

# HIDDEN GEM spa

*Balinese healing Experience*

  
HIDDEN HILLS  
VILLAS

SMALL  
LUXURY  
HOTELS  
OF THE WORLD

# HIDDEN GEM



## spa

### WELCOME TO THE ENCHANTING REALM OF BALINESE WELLNESS...

Hidden Gem Spa was designed as a private sanctuary, a place to retreat from the growing bustle of Uluwatu and reconnect with what truly matters: nature, quiet, and wellbeing. Set within an original Javanese Joglo, it blends open-air architecture and sacred woodwork with modern wellness features.

This is where your journey to relaxation, rejuvenation, and healing begins. We're dedicated to your wellbeing and strive to create an unforgettable experience that will leave you feeling renewed.

According to legend, Balinese massages were created by the gods themselves to restore balance to the body and mind. Passed down through generations, our local healers and practitioners have refined these ancient techniques to perfection.

Whether you seek relief from sore muscles, a peaceful state of mind, or a luxurious spa escape, let our team of experts transport you to new heights of relaxation...

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### OUR THERMAL SANCTUARY

Discover our Thermal Sanctuary, a sensory journey designed to restore balance, awaken the senses, and enhance overall wellbeing. Whether booked alone or alongside a treatment, it offers a moment of deep renewal.

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#### FINNISH SAUNA

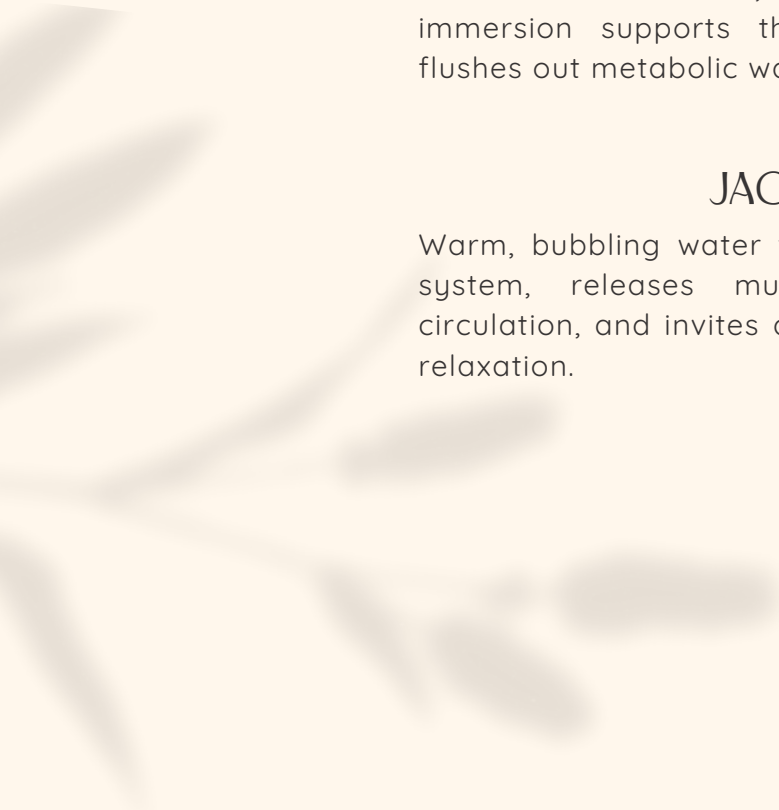
A dry heat experience that promotes relaxation, improves circulation, and supports detoxification by stimulating sweating and removing toxins from the body.

#### SOLACE ICE BATH

A cold plunge that helps reduce inflammation, ease muscle soreness, and boost recovery. Cold immersion supports the immune system and flushes out metabolic waste.

#### JACUZZI

Warm, bubbling water that soothes the nervous system, releases muscle tension, improves circulation, and invites deep physical and mental relaxation.



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### OUR THERMAL SANCTUARY

#### FOR TREATMENT GUESTS

All guests booking a treatment are invited to enhance their experience with complimentary access to our Thermal Sanctuary. To ensure the effectiveness of your treatment and optimal hygiene of our facilities, we kindly ask guests to enjoy the Thermal Sanctuary prior to their chosen treatment.

#### FOR NON-TREATMENT GUESTS

Guests who are not booking a treatment are also welcome to enjoy our Thermal Sanctuary. Access includes full use of all facilities: the Finnish sauna, ice bath, and jacuzzi, and is available for the following durations:

60 minutes		250
120 minutes		350

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### MASSAGES

### MINUTES

#### BALINESE MASSAGE

Traditional Balinese Massage is a therapeutic and holistic treatment that originated in Bali. It involves a combination of techniques, including gentle acupressure, reflexology, and aromatherapy, to stimulate the flow of blood and energy, and promote a sense of calm and deep relaxation.

60	690
90	990
120	1290

#### DEEP TISSUE MASSAGE

Deep Tissue Massage is a type of massage therapy that involves applying sustained pressure using slow, deep strokes, and finger pressure to target the inner layers of muscles and connective tissues. Deep tissue massage can help improve blood flow and reduce inflammation. It can also help release tension and knots in the muscles, improve range of motion, and relieve chronic pain.

60	690
90	990
120	1290

#### THAI OIL MASSAGE

Type of massage that combines the stretching techniques of traditional Thai massage with the use of oil to help ease tight muscles and promote relaxation. The rhythmic movements and deep breathing techniques can help to reduce stress. Thai oil massage is a great option for those looking for a massage that combines the benefits of traditional Thai massage with the added relaxation and comfort of an oil massage.

60	690
90	990

#### ORIENTAL HEALING MASSAGE

Oriental Healing Massage is a type of massage that incorporates various techniques and practices from Asian cultures, including Balinese and Thai traditions. This massage typically focuses on the back, shoulders, neck, head, and legs. the therapist use deep tissue massage techniques and acupressure. It can be a great way to take care of your body and mind.

30	390
60	690
90	990

#### FOOT REFLEXOLOGY

Foot Reflexology involves the application of pressure to specific points on the feet, which are believed to correspond with various organs and systems in the body. In Chinese techniques, these points are thought to lie along energy lines known as meridians. By applying pressure to these points, reflexologists aim to improve the flow of energy through the meridians and promote overall health and wellbeing.

30	390
60	690

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### HOT STONE MASSAGE

#### MINUTES

Type of massage therapy that involves the use of heated stones, which are placed on specific parts of the body. The heat from the stones helps to relax muscles and increase circulation. The combination of heat and massage can help to ease tension and promote relaxation throughout the body. Hot stone massage can be a beneficial treatment for people who experience muscle tension, stress, or chronic pain.

60	790
90	1120
120	1490

### FOUR HAND MASSAGE

Surrender to the deeply immersive experience of our Four Hand Massage, where two expertly synchronized therapists work in perfect harmony to deliver a luxurious full-body ritual. This treatment uses traditional Balinese strokes to create a wave-like sensation that eases muscle tension, stimulates blood flow, and restores inner balance. Ideal for those seeking mental clarity and a sense of elevated well-being.

60	1190
90	1690

### PREGNANCY MASSAGE

Pregnancy Massage is a specialized type of massage therapy designed to cater the unique needs and changes experienced by women during pregnancy. It focuses on providing relief from common pregnancy-related discomforts and promoting overall well-being.

60	790
90	1120

### INDIAN HEAD MASSAGE

Indian Head Massage, also known as a Champissage, is a traditional therapeutic practice rooted in Ayurvedic medicine. It focuses on the head, neck, and shoulders and is designed to promote relaxation, alleviate stress, and improve overall well-being.

30	460
60	790

### WARM OIL MASSAGE

Warm Oil Massage is a therapeutic technique where heated oil is applied to the body to enhance the massage experience. Involves the application of oil that has been heated to a temperature that is typically close to body temperature.

60	860
90	1260

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### BODY THERAPIES

MINUTES

#### TROPICAL BODY EXFOLIATION

Tropical Body Exfoliation is a beauty treatment that involves the use of body scrub to remove dead skin cells, unclog pores, and stimulate circulation. The treatment can help improve skin texture and appearance, leaving the skin feeling soft, smooth, and refreshed.

60 850

#### BALINESE BOREH

Balinese Boreh is a traditional remedy from Bali, made from a blend of warm spices that are believed to have healing properties. The warming, and comforting scent of the spices makes boreh a popular choice for relaxation and stress relief as well. Balinese boreh is believed to have a range of health benefits, including boosting the immune system, improving circulation, reducing inflammation, and relieving muscle pain and tension.

30 390

#### AFTER SUN SOOTHING

Our signature After-Sun Soothing ritual delivers intense moisture to dry, sensitive, sunburnt or flaky skin, leaving it feeling calm, hydrated, and irresistibly soft. Our gentle yet effective coconut scrub delicately cleanses the skin, preparing it for the application of our hydrating body mask. The perfect remedy for skin that has been exposed to the elements, whether you've spent a day lounging on the beach or exploring the tropical paradise of Bali.

60 850



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### FACIAL TREATMENTS

MINUTES

#### BRIGHTENING FACIAL

Unveil a youthful complexion with our traditional facial treatment, expertly crafted to refresh and revitalize your skin while reducing the appearance of wrinkles. Delight in the benefits of natural ingredients to restore your skin's delicate balance and leave it glowing with vitality. It will leave your skin feeling velvety smooth and supple, with a luminous glow that will turn heads and leave you feeling radiant.

60 850

#### AFTER SUN

Our specialized treatment is specifically designed to stabilize and calm sensitive skin, providing a soothing effect on your face and neck. With the use of carefully selected ingredients, this treatment works to restore balance and harmony to your delicate skin. Our formulated aloe vera mask or cucumber mask provides an extra dose of nourishment and hydration, helping to reduce redness and inflammation while promoting a glowing complexion. Trust in the expertise of our skilled practitioners to deliver exceptional results that will leave you feeling confident.

45 390



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### NAILS CARE

MINUTES

#### ULTIMATE MANICURE

Treat your hands to the ultimate pampering experience with our luxurious hand treatment. Begin with an indulgent aromatherapy hand soak to soften your skin, followed by a gentle yet invigorating scrub to remove dead skin cells and reveal a radiant glow. Our expert practitioners will carefully care for your cuticles, leaving your hands looking clean and refreshed. The treatment concludes with a soothing hand and arm massage designed to relieve tension and restore balance to body and mind.

60 500

#### ULTIMATE PEDICURE

A foot care experience with our comprehensive treatment, designed to revitalize your tired feet. Begin with a thorough cleansing and buffing, preparing your feet for a luxurious aromatherapy soak that will relax your entire body. Treat your feet with a scrub, expertly formulated to remove dead skin cells and leave your skin feeling soft and smooth. Our cuticle stimulation process will ensure that your feet look their best. Unwind as you enjoy a soothing foot and lower leg massage, designed to relieve tension and promote relaxation.

60 500

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### PACKAGES

### MINUTES

#### HIDDEN SERENITY

Unlock the hidden potential of your body and mind with our Hidden Serenity experience. Begin with a transformative thirty-minute Neurovizr therapy session to stimulate mental clarity and relaxation, followed by a deeply therapeutic thirty-minute hand reflexology treatment to restore balance and harmony. This luxurious combination promotes deep relaxation, reduces stress, and rejuvenates both body and mind, revealing your hidden serenity.

60 780

#### ESSENTIAL ESCAPE

Indulge in a truly luxurious evening of pampering with a rejuvenating body massage and a traditional facial featuring a lifting massage. Enjoy a warm cup of herbal tea to finish, the ideal way to feel refreshed and renewed.

120 1590

#### TROPICAL ROMANCE

Experience the perfect combination of self-care and indulgence, as you add value to your daily routine with a blissful foot bath to start. Revel in a soothing body massage that releases all your tension, followed by a rejuvenating body exfoliation tailored to your preferences. Conclude your pampering session with a decadent flower bath that nourishes and softens your skin, all while sipping on a warm, herbal tea that complements the entire experience.

120 1690

#### HIDDEN OASIS WELLNESS

Experience complete rejuvenation with this all-in-one package. Begin your wellness journey with a detoxifying hydrotherapy circuit, featuring a one-hour sauna, jacuzzi, and ice bath to reduce muscle soreness and inflammation. Then, unwind with a soothing thirty-minute herbal tea mask to nourish and refresh your skin. Complete your escape with a calming one-hour Balinese Massage to release tension and enhance your overall well-being. The perfect blend of relaxation and recovery.

150 1620

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### PARADISE GETAWAY

### MINUTES

Experience daily bliss by indulging in a rejuvenating escape from your routine. Start your journey with a comforting sea salt foot bath that will nourish your soles, followed by a blissful body massage, gentle body exfoliation, and a luxurious flower or milk bath to promote healthy skin. Savor a cup of hot herbal tea and complete your tranquil retreat with a soothing facial.

180 2230

### HIDDEN BLISS RETREAT - DUO

Escape into a world of relaxation and rejuvenation with a one-hour couple hydrotherapy experience, combining sauna, jacuzzi, and ice bath to cleanse, relax, and refresh both body and mind. Then, choose between a soothing one-hour Deep Tissue massage or a rejuvenating Thai Oil massage, followed by a nourishing thirty-minute Facial for a radiant complexion. Conclude your journey with a calming cup of herbal tea to restore your inner peace. This luxurious escape is the ultimate way for couples to unwind, reconnect, and discover hidden moments of pure bliss.

150 3700