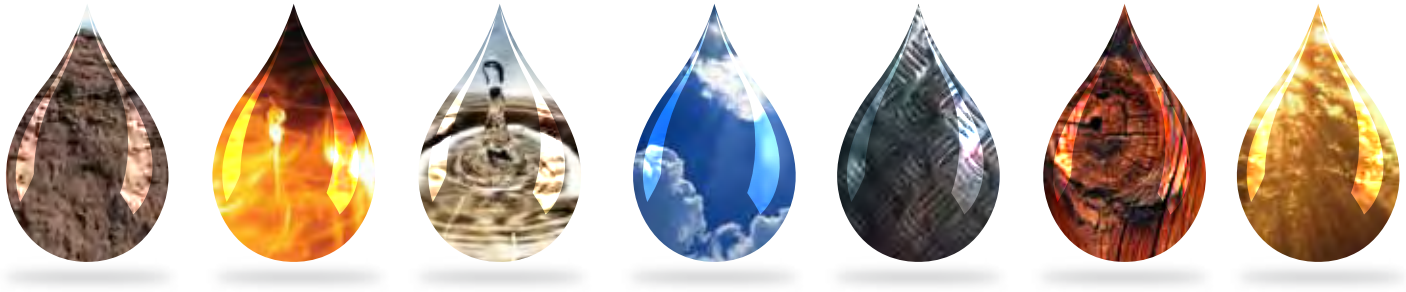


# "Explore, Experience, Escape"

"Explore, Experience, Escape"

**KNOWN** as the four classical elements: air, fire, water, earth, we have added three other elements - metal, wood and light the cycle of nature that any imbalance in either one can be the very root of all ailments.

It is a spiritual belief that the human body is made up of these elements and according to Hinduism, the human body dissolves into these elements of nature, thereby balancing the cycle of nature.



Six Element Spa's desire is to make your wishes become true. The splendid fusion of six elements, tradition, style and design has an inimitable sense of warmth, atmosphere and comfort and is a shining example.

The young and dynamic team of therapists will take care of you turning each stay in 'The Six Elements' Spa into an unforgettable experience.

We are glad to welcome you !

# Spa Treatment Conditions

## Spa Treatment Conditions

**IT IS HIGHLY** advisable to have a spa treatment reservation. Guest without an appointment may have to wait until the next available time or therapist.

**Please notice our cancellation policy:**

- Cancellation less than two hours before the treatment will be charged with a 50% cancellation fee.
- Full charge will be imposed for no show.

For your enhanced comfort and relaxation, we suggest you arrive 10-15 minutes before your scheduled treatment. Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure.

Your treatment will end on time so the next guest is not delayed. The full value of your treatment will be charged.

We advice to remove jewellery like ear and arm rings, wristwatch and necklaces before you arrive for your treatment.

Shaving is recommended for men prior to a facial. If you choose to shave prior to your facial, be sure to do so at least two hours prior to your appointment. Shaving is not recommended prior to body treatments.

This is your time and you should delight in the experience to the fullest. Whether it's the room temperature, the amount of massage pressure or the volume of the music, please

notify your therapist of any discomfort or preferences. We request that cell phones be turned off and noise is kept to a minimum while in the Spa.

'The Six Elements" Spa environment is not appropriate for children under the age of 14 years.

The management of the Siddhartha Spa is not responsible for any loss and damage to any personal items, money or any other personal belongings brought into the Spa premises. The prices are subject to change without prior notice.

-The Management-

# Treatment prices in Euro (€)

Treatment prices in Euro (€)

<b>Traveler's Relieve</b>	<b>30min</b>	<b>25.--</b>	<b>Speedy relaxation massage</b>	<b>30min</b>	<b>25.--</b>
<b>Balinese Massage (Basic)</b>	<b>60min</b>	<b>38.--</b>	<b>Tension relief massage</b>	<b>45min</b>	<b>28.--</b>
<b>Air Element (Motion)</b>	<b>120min</b>	<b>56.--</b>	<b>Executive anti stress massage</b>	<b>60min</b>	<b>38.--</b>
<b>Fire Element (Metabolism)</b>	<b>90min</b>	<b>45.--</b>	<b>Sunburnt Skin Treatment</b>	<b>60min</b>	<b>36.--</b>
<b>Water Element (Fluid)</b>	<b>90min</b>	<b>66.--</b>	<b>Reflexology</b>		
Optional Scrub & Mask	30min	+15.--	Foot and leg massage	60min	28.--
<b>Earth Element (Goddess)</b>	<b>90min</b>	<b>45.--</b>	Foot, leg and arm massage	90min	40.--
<b>Metal Element (Luster)</b>	<b>120min</b>	<b>62.--</b>	<b>Facial</b>	<b>60min</b>	<b>30.--</b>
<b>Wood Element (Strength)</b>	<b>120min</b>	<b>56.--</b>	<b>Hair Spa</b>	<b>60min</b>	<b>30.--</b>
<b>Light Element (Nurture)</b>	<b>90min</b>	<b>64.--</b>	<b>Manicure</b>	<b>60min</b>	<b>22.--</b>
<b>Signature Treatment</b>			<b>Pedicure</b>	<b>60min</b>	<b>25.--</b>
with floral bath	120min	68.--	<b>Manicure &amp; Pedicure</b>		
<b>Private Romantic Affair</b>			(2 therapist)	60min	45.--
with floral bath	4hrs	100.-- p/P.	<b>Relaxing candle light floral bath</b>		
<b>5 days retreat</b>			<b>with sea salt &amp; essential oils</b>	20min	10.--
with floral bath	8hrs	220.--	<b>Balinese massage course</b>		
			On 3 consecutive days		
			Min. 2 persons / max. 4 persons		
			<b>2hrs daily 160.--p/P.</b>		

All prices are subject to 16% government tax and service charge



# Take The Bali Spirit

Take The Bali Spirit Home With you **Home with you**

## **Traditional Balinese Massage Course**

This special course came into being in response to requests from our guest.

**This Course can only take place from Monday - Wednesday  
from 10:30 a.m. - 12:30 p.m. at Spa premises**

**Traditional Balinese Massage on 3 consecutive days for totally 6 hours at  
the spa premises**

**Booking : with our Spa Trainer Mrs. Ruby Studer only**

### **Gift bag :**

**Relaxing massage oil**

**Herbal scrub**

**Boreh Mask**

**Sarong**

**Step-by-step massage sequences/illustrated guide**

**6 Elements Spa Certificate**



It's good to treat yourself to go to Spa to be pampered.  
With basic knowledge of Balinese massage,  
you can create a treatment to use at home any  
time with your partner, and it cost next to nothing.  
It's even more fun to invite a few  
friends over and have a SPArty!

# Quick Fix

Quick Fix

**Too lazy or tired to leave your villa for a SPA quick fix ?  
The SPA is fully booked and you don't want to wait for your massage ?**

**Don't worry !**

Villa SPA service is now available. A mobile, comfortable seated massage chair and trained therapist will come to your villa and puts the cure back. Call extension 308 for you booking.

**Speedy relaxation massage**

Neck, shoulders & back massage to reduce physical tiredness & aching muscles & limbs.

**Executive anti stress massage**

Neck, shoulders & back head & arms massage to improve circulation, calm nerves & recharge your immune system.





# Body Massage Treatments

## Body Massage Treatments

### Travellers Relieve

**AFTER** a long-distance air travel, the body and mind can suffer from disorientation as the body's internal 24-hour-clock struggles to adjust to its new environment. To ease this occurrence 'The Six Elements' Spa recommends either a :

- 30 minutes calming body massage to combat Jet-Lag
- 30 minutes brisk massage to revive stiff neck and shoulders
- 30 minutes foot / leg massage to loosen the muscles and invigorate the area

### Balinese Massage (basic)

- Welcome drink
- Cold towel
- Aromatic foot bath
- Relaxing body massage
- Optional : Aromatherapy / floral bath
- Refreshment



# Fire Element (Metabolism)

Fire Element

**ENERGY BOOST** massage is a combination of pressing and stretching to improve mobility, aches, pain, ease stiffness and raise the metabolism.

- Welcome drink
- Cold towel
- Aromatic foot bath
- Energizing body massage
- Optional : Aromatherapy / floral bath
- Refreshment

*Flow*







# Air Element (Motion)

## Air Element

**ENJOY** this traditional Javanese massage with slow, rhythmic mass of movements to release endorphins that will relieve pain and produce powerful feelings of health and well being. The following Mandi Lulur scrub will renew and refresh your skin and the final milk mask will calm and ease what was woken up and restore the natural acid balance of the skin.

- Welcome drink
- Cold towel
- Aromatic foot bath
- Soothing body massage
- Mandi Lulur scrub
- Body milk mask
- Optional : Aromatherapy / floral bath
- Refreshment

*Exotic Retreat*



# Earth Element (Goddess)

## Earth Element

**STRESS RELIEF** massage is a combination of palm / finger pressing, pulling and bending to release the tightness and bottled up tensions, heals and refreshes your aching muscles, restores calmness and creates balance in your spirit.

- Welcome drink
- Cold towel
- Aromatic foot bath
- Refreshing body massage
- Optional : Aromatherapy / floral bath
- Refreshment

*Heavenly Bliss*





# Water Element (Fluid)

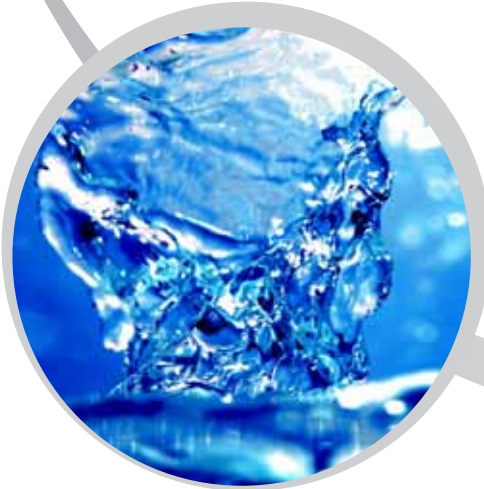
## Water Element

**FOUR HARMONIOUS** hands flow into each other rhythmically with calming effect on your body. Enjoy the synchronize strokes like waves, own style and technique of this kind.

- Welcome drink
- Cold towel
- Aromatic foot bath
- Calming four hand body massage
- Optional : Aromatherapy / floral bath
- Refreshment

Optional after the four hand massage:

- Body Avocado scrub
- Body Seaweed mask



*Magical Touch*

# Wood Element (Strength)

## Wood Element

**DEEP TISSUE** massage strokes vary from gentle to deep pressures and can unlock the deep inner places where we store our tension. It will activate the nerve endings and stimulate the circulation of blood to the surface of the skin.

- Welcome drink
- Cold towel
- Aromatic foot bath
- Uplifting body massage
- Body green tea scrub
- Body white clay mask
- Refreshment

*Asian Heaven*





# Metal Element (Luster)

## Metal Element

**EXPERIENCE** a relaxing and gentle massage that improves your well being and shed the stress of the day. The traditional Balinese body herbal scrub with ground spices will remove dead skin cells from your body and the following body boreh mask with different spices will relax your muscles and soothe the skin. There is no better place to be in 'paradise' and experience the true essence of Balinese culture.

- Welcome drink
- Cold towel
- Aromatic foot bath
- Relaxing body massage
- Body herbal scrub
- Body boreh mask
- Optional : Aromatherapy / floral bath
- Refreshment



*Bali Mystery*



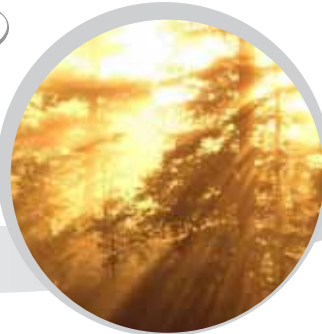
# Light Element (Nurture)

Light element

**A TAILORED** massage to release energy blockages and relieve stress. Intense acupressure techniques incorporating reflexology, stretching, head massage and a soothing-nourishing feel-good massage will set you in the right mood.

- Welcome drink
- Cold towel
- Aromatic floral foot bath
- Revitalizing body massage
- Refreshment
- Optional : Aromatherapy / floral bath

*Power of Light*





## Six Elements Signature Treatment

Unwind yourself with a therapeutic, detoxifying massage using natural 31 pieces of lava stones in various shapes and sizes. They are heated in hot water and placed on channel energy points of your body followed by a tropical bamboo 'raindrops shower'.

- Welcome drink
- Cold towel
- Aromatic foot bath
- Restorative body massage
- Tropical Bamboo 'Raindrops Shower'
- Aromatherapy / floral bath
- Refreshment

*Infinite Pleasure...*

A woman is lying on her stomach, receiving a back massage. Her eyes are closed, and she has a relaxed expression. The massage is being performed on a wooden massage table.

# 5 Days Retreat

## 5 Days Retreat

**"THE SIX ELEMENTS"** Spa offers you a 5- days retreat turning each stay with us into an unforgettable experience.

### Day 1

- Welcome drink
  - Cold Towel
  - Aromatic foot bath
  - Traditional Balinese massage
  - Body herbal scrub
  - Body boreh mask
  - Aromatherapy / floral bath
  - Refreshment
- 120 minutes**

### Day 2

- Welcome drink
  - Cold Towel
  - Aromatic foot bath
  - Hair spa
  - Reflexology  
(foot & leg massage)
  - Refreshment
- 90 minutes**

### Day 3

- Welcome drink
  - Cold towel
  - Aromatic foot bath
  - Synchronize 4 hands  
massage
  - Aromatherapy / floral bath
  - Refreshment
- 90 minutes**





*Gateway to Indulge*

#### Day 4

- Welcome drink
- Cold towel
- Aromatic foot bath
- Facial
- Refreshment

**60 minutes**

#### Day 5

- Welcome drink
- Cold Towel
- Aromatic foot bath
- Body Massage with lava stones
- Tropical Bamboo "Raindrops shower"
- Aromatherapy / floral bath
- Refreshment

**120 minutes**

  
**Siddhartha**  
Dive Resort & Spa - Bali





# Private Romantic Affair for Honeymooners

Private Romantic Affair for Honeymooners

- Welcome Drink
- Cold Towel
- Aromatic foot bath
- Reflexology (foot and leg massage)
- Facial
- Relaxing Body massage
- Body herbal scrub
- Body boreh mask
- Aromatherapy / floral bath
- Healthy Juice and snack

2 Therapists



# Sunburnt Skin

## Sunburnt Skin Treatment Treatment

- Welcome drink
- Cold towel
- Aromatic foot bath
- Body wrap
- (2 kilos cucumber with skin and pips whizzed in a blender mixed with lavender, tea tree oil and camomile essential oil. The body will be wrapped with a soft cotton sheet for 30 minutes.)
- Shower / body lotion
- Refreshment



# Facial

Facial

**“THE SIX ELEMENTS”** Spa uses traditional skin care products only for a unique luster of freshness, noticeably softer skin and soothing effect on your face.

- Welcome drink
- Cold towel
- Facial cleaning, toning, scrub, face & neck massage and mask and arm massage



# Hair Spa (Creambath)

Hair Spa

WHAT could be more pampering than a hair / scalp massage?

This massage not only helps to relax and releases tension from your head and neck, but also makes you feel cleaner, fresher and leaves you with soft and silky hair.

- Welcome drink
- Cold towel
- Hair wash
- Hair cream treatment
- Scalp neck, shoulder & arm massage
- Hair wash / hair blow dry



*Siddhartha*  
Dive Resort & Spa - Bali





# Manicure & Pedicure

Manicure & Pedicure

## Spa nail care

A natural way to treat your finger & toe nails

### Manicure

- Cold towel
- Refreshment
- Nail cutting, filing, cuticle treatment
- Buffing
- Soak in floral essential oil
- Relaxing hand and forearm massage

### Pedicure

Same treatment as Manicure with an additional aromatic floral foot bath plus scrubbing dead skin off your feet with a pumice stone and a relaxing foot and shank massage.

### Manicure & Pedicure

(2 Therapists)  
all of the above & arm, foot and calf exfoliation.





# Reflexology

Reflexology

**THIS** is a form of therapy done by applying pressure on the reflexes of the feet, legs and hands.

Massaging the reflexes alleviates discomfort, cures specific ailments but also increases your body resistance. You will feel good, energized and relaxed.

- Welcome drink
- Cold towel
- Aromatic foot bath
- Foot & leg massage or foot, leg & arm massage





## The Power of Scent

### Relaxing oil ingredients (Metal Element)

- Lavender - Calms down, soothes troubled 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

### Uplifting oil ingredients (Wood Element)

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



### **Soothing oil ingredients (Air Element)**

- Cinnamon - Anti oxidant
- Ginger - Relieves aching muscles
- Geranium - Cleanses 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

### **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

### **Restorative oil ingredients (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

### **Revitalizing oil ingredients (Light Element)**

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





## 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 to make your skin 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



## Organic Herbal Body Mask

### **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

### **White Clay Mask**

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

#### **Ingredients:**

- Natural clay

### **Seaweed Mask**

Eliminates toxins and gives minerals to the skin.

#### **Ingredients:**

- Natural seaweed powder

#### **Bath Essential Oils**

- Green tea - Counteract aging
- Jasmine - Anti-depressant
- Lotus - Balances emotions

#### **Aromatic Bath Salts**

- Lavender - Calming
- Frangipani - Moisturizing

#### **Shower Gels - Shampoos**

#### **Hair Conditioners**

- Lavender
- Frangipani

#### **Aromatic Foot Salts**

- Peppermint - Refreshing
- Eucalyptus - Cooling

#### **Body Lotions**

#### **(For All Skin Types)**

- Lavender - Soothing and refreshing
- Frangipani - Moisturizing and rejuvenating

