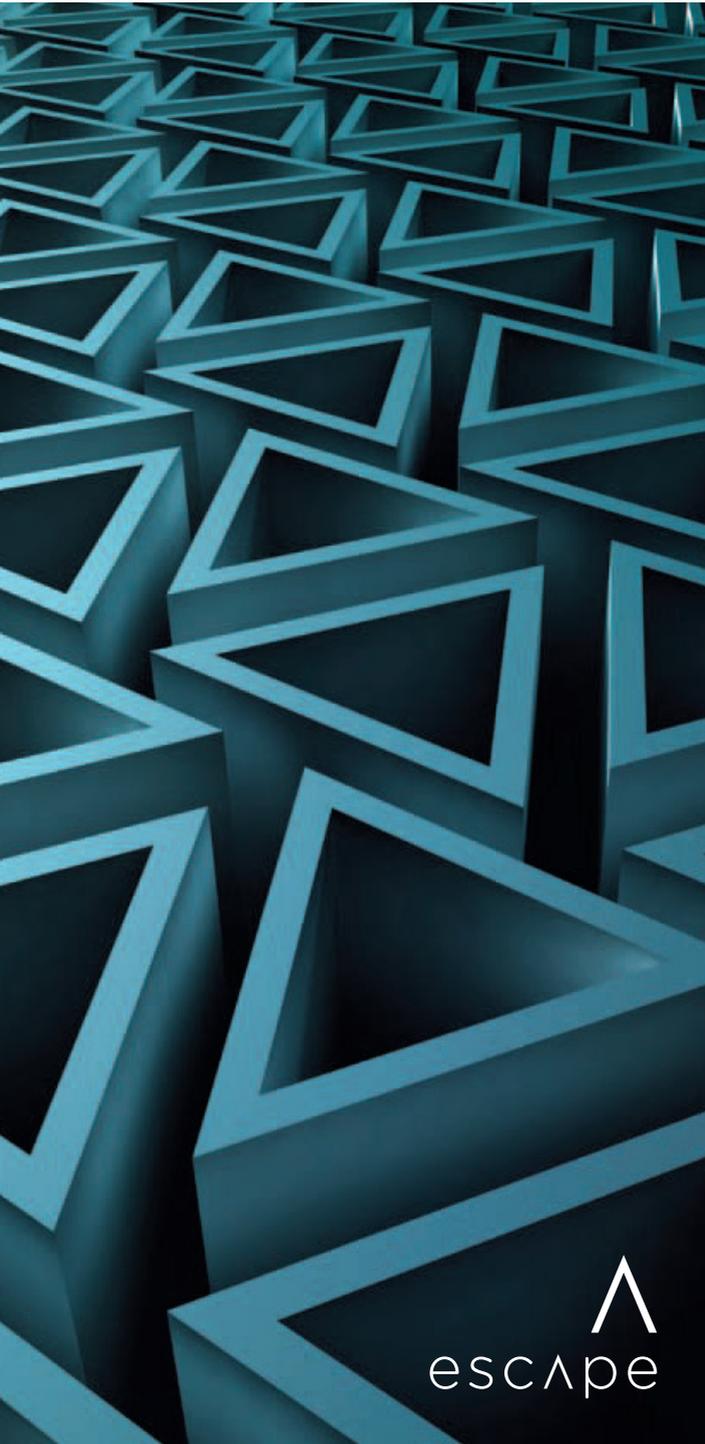




SPA 
escape reboot rec*ver

SPA MENU



^
escape

ESCAPE from the
stress around you
and give yourself a
satisfying ME time

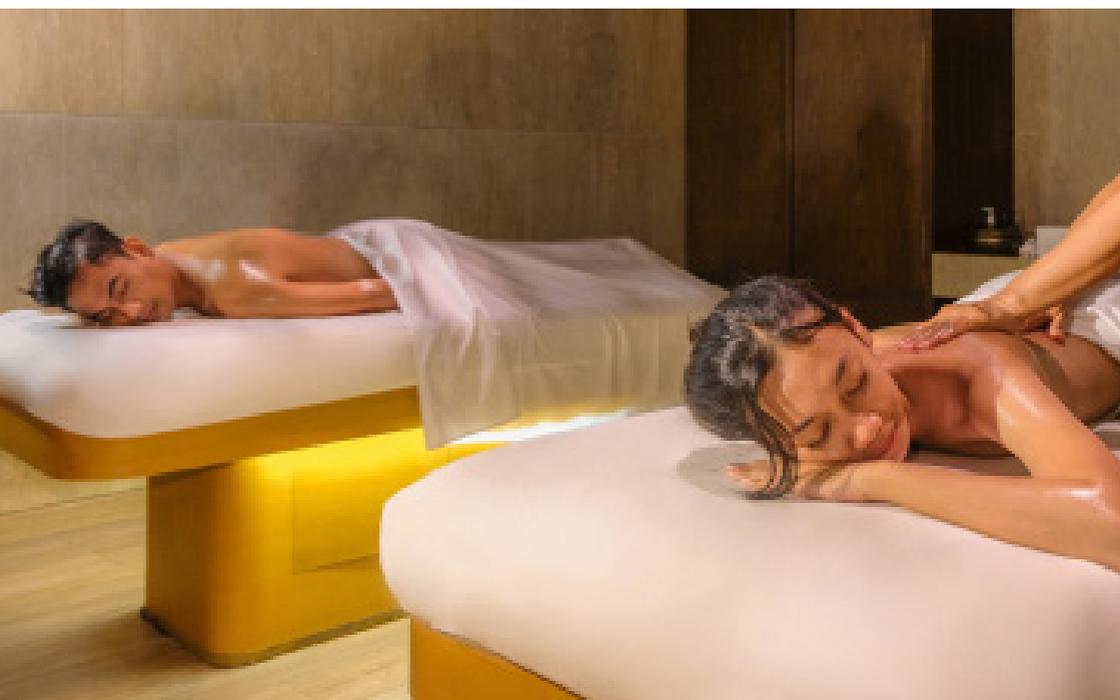
You can choose between an individually tailored BLU journey or any combination of bathing rituals and treatments from the menu.

We offer a series of therapeutic “journeys”. Each one designed to help you find ways of improving your life balance. Combine as many or as few elements as you like. BLU Journeys can be experienced alone, alone or with a partner or friend, and take long enough time to unwind you and for us to make a lasting difference to your wellbeing.

- 2,5 Hours Blu Journey
- 2 Hours Esc Journey

BLU ESC JOURNEY ENJOY TIME TOGETHER AT SPA ESC:

- **2,5 Hours Blu Journey** IDR 3.568.000
Book a Blu Journey Together package for a genuine spa experience which combines a two-half hour spa session with a choice of treatments. Performed by two therapists in the same room, you can opt for a Couples Traditional Full Body Massage or a Couples Tailor-Made Facial.
- **2 Hours Hours Paradise Escape** IDR 3.000.000
For an evening starlight experience, book Esc Journey, which offers a two-hour spa session, the journey includes a foot ritual a gentle, full body scrub to remove dead skin, Full body massage, and revitalizing with Guasha.





reboot

REBOOT to get new
perspective and
inspirations

GYM ENTRANCE PASS AND MEMBERSHIP OPTION (FOR NON-HOTEL GUESTS)

Available for guests who are looking for relaxation, pampering or fitness, regular use or occasional visits;

ONE-TIME PASS IDR 200.000 NETT	MONTHLY IDR 1.550.000 NETT	ANNUAL IDR 9.600.000 NETT
<ul style="list-style-type: none"> · One-time Pass to Gym 	<ul style="list-style-type: none"> · Complimentary Internet Access throughout the resort · Complimentary use of Gym and Pool Facilities · 10%Off on Food and Drinks Exc.Alcohol in all outlets · 10% Off on Room Accommodation from Publish Rate · 30% Off for Massage Treatment Exc. Package Promotion 	<ul style="list-style-type: none"> · Complimentary Internet Access throughout the resort · Complimentary use of Gym and Pool Facilities · 1x Complimentary 60 Blu Signature Massage per year · 2 Complimentary day pass per year · 10%Off on Food and Drinks Exc.Alcohol in all outlets · 10% Off on Room Accommodation from Published rate 30% Off for Massage Treatment Exc. Package Promotion · 25%Off Christmas Eve Dinner · 25%Off New Year's Eve Dinner



RECOVER your mental
and emotional energy

MINDFUL BODYWORK

BLU SIGNATURE 60/90 Mins

IDR 775.000/IDR 1.162.000

A non-invasive therapy that may help reduce stress and contribute to overall wellbeing. This therapy aims to stimulate and harmonize the flow of Qi throughout the body.

Depending on the goal of the session, the effect may be stimulating and invigorating and calming.

A regular maintenance program of this therapy is an excellent way to maintain wellness and improve vitality.

BALI FLOW 60/90 Mins

IDR 775.000/IDR 1.162.000

This massage relieves chronic aches and pains by targeting deeper muscle and connective tissue layers.

Reducing fatigue and stimulating circulation will allow your body's internal clock to naturally adjust to its new time zone. Bali flow therapy is designed to help weary travelers regain balance and physiological harmony.

ULUWATU MASSAGE 60/75 Mins

IDR 775.000/IDR 1.162.000

This therapeutic massage uses FIRM rhythmic strokes to reduce the body's overall inflammation and discomfort. It has a beneficial effect on general health.

The flow of massage can improve skin texture, and reduce cellulite.

FOREHEAD TREATMENT 90 Mins

IDR 1.299.000

Foreheads furrow and lines form especially between the brows area.

Gentle, pouring of warm pure coconut oil gives nourishment and can help relax this tight and drawn muscle, decreasing the lines that they form and immediately increase in oxygen flow. This treatment is combined with body and scalp massage.

ESC SPA SIGNATURE 90 Mins

IDR 1.299.000

Massage from our Professional spa therapist create by each therapist with free style movement based on special request or concern area need to tailored.

BAMBOO MASSAGE 90 Mins

IDR 1.299.000

The Bamboo Massage works by using hollow organically-treated bamboo cane of different lengths and diameters on the body. Bamboo massage therapy reduces muscle tension and brings a Relaxing and pointless body increases sleep quality and prevents insomnia.

HOT STONE 90 Mins

IDR 1.299.000

Light to Medium Pressure

Coastal stone massage has many benefits. It allows the body to achieve the same level of relaxation, and rejuvenation and enhances energy flow.

ALL PRICES ARE SUBJECT TO 10% SERVICE CHARGE AND 10% GOVERNMENT TAX.

COMFORT ZONES THERAPY

Designed especially for those who wish to sample a variety of shorter treatments prior to scheduling the absolute treat and those who are on a tight schedule and want quick and relaxing treatment.

EAR CANDLE 30 Mins IDR 350.000
Ear candling, or “coning,” is an alternative remedy that some people use to draw out impurities and wax from the inner ear. It protects the surface of the ear canal.

BACK, NECK & SHOULDER MASSAGE 30/45 Mins IDR 399.000/IDR 599.000
A targeted massage focusing on tight and sore areas most in need of attention.

SCALP & NECK MASSAGE 30/45 Mins IDR 399.000/IDR 599.000
Supremely relaxing, releasing tension points in the scalp and neck. Especially good for extreme weariness, tiredness or tension headaches.

SOLE MASSAGE / FOOT REFLEXOLOGY 30/45 Mins IDR 399.000/IDR 599.000
Focusing on reflex zones of the feet that correlate to areas of the body. This massage is perfect after a day of intense sporting activities, hiking, or travel to increase blood flow and soothe.

BACK CUPPING THERAPY 30 Mins IDR 499.000
Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction.

SCALP & NECK MASSAGE WITH WARM OIL 45 Mins IDR 599.000
Gentle pressure will release tension held in the neck and shoulders and nourish the hair. Please plan accordingly as your child will leave with oil in their hair. The longer the oil remains on the hair and scalp, the more noticeable the results will be.

EXFOLIATION & MASKS

30 Mins - IDR 499.000

BODY EXFOLIATION

Body scrubs exfoliate skin, sloughing off dead skin cells and rubbing away hard and flaky skin, leaving it feeling soft and smooth. Scrub or polishing products usually include an oily base which moisturizes and soothes your skin as it is scrubbed.

We provide you the different raw herbs, salts, fruits, oils from our bespoke Scrub counter where you have the fun of “cooking” up your own preferred body scrubs.

- Coconut Body Scrub
- Javanese Lulur Body Scrub
- Sea Salt Body Scrub
- Coffee Body Scrub

BODY MASKS

With their ability to condition, detoxify, tone and tighten skin, “Body Cocoon” or ‘body mask’ is a spa treatment created to enhance the health and appearance of skin, and/or reduce body measurements. A nourishing oil or mineral-rich formula is applied before the body is wrapped in a towel, promoting muscle relaxation, and sweating to cleanse your pores.

- **CHOCOLATE BODY MASK - 30 Mins** IDR 520.000
Chocolate is known for its anti-ageing, toning and softening qualities.
- **ALOE VERA BODY MASK - 30 Mins** IDR 520.000
Amazing ingredient to treat sunburn and sensitive skin
- **SEAWEED BODY MASK - 30 Mins** IDR 520.000
Seaweed mask is a superfood for your skin. It rejuvenates, exfoliates, and deep cleans. Nutrient-rich seaweed helps to firm, restore, and replenish skin on the cellular level

ALL PRICES ARE SUBJECT TO 10% SERVICE CHARGE AND 10% GOVERNMENT TAX.

GLOWING GODDESS

Our spa facial treatments offer an elevated experience with remarkable results. Each facial pampers with a warm mitt treatment, a heated pad for comfort, and our specialized facial massage

MEN OR LADIES REFRESH 30 Mins

IDR 499.000

A deep-cleansing, therapeutic facial designed specifically for male skincare needs.

HEALING TOUCH 30 Mins

IDR 499.000

Facial acupressure is a treatment method that uses pressure on certain points on the face. This practice, which is also called acupressure, can improve blood flow and relieve tension, so it can provide benefits for both health and beauty.

GUASHA LIFTING 30 Mins

IDR 499.000

Guasha is a centuries-old facial massage practice that involves lightly scraping a flat, healing stone over the skin to promote lymphatic drainage, relieve tension in the muscles of the face, and boost blood circulation.

NATURAL NOURISHMENT

Duration: 60 Mins - IDR 825.000

GLOWING GRACE

Tailored to treat skin concerns such as skin congestion, lack of radiance, skin sensitivity, fine lines, and loss of firmness. You'll enjoy a deep pore cleansing, and exfoliation. An excellent treatment for all skin types.

DELICATE TOUCH

Designed just for men, this treatment eases razor irritation, provides deep pore cleansing and toning to restore vitality and maintains hydration while protecting and restoring skin. Excellent for all skin types.

BEAUTY HAVEN

Recommended for both boys and girls going through changes that affect skin appearance. This soothing treatment deep cleans pores and calms redness and breakouts while reducing the appearance of acne scars.

SPECIALISED SELECTIONS

Duration: 75 Mins - IDR 950.000

BLISSFUL REJUVENATING

Designed to repair and restore fatigued, sun damaged, or mature skin. Our Rejuvenating Facial diminishes the appearance of fine lines and wrinkles, improves texture, and achieves an overall healthy, soft, youthful glow.

RADIANT SKIN

Designed to soothe fragile, sensitive skin. It gently exfoliates, cools and calms your skin while maintaining hydration and reducing redness.

DEVINE DETOX

Encourages the skin to purge, detoxify and cleanse while purifying and rebuilding skin texture. Ideal for problematic, acne conditions.

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SPA FOR LITTLE ONE

The goal of these services are to introduce our youngest guests to the benefits of bodywork and relaxation.

MINI MANICURE OR PEDICURE 25 Mins IDR 350.000

Using a combination of reflexology and acupressure techniques, little ones can experience the calming/grounding effects of foot massage which reinforces good habits for foot health. There is no need to remove clothes except socks and shoes to receive this session.

CHILL OUT MASSAGE (6 - 10 YEARS OLD) 25 Mins IDR 399.000

A great introduction to the benefits of massage, can be focused on particular areas of concern for sports enthusiasts/athletes or may be performed for full body sessions to introduce kids to relaxation techniques. Parents are welcome to remain in the room during the massage.

FOOT MASSAGE 25 Mins IDR 350.000

Using a combination of reflexology, and acupressure techniques, little ones can experience the calming/grounding effects of foot massage which reinforces good habits for foot health. There is no need to remove clothes except socks and shoes to receive this session.

MINI FACIAL MASSAGE 25 Mins IDR 350.000

Gentle massage to the face with Natural product to encourages relaxation, and nourishes the skin. This massage stimulates circulation and lymphatic drainage to maintain health of the skin naturally.

HAIR BRAIDING FOR KIDS WITH STANDARD STYLING 25 Mins IDR 375.000

HAND AND FOOT CARE

EXPRESS MANICURE 30 Mins IDR 350.000

Nail Shaping and clipping, full cuticle care, buff or clear nail polish colour.

EXPRESS PEDICURE 30 Mins IDR 380.000

Nail Shaping and clipping, full cuticle care, light heel buff, buff or clear nail polish colour.

DELUXE MANICURE 60 Mins IDR 475.000

Nail Shaping and clipping, full cuticle care, massage and nail polish colour.

DELUXE PEDICURE 60 Mins IDR 625.000

Nail Shaping and clipping, full cuticle care, massage and nail polish colour.

LUXURY MANICURE GEL 75 Mins IDR 575.000

Nail Shaping and clipping, full cuticle care, scrub, massage and nail polish colour with gel polish.

LUXURY PEDICURE GEL 75 Mins IDR 700.000

Nail Shaping and clipping, full cuticle care, scrub, massage and nail polish colour with gel polish.

NAIL POLISH ONLY : Regular Polish IDR 195.000 / Gel Polish IDR 225.000

POLISH REMOVER : Regular Polish IDR 125.000 / Gel Polish IDR 199,000 or IDR 250.000

NAIL ART GEL POLISH IDR 295.000

ALL PRICES ARE SUBJECT TO 10% SERVICE CHARGE AND 10% GOVERNMENT TAX.

HAIR TREATMENT

60 Mins - IDR 699.000

Hair cream bath is a therapy that is essential for maintaining a healthy growth. It is basically a procedure that helps to make your hair strong, bouncy and shiny, while simultaneously dealing with dandruff, damaged hair, and hair fall control.

- Aloe Vera
- Ginseng
- Avocado

HAIR SPA

IDR 750.000

Hair spa is a treatment that focuses on nourishing, rejuvenating, and protecting the hair and scalp.

HAIR WASH & DRY

Hair wash & dry without styling

IDR 450.000

Additional with Iron

IDR 200.000

HAIR STYLIST

- Men Hair Cut IDR 550.000
- Ladies Hair Cut IDR 650.000
- Hair Colouring
 - Short Hair : 12-14 inches (30-35 cm) IDR 850.000
 - Medium Hair : 14-16 inches (35-40 cm) IDR 950.000
 - Long Hair : 16-18 inches (40-45 cm) IDR 1.100.000
- Highlight (Used Foil):
 - Short Hair : 12-14 inches (30-35 cm) IDR 850.000
 - Medium Hair : 14-16 inches (35-40 cm) IDR 950.000
 - Long Hair : 16-18 inches (40-45 cm) IDR 1.100.000
- Hair Styling (Party Look) IDR 850.000
- Make Up (Party Look) IDR 850.000
- Hairdo and Make Up (For Wedding) IDR 2.950.000
- Hairdo (For Wedding) IDR 1.250.000
- Make Up (For Wedding) IDR 1.750.000

WAXING FOR WOMEN

- Eye Brow Wax 10 Mins IDR 125.000
- Lip & Chin Wax 15 Mins IDR 125.000
- Under Arm Wax 15 Mins IDR 175.000
- Half Leg Wax 30 Mins IDR 399.000
- Full Leg Wax 45 Mins IDR 495.000
- Bikini Wax 30 Mins IDR 485.000
- Brazilian Wax 45 Mins IDR 520.000
- Package wax includes (Eye Brow, Lips and Chin and Under Arm) IDR 350.000

WAXING FOR MEN

- Underarm Wax 25 Mins IDR 200.000
- Chest Wax 30 Mins IDR 250.000
- Half Arm Wax 25 Mins IDR 320.000
- Full Arm Wax 30 Mins IDR 495.000
- Half Back Wax 25 Mins IDR 350.000
- Full Back Wax 30 Mins IDR 495.000

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WELLNESS ACTIVITIES

SELF - AWARENESS MEDITATION 60 Mins IDR 850.000/Person OR IDR 1.500.000/Couple

For those seeking more, peace, love, and happiness, tune in with your inner self. This meditation technique combines breathing exercises, concentration, and energy movements to balance your mind and body, aiming to increase happiness and self-belief.

TAI CHI 45 - 60 Mins IDR 1.000.000/Person OR IDR 1.800.000/Couple

Tai Chi is an ancient Chinese tradition that has evolved over centuries to alleviate stress and anxiety. A form of meditation in motion. Loosen your stiff muscles and learn to flow with gentle, coordinated, and integrated movements that bring serenity and inner peace within each motion. Beginners are most welcome.

SOUND HEALING 60 Mins IDR 1.000.000/Person OR IDR 1.800.000/Couple

The sounds generated by the Tibetan Singing Bowls generate medicinal energy that promotes healing from stress disorders, chronic pain, depression, and most forms of disease. Healing processes are initiated by stimulating our brainwaves to synchronize with the perfect resonance of the sound. The sound vibration will create the perfect state for deep relaxation.

QI-GONG 60 Mins IDR 1.000.000/Person OR IDR 1.800.000/Couple

Qi Gong is an ancient Chinese practice that involves gentle movements, controlled breathing techniques, and meditation to cultivate and balance the body's vital life energy, known as Qi.

Additional benefits of practicing Qi Gong:

Qi Gong can enhance your physical health.

Regular Qi Gong practice can have profound effects on your physical health. By promoting the smooth and harmonious flow of Qi throughout your body's meridian pathways, it helps to stimulate and strengthen your internal organs, improve your blood flow, relieve stress and tension, boost your immune system, and enhance your overall vitality. The gentle movements stretches, and meditation in your Qi Gong practice will improve your flexibility, balance, and posture and reduce the risk of injuries and chronic pain. Experience the rejuvenating power of Qi Gong as it revitalizes your body from the inside out.

REIKI 60 Mins IDR 1.000.000/Person OR IDR 1.800.000/Couple

Reiki assists in moving the body's energies through areas of weakness or blockage on levels that originate from physical, emotional, and mental toxicity. The Reiki master will apply gems stone and acupressure points to specific areas to increase blood flow through the body and reduce stress and tension.

ALL PRICES ARE SUBJECT TO 10% SERVICE CHARGE AND 10% GOVERNMENT TAX.

SPA ETIQUETTE & QUESTIONS

- Q. What time does the Spa open?
Opening hours: 09:00am-24:00pm
- Q. Are reservations necessary?
Yes, please call Esc Spa (451) or our Front Office Team on (0) to make your reservation
- Q. When should I arrive at the spa?
Please arrive 10 minutes before your treatment in order to have enough time to relax and change into appropriate clothing. Arriving late will shorten your Spa treatment. Your treatment should always finish on time to prevent further delays for other guests.
- Q. Is it OK to do a treatment / massage at any time?
Please advise therapist when booking / prior to your treatment of any medical condition such as high blood pressure. We recommend not having a treatment or massaging right after a meal or after drinking alcohol.
- Q. Is the Spa for women and men?
Yes, our Spa caters to individuals or if desired, couples.
- Q. What should I wear?
We provide disposable underwear for your convenience and comfort while in the spa area. However please feel free to wear your own underwear during treatment. Dress casually as we recommend that treatment oils remain on your skin following treatment for maximum benefit and pleasure. Our therapist will always use draping technique to respect your privacy. Please remove and store valuable items, such as jewellery, watches, wallets and cash in your room or provided safe deposit box.
- Q. Can I wear contact lenses?
Our Therapists recommend taking out Contact Lenses to insure complete comfort during the treatments.
- Q. When do I pay for the appointment?
The treatment charge will be added to your room bill or credit card provider and presented on check out if you are staying in the hotel. Outside guest to settle payment before or after treatment.
- Q. Can I bring my mobile phone to the spa?
Switch off or put it on a silence mode if the phone is taken to the spa.
- Q. Can I have my treatment in my Room?
Unfortunately, all treatments are to be done in the spa room.
- Q. Is there anything else I should consider or be aware of?
Please allow your feelings, your senses to take the lead here. Relax, take deep long breaths and enjoy, let go and allow our therapists to work their magic to sooth your body and mind.
- Q. How about cancellation fee?
Due to limited number of treatment rooms available, we must have a firmed confirmation for each reservation. A cancellation made four hours before treatments will be charged all 50% of the treatments reserved. Thank you for your understanding and cooperation