



NESTLING • UBUD
a  secret

FLYING BAMBOO SPA
MENU



MASSAGE

TRADITIONAL BALINESE

A combination of stretching, acupressure and rhythmic strokes. Relax and unwind as your stresses are soothed away

60 Minutes	350 K
90 Minutes	450 K

AROMATHERAPY

Concentrated plant oils (essential oil) relaxation and healing for body and mind

60 Minutes	500 K
90 Minutes	650 K

BACK

Focusing on tension in the back and shoulders. Releasing and unwinding

30 Minutes	200 K
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DEEP TISSUE

Focusing on realigning the deep layers of muscle and tissue, releasing tension, tightness and sore shoulders

60 Minutes	400 K
90 Minutes	550 K

HOT STONE

Deeply relaxing and help warm up tight muscles

90 Minutes	700 K
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HEALTH & BEAUTY CARE

PURE ALOE VERA FACIAL (NATURAL COSMETICS)

A cleansing and exfoliation mask using natural aloe vera cosmetics (made in BALI with 99% of aloe vera). Aloe leaves contain a plethora of antioxidants including, beta carotene, vitamin C and E. It helps to improve the skin's natural firmness. Your skin is left clean, fresh and hydrated!

1 Session (60 Minutes) 350 K

TRADITIONAL BODY SCRUB

An invigorating scrub concentrating on sloughing and moisturizing your skin

60 Minutes 300 K

COLONIC (COLON HYDROTHERAPY)

Alternative medical therapies intended to remove nonspecific toxins from the colon and intestinal tract

Indications :

- Prevention
- Constipation
- Parasitic Infection
- Diverticulosis

Contra-Indications :

- Carcinoma of the colon
- Cirrhosis
- Severe Cardiac Disease
- Post Intestinal Surgery Less than two years

1 Session (60 minutes) 800 K
3 Sessions 2.280 K

RATUS

A traditional Indonesian treatment for intimate femininity

30 Minutes 200 K

MANICURE (HEALTHY FINGERNAILS)

Female (60 minutes) 200 K
Male (45 minutes) 175 K

PEDICURE (HEALTHY TOENAILS)

Female (60 minutes) 200 K
Male (45 minutes) 175 K



SENSATIONAL BLUE KARMA PACKAGE

BLUE KARMA REFRESH

- Flower foot bath
- Foot and back massage
- Refresh Facial
- Drink

(2 hours) 650 K

HOT TREATMENT

- Flower foot bath with salt and essential oil
- Hot Stone massage
- Ratus
- Drink

(2 hours) 800 K

TOUCH WHITE BLUE KARMA

- Flower foot bath with salt and essential oil
- Balinese massage with blend of exotic oil
- Body scrub and body mask
- Flower bath
- Drink

(2 hours) 750 K

All prices are subject to 21% service charge and government tax

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IVS THERAPY

Administered by
THE DOSE
BALI

PLATINUM SPA IV

1,980K

This IV is designed to repair the skin structure and add a healthy glow. Glutathione, other firming, brightening, hydrating and skin plumping ingredients create a powerful treatment delivered directly to the cells that need it most.

PLATINUM RECOVERY IV

2,520K

This IV is a powerhouse - complete with Vitamins A, B complex, C, D and E, the antioxidant Glutathione and zinc, this is an all-round immunity and energy booster for those who want it all! This IV will assist with exertion recovery and jet lag as well as provide a pre-event booster.

PLATINUM DETOX IV

1,860K

This versatile IV contains Vitamins B1, B6, B12 and C, plus the antioxidant Glutathione. It promotes liver detoxification and skin brightening. Perfect for food poisoning, Bali Belly, and to support a detox or wellness program.

All prices are subject to 21% service charge and government tax.



WELLNESS PACKAGE MENU FOR IV INFUSIONS

PLATINUM SPA ANTI AGING IV

2,330K

Enjoy a relaxing one hour Pure Aloe Vera Facial to leave skin clean, fresh and hydrated. Then receive an anti-aging spa IV to repair skin structure, increase skin glow, firming, brightening and plumping through Glutathione & antioxidants.

PLATINUM SPA RECOVERY & REPAIR IV

2,920K

Enjoy a 60 minute Deep Tissue Massage to realign the body and release tension. Then receive a recovery booster IV complete with Vitamins A, B complex, C, D and E, the antioxidant Glutathione and zinc, this is an all-round immunity and energy booster for those who want it all! This IV will assist with exertion recovery and jet lag as well as provide a pre-event booster.

PLATINUM SPA DETOXIFICATION IV

3,010K


Harness the powerful detoxification effects of a hydro-colonic treatment followed by a relaxing 1 hour Balinese massage and IV Infusion containing Vitamins B1, B6, B12 and C, plus the antioxidant

All prices are subject to 21% service charge and government tax.





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