



INCORPORATING SPA & WELLNESS INTO MEETINGS

JIWA SPA

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.

Jiwa Spa & Wellness Group Privileges

- **Group Discount**

15% off all Jiwa Spa treatments for Conrad Bali meeting delegates and their spouses. Spa Packages can be created and tailored both for participants and their spouse.

(Applicable only for min. 60 mins Spa treatments, except Pool Treatment & Beauty Bliss menu)

- **Break Enhancers**

Put a twist to your next Conrad Bali meeting.

Two massage therapists will be provided during your group's scheduled breaks.

We recommend one therapist for every six delegates to ensure all your delegates will enjoy this little luxury. Additional therapists will be charged at IDR 195,000 ++ per therapist.

(Subject to availability at the time of reservation)

- **Gift Certificates**

The perfect way to say 'Thank You' or 'Congratulations'.

Reward those special people for their hard work, a significant milestone or a job well done. A personal note for the recipient can be arranged.

Receive 15% off on Gift Certificate purchase.

(Applicable only for min. 60 mins Spa treatments, except Pool Treatment & Beauty Bliss menu)

FAVORITE TREATMENTS:

- **Ocean flow** 60 minutes : IDR 1,045,000++
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.
- **Inner Radiance** 90 minutes : IDR 1,375,000++
For tense muscles and fatigue, traditional acupressure techniques realign the body's natural channels of energy and tone the physique.
- **Exotic Mahana** 120 minutes : IDR 1,950,000++
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.
- **Honeymooners Ritual (Couple)** 150 minutes : IDR 3,800,000++
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.



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WELLNESS

- **Sunrise Yoga** 60 minutes : IDR 135,000++
Strike a sunrise with one hour morning yoga to improve your flexibility, focus your mind and achieving the ultimate in mind and body balance.
- **Daily Yoga** 90 minutes : IDR 150,000++
Daily morning yoga sessions, a perfectly balanced practice to awaken and strengthen your body, increase flexibility and discover the renewed sense of well being.
- **Private Yoga** 60 minutes : IDR 275,000++
An ideal yoga sessions are the ideal way to address all aspects of your health and wellbeing.
- **Meditation** 60 minutes : IDR 275,000++
Meditation is the practice of quietening, be-stilling and develops a sense of calm clarity and serenity. Incorporating a 1 hour session of meditation into your break will enable you to relax and clear your mind of mundane thoughts.

You will be provided with 1 instructors for a 15-minute introductory session.

CONRAD®
BALI

NEVER JUST STAY. STAY INSPIRED.