



# The Six Elements

Spa · Bali

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## The power of scent

### Calming oil ingredients: (Water Element) :

Frangipani	Moisturizes and restores the skin
Cananga	Assists with problems such as high blood pressure and nervous conditions
Champaka	Calms and relaxes the mind
Rose	Improves and sharpens the concentration
Lotus	Balances the emotions

### Relaxing oil ingredients: (Metal Element)

Lavender	Calms down, soothes droubled minds
Cedarwood	Tranquillizes
Orange	Calms and combats stress

### Refreshing oil ingredients: (Earth Element)

Jasmine	Anti depressant
Cananga	Assists with problems such as high blood pressure and nervous conditions
Orange	Calms and combats stress

### Energizing oil ingredients: (Fire Element)

Basil	Improves the respiratory system
Rosemary	Releases muscular pain
Lemon	Refreshes the mind and vanishes tiredness and flu

### Revitalizing oil ingredients: (Balinese Massage)

Mandarin	Cleanses the skin
Ylang Ylang	Aphrodisiac
Patchouli	Refines the texture of the skin

### Soothing oil ingredients: (Air Element)

Cinnamon	Anti oxidant
Ginger	Relieves aching muscles
Geranium	Cleanse the skin
Rose	Improves and sharpens the concentration
Jasmine	Anti depressant
Patchouli	Refines the texture of the skin
Musk	Decreases depression and sharpens the sensuousness

### Uplifting oil ingredients: (Wood Element)

Peppermint	Refreshing, cooling
Eucalyptus	Energizes the spirit, decreases muscular cramps
Ylang Ylang	Aphrodisiac
Vetiver	Oil of tranquility and balancing

### Restorative oil ingredients: (OM-Signature Treatment)

Lemon	Treats and repairs blemished skin
Bergamot	Increases positive energy, calms the mind
Basil	Improves the respiratory system
Amber	Strenghtens the aura
Frangipani	Moisturizes, vitalizes body and mind
Cedarwood	Soothes pains and tranquilizes
Lemongrass	Antiseptic



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## Organic Body Scrubs / Peelings

### Green Tea Scrub

Lifts dead skin, dirt and dust. Regenerates the oxygen circulation and blood distribution

Ingredients:	Green Tea powder	Anti-oxidant
	Sandalwood	Calms the nervous system
	Rice powder	Exfoliating
	Delem leaves	Helps your skin to become shiny
	Galangal	Warming
	Pandanus leaves	Healing
	Soy bean	Exfoliating

### Avocado scrub

Takes care of the skin moist and prevents wrinkles. Smoothens your skin.

Ingredients:	Fresh Avocado	Rich in vitamin E
	Rice powder	Exfoliating
	Green Tea powder	Anti-oxidant
	Soy bean	Exfoliating
	Delem leaves	Helps to make your skin shiny
	Bengkoang powder	Antiseptic

### Traditional Balinese Herbal Scrub

Helps to remove dirt and dead skin cells from the skin; rejuvenates the body

Ingredients:	Sandalwood	Calms the nervous system
	Rice powder	Exfoliating
	Cloves	Treats all kind of infections
	Cinnamon	Treats fatigue and depression
	Coriander	Promotes a good night sleep
	Turmeric	Cleansing
	Nutmeg	Stimulates the blood circulation
	Galangal	Warming
	Pandanus leaves	Healing

### Traditional Javanese Lulur Mangir

Neutralises the smell of the skin. Nutrition to the skin and gives back the natural color of the skin and makes it shiny

Ingredients:	Sandalwood	Calms the nervous system
	Rice powder	Exfoliating
	Ginger	Eases muscular aches and pains
	Turmeric	Cleansing
	Pandanus leaves	Healing



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## Organic herbal body masks

### Traditional Balinese Boreh Mask

Relaxes the muscles and soothes the skin. Calms the mind.

Ingredients:	Clove	Relieves pains; antiseptic
	Turmeric	cleansing
	Ginger	eases muscular pains
	Nutmeg	stimulates the blood circulation
	Black Pepper	tones muscles
	Galangal	warming

### Milk mask

The legendary beauty of the queen. Smoothens, brightens and nourishes the skin and helps regenerating.

Ingredients:	Milk powder
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### White clay mask

Reduces cellulitis. Takes care of the skin moist and prevents wrinkles.

Zutaten:	Natural clay
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### Seaweed mask

Eliminates toxins and gives minerals to the skin.

Ingredients:	Natural seaweed powder
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### Bath essential oil

Ingredients:	Champaka	Mind calming
	Green tea	Counteract aging
	Jasmin	Anti-depressant
	Lavender	Soothing
	Lotus	Balances emotions
	Camomile	Antiseptic and soothing

### Aromatic bath salt

Ingredients:	Lavender	Calming
	Frangipani	Moisturizing
	Rose	Uplifting
	Peppermint	Refreshing
	Eucalyptus	Cooling

### Body Lotion (for all skin types)

Ingredients:	Lavender	Soothing and refreshing
	Frangipani	Moisturizing and rejuvenating
	Musk	Sensuous scent

### Aromatic foot salt

Ingredients:	Peppermint	Refreshing
	Eucalyptus	Cooling

### Shower gel-Shampoo-Hair conditioner

Ingredients:	Lavender
	Frangipani