



Shankha
Spa & Wellness

Rediscover Fluidity of Mind and Spirit

Shankha, the shell revered by Celestial beings to heal and restore, empowers each of our guests to discover their own vitality. Drawing its cultural inspiration from the healer of Gods, Shankha Spa celebrates the essence of Holistic Wellness with exquisite resources from water and earth.

Nurturing as nature intended, the Shankha Spa experience unlocks the vast ocean of healing potential to restore balance and nourish your inner calm. Harvesting Marine and Herbal ingredients from Bali to power the healing techniques of our indigenous curative heritage, Shankha Spa ensures that the good health of our guests shines both inside and out.

Experience deepest relaxation in the luxurious solitude of our spa sanctuary while immersing yourself in the powerful benefits of traditional Balinese healing.

Shankha Wellness Passage

Tranquil. Calm. Pure.

Nurturing the body and mind with sustainable elements from the earth's resources, Shankha Spa treatments restore your innate rhythms, bestowing an elated state of being and inner balance.

Supporting life in harmony with nature,
allow **Shankha Wellness Passages** to guide your experience. Choose:

Nourish

Serene, Comforting, Calming

Energy

Reviving, Stimulating, Cleansing

Balance

Flowing, Clarifying, Soothing

Choose your treatment based on your desired results and inspire the spirit, calm the mind and cleanse the body with the rich natural resources of Bali.

All prices are in Indonesian Rupiah and subject to 10% service charge and 11% government tax

Shankha Ramuan

Create your own Wellness path and experience the treasures of Shankha Spa. Choosing the best of the abundant resources from our island, create your own treatment recipes based on the results you desire.

Choose your path through Shankha Spa and allow these natural gifts to guide you on your journey through the beauty and natural abundance of Bali.

Invited to truly relax and soak in the beauty of Bali, you'll conclude your experience in your private relaxation alcove, with a bite of light modern Balinese cuisine.



Nourish

Boosting relaxation and tranquility, restorative herbal treatments deeply relax

4 hours | IDR 3,600K

Personalised body polish | Personalised body wrap | Personalised massage | Repair facial

Energy

Galvanizing internal cleansing, reviving mineral treatments detoxify and protect

3 hours | IDR 2,600K

Green Tea Matcha body polish | Boreh body wrap | Deep Tissue body massage

Balance

Providing nourishment, soothing organic therapies replenish and enliven

2 hours | IDR 1,800K

Shankha Signature facial | Shankha Signature massage

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Shankha Facial



Signature Jamu

Experience Bali in an hour. Authentic Indonesian Facial “Championing” the deep wisdom of ancient Jamu Beauty rituals. Nutrient rich botanicals of Turmeric, Green Tea, Floral extracts and Candlenut deeply highlight natural beauty, tighten contours and improve tone. Customized for all skin types.

60 minutes | IDR 950K

Golden Caviar Age Defy

A deluxe treatment to restore your youthful beauty. A fusion of precious caviar, with collagen boosting Alpha Hydroxy acids nourish, firm and rejuvenate the skin. Ideal for dry mature skin to delay appearance of signs of aging.

90 minutes | IDR 1,300K

Firming Phyto Stem Cell

Potent botanicals combined with signature VITALIS acupressure and deep tissue massage work to soothe and refine even the most sensitive skin. Plant extracts boost circulation whilst the pressure-point massage restores all-over calm. Ideal for combination and problematic skin.

60 minutes | IDR 950K

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Shankha Facial



Marine Thalasso Revitalising facial

A vital, deep cleansing facial defined by an iconic sea algae extract to detoxify, and remineralise. Refreshing marine elements deeply cleanse, while reviving toner release tension, reducing visible signs of fatigue resulting in toned and supple skin.

Ideal for oily skin.

60 minutes | IDR 950K

Jade Deep Moisture Restore

Utilizing the energy-giving properties of jade stone, this skin toning treatment infuses moisture whilst reversing dryness and flakiness of skin. Combined with soothing massage and deeply hydrating elements, skin is left moisturized, supremely soft and hydrated.

60 minutes | IDR 900K

Repair

Luxurious treatment to combat light-stressed skin and prevent the visible consequences of sun damage. Potent AHAs work to activate skin repair functions and stimulate collagen production resulting in increased elasticity and suppleness.

60 minutes | IDR 950K

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Shankha Massage



Signature Balinese

A perfect antidote to handle stresses of life in the Digital age! Targeted deep tissue massage focusing on spine, upper back, scalp and hands, provides relief from tension and muscle strain due to gadget hyper indulgence. This traditional deep kneading technique removes muscle knots, and eliminates stress using the aroma oil of your choice.

60 minutes | IDR 900K

Watsu

This aqua therapy provides an unparalleled form of relaxation and physical release. Feel the tension float away as a therapist moves you through water, using shiatsu pressure point techniques, stretching and movement therapy. This treatment emphasizes stretching and works to release energy through Chi pathways in your body while suspended in warm, peaceful waters (94-98 degrees) and permits one to experience the powerful integration of mind, body & spirit.

90 minutes | IDR 1,400K

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Shankha Massage



Traditional Foot Therapy

Based on the belief that each point on the foot relates to an organ or part of the body, our traditional foot therapy provides massaging thumb pressure to the tiny reflex zones of the feet, stimulating the associated organs to correct internal imbalances and harmonize the systems of the body.

60 minutes | IDR 700K

Deep Tissue Massage

In this deep tissue massage, deep palm pressure and elbows are used to compress and wring muscle tissue, relieving pain, improving blood circulation and releasing endorphins, harmonizing body and mind with herbal oils from Bali.

60 minutes | IDR 900K

Warm River Stone Massage

Smooth steam heated river stones become extensions of your therapists' hands, allowing for a certain ease into deep muscle manipulation, melting tensions and energizing the body completely.

90 minutes | IDR 1,400K

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Shankha Ayurveda



Synchronized Four Hands Abhyangam

Synchronized four hands massage induces deep relaxation with gliding strokes combined with deep palm rotations. Your therapist will customize health-giving oils, which aid the natural defense mechanisms of the body, to correct dosha disorders. You will experience the relief of aches and pains, reduction of high blood pressure, and benefit from the detoxification of the body.

60 minutes | IDR 1,400K

Herbal Compress Therapy Choornaswedam

Choornaswedam is a traditional Ayurveda therapy employing the application of warm herbal poultices filled with Ginger, Cinnamon and local herbs in order to induce the body to exude profusely. Through the application of these healing bundles and complementary touch therapies, those suffering from arthritis, neurological disorders, aches, sprains, and rheumatism should experience a welcome relief.

90 minutes | IDR 1,200K

Shirodhara

Shirodhara awakens the third eye as a controlled flow of warm oil is gently poured over the forehead. Lulling the entire body into a state of calmness, this dosha-specific therapy and scalp massage revitalizes the mind and body as your therapist works to heal your specific ailments.

60 minutes | IDR 1,200K

Yoga Massage

Your therapist will apply comfortable and appropriate pressure, using thumbs and palms, along the energy meridians to guide you and your body through this 5,000-year-old self-healing ritual. Excellent for rebalancing energy flow and restoring the natural equilibrium of the mind and body, you will be wearing comfortable clothing as your therapist guides your body through a series of asanas.

90 minutes | IDR 1,400K

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Shankha Body Therapy



Body Scrub & Body Wrap

Revival Wrap

Relax into a warm wrap, fortified with Marine minerals to richly restore the skin tone and texture. Skin is cleansed and protected with a wealth of minerals as herbo-mineral resources nourish and hydrate the skin.

Chose From **Balinese Boreh | Aloe Vera | Volcanic Minerals**

60 minutes | IDR 800K

Minerals Body Polish

With a base of finely ground corals and sea salt to absorb impurities, this invigorating exfoliating experience sloughs away dead cells while protecting new skin.

Chose From **Vanilla Coco | Green Tea Matcha | Jasmine**

60 minutes | IDR 800K

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Shankha Hair and Nails



HydraCURE

A beautiful hydrating treatment, wake up tired skin and impart intense moisture to protect against premature aging in our deluxe spa manicure and pedicure.

Pedicure **60 minutes | IDR 500K**

Manicure **60 minutes | IDR 550K**

Express Hand and Foot Care

Includes cuticle care and varnish application.

Pedicure **30 minutes | IDR 450K**

Manicure **30 minutes | IDR 400K**

Botanical Hair & Scalp Renewal

Nourish your scalp and moisturize your hair with this ultra-calming and relaxing hair and scalp treatment. Ideal for those looking for extra moisture and to combat a dry scalp. This treatment also includes an incredible scalp massage to relieve headaches and neck tension.

30 minutes | IDR 450K

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Shankha Yoga



Personalized Yoga

Following the ancient philosophy from India, Yoga promotes ways of enriching body's "Union" with the Mind whilst correcting posture, promoting a positive attitude, and enhancing spiritual awareness - all vital to maintaining optimum health.

Experience deep relaxation and get stress relief tips by learning Asanas, under the expert care and guidance, our Yoga Guru. This one-hour session will be customized according to your needs and you will be guided in techniques appropriate to your skill level and physical fitness.

60 minutes | IDR 500K

Pranayama & Meditation

The 60 minute session has been designed to educate the mind to introspect and calm restlessness through the skillful art of mindful breathing techniques and quiet guided meditation. This ancient philosophy embraces the art of self-awareness and steadiness of mind. Learn the various powerful techniques of Pranayama at Shankha Spa and become conscious of the nascent vibrancy within yourself.

60 minutes | IDR 500K

Power Yoga

A dynamic form of Hatha Yoga to revitalize and invigorate. Explore the traditional art of Yoga Asanas to develop strength whilst improving muscle tone, joint flexibility and enhance natural flow of life force in the body. Indicated for guests suffering from body aches, poor circulation or for those who spend too much time sitting down.

60 minutes | IDR 500K

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How to Shankha



Reservations

To make your reservation at Shankha Spa, email bali.regency@hyatt.com or contact us at +62 361 281234 extension 7600 from within the hotel; a valid credit card is required to hold your reservation. Prices are subject to change without prior notification.

Pre-Arrival

Appointments begin promptly at the time scheduled. If you arrive late, your appointment will be shortened so that the technician will be on time for the next session.

Health Considerations

For your comfort, please advise upon booking of any allergies, ailments or disabilities, especially if you have high blood pressure or if you are pregnant.

Spa Policy

We respectfully ask that you leave cell phones turned off so that the tranquility of the Shankha Spa experience may be preserved. Please leave at home or deposit all valuables in your room safe as we cannot be held responsible for loss of personal items.

Cancellation

Cancellations and changes of scheduled treatments are accepted up to 12 hours prior to appointment time without incurring a charge. For cancellations within 12 hours, a cancellation charge of 50% will apply. Without any notification, you will be charged in full.

Gift Certificates

Gift certificates are available for purchase online and at the spa for Shankha Spa treatments.

Age Limitation

Children under age 16 are not permitted to use the spa facilities. However, some treatments may be available with parental supervision. Please inquire with the Shankha Spa Concierge.

Tax And Service Charge

In an effort to make your spa experience as seamless as possible, 11 % government tax & 10% service charge will be added to the cost of your service. Additional gratuities for your service provider(s) are subject to your discretion.

