



The **ACALA**  
spa

Special Treat this Month:

Enjoy **25% OFF** for all treatments at The Acala Spa.  
Available every day from 11 AM until 7 PM.

At **The Acala Spa**, we invite you to embark on a holistic wellness session for body, mind and soul.  
Salute the sun and immerse yourself in the ocean's vibes.

Start from  
**IDR 400,000++**  
per person

Please contact +62-821-4703-3238  
or scan below barcode to book  
your wellness session at The Acala Spa.



# Welcome

Welcome to The Acala Spa , which defies both convention & gravity an unobstructed view of the ocean, the quint essential Balinese Spa experience will leave you feeling refreshed & relaxed.

Making the most of nature's bounty, these highly beneficial rituals draw their lure from various natural product hailed in Bali for their beautifying and healing qualities

## Spa Etiquettes

**Spa Opening Hour 11.00 AM to 7.00 PM**

### Reservations

In order to meet your requirements, it is highly recommended that you book your spa treatment ahead of time. Dial The Acala Spa extension at '0' or please visit The Acala Spa for further details.

### Cancellations

If you would like to cancel your spa treatment, kindly do so with a minimum of 4 hours in advance in order to avoid a 50% cancellation fee. To reschedule your booking, simply contact us at The Acala Spa extension.

### Arrival

Please arrive 15 minutes before your treatment time.

### Valuables

Please do not bring any valuables to The Acala Spa. We suggest you to leave any valuables in your safe deposit box in your room. The Acala Spa will not be responsible for any loss of valuable items.

### Attire

For your comfort, we will provide you a sarong, disposable under wear and slippers. If you wear contact lenses, it is advisable to remove them prior to your treatment to avoid any discomfort.



# Body Treatments

## Tranquil Balinese Massage

60 minutes

IDR 400,000++

90 minutes

IDR 600,000++

Balinese massage is a good treatment to choose if you want to experience a variety of massage techniques, need some help to relax, or if you're feeling a bit low. A relaxation massage with attitude, this treatment will help reduce stress & rebalance your body, feel calm, but it will boost your circulation and target knotted tissue to address physical issues as well. The boost to your circulation will help reduce stress and rebalance your body, and the aromatic oils can also boost your mood.

*Foot Bath, Traditional Balinese Massage, Refreshment Tea*

## Warm Stone Massage

90 Minutes

IDR 650,000++

A combination massage using both hands and hot lava stones to melt away tiredness and tension. The heat penetrates the skin and is deeply relaxing to help ease tight muscles following a long flight, Helps relieve muscle tension and pain and reduces stress and anxiety.

*Foot Bath, Warm Stone Massage, Refreshment Tea*

### Therapeutic Deep Tissue Massage

60 Minutes

IDR 500,000++

90 Minutes

IDR 750,000++

A massage technique that's mainly used to treat musculoskeletal issues, such as strains and sports injuries. It involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. This helps to break up scar tissue that forms following an injury and reduce tension in muscle and tissue.

*Foot Bath, Sport Deep Massage with Hot Towel, Refreshment Tea*

### Aromatherapy Massage

60 Minutes

IDR 400,000++

90 Minutes

IDR 600,000++

A relaxing massage involving a variety of techniques, essential oil are applied in long sweeping strokes which warm up the skin and muscles, the essential experience is completed with a oil burner that enhance the benefits of those oils extracted from herbs and plants.

*Foot Bath, Aromatherapy Massage with Relaxing Warm Oil, Refreshment Tea*

### Foot Massage

30 Minutes

IDR 350,000++

45 Minutes

IDR 500,000++

Foot massage boosts your circulation, which helps with healing and keeps your muscles and tissues healthy. That's especially important if you have health problems that add to poor circulation or nerve damage.

*Foot Bath, Foot Massage, Refreshment Tea*

# Body & Beauty Care

## Traditional Natural Facial 60 minutes

IDR 500,000++

This deep cleansing ritual will ensure what the world sees is you at your very best, regenerate your skin, using pure Fresh natural botanical ingredients.

*Foot Wash, Natural Facial, Head & Hand Massage, Shower, Refreshment Ginger Tea*

## Seaweed Scrub & Mask 60 Minutes

IDR 400,000++

Seaweed offers superior hydration as well as anti-aging and anti-inflammatory benefits. Wonderfully fresh seashore scent makes this exfoliating scrub and mask a summer shower must have.

*Foot Wash, Gentle Back Massage, Seaweed Scrub & Honey Mask, Head & Hand Massage, Shower, Refreshment Ginger Tea*

## Coconut Vanilla Scrub & Mask 60 Minutes

IDR 400,000++

Coconut body and mask will gently exfoliate and moisturize your skin, leaving it glowing and radiant providing deep hydration, brighter skin and even skin tone.

*Foot Wash, Gentle Back Massage, Coconut Scrub & Milk Mask, Head & Hand Massage, Shower, Refreshment Ginger Tea*

## Signature Package

Experience the enchanted treatment especially made for The Acala Spa. This signature package provides natural beauty embracing the authenticity of treatment by the ocean using the greatness of seaweed pure benefits through luxury indulgence in Nusa Lembongan's boutique resort at The Acala Shri Sedana.

### Aloe Coconut Sunburn Soother 60 Minutes

IDR 550,000++ per person

A sunburn massage with aloe vera and coconut oil provides soothing relief and promotes healing for sunburned skin. Begin by applying a thin layer of cool aloe vera gel to the affected area, using gentle, light strokes to avoid irritation. Next, warm a small amount of organic, cold-pressed virgin coconut oil between your palms until it liquefies, and then lightly massage it onto the sunburned skin in gentle circular motions. This combination harnesses the cooling, anti-inflammatory properties of aloe vera and the deep moisturizing benefits of coconut oil, helping to reduce redness, prevent peeling, and restore hydration. Guests also can choose replacing the aloe vera with cucumber or tomato extract.

*Ritual Foot Bath, Balinese Massage, Head & Shoulder Massage*

### Seaweed Tropical Sensation 180 Minutes

IDR 1,300,000++ per person

This treatment is the perfect way to end a perfect day, begin with a aromatherapy massage for first applied in long sweeping strokes which warm up the skin, continue with choice of Natural body scrub and mask for make skin are glow, to complete the treatment with signature facial, finishing with a flower bath and essential oil, to leave totally full body and face treatment. And Refreshed as you enjoy a serve of Refreshment tea and home-made cookies. Included with spa cuisine menu.

*Ritual Foot Bath, Balinese Massage, Choice of Body Scrub and Mask, Signature Facial, Relaxing Flower Bath, Refreshment Tea and Homemade Cookies Completing with A Choice of Spa Cuisine Menu served at Jala Restaurant*

## Spa Romance for Two

Sea The Memories  
120 minutes

IDR 2,000,000++ per couple

The divine scent of sea and tropical fruits gently awaken your senses and deeply relax in body massage using de-aging. Tropical body butter leaving your youthful glow tropical salt mousse removes impurities and mineralizing your skin. Then your body will be gently cocooned in a luscious-nourishing tropical scent elixirs for your skin rejuvenation goodness. Laid back in a pampering Aromatic sea salt bath session.

*Pure Bliss – Pampering and Rejuvenating Footbath – Balinese Massage -- Tropical Salt Mousse Body Scrub – Body Mask – Aromatic Sea Salt Bath, Refreshment Ginger Tea & Cookies*

Dream of Love  
180 minutes

IDR 2,500,000++ per couple

The whole spa journey talks about love. The tropical aroma of salt mousse body scrub brings you to starts the journey. A truly perfect moment for the ultimate love celebration.

*Footbath – Balinese Massage - Tropical Salt Mousse Scrub - Body Mask-- Refresher Organic Facial Tropical Flowers Bath with 2 Glasses of Wine & Chocolate Cookies*

## Revive Ritual

Head, Neck and Shoulder Massage  
30 minutes

IDR 300,000++ per person

A therapeutic massage targeting the head, neck, and shoulders to relieve tension and restore relaxation. Guests may alternatively select a back and shoulder massage at the same rate and duration.

*Therapeutic - Pain Release Massage*

Foot Reflexology Massage  
30 minutes

IDR 500,000++ per couple

A therapeutic foot massage using reflexology techniques to stimulate pressure points, improve circulation, and restore overall balance.

*Footbath - Warm Up and Relaxing Massage*

## Beauty Nail Treatments

### The Acala Manicure

45 minutes (gel polish only)

IDR 300,000++ per person

45 minutes (without gel polish)

IDR 300,000++ per person

90 minutes (with gel polish)

IDR 550,000++ per person

This beauty treatment enhances the appearance of your fingernails. The treatment begins with scrubbing your hand, hand massage and following by nail clippers, cuticle removal, finishing with a top coat of the color of your choice. Our treatment is available with or without gel polish. Guests may also choose to skip the manicure steps and enjoy nail polish application only.

*Hand Scrub - Hand Massage - Cuticle Removal - Nail Polish*

### The Acala Pedicure

45 minutes (gel polish only)

IDR 300,000++ per person

45 minutes (without gel polish)

IDR 300,000++ per person

90 minutes (with gel polish)

IDR 550,000++ per person

During the holiday, tidy up your toenails and style your feet. Starting with the foot ritual, the treatment shifts on to the leg and toe scrub, acupressure foot massage, nail clippers, cuticle removal, finishing with a top coat of the color of your choice. Our treatment is available with or without gel polish. Guests may also choose to skip the manicure steps and enjoy nail polish application only.

*Foot Ritual - Toe Scrub - Foot Massage - Cuticle Removal - Nail Polish*

## Gentle Care Treatments

### Kids Massage

45 minutes IDR 300,000++ per person

A gentle and soothing massage tailored for children, designed to promote relaxation, improve circulation, and support overall well-being in a safe and comforting way.

*Footbath - Relaxing Massage*

### Prenatal Massage

60 minutes

IDR 500,000++ per person

A gentle, nurturing massage designed to ease muscle tension, improve circulation, and provide comfort during pregnancy. Specially tailored techniques support relaxation and well-being for both mother and baby.

*Footbath - Relaxing Massage*