

# How to spa.....

## Who are the In Balance Spa clients ?

In Balance Spa welcomes both hotel and non hotel guest to enjoy our spa facilities.

## Hours of treatments

In Balance Spa is open for treatment at 09.00 am - 11.00 pm  
Last appointment will at 09.00 pm

## Special Request

You may request a specific therapist and we will make effort to accomodate your preference. All our therapist are professionally trained in treatment and draping protocol.

## Cancellations

All treatment can be cancelled maximum 5 hours before treatment scheduled with no charge, otherwise 50 % cancellation fee is apply and will be full charged for no show.

( ++ ) All price are quote in Indonesian Rupiah and subject to 21% government tax and service charge



## BODY MASSAGE

Upper Body Massage	(45 min)	285,000 ++
Foot Detox	(60 min)	325,000 ++
Reflexology	(60 min)	300,000 ++
Traditional Massage	(75 min)	385,000 ++
Aromatherapy Massage	(75 min)	415,000 ++
Bamboo Massage	(75 min)	450,000 ++
Banana Leaf Massage	(75 min)	400,000 ++
Hot Stone Massage	(90 min)	500,000 ++
Dwi Jegeg Massage	(90 min)	550,000 ++

## SPA TREATMENT

Spa Sampler (2,5 hrs)	1,200,000 ++
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Foot Bath, Body Scrub, Body Massage, Mini Facial and Mini Hair Creambath

In Balance Purifying Treatment (2,5 hrs )	1,100,000 ++
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Foot Bath, Relaxing Body Massage with Lymphatic system, choice of Body Scrub, followed by purifying facial.

Traditional Favorites (2,5 hrs)	900,000 ++
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Foot Bath, Body Scrub, Shower, Body Massage, Body Mask, Body Steam, Herbal Bath, Body Moisturizer  
Choice of:  
Regenerate, Sea Breeze, Strawberry Passionate, Silky Bali, Balinese Mocca, Energizing Orange

Island Spice (2hrs)	585,000 ++
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Foot Bath, Body Massage, Balinese Boreh Wrap, Cucumber Moisturizer, Herbal Bath

Royal Javanese Treatment (2hrs)	655,000 ++
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Foot Bath, Body Massage, Body Steam, Lulur Body Scrub, Yogurt Conditioner, Herbal Bath

Tropical Sundowner (2hrs)	555,000 ++
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Foot Bath, Body Massage, Body Mask, Bath  
Choice of mask :  
• Fresh Cucumber • Aloe Vera Gel

Wrap Me Up (2 hrs)	700,000 ++
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Foot Bath, Body Massage, Body Scrub, Detoxifying Body Mask in Body Steam by Phytomer, Bath

Quick Bliss (75min)	485,000 ++
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Foot Bath, Body Massage, Coconut Body Scrub, Shower

SCRUB (45 min)	300,000 ++
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Foot Bath, Body Scrub, Body Conditioner and Shower, Body Lotion  
Choice of scrub :  
• Lulur Scrub • Chocolate Scrub  
• Strawberry Scrub • Coconut Scrub  
• Sea Salt Scrub • Coffee Scrub

## FACIAL TREATMENT

Breathe by Sothys (90 min)	660,000 ++
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Sea Essential by PHYTOMER (75 min) Dry & Dehydrated Skin Mature Skin Botulike (75 min)	610,000 ++  510,000 ++
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Bio Facial (60 MIN)	350,000 ++
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Eye treatment	100,000 ++
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## HAIR TREATMENT

Fresh Creambath (90 min)	500,000 ++
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Hair Wash, Hair Conditioning Treatment, Scalp Massage, Head and Shoulder Massage, Blow Dry  
Choice of cream:  
• Aloe Vera : for normal hair  
• Lime : to stop dandruff  
• Coconut Milk : for dry hair

Blow Dry	225,000 ++
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Hair Braiding	
• Medium	250,000 ++
• Long	300,000 ++



#### NAIL TREATMENT

Manicure (60 min)	250,000 ++
Nail Gel Manicure (90 min)	400,000 ++
Pedicure (60 min)	350,000 ++
Nail Gel Pedicure (90 min)	500,000 ++
Manicure & Pedicure (2 hrs)	500,000 ++
Nail Gel Manicure&Pedicure(90 hrs)	700,000 ++
Nail Polish/French Nail Polish only	125,000 ++
Gel Nail polish (60 min)	250,000 ++
Removing Gel Nail Polish(30min)	100,000 ++

#### SPA PACKAGE

<b>FAMILY RITUAL (90 min)</b> (2 Adults + 1 child 7-10 yrs old) Foot Bath, Chocolate Massage, Chocolate Bath, Body Lotion	<b>1,250,000 ++</b>
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#### SPA PRESTIGE ANTI AGING

By Phytomer(3.5 hrs) Treatment includes: Foot Bath, Body Massage, Body Scrub, detoxifying body masque in Body Steam, Bubble Bath. Choice of facial : • Dry Dehydrate Facial • Mature Skin Facial	<b>1,300,000 ++</b>
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#### HIM & HER (2,5 hrs)

Him : Foot Bath, Aroma Massage, Coffee Scrub, Shower, Pedicure Her : Foot Bath, Aroma Massage, Strawberry Scrub, Strawberry Mask, Shower, Cleansing Facial	<b>1,700,000 ++</b>
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#### PERFECT INDULGENCE (4,5 hrs)

Foot Bath, Body Scrub, Body Massage, Body Mask, Herbal Bath, Breathe Facial by Sothys, Fresh Creambath, Mini Manicure & Pedicure	<b>1,800,000++</b>
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#### RETREAT PROMO

Experience your holiday with one of our rejuvenating treatment program. Enjoy the whole treatment for your self or share it with your partner.

<b>3 Days Retreat</b> Day 1. Aromatherapy Massage (75 min) Day 2. Traditional Favorite (2,5 hrs) Day 3. Fresh Creambath or Manicure Pedicure (90 min)	<b>1,400,000 net</b>
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<b>5 Days Retreat</b> Day 1. Aromatherapy Massage (75 min) Day 2. Traditional Favorite (2,5 hrs) Day 3. Hot Stone Massage (90 min) Day 4. Breathe Facial by Sothys (90 min) Day 5. Fresh Creambath or Manicure Pedicure (90 min)	<b>2,500,000 net</b>
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<b>7 Days retreat</b> Day 1. Aromatherapy Massage (75min) Day 2. Traditional Favorite (2,5 hrs) Day 3. Dwi Jegog Massage (90 min) Day 4. Bamboo Massage (75 min) Day 5. Royal Javanese Treatment (2 hrs) Day 6. Sea Essential Facial by Phytomer (75 min) Day 7. Fresh Creambath or Manicure Pedicure (90 min)	<b>3,600,000 net</b>
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For booking dial Ext. 781 From your room  
Free pick up within Nusa Dua Area  
Jimbaran & Kuta minimum 2 hours spa is required

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# IN BALANCE

## SPA BY NOVOTEL

**TREASURE  
YOUR WELL-BEING  
AT NOVOTEL**

