








**ANJALI SPA**  
BY ASTAGINA

# SPA MENU

-  Body massage
-  Body treatment
-  Facial treatment
-  Hair treatment
-  Manicure & pedicure



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Astagina Resort Villa and Spa

Jl. Werkudara No.8 Gg. Bulan  
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*Anjali Spa draws its name from the Sanskrit word "Anjali," which holds profound significance. Rooted in ancient traditions, Anjali signifies an offering, a salutation, and a heartfelt connection. Just as the Anjali Mudra symbolizes reverence and unity, our spa embraces these values. We extend a warm welcome, inviting you to immerse yourself in our sanctuary of relaxation, where every treatment is crafted as a divine offering to rejuvenate your mind, body, and spirit. Experience the essence of Anjali Spa and embark on a journey of holistic well-being and pure bliss.*



## **Our Spa Promises**

### **Operational Hours**

9 AM – 9 PM Daily

### **Arrival**

Please arrive at least 10 minutes prior to your scheduled appointment. Late arrival will result in a reduction of service time.

### **Appointment**

We suggest that you schedule your appointment one or two days in advance in order to obtain your preferred treatment time, and all will be subject to the spa availability.

### **Customization**

We also cater to a more personalized treatments tailored to your individual needs.

### **Relaxation Guarantee**

When you arrive at Anjali Spa, a serene, stress-free atmosphere is ready to welcome you to start your healing journey.

### **Customer Satisfaction**

Our goal as a team is to focus on creating a memorable and restorative experience for you and loved ones.

### **Environment**

To fully enjoy the peaceful and tranquil environment of our spa, we respectfully request all visitors to keep noise level at a bare minimum. Usage of cellular phones and electronic devices are discouraged. Smoking and consumption of alcohol within the premises is prohibited.

Please leave your valuables at home or in your room safe. The Hotel and Spa accept no responsibility for lost of money or valuables brought into the spa premises.

Guest who have a history of high/low blood pressure, under medical treatment, pregnant or have other medical conditions are advised to consult with their doctors before having any spa treatment.

# Welcome to Anjali Spa

Please take a moment to read through the information below.

**Arrival** - We kindly ask that you arrive 10 minutes before your scheduled appointment to allow time for check-in, relaxation, and to complete our consultation form. Please understand that if you are late, depending on our schedule on that day, we may need to cut your treatment time accordingly to ensure the next guests can start their treatments punctually.

**Attire** - Guests are welcome to arrive in regular and comfortable attire, or the kimono from your room. In the treatment room, there will be a kimono and disposable underwear. Remove jewelry and tie back long hair for certain treatments.

**Cancellation Policy** - Please understand that once we confirm your booking, your time slot is reserved especially for you with one or two of our therapists. We understand that there are many external and unforeseeable factors that may affect your arrival, and we try to be as flexible as we can, but please kindly provide a minimum of 4 hours' notice if you need to cancel or reschedule your appointment. Any cancellation made shorter than this time frame will be charged a cancellation fee of 20% from the listed price in this menu. Any reschedule will be based on our availability, and if there is no suitable reschedule time within your period of stay, the cancellation fee would be applied. For any bath rituals, please notify your cancellation 24 hours prior to your appointment, otherwise cancellation fee would also apply.

**Health Considerations** - If you have any medical conditions, recent surgeries, or are pregnant, please consult with your healthcare provider and inform our staff to ensure a safe and suitable treatment. Please also indicate it well when filling in our consultation form before your treatments. Some spa treatments may react with medications and medical treatments. You should notify the therapists if you experience discomfort at any time during their treatment, not after the treatment.

**Jewellery and valuables** - Jewellery is not to be worn during treatments and we recommend that valuable items are left at home or in the safe in your room. Please note that we take no responsibility for lost or misplaced belongings.

**Gratuities** - Gratuities for exceptional and great service are greatly appreciated but are entirely at your discretion.

**Payment for spa services** - We accept major credit cards and payment would be processed upon check in for your treatment. Our in-house guests may charge spa services and products to their room account. Cashless payment is preferred, unless it's the last alternative method.

**Professionalism** - We are committed to providing professional spa services and expect respectful behaviour from our guests. Anjali Spa will not tolerate any inappropriate acts, and we reserve the right to terminate treatment should there be any encounter of disrespect.

Exclusive Offer

**40%**  
**OFF**



# Massages

## STRESS RELIEF MASSAGE (30 MINS)

380

*A massage of head, neck, shoulder and back to quickly refresh and energize your body.*

## TRADITIONAL BALINESE MASSAGE (60/90 MINS)

550 / 750

*This traditional full-body treatment has been practiced on the Island of the Gods for thousands of years, passed down through generations. Traditional blend of coconut massage oil is used, applying thumb and palm pressure to stimulate circulation, ease muscular and joint tension, leaving profound sense of wellness.*

## ANJALI SIGNATURE MASSAGE (60/90 MINS)

650 / 850

*A full body massage that uses warmed aromatic oil of your choice, with long soothing strokes and gentle acupressure. We are bringing you blends of essential oils from Indonesian spices and flowers that you can choose from to elevate your massage experience. This massage helps you sleep better, bringing a sense of calm and deep relaxation. The benefits of essential oil aroma can be really beneficial for those with headache, migraine, fatigue, PMS, anxiety, and/or insomnia.*

## HERBAL BALL MASSAGE (60/90 MINS)

750 / 1050

*Massage therapy that involves the use of heated herbal compress balls that are made from a blend of medicinal herbs (lemongrass, ginger, turmeric, and others) wrapped in a fabric. The herbal balls will be gently pressed and rolled over the body, giving the benefits of heat, aromatherapy, and herbal infusion. Suitable for those who love the aroma of warm traditional spices, and those who are feeling unwell, or experiencing common cold or upset stomach.*

## DEEP TISSUE MASSAGE (60/90 MINS)

690 / 990

*Designed to target the deeper layers of muscle tissue in the body. The pressure will be stronger than a typical relaxation massage, but the therapist will work within your comfort level.*

*All prices are in thousand Rupiah, and subject to 10% service charge and 11% government tax*

For in-house guests, please dial "0" or "710" to book your treatment



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# Massages

## **HOT STONE HEALING MASSAGE (90 MINS)**

**890**

*A combination of traditional massage technique, in addition to the use of smooth, heated stones to relax and loosen the muscles. Hot smooth stones glide across your body in long flowing strokes, and stones will also be placed on your energy centres, channelling the hot stones' energy and encouraging the body's healing potential.*

## **FOUR-HAND MASSAGE (60/90 MINS)**

**950 / 1350**

*If two hands are better than one, imagine what can be accomplished with four! In this sublime massage experience two therapists perform a choreographed massage and smooth your mood. This is the ultimate guilt-free indulgence. The synchronized movement and skills of two therapists will give you the most incredible full-body remedy.*

## **PREGNANCY MASSAGE (60 MINS)**

**750**

*A specially adapted gentle and soothing massage tailored specifically for expecting mother. Our therapist will listen to your particular concerns regarding any tension or pain, and work to facilitate deep relaxation, helping you to enjoy your pregnancy and relieve any unpleasant symptoms. This massage are mostly performed side-lying but subject to each individual condition and comfort level.*

## **FOOT REFLEXOLOGY (45 MINS)**

**600**

*A therapy that involves applying pressure to specific points on the feet that correspond to different organs, systems, or parts of the body. Reflexology aims to promote relaxation, balance energy flow, and encourage the body's natural healing processes.*

## **FOOT MASSAGE (30/60 MINS)**

**350 / 550**

*A relaxing leg & foot massage to relieve sore and tired feet, a gentle alternative to reflexology.*

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# Ancient Healing

## SHIRODARA TREATMENT (60 MINS)

950

*The word Shirodhara means 'head flow', and it does exactly what it says. Your mind will soon enter a relaxing state once the treatment starts, as you receive a head, neck and shoulder massage. As you enter the realms of complete meditative bliss, warm oil will be poured gently over your forehead [your sixth chakra], which aims to stimulate your third eye – the window to your soul. This unique treatment directly and immediately calms, relaxes and has a cleansing effect on the mind and nerves.*

*\* We recommend adding a bath of your choice or a hair wash after this treatment*

## BALINESE BOREH (120 MINS)

1290

*Used as both cure and prevention, boreh is one of the oldest and most common herbal remedies in Bali. This therapy is great for relieving muscle aches, reducing fever or headaches, and assisting with jet-lag recovery. This treatment involves a medium full-body massage, followed by exfoliation with a paste made from a blend of turmeric, ginger, cloves, rice powder, and other aromatic spices. Lastly, boreh body mask will be applied all over your body, allowing the herbal mixture to penetrate the skin and release its therapeutic properties.*

*\* We recommend adding a bath of your choice after this treatment*



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# Face Treatments



## SENSATIA BOTANICALS SIGNATURE FACIAL (60 MINS)

890

*7-step facial treatment that uses premium organic products of Sensatia Botanicals, designed to cleanse, exfoliate, and nourish the skin. Gentle strokes and techniques facial massage is included to help promote relaxation and stimulate blood flow to the face, neck and décolletage.*

*\* Our product variants are available for various skin types including sensitive and mature, and safe for pregnant women.*

*For gentlemen, we recommend shaving off facial hair before facial treatment to get the most benefit and skincare absorption to the skin.*

## SENSATIA BOTANICALS MINI FACIAL (30 MINS)

650

*Rejuvenating and time-efficient treatment designed to give your skin a quick pick-me-up. This condensed version of our signature facial is perfect for those seeking a revitalizing boost in a shorter time frame.*

*Experience the transformative effects of our mini facial and uncover a radiant, glowing complexion.*

## FACE MASSAGE (30 MINS)

300

*Massage of the face and neck to stimulate blood circulation, promote relaxation, and improve the appearance of the skin. Facial massage has strong effects on stress alleviation and deep relaxation. We will also include 5 minutes of head massage to complement this treatment. We use natural and gentle face oil to massage your face.*



*If you love our facial, the Sensatia Botanicals skincare range are available to purchase at our Spa retail. A high quality small batch skincare made from Bali botanicals since 2000. Locally and lovingly sourced, halal certified, without chemicals or artificial substances.*

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# Body Treatments

## TRADITIONAL BODY SCRUB (30 MINS)

450

*Indulge in the timeless tradition of body scrubbing. Our skilled therapists will delicately exfoliate your skin using a blend of natural ingredients, meticulously chosen for their nourishing and rejuvenating properties. Feel the gentle yet effective removal of dead skin cells, unveiling a radiant and silky-smooth skin. Choose from our selection of Turmeric, Coconut, Frangipani or Coffee body scrub.*

*\* We recommend adding a bath after body scrub for ultimate experience*

## BODY MASK (30 MINS)

350

*Let your body be enveloped in a nourishing blend of natural ingredients, carefully chosen to detoxify, hydrate, and replenish your skin. As the mask works its magic, relax and drift away in our serene environment. Choose from our selection of Milk or Green Tea body mask.*

## BODY SCRUB AND MASK COMBO (60 MINS)

700

## AFTER-SUN RELIEF (45 MINS)

500

*Soothe your after-sun skin with our special Aloe Vera Gel treatment. Let the gel sit for 30 minutes, and enjoy 15 minutes head massage.*



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# Bath Rituals

## RELAXING FLOWER BATH

*SINGLE - 45 MINS* **450**  
*COUPLE - 45 MINS* **750**

*Nothing better than soaking yourself up in a warm bath filled with flower petals after your massage, or other treatments, giving you final touch of mood-booster.*

## EXOTIC DESIGN BALINESE FLOWER BATH

*SINGLE - 45 MINS* **890**

*You know what this is. A bath tub, fully covered in beautifully designed exotic and vibrant tropical flowers. Nowhere else in the world does it better than a Balinese Spa, absolutely delightful, perfect setup for some really stunning photos and ultimate flower power indulgence.*

## HEALING HERBAL BATH

*SINGLE - 45 MINS* **490**  
*COUPLE - 45 MINS* **890**

*soak away your stress in the purity of nature with the aromatic blend of pandanus leaves, ginger, aromatic dried grass, roots and betel leaves. This Balinese herbal infusion will wrap your body in a healing touch.*

## ENERGIZING CITRUS BATH

*SINGLE - 45 MINS* **890**  
*COUPLE - 45 MINS* **1300**

*A bath packed with fresh cut lemon, lime, orange, and leaves that will work on perfecting your skin. The mixture of the bath base will give you the perfect satiny sensation to brighten up your mood, just a perfect refreshment to the heat of sunny and exotic Bali island.*

## CLEOPATRA'S ROSE MILK BATH

*SINGLE - 45 MINS* **490**  
*COUPLE - 45 MINS* **890**

*Inspired by Cleopatra's ritual, boost your skin hydration even more in a milk bath scented with pure essential oil to calm your mind. A dash of fresh rose petals will brighten your mood for the remainder of the day.*

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# Spa Packages



## TROPICAL ESCAPE (120 MINS)

Single 1200  
Couple 2200

A blissful package where relaxation meets the exotic allure of paradise. Surrender to pure indulgence with a 60-minute full body massage, expertly crafted to melt away tension using fragrant coconut massage oil. Next, immerse yourself in the sensory delight of a 30-minute coconut or coffee exfoliation, unveiling silky-smooth skin and a radiant glow. Finally, surrender to the ultimate tranquility with a 30-minute flower bath.

## BALI GLOW (120 MINS)

Single 1700  
Couple 2700

Recommended both before and after you travel. This treatment begins with a peppermint infused foot bath, followed by a firm 60 minutes full body deep-tissue massage, which will relieve tense and knotted tissue as well as improving the circulation. Continue with 30 minutes of Sensatia Botanical facial to refresh and moisturise the skin, and finally relax and enjoy our 30 minutes of flower or herbal bath.

## PUSPANJALI - THE FLOWER TREATMENT (150 MINS)

Single 1700  
Couple 2700

Puspanjali is one of the welcoming dances in Balinese tradition, which has dynamic and beautiful movements. The name was taken from the word Puspa which means flower, and Anjali, means respecting or greeting. Thus, Puspanjali means 'greeting with flowers'. This treatment starts with a foot bath, and then 60 minutes full body Balinese massage with flower infused massage oil, continued with 30 minutes of Frangipani exfoliation, 30 minutes milk body mask, and end with 30 minutes of Cleopatra's Rose milk bath.

## HEATWAVE (120 MINS)

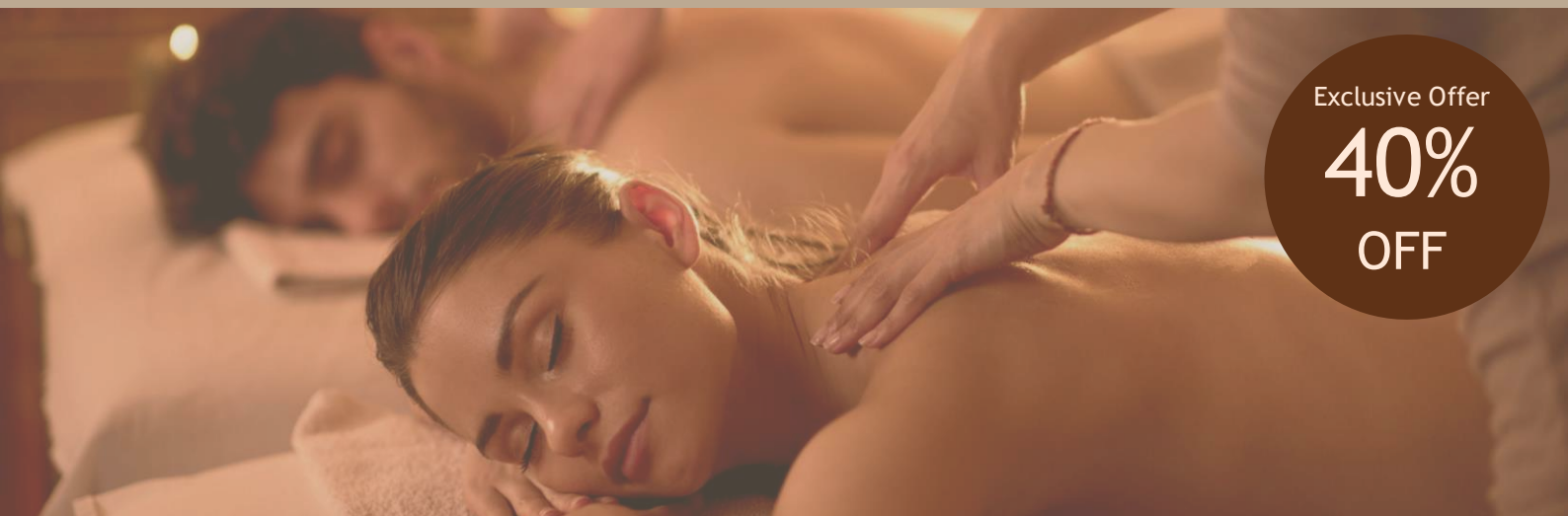
Couple 2500

A truly energizing couple treatment, and recommended for a great quality time. Starting with a foot bath, then enjoy 75 minutes of Hot-Stone Massage. After that, soak and relax with your loved one in a warm jacuzzi flower bath for 45 minutes and enjoy a pot of warm ginger/lemon tea.

## SWEET DREAM (180 MINS)

Couple 3600

Indulge in our ultimate package of relaxation and head-to-toe pampering. This treatment consists of 60 minutes full body aromatic Anjali Signature massage, 60 minutes of Sensatia Botanicals signature facial, 30 minutes traditional body scrub and 30 minutes warm jacuzzi flower bath with a pot of ginger/lemon tea.



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OFF

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# Kids Treatments

(up to 12 years old)

## MUM AND ME PACKAGE (90/120 MINS)

1800/2200

*Lovely pampering time for mum and the little one. This treatment starts with a foot bath, a full body massage, optional chocolate body scrub, and a delightful warm milk or flower bath to end the treatment.*

## GENTLE CHILDREN'S MASSAGE (30/60 MINS)

390/590

*Give your child the gift of relaxation with our specialised Children's Massage, a delightful treat for their mind, body, and spirit. Our skilled therapists provide a gentle and nurturing touch to help them unwind. Soothing massage promotes relaxation, improves circulation, and enhances overall well-being. For 60 minutes treatment, a delicious chocolate body scrub is optionally included.*

## LITTLE MANICURE / PEDICURE (60 MINS)

390

*Let those cute little fingers and toes be even cuter, or at least clean and fresh. Coloured or clear polish is included in the price for both hands and feet, suitable for both girls and boys.*

## COMPLETELY SPOILT (120 MINS)

990

*The name says it. This package gives your little one a gentle full body massage, optional Chocolate body scrub, and a choice of facial or a manicure. Best treatment for princes and princesses.*

## HAPPY HAIR (30-45 MINS)

700

*Hair-pampering time for little misses. This treatment starts with hair wash, drying, and a simple braiding (2-4 plaits), giving little princesses a fun holiday look.*

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# Nail Care



## SPA MANICURE (60 MINS)

450

*A luxurious and thorough manicure with expert treatment from the cuticle to the tip of your nails, our manicure also includes a hand and arm massage to improve circulation. Nails are shaped to your taste, and finished with application of your choice of colour nail polish.*

## SPA PEDICURE (60 MINS)

490

*A thorough pedicure to clean toes and remove dead skin cells from the soles of your feet. Toenails are treated from the cuticle to the tip, your pedicure also includes a relaxing foot massage. Nails are shaped to your taste, polished to perfection. A luxurious and enjoyable treat for the feet!*

## SPA MANICURE & PEDICURE COMBO (120 MINS)

790

## SPORTS MANICURE / PEDICURE (45 MINS)

350

*A polish-free manicure/pedicure using nail buffers to give the nails a high gloss shine. Buffing rids the nail surface of jagged edges and unsightly ridges. A perfect treatment for men as well.*

## SPORTS MANICURE & PEDICURE COMBO (90 MINS)

590

## GEL MANICURE (75 MINS)

690

## GEL PEDICURE (75 MINS)

790

## GEL MANICURE & PEDICURE COMBO (150 MINS)

1290

## GEL REMOVAL (20 MINS)

190

## ADD-ON FRENCH TIP (PER HANDS/FEET)

250

## ADD-ON NAIL ART (PER HANDS/FEET)

150



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# Hair Care

## WASH & DRY (30 MINS)

*Refresh your look in an instant. We wash, condition and dry your hair in just 30 minutes. Of course, relaxing scalp massage is included.*

Men 290  
Women 350

## HAIR SPA - CREAM BATH (60 MINS)

*A vital treat for your hair and scalp that also lifts the spirit! Hair wash followed by a deliciously relaxing head, neck and shoulder massage using a conditioning cream to hydrate your hair. After your massage, a warm wet towel wrap is used to infuse the cream into your hair. This treatment restores vital oils while normalizing your scalp's secretions. Give your hair a stronger, shinier look from roots to ends.*

690

## INTENSIVE HAIR MASK TREATMENT (60 MINS)

*A deeply intensive hair conditioning treatment for dry, damaged and colour-treated hair. This treatment starts with a hair wash, then hair mask treatment which includes a soothing massage for the neck, shoulders and arms, and a simple dry at the end.*

790

## SIMPLE HAIR STYLING (30 MINS)

*Whether it is sleek smooth and straight, classic blowout with volume, soft loose or tight curls, our simple hairstyling will get you ready for a more than ordinary day out.*

490

*\* What is the difference between Hair Spa and Hair Mask Treatment?*

*Hair Spa focuses more on head and neck relaxation with application of conditioning cream to your hair for smoothness, whereas Hair Mask focuses on hair treatment using more powerful products for hair nourishment.*

Exclusive Offer

40%  
OFF

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# A gift of ultimate indulgence

*Cherished memories and moments are important. Give your loved one the gift of inner peace and enhanced well-being and make them feel special with a mind, body and soul-soothing experience. The perfect gift for birthdays, anniversaries, newlyweds, or just to say 'I love you' to a friend, family member or someone special.*

*Please contact us to arrange a customized gift card for your loved ones.*



A person is shown from the waist down, sitting in a yoga pose (Padmasana) on a grassy field. They are wearing a light blue crop top and black leggings. Their hands are in the Anjali mudra (prayer position) with palms facing each other. The background is a lush green field with trees, slightly out of focus. The bottom half of the image is a light brown, textured background that looks like a piece of paper or parchment.

# Yoga at Astagina

*Practicing yoga while you're on the Island of Gods will lift your heart and spirit to a whole new level of vibration. Despite the abundance of exquisite yoga studios in Bali, there is none that is of walking distance from the resort, and the traffic situation can be quite challenging. Therefore, we are bringing yoga into our lush garden resort to enhance your wellbeing during your stay with us. No more stress over traffic and you can practice in our beautiful garden that offers lovely fresh air and nature setting. Our instructors will guide you through rejuvenating sessions tailored to all levels, whether you're a beginner or an experienced practitioner. Step onto the mat and let the healing energy of yoga elevate your stay at our resort. Yoga class require booking at least 24 hours in advance.*

**Private Session : IDR 550,000 / person**

**Group Session : IDR 300,000 / person (min. 3 person)**

**Duration : 75 minutes**

*\* Conducted by professional yoga instructor*

*\* Yoga mat and face towel are provided*

*\* Date and time are by guest's request*

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