



{ s p a m e n u }



## Ashoka Spa

*A visit to Ashoka Spa at the Bali Dynasty Resort is a complete mind and body wellness experience. Ashoka Spa is the new spa at the popular Bali Dynasty Resort opened in June 2012 providing private double and single air-conditioned treatment rooms, 16 massage beds and two saunas.*

*Ashoka Spa offers a complete range of treatments, from the traditional Balinese massages to Ashoka's Signature Massage, the perfect treatment to diminish the effect of jet lag. As well as unique treatments especially created for Him there are also massages especially created for kids. In addition the therapists are trained in Thai, Aromatherapy and Reflexology therapies. To compliment the massages an assortment of contemporary beauty treatments are available including hour long facials, manicures and pedicures.*

*Ashoka Spa is the perfect way for guests to indulge in holiday pleasure, reviving, energizing, refreshing and pampering their way into a brighter complexion.*

# { s p a i n f o r m a t i o n }

## **Operating Hours**

*Ashoka Spa is open from 9 am to 9 pm daily.*

## **Reservations**

*Advanced reservations are highly recommended to secure your preferred date and time as treatments and facilities are subject to availability. Reservations can be made by calling the Spa Reception Desk on ext 6. For guests that are not staying in the hotel, a credit card is required to secure your appointment.*

## **Special Considerations**

*Guests who have high blood pressure, pregnant, heart condition or any medical complications are advised not to use the sauna facility and to consult their physicians prior to making a Spa reservation. Please inform our service staff of any medical condition before treatment.*

## **Admission**

*Ashoka Spa is open to all resort guests and visitors to our resort. Priority will be given to resort guests. Children under 12 must be accompanied by an adult at all times.*

## **Check-in**

*Please arrive at the Spa Reception area at least ten (10) minutes prior to your scheduled appointment. Late arrivals will be subject to reduced treatment time.*

## **Cancellation and Late Policy**

*Spa appointments are reserved specifically for you, we ask that you notify the Spa a minimum of 8 hours prior should you need to cancel or re-schedule to avoid a 50% charge. All no-show appointments will be charged at full value.*

## **Amenities**

*We provide a safety deposit box at the Spa Reception. Locker, personal amenities and toiletries are also provided. Please ensure that you leave amenities in locker upon check-out from the Spa.*

## **Cellphone**

*To ensure a relaxing environment for all Spa guests, kindly turn all cell phones to silent before entering the Spa and ensure that all conversation is kept to a minimum.*

## **Smoking and Alcohol**

*Smoking within the Spa area is strictly prohibited. Alcohol consumption is not advised before any Spa treatments.*

## **Products and Training**

*We pride ourselves in the fact that we only use the best quality products in all our treatments and services. Our Therapists have all gone through extensive training in treatment procedures.*

## **Spa Vouchers and Gift Cards**

*Please make sure you book your treatment as soon as possible to avoid disappointment. Voucher bookings must be made a minimum of 24 hours in advance of the desired time. Spa gift cards are available to purchase for any special occasion and can be used for Spa services and retail products.*

## **Spa Packages**

*Spa packages can be customised for any occasion & group size.*

## **Payment**

*Ashoka Spa guests may charge Spa & retail services and sauna to their rooms.*

## **Prices and Taxes**

*Sauna will be charged at Rp. 100.000,- for 30 minutes  
All spa prices are INCLUSIVE of 21% government tax and service charge.*

# { m a d e f o r h i m a n d h e r }

## Traditional Balinese Massage

90 min  
60 min

Rp. 430.000,-  
Rp. 295.000,-

*This Massage combines stretching, long strokes, skin rolling, palm and thumb pressure techniques to relieve tension, improve blood circulation, ease stress and calm the mind.*

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## Ashoka Signature Massage

90 min  
60 min

Rp. 470.000,-  
Rp. 335.000,-

*Designed to relax and heal, this is the perfect treatment to diminish the effect of jet lag. Using a special blend of aromatherapy oils that enhances your sense of well being. Stimulating the respiratory and central nervous system.*

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## Stone Massage

90 min

Rp. 450.000,-

*Experience the incredible sensation of this unique Massage using heated Balinese basalt stones that are placed at key points on the body with therapeutic essential oil to give you a deeper relaxation.*

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## Ayurveda Shirodara

90 min

Rp. 600.000,-

*This treatment begins with a back & shoulder massage including an Indian Head Massage, scalp, neck and shoulders to stimulate and re-energize followed by an ayurvedic therapy in which a warm blend of essential oils are gently poured over the forehead (third eye) to help calm the nervous system. Perfect for eye diseases, sinusitis, jetlag, insomnia, fatigue, stress or headaches.*

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## Foot Reflexology

60 min

Rp. 250.000,-

*Reflexology stimulates nerve endings to release energy blockages and induces comfort and relaxation. This traditional healing method can be applied to the ears, hands or feet.*

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## Therapeutic Massage

90 min

Rp. 475.000,-

*Ashoka Therapeutic Massage is a natural and non invasive therapy with few or no side effects compared to many current-day pharmaceutical-based treatments. It is effective in treating or complementing the treatments of many conditions including musculo-skeletal problems such as lower-back pain, frozen shoulder, slipped disc, and chronic stress-related disorders of the digestive, respiratory and insomnia*

## Sole Harmony

90 min

Rp. 600.000,-

*Find a sense of calm and true harmony with this Spa Treatment. Starting with a body massage followed by a sea salt body scrub to exfoliate the skin, then a sauna before applying lotion to truly relax and revive.*

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## Kid's Massage

30 min

Rp. 175.000,-

*Our simply Balinese massage techniques are simple to be implemented to support your children's muscle growth. Your kid will enjoy this massage. Please note that children must be accompanied at all times by a parent or guardian.*

# { spa package for him and her }

**1,5 hours** **Ashoka Rejuvenation** **Rp. 900.000,-**

*Relax and enjoy our Ashoka Signature Massage followed with a refresher facial using Biokos products by Martha Tilaar*

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**3 hours** **Tropical Romance** **Rp. 1.800.000,-**

*Enter the romantic Ashoka Couples Suite where your Spa journey begins with the footbath cleansing ritual which is followed by the Ashoka Signature Massage. Following the massage the man is given a coffee scrub then be cocooned with carrot body wraps to glow and nourish your skin. whilst the woman may enjoy our Javanese Lulur after which yoghurt will be applied to refresh and revitalise the skin.*

*Next you will shower and relax together in a floral bath whilst enjoying a refreshing herbal tea. Your spa journey then continues with a Traditional Indonesian facial enabling you to leave our Spa feeling entirely refreshed and relaxed.*

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**3,5 Hours** **Divine Dynasty** **Rp. 2.000.000,-**

*This package is especially arranged for you both. In the serenity of your private Ashoka Couples Suite, relax and enjoy your day starting with the footbath ritual, traditional Balinese massage, and your choice of our exfoliating body scrubs. Then your choice of body wraps where you will be cocooned and your skin re nourished. Next you will shower and enjoy a floral fantasy in an aromatherapy bath whilst enjoying a refreshing herbal tea. Continue with a choice of a Traditional Indonesian Facial, Manicure or Pedicure.*

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**2 Hours** **Mother & Daughter** **Rp. 1.200.000,-**

*A great opportunity for the girls to spend some quality and relaxing time together! Your treatment will start with the footbath ritual, followed by traditional Balinese massage, and concluded with your choice of either facial, manicure or pedicure.*

## { special treatments for him }

*We know you guys out there care about your skin and your looks, it's just that you don't really chat about the latest wrinkle creams or herbal skincare remedies whilst having a beer with the boys. You may have given moisturiser a go or grabbed a quick squirt of your girlfriend's cleanser when feeling oily, but there's no need to leave it at that. If your complexion is in need of some maintenance and you want to transform your skin from rough to smooth, don't rule facials out. Do not shave immediately before your appointment*

**1hour** **Ashoka Men's Face Treatment** **Rp. 250.000,-**

*Specifically created for men using Biokos® rich with Aloe Vera. This facial treatment will start with applying cleanser, toner, exfoliation, steaming and extraction then followed by a facial massage which will rejuvenate and nourish the skin.*

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**1.5 hours** **Men's Hands and Feet** **Rp. 300.000,-**

*This Hands and feet care involves filing, shaping, cleaning the cuticles, soaking the hand and feet, skin exfoliation as well as an arm and foot massage*

# { face treatments for her }

**90 min** **Traditional Indonesian Facial** **Rp. 350.000,-**

*Using Biokos® pure Aloe Vera products from Indonesia, your facial includes cleansing, toning, a facial scrub, a facial steam followed by a facial massage, mask and nourishing moisturiser application to your face. You will feel refreshed, and your skin refined.*

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**45 min** **Refresher Facial** **Rp. 250.000,-**

*Start with facial cleansing, toning and exfoliating followed by a steam before a facial massage after which an application of cream will soothe and moisturise your skin*

# { manicure and pedicure services }

**60 min** **Manicure** **Rp. 220.000,-**

*This service includes a filing, shaping of the free edge, cleaning the cuticles, a hand and arm massage with a final application of OPI branded polish of your choice*

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**60 min** **Pedicure** **Rp. 245.000,-**

*This treatment is a way to improve the appearance of feet and the toenails. Commence with a filing, shaping and cleaning of the cuticles, including a foot exfoliation and massage. Your feet will feel softer, smoother and polished to perfection from your choice from our range of OPI polishes!*

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**30min** **Nail Polish Change** **Rp. 120.000,-**

*This treatment involves filing and shaping your nails then applying a new coat of polish.*

# { Ashoka special treatments }

**1 hour** **Ear Candling** **Rp. 245.000,-**

*Experience this unique & natural technique to remove excess wax and debris from the inner ears and to alleviate the painful effects of headaches or sinus conditions, ear infections, allergies or vertigo.*

*Before you spend long hours in the pool, It is also a great treatment to clean out your ears (or your kids ears) to prevent painful ear infections caused by the water pressure pushing your ear wax further into the ear.*

*The treatment begins with a refreshing 35 minutes neck, head and shoulder massage, followed by a 20 minutes aromatic ear candling therapy. Ear candles are an ancient, mild and natural therapy and have been used by the Native Americans for many years. The treatment will leave you feeling relaxed and refreshed.*

## { P e v o n i a }

*Pevonia Botanica is an internationally recognised skin care solution not comparable with any product line; unheard of results and satisfaction with every product complete this advance skin care line. Free from artificial colour, fragrance, lanolin, mineral oil, alcohol and paraben. Pevonia is based on natural ingredients from plant, marine and earth sources and is a member of the Organic Trade Association.*

### **pevonia facial**

#### **Marine Anti-Aging Facial - 60min Rp. 650.000**

*The anti-aging facial to counteract any signs of early aging, to combat excessive dryness, dehydration, fine lines and wrinkles. Rich in concentrated Collagen rejuvenate skin and reduces the appearance of fine lines. Perfect to fight signs of dehydration due to the humidity while on holiday, leaves skin plump, with a radiant youthful glow.*

#### **Pure Essentian Facial - 60min Rp. 500.000**

*Optimize your skin's health and radiance with mask treatments that specifically address your skin type. Whether your skin is dry, sensitive, combination or oily, the Pevonia essential mask series provides the perfect treatment to suit your skin.*

#### **Rejuvenating Dry Skin - 60min Rp. -00.000**

*Exude a smooth, youthful, radiant glow! Superbly rich and creamy, immediately counteracts dryness. Moisture-bonding Hyaluronic Acid hydrates, while Vitamin E and Carotene act as repairing emollients. Revitalising, your skin is rendered wonderfully smooth and rejuvenated.*

#### **Soothing Sensitive Skin - 60min Rp. -00.000**

*Desensitise for visible improvement! Creamy and gently alleviating, immediately calms your skin with a select combination of Zinc Oxide and Shea Butter. These ingredients harmoniously blend with other key agents to diffuse your skin's redness and sooth irritation for a calm, smooth appearance.*

#### **Balancing Combination Skin - 60min Rp. -00.000**

*A perfect balance! Creamy, non-drying and kaolin based, helps hydrate, brighten, and purify your skin. Wonderfully aromatic, it combines Carrot oil, Green Apple and vitamins to effectively repair and smooth, rendering your skin remarkably radiant and perfectly balanced.*

#### **Gentlemen Facial - 60min Rp. 400.000**

*Specifically created for men's skin. using natural phyto-extracts rich in botanical liposomes, this line helps prevent razor burn, sensitivity and folliculitis. Clean, clear and calm skin.*

#### **Refresher Aromatherapy Facial - 30min Rp. 300.000**

*Refresher Aromatherapy Facial 30 min*