



MASSAGE TREATMENT

Balinese Massage (60 / 90 minutes)

IDR. 300.000 / 400.000

Balinese massage is excellent after a long flight or a late Night out. Used for centuries to renew, strengthen and heal both body and mind, this massage combines of acupressure, stretching, and palm & thumb pressure techniques. It aims to relieve tension, improve blood circulation, ease stress and calm the mind.

Temuku Signature Massage (90 minutes)

IDR. 350.000

Inspired by the healing therapies of different cultures, this unique massage treatment are blends of Japanese shiatsu Swedish, Thai and Balinese massages. Experience the soothing sensation of this signature massage.

Tension Relieve (30 minutes)

IDR. 150.000

Do you want to relieve stiffness and stress in the shoulders and neck? It is a wonderful soothing therapy that targets all the places where you accumulate the most tension, the head, neck and shoulders. It will not just relieve your aches and pains, but will also eliminate any blockages in your energy channels. This massage is a really wonderful experience if you want a break from a hectic life.

Foot Massage (30 minutes)

IDR. 150.000

It is time to pamper your feet, Foot massage has been practiced in many cultures for centuries to promote health and well-being. It is relieve pain, reduce stress and anxiety, rehabilitate injuries and boost general health. It won't just be your feet that reap the benefits but feet can alleviate anxiety and bring about a deep state of relaxation.

Above price are quoted in Indonesian rupiah and subject to 11% government tax and 10% service charges.



Foot Reflexology (60 minutes)

IDR. 200.000

The most blissful journey your feet will ever take. Based on the same therapeutic principles of its ancient Ancestor Chinese's acupressure massages targeting the soles of the feet. This is a wonderful treatment to help release toxins, stimulate blood circulation, improve metabolism and restore your body's energy flow.

Hot Stone (90 minutes)

IDR. 350.000

This ancient form of healing dates back to the beginning of time and has been practiced by ancient cultures, who believed in the beneficial healing properties of hot stones to soothe the mind, body and cleanse the spirit. The Hot Stones will be worked on the body pressure points with aromatic oils to improve and benefit your mood, relieve muscle tension and stress to encourage a deep sense of relaxation.

BODY TREATMENT

Javanese lulur (45 minutes)

IDR. 150.000

A lavish body treatment that was originally designed as a ritual to prepare a bride for the wedding day of the Javanese royal family, this treatment will leave the skin as soft, supple and radiant. Turmeric is a key ingredient in this ancient Javanese recipe.

Coconut body scrub (45 minutes)

IDR. 150.000

Reveal softer, glowing skin with gently-exfoliation by the treasure of the island. The coconut scrub will slough off dry skin to reveal a smoother, silkier body. Coconut oil acts as an emollient to soften rough skin. This moisture-rich body scrub gently removes dead skin cells to enhance softer, brighter skin all over your body.

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Chocolate Body scrub (40 minutes)

IDR. 150.000

Utilizing the richness of the Cocoa bean, our chocolate indulgence Body Scrub with full of anti-oxidants will protect your skin cells from short- and long-term damage caused by free radicals in our environment. It will awaken your skin and blast away dead cells which dull the skin's surface as it soothes, hydrates, and nourishes with natural vitamins, and potent antioxidants.

Green Tea Scrub (40 minutes)

IDR. 150.000

Green tea has very powerful antioxidants to preserve younger looking skin, fight free radical damage and promote overall health. It can actually help to clear and soothe your skin as well as help reduce redness. An active blemish-fighting, natural exfoliate and encourage healthier, clearer skin.

Milk Honey body mask (40 minutes)

IDR. 150.000

Use this decadent Milk is one of nature's best remedies for the skin. Milk and honey are terrific for skin care because they're soothing and nourishing for the skin. Honey provides extra nutrition for skin health while softening dry skin.

SPA PACKAGES

Touch of Temuku (2 hours)

IDR. 400.000

The invigorating spa treatment begins with an aromatic foot bath to cleanse and prepare you for an indulgent treatment. Touch of Temuku is best choice to relieve your body after physical activities, this is powerful way to relieve muscle tension and promote total relaxation. With an authentic Balinese massage treatment that will

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revitalize your senses continue with foot massage will completes this experience. Leave your entire body feeling more relaxed and healthier.

This package include:

- Foot bath
- Balinese massage
- Foot massage

Stress Reliever (2 hours)

IDR. 400.000

Stress Reliever package was created for those who want to escape stress and achieve optimal balance of body, mind, and spirit. The combination of Temuku signature massage and Chinese acupressure massage targeting the soles of the feet will balance the body, stimulate blood circulation, improve metabolism and let your tensions slip away.

This package include:

- Foot bath
- Temuku Signature massage
- Foot reflexology

Ultimate Bliss 2 hours

IDR. 425.000

Take a deep inhalation and enter this ritual by an exfoliating Aromatherapy Associate signature scrub. Feel the nature with our choice of customizing green tea body scrub or the ancient secret of Javanese royal family and a muscle soothing of Balinese massage or facial for your beauty will conclude the series.

This package include:

- Aromatic footbath
- Choice of Green tea body scrub or Javanese lulur
- Aromatic flower bath
- Balinese massage or Rejuvenating facial

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The ancient Purity 2 hours 30 minutes

IDR. 500.000

Look into the nature's greatest miracles and has been used by people since the dawn of time, we tailored a treatment using coconut base product for your journey of personal discovery. In Sanskrit, the ancient Indian language, the coconut palm is called kalpa vriksha, meaning "the tree that supplies all that we need to live", due to the amazing properties of coconuts it has been extensively used in Bali for traditional medical system, offering and daily live.

This package include:

- Aromatic footbath
- Coconut body scrub
- Aromatic flower bath
- Balinese massage
- Foot treatment

A day in Temuku (3 Hours, 30 minutes)

IDR. 800.000

Experience true serenity, escape for a half a day of pleasure and feel renewed the rest of the day. Offering full experience in the spa's holistic approach to the natural wellness to revitalized your body, mind, and spirit with a thorough series of treatments to improve general well-being. Before leaving the SPA you will be escorted to enjoy a healthy spa lunch or dinner in our restaurant.

This package include:

- Aromatic foot bath
- Choice of Body scrub
- Temuku signature massage
- Honey body wrap
- Romantic flower bath
- Facial or Foot treatment
- Healthy Lunch or Dinner at restaurant



SET HEALTHY MENU:

APPETIZER

VEGATABLES SPRING ROLL

Served with sweet sour sauce

Or

GARLIC BREAD

Toast baguette with garlic and butter

MAIN COURSE

CURRY VEGATBLES

Served with rice, capsicum, leeks, zucchini, mushrooms, onions, and broccoli

or

VEGETARIAN NASI GORENG

Stir fried rice with bok choy, carrots, leek, cabbage, chili, and fried shallots

Or

STIR FRY VEGATABLES

Capsicum, broccoli, cauliflower, green beans, carrot, cabbage, leeks and red rice

DESSERT

PANDAN CREPES

Filled with homemade coconut jam and palm sugar

Or

Fresh fruit

Local papaya, pineapple, watermelon and other seasonal fruit



FACIAL

Natural Facial 60 minutes

IDR. 250.000

Our natural and complete range of product from scrub, cleansers, massage cream and mask are made from selected natural ingredient from papaya, lime, honey and yoghurt. This has designed to naturally exfoliate and remove traces of dirt, makeup and dead skin cells - leaving your skin silky smooth clean and naturally beautiful.

Rejuvenating Facial 60 minutes

IDR. 300.000

Biokos incorporates powerful natural plant extracts working in harmony with skin cells to prevent and correct skin deficiencies by stimulating cell renewal, rejuvenating and reactivating skin. With Biokos, your skin will sustain its youthful radiance and vitality. Neck and shoulder massage will commence during the facial to let your entire body and mind relaxed.

NAIL TREATMENT

Manicure or Pedicure (60 minutes)

IDR. 180.000

Nail polish only (30 minutes)

IDR. 90.000

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SPECIAL PACKAGE

PACKAGE 1 IDR 600.000

2 hours 30 minutes

- Natural facial
- Manicure / Pedicure
- Nail Polish

PACKAGE 4 IDR 850.000

2 hours 30 minutes

- Foot Bath
- Balinese Massage
- Rejuvenating facial
- Honey Body Mask
- Flower Bath

PACKAGE 2 IDR 600.000

2 hours 30 minutes

- Foot Bath
- Hot Stone Massage
- Milk Honey Body Mask
- Flower Bath

PACKAGE 5 IDR 750.000

2 hours 30 minutes

- Foot bath
- Balinese Massage / Foot Reflexology
- Javanese lulur / coconut scrub
- Milk Honey body mask
- Flower bath

PACKAGE 3 IDR 650.000

2 hours 30 minutes

- Foot Bath
- Temuku Signature Massage
- Green Tea or Chocolate scrub
- Flower bath

PACKAGE 6 IDR 400.000

90 minutes

- Balinese Massage
- Flower Bath