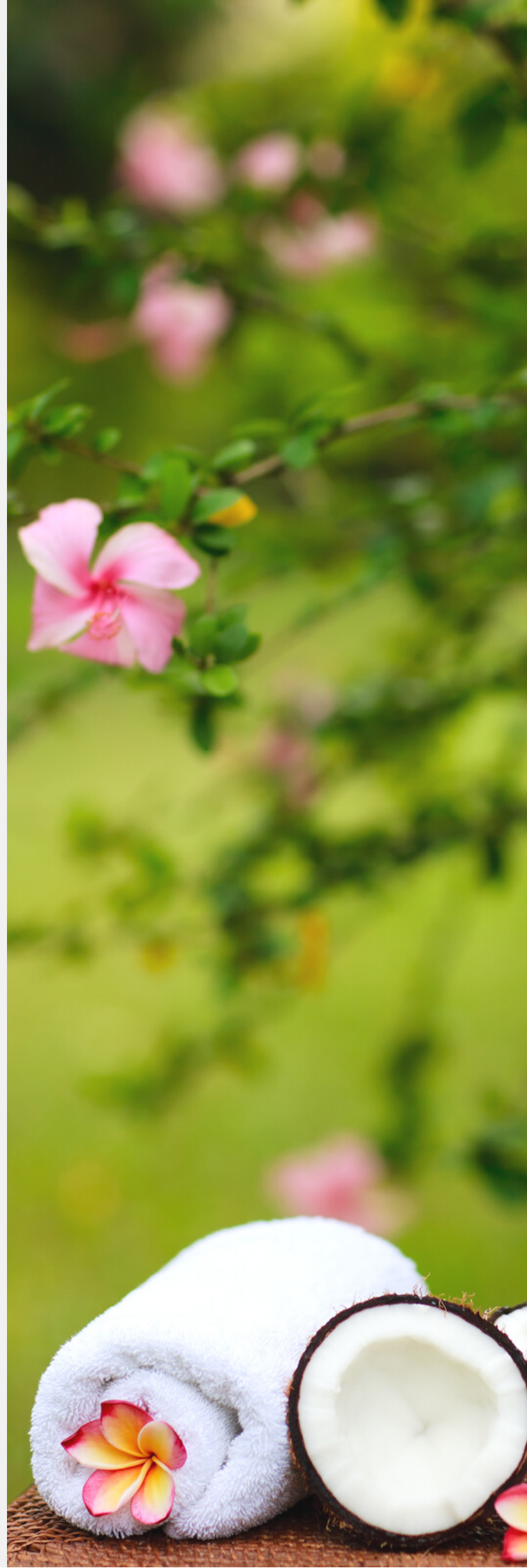




We invite you to
relax and rejuvenate
your body, mind,
and spirit

Inspired by our rich cultural heritage,
Tenda Spa offers a variety of natural
traditional Indonesian spa and
massage treatments.
Enjoy Bali at its best!

*We are open from 9 AM to 9 PM daily
Final booking is at 8PM*





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.



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Signature Massages

Pijat Bali - Balinese

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.

- 60 minutes **IDR 350**
- 90 minutes **IDR 450**

Slimming Massage

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.

- 60 minutes **IDR 400**
- 90 minutes **IDR 475**

Prices quoted in IDR '000'

Service charge & government tax included



Pool Side Massage

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.

- 60 minutes **IDR 400**

Sports Massage

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.

- 60 minutes **IDR 400**

Prices quoted in IDR '000'

Service charge & government tax included



Lomi Lomi Massage

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.

- 60 minutes IDR 350

Bamboo Massage

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.

- 60 minutes IDR 350

Prices quoted in IDR '000'

Service charge & government tax included



Foot Reflexology

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.

- 60 minutes IDR 300

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 250 |
| • Pedicure | 45 minutes | IDR 300 |
| • Manicure & Pedicure | 60 minutes | IDR 450 |
| • Manicure & Polish | 60 minutes | IDR 300 |
| • Pedicure & Polish | 60 minutes | IDR 300 |
| • Manicure, Pedicure, and Polish | 90 minutes | IDR 475 |

Prices quoted in IDR '000'

Service charge & government tax included



Nature's Body Wrap & Scrubs



Avocado Body Scrub

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.

- 45 minutes IDR 250



Balinese Lulur

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

- 45 minutes IDR 250

Prices quoted in IDR '000'

Service charge & government tax included



Nature's Body Wrap & Scrubs



Milk Body Scrub

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.

- 45 minutes **IDR 250**



Sea Salt Body Scrub

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.

- 45 minutes **IDR 250**

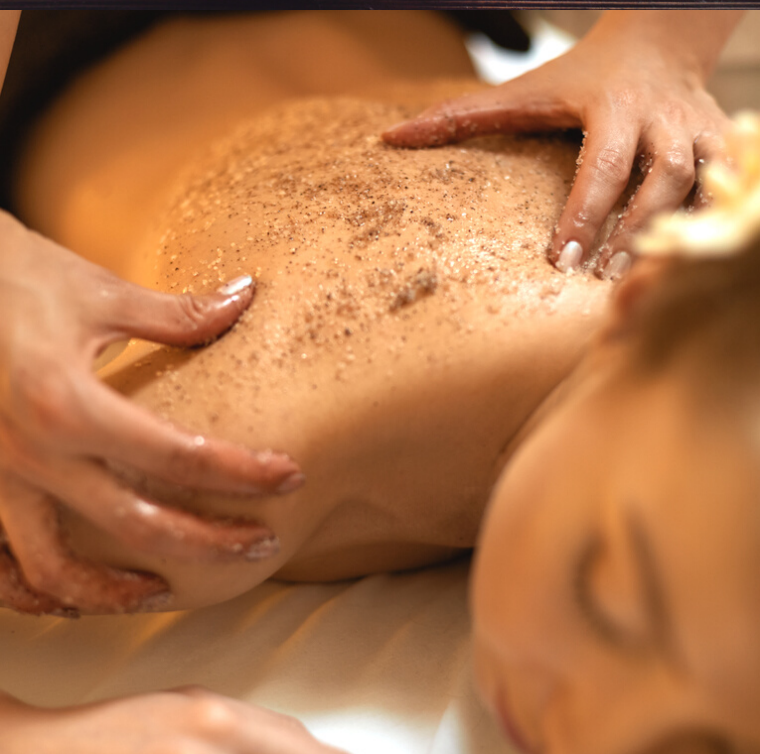
Prices quoted in IDR '000'

Service charge & government tax included



Nature's Body Wrap & Scrubs

Boreh Body Scrub



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.

- 45 minutes IDR 250



Coffee Scrub

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.

- 45 minutes IDR 250

Prices quoted in IDR '000'

Service charge & government tax included



After Sun Body Wrap

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.

- 45 minutes IDR 275



Seaweed Body Wrap

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.

- 45 minutes IDR 250



Prices quoted in IDR '000'

Service charge & government tax included



Fresh From Nature Facials

Traditional Facial Biokos

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

- 60 minutes IDR 350

All Natural Fresh Facials

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.

- 60 minutes IDR 350

Prices quoted in IDR '000'

Service charge & government tax included



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 'ooo'

Service charge & government tax included



Couples Spa Ritual

Lomi Lomi Massage

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.

60 minutes

Avocado Scrub

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.

45 minutes

Traditional Facial Biokos

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.

45 minutes

2 hours 30 minutes, per couple IDR 1.300

Prices quoted in IDR 'ooo'

Service charge & government tax included



Balinese Journey

Sea Salt & Betel Leaf Foot Bath

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

5 minutes

Balinese Massage

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.

60 minutes

Body Scrub

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

30 minutes

90 minutes, per guest IDR 550

Prices quoted in IDR '000'

Service charge & government tax included



Supreme Ritual Balinese Bliss

Sea Salt & Betel Leaf Foot Bath

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.

5 minutes

Balinese Massage

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.

60 minutes

Balinese Lulur

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.

35 minutes

Nature Fresh Facial

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.

45 minutes

Foot Reflexology

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.

10 minutes

2 hours 30 minutes, per guest IDR 800

Prices quoted in IDR '000'

Service charge & government tax included