



S P A **ALILA**

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Naturally from The Heart

At Spa Alila, we are committed to providing unique treatments from the heart, blending ancient Asian healing techniques with age-old beauty recipes featuring the curative benefits of fresh, natural, quality ingredients.

Trained in anatomical physiology, massage, meditation and service, our local therapists combine their natural healing abilities with warm genuine care that flows from the heart through the hands, to stimulate, rejuvenate and balance your mind and body.

Balancing expertise with an intuitive sense of well-being, and through the contemporary expression of centuries-old therapies, at Spa Alila we create a natural, heartfelt and surprisingly different experience.

Pure Inspiration

Spa Alila believes in all things natural, whether it be our Alila Living retail products or natural spa ingredients that complement our treatment range.

Our carrier massage oils are a pure blend of virgin coconut, soy bean and kukui nut oils, rich in healing, nutritive and aromatherapeutic qualities.

Virgin coconut oil is a truly unrefined coconut oil which we source from villages in East Bali, where fresh coconut is shredded then cold-pressed to make coconut milk, fermented then separated and filtered. Virgin coconut oil has a much longer shelf life than most other carrier oils due to its natural antioxidant properties and is best applied directly to the skin for moisturising and conditioning.

Kukui nut oil penetrates the skin easily and leaves the skin feeling silky and smooth. This oil contains vitamins A, C, and E, which are antioxidants known to protect the skin and prevent free-radical damage to the skin cells. Kukui nut oil can leave even the driest, dullest, aging skin looking healthy and radiant.

Mother-to-be and nut-free oils are also available at Spa Alila.



SPA TREATMENTS

At Spa Alila, we draw on the benefits of a range of Asian and European massage techniques that can be tailored to your personal wellness needs. Allow our spa host to help you select the appropriate massage therapy and oils to suit your condition.

Balinese Massage

Feel tension dissolve with this ancient Balinese healing therapy that combines gentle stretching, long therapeutic strokes and skin rolling to relieve muscle pain. Palm and thumb pressure techniques are also applied to unravel the deepest stress and improve blood flow.

60min 600k

90min 800k

Therapeutic Massage

Experience a complete body awakening with a combination of therapeutic massage techniques using fluent strokes of different depths and intensity. Long Balinese strokes improve lymphatic drainage and circulation. Swedish deep tissue techniques work into muscles to relieve tension and stiffness. Acupressure points are used for specific stimulation, while Thai movements add elements of stretching to increase mobility.

60min 600k

90min 800k

Sole Revival

Sit back and relax as your therapist applies varying degrees of pressure to specific points on the feet using thumb and finger pressure to unblock energy flow and promote the body's natural healing from within. The perfect treat for your feet!

20min 200k

60min 500k

BEAUTYTREATMENTS

Radiance – All Natural Facial

Our radiance facial is designed to restore skin's natural pH balance, leaving you with a softer, smoother and radiantly healthy appearance. Treatment includes exfoliation with local rice bran and sandalwood, a detoxifying mask of volcanic clay and lemon, then finished with an ultra-moisturising blend of aloe vera juice, wildflower honey and wheat amino acids. Treatment includes a 15min back massage.

75 min 600k

Facial Enhancements

Awakening and hydrating facial massage

Revitalising eye treatment

20min 200k

Heal and Hydrate Body Mask

A full-body nourishing mask of Aloe Vera and Cucumber soothing extracts which assist to cool and deeply moisten sun kissed or damaged skin. Blended with organic virgin coconut oil that provides rich nutritional oils easily absorbed by the skin. This mask also helps preserve the duration of ones tan and reduce skin peeling.

45 min 450k