



J I W A S P A



A journey of self-discovery

Taking its name from the word in Bahasa Indonesia meaning 'soul', Jiwa Spa provides a tranquil escape from everyday life, a place to calm the mind and replenish your body's precious energy.

Relax as you indulge in pampering spa rituals or replenish with our therapies. Select from [Jiwa Signatures](#) for rituals exclusive to our Spa or [Jiwa Pairings](#) giving you ultimate benefits from the most ideal combinations of our therapies.

Reveal your skin's inner glow with [Revitalize](#) facial treatments, [Revive](#) in a range of mini therapies for a wonderful pick-me-up, and [Reinvigorate](#) with the specially designed men's therapies to recharge your energy. Finally, savour in sweet [Indulgence](#) with your young ones and [Sparkle](#) with our alluring beauty treatments.

The choice is entirely yours.

Whichever you choose, let the specialists at Jiwa Spa nurture you through your journey of self-discovery.





Jiwa Spa and Wellness Facilities

Step into your tranquil escape where you will be subtly greeted with an enticing blend of aromas to clear your mind and prepare for your ritual.

Your selected treatment will commence with a relaxing footbath. You will then enter your private treatment rooms, each with its own steam showers and baths to ensure your total comfort. Soft background music of your choice and your selected essential oil will complement your treatment.

The facilities include:

- 10 private treatment rooms, including 1 double treatment room
- 2 spa double pool pavilions
- 5 spa garden pavilions, including 2 double pavilions
- 25-metre spa swimming pool
- Separate male and female heat & water facilities, including steam, sauna, & Jacuzzi
- A Beauty Salon
- A Reflexology Lounge
- 175 square metre Wellness Studio hosting wellness and lifestyle activities and workshops



Special Treatments by Thalgo

'Thal' means from the sea and 'Algo' is the study of algae. Exclusive to Jiwa Spa, Thalgo embraces the goodness of marine-based elements, with algae as its main active ingredient. Algae produce one third of the oxygen we breathe and are rich in natural minerals; whilst seawater has a composition that is amazingly similar to our body. This combination makes Thalgo products so natural and familiar to our body, promoting increased benefit.

Please consult our Spa Receptionists for special treatments by Thalgo.

Massage Oils

Carefully blended from the most natural ingredients, select from the following Jiwa Spa essential oils to complement your treatment:

Inspire

A joyful and inspiring blend, which captures the traditional essence of the tropics and encourages any type of relaxed and social activity. Ingredients: orange and mango

Earthy

An earthy masculine massage oil to clear the mind, release mental stress, build immunity and balance the emotions. Ingredients: black pepper, lemon and ginger

Seduction

A seductive blend to inspire romance. Ingredients: ylang ylang, lemongrass and cinnamon.

Lavender

An ancient healing ingredient, lavender soothes the nerves and increases overall feeling of well-being. Ingredients: French lavender.

Fresh

A fresh and fruity blend to nourish, moisturize and tone the skin. This essential oil is highly beneficial for sunburnt skin. Ingredients: cucumber and tropical fruits.



Giwa Signatures

The soul of Giwa Spa

Ocean Flow Massage

With movements akin to the ocean waves, this signature aromatic massage combines long, smooth strokes with firm acupressure. Drift away into deep relaxation with the fluid and rhythmic motion. A luxurious selection of essential oils complements your treatment and a optional 15-minute scented flower petal bath completes your experience.

The Royal Touch 2h

The signature Indonesian beauty treatment begins with a Inner Radiance massage to release tension and realign your body's natural channels of energy. A traditional "lulur" exfoliation with turmeric, sandalwood, and rice powder, and body mask with natural yoghurt follows, leaving your skin velvety soft. A flower bath with hibiscus and coconut milk serves as your finale.

Inner radiance massage • "Lulur" body exfoliation • Body mask with natural yoghurt • Flower petal bath

Aromatic Awakening 2h

An invitation to initiate the body and mind through a feeling of peace and inner strength. Warmed sea salt and brown sugar infused with essential oils of mandarin, grapefruit and lemon exfoliates the skin before a luscious creamy wrap cocoons your body. A combination of cleanser, exfoliant, purifying cream and mask are artfully used as you deeply relax to the tune of an aromatic facial treatment and scalp massage.

Citrus body exfoliation • Body wrap • Aromatic essentials facial

Aquatic Elements 2h

A ritual filled with ocean's natural gifts. Begin with a blissful exfoliation with sea salts and algae petals followed by stress release massage and warm tingling algae mousse to banish tension in your back, neck and shoulders. A luminous complexion is revealed with a moisture quenching sequence of facial cleansing, exfoliation, massage and mask.

Sea salts and algae body exfoliation • Stress release back massage and warm tingling algae mousse • Moisture balance facial

Jiwa Pairings

Ideal combinations of two or more treatments

Smoothing Rain Body Polish 45m

A deliciously fragrant combination of shimmering sea salts and algae petals detoxifies and smoothens your body during a gentle exfoliation before being washed away to reveal satin smooth skin under the vichy shower. A deeply hydrating cream rich in moisturizing marine botanicals completes this relaxing ritual.

Sea salts and algae body exfoliation • Vichy shower water massage

Dual Destress 1h30m

A seamless synchronised dual therapist ritual combines Hand and Foot Purity in conjunction with a Moisture Balance Facial for the ultimate treat and powerful antidote to modern day living when time is at a premium.

Hand and foot purity • Moisture balance facial

After Sun Soother 1h30m

Restore essential life to the skin. Sunburned skin is soothed with a repairing creamy body wrap whilst discovering a feeling of rehydration with a Moisture Balance facial.

Creamy body wrap • Moisture balance facial

Detox Dive 2h

To set you on the right path toward lasting health, your experience combines a detoxifying tea infusion, aromatic bath with purifying essential oils of Wintergreen and Basil, followed by a marine mud and sea salt exfoliating wrap. Designed to stimulate the elimination of accumulated waste and promote a feeling of delicious lightness.

Aromatic bath with wintergreen and basil purifying oil • Marine mud and sea salts exfoliating wrap

Ocean Sensation 2h30m

A sensory journey. A signature Ocean Flow massage begins your ritual and a facial treatment is carefully selected to restore freshness and vitality. Finally, an Ocean Sensation bath completes your experience.

Signature ocean flow massage • Oxygenating or energizer facial • Ocean sensation bath



Perfect Duo 2h30m

Commencing with a Foot Purity treatment, share your journey and deepen your precious bond of friendship which resonates within you long after you this deeply relaxing ritual. Next a Hair Spa scalp therapy and facial treatment with gentle cleansing, exfoliation and massage followed by a deliciously fragrant aromatic mask with blends of the purest essential oils.

Foot purity • Hair spa scalp therapy • Aromatic essentials facial

Ocean Romance 3h

Together you are welcomed to your spa pavilion, a private sanctuary to share your relaxing retreat. Time to take your feet for an ocean experience with a Foot Purity treatment designed for an instant energetic recharge, relax with our Inner Radiance massage followed by a specially selected his and her facial treatment to restore freshness and vitality.

Foot purity • Inner radiance massage • Oxygenating or energizer facial

Calming Couples 4h

A sensory journey for two where the mind, body and soul are deeply nourished by hands skilled in the art of delivering spiritual replenishment. Every energy centre of the body is calmed with harmonising therapies including hand and foot purity rituals, body massage, scalp mask and massage; and deeply hydrating facial treatment.

Simultaneous foot and hand purity • Ocean flow massage • Cream scalp therapy • Hydrating moisture balance facial



Revitalize

Facial treatments for a glowing complexion

Moisture Balance – *Softens and comforts dehydrated skin* 1h15m

A powerful response to dehydration, this intensely moisturising treatment counters lifestyle stressed skin. Cleansing and exfoliation prepare the skin for a moisture bath massage and creamy mask therapy infusing marine ingredients chosen for their ability to limit moisture loss. Perfectly smooth, soft and supple skin is restored.

Oxygenating Purity – *Breathes new energy into stressed skin* 1h15m

Pollution knows no boundaries, relentlessly suffocating and damaging skin cells. Working to eliminate anti free radical action that accelerates the skins ageing process this treatment combines a super charged cocktail of vitamins and marine botanicals to stimulate skin cell respiration and regeneration. A fresh vitamin-rich citrus mask follows deep cleansing, exfoliation and relaxing massage restoring radiance and vitality.

Aromatic Essentials – *Instant freshness for all skin types* 1h30m

Suitable for every skin type a purity ritual combining gentle cleansing and exfoliation rebalances the skin in preparation for a calming massage extending to the neck, décolletage and shoulders. A deliciously fragrant aromatic mask with blends of the purest essential oils and refreshing marine botanicals deeply relaxes, softens stress and results in a radiant complexion.

Age Defence – *A glowing complexion with lasting youthful freshness* 1h30m

The corrective hydrating tissue repairing function of collagen strengthens the skins biomechanics for immediate visible results. Fine lines seem to fade, the skin is supple, soft and toned for instant rejuvenation.

Collagen Eye Treatment 15m

Specifically designed for the eyes, this treatment gives in-depth hydration to combat wrinkles. A perfect combination for your selected facial treatment.



Reinvigorate

Therapies For Men

Energizer Facial – *Instant boost for fatigued skin* 1h15m

Recharge devitalized skin with the elements of the ocean. This treatment combines a super charged cocktail of vitamins and marine botanicals to stimulate skin cell respiration. A vitamin rich citrus mask follows deep cleansing exfoliation and a relaxing massage restores radiance and vitality.

Destress Facial – *restorative and detoxifying* 1h30m

Suitable for every skin type the perfect antidote for stressed out skin and jetlag. A deep cleansing routine rebalances the skin in preparation for a calming massage extending to the neck, and shoulders. A mask with blends of the purest essential oils and refreshing marine botanicals deeply relaxes, eases stress and results in rejuvenated skin

Men's Marine Balance 2hr30m

Balance between a quiet mind and energetic strength is achieved with aquatic inspired therapy commencing with a sea salt and algae body polish rinsed away with a rain shower massage. Skilful hands ease muscular tension in the back, neck and shoulders followed by a deeply calming face and scalp pressure point massage under steam to restore mental clarity. Foot reflexology clears energy paths and stimulates inner energy reserves

A sea salt and algae body polish • Therapeutic back massage • Face and scalp pressure point massage • Foot reflexology

Men's Ocean Energy 2hr30m

Like plunging deep into the ocean this invigorating ritual designed specifically for men begins by stimulating the immune and circulatory systems in a private steam shower with herbs chosen for their detoxifying benefits. Muscular and mental tension are relaxed with our signature body massage whilst skin clarity, freshness and vitality is restored with a men's only facial treatment.

Private steam shower • Signature ocean flow massage • Energizer facial



Indulgence

Something for you and me

Children's Therapies 30m

An introduction to the benefits of massage therapy and body treatments, with the young person in mind, complete with healthy snack and milk.

Children's Back Massage / Children's Bath / Footbath & Foot mask / Manicure or Pedicure

Mum and Me 1h15m

Enjoy precious time with your young one

For Mum: A footbath and moisture balance facial or Inner Radiance massage.

For Me: A footbath, foot mask, kids back massage, a chocolate bath with healthy snack and milk

Teen Blitz 2h

Glow inside and out after a steam shower, body scrub with sea salts and marine mud, fresh detox juice to boost results.

Mini reflexology • Body wrap and scalp massage • Steam shower • Mini ocean flow massage

Teen Spirit 2h30m

Super charge energy levels with an invigorating sea salt body scrub and blue lagoon bath followed by a radiance boosting facial treatment

Sea salt body scrub • Ocean sensation bath • Oxygenating or energizer facial

Revive

Treatments for immediate comfort

Massage

Inner Radiance Massage

For tense muscles and general fatigue, traditional acupressure techniques realign the body's natural channels of energy and tone the physique. An optional 15-minute scented flower bath completes your experience.

Therapeutic Back Massage 1h

An Asian approach focuses immediately on the back, neck, head and feet through application of pressure to specific points to release energy blocks. For those wanting to enjoy a massage without the use of oils.

Reflexology 1h

An age-old Chinese therapy of stimulating acupressure points on the feet defines and relieves problem areas throughout the body. Relax, refresh and revive from this foot massage treatment.

Vichy Shower Water Massage 30m

Additional Massage 15m

In-room massages available. Please make the reservation in advance dial extension #6556. Surcharge of 15% applicable.

Scrub

Traditional Lulur 45m

Reveal velvety soft skin with traditional "lulur" exfoliation enriched with turmeric, sandalwood, rice powder, and natural yoghurt body mask

Bath the perfect way to finish

Bath Rituals 15m

Soak your cares away in the delicate scented waters Jiwa spa bathing rituals. Choose from the following scented baths:

- Aromatherapy Bath with petals and essential aromatic oil
- Ocean Sensation Bath with effervescent minerals
- Precious Milk Bath with shimmering reflecting particles
- Flower Bath with fresh flower petals

Private herbal steam bath 15m

Cleanse the senses, detoxify and refresh with a gentle wash of steam infused with natural herbal aromas, in the privacy of your own steam room.

Sparkle

Alluring beauty treatments

Hair

Hair wash and blow dry / Hair styling / Hair cut
Children / Male / Female

Hair Therapies

Traditional Cream Bath 60m

This traditional hair-nurturing treatment uses natural products rich in vitamins to restore moisture and balance in the hair. Select from avocado, carrot or ginseng, each with its own benefit. The treatment begins with a hair wash, followed by natural hair cream application. Enjoy a relaxing scalp, neck, shoulder, and hand massage whilst your hair takes in nutritious elements and rests in a warm steam. A second hair wash removes the cream and conditioner is applied, leaving it silky soft. A simple blow dry ensures you are ready to step out in style. The treatment is recommended for all hair types.

Tea Tree Cream Bath 60m

With techniques similar to a traditional cream bath, tea tree and mint essential oil is used to gently massage the scalp for a relaxing sensation, whilst replenishing the hair with much-needed nutrition. Enjoy a scalp, neck, shoulder, and hand massage, whilst your hair is warmly steamed for full relaxation. A second hair wash, conditioner application, and simple blow dry complete the ritual. The treatment is recommended for all hair types.

Hair Spa Cream Bath 60m

A hair and scalp treatment using L'OREAL products from Paris, this treatment begins with a hair wash to prepare the hair take in essential vitamins from the hair cream. A scalp, neck, shoulder, and hand massage follows whilst your hair enjoys a warm steam. Complete your treatment with a simple blow dry. This treatment is beneficial especially for those with dry and damaged hair, dry scalp or scalps prone to dandruff.

Waxing

Under arm 20m

Basic bikini* 30m

Half leg 30m

Full leg 60m

*Brazilian not available

Nails

Revarnish 30m

Manicure 50m

with Art / French 60m

Pedicure 50m

with Art / French 60m

Hand and Feet

Foot Purity 30m

Like a barefoot walk on an ocean shore, this skin softening ritual recharges energy and vitality with an effervescing algae petal infused foot soak, sea salt exfoliation, tingling algae mousse wrap and aquatic oil massage.

Hand Purity 30m

Moisture is gently restored to the hands in a purity ritual combining aromatic exfoliation, precious milk soak, nourishing creamy wrap and massage.

Purity with manicure or pedicure 80m

Paraffin Hand or Foot Therapy 15m

The paraffin coating causes an increase in blood circulation and the opening of skin pores. As a result, perspiration is generated acting as a mini-sauna and moisturizer is absorbed more effectively into the skin. Skin that was one dry and rough results in a soft, fresh healthy appearance

Paraffin with manicure or pedicure 70m





Wellness and Lifestyle Activities

A balanced mind in a healthy body

A Wellness Studio complements Jiwa Spa and offers a choice of exclusive mind, body and soul therapies, including Yoga, Meditation, Pilates, spiritual awakenings, Stretching & Flexibility, Aerobics & Step Aerobics and Core & Abdominal workouts.

Yoga is an ancient practice hailing from India, with is a rich mix of varied techniques. Ashtanga Yoga, originally developed as an exercise regime for adolescents and warriors is a series of physical postures or Asanas designed to reduce tension, strengthen, and realign the body. Combined with correct breathing practices, Yoga is also meditative and relaxing.

Meditation is the practice of quietening, be-stilling, and emptying the mind of mundane and idle thoughts and developing a sense of calm, clarity and serenity. Essential for anyone concerned with true stress relief and effective relaxation techniques, meditation develops concentration and focus and is closely linked to emotional health and spiritual development. Join us as we lead you into deeper recesses of the mind in order to achieve true peace.

Cardio & Fitness Activities performed regularly as part of cardiovascular activities are highly beneficial for fitness, firming, toning, and calorie burning weight loss. Join the fitness team as they guide you through a fun and energetic workout.

Core & Abdominal Workout exercises the core and abdominal muscles supporting our spine, posture, and pelvic girdle. This specialised workout garners you with techniques to strengthen, firm and tone your deeper core muscle groups as well as trimming down your abdominal girth and waist line, and building your 'wash-board' abs.

Stretching & Flexibility helps treat unresolved stresses and emotions stored within the body as undue muscular and posture tensions. Regular stretching helps resolve emotional stresses, release excess tensions and bathes your body and mind in your natural occurring endorphins and euphoric neuro-transmitters bringing about a state of calm and relaxation. Stretching and flexibility is suitable for all ages and levels of fitness.

For more information please contact Wellness Reception extension 6604.

Jiwa Spa Etiquette & Questions

Q. Are reservations necessary?

Yes. Please call extension #6556 or email to jiwaspa@conradbali.com to reserve.

Q. When should I arrive at the spa?

To serve you in relaxing manner, please arrive 15 minutes prior to your appointment.

Q. What if I want to cancel or change my treatment time?

Any changes or cancellation of treatments should be made six hours prior to the treatment, otherwise full charges for treatments will be applied.

Q. What happens if I am late for the treatment?

Due to other reservations, we are unable to extend your treatment time. Full benefits may not be felt if the treatment is shortened. Thank you for your understanding.

Q. What shall I wear for is the treatment?

Disposable underwear available for your convenience and comfort. To respect your privacy, we use draping cloth at all times.

Q. Can I have my treatment in my room or at the beach bale?

Please contact our Jiwa Spa receptionist for further details.

Q. Can I bring my mobile phone to the Spa?

Yes, you can. However, we would appreciate if you can put it under silent mode.

Q. Can I bring my children to the spa?

Children under the age of 16 must have parental consent to receive a spa treatment at Jiwa Spa. The minimum age is 8 years of age.

Gift Certificates

Jiwa Spa Gift Certificates available for beauty and well-being and a luxurious sensorial experience. A selection of therapies and rituals.

Operating Hours

Daily 8:00am – 10:00pm



CONRAD[®]
BALI

CONRAD BALI

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Dec 2009

TREATMENT CARD

Jiwa Signatures

Ocean Flow Massage

- 1h massage 798
- with 15m flower petal bath 898
- 1h30m massage 898
- with 15m flower petal bath 998

The Royal Touch 2h 1,088

Aromatic Awakening 2h 1,268

Aquatic Elements 2h 1,368

Jiwa Pairings

Smoothing Rain Body Polish 45m 998

Aftersun Soother 1h30m 1,268

Dual Distress 1h30m 1,368

Detox Dive 2h 1,368

Ocean Sensation 2h30m 1,398

Perfect Duo 2h30m 1,398/person

Ocean Romance 3h 1,498/person

Calming Couples 4h 1,688/person

Revitalize

Moisture Balance 1h15m 968

Oxygenating Purity 1h15m 898

Aromatic Essentials 1h30m 1,168

Age Defence 1h30m 1,368

Collagen Eye Treatment 15m 298

Indulgence

Children's Therapies 30m

- Children's Back Massage 398
- Children's Bath 298
- Footbath & Foot mask 298
- Manicure or Pedicure 238

Mum and Me 1h15m 1,588

Teen Blitz 2h 1,268

Teen Spirit 2h30m 1,368

Reinvigorate

Energizer Facial 1h15m 968

Distress Facial 1h30m 1,168

Men's Marine Balance 2h30m 1,298

Men's Ocean Energy 2h30m 1,398

All rates are in thousand of Indonesian Rupiah and are subject to government tax & service charge, currently 21%

TREATMENT CARD

Revive

Massage

Inner Radiance Massage

- 1h massage 698
- with 15m flower petal bath 798
- 1h30m massage 798
- with 15m flower petal bath 898

Therapeutic Back Massage 1h 698

Reflexology 1h 698

Vichy Shower Water Massage 30m 268

Additional Massage 15m 168

In-room massages available

Surcharge of 15% applicable.

Bath

Private herbal steam ritual 15m 168

Bath Rituals 15m

- Aromatherapy Bath - Relax, Detox 228
- Ocean Sensation Bath 268
- Precious Milk Bath 268
- Flower Bath 268

Scrub

Traditional Lulur 45m 698

Sparkle

Hair

- Hair wash and blow dry 298
- Hair Styling 398

Hair Cut

- Children 398
- Male 498
- Female 598

Hair Therapies

- Traditional Cream Bath 398
- Tea Tree Cream Bath 498
- Hair Spa Cream Bath 498

Nails

- Revarnish 30m 208
- Manicure 50m 398
- with Art / French 60m 498
- Pedicure 50m 498
- with Art / French 60m 598

Waxing

- Under arm 20m 228
- Basic bikini* 30m 268
- Half leg 30m 348
- Full leg 60m 438

*Brazilian not available

Hands and Feet

- Paraffin Hand or Foot 15m 298
- with Manicure or Pedicure 70m 598
- Hand or Foot Purity 30m 398
- with Manicure or Pedicure 80m 698

All rates are in thousand of Indonesian Rupiah and are subject to government tax & service charge, currently 21%