

A black and white photograph of a person's face and hands. The person is holding several slices of coconut in their hands, with one large slice prominently displayed in the center. The background is a blurred beach scene with waves and a horizon line. The text "SPA ALILA" is overlaid on the image.

S P A A L I L A

# S P A ALILA

Spa Alila at Alila Villas Uluwatu offers guests unique and customised spa experiences in a relaxed and contemporary environment. Varieties of indulgent and rejuvenating spa treatments are combined with personal consultations given by friendly and intuitive therapists. Spa Alila fervently believes in using only natural products for spa therapies and all products are handmade using pure, natural ingredients. In addition, the spa offers a range of exercise, yoga and meditation classes for guests who seek to invigorate their senses, along with a variety of health foods and self-care recommendations to maintain a balanced sense of well-being. The charming interiors and warm ambient lighting of Spa Alila, together with soothing scents of essential oils, offer guests a comforting prelude to their treatments.

The extensive and exclusive spa treatment menu combines both Asian and Western therapy techniques and showcases Spa Alila's special selection of natural active ingredients. Guests are able to choose from a wide range of therapeutic massages. These include deep tissue, relaxing, nurturing and a special pregnancy massage for expectant mothers. Aside from customisable spa treatments, his/her facials, body scrubs, hair treatments, manicure and pedicure offerings, Spa Alila at Alila Villas Uluwatu also takes pride in its nurturing techniques passed down for generations but rarely practised in today's spa treatments. These nurturing movements, locally known as "Sayang Sayang", calm not just the body but also the mind and spirit. Guests are also invited to build their own spa package with a variety of interchangeable product elements and treatment enhancements.

# S P A **ALILA**

Each spa villa comes with its own private entrance with a herbal steam shower and a bath-tub, his and her grooming stations, two adjustable treatment beds with individually controlled sound system, and a daybed for relaxing or having foot baths, pedicure and manicure treatments. Guests who prefer more privacy can choose to enjoy spa treatments in their villa or by their private lap pool under the star-studded night sky.

Guests looking to take home a piece of their spa experience can purchase from Spa Alila's extensive range of skin care products. Available at the merchandise section at the spa reception, these products are made from all-natural and locally sourced ingredients.



**Dear Guests,**

Your safety and comfort is our utmost priority while maintaining strict health, hygiene and sanitation procedures. We would like to inform you that all of our tools, equipment and treatment rooms are being thoroughly cleaned and sanitized after each treatment. Whenever possible, disposable items are utilized such as face masks, face cradle covers, massage panties and nail files. Throughout your treatment, our therapists will wear a face mask and strict hand sanitation protocols are in place. Please be encouraged to reach out to our Spa Host to address any concerns you may have.

## SPA ALILA TREATMENT MENU

At Spa Alila, our goal is to help bring you back into balance naturally with treatments personalised to your needs. Through the heartfelt touch of our experienced therapists, our naturally active products and maximum guest input, we create a new dimension in nurturing and divine pampering rituals. Surrender to the blissful Spa Alila experience and you'll see and feel the benefits in your appearance, your spirit and your overall sense of well-being. Step into our sanctuary and let your pampering begin...

### Face

#### Her

Reveal your skin's full potential with this remarkable facial specifically customised for ladies. See the glowing results of exfoliating sandalwood, detoxifying French red clay, and toning and rejuvenating oils of rose and lemon. A combination of pressure point and lymphatic drainage massage techniques leaves your skin looking alive and lustrous!

75 min | 1,450

#### Him

Our Alila Man facial is designed to restore skin's natural pH balance, leaving you with a softer, smoother and radiantly healthy appearance. Treatment includes exfoliation with local rice bran and sandalwood, a detoxifying mask of volcanic clay and lemon, then finished with an ultra moisturising blend of aloe vera juice, wildflower honey and wheat amino acids.

75 min | 1,450

*Prices are in thousand Indonesian Rupiah and subject to 26.5% government tax and service charge.*

## BABOR – FACIAL

Working close with Dr. Michael A. Konig, a leading authority in plastic surgery, BABOR developed treatments based on BABOR's longstanding knowledge and experience. Using unique cleansing and invigorating power of oil and water (HY-OL) and natural plant sesame oil, shea butter, jojoba oil, our professional skin analysis will show you which treatment and skin care products suit you best.

### ULTIMATE FACE LIFTING

**“The synergy of medicine and Nature”**

With 99 % of collagen obtained from natural freeze-dried collagen fibers that imitate the skin's collagen structure, supplies intensive moisture and promotes collagen synthesis in the skin. This treatment can reduce wrinkles, improve declining skin tone, and prevent the promotion of lines and premature aging.

90 min | 2,850

### VITA BALANCE

**“Thoroughly moisturize dry skin, sense the unique harmony”**

Dry skin that is lacking in moisture has lost its suppleness and reveals dryness lines and flakes easily. This vita balance treatment uses deep moist complex for the care of dry skin. This moisturizing treatment regulates the skin's lipid and moisture balance, restores elasticity and suppleness, leaving the complexion looking soft and well cared for.

75 min | 2,050

### CALMING SENSITIVE

**“Care for sensitive skin, sense the unique harmony”**

Skin can be sensitive to nature. Our modern way of life increasingly exposes our skin to aggressive environmental influences that weaken the skin's natural protective mantle. It responds by sending our SOS signals, such as redness and tingling. The skin feels taut and itchy, and its moisture levels fall. This permanent lack of harmony can also accelerate the process of skin aging. Calming sensitive relaxes and calms skin instantly. Irritations, redness, tingling and tightness subside. The combination of pure plant extracts and oils that regulate the skin's moisture levels, increase suppleness and protect against environmental damage.

75 min | 2,050

## MICRODERMABRASION

Microdermabrasion is used to give your skin a healthy glow or to target more specific requirements such as reducing fine lines, wrinkles, scarring, sun damage and acne. Post treatment your skin continues to improve due to increased collagen & elastin production. Unlike many skin rejuvenation treatments, microdermabrasion is non-invasive, so requires zero recovery time.

### MICRODERMABRASION & COLLAGEN FACIAL

Experience the combination benefits of microdermabrasion and collagen. Designed to stimulate the production of collagen and elastin for skin that appears more vibrant, toned and clear. After the microdermabrasion, a collagen mask is applied to deeply rejuvenate skin cells, hydrate and reduce wrinkles. The perfect pick-me-up that leaves skin instantly hydrated and younger looking.

60 min | 1,850

### BACK MICRODERMABRASION

Improve the smoothness and texture of dry, rough skin with this cleansing and refining microdermabrasion treatment. A cold white clay mask is applied and left to nourish the new skin cells while your feet receive a 15-minute massage treat.

60 min | 1,375

### “BUTT REFINEMENT”

A gentle exfoliation treatment aimed at reducing cellulite pockets, rough skin and uneven skin tone on the buttocks and back of legs. Treatment features deep cleansing and toning mask applications with beneficial minerals and extracts such as coffee & coconut.

Butt | 45 min | 950





## HANDS AND FEET

### DELUXE MANICURE

This indulgent spa manicure includes a stimulating hand scrub, soothing hand bath, relaxing hand massage and essential nail maintenance and grooming.

75 min | 605

### DELUXE PEDICURE

Treat your feet to the attention they deserve! This pampering spa pedicure includes an invigorating foot scrub, relaxing footbath, foot massage and essential nail care.

75 min | 605

### EXPRESS PEDICURE OR MANICURE

Express file, tidy and polish. Massage and scrub are not included.

45 min | 400

### EXPRESS MANICURE AND PEDICURE COMBINATION

Express file, tidy and polish. Massage and scrub are not included.

75 min | 605

## HAIR AND SCALP

### BALINESE TRADITIONAL CREAMBATH

A mind-melting, intensely hydrating crème hair bath with essential oils of rosemary and lavender combined with nourishing base oils of coconut, avocado and shea butter. A clay-based mask is massaged into the hair and scalp and left to condition, strengthen and hydrate while pressure point massage and palm strokes soothe the neck and shoulders. A 10-minute warm wrap is applied to open the pores followed by a cool wash with our signature shampoo and conditioner – the finishing touch for a renewed healthy sheen.

60 min | 1,400

### HAIR STIMULATION MASSAGE

An invigorating and highly nourishing hair and scalp treatment that powerfully stimulates hair growth through a combination of massage techniques and beneficial plant extracts. Essential virgin coconut oil stimulates the follicles while an oxygenating massage technique is gently applied to enhance cell stimulation. This endurance-based treatment is especially nourishing for dry or damaged hair.

60 min | 1,190

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## MASSAGE

At Spa Alila, we draw on the benefits of a range of Asian and European massage techniques that can be tailored to your personal wellness needs. Allow our spa hosts to help you select the appropriate massage therapy and oils to suit your condition.

### BALINESE MASSAGE

Feel tension dissolve with this ancient Balinese healing therapy that combines gentle stretching, long therapeutic strokes and skin rolling to relieve muscle pain. Palm and thumb pressure techniques are also applied to unravel the deepest stress and improve blood flow.

60 min | 1,750

90 min | 2,250

### THERAPEUTIC MASSAGE

Experience a complete body awakening with a combination of therapeutic massage techniques using fluent strokes of different depths and intensity. Long Balinese strokes improve lymphatic drainage and circulation. Swedish deep tissue techniques work into muscles to relieve tension and stiffness. Acupressure points are used for specific stimulation, while Thai movements add elements of stretching to increase mobility.

60 min | 1,750

90 min | 2,250

### FOUR HAND MASSAGE

A unique four-hand massage that brings a wonderful sense of harmony and balance to the body and soul. Surrender to the sublime symphony of healing and pleasure created by two masseuses working together in unison, using Balinese long stroke techniques and incorporating acupressure points on the feet to improve lymphatic drainage and circulation. A Swedish style of deep tissue massage also works into muscles to relieve tension and stiffness.

90 min | 3,000

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## REFLEXOLOGY

Reflexology is based on the principle that energy flows freely around the body when we are in good health and that there are reflex areas on the feet that correspond to every part of the body, including major organs. Sit back and relax as your therapist applies varying degrees of pressure to specific points on the feet with thumb and fingers to unblock energy flow and promote the body's natural healing from within.

60 min | 1,450

## PREGNANCY MASSAGE

Enjoy relief from the physical and emotional demands of pregnancy. This gentle, non-invasive approach to massage will ease your discomfort, reduce swelling and help lower stress. Feel yourself slip into a state of calm relaxation as our skilled therapist uses a lighter touch, concentrating on those areas most vulnerable to changes in your body.

60 min | 1,650



### **HERBAL COMPRESS**

Inspired by Thai healing traditions, our warm compress, containing a parcel of 14 medicated herbal ingredients, is applied to the whole body using an acupressure technique. The herbs help to increase one's energy and improve the immune system and lung function, while acupressure stimulates blood circulation and releases muscle tension. Gentle stretching and a soak in a delightful herbal bath help to ease any lingering aches and stiffness.

90 min | 2,500

### **SHIRODHARA**

This 5000-year-old Indian therapy is physically rejuvenating, mentally refreshing, and just pure heaven. Experience perfect calmness and tranquillity as a stream of specially blended, warmed medicated oils pours softly onto the third eye transporting your mind and body into a state of deep relaxation. Shirodhara deeply relaxes the nervous system, lowers metabolism, integrates brain function and induces mood stability. This dreamy treatment begins with an Ayurvedic pressure massage to melt away tension and stress.

90 min | 2,500

### **WARM STONE**

The therapeutic power of touch combines with the energy of the earth in this muscle relaxing massage. After our signature foot bath, smooth, heated river stones are used in rhythmic flowing strokes over the body to melt tension and soothe emotions. The stones are also placed on various energy points to stimulate the body's natural healing potential.

90 min | 2,500

## CREATE YOUR OWN JOURNEY TO RENEWED BALANCE

Spa Alila's unique approach recognises the individual in you, offering you the flexibility to design treatments according to your personal needs and preferences in consultation with our spa hosts. Using the following packaged treatments as a guide, enjoy the fun and freedom to create your very own spa experience choosing from a selection of interchangeable products and treatment enhancers.

### BALINESE BEAUTY RITUAL

Balinese lulur is an ancient village remedy originating from the rice farmers of Bali. It has been handed down through generations and is recognised as a traditional medicine, believed to help warm the body, relieve aching joints and help treat skin problems. Herbs of sandalwood, fennel seed, star anise, eaglewood and fenugreek create this powerful healing remedy. Treatment includes a 60-minute Balinese Massage, a traditional lulur body scrub, a skin-softening body mask and a brightening mini facial.

120 min | 3,250

### BEAUTY AND BALANCE

Awaken your senses and tone your body with this rich cocoa, coffee and coconut treatment. Locally grown coffee grounds gently exfoliate while the caffeine in the coffee draws out impurities and coconut deeply conditions – a triple combination that gives skin a vivacious glow. Treatment includes our soothing signature footbath, your choice of 60-minute Therapeutic massage, a coffee and coconut scrub, cocoa and coffee mask, and herbal steam. This treatment is also fabulous for couples as the mask can be applied to each other in the privacy of your very own steam room, for an intimately therapeutic experience!

150 min | 3,850

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## INTERCHANGEABLE PRODUCT ELEMENTS

Personalised to your wellness needs.

### SCRUBS

Gentle and Kind – aloe vera, cucumber and chlorophyll

Comfort and Cleansing – ginger, lemongrass and orange

Deep and Dirty – coffee, coconut and cocoa

Lightening and Brightening – lavender, ylang ylang and lemongrass

### WRAPS AND MASKS

Soothing – chamomile, green clay and geranium

Toning – cocoa, coffee and coconut

Glowing – turmeric, cinnamon and ginger

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## **TREATMENT ENHANCERS**

Add a little something extra special to your spa journey with any of these therapeutic experiences:

### **UNDER THE STARS**

Indulge in your treatment under the stars of the Southern Cross and within the privacy of your own villa.  
305

### **LUNG CLEANSING HERBAL STEAM**

30 min | 500

### **FACE**

Alila Mini Facial  
30 min | 900

### **MASSAGE**

Stimulating Scalp  
Back  
Foot  
Hand, Arm, Neck and Shoulders  
30 min | 900

### **BODY SCRUBS OR WRAPS**

Select from the interchangeable product elements.  
30 min | 800

### **PERSONAL PACKAGES**

Please ask our spa host to assist you in creating your desired spa experience.



## MY BATH

### ICED CUCUMBER BATH

Cool scented headbands and face towels  
Cool bath water with fresh cucumber  
Skin soothing essential oils of lavender and chamomile  
Virgin coconut oil and Spa Alila cooling eye gel  
Electrolyte drinks and ice  
Fresh fruits of papaya, watermelon and grapes  
495

### BAILEYS MILK BATH

120ml of Baileys, bucket of ice and vanilla beans  
250ml of skim milk, virgin coconut oil  
Rose petals and relaxing blend of essential oils  
Strawberries dipped chocolate  
880

### CHAMPAGNE AND BERRY BATH

Relaxing blend of essential oils  
Virgin coconut oil with coconut rind  
Rose petals  
Citrus bubbles  
A bottle of Champagne (750 ml)  
Strawberries dipped chocolate  
3,400

### PURE C

Cool citrus face towels  
Signature sea salts  
Purifying blend essential oils and virgin coconut oil  
Fresh Kintamani orange slices  
Whole milk infusion  
Pure C facial serum  
Refreshing face mist  
Balinese pumpkin cake  
Fresh, iced young coconut drink  
630

## PRIVATE SESSIONS

Private yoga and Pilates classes can be conducted at a venue of choice.

### HATHA YOGA

Involves a set of low impact exercises known as "asanas" to stretch the muscles while practising deep breathing techniques for meditation and relaxation. Regular practice of asanas helps to tone and strengthen the muscles while also helping to reduce stress and anxiety, improve self-confidence and encourage relaxation.

60 min | 980

### ASHTANGA

This physically strenuous form of yoga dates back at least 5,000 years and is also known as "power" yoga. Ashtanga yoga progresses through six rapidly executed series of pose sequences providing a useful means of achieving weight loss and performing strength training without using weights. This yoga discipline also works to restore the full range of motion to an individual's joints and muscles.

60min | 980

### VINYASA

Vinyasa is a flowing style of yoga that links the breath with movement focusing on inhaling and exhaling as you move from one pose to the next. Vinyasa yoga flows between positions without stopping so is an effective way to improve your endurance, burn calories and sculpt your muscles. Vinyasa yoga works on physical, mental, emotional and spiritual levels to connect the mind with the body as well as improve flexibility and strength.

60 min | 980

### MAT PILATES

Mat-based Pilates is a series of exercises performed on the floor using gravity and your own body weight to provide resistance. The main aim is to condition the deeper, supporting muscles of your body to improve posture, balance and coordination. Pilates lengthens and stretches all the major muscle groups in your body in a balanced fashion. Each exercise has a prescribed placement, rhythm and breathing pattern.

Our Pilates method is taught to suit each person and exercises are regularly re-evaluated to ensure they are appropriate for that person. Due to the individual attention, this method can suit everybody from elite athletes to people with limited mobility and low fitness levels.

60 min | 980

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## **MEDITATION**

Meditation is one of the core spiritual practices aimed at enabling the soul to reach a state of complete freedom. The spiritual essence is not something that we create through meditation; it is already there deep within us simply waiting to be embraced. Our guided meditation practice flows with rhythmic breathing and chakra balancing, which tap into our energy centres. Meditation can also be practised to balance serotonin and melatonin levels in cases of jet lag and insomnia. Begin gaining optimal health and clarity while promoting healing and balance of energy on all levels.

60 min | 980

## **AERIAL YOGA**

Experience the gravity-defying freedom of aerial yoga at the resort's iconic Sunset Cabana, floating above the cliff edge. Aerial yoga, also known as 'anti-gravity yoga', is a relatively new form of yoga that involve performing a series of exercises inspired by yoga, Pilates, calisthenics and aerial acrobatics while hanging from a fabric hammock suspended about a meter above the ground. Among the many benefits of aerial yoga is decompression of the spine as the body hangs freely, relieving tension and promoting proper posture and alignment through relaxation rather than effort. During the aerial workout, almost every part of the body is forced to move and stretch, toning strengthening and rehabilitating all the muscles and joints in the process.

60 min | 1,075

## **SUP- STAND UP PADDLEBOARD YOGA**

Stand Up Paddleboard yoga is practiced on 10 to 12-foot-long boards in the resort's serene infinity pool, bringing joyful sense of freedom to the traditional earthbound yoga practice. Uluwatu is a top spot for surfers, and the ancient practice of yoga has grown deep roots in the surfing community due its ability to both focus the mind and strengthen the body. In particular, Stand Up Paddleboard Yoga is great for toning core muscles and building stability, essential for peak surf performance. But whether you surf or not, balancing the water, with a panoramic ocean view before you, is fun and energizing

45 min | 1,450

### **OUTDOOR FITNESS BLISS**

Immerse yourself in an exclusive active wellness session on our pristine gym lawn, led by our esteemed wellness specialist. Experience a bespoke workout that seamlessly integrates invigorating exercises with the serenity of the outdoor settings. Elevate your fitness journey with tailored sessions designed to enhance strength, flexibility, and balance, all while embracing the tranquil luxury of nature.

60 min | 1,000 per person

### **PERSONALIZED FITNESS EXCELLENCE**

Unlock your full potential with personalized training sessions led by our distinguished wellness specialist. Experience a customized fitness journey tailored to your goals and preferences in our state-of-the-art gym. Our expert will guide you through a thoughtfully designed regimen, combining advanced techniques with individual attention to elevate your strength, endurance, and overall well-being. Discover the pinnacle of personalized fitness excellence in an environment dedicated to your success.

60 min | 1,000 per person

### **663 STEPS TO SERENITY**

Embark on a luxurious adventure to the Alila beach with our wellness specialist, guiding you on a scenic journey of 663 steps to paradise. Delight in the invigorating combination of exercise and stunning coastal views as you traverse this exclusive path. Experience a rejuvenating escape that harmonizes physical vitality with tranquil beauty of the beachfront, making each step a memorable part of your opulent seaside adventure.

60 min | 850 per person





### **CIRCUIT TRAINING**

Reignite your strength and endurance with our expertly curated Circuit Training sessions. Led by our dedicated wellness host, this dynamic workout is designed to enhance agility, stamina, and overall well-being. Move with intention, challenge your limits, and embrace the power of progression—one station at a time.

60 min | 1,000 per person / Private Session

### **MUAY THAI IN MOTION**

Experience the power and tradition of Muay Thai, Thailand's ancient martial art, guided by a skilled instructor. This full-body workout combines disciplined movements, striking techniques, and mindful breathing. Surrounded by the calm of Uluwatu, each session is an energizing journey into strength and self-awareness. Ideal for those seeking both physical challenge and cultural

60 min | 1,000 per person / Private Session

### **BOXING - THE ART OF STRIKING**

Sharpen your focus and technique with a Boxing session led by our expert trainer at Alila Villas Uluwatu. Learn the fundamentals of footwork, speed, and striking in a tailored workout designed for all skill levels. Set in an open-air space overlooking the ocean, each session is both invigorating and empowering. A perfect way to build strength, confidence, and clarity.

60 min | 1,000 per person / Private Session

### ***Group Training Rates***

2 participants: IDR 850,000++ per person

3-4 participants: IDR 700,000++ per person

5 or more participants: IDR 600,000++ per person

## JOURNEY TO YOU (HALF DAY)

Indulge in three hours of holistic heaven with a combination of detoxifying and relaxing therapies. Following our signature footbath, heated river stones are used over the body in rhythmic flowing strokes to relieve tension and soothe emotions. They are also placed on various energy points to awaken the body's natural healing potential, leaving you calm and balanced.

Next, enjoy exfoliation and a body wrap of cocoa, coffee and coconut.

The caffeine in the coffee is a heavy-duty detoxifier drawing out impurities and improving skin tone, while the coconut meat helps to deeply condition your skin. Treatment concludes with a herbal infused steam where a mist of blended medicated oils opens your lungs and pores to assist in detoxification.

Then be pampered with an Alila facial featuring red clay that draws out impurities while releasing essential minerals. A combination of pressure point and lymphatic drainage massage techniques is applied leaving your skin glowing with renewed freshness and vitality.

Spoil yourself with the perfect half-day journey of physical rejuvenation, age-old beauty therapies and healthy living. Improve your balance, elevate your spirits and satisfy your palate with holistic nurturing and nutrition.

Half Day Journey | 4,800 per person

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## REVIVE & REJUVENATE

Begin the morning watching a breathtaking Bali sunrise from an Oceanfront Cabana with fresh ginger and lemon tea served alongside exotic local fruits. Take in this spectacular view as you breathe, stretch and balance at the edge of the earth. Our experienced fitness instructors will take you through private yoga sequences featuring fluent and deliberate movements to open your mind, loosen limbs and rejuvenate your soul.

After this uplifting start to the day, savour your favourite healthy cravings as our Executive Chef prepares a nutritious designer breakfast served in a location of your choice – in the privacy of your villa, at Cire or in one of our Ocean View Cabanas soothed by the morning breeze. Succumb to a relaxing Balinese healing therapy that combines gentle stretching, long therapeutic strokes and skin rolling designed to relieve muscle pain. Palm and thumb pressure techniques are applied to alleviate the deepest stress and tension and improve blood flow. While immersed in holistic heaven, our therapists will cover your body with a rich cocoa, coffee and coconut toning treatment. Locally grown coffee grounds are a gentle, natural exfoliate. The caffeine in the coffee is a heavy-duty detoxifier drawing out impurities and improving skin tone, while the coconut helps to deeply condition your skin. A conditioning wrap of cocoa and coconut is applied and left to hydrate as the therapist gently massages your scalp. The treatment concludes with a relaxing bath.

After a light and healthy three-course lunch personally crafted by our executive chef and enjoyed in your choice of dining location, your journey to relaxation continues. Lie back and relax with a mind-melting crème hair bath featuring essential oils of rosemary and lavender combined with nourishing base oils of coconut, avocado and shea butter. This deeply hydrating clay-based mask is massaged into the hair and scalp and left to condition, strengthen and hydrate while pressure point massage and palm strokes soothe the neck and shoulders. A 10-minute warm wrap is applied to open the pores followed by a cool wash with our signature shampoo and conditioner. A spa manicure follows, which includes a stimulating hand scrub, soothing hand bath, relaxing hand massage and essential nail maintenance and grooming. Combinations of sea salt and lavender gently exfoliate, while shea butter and aloe nourish your skin. Essential oils of orange peel and lemon are infused, which act as a natural antiseptic to protect the cuticle.

As sunset approaches, leave the spa feeling magnificent and absorb the earth's energy with a private meditation session. After an hour of free time, be spoilt with a dinner prepared by our executive chef. Then retire to the privacy of your villa where our therapists welcome you for a memorable massage under the stars, applying pressure to specific points on your feet to release blocked energy and promote natural healing. A cup of chamomile tea is left at your bedside for a soothing end to your day of wellness.

Full Day Journey | 9,250 per person

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## CLIFF EDGE SPA CABANA

Perched on the side of the Uluwatu cliff, Cliff Edge Spa Cabana offers a breathtaking view of the Indian Ocean.

Experience a truly relaxing spa treatment accompanied with the chirping of the birds and the distant lullaby sound of the ocean wave, crushing on the shore down below.

Start the unwinding experience from the moment you walk through the path of lush vegetation along the cliff while witnessing the blue ocean below prior to taking your 120-minute treatment at the Spa Cabana. Subsequently, continue your zen experience by snuggling on the sofa while savoring delectable healthy snack crafted to satisfy your thirst and appetite as your body, mind and soul are awaken to absorb all the positive energy and benefit from the treatments you have received.

Cliff Edge Spa Cabana Package | 3,500 per person.



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## CHILDREN'S SPA MENU

### CHILDREN'S MENU

Every little prince and princess deserves time to shine. Our kids' spa treatments not only offer a feel-good treat but also encourage an awareness of personal hygiene, health and wellness.

#### SHINY FINGERS

Hands are pampered with a stimulating hand scrub, a soothing hand bath, a relaxing hand massage and essential nail maintenance and grooming. Choose your favourite colour to add that extra sparkle to your fingers.

75 min | 605

#### TWINKLE TOES

Treat your feet to the attention they deserve! This pampering spa pedicure includes an invigorating foot scrub, a relaxing footbath, a foot massage and essential nail care. Finish with a coat of nail polish for perfect twinkling toes.

75 min | 605

#### A TREAT FOR ME PACKAGE

Enjoy an extra dose of indulgence with this complete package that includes a manicure or pedicure with nail shaping, cuticle care and polish, a cute bracelet to take home, sweets and snacks to munch on, and your choice of fruit juice or hot/iced chocolate. Fun and yummy!

75 min | 650

#### INSPIRE ME MASSAGE

This gentle full body massage will relax your mind and re-energise your creative spirit. The soothing touch also helps improve sleep, boost immunity, relieve stress and strengthen muscles and the skeletal system for healthy growth.

60 min | 1,400

#### Note:

Inspire Me Massage is only for children aged 6 to 12 years old

Children are to be accompanied by an adult during their treatment

## SPA ETIQUETTE

### ARRIVAL

Try to be early. Kindly arrive at least 15 minutes before your treatment is scheduled.  
A late arrival means less spa time.

### CENCELATION

Reservations cancelled within 8 hours will be subject to a charge of 50% of the listed price.  
Treatment times may be changed subject to the approval of our Spa Concierge.

### SPA ATTIRE

Please wear comfortable attire. Robes and disposable underwear will be provided. You may choose to be naked, wear your own underwear or swimwear during your spa treatment.

### GENTLEMEN

Gentlemen, if you have chosen a facial, please shave before the treatment, although not essential but definitely beneficial.

### MOTHER-TO-BE

We have our very own blend of "Mother-to-be" massage oil and modified therapeutic treatments specially for expecting mums.

### ALLERGIES

Our Spa Concierge will ask you regarding any health related issues or known allergies. Simple patch tests will be performed before conducting any treatment to ensure the selected product is right for you.

### PRODUCTS

All products used throughout Spa Alila and are 100% natural, free from synthetic preservatives and additives.

### CONTINUED GLOW

To continue your spa regime at home, our complete range of 100% natural products and testers are available within the Alila Living and Spa Alila retail stores.

## RETAIL COLLECTION

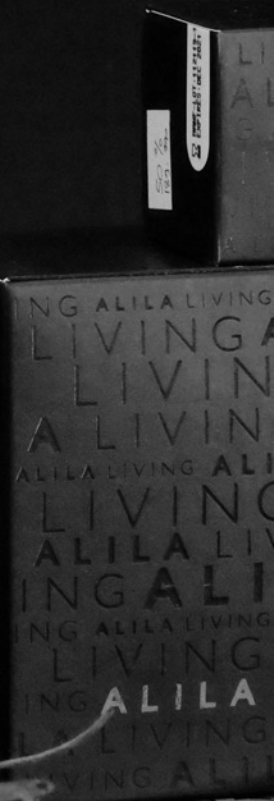
### MASSAGE BLENDS

Alila Living Massage Blends provide a 100% safe, natural, premium grade massage oil, made with a protein-rich, vitamin and mineral-packed blend of virgin coconut, kukui nut, moluccan almond and wheat germ carrier oils that is intensely hydrating and nourishing for the skin. Our range of massage therapies draw on the healing and preventative effects of these pure plant oils and concentrated plant essences to address the real health and wellness concerns of our guests.

### SIGNATURE MASSAGE BLEND

This oh so seductively soothing blend of lavender, lemongrass and ylang ylang essential oils is the perfect antidote to tiredness and tension, relieving headaches and migraine, combating nervous exhaustion and stress-related conditions, as well as soothing all types of skin problems. A powerful revitalising tonic for the mind and body.

100 ml | 314





## ESSENTIAL OIL BLENDS

Alila Living's Essential Oil Blends are perfect for use in an oil burner or diffuser. Add 10 drops, fill with spring water and enjoy. Be sure to never let your diffuser burn dry. 10-12 drops in a freshly drawn bath is also a pleasurable treat.

### SIGNATURE ESSENTIAL OIL

A soothing and seductive, floral-herbaceous blend of lavender, lemongrass and ylang ylang essential oils that has a calming effect on the nerves, relieving tension, depression, panic, hysteria and nervous exhaustion in general. It is also effective for headaches, migraines and insomnia, relieves symptoms of jet lag, and helps to combat stress-related conditions. A great overall tonic for the mind and body.

10 ml | 200

### LAVENDER ESSENTIAL OIL

Lavender essential oil is universally loved for its irresistibly sweet, floral aroma and amazing ability to soothe, de-stress and relieve all types of skin problems. One of the few essential oils that can be used undiluted directly on the skin.

15 ml | 263

### RELAX ESSENTIAL OIL BLEND

Relaxation comes easy with this welcome blend of soothing lavender, geranium and chamomile combined with mandarin, marjoram and patchouli essential oils, working in harmony to unravel stress, calm the emotions and enhance your mood. This blend can also help relieve the discomforts of the menstrual cycle.

10 ml | 200

## BODY SCRUBS

Feel the difference an Alila Living Body Scrub makes, each delicious blend designed to exfoliate from head to toe, removing dead skin cells and unclogging pores to reveal fresher, younger looking skin. Our body scrubs also replenish essential oils and nutrients, leaving your body clean, fresh and invigorated. Use a few times a week for normal to dry skin types and every other day for normal to oily skin.

### SIGNATURE BLEND BODY SCRUB

Essential oils of lavender, lemongrass and ylang ylang combine to blissfully calm the nerves, clear the head and revitalize the skin, while an incredibly earthy exfoliating blend of sea salt and shea butter leaves skin marvelously soft and smooth.

100 ml | 241

250 ml | 304

### ALOE & CUCUMBER BODY SCRUB

A fresh, cooling and calming sensation in one perfect pick-me-up blend of lavender, lemon and cucumber seed oils in a soothing aloe vera juice base. An added dash of nutrient-rich chlorophyll nourishes tired, exposed skin, combined with an irresistibly earthy exfoliating blend of sea salt and shea butter.

100 ml | 241

### LEMONGRASS & GINGER BODY SCRUB

A soothing yet refreshing citrusy blend of lemongrass, mandarin and ginger root essential oils that has a calming effect on the nerves. A sensually rejuvenating scrub enjoyed anytime of the day.

100 ml | 241

## BODY BUTTERS

Our body butters replenish the skin with pure nut oils and botanical extracts which contain vital nutrients or “food for your skin”, leaving your body clean, fresh and hydrated.

### COCOA AND HONEY BODY BUTTER

Envelop yourself in the soft, sweet, warming, woody aroma of Alila Living's Cocoa and Honey Body Butter. An irresistible hydrating butter made with some of the tastiest, most nourishing nut and plant actives known to the botanical world, richly accented with cocoa and brown lavender absolute, an intoxicating dose of pure Indonesian vanilla oleoresin, along with sandalwood and Egyptian geranium essential oils. To make this elixir even tastier, we added a hefty helping of wildflower honey. It is honey in its purest form made from bees that collect nectar from the many tropical flowers of Bali's wild countryside. Pure indulgence!

250 ml | 388

### SIGNATURE BLEND BODY BUTTER

Indulge in a deeply nourishing ritual with our Signature Blend Body Butter — a luxurious fusion of Cocos Nucifera oil and Theobroma cacao seed butter, delicately infused with soothing Lavandula Angustifolia. This subtly sweet and refreshing blend offers an uplifting aromatic experience that calms the mind and revitalizes the senses. Designed to soothe fatigue, ease tension, and restore emotional balance, it's a comforting remedy for sun-kissed, mature, or moisture-depleted skin. A rejuvenating treat for the body, and a gentle balm for the soul.

100 ml | 241

## FACE

### CUCUMBER AND ALOE FACIAL CLEANSER

An irresistibly cool concoction of lavender, lemon and cucumber seed oils, enriched with chlorophyll, which is packed with vital nutrients to clean and nourish tired, lackluster skin. Effective yet gentle, Alila Living smooth and creamy facial cleansers are aloe vera-based and 100% natural – no harsh detergents, soap or artificial preservatives. Use twice daily to leave your skin feeling soft and hydrated, and your complexion sparkling fresh!

100 ml | 241

### HIBISCUS AND RICE BRAN FACIAL SCRUB

The quintessential second step to an unparalleled and irresistible facial care regimen, packed with the natural goodness of aloe vera juice, coconut and wheat germ oils, and the pure scrubbing yummy-ness of rice bran and ground sandalwood. A well-known Ayurvedic ingredient, red hibiscus flower extract is also added for its highly effective antioxidant and astringent properties, plus a combination of cold-pressed lemon, lemon myrtle and fresh ginger root essential oils.

60 ml | 221

### REFRESHING SIGNATURE FACE SPRITZER

A soothing and seductive blend of lavender, lemongrass and ylang ylang essential oils. High antibacterial properties assist to clear and tauten skin, helping to keep wrinkles away. Their beneficial plant actives help restore balance to skin's pH and regulate pore size while cooling, soothing and refreshing the skin. A great overall tonic for face or body any place, any time. Contains no alcohol, chemicals or synthetic preservatives.

120 ml | 241

### LEMON AND HIBISCUS DETOXIFYING MASK

A wonderfully invigorating yet grounding treat for anyone whose skin could use a little assistance. With an aroma to die for, this extremely effective mask contains high levels of antioxidant and anti-aging properties. The star ingredient, hibiscus flower extract, is rich in organic acids and skin-tightening properties – an excellent anti-aging remedy. This blend also contains antiseptic lemon and lemon myrtle essential oils. Simple perfection when you need it the most.

60 ml | 221



ALILA LIVING  
cucumber & aloe  
facial cleanser

contains active plant botanicals  
aloe | cucumber | lemon  
gentle, healing & refreshing  
facial cleanser for all skin types

ALILA LIVING  
BATH FOAM

## **FACIAL CREAMS**

There is nothing quite like Alila Living moisturizing facial creams – intensely rich, creamy and naturally fragrant. Absolute heaven. Only the finest, most precious botanicals make it into the mix – pure aloe vera juice combined with a superior blend of exotic oils such as kukui nut, jojoba and African shea tree butter. Use daily after bathing to protect, balance, nourish, repair and hydrate all facial skin types. For those steamy tropical days, keep in the fridge for when your skin needs a refreshing treat.

### **INDIAN FIG FINISHING CREAM**

Rejoice in the sheer perfection of this highly effective moisturizing cream with excellent repairing, antioxidant and anti-aging properties. Tamarind, also known as Indian fig, is the star ingredient with great antiseptic, anti-allergy and skin-tightening qualities. It is also an excellent anti-freckle and anti-aging remedy. Pure vanilla extract adds an element of gentle stimulation, while a dash of the very rare and exquisite brown lavender absolute adds an aroma that will send you soaring into ecstasy. Created for all who appreciate the finest things in life. Gentlemen may especially appreciate this product as a soothing and healing after-shave moisturizer.

65 ml jar | 367

### **PURE C FACIAL SERUM**

Alila Living's Pure C Facial Serum is a light yet rich blend of highly essential nutrients that helps your skin stay healthier longer. This Vitamin-C packed serum also contains aloe vera juice, virgin coconut oil, jojoba bean oil and evening primrose oil, creating a luxurious foundation of rich essential fatty acids that help "plump up" the fine lines that cause wrinkles. Orange peel extract, French geranium and fragrant wildflower honey offer incredible antioxidant power in this delightful masterpiece that your skin will simply love.

20 ml | 356

### **COOLING CUCUMBER EYE SERUM**

Nutrient-rich evening primrose, wheat germ and rosehip carrier oils combined with an enriching blend of natural ingredients tones skin in the delicate eye area, reducing puffiness and softening fine lines and wrinkles, giving eyes every reason to sparkle.

20 ml | 356

## BOTANICAL LIP BALMS

Poutilicious! Make way for lusciously kissable lips with Alila Living's Botanical Lip Balms, designed to protect lips exposed to the elements. Made from a 100% pure plant-based blend of castor, coconut, kukui nut and wheat germ base oils that are protein-rich and packed with vitamins and minerals to nourish, soothe and moisturize, and with an indulgent spoon of Wild Bali Honey added for a deliciously sweet finish.

### GINGER LEMON LIP BALM

Like sipping fresh cut ginger tea flavored with the zest of lemon, this gorgeous balm combines locally produced ginger root essential oil with pure lemon and lemon myrtle essential oils, guaranteed to give your lips a seductive glisten and your kisses a citrusy punch!

20 ml | 132

## SIGNATURE AMENITIES

### ALILA SIGNATURE SUNSCREEN

A light, water-resistant sunscreen infused with our signature essence. The perfect all-over protection for hours in the sun.

60 ml | 140

### REFRESHING FACE MIST

Just say 'aahhhhhh'. That's how this refreshing face and body spritzer will make you feel. A luxurious blend of aloe vera juice, honey, lavender, lemongrass and ylang ylang plant actives. Spray everywhere...

60 ml | 135

### DEEP SLEEP PILLOW MIST

Mmmmm, a restful and calming blend of aromatic French lavender and Roman chamomile essential oils. A few full mists sprayed onto linens before bed is the perfect way to a peaceful deep sleep.

60 ml | 125

### SIGNATURE INSECT REPELLENT

A light and creamy lotion carefully blended with essential oils of lavender, lemon myrtle and rose geranium, specifically chosen for their insect repelling properties. Effective yet gentle, perfect for the whole body.

60 ml | 125



*Naturally from the Heart*

[www.alilavillasuluwatubali.com](http://www.alilavillasuluwatubali.com)

## Contact

Alila Villas Uluwatu

Jalan Belimbing Sari, Banjar Tambiyak

Peecatu, Bali 80871, Indonesia

Phone +62 361 848 2166

Email : [uluwatu@alilahotels.com](mailto:uluwatu@alilahotels.com)