



OBEROI SPA

MENU



 Printed on recycled paper

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Oberoi Experiences

Our specially curated wellness and beauty spa rituals combine select treatments to rejuvenate and relax the body and mind. Each Oberoi Experience caters to your specific needs, delivers holistic care and transports you to a state of peace and calm.

Balinese Retreat

Duration: 3 hours

Exfoliation, Body Wrap, Natural Hair Cream Bath & Full Body Massage

A Javanese hair cream using natural and local products is followed by a warming, full body exfoliation, and a boreh herbal wrap which stimulates natural osmosis, detoxifying and toning the skin. The experience concludes with a full body Balinese massage, which uses a combination of acupressure and oil massage to increase the circulation and promote a sense of calm, wellbeing and relaxation.

Island Aromatic

Duration: 2.5 hours

Exfoliation, Full Body Massage & Facial

This begins with a full body exfoliating scrub to prepare your skin to absorb the aromatherapy oils and massage. A blissful full body massage is followed by your choice of relaxing facial.

Mandi Lulur

Duration: 2 hours

Turmeric Body Scrub, Balinese Massage & Yogurt Splash

According to Javanese tradition, ladies indulge in this therapy daily for a week preceding their wedding to ensure they have a healthy and beautiful glow. This luxurious ritual begins with a blended herbal scrub to exfoliate and soften the skin. Afterwards, a traditional massage soothes away tension, completed by a refreshing application of yogurt to nourish and cleanse the skin, leaving the body silky smooth from top to toe.



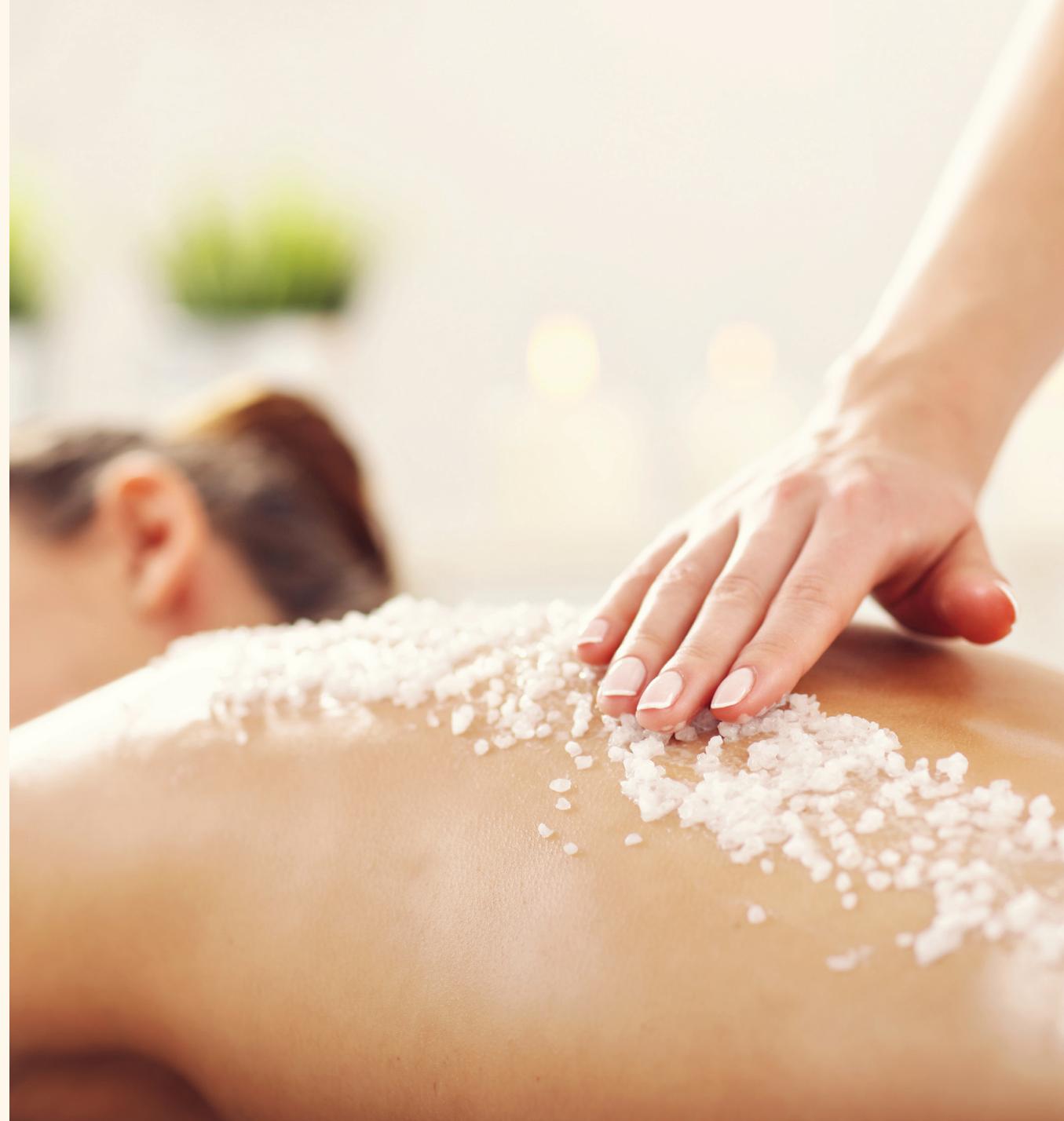
For the Complete Spa Experience

To ensure your spa experience is a relaxing journey into a different world, we recommend the following:

- Kindly switch off your mobile phone or set the ringer to silent.
- Arrive at the spa reception area 10 minutes prior to your appointment in order to change and relax.
- Gentlemen who are having a facial are advised to shave at least 3 hours before their therapy.
- Schedule your therapy at a time when you will be able to relax for at least one hour after the therapy.
- Guests with high blood pressure, heart conditions or other medical complications and ladies who are pregnant should consult their doctor before undertaking spa therapies.
- Home spa: many of the body and skin care products that we use in our therapies are available for purchase. We encourage you to ask your therapist how to use these products to continue your spa experience at home.
- The spa is designed for guests 16 years and above.

Reservation and Cancellations

All spa therapies can be scheduled or cancelled at the spa. We understand that unavoidable circumstances may arise and cancelling your appointment might be necessary. If you find yourself unable to keep your appointment, please contact the spa at least 4 hours prior, to avoid the full charge of our service.





Hands, Feet & Hair

Soft Hands

Duration: 60 minutes

Treatment includes nail cutting and shaping, cuticle care, a gentle exfoliation, a massage with a blend of aromatic oils and a nourishing mask to leave hands soft and radiant.

*Nail polishing not included.

Smooth Feet

Duration: 60 minutes

Treat your feet to a warm soak in a bath salt, nail cutting and shaping, cuticle care, an exfoliation, a deep massage and a moisturising mask.

*Nail polishing not included.

Hair Spa

Duration: 60 minutes

Create soft, glowing hair using fresh aloe vera blended with polyscias scutellaria, handpicked from our own herb garden. A gentle head massage stimulates the circulation, rehydrates dry hair and promotes gloss.



Body Massage

The healing power of touch soothes the senses and awakens the soul.

Oberoi Massage

Duration: 75 minutes

Relax your mind, body and senses with our signature holistic massage. This medium pressure massage is a combination of soothing, rhythmic strokes to increase circulation and rejuvenate.

Balinese Massage

Duration: Choose 60 or 90 minutes

This luxurious Balinese therapy is a deep pressure massage using a variety of techniques. This massage has cleansing effect on the mind and body, leaving you refreshed and relaxed.

Stress Relieving Massage

Duration: Choose 60 or 90 minutes

Drawing upon Asian and international techniques, this oil massage combines soothing strokes and gentle stretching to loosen muscular tension. This flowing massage will evoke a sense of tranquillity and rebalancing.

Hot Stone Massage

Duration: 90 minutes

This massage uses a combination of heat and pressure, with long-lasting benefits. Smoothened volcanic stones, suffused with the earth's energies, and heated natural oils, are used in conjunction to intensify the effects of this massage. As the stones glide over and knead your body, you will feel a sense of deep relaxation and balance descend upon you. Especially powerful in stimulating and improving the quality of your sleep.

Body Treatments

Frangipani and Coconut Body Buff

Duration: 30 minutes

A luxurious blend of coconut and frangipani followed by an application of moisturiser restores a healthy glow. A full body mist of coconut and frangipani completes the therapy.

Lime and Ginger Exfoliation

Duration: 30 minutes

Invigorating ginger stimulates your senses and tones the body while lime energises and purifies the skin. Your body is left moisturised, looking radiant and replenished.

Frangipani and Coconut Boreh

Duration: 90 minutes

Your body is misted with frangipani floral water and then frangipani and coconut mask is applied. Afterwards, you are enveloped in a warming cocoon to infuse vitamins and hydration. Your therapy is enhanced with a sweet smelling aromatic moisturiser and is completed by a mist of frangipani and coconut.

Lime and Ginger Body Envelopment

Duration: 90 minutes

This detoxifying therapy begins with a gentle exfoliation. Afterwards, a warming lime and ginger body mask cocoons you, allowing stress and tension to melt away. Enjoy a relaxing scalp massage while the heat of the wrap soothes your body. Your therapy concludes with an application of lime and ginger body butter to rehydrate, leaving your skin soft and glowing.

Lemon, Basil and Grapefruit Slimming Wrap

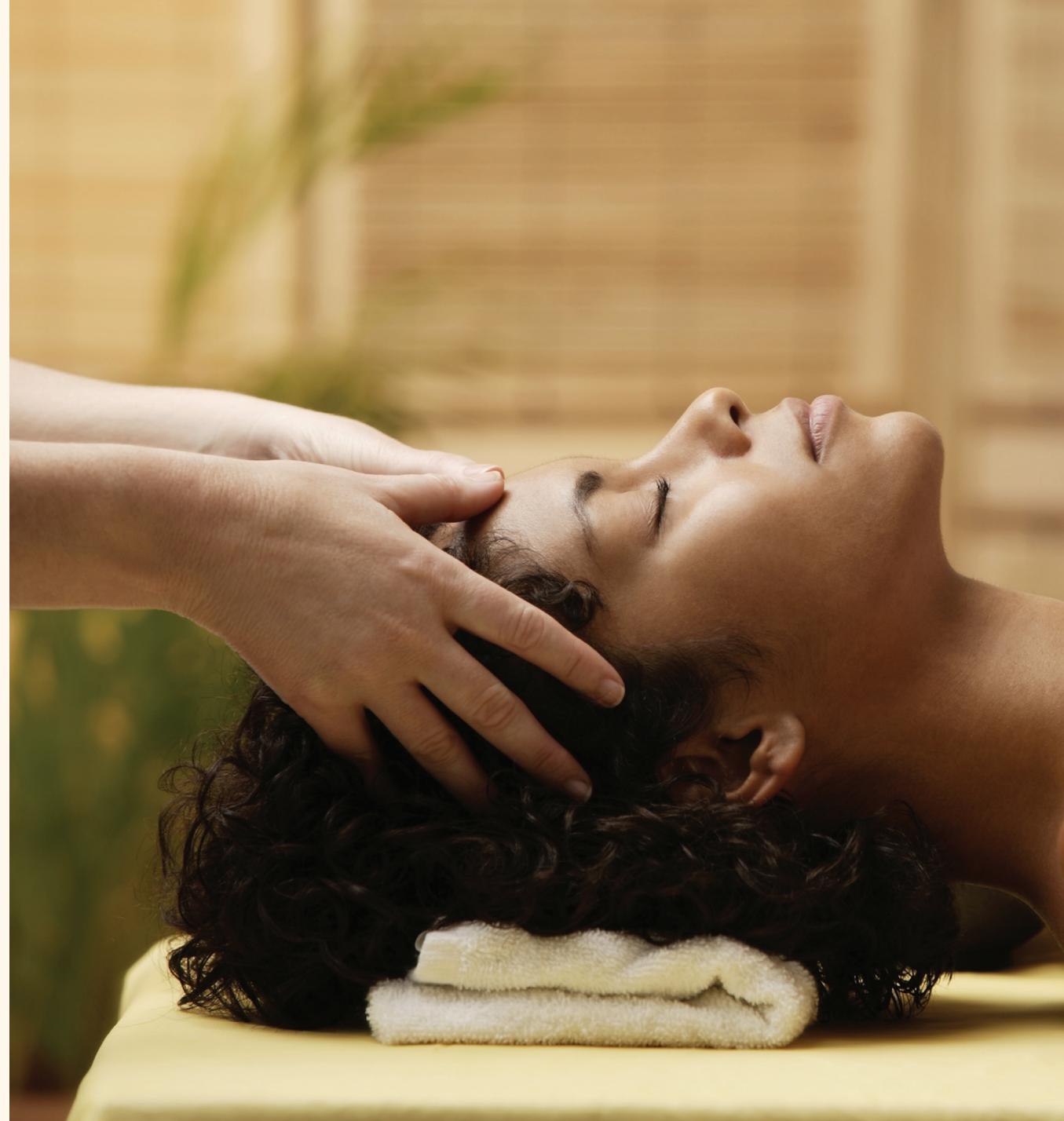
Duration: 90 minutes

This slimming, cellulite-reducing therapy begins with a full body scrub that includes essential oils effective in drawing out impurities and breaking down fatty tissue. You are wrapped in a fragrant blend to infuse vitamins and improve elasticity and firmness. While your body is enveloped, your therapist will administer a face, scalp and neck massage. An application of rich moisturiser and a full body mist completes the experience.

Sunburn Soother Wrap

Duration: 60 minutes

This wrap contains fresh herbs, aloe vera and cucumber, handpicked from our own herb garden. This healing and purifying blend is excellent for sensitive skin. It improves skin condition, calms skin irritation and moisturises. During the wrap, you will also receive an Eye Balancing treatment to reduce dark circles.



Indian Essentials

Starting with a fresh neem leaf footbath, these spa treatments are inspired by ancient Indian healing techniques; traditional massage rituals using long strokes, practiced for thousands of years to restore the vital energies, balance polarities and nurture holistic wellness.

Full Body

Duration: 75 minutes

Warmed coconut oil is massaged over the whole body with long soothing strokes to activate circulation and balance energies which in turn promote deep relaxation.

Head & Shoulder

Duration: 60 minutes

A gentle massage that stimulates energy points in the shoulders, neck and face. Afterwards, a gentle stream of warm coconut oil is poured across your third eye, which stimulates healing, restores balanced health and calms the mind.

Foot & Leg

Duration: 60 minutes

With a warmed bronze kasa bowl and coconut oil, our therapist applies long strokes with medium pressure to the energy points in the lower legs and feet, stimulating circulation, relieving muscular stiffness and releasing tensions held from top to toe.





Facial Treatments

Omorovicza products are powered by a potent blend of mineral-rich healing waters from Hungary and the patented Hydro Mineral Transference™ delivery system. Omorovicza uses high-performance, naturally derived alternatives to commonly used synthetics, ensuring the Omorovicza experience is one of total luxury and maximum efficacy. All products exclude parabens, polyethylene glycol, petrochemicals, silicones, sodium laureth sulfates, synthetic colours and fragrances, and are never tested on animals.

Healing

Duration: 60 minutes

For sensitive skin in need of special attention, gentle products are used to cleanse and exfoliate. A unique Hungarian facial massage stimulates microcirculation whilst relieving tension. A nourishing organic poultice supplies ample nourishment and moisture, leaving the skin glowing with newfound health.

Soothing

Duration: 60 minutes

Mineral-rich Hungarian moor mud draws out impurities and nourishes the skin. The application of the mud mask followed by a thorough cleansing and exfoliation with rosemary and pineapple extract, treats sensitive skin and refines pores. This facial revitalises skin and soothes the senses.

Energising

Duration: 60 minutes

Designed to leave your complexion rejuvenated and revitalised, this facial begins with a gentle peel, enriched with copper to stimulate collagen production, followed by a unique facial massage to soothe the senses and accelerate micro-circulation. The rose and peony scented mask that follows, plumps the epidermis to reduce the appearance of fine lines, leaving you energised with a youthful glow.

Eye Balancing

Duration: 15 minutes

Balance any or our facial therapies with the addition of an eye freshening therapy.