



revitalise
restore
relax

Massages

Stone Massage

Warm rocks are glided & placed on your body to encourage the healing potential. The heat from the stones helps to restore your energy.

90 minutes Rp 600.000

Bamboo Massage

Deep pressure massage using a set of crafted rattan combined with aromatic oil, to improve blood circulation and to stimulate antibody production.

75 minutes Rp 550.000

Aromatherapy Massage

An ideal therapy for physical and cerebral stress through the usage of essential oils from plants. You may choose from different aromatic oils suiting your preference and mood.

75 minutes Rp 525.000

Traditional Massage

A relaxing massage combined with long strokes using palm pressure techniques to ease body tension and stimulate blood circulation.

75 minutes Rp 500.000

Foot Reflexiology

Therapeutic massage for your feet, activating the reflex points to stimulate the body.

60 minutes Rp 385.000



Shiatsu Massage

A dry massage, using no oils, combines a blend of deep pressure point massage and stretching techniques. It relaxes, reduces stress, increases energy and flexibility.

45 minutes Rp 350.000

Shoulder Massage

A short massage to release muscles tension, focusing on the shoulder and neck.

30 minutes Rp 275.000

Foot Massage

Recovery treatment for tired feet due to long hours of standing or walking.

30 minutes Rp 250.000

Junior Massage

Simple Balinese massage techniques to support your children's growth. Please note that children must be accompanied at all times by a parent or guardian. Available for children from 5 to 12 years.

30 minutes Rp 190.000

Body Treatments

Symphony Body Treatment

This complete body treatment uses aromatic oils and includes a herbal foot wash, a full body scrub followed by body sauna to open the pores.

Continued by a relaxing body massage and herbal bath. Choose from the following scents: Body Contour or Eternal Love

150 minutes Rp 1.000.000

Ultimate Lulur Spa

A well known Javanese body treatment using natural ingredients like rice powder and jasmine oil helps to exfoliate dead skin cells and stimulates cells regeneration. Foot wash is followed by body massage, sauna, gentle exfoliation and relaxing herbal bath.

120 minutes Rp 800.000

Island Spice

This original Balinese recipe known as 'Boreh' relieves muscle tension and improves blood circulation. Herbal foot wash, followed by body massage using heated island spice oil, and 'Boreh' body wrap following the sauna.

120 minutes Rp 800.000

Soothing Sundowner

An ideal refreshing treatment for cooling and soothing the skin after sun exposure using aloe vera or cucumber. Start with a flower foot bath, relaxing massage with soy bean oil, cooling body polish and refreshing face treatment followed by lavender milk bath and body lotion.

120 minutes Rp 800.000

Mother & Daughter Spa Treatment

Enjoy the love bond between mother and daughter with our day treats.

-Shoulder massage or not foot massage

-Junior Massage (kid)

-Ginger Tea (mom)

-Ice Cream (kid)

30 minutes Rp 450.000/2persons

Jepun Bali

To refreshing your mind after long journey with full body massage including hair washing.

And at the end serve with a cup of spa ginger tea to get the balance of mind.

90 minutes Rp 700.000

Be Mine

Begin with relaxing traditional massage to relieve your tension followed by traditional facial treatment to maintain your skins vitality and leave it's radiant and fresh.

90 minutes Rp 700.000

The Shirodara

Nature's way to stimulate and re-energize body, mind and soul by an ayurvedic therapy.

A warm blend of essential oil are gently poured over the forehead will give you the natural holistic healing to relax your third eye, recover from insomnia, fatigue, stress, headaches and help calm the nervous system.

120 minutes Rp 900.000

Facial

Bio Facial

This facial is designed to cleanse, soothe your skin, renew cells, and enhance skin according to your skin type for a younger, fresher look.

90 minutes Rp 600.000

In Balance Face Treatment

Specifically created for men using Biokos enriched with Aloevera. This facial treatment will start from applying cleanser, exfoliation, steaming, and extraction followed by a relaxing facial massage that will rejuvenate and nourish the skin.

60 minutes Rp 450.000

Traditional Facial

Using traditional techniques, this simple facial with natural ingredients is designed to maintain the skin vitality and elasticity, leaving it radiant, fresh and nurtured.

45 minutes Rp 385.000

Ear Candle

Experience this unique and natural treatment to remove excess wax from the inner ears for reducing painful headaches, sinus conditions and ear infections.

30 minutes Rp 180.000



Nail Care

Manicure Rp 380.000

Pedicure Rp 400.000

Manicure and Pedicure

An ideal treatment that will beautify, groom, and relax your feet and hands Rp 700.000

Waxing

Half Leg	Rp 400.000
Full Leg	Rp 550.000
Half Arm	Rp 350.000
Full Arm	Rp 450.000
Back	Rp 550.000



HOW TO SPA

HOURS OF OPERATION

Open daily 9 am – 11 pm, last treatment at 10 pm for one hour

RESERVATIONS

Call extension 119 or 156 or email to spa@novotelbalibenoa.com

CANCELLATION POLICY

4 hours notice is required prior to an appointment to cancel the reservation or 50% will be charged

ARRIVAL TIME

Required 10 minutes prior to an appointment, late arrival will cause to reduction the treatment time

WHAT TO WEAR

Dress casually, a disposable underwear is available for your convenience and comfort

SPA RECOMMENDATIONS

Kindly advise us of any health conditions, allergies or injuries, pregnant women and children from 5 years are welcome in the spa

IN BALANCE
BY NOVOTEL

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