



MĀUA<sup>®</sup> SPA

Welcome

*to Our Spa*



 SWISS-BELHOTEL INTERNATIONAL

[maua.com](http://maua.com)

# SPA ETIQUETTES & POLICIES

## Arriving Early

Please remember that your treatment will be finished on time to prevent further delays, regardless of how late you start. So, arriving late will shorten your treatment.

## Spa Attire

Please wear comfortable attire. You may wear your underwear during the treatment, though we will also provide robes and disposal underwear.

## Cancellation Policy

A 50% charge from the listed price will be charged for cancellation within 8 hours before the treatment schedule. We will reconfirm if there is a change in the treatment schedule.

## Health Concern

Advise our spa reception of any health condition, allergies, or injuries that could affect your treatment upon reservation. Our Spa team will advise a customized treatment according to your needs and ensure your safety and comfort.

## Rates

All prices in IDR,000 and subject to 21% tax and service charge

## Respect for Others

Our Spa promotes a tranquillity and relaxation environment. Please respect other privacy and peace. It is prohibited to use cellular phones and gaming devices in the Spa area.

## Smoking & Alcohol

Guests are not allowed to smoke in the Spa area. We recommend you refrain from consuming alcohol within eight hours of your treatment.

## Jewelry Care

Guest have to take off all jewelry before arriving at the Spa and proceeding to the receptionist counter.  
Our Spa receptionist will reconfirm and briefly explain your scheduled treatments.





# MASSAGES

## LIST OF SERVICE

### Nusa Penida Signature Massage

90 mins

It is our signature massage inspired by the ocean waves. It will soothe your body and restore the energy with long-stroke movement combined with elbow techniques that work gently and deeply into the muscle with continuously flowing strokes. It is relaxing and gives in to the nurturing touch.

### Balinese Massage

60 mins

90 mins

It is a deep tissue massage that uses various techniques such as pressure point stimulation., It will improve your blood circulation and the flow of the body's oxygen. This traditional Indonesian massage combines with acupressure.

### Swedish Massage

60 mins

90 mins

Relieve the muscle tension and aches with this massage. It starts with light or medium pressure with long strokes and kneading techniques according to your personal needs.

### Herbal Compress Massage

90 mins

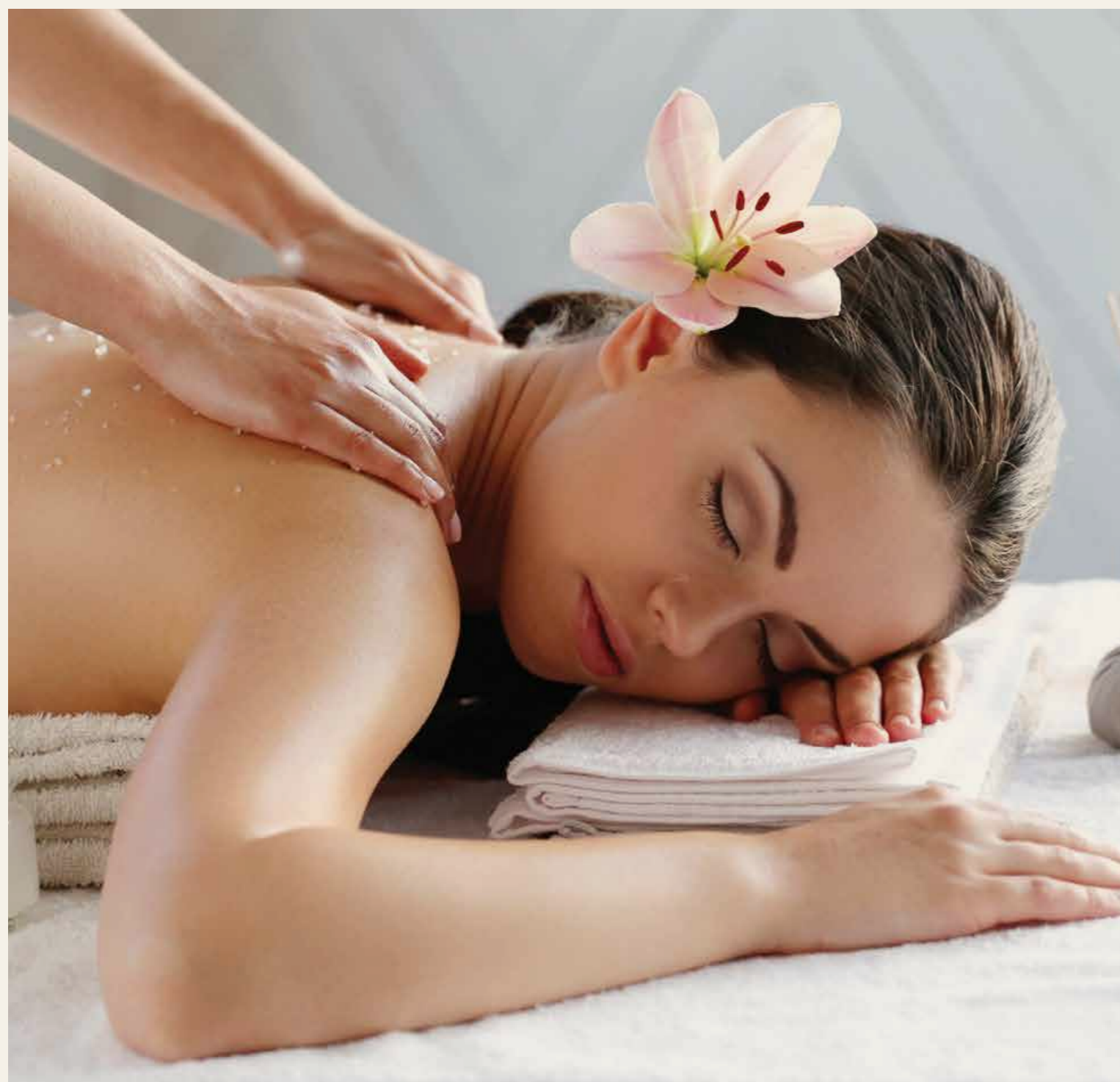
This Herbal compress massage combines the healing effects of traditional massage techniques with a heated herbal compress consisting of a mix of traditional herbs and spices that simultaneously relax and invigorate the mind and body. This ritual purifies, relaxes, warms, relieves aches and pains. The skin condition is improving while the massage is stimulating the senses.

### Foot Reflexology

60 mins

90 mins

It is a healing touch massage that relieves pain, headaches, and stress. Foot reflexology massage is pressure onto particular areas of the soles that has a connection to internal organs.



# BODY SCRUBS

## Footbath ritual, body scrub, moisturizing lotion LIST OF SERVICE

### Balinese Coffee Scrub

60 mins

Coffee consists of antioxidants that will protect the skin against environmental exposure. Cinnamon stimulates cell regeneration and blood circulation. Both consist of antioxidants, vitamins, and essential minerals for youthful skin.

Rice flour, kaolin clay, coffee, cinnamon  
Suitable for oily skin or acne-prone skin.

### Lemongrass Sea Salt Scrub

60 mins

Salt is used to clean pores deeply, balances oil production, and thwart bacteria that can instigate breakouts and acne. It leaves skin soft, smooth, and glowing naturally.

Mineral sea salt, lemongrass, cloves  
Suitable for dry skin.

### Coconut Bali Passion Scrub

60 mins

Stimulate the rejuvenation process by exfoliating dead skin cells with a dry coconut body scrub that moisturizes the skin. The coconut will intensively hydrate, nourish and provide an anti-aging effect on the skin.

Dry coconut, rice flour, ylang-ylang  
Suitable for all skin types.



# BODY WRAP

## Footbath ritual, body wrap, moisturizing lotion LIST OF SERVICE

### After Sun Treatment

60 mins

It is a specially-designed treatment for sunburnt and dry skin problems. This cooling after-sun treatment nourishes and invigorates the skin condition by wrapping and applying gentle hydrating lotion.

Aloe vera

### Balinese Boreh Wrap

60 mins

'Balinese Boreh' is a traditional Balinese Body Mask that local people often call lulur. It is a natural body scrub that warms the skin, opens the pores, improves circulation, relieves pain and relaxation with natural ingredients.

Cloves, sandalwood, ginger, cinnamon

### Dead Sea Mud Mask

60 mins

Mud masks can work to remove impurities and dead skin on your body. An added benefit of Dead Sea mud is that salt and magnesium ingredients can improve your skin's performance by creating a better skin barrier.

The results of using Dead Sea salt are also healthier and elastic skin.



# SPA

## LIST OF SERVICE

### SIGNATURE SPA PACKAGES

#### Balinese Retreat

**150 mins**

It is a customized treatment for your retreat session according to your individual needs.

The package includes:

90 minutes of Pranayama Yoga session that include a Meditation session with a refreshing young coconut drink, 60 minutes Balinese Massage.

#### Perfect Day

**3 hours**

It is a wellness healing program to refresh your mind, body, and spirit through a combination of yoga sessions and spa treatment.

A 90 minutes Pranayama Yoga session includes a Meditation with refreshing young coconut, 60 minutes Balinese Massage, and enjoys a healthy Lunch or Dinner at Kowhai Restaurant with a healthy menu to complete your treatments.

### SPA PACKAGE

#### Javanese Traditional Spa Package

**150 mins**

The treatment starts with a footbath followed by a full-body massage and the lulur body scrub made of saffron mixed with rice flour, traditional spices, and other roots.

Gentle scrubbing removes dead or rough skin cells, followed by a yogurt body mask for skin rejuvenation.

Footbath ritual, 75 minutes Balinese Massage, 30 minutes Body Mask (lulur), 30 minutes Yogurt Wrap, Moisturizing lotion.

#### After Sun Healing

**150 mins**

This treatment soothes and heals sunburnt skin.

It is hydrating and reduces inflammatory caused.

Footbath ritual, 30 minutes Body Mask to reduce the heat, and heals with the aloe vera gel lotion application followed by 75 minutes Foot Reflexology.



# YOGA

## LIST OF SERVICE

### The center of Mind, Body, and Soul

90 mins

Hatha yoga is holding specific body postures called asanas. It works on muscle strength and connects your body and mind. Hatha yoga emphasizes holding poses for long periods, and it has three practices: body postures, breathing techniques, and meditation. The benefits of Yoga practice include sleep quality, strengthening core muscles, improving depression symptoms, and stress management.

Small group for the beginner, (maximum of 6 persons)  
Schedule at 7AM or 5.30PM

### Aqua Stretching (Private Class)

30-45 mins

Loosen and relax your tight muscles with warm water slow exercises. Water is known as the best medium for body therapy. Water stretching is an ideal way to exercise and move slowly without putting extra pressure on the joints – unlike if you are doing land exercise.

### Pilates

60 mins

Pilates dramatically transforms the way your body looks, feels, and performs. It builds strength without excess bulk for a sleek and toned body with slender thighs and a flat abdomen. For most people, Pilates is much more than an exercise method. It is a way of life.