Green Tea Detox Bath	30 Minutes	45
Balinese Bath	30 Minutes	45
SUNRISE & SUNSET YOGA AT THE SPA		
8 – 9 am and 5.30 – 6.30 pm, every Thursday	1 Hour	With our Compliment
PERSONAL YOGA AND MEDITATION		
At The Spa Yoga Pavilion or your villa with a days notice	1 Hour	116 Per couple
Bulgari Royal Lulur and Escape for two is performed in the Royal Private Spa Pavilion		
If you would like to enhance your Spa experience by receiving your treatments within one of the Royal Private Spa Pavilion, please allow an additional one hour of time		
Royal Private Spa Pavilion with Sea view and plunge pool		82
Royal Private Spa Pavilion		65

Prices are subjects to 21% government taxes and service charges