

SPA MENU

Like everything in Bali, the services offered in the health and beauty industry are abundant! We have researched, tested and tried and been man-handled, flipped, bruised, blissed out, and have been massaged to high heaven by more than our fair share of therapists! So we have created our spa menu from our favourite treatments on offer here in Bali. As part of your The Palm Tree House package you can choose from any of these glorious treatments.

ESCAPE SIGNATURE BALINESE MASSAGE

60 minutes - \$30 USD / 90 minutes - \$40 USD

When in Bali, why not do as the Balinese have been doing for centuries. Surrender your body and mind to this blissful combination of Western and Eastern techniques. Balinese strokes, Hawaiian lomilomi (ka huna), Swedish kneading and friction, Thai Stretch and Shiatsu pressure point techniques applied with the artful and accomplished skill of insight, sensitivity and intuition. An ancient healing therapy that is as blissful as it is beneficial.

DEEP TISSUE MASSAGE

60 minutes - \$30 USD / 90 minutes - \$40 USD

Deep tissue massage is a therapy that focuses on realigning deeper layers of muscles and connective tissue. It is helpful for chronically tense and contracted areas such as stiff necks, lower back tightness, and sore shoulders. When there is chronic muscle tension or injury, there are usually adhesions (bands of painful, rigid tissue) in muscles, tendons, and ligaments. Adhesions block circulation and cause pain, limited movement, and inflammation. Deep tissue massage works by physically breaking down these adhesions to relieve pain and restore normal movement.

SWEDISH RELAXING MASSAGE

60 minutes - \$30 USD / 90 minutes - \$40 USD

Slip away into bliss with this relaxing massage. A classic treatment designed for those who like a tender touch.

REFLEXOLOGY

60 minutes - \$25 USD

This health enhancing therapy focuses on the feet and legs to affect the whole body. Reflexology works on precise points on the feet that are believed to 'reflex' to other parts of the body. Stimulating these points can increase overall circulation and restore the natural healthy balance to specific parts of the body.

BIOKOS FACIAL

60 minutes - \$30 USD

A real indulgence that is truly beneficial for your face and skin. This treatment starts with an Aloe Vera extract cleanser and is followed by an exfoliating scrub. A gentle luxurious face massage is next before applying the seaweed mask. Seaweed is well known as the most detoxifying ingredient on earth. Lie back and relax while the mask sets and your arms and hands are gently massaged. After the mask is removed, a toner is applied to help fight the premature signs of aging. A light moisturizer is finally applied to finish off the treatment. All the products used in this facial are our own organic spa line in conjunction with Martha Tilaar Vital Nutrition.

BODY SCRUB - CAFFEINE PLEASE

60 minutes - \$30 USD

To have soft and supple skin, woman love it. Cellulite enemy #1 is caffeine, which tightens and provides antioxidants to skin when applied topically. When applied religiously, it has been shown to reduce the appearance of cellulite - especially over time. Here, we combine coffee grounds with moisturizing, skin-soothing coconut oil and a bit of sea salt for an extra exfoliating kick. By massaging you'll stimulate blood flow resulting in smoother, firmer skin.

