



J I W A S P A

EXPRESS SERVICE MENU

FACIAL THERAPIES

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!

Antioxidant Facial | 30 mins

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

BODY THERAPIES

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.

Body Wrap Infusions

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.

Reflexology | 30 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.

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

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

HOW TO SPA

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.