

SPA MENU



PRAMANA
SPA

Welcome To Pramana Spa

Pramana Spa helps create a positive and confident attitude to life by refreshing and relaxing the body and re-tuning the conscious state on your journey. This spa is designed to facilitate the fundamental needs and to make the journey more memorable, where guests will find a warm touch and a genuine and comfortable atmosphere.

Pramana Spa provide services and helps guests to find their glow and radiance.
Find your glow, brighten your mood and enjoy the moment!!

BODY MASSAGE

Balinese Massage

Authentic traditional Massage it's combined with Balinese technique, stretching, long stroke skin rolling, and palm, thumbs pressure techniques to balance the energy centers and improve the integration of your internal systems, blood circulation and release stress. It is also believed to help relieve sleeping disorder, muscle pains, and sport injuries.

(60 mnt) IDR 650K

(90 mnt) IDR 800K

(120 mnt) IDR 1.050K

Enrich Experience Massage

This is the perfect cure after a long flight, to relieve tension. It consists of a condensed but complete head, neck and shoulder massage using our special blend of oils, concluding with a warm towel application.

(Head, neck, and shoulder massage with warm towel).

(45 mnt) IDR 500K

Foot Reflexology

An ancient Chinese healing art focused on the pressure point in the feet that correspond with organs and muscles of body, including a hand reflexology for improves circulation and general wellness.

(Foot wash, foot massage and hand massage).

(60 mnt) IDR 550K

Aromatherapy Massage

A relaxing massage involving a variety of techniques, essential oils are applied in long sweeping strokes which warm up the skin and muscles, the essential experience is completed with an oil burner that enhance the benefits of those oils extracted from herbs and plants.

(Foot wash, body massage with warm oil).

(60 mnt) IDR 700K

(90 mnt) IDR 850K

(120 mnt) IDR 1.120K

Deep Tissue Massage

This deep tissue massage is an ideal for relieving muscle tension, this massage will focus on meridian point and muscle grouping, employing skillful techniques with the palm, elbow, and forearm, accompanied with gentle stretching and long strokes on tight muscles and joints.

(60 mnt) IDR 750K

(90 mnt) IDR 900K

(120 mnt) IDR 1.200K

Hot Stone Massage

Hot stone massage is a treatment where the therapist use smooth heated stones, either as an extension of their own hands, or by placing them on the body. The heat can be deeply relaxing and help to warm up tight muscles that help the therapist to be able to give better pressure. The benefits are warmth, relaxation, improve of flexibility and range of motion, relaxed muscle, and increase of body circulation. (Foot wash, and warm stone massage).

(60 mnt) IDR 700K

(90 mnt) IDR 850K

(120 mnt) IDR 1.120K



*All above rate are IDR and subject to service charge and prevailing government tax

KUWARASAN A PRAMANA EXPERIENCE

Jl. Cinta, Br. Penusuan, Tegallalang - Gianyar, Bali 80561

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BODY TREATMENT / BODY SCRUB AND MASK

Javanese Scrub (45 mnt) IDR 500K
Traditional herbal blend gently buffs, nourish, revitalize and give a glow to the skin.

Chocolate Scrub (45 mnt) IDR 500K
A moisturizing scrub with a cocoa extracts to eliminate impurities, exfoliate and moisturizing the skin.

Green Tea Scrub (45 mnt) IDR 500K
Pure green tea contains powerful antioxidant which helps minimizing the formation of acne, cellulite, and stretch marks. It also provides a natural whitening effect on the skin. This skin exfoliating treatment will make your skin smooth and also effective to calm and soothe the skin.

SALON TREATMENT

Pramana Shine Facial

With modern formulation are blended to nourish, balance and control combined with luxurious techniques and Pramana style pressure style pressure point to ease tension in the skin leaving it gently cleansed, polished and glowing like sunshine and inner beauty.

Natural Facial (60 mnt) IDR 550K

Detox Facial (75 mnt) IDR 750K

Manicure (45 mnt) IDR 450K

Luxurious conditioning cares for your hands. More youthful hands through nail filling, cuticle trimming and minimizing, with exploitation to the hands massage. Allowing the hands to appear softer and smoother. Nail polish or buffing included.

Pedicure (60 mnt) IDR 450K

Pampering time for your feet, we begin with an aromatic foot soak and scrub. Filling cuticle minimizing, pampering foot or leg massage to enhance the condition of your beautiful feet. Nail polish or buffing included.

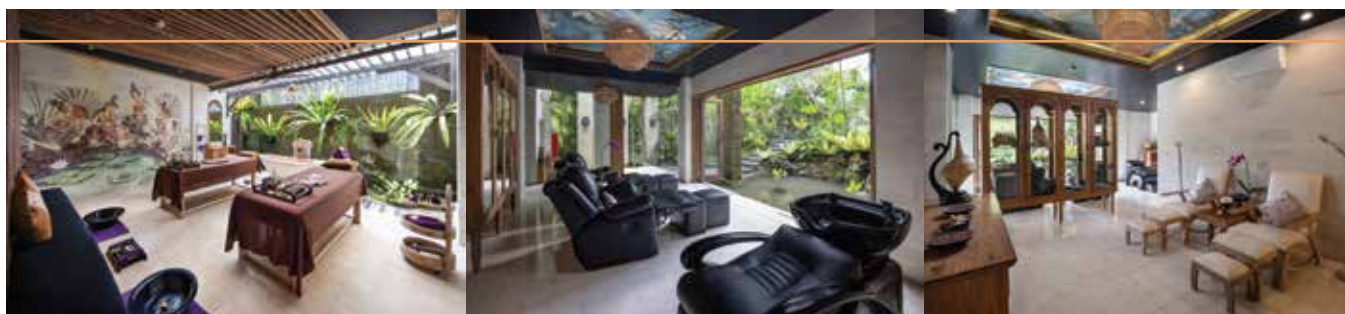
Coconut Hair Creambath (60 mnt) IDR 525K

Coconut has been long raved to be one of the most reliable resources and it's for good reason; expert has proven that coconut oil is naturally antibacterial and antifungal, it also an excellent moisturizer for your skin and even able to penetrate hair better than other oils. As an island that is blessed as the natural habitat of coconut trees, we are happy to offer our best treatment using specifically coconut products;

Sensational Beauty with Coconut Oil :

o Coconut shampoo o Coconut hair mask o Coconut conditioner

Hair Wash (30 mnt) IDR 450K



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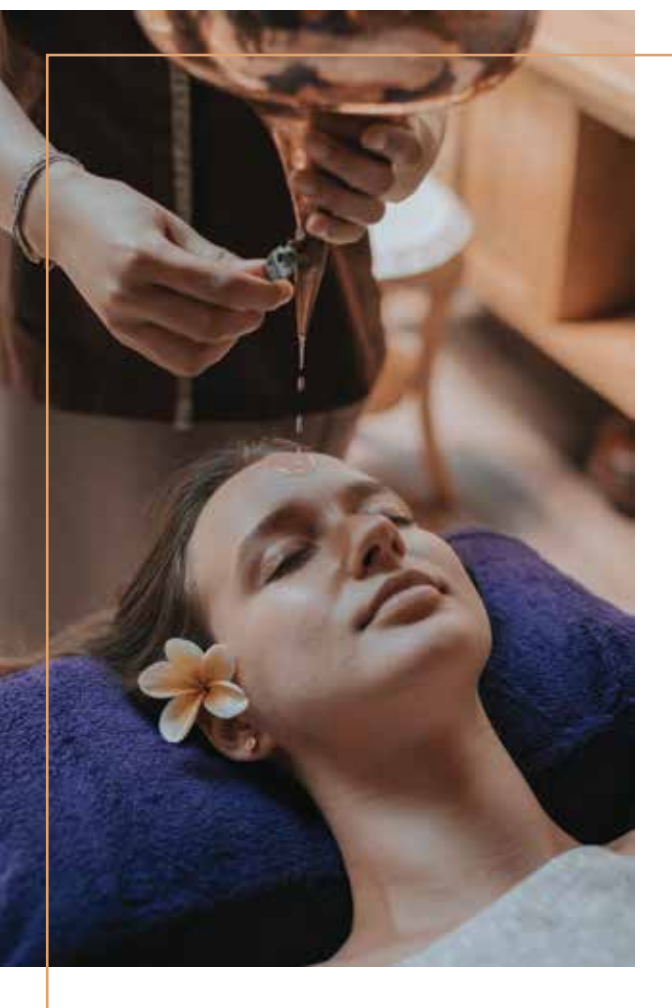
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HEALTHY & BEAUTY PACKAGE



Sadharana Beauty (135 mnt) IDR 1.350K

Treat yourself to this unique experience and indulge your body and soul with a therapeutic sport massage for begin relieve the muscles tension with a deep tissue techniques, followed by a detox facial for complete you indulge experience will leave you feeling totally clean and refreshed.

(Foot wash, Deep tissue and Detox facial)

Gunaraksa Beauty (135 mnt) IDR 1.500K

This treatment is the perfect way to end a perfect day, begin with a aromatherapy massage for first applied in long sweeping strokes which warm up the skin, continue to scrub and mask for make skin are glow, finishing with a citrus bath.

(Foot wash, Aromatherapy massage, Body scrub & mask and Citrus bath)

Sabda Ayu (120 mnt) IDR 1.150K

Indulgence from head to toe, the combination of traditional treatment is designed to leave your feeling deeply relaxed and rejuvenated. Start your journeys with foot ritual followed by full body massage and herbal treatment to loosen energy blockages and recoup deficiencies, complete the treatment with a relaxing herbal bath.

(Foot wash, Herbal massage and Herbal spice bath)

Jatu Karma (135 mnt) IDR 1.400K

A indulge your body and soul in the in the nutritious and moisturizing with cocoa. Your chocolate sensation commences with aromatherapy massage with chocolate oil, continue with chocolate body scrub and mask, finishing with a bubble bath.

(Foot wash, Aroma chocolate massage, Chocolate scrub & mask and Bubble bath)

Radha Beauty (180 mnt) IDR 1.750K

This packages is exclusively designed for women for refreshing and rejuvenating their feminine appearance. It will begin with foot ritual followed by Aromatherapy massage, lulur and carrot body polish, include a moisturizing natural citrus body lotion, Finishing with detox facial.

(Foot wash, Aromatherapy massage, Body scrub & mask and Detox facial)

Sunari Beauty (165 mnt) IDR 1.500K

This treatment is the perfect way to end a perfect day, begin with a aromatherapy massage for first applied in long sweeping strokes which warm up the skin, continue to Javanese scrub and mask for make skin are glow, finishing with a coconut hair cream bath.

(Foot wash, Aromatherapy massage, body scrub & mask and Coconut hair cream bath).

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HEALTHY & BEAUTY PACKAGE

Citradha Rejuvination (265 mnt) IDR 3.000K

This treatment is the perfect way to end a perfect day, begin with a enrich massage for first applied in long sweeping strokes which warm up the skin, continue to scrub and mask for make skin are glow, to complete the treatment with detox facial, and relaxing with citrus bath finishing with a coconut hair creambath.

(Enrich massage, body scrub and mask, Detox facial, Citrus bath and Coconut hair cream bath)

Sita Beauty (180 mnt) IDR 1.750K

Treat yourself to this unique experience and indulge your body and soul with a therapeutic sport massage for begin relieve the muscles tension with a deep tissue techniques, followed by a scrub mask finishing with detox facial for complete you indulge experience will leave you feeling totally clean and refreshed.

(Deep tissue massage, Body scrub & mask and Detox facial)

Gauri Beauty (195 mnt) IDR 1.900K

This treatment is the perfect way to end a perfect day, begin with an aromatherapy massage for first applied in long sweeping strokes which warm up the skin, to complete the treatment with detox facial, finishing with a coconut hair cream bath.

(Aromatherapy massage, Detox facial and Coconut hair cream bath).

Waras Shirodara

Is an amazing, unique body therapy from the ancient natural treatment focusing on the forehead using special shirodara oil to immediately calms, relaxes and has a cleansing effect on the mind and nerves. Continue with hair washed and after that you can take shower with warm water to release all oil on your body, finishing with hot lime ginger tea to calm the body.

(90 mnt) IDR 1.000K

(120 mnt) IDR 1.300K

Jacuzzi (60 mnt) IDR 450K



Flower Bath Package

(for couple)

- Kuwarasan flower bath 1
Include: ginger tea
(60 mnt) IDR 650K
- Kuwarasan flower bath 2
Include: ginger tea, fruits platter,
neck and shoulder massage
(75 mnt) IDR 900K
- Kuwarasan flower bath 3
Include: ginger tea, fruits platter,
balinese massage 60 mnt
(120 mnt) ... IDR 1.850K
- Citrus bath
Include: fruits platter, herbal drink
(60 mnt) IDR 500K
- Bubble bath
Include: cookies, ginger tea
(60 mnt) IDR 400K



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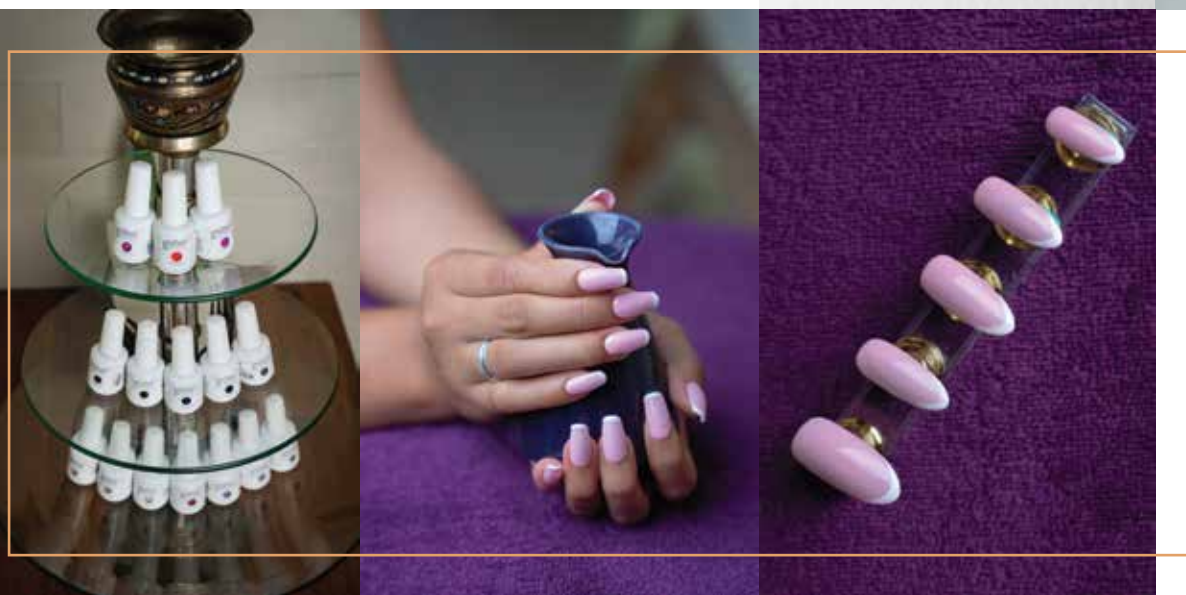
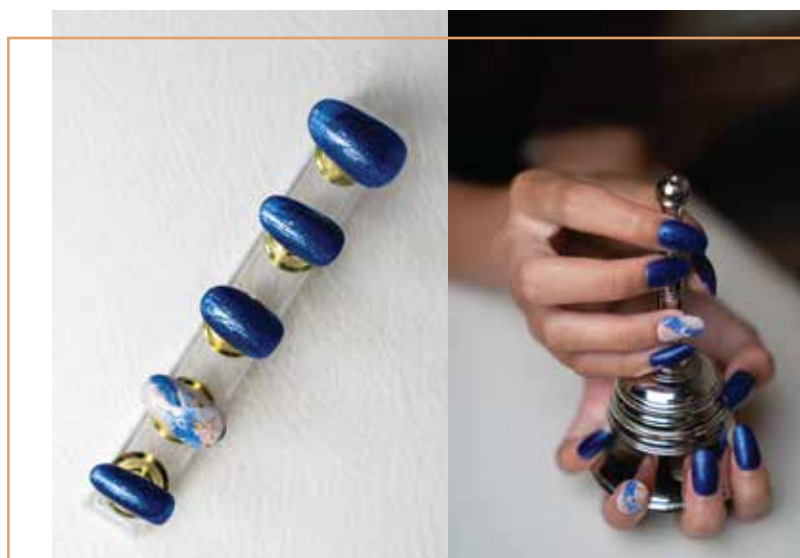
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<i>Russian based nail gel polish</i>	(90 mnt)	IDR 550K
<i>French sytle nail gel art</i>	(90mnt)	IDR 632K
<i>Marble look nail gel art</i>	(90 mnt)	IDR 632K
<i>Russian based nail tip</i>	(120 mnt)	IDR 690K
<i>French style nail tip</i>	(120 mnt)	IDR 828K
<i>Marble look nail tip</i>	(120 mnt)	IDR 828K



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