



THE ASA MAIA  
REINSPIRED





# OUR SIGNATURE TREATMENTS

## I Holistic Body Massage

From skin-softening scrubs to detoxifying clay masks, The Asa Maia's nurturing body treatments pamper and purify from head to toe. Target cellulite with our two-part firming therapy or hydrate sun-parched skin with a Cool Down, which pairs an organic aloe vera-cucumber wrap with a tension-relieving head massage. One of our luxury spa's most indulgent therapies is Mandi Rempah: an aromatic Indonesian bath ritual designed to soothe mind and body. Here in Uluwatu paradise can be surprisingly preoccupying, which is why we also offer a range of express treatments. Experience our 30-minute Gua Sha Detox which stimulates the skin's deeper layers (fascia) using the power of crystals.

## II Body Treatments

Honouring holistic practices, our blissful body massages marry the power of healing with a customized approach. Whether you want to unblock stuck energy, boost a sluggish circulation or simply relieve a knotted neck, there's a therapy to cure your ails. Whilst our Deep Tissue Treatment is perfect for active guests seeking to unwind after a morning surf or snorkel, our restful Indonesian massage brings about balance by drawing on the ancient wisdom of Bali. Meanwhile, our spa's 90-minute Signature Massage combines long, continuous strokes with targeted pressure to relax muscles and support your circulatory system.

## III Facial

The Asa Maia's facials range from high-performance skincare to holistic treatments that heal from within. Whether you want to balance your skin's PH, stimulate collagen or simply brighten your complexion, our team of therapists can customize a facial to your skin's needs and type. Indulge in a vegan-friendly facial that uses jade crystal rollers to promote skin renewal, or try a results-driven therapy that harnesses active, raw ingredients. The carefully curated skincare products in our spa are equally discerning. Bali beauty care brand Sensatia Botanicals features 100% botanical ingredients.

## IV Hair and Nails

A healthy outside starts from the inside, which is why our luxury spa's hair and nail treatments go deeper than aesthetic beauty. As well as aiding the health of the nails and skin, our nail therapies use vegan-friendly, chemical-free polish by Côte. Continue your clean beauty regimen with a haircare therapy that uses products by carbon neutral brand Davines, who celebrate certified organic ingredients. As well as leaving your hair nourished from root to tip, our treatments soothe the scalp, which is as important as skincare. Choose from Cream Bath: a traditional scalp treatment that rehydrates your locks, or a stimulating aromatherapy head massage designed to activate the nervous system.



# HOLISTIC BODY MASSAGE





## Signature Massage

Introducing you to The Asa Maia experience. The Signature treatment uses continuous long soothing strokes, and thumb and palm pressure to ease muscles and aids the circulatory systems. Decompress with our signature treatment and enter a state of well-deserved holiday bliss after your journey.

IDR 1.300.000 ++ / 1 Hour 30 Minutes

## Deep Tissue

Strong firm massage strokes focusing on the pressure points of your body, help to ease muscle aches and tension and relieve tiredness. It's designed for active people who need to reset from busy lifestyle.

IDR 1.150.000 ++ / 1 Hour

IDR 1.200.000 ++ / 1 Hour 30 Minutes

## Indonesian Massage

Feel nurtured and nourished by this deeply relaxing and intuitive treatment derived from ancient local wisdom. This head-to-toe massage and stretching uses soft to medium pressure to improve energy levels, increase sound sleep and melt away muscle tension. Ideal for guest who prefer a more gentle touch, this massage is for those who want to relax the muscle and the mind.

IDR 900.000 ++ / 1 Hour

IDR 1.100.000 ++ / 1 Hour 30 Minutes

## Gua Sha Body Detox Treatment

A full body treatment using oils and specialized crystal tools to melt your tension and stimulate healing detoxification via the deep surface layers of the fascia. Fascia is the thin casing of connective tissue that surrounds and holds every organ, blood vessel, bone, nerve fiber and muscle in place. Fascia becomes stagnant from overwork, injury, sitting for prolonged periods of time, dehydration, chronic illness and more. Stagnant fascia can also cause dimples in our skin often referred to as cellulite. Full body gua sha can help increase circulation, hydrate fascia, drain lymph, loosen muscle knots, release tightness and will likely help your body feel more nourished and energized in general. Additional benefits are improving your immune system and a full body lymphatic flush. This treatment does not include the face. "Pure Radiance by Nature" facial includes specific gua sha techniques and will compliment your full body treatment.

IDR 2.000.000 ++ / 1 Hour 30 Minutes

## Foot Reflexology

Reflexology is an ancient art that focuses on releasing blocked energy, or Qi, from the body to allow innate healing to unfold. Pressure applied to certain parts of the feet can reduce stress and pain in the body. The result of an hour session is an invigorating sense of wellbeing - akin to runner's high without the run.

IDR 850.000 ++ / 1 Hour



# BODY TREATMENTS





## IN A JIFFY

### Express Upper Body Massage

Short of time? Ease tension where you need it most with this fast acting de-stressing treatment. Focusing on the neck, shoulders and upper back. This is targeted massage that relaxes tense muscles and re-energises your upper body.

IDR 600.000 ++ / 30 Minutes

### Express Lower Leg Massage

This revitalising treatment is for tired feet and heavy legs, helps reduce puffiness and soothes aches and pains, especially after a long journey.

IDR 600.000 ++ / 30 Minutes

### Express Gua Sha Detox Treatment

A targeted treatment using oils and specialized crystal tools to melt your tension and stimulate healing detoxification via the deep surface layers of the fascia and cellulites. A perfect add-on to elevate your massage treatment.

Upper torso IDR 850.000 ++ / 30 Minutes

Middle torso IDR 850.000 ++ / 30 Minutes

Lower body IDR 850.000 ++ / 30 Minutes



## BODY

### Traditional Body Scrub

A decadent, skin-softening exfoliation treatment leaving your skin nourished, smooth and supple. Dead skin cells are gently buffed away before the organic scrub is applied. With the dull outer layers removed, new cells can breathe and your skin can absorb the deeply nourishing aromatic oil with ease.

IDR 900.000 ++ / 1 Hour

### Traditional Body Mask

Unwind with an indulgent full body mask treatment. This regenerating treatment in which the body is covered with organic clay, assist in releasing trapped toxins while deeply soothing the skin.

IDR 900.000 ++ / 1 Hour

### Cool Down

If you've been out enjoying the Uluwatu sun and are in need of a soothing skin renewal treatment, Cool down is the one for you. Calm sun-kissed skin, with a banana leaf, organic aloe vera and cucumber wrap. Drift away during a gentle head massage, followed by an application of aloe vera gel. This mask hydrates parched skin and soothes irritations whilst inducing a sense of cooling relaxation.

IDR 950.000 ++ / 30 Minutes

### Mandi Rempah

Immerse yourself in a aromatic bath of healing herbs and flowers, rose petals and frangipani. This Indonesian heritage bathing ritual, soothes the skin, relaxes the mind and tenses muscles, warms the body and allows you to come back to yourself. The perfect way to end your day or create a relaxing, quite afternoon just for you.

IDR 950.000 ++ / 30 Minutes

### Natural Body Firming Treatment

A specialized treatment concentrating on the areas of the body prone to cellulite. An exfoliation with a special blend of sea salt and oil. Using stimulating scrub techniques on the specific area, help to purify and cleanse the body. Followed by a detoxifying seaweed body wrap using banana leaves combined with a relaxing head massage, leaving you feeling totally revitalized. A course of treatments is recommended to maximize the effect.

IDR 1.150.000 ++ / 1 Hour 15 Minutes



# FACIAL







## Natural Facial By Sensatia Botanicals®

A special facial using Sensatia Botanical products, made from pure botanical ingredients, combines tendon massage techniques to stimulate the muscles of the face and rejuvenate the skin.

IDR 1.200.000 ++ / 1 Hour

## Pure Radiance By Nature

This uses all-natural fresh ingredients, such as carrots, honey, cashew milk, rice powder and yogurt, that are known to help maximize blood flow, energise the complexion and actively encourage healthy skin renewal. A bespoke facial treatment that promises a healthy glowing complexion drawing on the healing elements of Mother Nature. This treatment also incorporates the healing energise of jade or rose quartz crystal guashas and face rollers. Finishing up with the cooling, soothing, relaxing and toning properties of rosewater on your skin.

IDR 900.000 ++ / 1 Hour

## Celluma Light Therapy®

Celluma light therapy improves cellular health to reduce the signs of aging, reduce the appearance of fine lines and wrinkles, treat existing blemishes and minimize future breakout.

Stand Alone Treatment

IDR 500.000 ++ / 40 Minutes

Add On After Your Facial

IDR 350.000 ++ / 30 Minutes



# HAIR AND NAILS





## NURTURING NAILS

Take wellness to a new level by going beyond traditional manicures and pedicures. A fusion of traditional exfoliating and beautifying techniques, these treatments nourish your nails.

### Nail Polish Selections by Cote®

Cote® is a luxurious nail care line that produces the cleanest, safest nail polish & nail care products available - all vegan, toxin free and cruelty free.

Essential Manicure	IDR 650.000 ++ / 1 Hour
Buff and Shine Only	IDR 400.000 ++ / 45 Minutes
Nail Polish by Cote®	IDR 300.000 ++ / 30 Minutes
Essential Pedicure	IDR 650.000 ++ / 1 Hour
Buff and Shine Only	IDR 400.000 ++ / 45 Minutes
Nail Polish by Cote®	IDR 300.000 ++ / 30 Minutes
Nail Gel Remover Only	IDR 250.000 ++ / 45 Minutes



## HAIR

### DAVINES®

Always synonymous with beauty and sustainability, all Davines' products made with ingredients of natural origin. Good for your hair and the planet.

#### Relaxation & Aromatherapy Scalp Massage

A specialized product will be selected to match your scalp's needs in this immersive and transportive experience. Every inch of your scalp will be massaged, stimulated and cleansed. Massaging the scalp reduces muscle tension, stimulates the nervous system and stimulates hair growth. This treatment will leave you feeling relaxed and your scalp cleansed and nurtured which leads to healthier hair.

IDR 350.000 ++ / 30 Minutes

#### Creambath

Whether your curls are feeling dry or your highlights looking a little dull, our cream bath can very well be the solution. A cream bath is a traditional scalp massage using fragrant hair cream, which restores moisture, softness and even brightness to your locks, which are wrapped in a warm towel. This indulging treatment is also a re-hydrating therapy that leads to a hair glow that begins at the roots.

IDR 800.000 ++ / 1 Hour

#### Wash and Blow Dry

Sink into pampering bliss with our luxury wash and blow dry treatment. This quick fix is especially for you to have fabulous looking hair whenever you need it.

IDR 500.000 ++ / 1 Hour