

SPA MENU

SLOW treatments for HAPPY people

LOVE YOUR BODY – SLOWSIGNATURE MASSAGE

Balinese Massage–Energy & Acupressure

This massage is an invigorating and energizing experience for the body and soul. Combining Indian, Chinese and European references in a great variation of tempo, acupressure, long strokes and rolling motions.

30 min	60 min	90 min
IDR 200 000	IDR 300 000	IDR 450 000

Aromatic Massage– Boost your Senses

An ideal choice if you wish to reduce stress. Thanks to the powerful blend of aromatherapy oils, the body and mind will have an extremely relaxing response.

30 min	60 min	90 min
IDR 200 000	IDR 300 000	IDR 450 000

Aloe Vera Massage – Refresh& Soothe

A gentle mix of freshly picked Aloe Vera from our garden, mixed with our special aromatic oils. Aloe Vera has excellent rejuvenating skin cell properties. Excellent to soothe and cool sunburns, an ideal massage after a sunny day on the beach.

30 min	60 min	90 min
IDR 225 000	IDR 350 000	IDR 475 000

What you need– Efficient & Relaxing

30 min	30 min	30 min
Head, hands & feet	Neck & shoulders	Back
IDR 200 000	IDR 200 000	IDR 200 000



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LOVE OUR PECULIARITIES –LOCAL CULTURE

Traditional massage from Lombok – By Sani

Sani's father was one of the first healers in Gili Air. She's learned the traditional techniques of a Lombok massage. Indulge some authentic local traditional treatment in our spa.

Please note that this massage needs a prebooking.

30 min	60 min	90 min
IDR 200 000	IDR 400 000	IDR 500 000

LOVE YOUR FACE – INNOVATIVE FACIALTREATMENTS

Beauty Cleanser – Deep cleansing by Ultrasounds

The soft vibration of exfoliation by ultrasound takes away impurities, rebalances PH levels and delicately massages skin muscles. Immediately you will notice a brighter complexion, smoother and revitalized skin.

Your skin will be clean and radiant!

60 min	90 min
IDR 300 000	IDR 450 000

PURE ALOE VERA – Deep hydration &firming

During this treatment, we will cleanse, exfoliate and apply a mask. We use exclusively natural Aloe Vera cosmetics (99% pure Aloe Vera with rosewood essential oil which is naturally anti wrinkle). Aloe Vera contains a plethora of antioxidants including: beta carotene, vitamin C and E. It helps to improve the skin's natural firmness.



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Your skin will be fresh and hydrated!

60 min	90 min
IDR 300 000	IDR 450 000

LOVE YOUR HAIR – SHAMPOO AND HEAD MASSAGE

Cream bath – Refresh & Soothe

Cream bath is an Indonesian traditional hair treatment. Our therapists will wash your hair with shampoo, apply the natural conditioning cream and then proceed with a 30min massage through your hair in sections, from scalp to ends.

60 min	90 min
IDR 300 000	IDR 450 000

LOVE YOURSELF – HAND AND FOOT TREATMENTS

Manicure & Pedicure – Perfectly Polished

Treat your hands and feet to a gentle buffing, smoothing and polishing with a wide choice of colours from the amazing OPI nail varnish collection

Manicure	Pedicure
60 min: IDR 300 000	60 min: IDR 300 000

Manicure & Pedicure	90 min	IDR 500 000
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REFLEXOLOGY – Focus on specific points

The feet have several reflex and pressure points that balance all the functions of the body. Let yourself be seduced by this exquisite foot massage.



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30 min	60 min
IDR 200 000	IDR 300 000

EAR CANDLE – To clean & purify

Detoxify sinuses and ear canals with this safe, effective process.

30 min
IDR 200 000

LOVE OUR PACKAGES –PRIVILEGE

SLOW TIME - Pamper yourself

Time for a break, time to take care of you...

WOMEN	MEN
Aloe Vera Facial + Aloe Vera massage	Beauty Cleanser facial + Balinese massage
120 min	120 min
IDR 650 000	IDR 600 000

Book two packages together and receive FREE 2 reflexology (30mins each) worth 400 000

Add 250.000 IDR for a couples flower bath, in Slow Spa's handmade granite bath.



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DEEP TISSUE BACK MASSAGE

Our lovely Slow Spa therapists are trained with basic but effective physiotherapy techniques. Do you feel like you have some knots trapped in your back? Would you like to feel less tense?

Then our deep tissue back massage is for you! Our therapists will locate the knots in your back and work on them to release tension. Finishing with a hot stone technique to balance your body, allowing you to relax and heal.



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30 minutes

250,000 IDR

ORGANIC WAXING

Our organic wax is made with honey, sugar, water and lemon.

This oriental method is less painful and is extremely effective on all parts of the body. It will even get rid of your dead skin particles leaving your skin beautifully clean and smooth!

Women:



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Eyebrow	70.000 IDR
Upper Lips	80.000 IDR
Under Arms	100.000 IDR
Full Arms	130.000 IDR
Half Legs	150.000 IDR
Full Legs	250.000 IDR
Bikini Classic	180.000 IDR

Men:

Eyebrow	70.000 IDR
Upper Lips	90.000 IDR
Under Arms	130.000 IDR
Full Arms	160.000 IDR
Half Legs	180.000 IDR
Full Legs	270.000 IDR
Chest	170.000 IDR
Shoulders	160.000 IDR
Full Back	240.000 IDR



ORGANIC BODY SCRUB, FACE AND BODY MASK

1. ORGANIC BODY SCRUB (30min)

Sugar, ginger, coconut oil and lemon

250,000 IDR

Sugar helps hydrate your skin and keep moisture within and generates fresher younger-looking skin. Slow spa's therapists prepare their own organic island scrub. The warm spicy scent of ginger opens up the senses and the lemon will give you an awakening kick. It smells so good that you want to eat it, and you can, it is 100% edible and natural!

2. ORGANIC FACE + BODY MASK* (30min)

Aloe Vera,

coconut oil

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and lemon

250,000 IDR

Aloe Vera can help improve blood circulation and digestion, its great for detoxification. Amongst other things this plant is renowned for its excellent skin soothing and healing properties. Aloe Vera can treat acne and soothe inflammation that causes redness.

*Whitening option with milk: This mask soothes, moisturizes, brightens and fights acne with the additional power of sugar and milk. Sugar is a natural source of glycolic acid, which aids in cell turnover. It is also a humectant, so it helps draw in moisture. Milk has been used in skin care for thousands of years because of its soothing, brightening and toning properties.

3. Aloe Vera Massage – Refresh & Soothe

ORGANIC PACKAGES

Combine our organic treatments with a **Slow Spa Signature Aloe Vera Massage**(60min, regular price 350.000IDR) and get a special deal!

Special Combination Prices

1 + 2 + 3	120 min	1 person 750,000	2 person 1,500,000(save 200,000)
1 + 3	90 min	1 person 500,000	2 person 1,000,000 (save 200,000)



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