

# Spa

## SPA AT THE ANINI RAKA :

### 1. BODY OF ANINI RAKA

\* Foot Massage 60 Minutes - \$20

The beneficial foot massage helps release toxins and sediments, which are detrimental to one's health. This gremlins deposited in the body, end at the feet. The old Chinese art of a foot massage assists them to be reabsorbed back into the body via the blood stream and be ultimately naturally released.

\* Shoulder Massage 60 Minutes - \$22

An Asian approach focuses immediately on the back, neck, head through application of pressure to specific points to release energy blocks.

\* Balinese Massage 60 Minutes - \$25

A full body massage using acupressure and stimulating blend of techniques combines long massage strokes, deep stimulation on muscles and joints along with great stretching in order to improve blood circulation, release muscle tones and stimulates relaxation.

\* Aroma Therapy Massage 80 Minutes - \$27

Is one of the most popular treatments at the tropical spa. Through this massage the active molecules of essential oils, already blended with a carrier oil, penetrate the blood stream and soothe the central nervous system. By using kinds of aroma therapy oils which is beneficial to activate the body's nerve endings and stimulates its blood flow, the medical properties of essential oils act on the internal organs and treat ailments.

\* Stone Massage 90 Minutes - \$30

The use of stone massage for healing has been practiced for centuries in various cultures in a multitude of ways: however, it was the North American Indians, who influenced the unique style. Stones being used for a therapeutic treatment. Alternating the body temperature stimulates the blood circulation by bringing in fresh healing blood. The hot stone stimulate the spleen, which send out new fresh blood into the system to speed up healing. Using the warm stone stimulate the circulatory and lymphatic system, just like going in a sauna. There are two other benefits of this massage: the power inside the stone will energize and balancing by placing stone on the body. This unique massage is so relaxing : you will float off into space.

### 2. FACE OF ANINI RAKA SPA

\* Traditional Nature Facial 60 Minutes - \$25

Using one of Indonesian cosmetic Biokos. The ritual begin with cleans, peeling, massage and face mask. This treatment is good for nourishes, moisturizes and relaxing the skin's face.

### 3. ANINI RAKA SPA RITUAL

\* The Balinese Bliss 120 Minutes - \$35

Experience the total Balinese indulgence on all over body treatments from head to toe. Begins with Balinese Massage, continue to Balinese Boreh Body Wrap, Fresh Cucumber Body Polish, ending by a relaxing Jacuzzi.

\* The Couple Celebration 200 Minutes - \$150

This treatment is dedicated for romantic couples, experience begins with a Crystal Salt foot bath continue to aroma therapy massage using sensual oil to uplift romantic mood, luxurious chocolate body scrub to soften the skin, a relaxing Jacuzzi accompanies with a glass of local white wine, ending with choices of spa manicure or spa pedicure.

### 4. SALON TREATMENTS

\* Spa Manicure 60 Minutes - \$19

\* Spa Padicure 60 Minutes - \$22