



GRAND HOTEL  
ESTABLISHED 1891

The Grand Spa

By



BALINESE  
AYU SPAS

Please Call Extension 481 For  
Reservation Or Information

[www.balinesespas.com](http://www.balinesespas.com)



## Spa Etiquette

### Arrival

To ensure your time with us is pleasurable and as seamless as possible, we kindly request you to arrive at Ayu Balinese Spa a minimum of 10 minutes ahead of your scheduled treatment time.

### Late Arrival

If you arrive late for your appointment, you will receive the best treatment possible within the remaining appointment time. It may be necessary to decrease your pre-allocated time with respect for the next appointment. Full treatment costs apply.

### Cancellation Policy

Please inform the Spa if you wish to cancel your treatment at least 4 hours before the scheduled time. Notifications received less than 4 hours prior to the scheduled appointment will incur 50% cancellation charge. No-shows will incur full cost of the treatment.

### Reservations

Advance bookings are always recommended to guarantee your preferred treatment and time.

### Medical Concern

Please notify the spa reservation team before booking any treatment if you have any physical ailments, allergies or disabilities, or are taking any medication.

### Children's Policy

For guests under the age of 16, a parent or legal guardian must be present in the room at the time of the treatment or sign a consent.

### Spa Attire

Your modesty will be respected at all times. Disposable underwear is available if desired for your comfort.

### Spa Valuables

We strongly urge guests to keep all valuables in the safe provided in the Room. Balinese Ayu Spa and the hotel will not be held responsible for missing items.

### Spa Ambience

Balinese Ayu Spa is a tranquil environment for everyone to enjoy. As a courtesy to our other guests, please switch off your mobile or place it in silent mode at all times within the spa.



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## Spa Treatments

Treatment Selection - To maximize your choice, we offer a list of treatments which you can choose your preferable eight.

- Head Massage
- Back Massages
- Back and Stone Massages
- Balinese Massages
- Swedish Massages
- Shiatsu Massage
- Feet Reflexology
- Hand Reflexology
- Warm Oil Massage

## Deluxe Spa Treatment

Following latest trends and uniqueness of our Balinese ayu spa we introduce treatment that blend perfectly with our philosophy

- Four Hands Massage
- Signature Massage
- Warm Stones Massage
- Sense Of Touch
- Sri Lankan healing
- Deluxe package
- Deluxe couple retreat treatment

### **Head Massage**

**30 minutes - LKR 12,000**

Wonderful massages for your head, neck, shoulders, arm, and upper back. This will stimulate blood circulation to your scalp. This treatment is also effective in relieving headaches.

### **Back Massage**

**30 minutes - LKR 12,000**

Feel the tension in your shoulders, neck, and lower back melt with this relaxing massage, where the areas of focus will be customized according to your needs.

### **Back and Stone Massage**

**60 minutes – LKR 18,000**

Starting with shiatsu and traditional massage to warm the body, the stones are then applied on your back in such a way as to relieve your muscles from pain and tension. Back and stones massage is especially adapted for back problems, achieving a feeling of well - being and perfect relaxation.

### **Feet Reflexology**

**30 minutes – LKR 12,000 / 60 minutes – LKR 18,000**

An ancient healing therapy as blissful as it is beneficial; a foot massage on the reflex point can restore the natural flow of body energy and improve your health. Recover physical and mental harmony with this wonderful treatment that will send waves of deep relaxation through your entire body.

### **Hands Reflexology**

**30 minutes – LKR 12,000**

Hands reflexology brings your body's energy flow back into balance. By removing energy blockages in all areas of your body, you increase circulation, reduce tensions and detoxify. Energy flows freely again into your entire body, you feel this incredible sensation of a perfect harmony within yourself.



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## Full Body Massages

### Signature Massage

**90 minutes – LKR 26,000**

This massage exclusively created by Ayu Spa is our Signature. A relaxing combination of 4 massages, starting with long strokes and deep skin massage for 30 minutes is then followed by 10 minutes shiatsu and 20 minutes warm stone massage on your back, shoulders, neck and arms to release the tension of your stressed muscles. It ends with a 30 minutes reflexology to relax and give you a feeling of overall comfort. Discover this deeply relaxing path to health and harmony.

### Warm Stones Heaven Massage

**90 minutes – LKR 26,000**

A full body massages starting with a traditional massage and lomi-lomi and then continues with the warm stones. Smooth and warm stones glide across your body in long, flowing strokes. The heat helps to relax the muscle and has a soothing effect on your emotions. Stones are positioned on the various energy body points to develop the healing potential.

### Balinese Massages

**60 minutes – LKR 18,000 / 90 minutes – LKR 24,000**

The Asian Traditional massage is a full body massage using palm pressure and long gentle strokes while applying a unique blend of natural essential oils. This combination stimulates your blood circulation, improves energy flow and drains tensions away.

### Swedish Massages

**60 minutes – LKR 18,000**

Using warm oil, heated up in a bottle and poured all over your body, the Swedish massage is designed to harmonize the corporal functions, such as blood circulation, breathing and mind relaxation. Soft and long strokes envelop all the body from feet to head creating an overall relaxation of the body and soothing effect.

### Shiatsu Massage

**50 minutes – LKR 18,000**

This massage uses pressure, rubbing, stroking and other techniques to stimulate the muscles and circulatory system of the body influencing the body's natural inner energies.



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## Full Body Massages

### Warm Oil Massage

60 minutes – LKR 18,000

This treatment uses various herbal oils and unique massage technique to bring forth a deeply relaxing, rejuvenating and nourishing experience which will aid in promoting youthfulness, increase energy and mobilization.

### Four Hands Massage

60 minutes – LKR 25,000

The ultimate sensation with this massage provided by two therapists working together in perfect harmony that creates overall well-being. The perfect synchronization will balance the pressure of the whole body improving circulation. The four hand massage is a combination of shiatsu, traditional massage and lomi-lomi leaving your entire body re-energized and intensely relaxed.

### Sense of Touch Massage

90 minutes – LKR 24,000

Our signature massage: a sense seducing escape from daily life. Combining the world's best massage techniques; inspired by Balinese massage and Lomi-Lomi massage technique, expect a deeply relaxing and uplifting massage experience. This massage works with the body's natural energy system to harmonies the energy flow. Using aroma therapy massage oil to revive your senses whilst enriching your skin with anti-oxidants and deep hydration

### Sri Lankan Healing

120 minutes – LKR 35,000

Our bespoke top to toe Signature Ritual uses the essences of 100% pure organic coconut native to the Sri Lankan. Experience profound and deep relaxation; enjoy smooth and hydrated skin and shiny, with the tropical scent of coconut.

- Freshly coconut body scrub
- An Indian head massage using coconut oil.
- Tropical full body massage with 100% virgin coconut oil



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## Body Treatment

### Sun Lovers

**60 minutes – LKR 16,000**

After a day spent in the sun, come and enjoy our Special Sun Lover to calm, soothe and re-hydrate your skin. Sun Lover treatment is specially designed to fight against sun burn and the ageing of the skin. This treatment starts with body wash for gentle cleansing followed by application of cucumber and homey body conditioner for cooling and soothing the skin and ends by application of body lotion to prevent skin peeling and to lock in the moisture.

### Natural Coconut Body Scrub

**60 minutes – LKR 16,000**

Renew and refresh your skin with this unique spa experience. A gentle skin exfoliation using our own home-made natural coconut scrub that aids in renewing your skin's chemical balance leaving it soft and subtle.

### Gift from Nature Green Tea Body Treat

**60 minutes – LKR 16,000**

Renew and refresh your skin with this unique spa experience. Begin with a gentle skin exfoliation using our own home-made natural green tea body scrub that aids in renewing your skin's chemical balance. Followed by a luxurious natural papaya body wrap to help to repress the skin.

### Himalayan Body Scrub

**60 minutes – LKR 16,000**

This Relaxing body scrub with Himalayan salt crystal nourishes both physical and emotional well-being. Jasmine and sandalwood essential oils work directly with the senses to calm the nervous system and relieve stress.

### Chocolate Body Scrub

**60 minutes – LKR 16,000**

Soft and smooth skin that smells amazing. Cocoa removes dead skin cells and exposes a young, natural glow. The ingredients work together to moisturize your skin and boost circulation, stimulating cell renewal.



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## Beauty Treatments

### Refresher Facial

**30 minutes – LKR 12,000**

A great introduction to facial treatment using for principal ingredients: pure honey mask and cucumber, leaving your skin feeling smooth and radiant. Enjoy the benefits of these natural ingredients with an age-old reputation for skin healing, softening, and moisturizing.

### Natural Asian Facial

**60 minutes – LKR 16,000**

Using only Bio natural products, the face is cleansed and gently exfoliated to eliminate all the dead cells on the surface of the skin. While purifying with a gel mask, relax and unwind with a hand and feet massage. This treatment will effectively restore and hydrate your skin, leaving your face fresh, youthful and restored.

### Spa Manicure

**30 minutes – LKR 10,000**

Give your hands and nails a well-deserved care with our Hands Beauty treatment. Starting with the basics nail cut, file and cuticle repair, your hands are then gently exfoliated for a silky feeling. A nourishing cream is applied with a gentle massage to restore the moisture and improve the texture of your skin. Your hands feel hydrated, smooth and soft with a great youthful look.

### Spa Pedicure

**30 minutes – LKR 10,000**

Cool, energize and revive your feet with our Feet Beauty Treatment. Comprising of the classical pedicure treatment with nail cut, file, cuticle repair and soothing foot soak of essential oils; it is then followed by a peppermint scrub that will relieve your tired or swollen feet. Finally, to stimulate blood circulation a foot massage is applied with a refreshing lotion. Your feet are hydrated, fresh and soothed.

For an extra charge, you may complete your manicure treatment with Nail Polish  
**Nail Polish – LKR 3,000**



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## Deluxe Spa Packages

### Relaxation Package

Balinese Massage 50mn  
Foot massages 30mn

1 hour 20 minutes – LKR 24,000

### Pampered Package

The Signature Spa  
Natural Asian Facial

2 hour 20 minutes – LKR 38,000

### Harmony Package

Four Hands Massage  
Natural Asian Facial & Foot Massage

1 hour 40 minutes – LKR 48,000

### Deluxe Couple Retreat

Pamper yourself and your beloved one this holiday with our packages specially designed for couples. A step towards paradise...

### Romantic Couple Indulgence

90 minutes – LKR 45,000

Enjoy precious time together immersed with the aromas of pure essential oils and indulge in a restoring & calming Balinese Massage, followed steam or sauna experience

### Romantic Honeymoon Treat

120 minutes – LKR 55,000

An enchanting ritual to share with your loved one, captivates all of your senses, alleviates any tensions and connects you to the vital powers of nature's elements.

- Himalayan salt body scrub
- Your choice of a full body massage.
- Glowing radiance Mini Facial.



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## Kids' Packages

Between 5 to 13 years old

### Super Spa Star

Happy essential mini massage and fruit mini facial.

60 minutes - LKR 15,000

### Princess Treat

A jolly time for kids, smell and play with fruits scrubs choices of yogurt cucumber and coconut, for a sweet and hydrating caress.

60 minutes - LKR 15,000

### Fruit mini Facial

Let them play and learn how to take care of their skin, with a gentle coconut scrub and chocolate body mask and cucumbers in her eyes, have fun and nourish their skin

60 minutes - LKR 15,000



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