

# GENESHA BALI SPA

Genesha Bali Spa features a double spa with high velocity jets to energize the water with spacious double shower, overlooking a magnificent indoor water garden

## MENU

### Massage

#### Deep tissue massage

To focus on your needs using techniques similar to that of Swedish Massage except more pressure is used with cross grain strokes (strokes that go across the grain of the muscles instead of with the grain)

#### Relaxation massage

A smooth, gentle style of massage designed to improve circulation, range of movement, relieve minor muscle pain, and promote overall relaxation.

#### Traditional Indonesian massage

A fusion of mild stretch exercises, acupressure, skin rolling, kneading and stroking, reflexology with aromatherapy oils

#### Reflexology

Involves applying pressure to the feet, hands, or ears with specific thumb, finger, and hand techniques without the use of oil or lotion targeting energy blockages throughout the body

30mins | 360 IDR (000)

60mins | 580 IDR (000)

90mins | 1,000 IDR (000)

### Body

#### Body scrubs

Tip your toes into a herbal foot soak, then with warm oil and your choice of natural herbs, experience skin tingling glowing skin.

60mins | 670 IDR (000)

#### Body wraps

Feet first into a herbal foot soak, dry brush body exfoliation, you will then be cocooned in a herbal body mask and whilst the mask works its magic

enjoy an organic facial

75mins | 1,000 IDR (000)

105mins with hour massage | 1,400 IDR (000)

Spa soak – Water therapies including herbal bath infusions and aroma therapy | 360 IDR (000)

### Face

Facials – An organic aromatherapy facial designed just for you.

30mins | 410 IDR (000) 60mins | 670 IDR (000)

#### Cosmetic acupuncture

Target muscle tension that may be causing unsightly lines, as well as systematic issues standing between you and glowing skin.

60mins | 670 IDR (000)

### Hands and Feet

Soak, exfoliate, massage, nail work and polish

#### Manicures & Pedicures

Express 30mins | 380 IDR (000)

Deluxe 60mins | 600 IDR (000)



Please note: Genesha Bali is a unique boutique resort where therapists are invited to work from the Spa at different times throughout the year. There may be at times some additions or exclusions to the menu.