



## *LAMIMA - SPA MENU*

### *MASSAGE*

-  ***Balinese Massage (1 hour)***  
*Balinese massage technique using acupressure, skin rolling and flicking, firm and gentle stroking and percussion. Applied using essential oils.*
-  ***Aromatherapy Massage (1 hour)***  
*Aromatherapy essential oils are combined with massage to relax the body and bring peace to the soul.*
-  ***Shiatsu Massage (1 hour)***  
*Works on specific pressure points in the body to improve blood circulation, metabolism and health.*
-  ***Foot Massage (1 hour)***  
*There are reflexes in the feet that relate to every organ in the body. Massaging the feet can heal and revitalise the body.*
-  ***Head, Neck and Shoulder Massage (1 hour)***  
*A combination of different strokes, pressure points and the right positioning to relax the mind and the muscles, improving blood circulation and thus increasing oxygen to the body to eliminate stress and fatigue.*
-  ***Four Hand Massage (1 hour)***  
*Two massage therapists combine to provide double the effects, greatly reducing muscle tension and pain. The synchronised technique is extremely relaxing.*

## LUXURY LAMIMA PACKAGE (2 h 45 mins)

- *-Mantra Lamima Stretch (30 mins)*
- *-Ginger and lemon foot bath (15 mins)*
- *-Massage (1 hour)*
- *-Facial or body treatment (1 hour)*

## FACIAL

### ■ *Traditional Facial*

*All natural products and traditional techniques are used to enhance natural beauty, improve skin softness and give the face a fresh, smooth and rejuvenated appearance.*

## BODY TREATMENTS

### ■ *Nyuh Gading (1 hour)*

*Nyuh Gading is Indonesian for cocounut grape and this fruit is often used for beautifying rituals before religious events. It is very effective in bringing a healthy glow to skin, reducing sensitivity and is deeply nourishing.*

### ■ *Honey (1 hour)*

*Honey is rich in vitamins and minerals and is full of antioxidants. Ideal for slowing down aging, clearing pores and soothing the skin.*

### ■ *Avocado (1 hour)*

*The vitamins and minerals contained in this delicious fruit will smoothe and revitalize the skin. The natural oils in avocado are excellent for healing sunburnt skin and the antioxidants will help repair skin damaged by the sun.*

## MANICURE AND PEDICURE (1 hour)

*A cosmetic treatment for the hands and feet which also helps with relaxation and of course leaves you beautiful from top to toe.*

*-REVIVE YOUR SPIRIT IN THE LAMIMA SPA -*