



J I W A S P A

TREATMENT MENU

A Mystical Voyage of Self-Discovery and Divine Awareness

The quintessential integrity of our Spa is derived from its indigenous name Jiwa – taking its name from the Bahasa Indonesia word for Soul.

With a simple philosophy of nourishing the Soul, Jiwa Spa is a tranquil escape from everyday life, a place to calm and replenish the body's precious energy.

HEAL THROUGH ENVIRONMENT

We have embraced the ancient Balinese healing philosophies that offer compassion and prosperity by nurturing the intrinsic soul that breathes within water, rocks and trees. We invite you for a luxury experience in the secluded infinity pool and tranquil garden surroundings.

AWAKEN THROUGH EXPERIENCE

Surrender your soul to an eclectic array of intuitive spa journeys designed to inspire, support and restore precious energy. Explore a diverse range of result-driven spa delights including facial treatments, massage and body rituals.

REPLENISH THROUGH EARTH ELEMENTS

Nourish skin, soul and spirit through natural organics, therapeutic thalassotherapy, vibrant muds and energetic volcanic stones to replenish a stressed mind and lethargic body.

BEAUTIFY THROUGH RESULTS

Accelerate inner radiance and outer beauty with our sophisticated range of anti-ageing treatments infusing cutting edge technology with comprehensive and scientifically proven constituents to deliver validated results.

Rediscover the essence of your soul by allowing our highly trained spa specialists to nurture and support you through your mystical Jiwa Journey.

Revitalize... Revive... Reinvigorate

BEGIN YOUR JOURNEY HERE

Step into your tranquil escape where you will be subtly greeted with an enticing blend of aromas to clear your mind and prepare you for your spa journey. A uniquely designed haven of tranquility, Jiwa Spa facilities include 9 treatment rooms, 2 pool pavilions, steam, sauna, Jacuzzi, hydro plunge, hair and makeup boutique, spa pool, fitness club and wellness center.

Enjoy the freedom to explore our extensive menu from:

JIWA THERAPEUTIC TREATMENTS

Embark on a journey of self-healing. Our **Signature Rituals** have been carefully designed to deliver therapeutic benefits with all the luxury inclusions of a personal Jiwa robe, slippers and complimentary use of our five star facilities including steam, sauna, pool and Jacuzzi. Enjoy a refreshing lemon grass welcome drink, then complete your experience and stimulate circulation with a warming ginger and cinnamon tea.

EXPRESS SERVICES

For those needing a quick pick me up after long haul travel or in need of some immediate comfort, our extensive express services provide a solution for all your needs. Delivering the lasting benefits of our Jiwa Therapeutic Treatments in half the time!

SPECIAL TREATMENTS BY THALGO

Founded in France, Thalgo is the first skincare brand to discover the priceless benefits derived directly from the ocean's natural resources. Thalgo is derived from the combination of French & Greek words meaning 'the richness of the sea' and the study of marine algae. For decades, Thalgo has drawn upon the richness of the ocean through the careful harnessing of powerful marine elements by a world renowned team of expert scientists and cutting edge modern technology. With this unique scientific knowledge, Thalgo has created an extensive effective and authentic cosmetology offered through signature treatments designed exclusively for Jiwa Spa at Conrad Bali.

Please consult our Spa Receptionists for special treatments by Thalgo.

SPECIAL TREATMENTS BY VITAMAN

VitaMan has evolved a natural, inclusive skin-care regime specifically for men, to counter balance the physical and emotional duress of a modern lifestyle.

Intrinsic to VitaMan, are the unique, therapeutic and effective masculine massages and spa experiences which have been created to restore the equilibrium between body and soul.

Together with Jiwa Spa at Conrad Bali, VitaMan is proud to offer you a selection of exclusive products and treatments which reflect who you are and who you aspire to be - to make you look and feel your best.

Please consult our Spa Receptionists for special treatments by VitaMan.

Polynesian Mahana | 60 mins

Let your mind and body succumb to the rhythmic dance that is the island Lomi Lomi massage and transcend to a place where the mind is still and the body healed. Warm sand pouches melt away any muscle tension, allowing the body to truly let go and achieve a sense of balance.

Inner Radiance | 60 mins / 90 mins / 120 mins

For tense muscles and fatigue, traditional acupuncture techniques realign the body's natural channels of energy and tone the physique.

Exotic Mahana | 90 mins / 120 mins

Experience Polynesia, an exotic sensorial spa ritual, inspired by four of the most beautiful islands hidden in the heart of the Pacific Ocean. This luxurious treatment begins with a gentle full body vanilla body scrub blended with pure white sand from Bora Bora, sea salt, coconut shell and algo-monoï for a thorough exfoliation of the feet and lower legs to leave the skin feeling smooth and soft. Then with an azure water bath inspired by the crystal blue waters of the Manihi Lagoon to protect and hydrate the skin. Next is the The Mahana Massage, which incorporates a rhythmic Lomi-Lomi massage and warm sand pouches to loosen muscles and nourish the skin. Finally, Polynesian Sacred Oil from Raiatea, the sacred island, is swept over the skin, its subtle golden pearls leaving a sun kissed glow and a delicate scent of flowers and monoï.

SIGNATURE RITUALS

Ocean Flow

| 60 mins / 90 mins / 120 mins

Drift away to the long, flowing movements of the ocean waves with this signature massage experience. An aromatic massage with a personalized essential oil blend combines with smooth strokes and firm acupressure where your therapist will apply your massage pressure to your liking.

Volcanic Awakening

| 90 mins

For hundreds of years, volcanic basalt stones have been used in massage for their ability to ease tension and eliminate toxins. Your journey begins with a full body exfoliation to detoxify and re-mineralize the body, as warm volcanic basalt stones are applied to specific points on the body to aid relaxation and eliminate toxins. Cool marine stones are placed on the central energy chakras as a powerful combination in awakening the soul. Finally be immersed into deep relaxation with a full body massage using a combination of volcanic and marine stones, the movements, rhythm and power of the stones bring about a unique sense of total meditative transformation.

HONEYMOONER RITUALS

Rama and Shinta | 150 mins

Enchanting experiences which incorporate our most luxurious treatments that can be enjoyed together during your honeymoon. Full body care including exfoliation precedes an Ocean Flow massage. Next, for her, saturate your skin with a deeply hydrating facial using the finest quality products to suit your skin needs; for him, awake your body's internal system and promote an overall sense of equilibrium and wellbeing through Reflexology.

This ritual features:

- Aromatherapy foot ritual 10 mins
- Javanese Lulur body scrub 50 mins
- Floral bath 10 mins
- Ocean flow massage 50 mins
- Foot reflexology (Male) and refresher facial (Female) 30 mins

Jegeg and Bagus | 150 mins

Enjoy a complete retreat of romantic pampering with your loved one in the privacy of your own spa suite.

Surrender your body to a relaxing massage to ease tension and calm your mind. Enjoy this intimate time with your partner and give your body the relaxation it deserves.

This ritual features:

- Aromatherapy foot ritual 10 mins
- Fresh coconut body scrub 50 mins
- Floral bath 10 mins
- Inner radiance massage 50 mins
- Hair cream bath (Male) and manicure or pedicure (Female) 30 mins

Skin Brightening Facial | 60 mins

Achieve a vibrant result with this high performance brightening facial to reduce pigmentation marks and age spots, for a flawless complexion. Using an active skin complex of Collagen and Vitamin C to protect the skin from harsh UV sun damage and reduce future pigmentation resulting in a brighter and clearer complexion.

Moister Boost Facial | 60 mins

A moisture quenching treat, this facial is suitable for all skin types. This ultra-hydrating facial combats dehydration lines and improves skin texture, for a touchable smooth, plump and radiant complexion.

Collagen Smoothing Facial | 60 mins

Give your skin a collagen boost to reveal a smoother, more radiant looking complexion with this anti-aging skin treatment. Developed to combat the signs of ageing caused from depleting collagen levels, your skin will benefit from the application of highly active marine collagen to restore your skin's collagen reserves. Includes a lifting facial massage, working to smooth fine lines and plump the skin.

Anti-Aging Super Lift Facial | 90 mins

Dare to defy time with this super lift facial designated to combat all the signs of ageing including loss of firm and pronounced wrinkles. This anti-aging treatment uses both Hyaluronic Acid and Marine Silicium that work to fill wrinkles, nourish skin and make skin firmer. The duo-effect of Hyaluronic and Cryo-Sculpting Mask fills deeper wrinkles, reshapes, and lifts the contours of the face. After just one treatment you will already feel your skin firmer and have a glowing complexion.

Bright Eyes | 30 mins

Reduce dehydration lines, puffiness and dark circles around the delicate eye area.

Organic Facial | 30 mins

Give your skin unrivalled softness combining earth's organic marine and plant ingredients with this certified organic facial. Your journey begins with a welcoming back massage using organic lavender oil taking you to a place of tranquility for the facial therapy ahead. The skin is deeply cleansed featuring Organic Orange Blossom extract followed by a blend of organic almond shell and algae to exfoliate and renew the skin. Feel yourself transcend to a deep sense of relaxation while your skin is indulged with a double mask and facial massage. Your skin is perfectly nourished and naturally radiant!

Refresh Facial | 60 mins

This effective de-stressing facial incorporates VitaMan's muscle-stretching massage which alleviates tightness in the neck, head and shoulders. Complemented by our masculine facial which restores perfect skin tone and texture.

Traditional Balinese Facial | 60 mins

Indulge in this relaxing facial which is suitable for all skin types. Awaken your senses by combining the purest organic products and plant extracts. Drawing on the soothing properties of organic ingredients, your skin is left feeling smooth and vibrant.

Antioxidant Facial | 30 mins

Protect your skin against free radicals which damage the skin and accelerate ageing.

Exfoliations

Island Elixir | 30 mins

An exotic blend of sea salts, crushed coconut shells and vanilla essential oil.

Silken | 30 mins

Velvet cream based body scrub for all skin types.

Coconut Glow | 60 mins

Indulge in the exotic island treat with freshly ground coconut flakes used to gently exfoliate your skin. The natural oily properties of fresh coconut will leave your skin silky smooth and extremely hydrated – the ultimate nourishment.

Traditional Balinese Lulur | 60 mins

This luxurious treatment starts with a gentle Lulur scrub – the golden color reflecting its main ingredient: turmeric, which has unique cleansing properties that will bring a beautiful glow to your skin. A Balinese massage to improve the energy flow follows. An indulgent moisturizer is then applied lavishly all over your body to detoxify and nourish your skin. You will feel completely refreshed and radiant at the end of this pure pampering experience.

Body Wrap Infusions

After Sun Soother | 60 mins

The ultimate treatment for hot sultry weather. Cool down with a refreshing wrap of cucumber and aloe vera – perfect for those with sunburn or need a chill down after a day in the sun.

Mineral Mud Detox | 30 mins

A detoxifying wrap using natural Marine Mud.

MASSAGE THERAPIES

Slimming Seaweed | 30 mins

A nutrient rich seaweed wrap to activate body circulation and remove toxins.

Hydro-Therapy Massage | 60 mins

This treatment begins with a full-body massage and exfoliation to slough away dead skin. Full body massage is administered while you relax and gently wash under falling waters.

Reflexology | 30 mins / 60 mins

An ancient Chinese therapy of stimulating acupressure points on the feet to activate the body's own healing powers and relieve ailments experienced elsewhere in the body. Reflexology can awaken our body's internal systems and promote an overall sense of equilibrium and wellbeing.

Hot Stone Massage | 60 mins

A deeply restorative massage to nourish a weary mind and body. Using heated stones and a calming massage technique, sore and aching muscles melt away. The effects are pure relaxation.

Back Massage | 30 mins

This is a relaxing massage therapy concentrating on the back. The treatment is designed to relax and ease tension.

Scalp/Neck/Shoulder | 30 mins

Specifically eases muscle tension by concentrating on the tight and stressed muscles of the back and shoulders. Extensive therapy work provides relaxation to the lower and upper back, shoulders and neck area.

Pool Massage

Enjoy the sea breeze and treat yourself with the rhythmical massage techniques from our therapist.

30 minutes

45 minutes

60 minutes

Select from shoulder, scalp, foot or back massage.

Daily from 10.00 - 18.00

VitaMan's innovative treatments are effective, therapeutic and sublime, consistent with their holistic philosophy of health; while VitaMan's unique "de-stressing" massage techniques induce an extraordinary sense of relaxation and rejuvenation.

Active Deep | 30 mins / 60 mins / 90 mins

Created for sports' enthusiasts, this deep-tissue massage will enhance recovery and relieve muscular soreness after exercise. Personalized to each guest.

Relaxation | 30 mins / 60 mins / 90 mins

Not just a word but a state of mind. Your nirvana experience consists of a full body-massage, including head, feet, hands and arms, leaving mind and body in perfect harmony.

Recharge | 90 mins

This is the ultimate de-stress experience: warm bamboo releases tight muscles. Therapeutic, deep-muscle massage techniques are the prelude to an exquisite, all-over, relaxing oil massage.

Spa Manicure | 60 mins

Enjoy this luxurious manicure to clean and nourish hands and nails. Your nails are first shaped and a nourishing cuticle softener massaged into the cuticles to work away trapped dirt. This is followed with a relaxing hand massage and thorough nail buffing to induce a stunning shine. For the finishing touch, your therapist will apply a hydrating moisturizer leaving your hands fully hydrated.

Spa Pedicure | 60 mins

Let your feet reveal their natural beauty with this deep cleansing pedicure. You are welcomed with a cooling and refreshing footbath and then your feet are gently exfoliated using a nourishing foot scrub to stimulate weary and tired feet. Your nails and cuticles are then groomed followed by a soothing massage to stimulate reflex points and release tension from your feet. Nail varnish included if desired.

Baths

Hibiscus and Flower Petal Bath	30 mins
Oceanic Lagoon	30 mins
Nourishing Velvet Milk	30 mins
Chocolate Mud Bath	30 mins

Hair Dresser Services

Hair Wash and Blow	60 mins
Hair Styling	60 mins
Hair Cut	60 mins
Traditional Cream Bath	60 mins
Hair Spa Cream Bath	60 mins

Waxing & hair removal services are available upon request.

Jiwa Princess | 90mins

Get fairy tale-ready with a princess facial and massage.

This ritual features:

- Foot ritual 10 mins
- Soft Body massage 30 mins
- Sparkle Manicure 30 mins
- Organic facial 20 mins

Jiwa Warrior | 60 mins

An introduction to the benefits of massage therapy for young guests, followed by a chocolate mud bath.

This ritual features:

- Foot bath 10 mins
- Soft body massage 30 mins
- Chocolate mud bath 20 mins

Children Therapies | 30 to 60 mins

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

- Soft Back Massage 30 mins
- Organic Facial 30 mins
- Sparkle Manicure or Pedicure 30 mins
- Dreamy Creamy Hair Mask 30 mins
- Hair Braiding 60 mins
- Chocolate Mud bath 30 mins

FAMILY SPA PACKAGES

Mum & Me

1 90 mins

Enjoy Precious time with your little one

This ritual features:

Mum:	Foot bath ritual	10 mins
	Ocean Flow massage	50 mins
	Antioxidant facial	30 mins
Me :	Foot ritual	10 mins
	Body massage	30 mins
	Sparkle Manicure	20 mins
	Organic facial	30 mins

Dad & Me

1 60 mins

Welcome to a spa experience for dad and me, where you can indulge in delicious spa delights!

This ritual features:

Dad :	Foot bath ritual	10 mins
	Relax or Active massage	50 mins
Me:	Foot bath	10 mins
	Body massage	30 mins
	Chocolate mud bath	20 mins

The Jiwa Spa is open from 08.00 am to 10.00 pm (last booking at 09.00 pm).

Please visit the spa located on level 3 in the North Wing or call us at Extension 6556 to make a reservation.

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings. Your time with us is precious so we kindly ask you to arrive on time so you can fully enjoy your treatment experience.

We are happy to provide complimentary use of our hydrotherapy area, including steam, sauna and pool, to all spa guests.

We recommend that you do not sunbathe directly after your spa treatment and advise that you limit your sun exposure for 2hrs before and after any spa treatment. Gentlemen are kindly asked not to shave immediately prior to facial treatments to ensure that maximum results are achieved.

If you are pregnant or have just given birth please notify our spa reception so that we may take the necessary care with your treatment prescription. We provide bathrobes, slippers and disposable underwear for your personal use during your visit to our spa.

Kindly note that the spa is a tranquil setting and a place to relax, therefore we request that you leave your mobile phone in your guestroom and enjoy a peaceful visit to the spa. Please refrain from smoking within the spa grounds as we would like to provide a healthy environment for all our guests.

We recommend that you leave all jewelry and valuables in your room's safety deposit box before coming to the spa. Please note the spa will not take responsibility for lost or damaged items of a personal nature.

Please note that the spa is an unsuitable environment for babies and small children. We try to ensure that all our guests benefit from the tranquil surroundings and ask you to be mindful of this when bringing young children to this location.

All treatments will be charged to your room and will appear on your account at the time of check out.

Please allow at least 6 hours' notice for cancellations to avoid a 50% cancellation charge; Cancellations without notice will incur a 100% charge.

CONRAD®

BALI

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