

THE  
SANCHAYA

## SPA MENU

### Gentle Hearts, Healing Hands

The Sanchaya Spa is located in and surrounded by a beautiful tropical garden. We gently ask you to embrace the essence of nature, relax and rejuvenate with a selection of spa experiences to soothe your body, mind and soul, inspired by local cultures, traditions and customs using natural organic products indigenous to South East Asia.



**SELAMAT DATANG**  
Welcome to your peaceful retreat

# Full Body Massage



## THE SANCHAYA SIGNATURE

**2,000 90 mins**

Relax with a foot cleansing ritual followed by our Signature Massage - a fusion of Asian-Indonesian techniques designed to melt away tension and promote deep relaxation using Java volcanic warm stones, long strokes and stretching movements, complemented with our Signature oils and completed with an Oriental Head Massage.

## RELAXATION TREATMENT

**1,800 90 mins**

Treat yourself to an indulgent spa experience that soothes your mind and deeply hydrates your skin. Enjoy a relaxing back, neck, shoulder, and head massage, followed by a rejuvenating candlenut scrub. Complete your experience with a calming oriental head massage and face pressure point therapy. You'll leave feeling refreshed and renewed.

## TRADITIONAL BALINESE MASSAGE

**1,200 60 mins 1,600 90 mins**

A full body massage using unique Balinese techniques that have been passed down through generations, involving stretching, long strokes, skin rolling and palm and thumb pressure, using your choice of chakra oils.

## TRADITIONAL THAI MASSAGE

**1,200 60 mins 1,600 90 mins**

Enjoy this ancient healing art. Through the application of pressure on energy lines and points and a vast array of passive stretching movements performed by your therapist with hands, feet, knees and elbows, the body experiences profound relaxation, peripheral stimulation of internal systems, increased flexibility and expanded flow of energy. Oil-free treatment, attire provided.

## HOLISTIC MASSAGE

**1,200 60 mins 1,600 90 mins**

Take pleasure in this holistic experience with the application of blended essential oils that rebalances and promotes a sense of deep relaxation. This treatment combines elements of gentle and sedative massage strokes to reharmonies the mind and body, using your choice of chakra oils.



# Full Body Massage

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## **DEEP TISSUE MASSAGE**

**1,200 60 mins 1,600 90 mins**

This massage is focused on the deeper tissue structures of the muscles and fascia (the protective layer surrounding muscles, bones and joints) using many of the same movements and techniques as a Swedish Massage but with more intense pressure. The therapist will work to release chronic muscle tension or knots through direct pressure within the deeper layers of the muscles and connective tissue using your choice of chakra oils.

## **“MUM TO BE” MASSAGE**

**1,200 60 mins**

Prenatal Massage using gentle techniques to relieve the discomforts of pregnancy.

This massage can help improve circulation, reduce stress and promote relaxation. It especially releases tension in the lower back area caused by the weight of the baby, using gentle almond and lavender oils.

## **REFLEXOLOGY**

**750 45 mins**

Soothe your soul through your soles. This is a healing art which begins with a foot cleansing ritual followed by special massage techniques on reflex zones of the feet which connect to particular areas of the body, using an ancient wooden stick technique and peppermint lotion. Reflexology stimulates and improves physical, mental and emotional well-being.

## **THE SANCHAYA TOUCH**

**750 30 mins**

This massage is excellent for any guest who has suffered any kind of stress, such as a long flight, when tension has built up in the head, neck and shoulders. It focuses on problem areas using classic massage and pressure point techniques, using your choice of oil. It encourages release of tension and a sense of well-being. This treatment can be added to a scrub, wrap and facial.



# BODY TREATMENTS

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## **OXYGEN FACIAL** **2,000 75 mins**

Oxygen facials are the perfect solution for reinvigorating your skin and delivering instant results.

## **JAVANESE LULUR BODY RITUAL** **1,500 75 mins**

This indulgent Spa experience starts with a foot cleansing ritual Javanese Lulur Body Scrub and Yoghurt Wrap is a traditional ancient beauty ritual. The ingredients in this paste of rice powder, Turmeric and Jasmine are said to brighten, purify and soften the skin and reduce signs of ageing. It is a beauty ritual that leaves the mind and body relaxed. Once wrapped, enjoy a relaxing oriental head massage, followed by a soothing application of hydrating body lotion.

## **SUNKISSED SOOTHING TREATMENTS** **1,200 60 mins**

Relax and rejuvenate your body with a natural fusion of organic aloe vera, cucumber, and essential lavender. Designed to calm redness, rehydrate and replenish after a long day in the sun.

## **SESAME AND HONEY BODY SCRUB** **1,200 45 mins**

A deeply hydrating natural body scrub, perfect for sensitive skin, rich in healing properties, using moisturizing honey and sesame seeds to renew and soften the skin, followed by a soothing application of hydrating body lotion. This treatment will give you a perfect opportunity to prepare your skin for an even sun-kissed tan.

## **YLANG YLANG AND GREEN TEA SALT SCRUB** **1,200 45 mins**

Enjoy a vigorous Sea Salt Scrub for a deeply cleansing experience to renew and purify your skin with a powerful blend of antioxidants in Green Tea and calming benefits of Ylang Ylang, followed by a soothing application of hydrating body lotion.

# BEAUTY SERVICES

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## **PEDICURE WITH NAIL POLISH** **1,350 75 mins**

## **MANICURE WITH NAIL POLISH** **1,250 75 mins**

## **NATURAL PEDICURE WITH CLEAR NAIL VARNISH** **800 60 mins**

## **NATURAL MANICURE WITH CLEAR NAIL VARNISH** **750 60 mins**

## **CALLUS REMOVAL ADD ON TO PEDICURE** **550 15 mins**

## **FOOT SPA PEDICURE** **500 30 mins**

## **HAND SPA MANICURE** **450 30 mins**



# YOUNG RESIDENT MASSAGE



## YOUNG RESIDENT MANICURE AND PEDICURE

**1,200 60 mins**

This highly effective beauty treatment not only strengthens nails it also prevents nail-biting. Enjoy a relaxing spa day with your child while giving them a fun and healthy nail treatment.

## YOUNG RESIDENT MASSAGE FOR 4 - 12 YEARS OLD

**800 45 mins**

Our young resident massage provides numerous benefits for both children and parents. It helps relax muscles, improve sleep, increase circulation, boost immunity, and support development.

# REENERGIZE REJUVENATION OFFER



## AROMATIC TREATMENT COMBINED WITH MINI FACIAL

**1,800 90 mins**

The ultimate indulgence with our luxurious body massages and facials, expertly crafted with natural and healing ingredients for a truly rejuvenating experience.

## FOOT SPA PEDICURE AND REFLEXOLOGY

**1,250 60 mins**

During the treatment, we will carefully stimulate your reflex zones, followed by a foot massage with peppermint or green tea cream. This will help promote balance and well-being throughout your body.



# SPA TERMS AND CONDITION

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## **Spa Treatment Hours**

The Spa opens from 10.00am to 09.00pm, last treatment finishes at 08.45pm. Early morning spa appointments are subject to availability, please talk to an artisan. Selected spa treatments are available from 10.30am.

## **Appointments**

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

## **Cancellation Policy**

Please be aware that we ask for 3 hours' notice if you are unable to keep your appointment. This will help us reschedule your treatment subject to availability. A cancellation with less than 2 hours' notice will incur a 100% cancellation fee unless your absence is beyond your control. Full charge will be applied for a "no show".

## **Check In**

Please arrive at least 15 minutes prior to your schedule appointment to avoid reduced treatment time. A late arrival will result in shortened treatment time to ensure that follow-on guests will be accommodated.

## **Special Consideration**

Most treatments can be adapted to accommodate allergies, pregnancy or injury. Please contact us with any queries and let us know of any medical or health concerns.

## **Spa Etiquette**

We aim to provide a peaceful setting for all guests, so please keep your mobile on silent. Alcohol and smoking are not permitted. The spa team reserves the right to refuse access to anyone whose behavior may disturb other guests.

## **Valuables**

A jewelry box is provided to store your valuables in the treatment room. However, we recommend that no jewelry be worn at the Spa. The management and staff accept no responsibility for any loss.

## **Children**

The minimum age for taking a spa treatment is 16 years old.

