



# CHAPUNG SPA

*AN OPULENT ESCAPE*

Nestled in lush green gardens of our Resort, Chapung Spa offers the most exotic sights dedicated to revitalizing your senses and enhance your well-being.

It features a collection of luxury single's and couple's treatment rooms, a dedicated beauty salon, steam room, cold pool and an-opened air Jacuzzi for head-to-toe indulgence.

Our exceptional well-trained and experienced therapists customize each treatment from our wide selection, using only high-quality products, to meet your individual goals.



# Ancient Balinese Royal Beauty Ritual

## **Ksatria Putra for Men • 120 minutes • 700K**

Foot bath ritual – Scalp and shoulder massage – Body scrub ginger - *Pijat Bayu* massage.

One of our traditional Balinese rituals for men, specially designed for you, the active ones. At the end of your treatment we serve you our in-house made cleansing *Jamu*, perfect for enhancing vitality.

*Pijat Bayu*. a strong-pressured massage

## **Taru Nyuh Zaman • 120 minutes • 600K**

Coconut body scrub – Steam pack body mask – Balinese massage

A traditional Balinese ritual designed to improve your blood circulation and leave you a smoother skin.

*Prices are in Indonesian Rupiah and subject to 21% government tax and service charge*

### **Taru Heritage Ritual • 120 minutes • 600K**

Balinese massage – Steam pack body mask – Coconut milk bath

A special treatment designed for a deep relaxation and a nourished skin. To complete the treatment, we serve you herbal tea that you can enjoy while having the coconut milk bath.

### **Calma Reflections • 120 minutes • 800K**

Foot bath ritual – Reiki – Indian herbal oil massage - Shirodara with singing bowl – Herbal bath

A truly unique spa experience, designed to bring you a deep inner peace, also to promote a feeling of wellbeing.

The basic Reiki healing session after foot bath will balance your energy flow. Soft and gentle body massage using the Indian herbal oil to calm your mind. Meanwhile, a Tibetan singing bowl performed while having the Shirodara treatment soothes you physically and spiritually. Herbal tea and fruit plater will be served while you enjoying the herbal bath at the end of the rituals.

### **The Royal Permaisuri for Women • 120 minutes • 800K**

Balinese massage with warmed stone – Herbal steam (Ratus V) – Herbal bath

A special ritual that used to be performed for queen. It is specially designed to relieve muscle tension, improve blood circulation, release blood clots, tone the stomach and enhance body healing.

### **Chapung Tropical Mist • 120 minutes • 800K**

Bristle brush exfoliation – Vichy shower – Kahuna Massage

A specially designed treatment, combining brush exfoliation, Vichy shower and a Kahuna massage, aimed to help you have a full relaxation and boosting your immunity.



# Signature Ayurvedic Treatments

## **Ayurvedic Abhyanga • 150 minutes • 800K**

Foot bath ritual – Abhyanga massage – Shirodara – Relaxing facial

Offering a complete skin rejuvenation and restoring body balance and suppleness. This traditional practice also increases vitality and enhanced physical wellbeing.

## **A Taste of Ayurvedic • 150 minutes • 800K**

Foot bath ritual – Abhyanga massage – Shirobyanga – Ginger body scrub – Herbal bath

This exclusive treatment of personal indulgence and care allows you to experience a range of ayurvedic treatments.

## **Shirobhyanga • 30 minutes • 200K**

A calming and energizing scalp massage which focuses upon vital energy points.

This short treatment will help to reduce tension, increases circulation and boosts your wellbeing.

## **Padabhyanga • 30 minutes • 200K**

Pressure points located on the feet represent all the organs of the body, and are exposed to stress on a daily basis.

This treatment consists of a deeply relaxing foot and lower leg massage, that revitalizes tired muscles, whilst easing aches and pains.

## **Shirodara • 30 minutes • 200K**

Traditionally an Ayurvedic treatment, Shirodara is the process of pouring a stream of warm oil onto the forehead, and over the scalp.

This rejuvenating and revitalizing treatment helps To ease tensed body and calm the mind.

# Face and Body Holistic Rejuvenation

## **Tropical Escape • 3.5 hours • 1,000K**

Foot bath ritual – De Aging tropical salt mousse - White lotus body mask - Fruit bath  
- Tropical body massage - Organic facial

A luxurious body treatment for your smooth and glowing skin.

## **Divine Senses • 2.5 hours • 850K**

Foot bath ritual – De Aging tropical salt mousse - Balinese massage - Express organic facial

Divine aromas pampers your senses, while its rich anti-aging properties offers ultimate skin rejuvenation.

A relaxing Balinese body massage and an Organic Facial leave you with a deeply hydrated and radiant skin.

## **Holistic Earth Gift • 2.5 hours • 850K**

Steam session – De Aging tropical salt mousse – White lotus body wrap – Balinese massage

A full body treatment specially designed for a deeper cleanse and skin rejuvenation.

Steam opens up your pores and helps loosen any buildup of dirt.

De Aging tropical salt mousse and White Lotus body wrap's divine aroma pampers your senses with rich anti-aging properties, also delivers the ultimate skin rejuvenation.

## **Organic White Lotus & Green Tea • 2.5 hours • 850K**

Foot bath ritual – De Aging tropical salt mousse – White lotus body wrap & scalp massage  
– Green tea bath – Body massage

A full foot and body treatments, perfect for revitalizing dry, sensitive, stressed, or free-radically damaged skin, to leave you a brighter, moister, and healthier looking complexion.

# Facial Focus

With Pevonia Botanica products

## **Skin Focus Facials • 60 minutes • 400K**

### **Organic Essential Facial - *for all skin types***

Pure and natural skin treatment using organic botanicals and exquisite formulations from Pevonia Botanica. Balances your skin moisture levels naturally. It leaves your skin looks radiant, softer, and hydrated.

### **Soothing Facial – *for sensitive skin***

Calms your skin with a combination of Sea butter and Chamomile. These ingredients are blended with other key agents to diffuse your skin's redness and to reduce irritation, creating an even skin tone.

## **Power Repair Facials • 60 minutes • 600K**

### **Age Defying Facial – *suitable for all skin types***

A combination of Elastane and Kombucha, a black tea known for its healing properties. Together they counteract the skin's lack of elasticity by hydrating and toning, resulting in a reduction of fine lines and wrinkles. Ideal for any skin type showing signs of aging, or as an instant repair boost when you want to look your absolute best!

### **Rehydrating Facial – *suitable for all skin types***

Ideal for delaying the early signs of aging and excellent in healing dry and dehydrated skin. Marine collagen leaves the skin plumper, supple, and noticeably looking younger.

## **Natural Fruit Facial • 60 Minutes • 260K**

This facial uses fresh and natural ingredients that are perfect for all skin types.

Your face is thoroughly cleansed and then exfoliated with a gentle scrub of Hazelnut, and natural honey. Sliced cucumber is used to tone your skin, a banana and honey mask is applied to clear pigmentation.

The high antioxidant properties in each ingredient will leave your skin refreshed and radiantly glow.



# Speciality and Healing Massage

## **Thai Yoga Massage • 60 minutes • 400K**

Traditional Thai massage focuses on pressure points along the body's energy lines. Incorporates gentle pressure and stretching techniques to relax the whole body.

## **Prenatal Massage • 60 minutes • 400K**

Specially designed to ease some of the aches and pains of pregnancy and help you relax. It may also reduce swelling, improve mood, and help to relieve some pregnancy depression and anxiety. Using natural unscented oil, this massage incorporates the use of comfortable wedges and pillows.

## **Shiatsu • 60 minutes • 400K**

An acupressure technique involves the application of pressure to specific points of the body. Bringing balance by aligning and unblocking energy channels, it is recommended for those wanting relief from stress and muscle pain.

## **Deep Tissue Massage • 60 minutes • 400K**

A restorative massage that helps to release a deeply-held tension and eliminate toxins from the body. This special technique includes deep muscle compression - a direct tissue fibers' manipulation, to increase blood and lymphatic flow.

## **Four Hands Massage • 60 minutes • 600K**

Two therapists synchronically giving you a relaxing massage of long strokes and medium pressure. It is perfect choice to increase your energy levels and leaves you feel energized.

## **Holistic Hot Stone Massage • 90 minutes • 600K**

A therapeutic massage incorporates warm lava stones that are gently moved across the body. It promotes the release of excessive energy and bring a sense of wellbeing.

## RELAXING MESSAGES

60 or 90 minutes • 400K | 600K

### **Aromatherapy Massage**

A sensory, therapeutic massage, using blends of essential oils. Its aromatic appeal is a personal response to each individual's needs.

Choices of aromatherapy oil:

**Body Toner** - A combination of sweet orange, myrrh and palma rosa essential oils, known to possess toning and firming qualities.

**De-Stresser** - Soothing aromatic oils of frankincense and myrrh, full of a relaxing and sleep enhancing properties, best to still the mind and reduce stress levels.

**Muscle Soother** - Warm and comforting essential oils of clove, rosemary and peppermint helps to relieve muscle tension and soothe aching and tired limbs.

### **Swedish Massage**

Incorporating strong movements, effectively ease aching muscles and limbs, leaving you feeling energized and invigorated.

### **Chapung Massage**

A deeply soothing and relaxing massage using long strokes and warm oils. Warmly recommended for jet lag relief.

### **Traditional Balinese Massage**

Our traditional full body massage uses medium to firm pressure. Excellent for increasing energy levels and promoting a feeling of well-being.

### **Asian Fusion Massage**

A massage incorporating a Thai pressure-point massage and Balinese, Malay stretching techniques, perfect to release any muscle tensions and restore normal body-balance.



## CHAPUNG TOUCHES

### **Head & Shoulder Massage • 30 minutes • 150K**

A therapeutic massage using gentle strokes on your head, neck, and shoulder to stimulate the nerves, loosen up tight muscles, relax superficial tissues, and remove stress both emotionally and physically.

### **Foot Reflexology • 30 minutes • 150K**

Special type of foot massage focusing on the pressure points on the feet. Ideal for relieving both stress and tension, as well as improving blood circulation.

### **Face & Body Sun Recovery • 30 minutes • 150K**

An application of aloe vera gel and blended fresh cucumber, perfect for relieving skin from the sunburn.

### **Body Scrub (Coconut, Ginger, Seaweed) • 100K**

A gentle skin exfoliation using only fresh and natural ingredients, to eliminate dead skin, leaving you a smooth and radiant skin.

### **Flower or Herbal Bath • 100K**

The bath is filled with warm water, honey and Balinese flowers or traditional herbs. It acts as an energizer, enhances complexion and feeling of health and well-being.

### **Relaxing Facial • 30 Minutes • 200K**

This relaxing treatment involves a thorough face cleansing and application of a face mask to leave the skin soft and looks radiant.



# Chapung Salon Treatments

## NAIL TREATMENTS

### **Manicure • 60 minutes • 250K**

Luxurious 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 included.

### **Pedicure • 60 minutes • 250K**

Begin with an aromatic foot soak and scrub. A therapeutic treatment for your feet that removes dead skin, softens hard skin and shapes and treats your toenails. Nail polish included.

OPI Gel Manicure • 350K

OPI Gel Pedicure • 350K

Remove Gel Polish (Hand or Feet) • 100K

Express Pedicure • 150K

Express Manicure • 150K

Nail Polish Only • 100K

## TRADITIONAL HAIR TREATMENT

### **Patah Mayang • 60 minutes • 400K**

Our traditional hair treatment, aimed to cleanse the hair. Active substances of coconut oil, pandanus leaves, and coconut milk hair mask will nourish damaged areas and stimulate hair growth. The treatment involves also a hot-stone shoulder and arms massage.

## EAR CANDLING

### **Ear Candling Therapy • 30 minutes • 100K**

Ear Candling, also called ear coning, or Thermal Auricular Therapy, is an alternative practice claimed to improve general health and wellbeing. This treatment removes ear wax, improve hearing, and cure ear infections. It is also claimed to treat: sinus infection, headache swimmer's ear, cold, flu and sore throat.



# Packages

## 4 HOURS PROGRAM

### Option 1 • 1,300K

- 60 minutes Patah Mayang (traditional hair treatment)
- 60 minutes massage to choose from: Prenatal - Shiatsu - Swedish - Chapung - Asian fusion - Traditional Balinese or Deep Tissue
- 60 minutes Skin Focus Facial
- 60 minutes manicure or pedicure with nail color application
- Completed with a light lunch or afternoon tea or tapas and 1 cocktail

### Option 2 • 1,800K

- 120 minutes Royal Permaisuri for woman or Ksatria Putra for men
- 60 minutes Power Repair facial with Pevonia Botanica
- 60 minutes manicure or pedicure with nail color application
- Completed with a light lunch or afternoon tea or tapas and 1 cocktail

## 5 HOURS PROGRAM • 1,900K

### Option 1 • 1,900K

- 120 minutes Calma reflections
- 60 minutes Skin Focus Facial
- 60 minutes Patah Mayang (traditional hair treatment)
- 60 minutes manicure or pedicure with nail color application
- Completed with a light lunch or afternoon tea or tapas and 1 cocktail

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

 [chapungspa](https://www.instagram.com/chapungspa)

 (+62) 361 8989 102

Jalan Raya Sebali, Keliki - Ubud 80561 - Indonesia