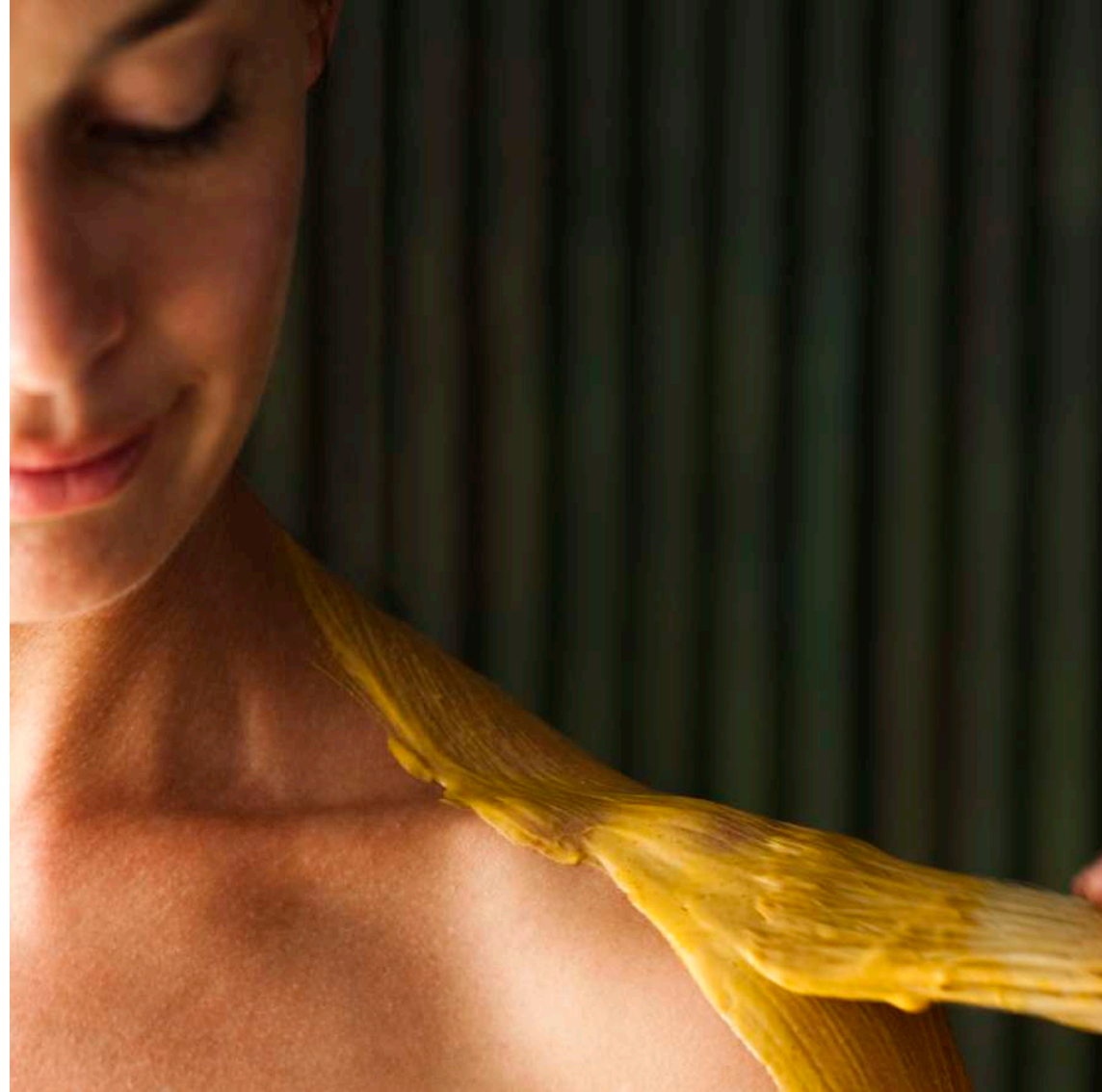




S P A **ALILA**

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Entwined with the lush surroundings, Spa Alila features four double treatment suites, all with a private bathroom, shower and a floor-to-ceiling window offering views. Treat yourself to rejuvenating treatments and beauty rituals that put a contemporary spin on ancient healing techniques and draw on the benefits of natural ingredients to deliver pure luxurious indulgence.



SPA ALILA TREATMENT MENU

At Spa Alila, our goal is to help bring you back into balance naturally with treatments personalised to your needs. Through the heartfelt touch of our experienced therapists, our naturally active products and maximum guest input, we create a new dimension in nurturing and divine pampering rituals. Surrender to the blissful Spa Alila experience and you'll see and feel the benefits in your appearance, your spirit and your overall sense of well-being. Step into our sanctuary for a moment of indulgence exclusively reserved for you.

MASSAGE TREATMENTS

At Spa Alila, we draw on the benefits of a range of Asian and European massage techniques that can be tailored to your personal wellness needs. Allow our spa hosts to help you select the appropriate massage therapy and oils to suit your condition.

ALILA KOTHAIFARU MASSAGE

Experience the essence of peace evoked by gentle and soothing massage techniques. Our signature aromatherapy massage oils help calm the mind and stimulate blood circulation, leaving the entire body feeling totally relaxed.

75 minutes | USD195

BALINESE MASSAGE

Feel tension dissolve with this ancient Balinese healing therapy that combines gentle stretching, long therapeutic strokes and skin rolling to relieve muscle pain. Palm and thumb pressure techniques are also applied to unravel the deepest stress and improve blood flow. The treatment also involves mild stretches.

60/90 minutes | USD175 | USD225

DEEP TISSUE MASSAGE

For those who want to target deeper layers for more profound and lasting effects, experience a complete body awakening with a combination of therapeutic massage techniques using fluent strokes of different depths and intensity. Long Balinese strokes improve lymphatic drainage and circulation. Swedish deep tissue techniques work into muscles to relieve tension and stiffness. Acupressure points are used for specific stimulation, while Thai movements add elements of stretching to increase mobility.

75/90 minutes | USD205 | USD235

All rates are subject to 12% GST and 10% service charge. Should there be any change in taxation by the government, the hotel reserves the right to amend the prices accordingly without any prior notice.

BACK, NECK AND SHOULDER MASSAGE

Are your muscles feeling the stress of long hours in front of a computer? Alleviating tension in the areas where we tend to store it most deeply, this massage provides powerful relief from headaches, stiffness, neck and muscle pain while improving blood circulation, sweeping away fatigue and promoting a good night's sleep.

60 minutes | USD175

FOOT REFLEXOLOGY

Reflexology is based on the principle that energy flows freely around the body when we are in good health and that there are reflex areas on the feet that correspond to every part of the body, including major organs. Sit back and relax as your therapist applies varying degrees of pressure to specific points on the feet with thumb and fingers to unblock energy flow and promote the body's natural healing from within.

60 minutes | USD175

All rates are subject to 12% GST and 10% service charge. Should there be any change in taxation by the government, the hotel reserves the right to amend the prices accordingly without any prior notice.

BODY TREATMENTS

ALILA KOTHAIFARU RITUAL

Treat yourself to a deeply cleansing and incredibly earthy body care treatment for smooth, radiant skin. After dry brushing your body, our expert therapists will apply a body scrub that combines the exfoliating benefits of Himalayan pink salt with coconut. Once your skin is nourished, enjoy a tropical flower bath. Then feel tension melt and your energy revitalised with each calming stroke of our Alila Kothaifaru Massage.

120 minutes | USD295

Treatment includes:

- 5 minutes Foot Ritual
- 45 minutes Spa Alila Scrub
- 10 minutes Tropical Flower Bath
- 60 minutes Alila Kothaifaru Massage

BEAUTY AND BALANCE

Awaken your senses and soothe your weary muscles from the rigours of daily life with this rich cocoa, coffee and coconut treatment. Cocoa gently exfoliates while the caffeine in the coffee draws out impurities and coconut deeply conditions – a triple combination that gives skin a vivacious glow. Treatment includes our soothing signature foot ritual, a choice of therapeutic massage followed by a coffee and coconut scrub, and concludes with a spirulina and aloe body mask. This treatment is also fabulous for couples as the mask can be applied to each other in the privacy of your shower room for an intimately therapeutic experience!

120 minutes | USD295

Treatment includes:

- 5 minutes Foot Ritual
- 60 minutes Therapeutic Massage
- 40 minutes Coffee and Coconut Scrub
- 15 minutes Spirulina and Aloe Body Mask & Body Wash

AFTER SUN SOOTHER

After intense sun exposure, replenish your skin with this healing, soothing and cooling treatment that helps to relieve irritation, moisturise and restore hydration.

75 minutes | USD195

All rates are subject to 12% GST and 10% service charge. Should there be any change in taxation by the government, the hotel reserves the right to amend the prices accordingly without any prior notice.





FAMILY TIME

Indulge in family bonding with our family offerings that nourish your well-being and connection, combining relaxation with quality time together that you'll remember for years to come.

FATHER AND SON

60 minutes | USD295

FATHER | 60 MINUTES

Deep Tissue Massage

SON | 60 MINUTES

Gentle Alila Kothaifaru Massage

MOTHER AND DAUGHTER

60 minutes | USD295

MOTHER | 60 MINUTES

Balinese Massage

DAUGHTER | 60 MINUTES

Gentle Alila Kothaifaru Massage

NOTE:

Children must be aged between five and twelve years old.

A Minor Guest Client Form must be signed by a parent or guardian prior to the treatment.

Undergarments or disposable underwear must be worn by the minor guest during all treatments.

To ensure that children do not have adverse reactions to any products used in the treatment, patch tests of products must be conducted three to four hours ahead of the treatment.

All rates are subject to 12% GST and 10% service charge. Should there be any change in taxation by the government, the hotel reserves the right to amend the prices accordingly without any prior notice.

SPA ETIQUETTE

OPERATING HOURS

- Spa Alila: 10:00am - 8:00pm
- Fitness Centre: 06:00am - 8:00pm
- Alila Living: 10:00am - 8:00pm

Should you wish to schedule a treatment outside of our usual hours, please contact our Spa Alila Hosts in advance to make arrangements. An additional charge of USD95++ per person applies to appointments made outside of our usual hours.

RESERVATIONS

Reservations can be made at the Spa Alila reception or by dialing '0' on your in-villa telephone. If calling from outside Alila Kothaifaru, you can dial +960 659 1234. We recommend that you book your treatments in advance to secure your preferred time. Requests for individual therapists may be accommodated based upon their availability.

ARRIVAL

For your enhanced comfort and relaxation, we suggest that you arrive 20 minutes prior to your first treatment, and 15 minutes prior to subsequent treatments. Arriving late will limit the time of your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time to accommodate the next guest's scheduled appointment, and the full price of your treatment will apply.

COMPLIMENTARY WELLNESS ACTIVITIES

Complimentary group wellness activities are scheduled on a daily basis. Please approach our Spa Alila Hosts to make your reservation.

SPECIAL HEALTH CONSIDERATIONS

Please notify our Spa Hosts during the booking process if you have any medical/health issues or if you are pregnant, as certain treatments may not be suitable. We want to ensure your safety.

CANCELLATION POLICY

If you need to reschedule or cancel your appointment, please notify the spa at least six (6) hours before your scheduled appointment to avoid a 50% service fee. No-shows will be charged at full treatment price.

SPA ATTIRE

Robes and disposable underwear are provided. However, you may choose to wear your own underwear during your treatment. All bathroom amenities are provided. Please remove all jewellery.

NO SMOKING

We ensure a healthy environment for our guests by upholding a non-smoking policy.

MOBILE PHONE

Kindly ensure your mobile phone is turned off or in silent mode. Better yet, we recommend you leave your phone and your worries behind.

PREPARATION

Most treatments on the menu only require that you come relaxed, yet there are a few that require a little preparation.

Waxing: Please ensure hair is at least 1/4 of an inch in order for the wax to adhere to and remove the hair.

Exfoliation: To remove dry skin from the face or the body, it is advised to limit sun exposure ahead of time and to ensure proper protection afterwards. Men should refrain from shaving on the day of treatment.

Facials: Men are advised to shave carefully prior to the facial to avoid creating sensitivity. We also advise removing contact lenses before your treatment.

GRATUITY

Gratuities may be given at your own discretion. If more convenient, they may also be charged to your villa.

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NATURALLY FROM THE HEART

www.alilahotels.com