



ELEMENTAL

SPA & WELLNESS



Welcome to the world of  
well-being at Elemental Spa & Wellness.  
We bring the best of nature to  
balance your journey.

Enter Elemental Spa & Wellness  
and relish the world of well-being at our Gym, Yoga Studio, Healing Center,  
Face and Body Treatment and Beauty Salon. A setting created to inspire your  
journey towards Invigoration and Relaxation.

Our spa's dedicated therapists will create an elevated experience of blissful  
pampering and complete relaxation, creating treatments designed specifically  
for your individual skincare and wellness concerns to leave you feeling revived,  
restored and reconnected.

Our exclusive lineup of organic therapies, including unique products,  
rejuvenate and balance the body as the tranquil experience uplifts and delights  
the spirit. Soothing and inspiring spaces in your surroundings are designed for  
you to spend precious time.

Indulge in a spa transformation. Luxuriate in a memorable uplifting, sensory  
healing experience with our Four Elements Unique Therapies:



AIR



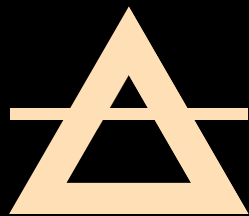
WATER



EARTH



FIRE



## AIR

Represents intellect, mental intention and connection to the universal life force.

# AIR MASSAGE TREATMENTS

## AROMATHERAPY MASSAGE

60M | IDR 420K

The ancient science of healing, relaxing and energizing by the use of plants essential oils. Deep relaxation treatment can have a profound effect on physical and psychological well-being. The particular aromas have the power to transform our emotions and heal our bodies.

## TIBETAN MASSAGE

60M | IDR 420K

Meditative breathing techniques quiet the mind, centre physical energy, bring awareness to one's internal energy, relieve meridian blockages, promote circulation of Qi and blood, adjust yin and yang imbalance and restore vital energy.

## INDIAN HEAD MASSAGE

30M | IDR 280K

Techniques for treating scalp, face, neck, shoulders and upper arms. It works on the areas of the body that are most affected by stress. Helps prevent migraines, headaches and back pain, detoxifies the body, relieves anxiety, boosts memory, and helps with sleeping problems.

# AIR SIGNATURE MASSAGE

90M | IDR 680K

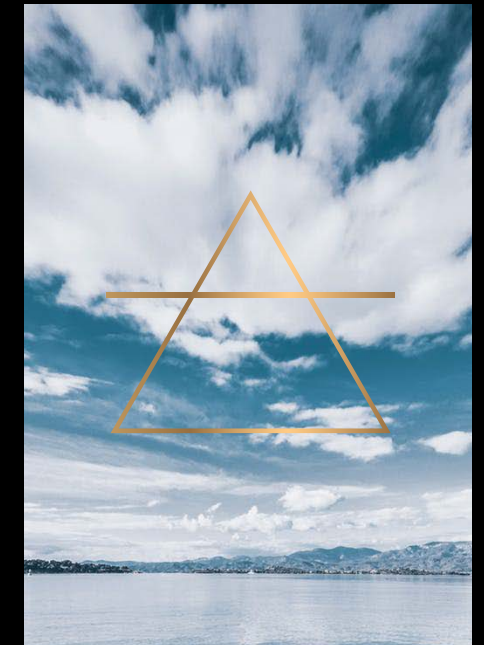
*Air is motivation, growth, change, and all forms of movement.  
Air is freedom, the breath of life, compassion, and wisdom.  
Air is spirit and life.*

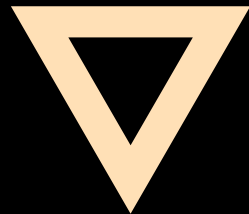
The treatment serves to treat stomach bloating and indigestion, pain, especially headaches, neck pain, and muscle spasm, exhaustion, all nervous system problems and respiratory system.

When we strengthen and balance this element, we can improve the physical functions of our lungs and colon – the respiratory and elimination system. We can enhance our discernment of what to let in and what to let go off to flow with the design of life.

## THE TREATMENT CONSISTS OF

Breathing meditation, Nauli stomach movements followed by massage and sound healing with aromatherapy oils.





## WATER

Represents emotional release, intuition and inner reflection.

# WATER MASSAGE TREATMENTS

**PRE / POST NATAL MASSAGE** devonia BOTANICA  
60M | IDR 420K

Specially adapted to the needs of pregnant women helping to ease discomfort. Safe firm soothing massage and lymphatic drainage techniques can help to reduce postural discomfort in the upper and lower back and relieve swelling in hands, legs and feet.

All trimesters welcome!

**EXOTIC TROPICAL RITUAL** devonia BOTANICA  
180M | IDR 750K

An anti-aging and rejuvenating treatment. Our Tropical Salt Mousse Body Scrub removes impurities and mineralize your skin, followed by a gently cocooned in a nourishing and rejuvenating Tropical Body Mask. Afterward, a Tropical Flower Bath to soothe the spirit, with a rejuvenating body massage.

**ISLAND'S GIFT**  
150M | IDR 680K

Cherish for what the beautiful island of Bali gives. Slip away to total relaxation with a purifying, body and mind balancer footbath, salt mousse body scrub to remove impurities with the uplifting mood aroma, followed by a Tropical Flower Bath, a soothing body massage and an express Phyto Organic Facial.

# WATER SIGNATURE MASSAGE

90M | IDR 680K

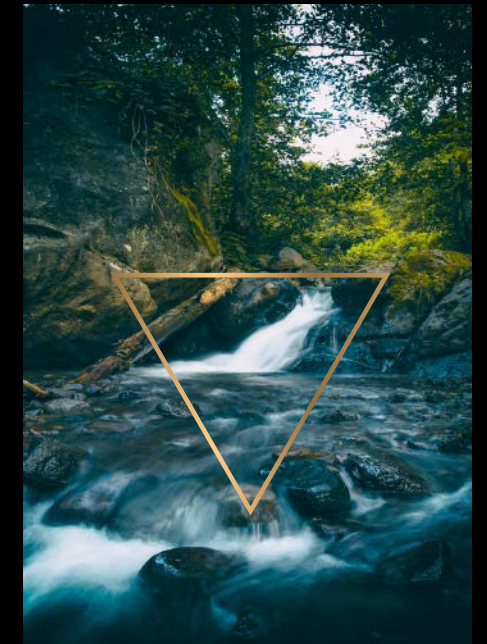
*Water cleanses, refreshes and restores all life Rejuvenation.*

Water is related to spiritual paths. The water system represents our emotional identity, oriented to self-gratification. The second Chakra, located in the abdomen, lower back, and sexual organs, is related to the element water, and emotions, passion and sexuality. It connects us to others through feeling, desire, sensation, and movement. Ideally, this Chakra brings us fluidity and grace, depth of feeling, sexual fulfilment, and the ability to accept change.

In the Chinese Medicine paradigm, the element is associated with the kidneys and the bladder, which regulate water metabolism and to the reproductive system. There is also a strong relationship with the immune system and the ability of the body to lubricate, repair and protect itself.

## THE TREATMENT CONSIST OF

Lymphatic drainage massage, Lomi Lomi massage movements, Chakra Balance, body scrub and Aromatic Warm Bath





Represents grounding,  
the foundation of life,  
substance, connection to  
life path and family roots.

## EARTH MASSAGE TREATMENTS

### HOT STONE & SHELL MASSAGE

90M | IDR 620K

Benefits of the hot basalt stone and the warm softshell massage are more profound relaxation, continuous heat therapy, boosts circulation, improved detoxification, improved sleep, reduces symptoms of stress, lifts mood and softens tight muscles.

### THAI MASSAGE

90M | IDR 620K

Relaxation combined with the energizing and invigorating effects helps people feel mentally and physically restored. It also improves circulation, which brings more oxygen to muscles and other tissues.

### BALINESE MASSAGE

60M | IDR 420K      90M | IDR 620K

Therapeutic but also corrective, soothes and release stiff and painful muscles. Reduce stress, stimulates the flow of blood, helps detoxify the body, nourishes and softens the skin.

### FOOT REFLEXOLOGY

30M | IDR 275K

Foot-softening treatment. Feet and lower legs are gently body brushed soaked and exfoliated.

## EARTH SIGNATURE MASSAGE

90M | IDR 680K

*The earth is nurturing and stable, solid and firm, full of endurance  
stable, solid earth brings a strong personality.*

Earth represents traits of sensations, patience, stability, strength, health, grounding and centring of energies, promoting peace, fertility, money, business success, stability, warmth, comfort and physical labour. The element is associated with the spleen (pancreas) and stomach and related to the mouth. The earth is the source and provider of all our needs.

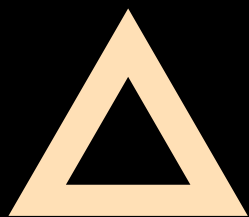
Emotionally, this element is associated with nurturing, survival instincts, as well as a sense of grounding, connection to our bodies and the physical plane. Ideally, this Chakra brings us health, prosperity, security, and dynamic presence. It is associated with our Root Chakra.

The qualities of feeling nourishment, satisfaction, contentment, centeredness, at home, calm, balanced, harmony and peacefulness.

### THE TREATMENT CONSIST OF

Sound healing followed by pressure points and Hot Stone Deep Tissue and Foot Reflexology.





## FIRE

Represents energy,  
a tool for transformation,  
connection to  
personal power  
and inner strength.

# FIRE MASSAGE TREATMENTS

## THERAPEUTIC MASSAGE

60M | IDR 420K

Energy work that balances the energy pathways in the body, promoting healing. Concentrate on specific problem areas that help relieve pain, reduce stress, long strokes and intense massage.

## AYURVEDA WARM OILS BLEND

60M | IDR 420K

Ancient Indian principles of Ayurveda Technique and pressure points, designed to heal the body and create a balance between the mind, body and spirit. Increase stamina, relieves fatigue and nourish all the body parts. A specific Ayurveda Oil loosens the deep-seated toxins from joints and tissues.

## HERBAL COMPRESS

60M | IDR 480K

The blend of herbs is anti-inflammatory, antiseptic, astringent and antioxidant. The Herbal Ball compresses massage has a relaxing and refreshing effect on the body and mind, soothing sore and overworked muscles while giving the body a tremendous boost. It induces deep relaxation, relieves stress and fatigue and boosts both emotional and physical well-being.

# FIRE SIGNATURE MASSAGE

90M | IDR 680K

*Fire represents physical strength, force, courage, desire, initiative, fertility, passion, purification and rejuvenation.*

The Heart Meridian governs the fire element. This treatment releases neck and shoulder pain, cools down the easily-overheated body, removes dead skin cells, stimulates new growth and increases skin hydration.

Perfect for hyperpigmentation, tired and rough skin, shifting into a softer and brighter look and balancing the body.

## THE THERAPY CONSISTS OF

Body brush and scrub, followed by Cool Down or Warm Up massage with specific essential oil blend, combining an application of Cold or Hot Lava Stones at particular acupressure point to help balance the body temperature.







## ETHER ELEMENT HEALING THERAPIES

Ether is considered our transitions in life from one phase of our lives to another; there is growth. An ultimately excellent achievement is the altruistic connection to our higher universe.

Healing therapies are associated with the five elements to induce deep relaxation, assist the body's natural balance and harmony processes and developing emotional, mental and spiritual well-being. It helps people cope with difficulties, relieve emotional and physical stress. One of the most significant health benefits which trigger the body's natural healing abilities, such as the immune system, aids in better sleep and improves and maintains a healthy living.

- ▷ **SINGING BOWLS**
- ▷ **CHAKRA BALANCING**
- ▷ **SOUND HEALING**
- ▷ **HEIKE**
- ▷ **CRISTAL HEALING**

## BEAUTY TREATMENTS

|  |                |
|--|----------------|
| MARINE COLLAGEN FACIAL ANTI AGING              | 60M   IDR 780K |
| VITAMIN C FACIAL ANTI AGING                    | 60M   IDR 780K |
| PHYTO ORGANIC FACIAL COMBINATIN SKIN           | 60M   IDR 600K |
| PHYTO ORGANIC FACIAL SENSITIVE SKIN            | 60M   IDR 600K |
| PHYTO ORGANIC FACIAL DRY SKIN                  | 60M   IDR 600K |
| MAN DEEP CLEANSER FACIAL                       | 60M   IDR 600K |
| STRAWBERRY HYDRA BOOST - TEEN COMBINATION SKIN | 60M   IDR 600K |
| SUN SOOTHING FACIAL                            | 30M   IDR 300K |
| REFRESHER FACIAL                               | 30M   IDR 300K |

# PEVONIA ESSENTIAL FACIALS



## PEVONIA World of Wellness

**Natural Formulas. Organic Ingredients. Clinical Results.**

**Pevonia® is a worldwide leader in professional skincare, combining effective, safe and natural ingredients with decades of experience since 1991.**

### ANTI-AGEING MARINE COLLAGEN

60M | IDR 780K

Smoothest wrinkles, supple and plump skin. Counteract any signs of early ageing, combat excessive dryness, dehydration, fine lines and wrinkles. Rich in concentrated Marine Collagen and Caviar, this facial is perfect for refreshing and fighting signs of dehydration due to the humidity during the holidays, perfecting the skin plump and tone with a youthful glow.

### O<sub>2</sub>PTIMAL "C" ANTI-AGEING

60M | IDR 780K

Instant glow, smooth and correct photodamage. Rejuvenate and brighten tired, dull and devitalized skin. Reduce the sign of premature ageing skin with a high dose of potent Vitamin C Complex. Vitamin C and Hyaluronic combined will hydrate, correct photodamage and drench skin with repairing antioxidants.

### PHYTO ORGANIC FACIAL

60M | IDR 600K

Optimize your skin's health and radiance with mask treatments that specifically address your skin type. Pure organic aromatherapy elixirs and botanical actives formulations from Pevonia® to purify, balance, and renew the skin.

### DETAILING FACIAL FOR HIM

60M | IDR 600K

Rasher rash, skin irritation or sensitivity are all treated in this executive facial for him. Combining Lavender and Propolis, this micro emulsified gel is infused into the deeper layers of the skin to calm, heal and truly enrich your skin. This facial also focuses on anti-bacterial and decongesting properties to alleviates micro-circulation problems and strengthens your fragile skin.

### SUN - SOOTHING

30M | IDR 300K

Instantly soothe the skin and restore hydration with the repairing benefit of White Lily and Green Tea to deeply hydrate and desensitize the skin. No face scrub and face massage performed.

### TEEN FACIAL - STRAWBERRY HYDRA-BOOST

60M | IDR 600K

This fun teen facial delivers an intensive yet delightful treatment experience. Vitamin enriched, this facial treatment begins with a gentle yet thorough cleansing exfoliation.



## MANICURE & PEDICURE

|                                 |                |
|---------------------------------|----------------|
| MANICURE WITH POLISH            | 60M   IDR 280K |
| PEDICURE WITH POLISH            | 60M   IDR 300K |
| SPORT MANICURE / PEDICURE       | 45M   IDR 180K |
| OPI GEL MANICURE / PEDICURE     | 60M   IDR 300K |
| GEL REMOVER MANICURE / PEDICURE | 30M   IDR 120K |
| GEL POLISH                      | 30M   IDR 140K |
| NAIL POLISH                     | 30M   IDR 120K |

## WAXING

|                    |                |                      |                |
|--------------------|----------------|----------------------|----------------|
| WAXING - FULL LEG  | 40M   IDR 380K | WAXING - BACK        | 45M   IDR 380K |
| WAXING - HALF LEG  | 20M   IDR 250K | WAXING - CHEST       | 40M   IDR 300K |
| WAXING - FULL ARMS | 40M   IDR 150K | WAXING - UNDERARMS   | 20M   IDR 120K |
| WAXING - HALF ARMS | 20M   IDR 110K | WAXING - BIKINI LINE | 30M   IDR 330K |
| WAXING - FACIAL    | 40M   IDR 110K | WAXING - BRAZILIAN   | 45M   IDR 425K |



ELEMENTAL  
SPA & WELLNESS

Located on the Rooftop (R) at Kanvaz Resort Seminyak  
Open daily from 10 am - 8 pm

For reservation call "Spa & Wellness" button from your room phone