



SENS SPA

SENS HOTEL & SPA + CONFERENCE UBUD TOWN CENTRE

RELAXING SPA & WELLNESS SELECTIONS

OM SWASTIASTU

Welcome to Our SenS Spa..

We extend to you peaceful tidings and our warm wishes of good health for your kind patronage.

Your SenS Spa Experience...

*We feature a number of spa and massage treatment options for your consideration and selection. Please complete our **Treatment Consultation Form** so that we may address your areas of treatment that require more attention.*

Before commencement of treatment, we offer a welcome non-alcoholic beverage and fresh cold face towel. At conclusion of treatment, ginger tea with lemon grass and fresh fruit slices will be served.

For your treatment indulgence and pleasure, we present a refined range of therapeutic massage oils, each with its own therapeutic qualities and values for your selection.

The adjustable heating pad on the treatment table will assure body warmth and enhance blood circulation during the treatment process. Treatment studio temperature likewise can be adjusted to your preference.

At conclusion of your treatment we would greatly appreciate your feedback on your therapeutic experience so that we may also enhance on our service delivery.

OPENING HOURS

Spa 9 AM to 9 PM

Gym 7 AM to 9 PM



For More Information
& Appointment

 (+62) 361-849 3328

 www.senshotelsresorts.com

Massage Oils

YOUR SELECTION OF MASSAGE OILS
& THEIR QUALITIES AND VALUES

Lavender

Reduction of nervous tension, pain relief, relaxation
and enhancement of blood circulation.

Jasmine

Uplifting with boosting of energy with anti-depressant,
antiseptic, sedative and aphrodisiac qualities.

Sandalwood

Promotes calmness to assist in managing anxiety,
lowering stress levels and improve sleep quality. The
Sandalwood oil also helps in healing wounds by
promoting skin cell growth

Lemongrass

Help reducing symptoms of rheumatoid arthritis with its natural anti-inflammatory properties, assist in relaxing and slowing down the pulse and lowering blood pressure, as well as effective for treating headaches.

Frangipani

Moisturises the skin with its natural antioxidants to maintain a healthy body. This oil also stimulates blood flow to relieve body tension, and it is excellent in bringing tranquility by sedating the mind to provide a relief from severe headaches, allowing you to have a good night's sleep.



Body Scrub

EXFOLIATE YOUR WAY TO GREAT SKIN

Chocolicious Scrub

Rejuvenate your skin with our decadent chocolate body scrub. Our chocolate-based body scrub is rich in natural antioxidants, moisturizes, and cleanses the skin.

IDR 280,000⁺⁺

30 Minutes

Fresh Ginger Scrub

Experience the invigorating warmth of our fresh ginger scrub, designed to naturally generate heat that soothes muscle fatigue and promotes improved blood circulation.

IDR 280,000⁺⁺

30 Minutes

Sea Salt & Tropical Fruit Scrub

Rich in minerals and vitamins, this scrub combines your option of fresh fruits which are rich in Vitamins A and E, with a salt scrub.

Scrub options:

- **Papaya**
Anti-inflammatory & strengthens immune system
- **Avocado**
High in essential nutrients, vitamins, minerals, and anti-oxidants

IDR 280,000⁺⁺

30 Minutes

SenS Facials

NOURISH, HYDRATE, RADIATE

Refreshing Facial

Enjoy a relaxing facial treatment, beginning with cleansing facial pores to be followed by focusing on points on the forehead, cheek bones, area around the eye sockets and temple. Completed with a scalp massage.

IDR 250,000⁺⁺

30 Minutes

SenS Pure Natural Facial

A signature SenS Pure Natural Facial using natural and fresh facial products such as yoghurt blended with honey as face cleanser; carrot juice (for normal skin) or cucumber juice (for oily skin) as face toner; oatmeal as facial scrub; sweet almond oil as facial massage oil; and avocado paste with honey as face mask. As a fitting finale, the therapist will apply moisturizer to leave your face feeling supple and refreshed.

IDR 395,000⁺⁺

60 Minutes

Biokos Facial

Revitalize your skin with our signature Biokos Facial, a luxurious treatment that smooths, strengthens, and restores a youthful glow for a radiant complexion.

IDR 400,000⁺⁺

60 Minutes

SenS Hand Care

PAMPER YOUR HANDS TO PERFECTION

Luxury Manicure

This treatment begins with a hand bath consisting of rock salt and oil-based lavender essence, followed by fingernail sculpting, trimming, cuticle treatment and a soothing hand massage. Your choice of nail polish colour to complete this beauty session.

IDR 285,000⁺⁺

60 Minutes

Nail Care

Deluxe fingernail care that commences with a warm hand soak with lavender aroma therapy oils, followed by sculpting, trimming, cuticle treatment, and a delightful hand massage.

IDR 210,000⁺⁺

60 Minutes



SenS Foot Care

TOTALLY RELAXING

Foot Reflexology

A deeply relaxing traditional foot reflexology massage that will relieve stress and anxiety in your entire body, starting in your toes, ankles, and feet.

IDR 245,000⁺⁺

30 Minutes

Foot Care

Deluxe foot care that starts with a warm foot bath with ingredients of marigold flower, peppermint aroma therapy oils, grated coconut, and palm sugar for scrubbing and moisturizing the feet. We complete the session with toenail sculpting, trimming, cuticle treatment, and a foot massage.

IDR 210,000⁺⁺

45 Minutes

Sole to Soul

"Foot point" is an ancient technique that uses gentle acupressure and massage on the feet, hands, and ears to bring about healing and relaxation.

IDR 345,000⁺⁺

60 Minutes

Luxury Pedicure

This treatment begins with a foot bath consisting of grated coconut with palm sugar for scrubbing and moisturizing the feet, and oil-based peppermint essence, followed by toenail sculpting, trimming, cuticle treatment and massage of different parts of feet that connect to several internal organs, such as the heart, liver, kidney etc., in promoting blood circulation, reduction of the effect of anxiety and depression, and lowering blood pressure. Complete this session by personalizing your look with a nail polish color of your choice.

IDR 285,000⁺⁺

60 Minutes

Body Massage

RELAXATION REVOLUTION

Herbal Compress

Combining traditional massage with specially selected herbs of curcuma (turmeric), languas (galangal), cinnamon, ginger and lemongrass that are combined into a compress pad and heated for gentle padding on muscle groups and meridian points and joints. A topical infusion of the herbs healing essence will help ease body aches and relieves stress.

IDR 565,000⁺⁺

90 Minutes

Hot Stone Therapy

Unwind, relax and restore your energy, with our unique hot stone massage to your body. The heat is both deeply relaxing and helps to warm up tight muscles so our therapist may work more deeply in accordance with your needs.

IDR 575,000⁺⁺

90 Minutes



Body Treatments

RELAXATION REVOLUTION

Stress Reliever

Enjoy a thirty-minute massage to quickly relieve tension and tightness on the neck, shoulder, and the back of your body.

IDR 288,000⁺⁺

30 Minutes

Traditional Balinese Massage

A unique traditional style of body massage consists of long and continuous strokes, palm pressure, gentle stretching, thumb sliding and appropriate pressure at meridian points to release tension and tightness.

IDR 410,000⁺⁺

60 Minutes

IDR 520,000⁺⁺

90 Minutes

IDR 680,000⁺⁺

120 Minutes

SenS Massage

Our signature SenS Massage is a delightful blend of massage techniques such as Balinese methods with gentle stretching and Ayurvedic methods and the use of warm aroma therapy oil to give you a deep and relaxing massage to release muscular knots, and improve blood circulation.

IDR 410,000⁺⁺

60 Minutes

IDR 520,000⁺⁺

90 Minutes

IDR 720,000⁺⁺

120 Minutes

Deep Tissue Massage

This massage will focus on meridian points, and muscle groupings, employing skillful techniques with the palm, elbow, and forearm, accompanied with gentle stretching and long strokes to relieve tension, tight muscles, and sore joints.

IDR 410,000⁺⁺

60 Minutes

IDR 520,000⁺⁺

90 Minutes

IDR 720,000⁺⁺

120 Minutes



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

Spa Packages

FOR COUPLES

The SenS of Two

Our unique spa treatment for couples begins with a foot cleansing ritual, followed by a focused deep tissue massage whilst laying on a warm heating pad for comfort and relaxation. Feel revitalized after this blissful treatment as your body's blood circulation and energy balance are enhanced.

IDR 650,000⁺⁺/couple

60 Minutes

SenS Spa Royal Couple

Enjoy some quality time together and be pampered side by side with our best spa treatments in a truly romantic ambience. Two therapists will work in unison to provide a shared luxurious SenS massage session for both of you. Luxuriate in the Balinese lulur (red rice, turmeric, sandalwood and pandanus leaf) body scrub like royalty, and emerge from the spa relaxed, with silky soft and glowing skin.

IDR 888,000⁺⁺/couple

90 Minutes

Spa Packages

SPECTACULAR SAVINGS

Ginger Release Package

This package draws out all of the therapeutic qualities of ginger, beginning with a ginger body scrub, and ginger body wrap to gently remove your old skin, and followed by a deep and relaxing full body Ginger Aroma therapy Massage and SenS Pure Natural Facial treatment. Conclude with a warm cup of ginger tea together with fresh sliced fruits will ensure your full revitalization.

Single

IDR 950,000⁺⁺

180 Minutes

Couple

IDR 1,888,000⁺⁺

180 Minutes

Balinese Boreh Package

Signature traditional Balinese healing treatment that begins with a Traditional Balinese Boreh Body Wrap to build up body heat and sweat as a means of detoxification of your body. This is followed by a one-hour traditional Balinese Massage to release, relieve tension and conclude with a foot massage. A warm cup of Jamu (herbal drink made from rice, ginger root, and palm sugar) will complement this Balinese healing treatment for a fitting conclusion.

Single

IDR 645,000⁺⁺

120 Minutes

Couple

IDR 1,150,000⁺⁺

120 Minutes

Rosella Scrub

This refreshing massage treatment uses aromatic Rosella oils and stretching techniques to relax and heal your tense body. This includes a refreshing jasmine body scrub (white rice, frangipani flower, pandanus leaf, sandal wood) body scrub that will leave you feeling fresh and your skin silky smooth.

Single

IDR 450,000⁺⁺

90 Minutes

Couple

IDR 868,000⁺⁺

90 Minutes



A photograph of a spa treatment room. The room features a large window on the left wall, a small table with a vase of flowers, and a large leather armchair with a matching ottoman. The walls are a light, neutral color, and the ceiling has recessed lighting. The overall atmosphere is clean, modern, and relaxing.

Spa Patronage & Courtesies

Appointments

Advance appointments are highly recommended for your type and duration of treatment based on available time slots.

Hours of Treatment Services

Open daily from 09:00 AM to 09:00 PM. For same-day appointments, please call hotel extension 5, or make your reservation directly at the SenS Spa.

Pre-Treatment Information

Prior to our scheduled treatment time, please allow at least 15 minutes for changing, showering as the case may be, and relaxation in preparation for your treatment. Tardiness by guests may also impact the amount of treatment time for the next guest, hence reducing your scheduled treatment time.

Cancellation Policy

As a courtesy to all parties, we request your kind consideration that a minimum of 24 hours advance notice be given if re-scheduling or cancellation of your appointment will become necessary. Please bear in mind when our spa appointments are fully booked, your treatment time will be shortened accordingly if your appointment time is not kept.

Attire and Personal Belongings

Please wear comfortable clothes and secure your own valuable belongings and avoid bringing them for your treatment. Our Spa and hotel can't be responsible for their safekeeping. Our Spa will provide you with a yukata robe, towels, sarong wrap, and slippers in addition to bathroom amenities and toiletries.

Quiet Time & Relaxation

Spa background music for relaxation and downtime will be provided. Please kindly refrain from using your mobile phone and other electronic devices and if necessary keep them in silent mode. Our guests do expect and relish their quiet time during treatment and keeping your voice level down will be appreciated by all guests.

Treatment Consultation and Advice

Before commencement of spa and massage treatment, we ask for your cooperation in filling out our Treatment Consultation Form. Please inform your therapist about any health issues such as pregnancy, recent surgery, hypertension, heart ailments, allergies and sport injuries.

Gratuities

A service charge of 10% is added to the amount of each treatment. Gratuities when considered by our guests are always appreciated by our therapists when quality care and attention is given. We too would also appreciate your post-treatment comments and suggestions.

Minimum Age

Spa services are also appropriate for children ten years or older. However, for the comfort and quiet ambience of other guests, may we ask that children not accompany you on your spa appointment unless they all receive treatment services.

Spa Treatment Packages

Our therapist associates shall be most delighted to customize a half-day or full-day session for spa, massage and yoga package for you and your guest.

Terima Kasih Banyak
*We Thank You for Your Patronage
and Kind Consideration*

Om Shanti, Shanti, Shanti Om

Peace be with you in Body, Speech and Mind



SEN2 SPA

SENS HOTEL & SPA + CONFERENCE UBUD TOWN CENTRE

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