



## A sea of bliss

Our menu offers you a collection of soothing, uplifting, restorative and pleasurable ways to relieve stress, boost vitality and restore balance. Your wellbeing is our focus.

Revitalizing body treatments, meltingly good massage, therapeutic skin care, and refreshing hand and foot treatments and traditional Balinese healing therapies are delivered with impressively genuine and nurturing service.

In the talented, intuitive hands of our therapists you will discover an enhanced feeling of wellbeing and a new reason to call Bali paradise.

Visit O-CE-N Spa to find your own sea of bliss.

**Address: Jl. Arjuna 88X, Legian  
Kuta, Bali 80361, Indonesia  
Phone +62-361-737400  
Fax: +62-361-737408  
Email" [spa@outrigger-bali.com](mailto:spa@outrigger-bali.com)"**

**Opening Hours daily from 10am to 8pm  
For more information on any of our treatments  
Or to make a reservation, please dial 8105.**

## **PEVONIA BOTANICA RITUALS**

**O~CE~N Spa Therapists are Pevonia Botanica trained to help address your skincare needs with facials customized to your individual concerns including the use of Steam, Extraction and High Frequency machines to maximize results through deeper infusion of the active ingredients. All facials include face; hand and shoulder massage to ensure ultimate relaxation.**

*Please notify us if you have any medical conditions.*

### **The O~CE~N Signature Facial – 75 minutes**

**Rp. 900,000**

This facial will visibly enhance your skin's texture and maximize hydration. The refreshing lift-off Seaweed mask maximizes skin hydration and revitalizing Propolis, a natural healing and desensitizing substance; soothing, nourishing, and calming, it renders skin undeniably radiant.

### **O~CE~N Signature Massage - 90 minutes**

**Rp 600,000**

A relaxing "top to toe" massage to soothe the nervous system, calm the mind and relieve built up tension and stress. Combining the skin repairing benefits of micro emulsified oil with Vitamin E and the rebalancing benefits of essential oils this massage is designed to rejuvenate the skin while recharging and rebalancing the body. Includes facial exfoliating cleanser, full body and facial massage and professional Pevonia fruit mask treatment for the face.

### **Deep Cleanse Facial - 90 minutes**

**RP755,000** deeply cleansing and balancing

Treatment for the face. Includes a peeling solution of barley and mushrooms to dissolve accumulated skin cells. Extractions are followed with another cleansing treatment followed by a purifying mask to heal, balance and soothe.

### **Men's Detailing Facial - 60 minutes**

**RP 855, 000**

This richly repairing micro-emulsified gel contains a high concentration Propolis from the Jura Mountains of France. Combined with Lavender, Propolis booster for the skin will calm, heal, and truly enrich your skin. Containing Anti-bacterial and decongesting, properties this vaso-constricting formulation alleviates sensitivity, heals damage caused by aggressors or shaving for men and strengthens fragile skin. This treatment also includes a deep cleanse.

### **Collagen Facial - 75 minutes**

**RP 855,000**

Experience the visible benefits of Age-Defying Collagen booster. This unique bio-micro emulsified gel rich in concentrated Marine Collagen and Jonquil Oil, nourishes your skin and diminishes fine lines and wrinkles. This facial is perfect to refresh and fight signs of dehydration due to increased humidity while on holiday.

### **Collagen Cryo Eye Treatment – Facial Add-on**

**RP 300,000**

Premature aging, sun exposure and environmental elements can strip your delicate eye area of its youthfulness and radiance. This potent treatment containing Collagen Cryo, smoothes away creepiness and wrinkles, while tightening your eye contour for youthful, vibrant eyes.

### **After Sun Hydrating Facial - 45 minutes**

**RP 575,000**

The calming and repairing benefits of Water lily, Green Tea and Proline is perfect after too much sun exposure or windburn. This exquisite and gentle treatment restores lost moisture and vanquishes free radicals that cause premature skin aging, while also preventing the skin from peeling. (exfoliation is not performed in this treatment.)

### **Aromatherapy Facial - 60 minutes**

**RP 755,000**

Restore a healthy skin balance with an enzyme exfoliation of papaya and pineapple. Pure essential oils and blended plant extracts are massaged into the skin, customized for your individual skin type. A mask to brighten, balance or soothe the skin will leave your skin radiant, healthier and softer.

Sevactive "stimulating-dry" - safflower, cucumber, clary-sage  
Lavandou "calming-sensitive" - lavender, calendula, aloe  
Fundamental "balancing-combination/oily" - green apple, lemongrass, arnica

**All prices are subject to 21% service charge and government tax**

## **INDULGENCE PACKAGES**

Discover pure bliss with one of our supreme spa experiences, a sequence of carefully combined therapies that may just turn you into a spa addict. Enjoy one with your favorite person or indulge in solitude for a precious escape.

**O~CE~N Transformation – 2.5 hours      RP 1.700.000; / Single                      RP 3.300.000; /Couple**

Rejuvenate and invigorate with O-CE-N Seaweed Therapy for face and body. Our anti-fatigue massage leaves your body energized and skin is rendered silky smooth with a Zesty Algae Scrub. Complete the therapy with a Seaweed Cocoon and facial for maximum hydration, firmness and vitality.

Algae Scrub – Seaweed Cocoon - Seaweed Facial- Anti-fatigue Massage

**O-CE-N Detox Cocoon 105 min    RP 950.000;**

Perfect detox treatment to re-mineralize tired skin and bodies. Begins with an energizing massage to stimulate circulation with a Zesty Algae scrub designed to buff away dead skin cells and finishes with a micronized Algae body cocoon. Leaving your entire body replenished and refreshed.

*Body Massage – Algae Body Exfoliation – Algae Body Mask*

**O-CE-N Detox Algae mask 90 minutes    RP 800.000;**

Detoxify and rejuvenate with the algae mask treatment. Anti-fatigue massage leaves your body restored and continue with a whole body algae mask using algae rich in minerals, vitamins and proteins to detox, hydrate and firm the skin.

Body Massage-Algae Body Mask

**O-CE-N Algae exfoliation 90 minutes    RP 600.000;**

Get revived and recharged with an energizing body massage combined with a zesty algae body exfoliation enriched with micronized algae to stimulate circulation, remove dead skin cells, brighten, soften and hydrate the skin.

Body Massage – Algae Body Exfoliation

**Chocolate Delight-2 hours    RP 700.000; /single                      RP 1.300.000; /Couple**

Chocolate stimulates the release of endorphins, natural hormones produced by the brain which generate feelings of pleasure and promote a sense of wellbeing. Made from cocoa, milk, vitamin E, and essential amino acid alkaloids it is good for antioxidant and body moisturizes.

Ritual Foot Delight-Full Body Massage-Chocolate Body Exfoliate- Chocolate Body Mask

**Balinese Journey of Joy - 2 hours    RP 660.000; /Single                      RP 1.200.000; / Couple**

As divine as Bali itself, this experience introduces you to some of the island's health enhancing specialties.

Petal Delight Foot Treatment - Balinese Massage – Mini Reflexology - Choice of Jasmine Javanese Lulur, Bali Coffee Scrub or Balinese Hot Spice Boreh Therapy

**Kukui Nut and Rose- 90 minutes    RP 600.000;**

In Hawaii the kukui is a symbol of enlightenment, protection and peace. Ritual Body massage includes exfoliation to pamper and rejuvenate skin cells, rich in Vitamin E and natural oils for light and exotic moisturizer. Body mask blended with rose petals of rose to make skin feel firm and refreshed.

Foot Bath-Full Body Massage-Rose and Earth Mask

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**Balinese Massage \*** **60 minutes RP 390,000** **90 minutes RP 550,000**

When in Bali, why not do as the Balinese have been doing for centuries. Surrender body and mind to this blissful combination of long strokes, kneading, friction and pressure techniques applied with the artful and accomplished skills of insight, sensitivity and intuition. An ancient healing therapy that is as blissful as it is beneficial.

**Reflexology \*** **60 minutes RP 390,000** **90 minutes RP 550,000**

This health enhancing therapy focuses on the feet to affect the whole body. Reflexology works on precise points on the feet that are believed to 'reflex' to other parts of the body. Stimulating these points can increase overall circulation and restore the natural healthy balance to your body. Extend the feel good factor when you take our 90-minute version, which includes arm, shoulder and neck massage.

**Four Hands Massage (Two Therapists) \*** **60 minutes RP 550,000**

If two hands are better than one, imagine what can be accomplished with four! In this sublime massage experience two therapists perform a choreographed dance of rhythmic strokes and pressure techniques to soothe your body and smooth your mood. The ultimate guilt-free indulgence.

**Deep Tissue Massage \*** **60 minutes RP 390,000** **90 minutes RP 550,000**

This powerfully healing and energizing massage uses long strokes and pressure point techniques to release deep muscle tension, stimulate the body's systems and re-balance the natural life-force energy. It incorporates lots of pleasant pushing, squeezing and pressure to tease muscles into submission. The 60-minute version treats the back of your body while the 90-minute edition works on restoring you from every angle.

**Thai Massage** **60minutes RP 400.000** **90minutes Rp.500.000**

Thai Massage has been on the healing scene since before the birth of Buddha. It has stood the test of time and continues to attract new devotees with its inspired mélange of assisted stretching and deep tissue pressure point massage. Instead of massaging with oil, we put you in a comfy pair of Thai pajamas and go to work on relieving tension and revitalizing your body and mind.

**Healing Stone Therapy \*** **75 minutes RP 500,000**

A chakra-tuning experience to refresh tired bodies and enliven jaded spirits. This comforting and deeply relaxing massage combines human touch with the healing power of heated and cooled primordial stones to soothe misbehaving muscles, restore body-mind balance and help you find your bliss.

**Shiro Dhara** **60 minutes RP 500,000**

A divinely tranquil experience, Shiro Dhara begins with some relaxing massage moves. Once eased into relaxation, a controlled flow of warm medicated oil is streamed onto your forehead (the third eye chakra) from where it gently trickles down into your crown chakra. The carefully directed oil flow creates a meditative affect, seemingly washing away stress and anxiety. This gentle treatment leaves you feeling calm, rebalanced and exquisitely serene.

**Indian Head Massage \*** **30 minutes RP 200,000**

Drop your body into one of our specialized massage chairs and prepare for take-off to cloud 9. This massage focuses on the areas most vulnerable to tension – the head, shoulders and neck – to help you shrug off accumulated stress and the excess baggage of daily life.

**Stress Relief Back Massage \*** **30 minutes RP 200,000**

Thirty minutes of melting moments that goes below the hip to release knots and gnarls from your feet to the top of your head. Warm oil and long deep strokes work on ironing out all of your stubborn kinks.

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## **BODY RITUALS**

A splash of coconut milk, lashings of papaya, a pinch of turmeric, a smidgen of clove, a handful of petals, a smattering of lemon-grass, a morsel of ginger... When it comes to health and beauty, the Balinese - well aware that nature provides for all our needs - are more likely to turn to the kitchen or the garden than their medicine cabinet. We have borrowed from this philosophy, recreating some age-old formulas and concocting a few of our own to nourish you from the outside in.

Enjoy one of the following 30-minute treatments for RP 200,000;

### **Bali Coffee Body Scrub**

A unique and healthy way to get your caffeine fix. This intoxicatingly aromatic scrub provides high impact exfoliation, making it an ideal choice for skin requiring rejuvenating. This enlivening blend finishes on a softer note with a carrot and sandalwood body conditioner.

### **Balinese Boreh Hot Spice Therapy**

Used as both cure and prevention, Boreh is one of the oldest and most common herbal remedies in Bali. This deep-heat therapy does more than soften your skin... it is also great for relieving muscle aches, reducing fever, or headaches, increasing circulation and assisting with jet-lag recovery. The spicy paste includes some of Bali's favorite ingredients, like cloves, ginger, coriander and turmeric. Enjoy the sensation of deep penetrating heat as you relax under a warming blanket of spices. Things cool down towards the end with a cucumber and seaweed conditioner.

### **Jasmine Javanese Lulur Therapy**

Nurture your inner royalty with this delicately scented body therapy that hails from Java's 17th century royal palaces. Your body is coated in a Jasmine-infused rice powder and spice mix, which is later removed with a gentle rub before your body is smothered with lashings of enriching yoghurt. The result is soft, supple and deliciously fragrant skin.

### **Papaya Body Polish**

Soften and revitalize your skin with this natural fruit acid body treat. The powerful papaya enzymes work gently but effectively to eat away the flaking cells on the skin's surface and reveal softer, more radiant skin. To boost absorption, you are cocooned under a oversized towel while the papaya works its magic and you rest easy with a heavenly scalp massage.

### **Ginger & Lemongrass Detoxification Wrap**

This zesty detox therapy is full of scintillating scents and purifying elements. Super-charged cleansing and stimulating ingredients go beneath the surface to hunt down pesky toxins. During this toxin attack you will be safely snuggled under an oversized towel, free to smugly slumber. Finish with a reviving shower and set off with new zing in your wings.

## **SUN RITUAL**

### **Soothing Sunburn Therapy      60 minutes RP 390,000**

It's not just sunburned skin that will benefit from this cooling, hydrating and anti-inflammatory therapy, although you can definitely expect relief if you are feeling the heat. First we smear you with a breezy cocktail of cucumber and essential oils, wrap you up in cool green banana leaves and throw in a head massage for the pampering effect. Then we add a layer of peppermint, orange and vitamin E cooling gel and treat your feet to a massage. Once chilled, we gently re-nourish your skin with body butter.

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## **FACE RITUAL**

### **Traditional Fruit Facial \* 60 minutes RP 390,000**

A complete multi-course meal to satiate your skin, this all-natural facial incorporates renewing fruit acids, enriching oils, purifying astringents, protective and nutritional anti-oxidants and a divine foot massage. Pure and simple, this gourmet skin care treat is free of additives and preservatives.

## **HAND & FOOT CARE**

**Select your glam and glossy finish from our OPI nail polish display with 100 colors to choose from.**

### **OPI deluxe - 75 minutes**

**Manicure RP 350.000**

**Pedicure RP 450.000**

**Mani/Pedi combo RP 700.000**

This is an OPI treatment from start to finish. Includes nail shaping, cuticle removal, intensive OPI scrub, rejuvenate OPI Serum, OPI Mask and OPI moisturizing massage to nourish the skin and relax the mind. Complete with OPI base, colour and top coat for a finish that sparkles.

### **O~CE~N Spa - 60 minutes**

**Manicure RP 300,000**

**Pedicure RP 400,000**

**Mani/Pedi combo RP 600,000**

Includes nail shape, Clean, cuticle removal, scrub, moisturize and polish.

### **EXPRESS - 30 minutes**

**Manicure RP 200,000**

**Pedicure RP 250,000**

**Combo RP 400,000**

File, buff and colour change for an instant pick-me-up.

### **Buff & Shine for Men - 45 minutes**

**Manicure RP 200,000**

**Pedicure RP 250,000**

**Combo RP 400,000**

Includes nail shape, clean, cuticle removal, an exfoliating scrub and massaging mask. We buff the nails for a natural, healthy nail shine.

### **Mini Me Mani or Pedi (10 years or under) 30 minutes Rp. 180,000**

Especially for the kiddies! Includes nail shaping, cleaning, massage and nail painting to make little nails sparkle!

#### **ADD ON**

French polish Rp.50.000

Nail Art RP.15.000

Reflexology 30' Rp.200.000

## **WAXING**

For silky smooth, hair free skin we use only the highest quality Australian Hot and Strip Wax including pre and post waxing oil and cream.

Half leg	RP 200.000	Full leg	RP 300.000
Bikini	RP 200.000	Brazilian	RP 350.000
Under arm	RP 150.000		
Half arm	RP 150.000	Full arm	RP 200.000
Back	RP 200.000	Chest	RP 200.000
Lip	RP 100.000	Eyebrow style	RP 150.000

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### **BRINGING THE SPA TO YOU\***

If you're simply not up to leaving the sanctuary of your suite then we'll bring our spa to you. Each treatment will come with aromatherapy, spa music and a portable massage table. Look for the \* symbol in our services menu to discover which treatments can be enjoyed in-room for an additional Rp.75,000.

### **THE GIFT OF PARADISE**

The Gift of Paradise is the perfect gift for everyone, including you. An O~CE~N Spa gift voucher is the gift of choice, allowing the recipient to choose what is just right for them. There's no need to worry about wrong size, colour or style because everyone can find something to treasure on our menu. And, because all it takes is one phone call to arrange, it is absolutely stress free for you. When you want to say I love you or simply, just because! Order over the phone, or in person at the spa. Share the gift of touch, and touch someone's heart.

### **HOW TO SPA**

#### **Should I Make A Reservation For My Treatments?**

Yes, and it is best to do so soon after your arrival so that we can accommodate your schedule. To make your reservation, either phone or visit the Spa.

#### **What If I Need To Cancel My Reservation?**

We hope you do not have to cancel; however, we understand that plans can change. If you do need to cancel, please contact us at least four hours in advance. Reservations cancelled with less than four hours notice will be subject to a 50% cancellation fee. Full charge will be imposed for any 'no show' appointments. If you simply need to change your reservation to another time, please contact us as soon as you can so that we can accommodate you.

#### **What Should I Wear?**

This is your time and we want you to enjoy it, so wear whatever is most comfortable for you. We will provide you with a robe and slippers when you arrive at the spa. During treatments, our therapists are trained to drape you appropriately.

#### **When Should I Arrive?**

We suggest you arrive 10 minutes prior to your scheduled treatment. This will allow sufficient time for you to check in and begin to enjoy your spa experience. Please understand that your treatments will end on time so as not to inconvenience the next guests.

#### **Should Men Shave Before A Facial?**

Yes, for best results we recommend that men shave a few hours before their facial.

#### **Can I Bring My Valuables?**

We suggest that you leave all your valuables in the safe deposit box provided in your guest room. Whilst we endeavor to look after your belongings, we do not assume liability for any valuables.

#### **How Can I Ensure A Wonderful Spa Experience?**

Communicate with us! Please feel free to discuss your requests with our Spa Manager and with your therapist to identify areas of concern or focus.

#### **Service Charge**

All treatments and services are automatically subject to a 21% Government tax and service charge. Gratuity for exemplary service is discretionary.

#### **Special Considerations**

Guests who have high/low blood pressure, heart condition, on medication, pregnant or other medical conditions are advised to consult their doctors before using any spa services.

#### **Children in the Spa**

Spa guests must be 16 years of age or accompanied by an adult. We do encourage the O~CE~N Spa experience for all ages.

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