

Alami

Natural Wellness & Spa



Note to our Guest

- Please remove your jewelry, contact lenses or glasses before treatment.
- Please let the therapists know if you have any requirements or if you find the pressure too strong or too weak. This is important so you can really enjoy your treatments and get totally relaxed.
- We respectfully request that you turn off your mobile phones and keep the noise to a minimum.
- Please tell us at least 3 hours before your appointment if you want to change or remove it to be able to reschedule the day. If we are not contacted (no show) we will charge you 50% of the treatment costs.
- Thank you for your attention and enjoy your treatment at our SPA.



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FOOT REFLEXOLOGY

60 Min.

Cool Face Towel
Welcome Drink
Warm Footbath
Foot Scrub
Foot Reflexology
Hot Ginger Tea

IDR 320k
~ Euro 20

PACKAGE ENJOY

40 Min.

Cool Face Towel
Welcome
Aromatherapy Flower, Sea Salt Foot Bath
Indonesian Half Body Relaxation Oil Massage
Shower and Body Lotion
Hot Ginger Tea

IDR 240k
~ Euro 15

PACKAGE REJUVENATE FACE

90 Min.

Cool Face Towel
Welcome Drink
Traditional Facial Skin Care Program
Face Skin Cleaning and Massage
Face Peeling and Mask
Hot Ginger Tea

IDR 490k
~ Euro 30

PACKAGE RELAX

70 Min.

Cool Face Towel
Welcome Drink
Aromatherapy Flower, Sea Salt Foot Bath
Indonesian Body Relaxation Oil Massage
Shower and Body Lotion
Hot Ginger Tea

IDR 400k
~ Euro 25

PACKAGE SENSITIVE

100 Min.

Cool Face Towel
Welcome Drink
Aroma Flower, Sea Salt Foot Bath
Indonesian Body Relaxation Oil Massage
Cucumber Wrap for Sensitive or Burnt Skin
Shower and Body Lotion
Hot Ginger Tea

IDR 570k
~ Euro 35



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PACKAGE NATURAL

130 Min.

Cool Face Towel
Welcome Drink
Aroma Flower, Sea Salt Foot Bath and Massage
Indonesian Body Relaxation Oil Massage
Head Massage
Body Scrub with traditional Lulur
Body Mask of your choice
Shower
Aroma Flower, Sea Salt Bath and Body Lotion
Hot Ginger Tea

IDR 790k
~ Euro 49

PACKAGE HARMONY

150 Min.

Cool Face Towel
Welcome Drink
Aroma Flower, Sea Salt Foot Bath and Massage
Indonesian Body Relaxation Oil Massage
Head Massage
Eye ritual
Body Scrub with traditional Lulur
Yoghurt Pack or Mandi Susu (Milk Pack)
Shower
Flower Bath with Harmony Salt or Milk Bath
Body Lotion
Hot Ginger Tea

IDR 960k
~ Euro 59

PACKAGE REVITALIZE

160 Min.

Cool Face Towel and Welcome Drink
Aroma Flower, Sea Salt Foot Bath and Massage
Indonesian Body Relaxation Oil Massage
Traditional Facial Skin Care Program
Face Skin Cleaning and Massage
Face Peeling and Mask
Shower
Aroma Flower, Sea Salt Bath and Body Lotion
Hot Ginger Tea

IDR 1120k
~ Euro 69



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AROMA FLOWER BATH

25 Min.

Cool Face Towel

Welcome Drink

Aromatherapy Flower Bath

IDR 240k

Hot Ginger Tea

~ Euro 15

FLOWER BATH WITH SALT

25 MIN.

Cool Face Towel

Welcome Drink

Flower Bath with special Salt

IDR 240k

Hot Ginger Tea

~ Euro 15

BODY SCRUB PACKAGE

25 MIN.

Cool Face Towel

Welcome Drink

Aroma Flower, Sea Salt Foot Bath

Body Scrub with traditional Lulur of your choice

Shower and Body Lotion

IDR 240k

Hot Ginger Tea

~ Euro 15

Optional plus

YOGHURT OR MILK PACK

10 Min.

IDR 160k

~ Euro 10

HOT STONES MASSAGE

75 Min.

Cool Face Towel

Welcome Drink

Aromatherapy Flower Sea Salt Foot Bath

Indonesian Body Relaxation Oil Massage

Hot Stones Massage

Shower and Body Lotion

IDR 400k

Hot Ginger Tea

~ Euro 25



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PEDICURE & MANICURE COMPLETE

60 Min.

Cool Face Towel
Welcome Drink
Aromatherapy Flower Sea Salt Hand & Foot Bath
Cuticles conditioned and tidied, cleaned by "Scrub White Cream"
Cleaning Nail processing with warm Water
Cream & Massage Hand & Foot
Nail Polish Processing
Flowers painting
Nail Top Coat
Hot Ginger Tea

IDR 240k
~ Euro 15

MANICURE

30 Min.

Cool Face Towel
Welcome Drink
Aromatherapy Flower Sea Salt Hand Bath
Cuticles conditioned and tidied, cleaned by "Scrub White Cream"
Cleaning Nail processing with warm Water
Cream & Massage Hand
Nail Polish Processing
Flowers Painting
Nail Top Coat
Hot Ginger Tea

IDR 130k
~ Euro 8

PEDICURE

30 Min.

Cool Face Towel
Welcome Drink
Aromatherapy Flower Sea Salt Foot Bath
Cuticles conditioned and tidied, cleaned by "Scrub White Cream"
Cleaning nail processing with warm Water
Cream & Massage Foot
Nail Polish Processing
Flowers painting
Nail Top Coat
Hot Ginger Tea

IDR 150k
~ Euro 9



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Massage Oils

1. Bergamot:
increases positive energy and relaxation; decreases depression; also used to heal flu and fever for example
2. Sandal Wood:
gives stability; increases sensuality and skin regenerations; improves oxygen circulation and blood distribution; relieves skin
3. Frangi Pani:
rises concentration; transfers spirit and helps to relax; relieves muscles and skin
4. Lotus:
refreshes; helps to relax; peaceful
5. Musk:
decreases depression; sharpens the concentration
6. Peppermint:
gives happiness, vitality and masculine feeling; transfers energy and work spirit; also decreases tiredness
7. Rose:
delivers love, romantic and relaxation
8. Lavender:
calms down and decreases headache; smoothenes burnt and peeled skin as well as injury scars
9. Green Tea:
refreshes the mind; vanishes tiredness and flu, gives spiritual balance



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Scrubs

Name of Scrub	Descriptions	Functions
Lulur Scrub	Red rice, green beans, soybeans, Pulosari bidara laut, cinnamon, yellow sandal wood, wild ginger, medical root, fragrant grass, Tunjung flower, Delem leave, Gambir flower	<ol style="list-style-type: none">1. Lifts the dead and dirty skin.2. Looses the smell of the skin.3. Gives nutrition to the skin.4. Repairs the O₂ and blood circulation.5. Takes care of skin moist and prevents skin wrinkles.
Green Tea Scrub	Green tea, green beans, white rice, Lotus, essences of the flower Champaka, Frangipani and Delem leave	(1 – 5) <ol style="list-style-type: none">6. Contains anti oxidant, looses acne and cellulite, makes the skin smooth and flexible.
Tea Scrub	High quality of tea, red rice, green beans, soybeans and lime	(1 – 6) <ol style="list-style-type: none">7. Prevents acne and eyestrains, decreases cellulite.
Coconut Scrub	Selected yellow coconuts, red rice, soybeans, green beans, Menanga flower, Jasmine and Gardenia	(1 – 7) Especially helpful for dry skin, gives natural color to the skin back and makes it shiny.



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Masks

Name of Masker	Descriptions	Functions
Milk Bath Mask	The legendary fame of the beauty of the Queen, in particular a smooth skin. Full off cream milk, flour seed, vanilla, Lotus seed, juice tuber.	(1 - 7) Gives protein to the skin, relieves tension skin, refreshes and makes the skin smooth.
Seaweed Mask	Seaweed, Lotus seed, juice tuber, Delem leave, green beans	(2 - 5) Gives nutrition to the skin, makes your skin shiny and prevents acne.
Yoghurt Mask	Fresh yoghurt with milk	Smooths the skin, gives nutrition and moisturizing it.
Cucumber Mask	Fresh cucumber, white rice, Lavender oil, Tea tree oil, chamomile oil	For sun burnt skin, transfers a cooling down feeling and moisturizing sun burnt skin.



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AROMATHERAPY

What is aromatherapy?

It is the art of using the pure essence extracts of petals, leaves, stems, seeds, roots, resins or barks, or certain aromatic plants, flowers, herbs or trees to promote the health and well-being of your body and mind. Stress brought on by the pace of modern living, and pollution from the environment, is gradually attacking our physicals, emotional and mental health. It has therefore become necessary to take preventive measures and adopt a sensible way of life. This is where aromatherapy comes to rescue.

WHAT ARE ESSENTIAL OILS?

Essential oils are volatile liquids produced by certain plants and stored in tiny pockets between their cell walls. They are the life force of the plant and give the plant its distinctive fragrance. They are extracted mainly by steam distillation.

HOW DO THEY WORK?

As you inhale essential oils, their fragrant molecules enter your nostrils and waft inside your nose towards your olfactory nerves. Here, the molecules are picked up by special receptors that are like keys that fit specific locks, identifying that particular aroma. The information is then transmitted directly to a special part of the brain – the limbic system- which stores memories and emotional responses. Motivation, moods and creativity all originate from here, so smell can affect the way you feel, think and act.

AROMATHERAPY TO ENHANCE YOUR LIFE

Aromatherapy is an ancient art that must be considered on physical, institutional and scientific levels if it is to be fully understood and used. In its ultimate form, it can be employed in a body massage with an individually blended oil, or as an aromatherapy bath which, apart from being an olfactory delight, is also therapeutic.

