





## About

At Bali Beach Glamping, we are committed to providing our guests with a relaxing and refreshing experience. Our Spa Tenda is an integral part of that experience. Every guest is unique, and we strive to provide a personalized experience tailored to their needs and preferences. Our friendly and attentive staff are always on hand to assist with any requests and ensure that our guests have an unforgettable stay with us. With our highly trained staff, we can assure you that our guests will receive the finest spa services.



# Terms & Conditions

1. **Spa Access:** Guests who purchase a treatment at SPA TENDA will have access to the spa facilities on the day of their treatment. The spa can also be used by outside guests during resort buy-outs, subject to availability.
2. **Operating Hours:** SPA TENDA is open from 9:00 AM to 9:00 PM, the last treatment booking is 8 PM, 7 days a week. Advanced reservations are recommended to ensure the availability of treatments and preferred timings.
3. **Cancellations and No-Shows:** A booking cancellation must be done at least 3 hours before the scheduled treatment time. In the event of a no-show, 50% of the treatment fee will be charged to you.
4. **Late Arrivals:** Please arrive at least 10 minutes before your treatment is due to start. Please understand that if you are late and we are fully booked, we may need to cut your treatment time. If you are more than 15 minutes late without notice, we reserve the right to cancel your booking.
5. **Health Conditions:** Please inform us of any health conditions, allergies, or injuries that may affect your treatment. Our therapists reserve the right to refuse treatment if they feel that it may be harmful to your health.
6. **Payment:** Payment for SPA TENDA services will be charged to your room bill or we accept cash and major credit cards.
7. **TAX and Service:** All prices include 11% Government Tax and 10% Service charge.
8. **Personal Belongings:** SPA TENDA is not responsible for any loss or damage to personal belongings. Please store all valuable items in your room's safety deposit box.
9. **Non Smoking Area:** The smoking area is located in our outdoor area. Thank you for your cooperation.
10. **Our Guest:** SPA TENDA welcomes guests aged 8 years and older. Guests under 8 years of age may only receive treatments with the presence and signed consent of a parent or guardian.

Please help us maintain an ambience of relaxation by using a quiet voice and being mindful of other guests – no phones are to be used beyond the lobby area.

By booking a treatment at SPA TENDA, you agree to these terms and conditions.  
If you have any questions or concerns, please do not hesitate to contact us.



# SPA Packages

Choose from our luxurious selection of relaxing massages. Your therapist will ensure that you receive personalized treatment to suit your individual and specific needs.

*Prices quoted in IDR '000'*

*Service charge & government tax included*



# Couples Spa Ritual

*2 hours 30 minutes, per couple IDR 1.300*

## Lomi Lomi Massage

**60 minutes**

Lomi Lomi is a traditional Hawaiian massage that uses a combination of massage techniques, nut oils, and sometimes elements of prayer, breathing, and dance to restore energy and soothe the body. It is also known as the 'loving hands massage'. This name helps to explain its principles - the massage works gently yet deeply into the muscles with continuous, flowing strokes, allowing the recipient to relax and give in to the nurturing touch.

## Avocado Scrub

**45 minutes**

Avocado is high in monounsaturated fats and Vitamin E making it the best natural moisturizer and the perfect solution for dry skin. Helps to delay the aging process.

## Traditional Facial Biokos

**45 minutes**

Choose the best natural fresh product for a relaxing facial from honey, cucumber, or egg white. It will restore suppleness to your skin and leave you feeling completely refreshed.

*Price quoted in IDR '000'*

*Service charge & government tax included*



# Romance Escape for Two

*3 hours, per couple IDR 1,500*

## Rose petal foot bath 15 minutes

A rose petal foot bath is a soothing and luxurious treatment that relaxes tired feet, softens the skin, and improves circulation. Rose petals provide natural hydration and a pleasant aroma, while warm water helps relieve tension. Adding sea salt or essential oils enhances the experience, leaving your feet refreshed, smooth, and rejuvenated.

## Aromatherapy Experience/Sport Massage 60 minutes

Aromatherapy Experience A relaxing massage with essential oils to reduce stress, calm the mind, and refresh the body. Sports Massage A deep massage for athletes to relieve soreness, improve flexibility, and speed up recovery.

## Traditional Body Scrub 45 minutes

A traditional body scrub deeply exfoliates the skin, removing dead cells and impurities. Using natural ingredients like herbs, sea salt, or sugar, it leaves the skin smooth, refreshed, and glowing while improving circulation and hydration.

## Biokos Classic Facial 60 minutes

The Biokos Classic Facial is a nourishing skincare treatment that cleanses, hydrates, and revitalizes the skin. It helps remove impurities, improve skin texture, and restore a natural glow, leaving your face fresh, smooth, and radiant.

## Chocolate Indulgence

Chocolate Indulgence is a luxurious treatment that nourishes and hydrates the skin using rich cocoa extracts. Packed with antioxidants, it helps improve skin texture, boost circulation, and leave your body feeling soft, smooth, and deeply pampered.

*Price quoted in IDR '000'*

*Service charge & government tax included*





# Queen for a Day

*2 hours 30 minutes, per guest IDR 800*

## Full body massage

**60 minutes**

A full-body massage relaxes muscles, improves circulation, reduces stress, and nourishes the skin. Sea salts provide essential minerals, prevent cramps, exfoliate, and hydrate. Betel leaves offer antiseptic benefits and a refreshing aroma. Together, they create a soothing and revitalizing experience.

## Body Scrub or Normal Polish

**30 minutes**

A body scrub deeply exfoliates the skin, removing dead cells and impurities for a smoother, refreshed feel. It often contains natural ingredients like sea salt or sugar for thorough cleansing.

A normal polish is a gentler exfoliation that enhances the skin's natural glow, providing hydration and a mild smoothing effect.

## Facial

**60 minutes**

A facial cleanses, exfoliates, and nourishes the skin to promote a healthy, glowing complexion. It helps remove impurities, hydrate the skin, and improve blood circulation. Depending on your skin type and needs, facials can include cleansing, steaming, exfoliation, masks, and massage. Regular facials help maintain smooth, refreshed, and youthful-looking skin.

*Price quoted in IDR '000'*

*Service charge & government tax included*



# Supreme Ritual Balinese Bliss

*2 hours 30 minutes, per guest IDR 900*

## Sea Salt & Betel Leaf Foot Bath

**5 minutes**

Sea salts supply essential nutrients to the muscles, help to prevent muscle cramps, exfoliate dead cells and moisturize. Betel leaves provide an antiseptic and aromatic stimulant.

## Balinese Massage

**60 minutes**

A massage practiced for hundreds of years by the local Balinese. This traditional massage combines gentle stretches, skin rolling, and the unique Kecak elbow slide creating a delightful vibrating sensation across your back. The treatment creates a relaxed state of mind, reduces stress, and rebalances the body.

A perfect treatment for those with sleep disorders.

## Balinese Lulur

**35 minutes**

Soothe away any aches and pains and de-stress with two hours of pure spa indulgence. Relax under the skilled hands of your Balinese therapist as you savor a foot ritual, body scrub, yogurt rub, and traditional massage. A perfect treatment for those with sleep disorders.

## Nature Fresh Facial

**45 minutes**

Choose the best natural fresh product for a relaxing facial from honey, cucumber, or egg white. It will restore suppleness to your skin and leave you feeling completely refreshed.

## Foot Reflexology

**10 minutes**

A pressure point massage focuses on zones of your feet, based on the belief that each part of the human body is interconnected through the nerve system of the feet. The aim is to stimulate specific reflex points to promote real healing elsewhere in the body – a great treatment to have after being on your feet all day.

*Price quoted in IDR '000'*

*Service charge & government tax included*



# Balinese Journey

*1 hours 30 minutes, per guest IDR 600*

## Balinese Massage

*55 minutes*

A massage practiced for hundreds of years by the local Balinese. This traditional massage combines gentle stretches, skin rolling, and the unique Kecak elbow slide creating a delightful vibrating sensation across your back. The treatment creates a relaxed state of mind, reduces stress, and rebalances the body.

*A perfect treatment for those with sleep disorders.*

## Body Scrub

*35 minutes*

This natural exfoliation removes your dead skin cells and toxins revealing the youthful and healthy layers underneath.

*Price quoted in IDR '000'*

*Service charge & government tax included*



# Signature Massages

Unwind with our expertly crafted Signature Massages restore balance, and rejuvenate your body. Our therapists ensure a deeply relaxing experience tailored to your needs.

*Prices quoted in IDR '000'*

*Service charge & government tax included*



## Deep Tissue Massage

- 60 minutes      IDR 450

Deep tissue massage focuses on releasing chronic muscle tension, improving circulation, and promoting faster recovery. It is ideal for relieving deep-seated stress, reducing pain, and enhancing overall mobility.

## Bamboo Massage

- 60 minutes      IDR 400

Bamboo massage is yet another unusual type of holistic treatment. Bamboo massage has many healing properties which help to alleviate muscle tension; pain and ache; improve joint function; increase circulation and helps to enhance the quality of sleep. It will also make you feel relaxed but energized at the same time.



## Hot Stone Massage

- 90 minutes      IDR 450

Indulge in the ultimate relaxation experience with our Hot Stone Massage. This soothing therapy combines the benefits of traditional massage techniques with the healing power of warm, smooth stones. Placed strategically on your body, these stones penetrate deep into your muscles, melting away tension and stress.

Our skilled therapists use the stones to enhance the massage, allowing for deeper pressure and targeted relief. The gentle heat promotes circulation, alleviates pain, and leaves you feeling rejuvenated and balanced. Treat yourself to this luxurious escape, and let the warmth of the stones restore your mind, body, and spirit.

*Price quoted in IDR '000'*

*Service charge & government tax included*



## Thai Massage

- 60 minutes    IDR 450

Thai massage is an ancient healing practice that combines acupressure, assisted yoga stretches, and energy balancing techniques to promote relaxation and overall well-being. Rooted in traditional Thai medicine, this therapeutic practice helps to release tension, improve flexibility, and enhance circulation. Unlike Western-style massages, Thai massage is performed on a mat rather than a massage table, with the recipient wearing loose, comfortable clothing. The therapist uses their hands, elbows, knees, and feet to apply rhythmic pressure and guided stretching, creating a deeply rejuvenating experience for both body and mind.

## Aromatherapy Massage

- 60 minutes    IDR 450

Aromatherapy massage is a soothing treatment that blends gentle massage techniques with the therapeutic benefits of essential oils. Carefully selected aromatic oils are absorbed through the skin and inhaled, promoting deep relaxation, reducing stress, and enhancing overall well-being. This holistic therapy helps to relieve muscle tension, improve circulation, and balance both the body and mind. The calming scents and therapeutic touch create a deeply rejuvenating experience, making it ideal for relaxation and stress relief.

*Price quoted in IDR '000'*

*Service charge & government tax included*



## Pijat Bali

- 60 minutes      IDR 400
- 90 minutes      IDR 500

A Balinese Massage practiced for hundreds of years by the local Balinese. This traditional massage combines gentle stretches, skin rolling, and the unique Kecak elbow slide creating a delightful vibrating sensation across your back. The treatment creates a relaxed state of mind, reduces stress, and rebalances the body. A perfect treatment for those with sleep disorders.

## Slimming Massage

- 60 minutes      IDR 450
- 90 minutes      IDR 550

A slimming massage uses a high-end massage that reactivates the fat release process to eliminate localized fat and body imperfections, resulting in a better figure that is firmer and younger-looking.

## Pool Side Massage

- 60 minutes      IDR 450

A massage at the poolside with comfortable sunbeds, where guests can enjoy a refreshing cocktail from the pool, is the perfect place to enjoy a beautiful sunny day, gazing towards the spectacular sea views. All you need to do is to close your eyes, feel the gentle touch and let our therapists take the tension off your body.

*Price quoted in IDR '000'*

*Service charge & government tax included*



## Sport Massage

- 60 minutes      IDR 450

Sports Massage is used for general relaxation of the musculoskeletal system. With this type of massage, the therapist can remove the accumulation of general aches and pains and can explore the soft tissue more intimately, especially for people with injuries, chronic pain, or a restricted range of motion. Focused techniques are conducted to sedate or stimulate nerve endings, increase or decrease muscle length and assist in the removal of metabolic waste.

## Lomi Lomi Massage

- 60 minutes      IDR 400

Lomi Lomi is a traditional Hawaiian massage that uses a combination of massage techniques, nut oils, and sometimes elements of prayer, breathing and dance to restore energy and soothe the body. It is also known as the 'loving hands' massage. This name helps to explain its principles - the massage works gently yet deeply into the muscles with continuous, flowing strokes, allowing the recipient to relax and give in to the nurturing touch.

## Ultimate Lomi - Lomi

*Pregnancy Mom Friendly*

- 60 minutes      IDR 450

A gentle, nurturing massage designed specifically for expecting mothers, combining ancient Hawaiian Lomi-Lomi techniques with soft, flowing strokes to promote deep relaxation and emotional well-being. This therapeutic touch helps ease muscle tension, improve circulation, and create a sense of calm for both mom and baby, supporting your journey through pregnancy with care and love.

*Price quoted in IDR '000'*

*Service charge & government tax included*



## Foot Reflexology

- 60 minutes      IDR 330

A pressure point massage focuses on zones of your feet and, is based on the belief that each part of the human body is interconnected through the nerve system of the feet. The aim is to stimulate specific reflex points to promote relaxation and healing elsewhere in the body – a great treatment to have after being on your feet all day or a trekking program.

## Manicure & Pedicure

Enjoy a soothing treatment for hands and feet. Start with a relaxing foot bath followed by nail and cuticle care. Your hands and feet will be exfoliated and massaged, then your nails carefully polished with a regular polish of your choice.

- Manicure      45 minutes      IDR 300
- Pedicure      45 minutes      IDR 350
- Manicure & Pedicure      60 minutes      IDR 500
- Manicure & Polish      60 minutes      IDR 350
- Pedicure & Polish      60 minutes      IDR 350
- Manicure, Pedicure, and Polish      90 minutes      IDR 550

*Price quoted in IDR '000'*

*Service charge & government tax included*



# Nature's Body Wrap & Scrubs

Revitalize your skin with our nourishing Body Wraps & Scrubs. Exfoliate, hydrate, and restore your natural glow

*Prices quoted in IDR '000'*

*Service charge & government tax included*



## Avocado Body Scrub

- 45 minutes      IDR 300

Avocado is high in monounsaturated fats and Vitamin E making it the best natural moisturizer and the perfect solution for dry skin. Helps to delay the aging process.



## Balinese “Lulur”

- 45 minutes      IDR 300

Soothe away any aches and pains and complete your vacation distress with two hours of pure spa indulgence. Relax under the skilled hands of your Balinese therapist as you savor a foot ritual, body scrub, yogurt rub, and traditional massage

## Milk Body Scrub

- 45 minutes      IDR 300

With a perfect blending of milk, mineral salt, vitamin e & c (aha), and pure mineral water. The spa lightening salt is good for restoring skin moisture and adding a healthy glow to the skin. Your skin will become whiter and tender a smooth feeling to the touch.



## Sea Salt Body Scrub

- 45 minutes      IDR 300

Our sea salt body scrub is the perfect body wrap solution to clean, exfoliate and tone your skin. Composed of sea salt and essential oils, this scrub works deep into your skin, leaving it looking soft and feeling refreshed.

*Price quoted in IDR '000'*

*Service charge & government tax included*



## “Boreh” Body Scrub

- 45 minutes      IDR 300

This body scrub can help warm the body, improve blood circulation, and reduce muscle pain, bone pain, fever, chills, and even headaches. This is because almost all the herbs used as ingredients for scrubs can warm and nourish the body. Nutmeg for example. With its antioxidant and sedative content, can overcome muscle and nerve tension. Pepper functions to warm the body. Cloves and Javanese long pepper can stimulate blood circulation, relieve breathing, and eliminate nausea. Ginger can also provide warmth and help overcome inflammation and itching on the skin.



## Balinese Coffee Scrub

- 45 minutes      IDR 300

Caffeine in coffee when applied to the surface of the skin acts as a vascular constrictor that helps to reduce varicose veins, as well as decrease the formation of cellulite.

## After Sun Body Wrap

- 45 minutes      IDR 300

Aloe Vera has excellent calming properties for overexposed, dehydrated skin or irritated skin. The session includes a head massage. So go ahead, cocoon yourself in nature's healing hands.



## Seaweed Body Wrap

- 45 minutes      IDR 300

Aimed for skin toning, relaxation, and sweating to detox. After the skin has been exfoliated a seaweed wrap is then applied to the body. Entire process for a seaweed body wrap is an excellent way to relieve daily stress and to help the body feel new and improved.

*Price quoted in IDR '000'*

*Service charge & government tax included*



## Fresh From Nature Facials

Revitalize your skin with our nourishing Body Wraps & Scrubs.  
Exfoliate, hydrate, and restore your natural glow

*Prices quoted in IDR '000'*

*Service charge & government tax included*



## Traditional Facial Biokos

- 60 minutes      IDR 400

Facial massage provides relaxation, drainage, and activation of the skin's metabolism. It is ideal for cooling, soothing, and rejuvenating sun-damaged skin.

## All Natural Fresh Facials

- 60 minutes      IDR 400

### Honey

A strong anti-inflammatory agent that can prevent and reduce infection, and offers antiseptic, antioxidant, and cleansing properties.

### Cucumber

An excellent source of silica, a trace mineral that supports our connective tissues resulting in a youthful skin appearance. A good treatment for sun-damaged or dehydrated skin.

### Egg Whites

High in protein and contains lysozyme enzymes, known for skin clearing properties. A natural cleanser that tightens pores resulting in a firming sensation. Perfect for sensitive skin.

*Price quoted in IDR '000'*

*Service charge & government tax included*