



ISLAND SPA

at Sun Island Hotel & Spa Legian

Open from 9 am to 5 pm

Welcome to Island Spa!

At Island Spa, you will be taken to connect with your inner self and feel the flow of the universe within you. Island Spa uses selected products using ingredients extracted from nature's generosity. By each of the specially designed treatments, you will experience how your body and soul evolve with the universe and rejuvenate themselves, leaving you in refreshed, happier spirit.

Island Spa opens from 9 am to 5 pm. The first treatment starts at 9 am, while the last treatment at 4 pm. We have one double room and two single treatment rooms.

All reservations are based on availability and you may call to our Spa Reception at Extension 740 for booking and information. Advance reservation is strongly recommended. To avoid 50% cancellation charge, please honor our 3-hour advance notice policy. No show will be charged at full price.

Please arrive 10 minutes prior to your treatment time. We kindly advise that you remove all jewelry prior to your arrival at Spa and please keep your valuable belongings at your personal safe provided in your room. We are not responsible for any loss of money or valuables of any kind.

Men are advised to shave before a facial treatment.

Contact lenses should be removed prior to facial treatment.

Ladies in their cycle and pregnancy are kindly requested to inform the condition upon scheduling the treatment.

All prices are subject to 10% Service Charge and the 11% Government Tax.



Massage Rituals

Entrust your wellbeing in the hands of our experienced therapists who will help you ease your fatigue with pressures adjusted to your need. Find yourself revived physically and spiritually.

TRADITIONAL BALINESE MASSAGE (60/90 minutes) - Rp. 250.000 / Rp. 375.000

Feel tension dissolved with this ancient Balinese healing therapy that combines gentle stretching, long therapeutic strokes, and skin rolling to relieve muscle pains. Palm and thumb pressure techniques are also applied to unravel the deepest stress and improve blood flow.

AROMA THERAPY MASSAGE (60/90 minutes) - Rp. 300.000 / Rp. 450.000

Designed to adjust and finely tune your internal body clock, this treatment will restore your energy, relax your mind and heal your fatigue. This is the perfect treatment to diminish the effects of jetlag. Our therapists use warmed aromatherapy oil that will stimulate your sense of wellbeing, while the massage will improve both your respiratory system and your central nervous system.

DEEP TISSUE MASSAGE (90 minutes) - Rp. 450.000

This restorative deep tissue massage helps release deeply held patterns of tension while also draining off toxins. The techniques used include penetrating muscle compression and cross fiber friction to increase blood and lymph flow.

BACK AND SHOULDER MASSAGE (30 minutes) - Rp. 150.000

This simple recovery massage focuses on your back and shoulders through application of pressures to specific points to release energy blocks.

FOOT MASSAGE (60 minutes) - Rp. 175.000

Relaxing massages for tired legs and feet which will help you ease muscle fatigue and reduce tension in most forgotten parts of the body. The massage ends with refreshing peppermint foot mask and hands & shoulders massage.



Body Treatments

Nature has endless ways to rejuvenate and pamper us with its generosity. Our fine selection of scrubs and wraps invites you to reunite with nature, slow down your tempo, and get yourself enveloped in its richness. Come out fully refreshed and relaxed.

EXOTIC FRUIT RITUAL (120 minutes) - Rp. 475.000

Freshly grated avocado with turmeric is mixed with oil and rubbed over your body for exhilarating effects. The scrub is also used to exfoliate dry skin and thoroughly clean the body. The ritual is followed by applying avocado body mask, refreshing shower, and exotic flower bath. The process is completed with applying body lotion.

- 🌀Ritual foot Bath
- 🌀Traditional Balinese massage
 - 🌀Body scrub
 - 🌀Body mask
 - 🌀Shower
- 🌀Luxury flower bath
- 🌀Body lotion

GARDEN SPA (120 minutes) - Rp. 475.000

Reap the goodness of this green tea scrub especially created by Island Spa. With skin replenishing actives and gentle jojoba granules, the scrub gently massages the skin to remove dead cells and reveal the silky soft skin beneath. The treatment will leave your skin refreshed and zesty.

- 🌀Ritual foot bath
- 🌀Traditional Balinese massage
 - 🌀Body scrub
 - 🌀Body mask
 - 🌀Shower
- 🌀Luxury flower bath
- 🌀Body lotion

BALI COFFEE BODY BLISS (120 minutes) - Rp. 475.000

The scrub is made of ground coffee, known to have stimulating and refreshing effects. It removes dead skin cells and leaves the skin smooth. The treatment is followed with chocolate honey mask application, shower, and bath.

- 🌀Ritual foot bath
- 🌀Traditional Balinese massage
 - 🌀Body scrub
 - 🌀Body mask
 - 🌀Shower
- 🌀Luxury flower bath
- 🌀Body lotion

PURE SPIRIT OF BALI (120 minutes) - Rp. 475.000

This traditional ritual begins with Traditional Balinese Massage and continues with lulur, or turmeric and candle nuts scrubs to be applied lightly to exfoliate dead skin and soften the skin. Next, your body is pampered with traditional yogurt application and exotic flower bath.

- 🌀Ritual foot bath
- 🌀Traditional Balinese massage
 - 🌀Body scrub
 - 🌀Body mask
 - 🌀Shower
- 🌀Luxury flower bath
- 🌀Body lotion

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Indulgence Packages

Specially designed 90-minute packages to indulge you, physically and spiritually, using natural ingredients that are renowned for their generous benefits.

AROMATIC BALI COFFEE SCRUB (90 minutes) - Rp. 400.000

Made from finely ground Bali coffee, this scrub will smooth and refine your skin and revitalize your spirit.

- ☞ Foot ritual
- ☞ Traditional Balinese massage
- ☞ Body scrub
- ☞ Refreshing shower

REJUVENATING PACKAGE (90 minutes) - Rp. 400.000

This treatment uses avocado that cools, softens and improves skin elasticity. Rich in Vitamin E, avocado is a nourishing skin food and is especially effective for dry complexions.

- ☞ Foot ritual
- ☞ Traditional Balinese massage
- ☞ Body scrub
- ☞ Refreshing shower

DETOXIFYING & SOOTHING PACKAGE (90 minutes) - Rp. 400.000

This green tea based treatment will calm and balance your soul. It also acts as astringent to keep the skin cells active and in harmony.

- ☞ Foot ritual
- ☞ Traditional Balinese massage
- ☞ Body scrub
- ☞ Refreshing shower

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