

A stack of white towels and a reed diffuser in a glass jar. The scene is set against a bright, blurred background, likely a window with sunlight streaming in. The towels are neatly folded and stacked. The reed diffuser consists of several thin, light-colored reeds protruding from a clear glass jar with a wooden cap. The overall aesthetic is clean, minimalist, and serene.

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THE ESTATE HOLISTIC SPA

Refresh, Rejuvenate, Rebalance

The Saba Estate Holistic Spa brings together pristine ancient Balinese natural healing techniques, Asian Spa, and modern rituals to nurture your body and soul in every aim to reach the utmost mindfulness, well-being and balance.



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Spa Menu





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SABA ESTATE SIGNATURE MASSAGE

90' | IDR 775
120' | IDR 950

this aromatherapy is designed to combat tiredness, back pain and jet lag. Experience of fusion of rejuvenating massage techniques such as lomilomi, and skin rolling to relieve muscle tension and aches along with palm and thumb pressure to unravel the deepest stress.

*Above rates are in thousands rupiah and subject to 21% government tax and service charge.

Body Therapy



AUTHENTIC BALINESE MASSAGE

60' | IDR 550

90' | IDR 750

An ancient traditional spa treatment using various techniques including skin rolling, kneading, stroking and acupressure. The treatment is combined with a blend of traditional oil to stimulate blood and oxygen flow in the body, leaving a sense of serenity and renewal.

*Above rates are in thousands rupiah and subject to 21% government tax and service charge.



Body Therapy



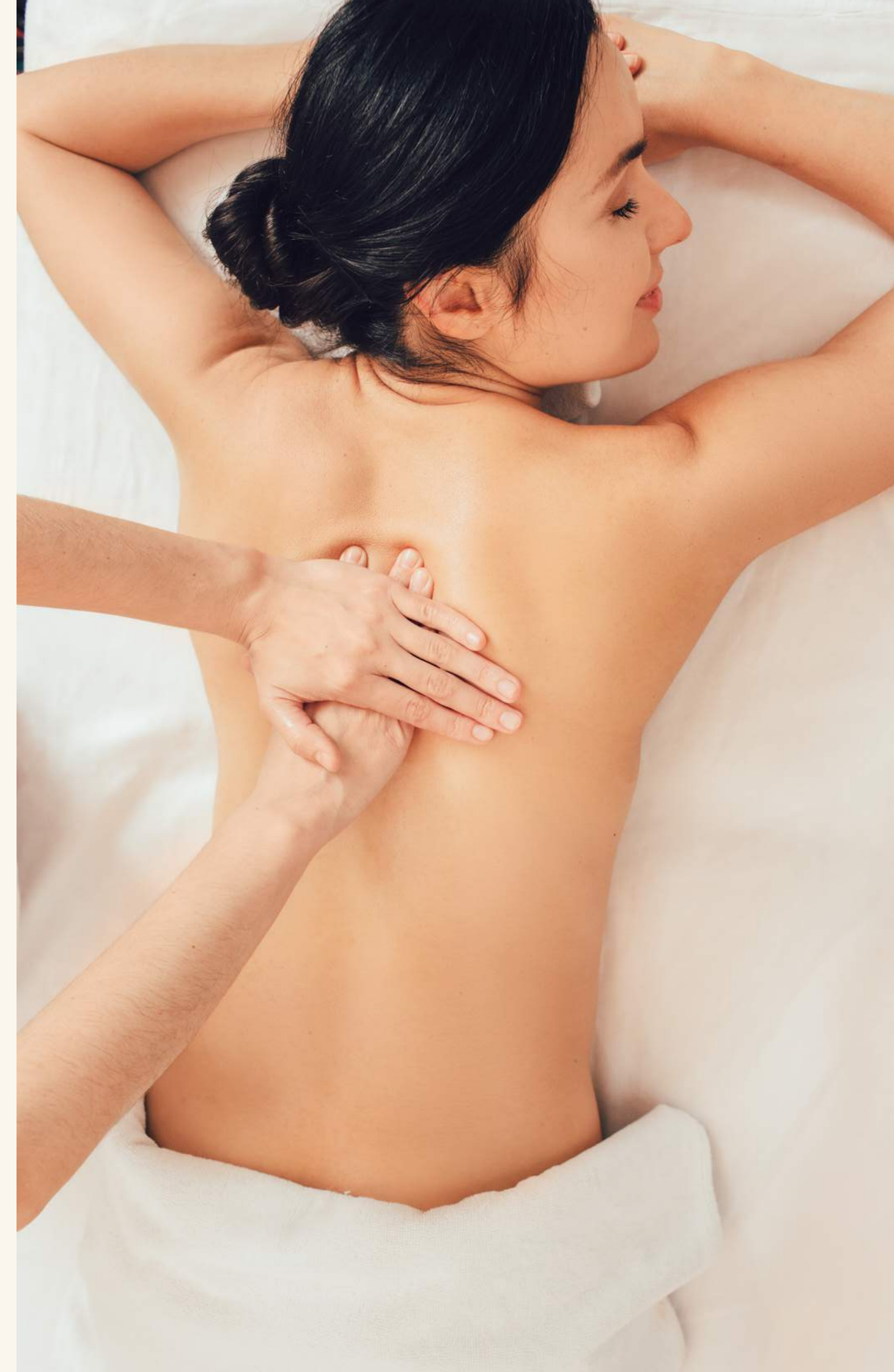
TENSION RELIEF THERAPY

60' | IDR 750

90' | IDR 900

An ancient traditional spa treatment using various techniques including skin rolling, kneading, stroking and acupressure. The treatment is combined with a blend of traditional oil to stimulate blood and oxygen flow in the body, leaving a sense of serenity and renewal.

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TRANQUIL FOOT THERAPY

60' | IDR 400

Enjoy this delightful spa experience that combine long stroke and use of polished volcanic warm stones. This massage combined with the stone heat will achieve deep relaxation of the muscle and relieve stress and tension.

Body Therapy

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PEACE OF MIND THERAPY

30' | IDR 200

Designed to ease cranial pressure, release tension, improve blood circulation, increases hair thickness by stretching the cells of hair follicles. This, in turn, stimulates the follicles to produce thicker hair. It's also thought that a scalp massage may help dilate blood vessels beneath the skin, thereby encouraging hair growth.

*Above rate is in thousands rupiah and subject to 21% government tax and service charge.





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BLISS FOR THE MINIES

60' | IDR 450

90' | IDR 600

Specially designed for junior guest age 6 to 13 years old to discover the world of well-being under the gentle, caring touch of a skilled therapist. Soft pressure is applied to the scalp, legs, and feet and a grounding oil massage is performed on the back and the arms. This treatment greatly soothes nervous system, strengthens immune system and improve quality of sleep.

*Above rates are in thousands rupiah and subject to 21% government tax and service charge.

Body Therapy



MOTHER - T O - B E

60' | I D R 550

A therapeutic and classic massage that focus on the special needs of the mother to - be . Improves circulation and general body tone, soothe and relaxes the nervous system and lift the spirit.

*Above rate is in thousands rupiah and subject to 21% government tax and service charge.





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SWEET AND SALTY

90' | IDR 900

A combination of Honey and Sea salt. This invigorating scrub is excellent for the skin. Salt provides a powerful antiseptic and honey milk bath makes the skin soft. With this treatment your skin becomes smooth and more supple. Suitable for oily and rough skin.

*Above rate is in thousands rupiah and subject to 21% government tax and service charge.

Body GLOW

COCONUT AND TURMERIC

60' | IDR 900

A local village treatment handed down from generation to generation with a combination of coconut copra, turmeric, and local herbs to exfoliate and cleanse the skin, aromatherapy flower bath. Suitable for normal and dry skin.



*Above rate is in thousands rupiah and subject to 21% government tax and service charge.



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BALINESE HERBAL BODY MASK

90' | IDR 900

A combination of Honey and Sea salt. This invigorating scrub is excellent for the skin. Salt provides a powerful antiseptic and honey milk bath makes the skin soft. With this treatment your skin becomes smooth and more supple. Suitable for oily and rough skin.

*Above rate is in thousands rupiah and subject to 21% government tax and service charge.

Body Glow

Body Glow

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SEAWEED SLIMMING BODY WRAP

60' | IDR 900

A nutrient rich seaweed wrap to activate body circulation and remove toxins.

*Above rate is in thousands rupiah and subject to 21% government tax and service charge.





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AFTER SUN SOOTHER

90' | IDR 600

the ultimate treatment for hot sultry weather. Cool down with a refreshing wrap of aloe vera and cucumber-perfect for those with sunburn or need a chill down after a day in the sun.

Body Glow

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Facial

IN-NATURE

60' | IDR 400

GUA-SHA

60' | IDR 400

Facial treatment that involves scraping a flay jade or rose quartz stone over the skin. To relax stiff muscle and promote tissue drainage.



*Above rates are in thousands rupiah and subject to 21% government tax and service charge.



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MANICURE | IDR 200

PEDICURE | IDR 250

NAIL GEL POLISH | IDR 300

*ADD-ON ART

10 FINGERS | IDR 100

Lavish Nails

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subject to 21% government tax and service charge.