

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.

30 minutes	IDR 240.000
60 minutes	IDR 360.000
90 minutes	IDR 540.000

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.

30 minutes	IDR 240.000
60 minutes	IDR 360.000
90 minutes	IDR 540.000

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.

30 minutes	IDR 270.000
60 minutes	IDR 420.000
90 minutes	IDR 570.000

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

30 minutes	IDR 240.000
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NECK & SHOULDERS

30 minutes	IDR 240.000
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BACK

30 minutes	IDR 240.000
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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.

30 minutes	IDR 250.000
60 minutes	IDR 480.000
90 minutes	IDR 600.000

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.

30 minutes	IDR 300.000
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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!

60 minutes	IDR 360.000
90 minutes	IDR 540.000

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.

60 minutes IDR 360.000

90 minutes IDR 540.000

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.

60 minutes IDR 360.000

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

MANICURE
60 minutes IDR 360.000

PEDICURE
60 minutes IDR 360.000

MANICURE & PEDICURE
90 minutes IDR 600.000

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 240.000

60 minutes IDR 360.000

Ear candle – To clean & purify

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

30 minutes IDR 240.000

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 300.000

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 780.000

**BEAUTY CLEANSER FACIAL
+ BALINESE MASSAGE
120 minutes** IDR 720.000

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 85.000
Upper lips	IDR 95.000
Under arms	IDR 120.000
Full arms	IDR 155.000
Half legs	IDR 180.000
Full legs	IDR 300.000
Bikini Classic	IDR 215.000

MEN

Eyebrow	IDR 85.000
Upper lips	IDR 110.000
Under arms	IDR 155.000
Full arms	IDR 190.000
Half legs	IDR 215.000
Full legs	IDR 325.000
Chest	IDR 205.000
Shoulders	IDR 190.000
Full Back	IDR 290.000

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 300.000

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 300.000

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 900.000

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

IDR 600.000

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 240.000

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 600.000