

# WELCOME TO SLOW SPA

## *Organic Luxury Treatments*

Designed by the architect Christian Lechien, the spa at Slow Villas adds a wellness spirit to the villa complex, which is essentially designed for you to recharge and fully relax. Here you find three massage rooms, a bath for relaxation and a pilates/yoga studio perfect for yoga classes and retreats.

The Slow Spa's architecture is inspired by the round curves of the island, making you think of a bamboo cathedral. The central window adds air and light to the whole ensemble with gentle curves. The peaceful feeling and the silence support the architecture built around the natural elements, thus recalling Slow's philosophy.

For Slow Spa's signature treatments we only use products that are natural and alive and can be harvested on the island. We love our fresh aloe vera cultivated on-site in our own permaculture garden, and our coconut oil made on the island by Ibu Marnim, supporting the local community.

## LOVE YOUR BODY

### *Balinese Massage - Energy & Acupressure*

This massage is an invigorating and energizing experience for the body and soul. Combining Indian, Chinese and European references in a great variation of tempo, acupressure, long strokes and rolling motions.

<b>30 minutes</b>	IDR 200.000
<b>60 minutes</b>	IDR 300.000
<b>90 minutes</b>	IDR 450.000

## *Aromatic Massage – Boost your senses*

An ideal choice if you wish to reduce stress. Thanks to the powerful blend of aromatherapy oils, the body and mind will have an extremely relaxing response.

<b>30 minutes</b>	IDR 200.000
<b>60 minutes</b>	IDR 300.000
<b>90 minutes</b>	IDR 450.000

## *Aloe Vera Massage – Refresh & Soothe*

A gentle mix of freshly picked Aloe Vera from our garden, mixed with our special aromatic oils. Aloe Vera has excellent rejuvenating skin cell properties. Excellent to soothe and cool sunburns, an ideal massage after a sunny day on the beach.

<b>30 minutes</b>	IDR 225.000
<b>60 minutes</b>	IDR 350.000
<b>90 minutes</b>	IDR 475.000

## *What you need – Efficient & Relaxing*

These massages brings focus into specific areas of your body that you wish to treat. Dedicated to hardworking hands and feet in need for a treat, we have a luxurious menu of refreshing hand, feet, neck, and shoulders spa treatments. Organic ingredients are combined with massage for your pleasure.

### **HEAD, HANDS & FEET**

<b>30 minutes</b>	IDR 200.000
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### **NECK & SHOULDERS**

<b>30 minutes</b>	IDR 200.000
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### **BACK**

<b>30 minutes</b>	IDR 200.000
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# LOVE OUR PECULIARITIES

## *Traditional Lombok Massage - Local Culture*

Sani's father was one of the first healers in Gili Air. She has learned the traditional techniques of a Lombok massage. Indulge some authentic local traditional treatment in our spa. Please note that this massage needs a pre-booking.

<b>30 minutes</b>	IDR 200.000
<b>60 minutes</b>	IDR 400.000
<b>90 minutes</b>	IDR 500.000

## *Deep Tissue Back Massage*

Our professional Slow Spa therapists are trained with basic but effective physiotherapy techniques. Do you feel like you have some knots trapped in your back? Would you like to feel less tense?

Then our deep tissue back massage is for you!

Our therapists will locate the knots in your back and work on them to release tension. Finishing with a hot stone technique to balance your body, allowing you to relax and heal.

<b>30 minutes</b>	IDR 250.000
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# LOVE YOUR FACE

## *Beauty Cleanser - Deep cleansing by ultrasound*

The soft vibration of exfoliation by ultrasound takes away impurities, rebalances PH levels and delicately massages skin muscles. Immediately you will notice a brighter complexion, smoother and revitalised skin. Your skin will be clean and radiant!

<b>60 minutes</b>	IDR 300.000
<b>90 minutes</b>	IDR 450.000

## *Pure Aloe Vera - Deep hydration & firming*

During this treatment, we will cleanse, exfoliate and apply a mask. We use exclusively natural Aloe Vera cosmetics (99% pure Aloe Vera with rosewood essential oil which is naturally anti wrinkle). Aloe Vera contains a plethora of antioxidants including: beta carotene, vitamin C and E. It helps to improve the skin's natural firmness. Your skin will be fresh and hydrated.

<b>60 minutes</b>	IDR 300.000
<b>90 minutes</b>	IDR 450.000

## **LOVE YOUR HAIR**

### *Cream Bath - Refresh & Soothe*

Cream bath is an Indonesian traditional hair treatment. Our therapists will wash your hair with shampoo, apply the natural conditioning cream and then proceed with a 30min massage through your hair in sections, from scalp to ends.

<b>60 minutes</b>	IDR 300.000
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## **LOVE YOURSELF**

### *Manicure & Pedicure - Perfectly Polished*

Treat your hands and feet to a gentle buffing, smoothing and polishing with a wide choice of colours from the amazing OPI nail varnish collection

<b>MANICURE</b>	
<b>60 minutes</b>	IDR 300.000
<b>PEDICURE</b>	
<b>60 minutes</b>	IDR 300.000
<b>MANICURE &amp; PEDICURE</b>	
<b>90 minutes</b>	IDR 500.000

## *Reflexology – Focus on specific points*

The feet have several reflex and pressure points that balance all the functions of the body. Let yourself be seduced by this exquisite foot massage.

**30 minutes** IDR 200.000

**60 minutes** IDR 300.000

## *Ear candle – To clean & purify*

Detoxify sinuses and ear canals with this safe, effective process.

**30 minutes** IDR 200.000

## *Romantic Flower Bath*

Relax and recharge in our stunning flower bath in our handmade Granit bathtub for some relaxing alone-time or romantic partner-time.

**30 minutes** IDR 250.000

## **LOVE OUR PACKAGES**

### *Slow Time – Pamper yourself*

Time for a break – Time to take care of you

**ALOE VERA FACIAL  
+ ALOE VERA MASSAGE  
120 minutes** IDR 650.000

**BEAUTY CLEANSER FACIAL  
+ BALINESE MASSAGE  
120 minutes** IDR 600.000

Book two packages and receive 2 FREE 30 min Reflexology worth 400.000 IDR  
Add a couples flower bath in our handmade Granite bath for 250.000 IDR

# THE ORGANIC CORNER

## *Organic Waxing - All natural sugar waxing*

Our organic wax is made with honey, sugar, water and lemon. This oriental method is less painful and is extremely effective on all parts of the body. It will even get rid of your dead skin particles leaving your skin beautifully clean and smooth!

### **WOMAN**

Eyebrow	IDR 70.000
Upper lips	IDR 80.000
Under arms	IDR 100.000
Full arms	IDR 130.000
Half legs	IDR 150.000
Full legs	IDR 250.000
Bikini Classic	IDR 180.000

### **MEN**

Eyebrow	IDR 70.000
Upper lips	IDR 90.000
Under arms	IDR 130.000
Full arms	IDR 160.000
Half legs	IDR 180.000
Full legs	IDR 270.000
Chest	IDR 170.000
Shoulders	IDR 160.000
Full Back	IDR 240.000

## *Organic Body Scrub*

Sugar, ginger, coconut oil and lemon.

Sugar hydrates your skin and keeps moisture within, generating fresher younger-looking skin. Slow Spa's therapists prepare their own organic island scrub. The warm spicy scent of ginger opens up the senses and the lemon will give you an awakening kick. It smells so good that you want to eat it, and you can, it is 100% edible and natural!

**30 minutes**

IDR 250.000

## *Organic Face + Body Mask*

Aloe Vera, coconut oil and lemon.

Aloe Vera can help improve blood circulation and digestion. It is great for detoxification. Among other things, this plant is renowned for its excellent skin soothing and healing properties. Aloe Vera can treat acne and soothe inflammation that causes redness.

\*Whitening option with milk: This mask soothes, moisturizes, brightens and fights acne with the additional power of sugar and milk. Sugar is a natural source of glycolic acid, which aids in cell turnover. It is also a humectant, so it helps draw in moisture.

Milk has been used in skin care for thousands of years because of its soothing, brightening and toning properties.

**30 minutes**

IDR 250.000

## **ORGANIC PACKAGES**

### *Special combination prices*

Combine our organic treatments with a Spa Signature Aloe Vera Massage (60min - regular price 350.000IDR) and get a special deal!

**ORGANIC BODY SCRUB +  
ORGANIC FACE & BODY MASK  
ALOE VERA MASSAGE 60MIN.**

IDR 750.000

**ORGANIC BODY SCRUB  
ALOE VERA MASSAGE 60MIN.**

IDR 500.000

## MONTHLY SPECIAL: ABDOMINAL

### *Relaxing & Healing Stomach Massage*

Abdominal massage, which is also referred to as stomach massage, is a gentle, noninvasive treatment, which has a relaxing and healing effect. It is used to treat a wide variety of health concerns; especially those related to the stomach, such as digestion issues, constipation, and bloating.

Relieve constipation and improve digestive function  
Reduce bloating and alleviate menstrual pain  
Aid in weight loss and encourage relaxation  
Tone and strengthen the abdominal muscles  
Release physical and emotional tension  
Release muscle spasms  
Increase blood flow to the abdomen  
Great for hangover

**30 minutes**

IDR 200.000

## MONTHLY SPECIAL: FAVORITE

### *All-in-one relaxing treatment*

Balinese Massage 60min.  
Organic Face Scrub: Ginger/Sugar  
Blackhead Extractor  
Organic Face Mask: Aloe Vera  
Organic Hair Mask: Aloe Vera  
Head Massage 15min.

**90 minutes**

IDR 500.000