Uga
SPA

# RELAXING MASSAGES

## Balinese Massage
A holistic treatment using a unique combination of Balinese acupressure and muscle manipulation techniques.

60 min: USD 60
90 min: USD 70

## Swedish Massage
A massage done with aid oils, incorporating long smooth slow strokes, creating a relaxing experience.

60 min: USD 60
90 min: USD 70

## Aromatherapy Massage
A gentle massage designed to soothe and revitalize the mind & body using a blend of aromatherapy essential oils.

60 min: USD 60
90 min: USD 75

## Deep Tissue Massage
Deep tissue massage targets deep areas of muscle with firm pressure releasing knots and strains in muscle layers.

60 min: USD 60
90 min: USD 70

## Pregnancy Massage
Expert techniques are used to alleviate discomfort during pregnancy. Discover this safe massage technique to ensure a comfortable pregnancy and easy delivery.

60 min: USD 70

## Head & Shoulder Massage
The treatment targets acupressure points which releases fatigue and tension from the top of the head to neck and shoulders. Choose your desired level of pressure to relieve built up tension or for a gentle tranquil experience.

30 min: USD 35

## Stress-Free Back Massage
Relieve the tension in your shoulders, neck & lower back with this relaxing massage where the areas of focus will be customized according to your needs.

30 min: USD 30

## Four-Hand Massage
Two therapists working in union following a synchronized technique will give you a deeply relaxing massage.

60 min: USD 90

All rates are in USD, exclusive of 10% service charge and government tax

# HOLISTIC MASSAGES

## Shiatzu Massage (Dry Massage)
This massage uses pressure, rubbing, stroking, and other techniques to stimulate the muscles and circulatory system of the body. By influencing the body's natural inner energies, it helps ward off illness and maintain good health.

90 min: USD 90

## Foot & Hand Reflexology
Massage and application of pressure to reflex points found on the soles of your feet and palms of the hands, which act as small mirrors reflecting the entire body.

60 min: USD 45

## Traditional Massage
Indulge yourself in a full body massage using various herbal oils and unique techniques to bring a deeply relaxing and nourishing experience, which will aid in promoting youthfulness, increase energy and decrease toxin mobilization.

90 min: USD 90

## Warm Stone Massage
The treatment uses basalt stones on the body to change the body response and also helps to promote healing. This treatment aids in detoxification by increasing blood flow.

90 min: USD 90

# BODY TREATMENTS

## Turmeric & Sandalwood Body Scrub
A special blend of spices, sandalwood and turmeric will help remove all impurities and dead skin cells, adding a glow to your skin tone.

30 min: USD 40

## Aloe Vera Scrub
A natural healing ingredient, aloe vera is known for its hydrating and soothing effects, making it ideal for sensitive skin. It leaves your skin feeling refreshed and clean.

30 min: USD 40

# TRADITIONAL BODY WRAPS

## Ginger & Honey Wrap

This treatment is used for detoxication or removal of body toxins. The main ingredient is ginger, which contains anti-oxidants helping the body get rid of free radicals. This also causes the body to sweat, pushing nasty toxins out through the skin.

30 min: USD 45

## Aromatic Mud & Honey Body Wrap

An ancient anti-fatigue therapy. This body ritual bathes you in holistic mud which is rich in minerals and essential oils, promoting healing while alleviating fatigue, aches and pains. It's proven as a successful anti-stress technique used since ancient times for complete rejuvenation.

45 min: USD 50

# FACIALS & HAIR CONDITIONING TREATMENT

## Botanical Hair Spa

This treatment is customized to meet your individual hair and scalp needs. Fresh seasonal ingredients such as carrot along with olive oil is massaged in to scalp for hair nourishing and strengthening while relieving headaches, migraines, and mild insomnia.

45 min: USD 45

## Soothing Facial

Treat yourself to a rejuvenating facial with a specially selected ampoule and modeling cream for a relaxing massage, finishing with a tailored essential mask to brighten, hydrate, and tighten your skin for a radiant glow.

90 min: USD 75

## Clean-Up

Experience a personalized cleansing treatment featuring a cleanser and toner tailored to your skin type, complemented by an exfoliating scrub and deep cleanse. This is followed by calming facial steam and the gentle extraction of impurities for a clearer complexion.

60 min: USD 60

## Manicure

60 min: USD 50

## Pedicure

60 min: USD 50

All rates are in USD, exclusive of 10% service charge and government tax

# PACKAGES

## Uga Spa Ritual

You are welcomed to a private sanctuary to share with your loved one. This includes a Balinese massage and a luxuriating body scrub concluding with a facial to restore freshness of mind, body and soul. One-hour full body treatment and one-hour facial together with a 30-minute scrub takes you on a deep relaxing sensual massage.

Duration: 150 min
Price Per Person: USD 140
Couple Price: USD 265

## Uga Spa Soul Connection

Relax and rejuvenate with this ultimate spa package. Especially designed for you and your loved one. Includes a 60-minute Balinese massage, a 30-minute body scrub and a 30-minute Botanical hair spa.

Duration: 120 min
Price Per Person: USD 120
Couple Price: USD 230

## Uga Spa Amusement

Enjoy a curated blend of treatments by selecting and combining your favourite therapies for ultimate bliss. Choose from a 60-minute massage from Balinese/ Swedish/ Aromatherapy, 30-minute Indian Head Massage and a Stress-Free Back massage of 30 minutes. The two-hour package per person can be enjoyed during the stay by selecting a treatment of your choice for each day allowing you to rejuvenate yourself throughout with your loved one.

Duration: 120 min
Price Per Person: USD 115
Couple Price: USD 220

All rates are in USD, exclusive of 10% service charge and government tax

# SPA ETIQUETTE

## Arrival
We recommend you arrive 15 to 20 minutes prior to your appointment time to allow yourself to relax and experience our calming surroundings.

## Food & Alcohol Consumption
Smoking and the consumption of alcohol within the spa is strictly prohibited. Consuming alcohol or caffeinated drinks before or immediately after a treatment is not recommended.

## Valuables
Whilst no personal lockers are provided for you, we recommend you to leave all valuables in your hotel room as we are not able to take responsibility for loss or damage of any kind.

## Cancellations
A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellations/changes with less than 24 hours' notice will incur a 50% cancellation fee. Full charges will be imposed for a "no-show".

## Health Considerations
Your health and safety come first. Please inform us of any medical conditions that need to be taken into consideration for your treatment. Let your therapist know of any skin allergies, or if you are pregnant, and indicate any areas of your body that may require special attention. During your treatment, advise your therapist if you are experiencing any pain or discomfort.

## Green Environment
For the comfort of other spa guests and preserving the serene ambiance of the spa, please ensure your electronic devices are switched off upon entry. We also thank you in advance for walking and conversing quietly in the spa.

## What to Wear
We encourage you to wear comfortable clothes when visiting the spa. Upon arrival you will be provided with a robe, towels and disposables. Disposable underwear is a must while on treatment.

OPENING – 10:00AM | CLOSING – 8:00PM

Please contact Reception for reservations

www.ugaescapes.com