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APURVA SPA



STORY & INSPIRATION

According to the *Serat Centhini: Suluk Tembangraras*, an 18th Century Javanese text in which the collective wisdom of centuries is preserved, the journey through life is categorised by different stages. Physical and mental needs change as we progress through life, from teenage years to adulthood, then married life and senior years (post-adulthood). At the Apurva Spa, we recognise how the needs of the body and spirit change as they move through those stages, allowing us to design specific experiences, rituals and nourishment that promote harmony and balance according to where you are on life's great journey.

Soothed by the gentle melody of traditional gamelan music and the heady scent of incense, the journey to harmony begins the moment you walk through the *gəbyok* doors of the Apurva Spa, an intricately carved gateway hewn from teak by master craftsmen. Our traditional Javanese spa village, surrounded by water and illuminated by low, soothing lighting is the first step on a wellness experience that could last for a couple of hours, a full day or an entire week. Our therapist will create a bespoke programme tailored to individual needs, so every visit, like every guest, is unique.



WHERE INNER BEAUTY MEETS OUTER BEAUTY

Inspired by the traditions of ancient Indonesia, we embody the holistic healing philosophy that began more than 2,000 years ago, combining time-honoured rituals and modern techniques to create the most immersive spa experience in Bali, the Island of the Gods.

Our philosophy is based on the ancient Javanese proverb, *Rupasampat Wahyabiantara*, which means, "true beauty is achieved when inner and outer beauty are in harmony." For every ritual designed for outer wellbeing, we have created an experience that nurtures the inner self. From multi-day spa journeys tailored around personal needs and an extensive range of face and body treatments, to a programme of activities that nurture body and soul, the Apurva Spa will guide you to perfect harmony, preparing body and mind for the next steps on the journey through life.



APURVA SPA
**SIGNATURE
TREATMENTS**

Based on the 'Stage of Life'

Healing treatments at the Apurva Spa are based on the Javanese philosophy *Rupasampat Wahyabiantara*, which means "true beauty is achieved when the outer beauty is in harmony with inner beauty". Treatments are tailor-made for each guest based on the four stages of life: teenage, adult, married and post-adult, with different varieties of oil and lulur selected depending on specific individual needs.

REMAJA – Adolescence

Stage of life that is full of self-discovery and adventure. *Remaja* means Adolescence in Indonesian, representing the golden teenage years. Characterised by its sensitivity, reflected in uneven tones, acne and blotches, the adolescence treatment package is crafted to treasure youthfulness and a balance of hormones.

🌸 MANGIR ENOM (3-hours in 2 days)

Unveils radiant and silky skin. Rich in pure organics ingredients polishes away superficial impurities, smooth away roughness.

- Lulur bengkoang with freshly grated jicama roots
- Restorative Sekar Petals massage with cucumber lemon and lavender oil
- Organic pure skin facial
- Daily *jamu* mocktail for clean skin and balanced hormones
- Chakra-boost afternoon tea
- Spa home treatment gift

🌸 BAJANG RATU (3 hours in 2 days)

Highly recommended for any forms of sensitive, fragile or stressed skin caused by sun, free radical damage and other external factors that cause premature skin aging. The strengthening and repairing benefits of Water Lily and Jicama rejuvenate the skin, resulting in a brighter, hydrated, refreshed and repaired balanced complexion.

- Lulur bengkoang with freshly grated cucumber
- Energizing *Ilangi Sayah* massage with cucumber lemon and lavender oil
- Shooting organic water lily body wrap
- Daily *jamu* mocktail for clean skin and balanced hormones
- Chakra-boost afternoon tea
- Spa home treatment gift



DEWASA – Prime of Life

Meaning Prime of Life, *Dewasa* is a series of treatments focusing on recovery from hectic everyday life. Split into three dedicated packages for both male and female, the Prime of Life treatments allow the body and mind to heal through a line of natural elements and relieving techniques.

☀️ WAWU RAUH (3 hours in 2 days)

We have created experiences for men and women in the prime of their lives. From beauty rituals that will infuse guests with a radiant glow to energizing treatments that will put a spring in every step. Refreshing fruits, herbs and blends of essential oils are used to detoxify and rejuvenate.

- Lulur mangir with milk body polish
- Energizing *Ilangi Sayah* massage with lemongrass and ylang-ylang oil
- Organic intensive nourishing facial
- Daily *jamu* to balance health
- Chakra-boost afternoon tea
- Spa home treatment gift

☀️ SUROWONO HOMAGE (3 hours in 2 days)

Re-energizing and revitalising, *Surowono Homage* is soothing experience that is dedicated to the active men.

- *Lulur* charcoal with freshly grated ginger
- Energizing deep tissue *Urut Lanang* massage with ginger, nutmeg and clove oil
- Pranayoga, an oil-free massage
- Daily *jamu* for him to enhance male vitality
- Chakra-boost afternoon tea
- Spa home treatment gift

☀️ WULUNG WANITO (3 hours in 2 days)

Beautifying experience that is specially designed for Her – an intensive remineralizing, remodeling and firming treatments.

- *Lulur Mangir* with moringa extract
- *Sendang Bedoyo* massage with contouring body oil
- Detoxifying seaweed body wrap to stimulate toxin removal and cellulite smoothing
- Daily *jamu* to optimize detoxifying benefits and reduce body fat
- Chakra-boost afternoon tea
- Spa home treatment gift



MAHLIGAI KASIH – Marriage Life

Inspired by the sacred tradition of Javanese pre-marriage rituals, the Marriage Life treatments are specially crafted to prepare couples who will soon embark on their lifetime journey.

KAMARATIH (3.5 hours in 2 days) *Bride-to-be*

Bridal beauty ritual crafted in a traditional way, specially designed for royal princess for her once-in-a-lifetime moment.

- *Lulur Mangir* with apricot body oil polish
- Restorative Sekar Petals massage with lemon grass and ylang-ylang oil
- Organic intensive nourishing facial or Kerasilk De-frizz hair mask
- Traditional Javanese siraman ritual
- Daily *jamu* to boost inner glow and hormones
- Chakra-boost afternoon tea
- Spa home treatment kit

KAMAJAYA (3.5 hours in 2 days) *Groom-to-be*

Groom-to-be ritual crafted in a Javanese healing traditions, prior to his once-in-a-lifetime moment.

- Lulur charcoal
- Energizing deep tissue *Urut Lanang* massage with ginger, nutmeg and clove oil
- Organic intensive nourishing facial or feet treatment
- Traditional Javanese siraman ritual
- Daily *jamu* for strength and vitality
- Chakra-boost afternoon tea
- Spa home treatment gift

☀ **SMARADHANA** (3.5 hours in 2 days)
 Couple Journey

Uplifting and romantic spa ritual that are designed for couples

- *Lulur Mangir* with sandalwood powder
- Gending Apurva herbal massage with healing oil
- Rejuvenating *Naluri Roso* and scalp massage
- Traditional Javanese siraman ritual
- Daily Kamaratih and Kamajaya *jamu* for hormone balance and health
- Chakra-boost afternoon tea
- Spa home treatment gift

TENTERAM – *Post Adulthood*

Meaning Contentment or wellbeing, *Tenteram* is a series of treatment focusing on wellbeing through wellness practices and mind soothing therapies.

☀ **OLAH RASA** (3 hours in 2 days)

Create a deep sense of peace, well-being and better health through these selections of wellness journey.

- Chakra meditation with meditative singing bowl or private wellness session
- Gending Apurva herbal massage with healing oil
- Organic age corrective facial
- Daily *jamu* for health and longevity
- Chakra-boost afternoon tea
- Spa home treatment tea



APURVA TREATMENTS

Reinvigorate your senses through relaxation and pampering treatments. Inspired by the ancient Javanese healing tradition, Apurva Spa offers a classical services of therapeutic massages to rebalance and rejuvenate.

APURVA TOUCHES

● GENDING APURVA

60mins / 90mins

Gending Apurva is the Apurva Spa signature massage that is based on the concept of healing energy. This unique massage experience is a combination of warm poultice that is made from 69 mighty herbs, mineral-rich salt and a variety of therapeutic massage, that will gently guide you through the discovery of your body and inner nature.

● SEKAR PETALS

60mins / 90mins

Using custom blended oil and sacred floral petals, this tension busting massage treats the whole body and rebalances the energy flow. Traditional medjum pressure massage techniques such as long palm strokes and thumb works create a feeling of physical relaxation and calm, whilst mentally uplifting.

● ILANGI SAYAH

60mins / 90mins

Feel tension dissolve with this ancient Javanese healing therapy that combines the power of essential oils with the brisk invigorating strokes, long known by the Javanese for its relaxing effect. Mainly using long and rhythmical palm and thumb strokes, this massage melts your muscle tension and soothes the mind.

● URUT LANANG

60mins / 90mins

This deep tissue massage is ideal for releasing deep seated muscular tensions commonly known as muscle knots. Ideal for male, this treatment is using healing massage oil, a customised blend of coconut oil, clove, ginger and nutmeg essential oils.

● PRANA YOGA

60mins / 90mins

Time-proven practice around the world. This is an oil-free massage combining acupressure, shiatsu, body stretches and breathing exercises. It is an invigorating therapy that relieves muscular tension, loosens joints and opens energy channels.

● FOOT MASSAGE

60mins / 90mins

An ancient healing technique in applying pressures on specific points on the sole of the feet which corresponds with various parts of the body. The stimulation will improve energy flow, restore proper health and organ functions.

● NALURI ROSO

60mins / 90mins

Meditative and soothing. Simple enjoyment through the gentle touches on the face and scalp to deeply relax your body and awaken the senses.

APURVA BODY RITUAL

Curated treatments for male and female in the prime of their lives, from beauty rituals that will infuse guests with a radiant glow to energizing treatments that will put a spring in every step. Refreshing fruits, herbs and seaweed are applied to detoxify and rejuvenate.

● LULUR BENGKOANG

60mins

Aromatic lulur blends of jicama root extract, lemon and cucumber with organic kusamba mineral salt to promote a supple and bright skin

● LULUR MANGIR

60mins

Drenched with tumeric, cinnamon, mandarin, cica, pomegranate, sandalwood essence and organic kusamba mineral salt, this lulur deeply nourish and rejuvenate the skin.

● LULUR CHARCOAL

60mins

Rich in nutrient ingredients, such as active bamboo charcoal, lemongrass, mandarin, papaya, ginger with organic kusamba mineral salt are used to detoxify and gently polish away impurities.

● CALMING WATERLILY BODY WRAP

60mins

Immediately relieve sensitive skin with this soothing wrap. Cooling and desensitizing Water Lily, Green Tea, and Chamomile, relieve the discomfort of over exposed or over-stimulated skin. Alleviating your skin's burning and stinging sensation, this treatment heals, desensitizes, and decreases skin temperature.

● DETOXIFYING SEAWEED BODY WRAP

60mins

Highly therapeutic, rich in micronized natural algae and natural active ingredients. The stimulating and detoxifying wrap releases your entire body from environmental pollutant, toxin and stress.

● PAREM HEALING HERBAL BODY WRAP

60mins

An ancient remedy from our Javanese ancestor, known as the healing body mask. It has been handed down through generations and is recognized as a traditional medicine, believe to help warm the body, and relieve aching joints. Herbs of cloves, ginger, cinnamon, coriander seeds, rice, turmeric root and sandalwood create this powerful healing remedy.



APURVA ORGANIC FACIALS

● PURE SKIN FACIAL

Reveal your inner radiance with our organics treatments. Facial is ideal for all skin types, resurfaces dull skin, minimizes pores, unveiling a fresh and refines skin tone.

60mins

● MANGOSTEEN GENTLE RESURFACING FACIAL

Reveal your inner radiance with Eminence Organics' proprietary Lactic Acid Complex. Paired with the super fruit mangosteen, which is known for its antioxidant qualities, this deep-cleansing facial is ideal for all skin types. Apurva Organic Facial gently resurfaces dull skin, minimises pores and refines skin tone, unveiling a fresh, luminous complexion.

60mins

● AGE CORRECTIVE FACIAL

Plumps and rejuvenates the skin to minimise fine lines, elastic and oxygenated skin.

60mins

APURVA BEAUTY SALON

● APURVA HAIR RETREAT

AVOCADO AND HONEY

60mins

A traditional hair cream bath using a cooling blends of fresh avocado and honey. This treatment is rich in nutrients, strengthen the hair and ideal for dry, damage and frizzy hair.

IKAL MAYANG

60mins

Nourishing hair cream bath with aloe vera gel and virgin coconut oil. Good for normal hair with healthy glow, moisture and strengthen the hair roots.

TEA TREE AND LOTUS

60mins

Deep nourishing cream bath that is formulated with the basic ingredients of lotus flower extract and pure water. Tea tree oil extract will also cleanse the scalp from dandruff with its refreshing cool sensation. Good for oily and hair loss treatment.

● HAIR ESSENTIALS

Hair Keratin Mask

Hair Cut

Hair Wash & Blow

Hair Styling

● NAIL ESSENTIALS

Luxe Manicure

90 mins

Luxe Pedicure

90 mins

Classic Manicure

60 mins

Classic Pedicure

60 mins

French Manicure

90 mins

Gel Manicure

60 mins

Gel Pedicure

60 mins

Gel Remover

60 mins

Nail Polish (hand and feet)

30 mins

Kids Manicure

45 mins

Kids Pedicure

45 mins



APURVA FITNESS AND WELLNESS

Our team of trained professionals are ready to work around your concerns and design a plan that fits your needs.

✿ PRIVATE YOGA or MEDITATION

60mins

Focusing on a body-mind relationship, this meditative spiritual practice trains flexibility and strength while relieving anxiety and stress. You can enjoy a private class for any type of yoga like Vinyasa flow, Floating yoga and combining meditation with meditative singing bowl for a chakra realignment.

✿ PRIVATE BOXING SESSION

60mins

The continuous movements of boxing makes it an advanced cardio activity. The session also improves cardiovascular health and promote fat loss, while also relieving stress and improving your confidence.

✿ AWAKENING CHAKRA SPIRIT

120mins

Start your holistic journey with a chakra meditation early in the morning, to open your chakra, followed by a purification led by a pemangku, or Balinese priest. This process is called melukat, a purification ritual where water becomes the main medium to cleanse the physical, emotional and spiritual state of a person. As an essential part of Awakening Chakra Spirit, melukat helps to heal blocked energies and realign the seven major chakras. As the final step, coconut is served to freshen up the body and purge toxins from the inside.

✿ CHAKRA REVIVE JOURNEY

120mins

Boost your chakra spirits with chakra meditation, using a singing bowl to realign your energy, and balance your blocked chakra with a chakra-focused massage to reconnect body and spirit.

✿ BODY TRIM PROGRAM

3 days

Intensive wellness program that promotes a healthy weight loss, combining cardio and strength training with meal suggestions by the nutritionist. Complemented by a detoxifying slimming massage, this program is a healthy start to your weight loss journey.



APURVA FITNESS CENTRE MEMBERSHIP

Enhance your fitness experience with the exclusive benefits of Apurva Fitness Centre membership, and enjoy an ocean-front fitness session as well as members-only benefits.

MENU & PRICE LIST

Where inner beauty meets outer beauty

SIGNATURE JOURNEY

REMAJA - ADOLESCENCE

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| MANGIR ENOM | 3 hours / 2 days | 1.388 |
| BAJANG RATU | 3 hours / 2 days | 1.388 |

DEWASA - PRIME OF LIFE

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|-----------------|------------------|-------|
| SUROWONO HOMAGE | 3 hours / 2 days | 1.388 |
| WULUNG WANITO | 3 hours / 2 days | 1.388 |
| WAWU RAUH | 3 hours / 2 days | 1.388 |

MAHLIGAI KASIH - MARRIED LIFE

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|------------|--------------------|-------|
| KAMARATIH | 3,5 hours / 2 days | 1.388 |
| KAMAJAYA | 3,5 hours / 2 days | 1.388 |
| SMARADHANA | 3,5 hours / 2 days | 2.600 |

TENTERAM - POST ADULthood

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| OLAH RASA | 3 hours / 2 days | 1.388 |
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THE TOUCHES

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|----------------|------------|-------|
| GENDING APURVA | 60 minutes | 986 |
| | 90 minutes | 1.258 |
| SEKAR PETALS | 60 minutes | 870 |
| | 90 minutes | 1.110 |
| ILANGI SAYAH | 60 minutes | 870 |
| | 90 minutes | 1.110 |
| URUT LANANG | 60 minutes | 870 |
| | 90 minutes | 1.110 |
| PRANA YOGA | 60 minutes | 870 |
| | 90 minutes | 1.110 |
| FOOT MASSAGE | 60 minutes | 490 |
| | 90 minutes | 770 |
| NALURI ROSO | 60 minutes | 490 |
| | 90 minutes | 770 |
| CAH ENOM | 60 minutes | 455 |

Price are in thousand '000' Indonesian Rupiah and are subject to 21% government tax and service charge
For reservation, please dial extension 9552 or press '0' or contact our Spa Consultant at +62 811 3821 5341

BODY SCRUBS

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| LULUR BENGKOANG | 665 |
| LULUR CHARCOAL | 665 |
| LULUR MANGIR | 665 |

BODY WRAPS

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| CALMING WATERLILY | 665 |
| DETOXIFYING SEAWEED | 665 |
| PAREM HEALING HERBAL | 665 |

BATH RITUALS

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| KUMKUM WANGI | 315 |
| KUMKUM HERBAL | 315 |

ORGANIC FACIALS

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| PURE SKIN | 60 minutes | 1.015 |
| MANGOSTEEN GENTLE RESURFACING | 60 minutes | 1.050 |
| AGE CORRECTIVE | 60 minutes | 1.225 |

BEAUTY SALON

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| HAIR CREAMBATH | | |
| AVOCADO AND HONEY | 60 minutes | 480 |
| IKAL MAYANG | 60 minutes | 480 |
| TEA TREE AND LOTUS | 60 minutes | 480 |

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| HAIR MASK | | |
| KERATIN | 60 minutes | 560 |

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| HAIR CUT LADIES | 320 |
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| HAIR CUT MEN | 280 |
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| WASH & BLOW DRY | 320 |
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| HAIR STYLING | 600 |
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| MAKE UP | 600 |
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HAND AND FEET

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|---------------|------------|-----|
| LUXE MANICURE | 90 minutes | 570 |
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| LUXE PEDICURE | 90 minutes | 570 |
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| CLASSIC MANICURE | 60 minutes | 450 |
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| CLASSIC PEDICURE | 60 minutes | 450 |
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| FRENCH MANICURE | 90 minutes | 510 |
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| GEL MANICURE | 60 minutes | 510 |
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| GEL PEDICURE | 60 minutes | 510 |
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| GEL REMOVER | 60 minutes | 350 |
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| NAIL POLISH HAND & FEET | 30 minutes | 280 |
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| KIDS MANICURE | 45 minutes | 210 |
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| KIDS PEDICURE | 45 minutes | 210 |
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WELLNESS ACTIVITY

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| PRIVATE YOGA or MEDITATION | 60 minutes | 300 |
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| MEDITATION WITH SINGING BOWL | 60 minutes | 350 |
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| FLOATING YOGA | 60 minutes | 400 |
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| PRIVATE BOXING | 60 minutes | 250 |
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| PERSONAL TRAINER | 60 minutes | 400 |
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| AWAKENING CHAKRA SPIRIT | 120 minutes | 1.100 |
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| CHAKRA REVIVE JOURNEY | 120 minutes | 1.200 |
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| BODY TRIM PROGRAM | 3 days | 1.350 |
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