



Emotional Wellbeing
by RAFFLES



EMOTIONAL WELLBEING BY RAFFLES

Emotional Wellbeing by Raffles is a holistic approach, where guests are intuitively guided through thoughtfully curated experiences, spaces and rituals - bringing them a sense of emotional wellbeing. We consult and collaborate with thought-leaders in the wellness industry to ensure everything we offer is creative, innovative and luxurious.

In tranquil environments, we offer rituals to encourage emotional reconnection, physical release and balance to our well-travelled connoisseurs. Our rituals encourage relaxation and recalibration, facilitated not only by a dedicated Raffles Wellbeing Butler but across their entire stay via our spa & wellbeing program as a whole. This mindfulness practice provides our guests with the tools to relax, promote better sleep and to take a moment to unwind from the stresses of the day; our inquisitive colleague intuitively know what our guests need before they do, but our rituals also provide guests with the tools to take control of their own emotional wellbeing during their stay and beyond.

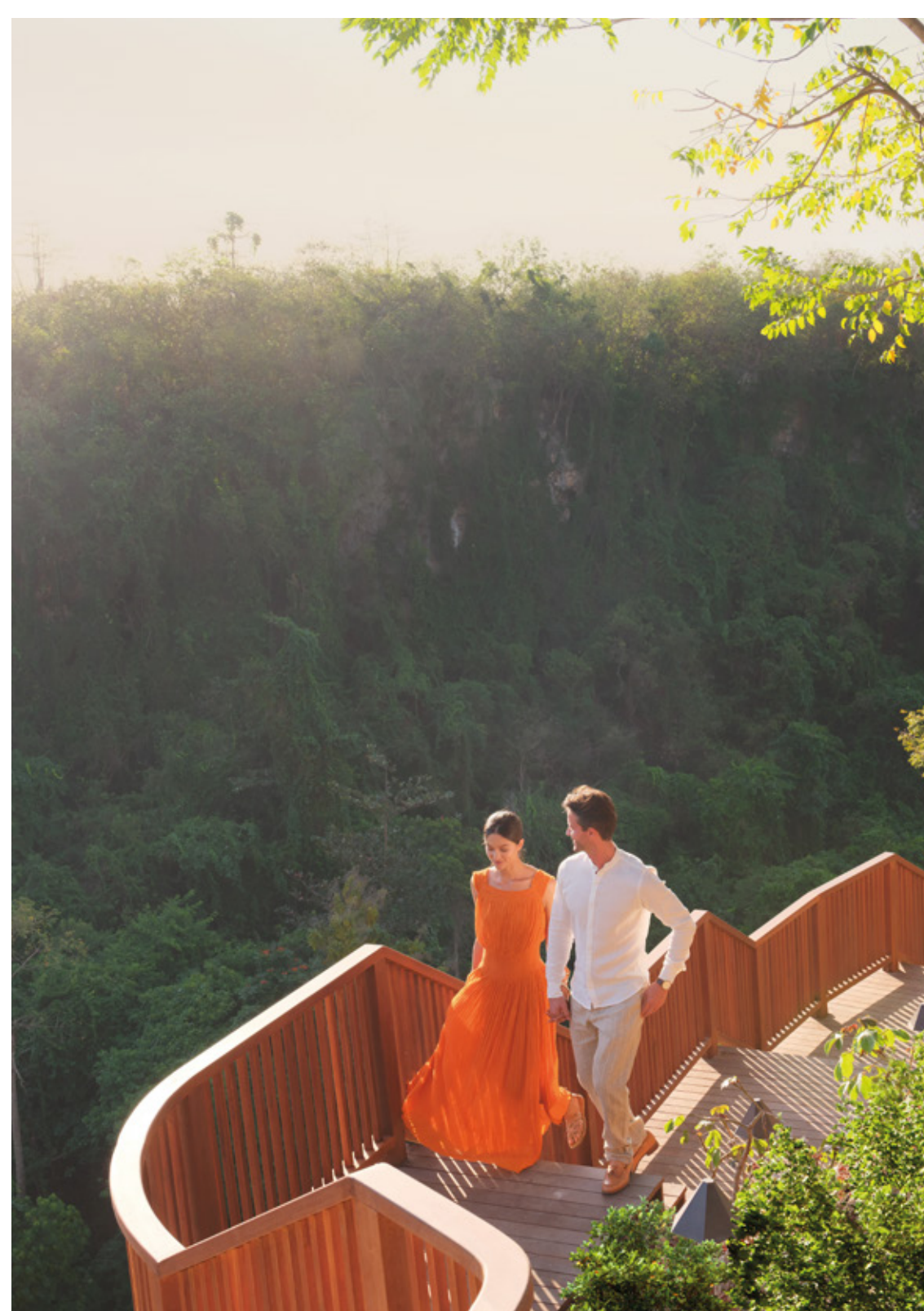


RAFFLES SPA BALI

Transcend to an oasis of emotional wellbeing. At the edge of a pristine Jimbaran hilltop nestled in the lush greenery surrounded by the calming sounds of nature, carefully designed is Raffles Spa. Inspired by Balinese architecture and ancestral techniques of relaxation and treatments we offer a unique space to revitalize mind, body and spirit. The couple treatment suites are the perfect venue to rebalance your inner and outer self, regaining energy and inner peace. Raffles Spa features a relaxation area in utmost comfort. "The Sanctuary", our iconic treatment suite is located at the edge of a secluded hill, exposing unparalleled vistas over the nearby hill greenery and Jimbaran Bay. The outdoor infinity pool offers unparalleled panoramic ocean views and access to our private beach. Completing the array of facilities is our Signature Meditation Terrace, The Fitness Centre and Nail and Reflexology lounge pavilion.

Raffles Bali is an oasis for the well-travelled connoisseurs, offering the following bespoke facilities and services:

- Tennis courts
- 600m hill hiking and endless jogging paths in our lush gardens throughout the resort
- Private beach
- 25m outdoor infinity leisure pool
- Raffles Signature Meditation Terrace
- Fitness Centre
- Private treatment suites with integrated shower and locker facilities
- The Sanctuary our iconic outdoor treatment suite In Villa Spa treatments



OUR PRODUCT PHILOSOPHY

When choosing products for each of the Raffles Spas around the world, we place careful emphasis on many aspects. With luxury in mind, each chosen brand is proven in delivering results-driven treatments which are tailor-made to suit the needs of our valued travellers. Environmental sustainability is considered whenever and wherever possible, reflecting our social responsibilities as a brand. Our relationships with the product houses are important in ensuring we have the finest spa products and training available for each and every encounter with our guests.

SUBTLE ENERGIES

Subtle Energies creates results-based aromatherapy, natural skincare and wellness solutions founded on authentic Ayurveda principles. The range is created with intent to address multiple skin and body concerns, whilst delivering high performance results empowering one's physical, mental and emotional wellbeing.

The brand was founded in 1993 by Farida Irani in Sydney, Australia as a clinic of natural therapies. All products are made in Australia following European standards of natural skincare to create safe, ethical and effective products. The range has been certified by Cruelty-Free International and does not contain parabens, mineral oils, silicones or artificial fragrances.

SPA FACTORY BALI

The philosophy behind the body and beauty line has always been to focus on the integration of traditional wisdom, to nurture everyone's needs and skin care in a constant search for innovating and improvement. The manufacture of the products is still done traditionally keeping in mind an eco-friendly approach. The products are free of Parabens & Sodium Laureth Sulphate and other carcinogenic chemicals.



RAFFLES WELLNESS FACILITIES

RAFFLES SIGNATURE MEDITATION TERRACE

Meditation is an ancestral art evoking relaxation connecting mind, body and spirit through different techniques. Our wellbeing practitioners will be delighted to accompany you through this personal journey.

- Sunrise and Full Moon Yoga Meditation at the beach
- Tibetan Singing Bowl Meditation at The Secret Cave
- Giri Bhuana Love Meditation at the Purnama Honeymoon Bale
- Mindfulness Meditation at our outdoor treatment suite, The Sanctuary.

STEAM ROOM WELLNESS

Our Steam Room is located at our iconic treatment suite, The Sanctuary. Available for all our guests that have selected this unique venue for their Spa wellbeing treatments.

The humid aromatic heat experience is highly beneficial for those that suffer from asthma and bronchitis, as it opens up the breathing passages and alleviates congestion. We recommend that a session last 10-15 minutes and that you keep your body well hydrated afterwards. Humid heats are especially beneficial before or after a massage treatment to increase circulation.

VISITING PRACTITIONER PROGRAM

Carefully selected Balinese Healing Practitioners are available. From sound healing meditation, chakra balancing, Reiki and soul blessing. We hope you find with this different expert practitioners the balance of mind, body and spirit you are seeking.

PERSONAL TRAINING & LIFESTYLE

Attain peak performances whilst achieving your desired fitness results. Combine workouts with one-to-one strength training, fitness coaching and lifestyle sessions, including a BMI (body mass index) assessment, offered by our dedicated trainers. We would be delighted to help you create your personal training program, aiming to balance physical activity with relaxation.

YOGA

The word “yoga” translates as the union or discipline of breath control, simple meditation, and the adoption of specific bodily postures, widely performed for a greater sense of wellbeing. The practice of yoga has been known to increase flexibility, decrease stress levels and energies and restore the mind. Our certified instructors at Raffles Spa offer a variety of different yoga techniques, available for group classes at our Signature Meditation Terrace. For private yoga sessions, additional charges apply

TAI CHI

Tai Chi is an ancient Chinese tradition that has evolved over centuries to alleviate stress and anxiety. A form of meditation in motion. Loosen your stiff muscles and learn to flow with gentle, coordinated and integrated movements that bring serenity and inner peace within each motion. Beginners are most welcomed.



RAFFLES SPA JOURNEYS

Raffles Spa Journeys assure the act of inner and outer transformation by travelling from one place to another through sensory pleasures, unique surroundings and rejuvenating sensations. Leave feeling well-rested and on your journey to living well.

SANCTUARY ESCAPE

150 minutes

Re-invigorate at our hill side iconic Sanctuary. Begin with an aromatic foot ritual followed by full body exfoliation leaving your body radiant, soft and smooth. A relieving scalp massage is then performed while your body is wrapped in an exotic cocoon, the journey continues with the ultimate aromatherapy massage, using flower oils. Complete the treatment with a relaxing foot revitalizer enjoying the vistas over the Jimbaran Bay.

ROYAL JAVANESE LULUR EXPERIENCE

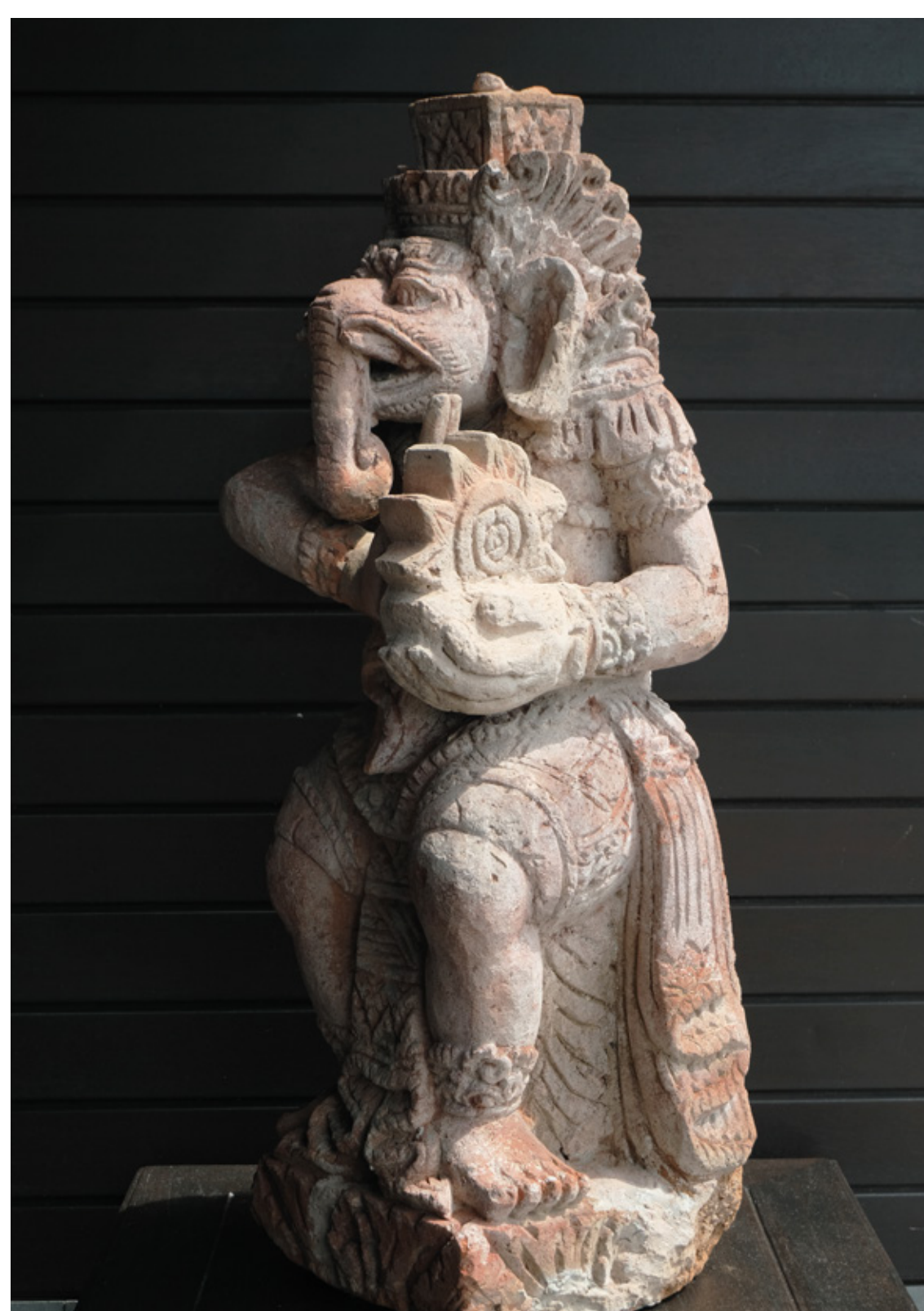
120 minutes

Experience a body treatment more than 400 years old from the island of Java born for royals on their wedding day. This treatment begins with a relaxing full body massage followed by Lulur body exfoliation. Relax in a warm flower bath, completed by a generous application of hydrating body lotion leaving your skin soft and luminous.

ROYAL BALINESE BOREH

120 minutes

Distinctive of Bali, this century old royal herbal healing treatment is now available at Raffles Spa. Begin with a traditional massage, followed by an aromatic Balinese boreh body mask made of powerful local herbs like cloves, ginger, turmeric root, combined with powdered rice to remove dead skin cells promoting blood circulation. Complete this healing journey by indulging in an aromatic herbal bath tea.



CLASSIC FACIALS

ROYAL GOLD AGE-DEFYING FACIAL

90 minutes/60 minutes

Combining collagen and elastin boosting actives, this age-defying facial features potent ingredients such as Mogra, Queen of Jasmynes and 24k Gold that will penetrate into the dermal layers of the skin renewing and regenerating skin cells with a sustained result. Bring a radiant glow to the skin by oxygenating deeply on a cellular level, reduce fine lines and wrinkles whilst while addressing emotional needs such as stress, anxiety and hormonal balance.

SOOTHE AND ENRICH ADVANCED ANTI-OXIDANT FACIAL

90 minutes/60 minutes

Designed for sun exposed, dry, sensitive, or damaged skin. This intense enriching facial therapy offers an exceptional rich elixir infused with advanced antioxidants and essential fatty acids to fight free radical damage and protect the skin from the visible signs of ageing. The marma massage delivers an impressive active serum to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. Finish this restorative treatment with smooth, vitamin enriched skin that is deeply hydrating.



BESPOKE WELLNESS EXPERIENCES

SOUL BLESSING

90 minutes

Begin with classic yet simple breathing and meditative techniques allowing you to connect to light and energy. Cleansing the body and spirit through prana, Reiki is then performed using pure holy water from natural rich resources from a single source. In the last session, our healing practitioner will balance the energy channels of the mind, body and soul.

7 CHAKRAS BALANCING

90 minutes

The 7 Chakras in the body are distinct energy centers that influence everything from emotional processing to resistance to disease. Chakra Healing is a technique focusing on opening these energy centers using tools like crystal gems, tibetan bowls and a unique Baliense accupressure massage to help bring balance to the channels. A numerology reading and spiritual healing techniques further provide a holistic healing experience in the body.

SINGING BOWLS THERAPY

60 minutes

The sounds generated by the Tibetan Singing Bowls generate medicinal energy that promotes healing from stress disorders, chronic pain, depression, and most forms of disease. Healing processes are initiated by stimulating our brainwaves to synchronize with the perfect resonance of the sound. The sound vibration will create the perfect state for deep relaxation.

GIRI BHUANA MEDITATION

60 minutes

For those seeking more, peace, love and happiness, tune in with your inner self in our iconic venue, The Secret Cave. This meditation technique is a combination of breathing exercises, concentration and energy movements to balance your mind and body, aiming to increase happiness and self belief.

REIKI

60 minutes

Practitioners transfer universal energy, Reiki in the form of chi through their palms, which enables self-healing and a state of equilibrium. Reiki works in conjunction with the meridian energy lines and chakras through the use of the hand-positions, which normally correspond to the seven major chakras of the body. This induces deep relaxation, relieves emotional stress and improves overall wellbeing.

AQUA SOUL HEALING

45 minutes

Aqua Healing is best for those seeking for relaxation in stillness, beauty, freedom and surrender. It is especially healing for stress symptoms, limitation of body movements, arthritis, rheumatism, chronic pains and insomnia. It is combined with Yoga, Pilates, Shiatsu, stretching and twisting. You may feel your body moving loose and free in the water at the end of the session due to the lack of gravity.

All healing treatments above are performed by a healing practitioner. For detailed information please contact us at Raffles Spa. Advance bookings are required.



BODY MASSAGES

RAFFLES BALI SIGNATURE MASSAGE

90 minutes

Inspired by the natural healing resources of the island, this signature massage was thoughtfully crafted to ensure deep relaxation, promote circulation and relieve aches and decompress your nerves. Encompassing several techniques of soothing chakras and traditional Asian fusion and ends with a warm coconut oil scalp massage focusing on your third eye makes this a legendary treatment.

ANCIENT HOT STONE MASSAGE

90 minutes

This indulgent body treatment soothes muscle tension and encourages blood circulation. Using nourishing essential oils and warm volcanic stones to penetrate tired aching muscles, combined with gentle stretching techniques, activates various energy points allowing you to unwind into a restful state of mind.

TRADITIONAL BALINESE MASSAGE

90 minutes/60 minutes

Experience the authentic traditional Balinese methods. This ancient holistic full body massage eases muscle tension, encourages circulation and reduces stress by combining kneading, stretching, skin rolling and pressure point techniques.

RESCUE AND RELEASE DEEP TISSUE

90 minutes/60 minutes

Designed to alleviate deep-stated tension and muscular stress, specialised techniques concentrate on specific areas of concern and ease common discomforts such as a stiff neck, lower back pain and sore, tight shoulders.

ORIENTAL FOOT REVITALIZER

60 minutes

Designed to soothe tired and achy feet. Experience deep relaxation and revitalization in this feet focused pampering. A remineralizing foot scrub is followed by a massage of the feet, hands and shoulders. Concentrating on vital energy and reflex points to recharge the body, mind and spirit.



BODY TREATMENTS

RASAYANA DETOX BODY WRAP

90 minutes

Revitalize, tone and purify as this active body therapy begins with a zesty exfoliation of essential oils, including cinnamon powder and walnut shells. Relax as an exquisite mineral rich clay infused with powerful herbs of spiked ginger lily, spirulina and green tea envelop your body, providing the ultimate detox. Intense nourishment is then delivered as your body is smoothed with a customized experience of aromatic infused body butters, lotions or oils. Leave with skin glowing and body and mind re-energized.

RASAYANA DETOX BODY BUFF

75 minutes

This rejuvenating light to medium exfoliation of walnut shells, buffs away dead skin cells, reducing the signs of cellulite, as hot compresses are applied in between. Uplifting aromatics of Tulasi, Wild Turmeric and Limbu invigorate, ideal for jet lag and tired skin, followed by a personalized full body hydration to compliment the detoxification process.



COUPLE TREATMENTS

RAFFLES ROMANCE

Personal Journey

Embark in a personal romantic journey at the intimacy of our iconic outdoor spa suite, The Sanctuary. Relax and unwind starting with a singing bowl foot couple ritual surrounded by lush gardens and stunning ocean views, followed by a side by side aromatic oil massage of your choice, combined with an express facial. End the journey with a Raffles Spa tea ritual with the sounds of nature.

PRECIOUS TIME

Personal Journey

Enjoy your precious time together at the privacy of the Raffles Spa suite overlooking lush greeneries. We empower couples to enjoy side by side indulgence by choosing your own treatments of relaxation creating memories for a lifetime. Our expert therapists will guide you along to determine the most suitable combinations following your desires.

BEAUTY TREATMENTS

DELUXE SPA MANICURE

60 minutes

This manicure is the ultimate treatment for your hands. Features a bespoke scrub and a relaxing massage leaving them baby-soft. Begin with an Almond Milk Bath and a deep exfoliation followed by an almond illuminating masque, ending with a soothing hand massage and nail complete treatment including polish.

DELUXE SPA PEDICURE

60 minutes

Soothe tired soles like nothing else. Dip your toes into these products to experience pure, ocean-inspired bliss. Begin with Marine Mineral Bath to stimulate and reduce inflammation followed by an invigorating Marine salt scrub and masque. Includes nails complete treatment and polish.

FRENCH POLISH

GEL/SHELLAC NAIL POLISH

GEL/SHELLAC NAIL POLISH REMOVER

EXTRA TIME

For those of you who wish to upgrade any of our present treatment list with additional time and services, or for those who do not have the time to stay and indulge, we have created mini treatments to suit all your skin care needs, ensuring complete relaxation and rejuvenation.

Choose from a variety of 30 minute mini treatments.

UPGRADE

REVIVING FOOT TREATMENT

BACK, NECK AND SHOULDER MASSAGE

EXPRESS BODY EXFOLIATION

HEAD AND SCALP MASSAGE

EXPRESS FACIAL

SIGNATURE BATH RITUAL



IN-VILLA SPA EXPERIENCE

Raffles Spa offerings are available in the privacy and comfort of your villa.



SPA ETIQUETTE

SPA EXPERIENCE

Raffles Spa offers a variety of luxury experiences using only the very best in spa products. Choose from a variety of massages, body treatments, facials and spa day packages.

SPA ENVIRONMENT

Raffles Spa is a quiet sanctuary. For your peace and privacy, phones and other electronic devices are not permitted. If you wish to receive messages during your time with us, please let our colleagues know.

MAKING SPA APPOINTMENTS

T: +623612015800

Email: spa.bali@raffles.com

Raffles Spa is located at the lobby ground floor. Advanced reservations are recommended to ensure availability. Our Spa Hosts will be delighted to guide you to select your spa experience.

FEES AND SERVICE CHARGE

All prices are in Indonesian Rupiah. For your information a 10% service charge and 11% government tax will be added to your final bill for each service. Additional gratuities are at your discretion.

SPA CANCELLATION POLICY

Should you wish to reschedule or cancel your spa appointment, kindly notify Raffles Spa 4 hours in advance.

Missed appointments without proper notices are subject to a 100% charge for reserved services. The same applies for no shows.

SPA ARRIVAL TIME

We recommend arriving 15 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience. To make any changes to your booking, please contact Raffles Spa reception at T+623612015800

PERSONAL MATTERS

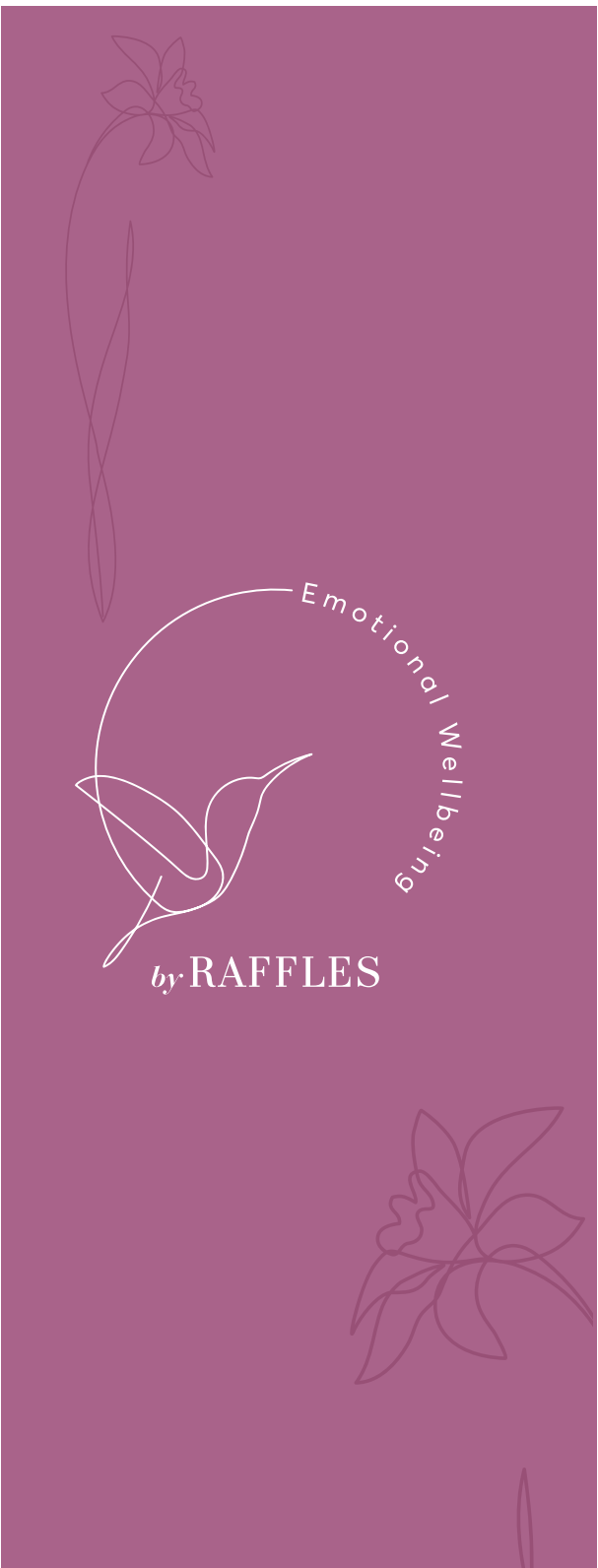
Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we may better customize your experience to your needs.

SPA ATTIRE

You will receive a robe and sandals to wear between treatments and a locker for your personal belongings. Kindly leave your jewelry and other valuables in the safe of your villa.



It's all about the journey ...



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by RAFFLES

TO BOOK YOUR SPA JOURNEY

T + 62 361 2015 800
E spa.bali@raffles.com

OPENING HOURS

Pool
7.00 AM – 7.00 PM

Spa Treatments
9.00 AM – 9.00 PM

Fitness Centre
24 hours access

Our Fitness Trainers are available
from 8.00 AM – 6.00 PM

Tennis Court
6.00 AM – 9.00 PM

RAFFLES BALI

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raffles.com/bali

