



THALASSO BALI

SPA MENU



THALASSO HYDROTHERAPY

AQUAMEDIC POOL (60 MINUTES) IDR 480K++

Experience the sensation of plunging into a 100% pure seawater pool heated to 38 degrees with a water station massage and exercise bar. This reduces excess cellulite and improves your muscle tone, flexibility, and circulation through a series of aquatic leg exercises. Feel the force of the sea massaging your feet, lower back, and shoulders under jet streams and pounding waterfalls or simply relax on an underwater bed as micro jets revive your body with an effervescent massage. Take part in the realm of fitness within thermal waters and experience the ultimate relaxation and rejuvenation.





MASSAGE

AROMATHERAPY FRENCH MASSAGE

(50 MINUTES) IDR 800K++ / EXTRA 30 MINUTES IDR 400K++

A therapeutic massage technique that emphasizes relaxation that involves long, flowing strokes that aim to relax the muscles, soothe the nervous system and to uplift the mind.

AROMATHERAPY BALINESE MASSAGE

(50 MINUTES) IDR 800K++ / EXTRA 30 MINUTES IDR 400K++

Using combination of gentle stretches, acupressure, it works deeply to soothe damaged tissue and relieve strained muscles and joint pain.

LYMPHATIC DRAINAGE MASSAGE

(50 MINUTES) IDR 880K++ / EXTRA 30 MINUTES IDR 440K++

Gentle light-touch therapy that aims to stimulate the lymphatic system, promoting the removal of toxins, excess fluids and proteins from the body. Targeting to recharge the immune function.

SEA MINERAL DETOXIFYING MASSAGE

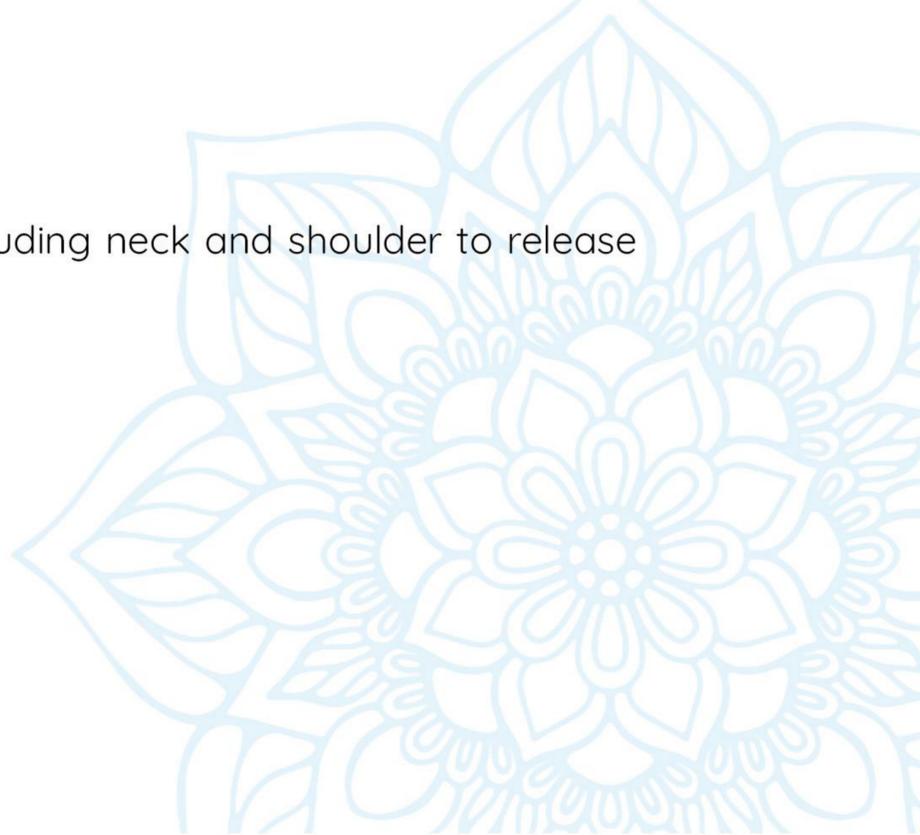
(50 MINUTES) IDR 880K++ / EXTRA 30 MINUTES IDR 440K++

Using French technique with salty aromatherapy oil, this massage has a detoxifying effect and leaves the skin with a healthy glow.

BACK MASSAGE

(30 MINUTES) IDR 580K++

This massage will focusing in your back areas including neck and shoulder to release muscle tension and promote relaxation.





WARM & COLD STONE MASSAGE (85 MINUTES) IDR 1.330K++

Feel the heat of the basalt stones gliding across your limbs to fire up the lymphatic system, circulating nutrients throughout the body. As the cold marble gently awakens your muscles, the constriction of blood vessels stimulates the nervous system, drawing toxins.

HERBAL BALL MASSAGE (85 MINUTES) IDR 1.330K++

Combines Balinese Massage and Thalasso Bali's original herbal ball warm acupressure. The herbs help to increase energy levels, improve the immune system and lung function while acupressure stimulates blood circulation and releases muscle tension.

WOODEN THERAPY MASSAGE (85 MINUTES) IDR 1.330K++

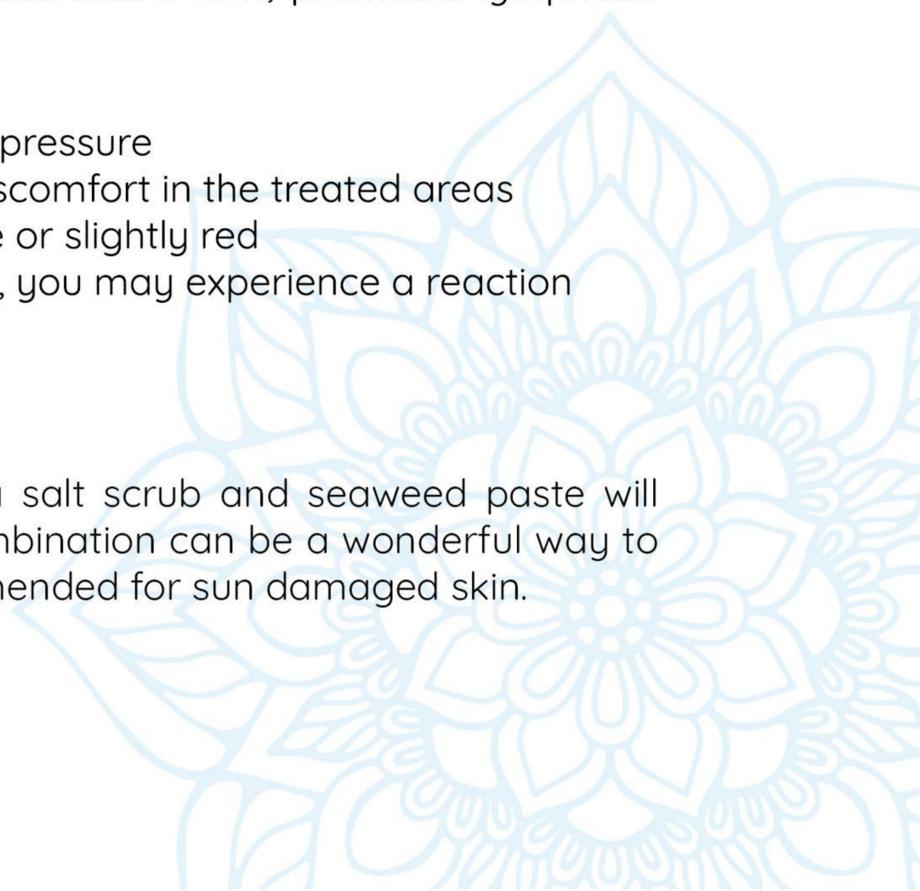
A natural sculpting technique that enhances skin elasticity and promotes deep relaxation. Using hand-held wooden tools, this treatment boosts blood flow, promotes lymphatic drainage, reduces cellulite and relieves stress.

After treatment

- Your skin may develop bruises due to the applied pressure
- Similar to post-workout soreness, you may feel discomfort in the treated areas
- Your skin may become temporarily more sensitive or slightly red
- Rarely, if you are allergic to wood or the oils used, you may experience a reaction

ALGUE BODY GLOW MASSAGE (50 MINUTES) IDR 1.250K ++

Using French technique combines with gentle sea salt scrub and seaweed paste will purifies the body and removes daily toxin. This combination can be a wonderful way to relax, rejuvenate and pamper yourself. Not recommended for sun damaged skin.





WARM SEAWEED BODY APPLICATION (50 MINUTES) IDR 880K++

The process begins with a gentle dry brush to remove dead skin cells. This treatment using seaweed paste and electric blanket body wrap which can detoxify and rejuvenate the skin. The seaweed paste draw out toxin from the skin and the warm from electric blanket can increase the absorption of the seaweed's nutrients.

BODY WRAP WITH BANANA LEAF (50 MINUTES) IDR 800K++

The wrap envelops you while removing toxins, tension and stress from your body. You'll emerge feeling purified, detoxified, relaxed and refreshed.

🌀 Natural Milk Body Wrap :

Whitening, softening and enriching, this traditional body mask can be applied to all skin types.

🌀 Avocado & Aloe Vera Body Wrap :

This avocado and aloe vera enriched body mask calms and soothes the skin. A cooling mask is used on sun burnt skin and a warm mask for a moisturizing and relaxing effect.

BODY EXFOLIATION (50 MINUTES) IDR 800K++

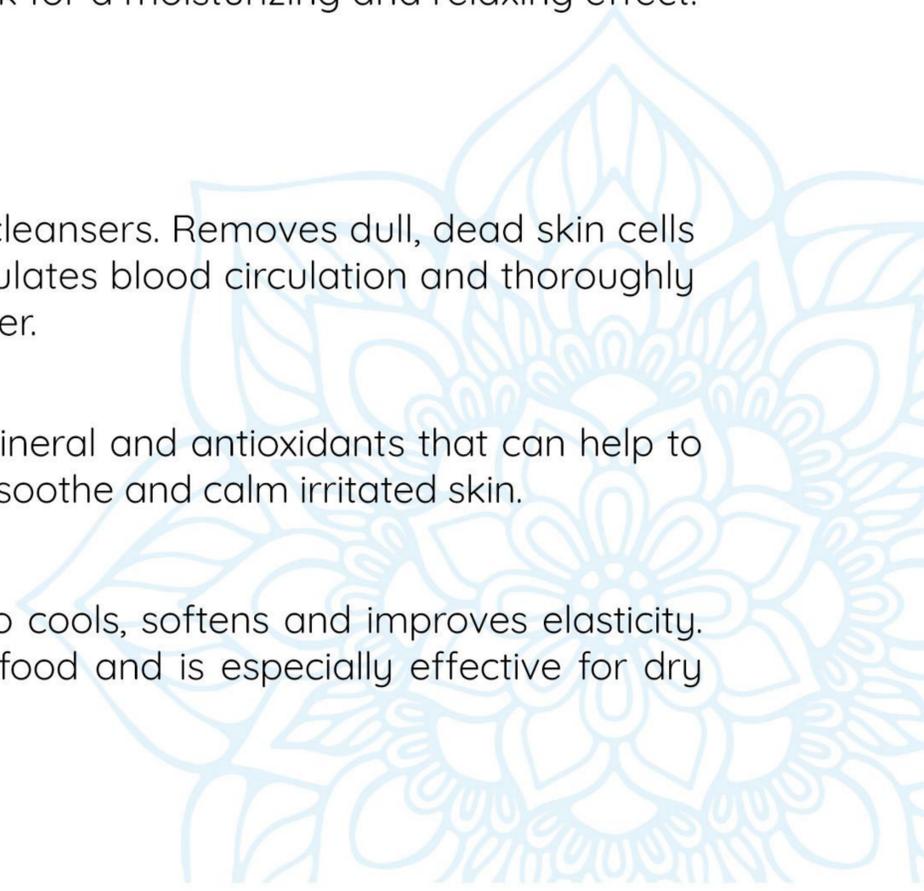
Exfoliates and cleans the skin better than soaps or cleansers. Removes dull, dead skin cells and daily toxins to reveal a younger skin layer. Stimulates blood circulation and thoroughly cleans your pores allowing your skin to breathe easier.

🌀 Natural Jicama :

Here as known as Bengkuang, rich in vitamin, mineral and antioxidants that can help to nourish and moisturize the skin also may help to soothe and calm irritated skin.

🌀 Rejuvenating Avocado :

Ideal for sun damaged or aged skin as avocado cools, softens and improves elasticity. Rich in vitamin E, avocado is a nourishing skin food and is especially effective for dry complexions.





HAND & FOOT TREATMENT

THALASSO AROMATHERAPY FOOT WORKS (25 MINUTES) IDR 530K++

Treatment includes reflexology which is the physical act of applying pressure to the feet and hand with specific thumb, finger and hand techniques.

THALASSO AROMATHERAPY FOOT WORKS (60 MINUTES) IDR 730K++

Treatment includes reflexology which is the physical act of applying pressure to the feet and hand with specific thumb, finger and hand techniques. Also includes shoulder and head massage.

CLASSIC MANICURE (50 MINUTES) IDR 480K++

This indulgent manicure includes hand scrub and relaxing hand massage.

Add on Nail polish IDR 150K++

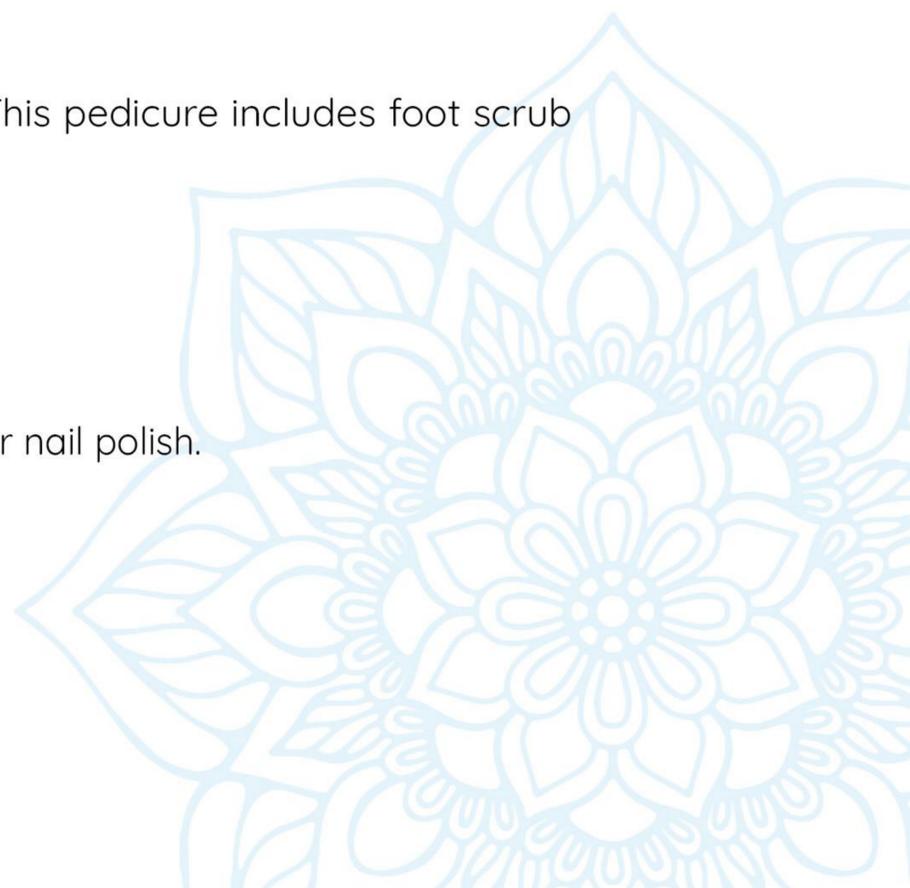
CLASSIC PEDICURE (60 MINUTES) IDR 530K++

Treat your feet to some well deserved pampering. This pedicure includes foot scrub and relaxing foot massage.

Add on Nail polish IDR 150K++

NAIL POLISH (±25 MINUTES) IDR 230K++

Pamper your hand or feet with a wonderful color of our nail polish.





**MOTHER TO BE RITUALS
(90 MINUTES) IDR 1.330K++**

Allow sensitive touch combined with comfort, encourage a deep level of relaxation, relieves tension in the back, shoulders, scalp, hands and feet.

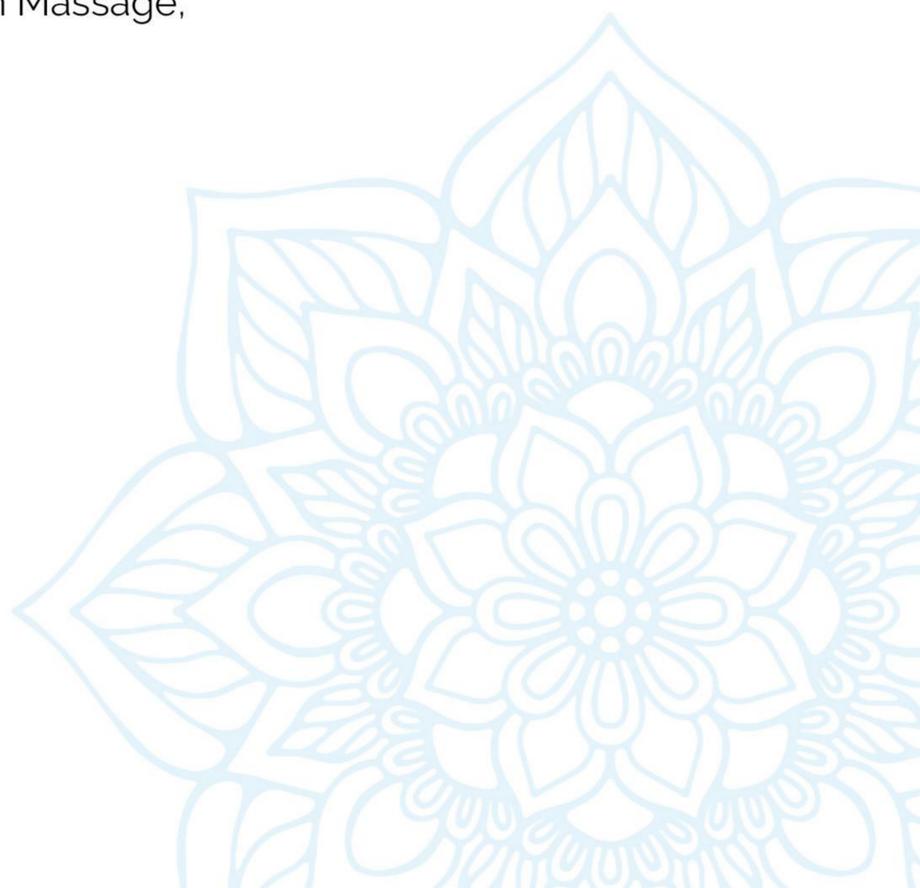
**FOR KIDS
(APPLICABLE FOR ONLY KIDS UNDER 12 YEARS OLD)**

**PETITE MASSAGE
(45 MINUTES) IDR 530K++**

This relaxation massage improves muscle flexibility for kids, enhances sleep quality and makes them happy and cheerful.

**KIDS JOURNEY
(90 MINUTES) IDR 1.280K++**

Kids, get pampered with simply and fun experience spa at Thalasso.
(Fun foot ritual with colorful marbles, Kids Relaxation Massage,
Fresh Fruit Facial, Aromatherapy Body Lotion)





FACIAL

SUN SOOTHING FACIAL (40 MINUTES) IDR 630K++

Begins with gentle cleansing, effective in calming sun damaged skin, followed by Aloe Vera face mask to nourish even the most sensitive skin.

ORGANIC FACIAL (50 MINUTES) IDR 830K++

A gentle and soothing experience that leaves your skin feeling soft, smooth and refreshed. We use the skin care that thoughtfully formulated with a vegan formula at its core.

MEN POWER FACIAL (50 MINUTES) IDR 830K++

Customised for men skin, a relaxing and rejuvenating cleanse to energizing the skin and antioxidant.

FACIAL LYMPHATIC DRAINAGE MASSAGE (40 MINUTES) IDR 830K++

Our skilled therapists employ gentle techniques to stimulate lymphatic flow, reducing toxins and promoting circulation for a refreshed complexion.

AQUASPIRA FACIAL WITH NECK TREATMENT (75 MINUTES) IDR 1.330K++

This nourishing treatment combines the antioxidant-rich properties of spirulina with gentle massage techniques to detoxify, hydrate and revitalize your skin. Treat yourself to glowing, healthy-looking skin and a sense of tranquility. Spirulina recommended for all skin types, more particularly for dry skin and acne.

BOTOX LIKE ANTI WRINKLE FACIAL WITH FIRMING EYE & NECK TREATMENT (90 MINUTES) IDR 1.780K++

A comprehensive and rejuvenating experience to firm and lift the skin, reducing fine lines, wrinkles and sagging. This facial has massage techniques to stimulate collagen production combine with applying spirulina mask, vitamin, face serum, eye serum, neck serum to improve overall skin texture.



HAIR TREATMENT

EXPRESS HAIR WASH & DRY (30 MINUTES) IDR 330K++

Clean and refresh your hair including enjoy a scalp massage to make you relax.

TRADITIONAL HAIR CREAM BATH WITH VITAMIN & FRESH ALOE VERA (75 MINUTES) IDR 880K++

Pamper yourself with a luxury scalp and hair treatment that can relieve neck and shoulder tension as well as nourishes roots of hair with blend of fresh Aloe Vera, Coconut cream and hair vitamin. This cream bath leaves your hair shine with full vitality.

WATER HEALING HEAD SPA LOREAL (90 MINUTES) IDR 1.330K++ KERASTASE (90 MINUTES) IDR 1.780K++

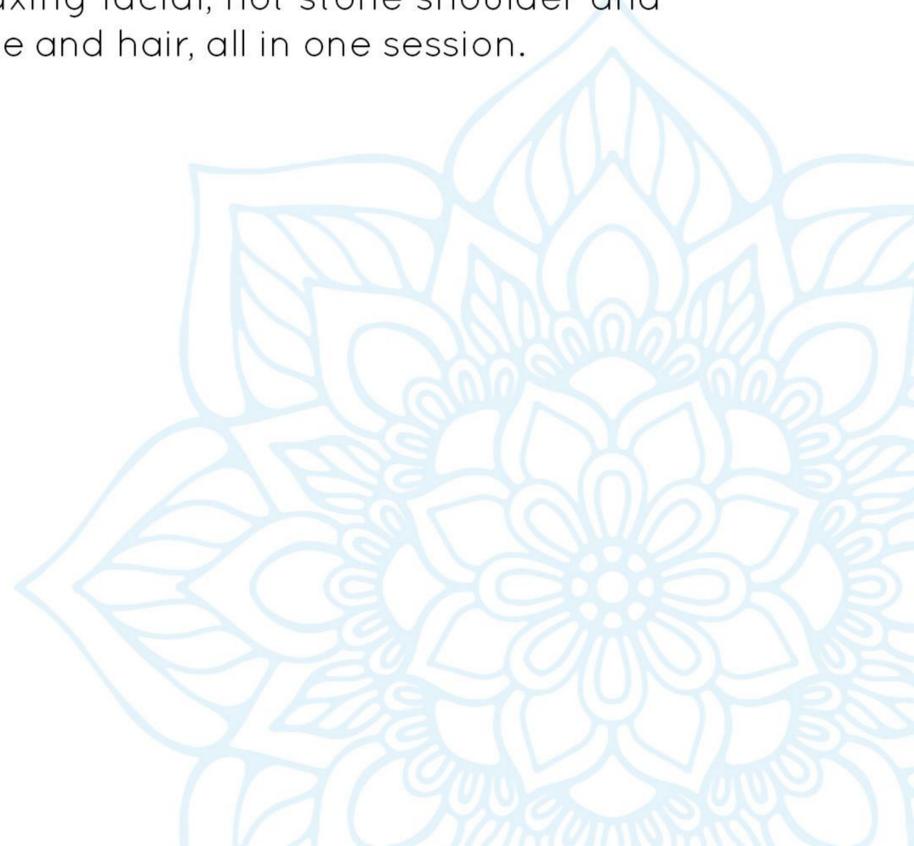
Revive your hair and refresh your face!

This exclusive treatment of Water Healing Head Spa offers more than just relaxation. It provides deep hydration for your scalp, stress relief and improved overall hair health. We use top-notch Kerastase products to ensure your hair receives the highest quality care. During this treatment, we've included a relaxing facial, hot stone shoulder and hand massage. It's like a spa getaway for your face and hair, all in one session.

ADD ON HAIR STRAIGHTENING

🌀 SHORT HAIR IDR 150K++

🌀 LONG HAIR IDR 200K++





PACKAGES

TRADITIONAL REMEDY

(100 MINUTES) PAX IDR 1.550K++ / COUPLE IDR 2.950K++

Our aromatherapy Balinese massage inspired by traditional techniques that will melt away your stress and restore your body's natural balance, paired with organic facial which is use only the fresh natural ingredients, your skin will feel nourished, revitalized, and glowing.

(Aromatherapy Balinese Massage, Organic Facial or Men Power Facial)

REJUVENATING ESCAPE

(105 MINUTES) PAX IDR 1.780K++ / COUPLE IDR 3.380K++

Treat yourself to the ultimate pampering experience with full body massage to ease the tension, relax your muscles and rejuvenate your mind, while our invigorating body scrub gently exfoliates your skin, leaving it soft, smooth and radiant.

(Aromatherapy French or Balinese Massage, Body Exfoliation)

RELAXING BLISS

(105 MINUTES) PAX IDR 1.780K++ / COUPLE IDR 3.380K++

Begin with a deeply relaxing aromatherapy body massage to release tension and rejuvenate your senses, followed by a nourishing body wrap that hydrates, detoxifies and leaves your skin feeling soft and supple.

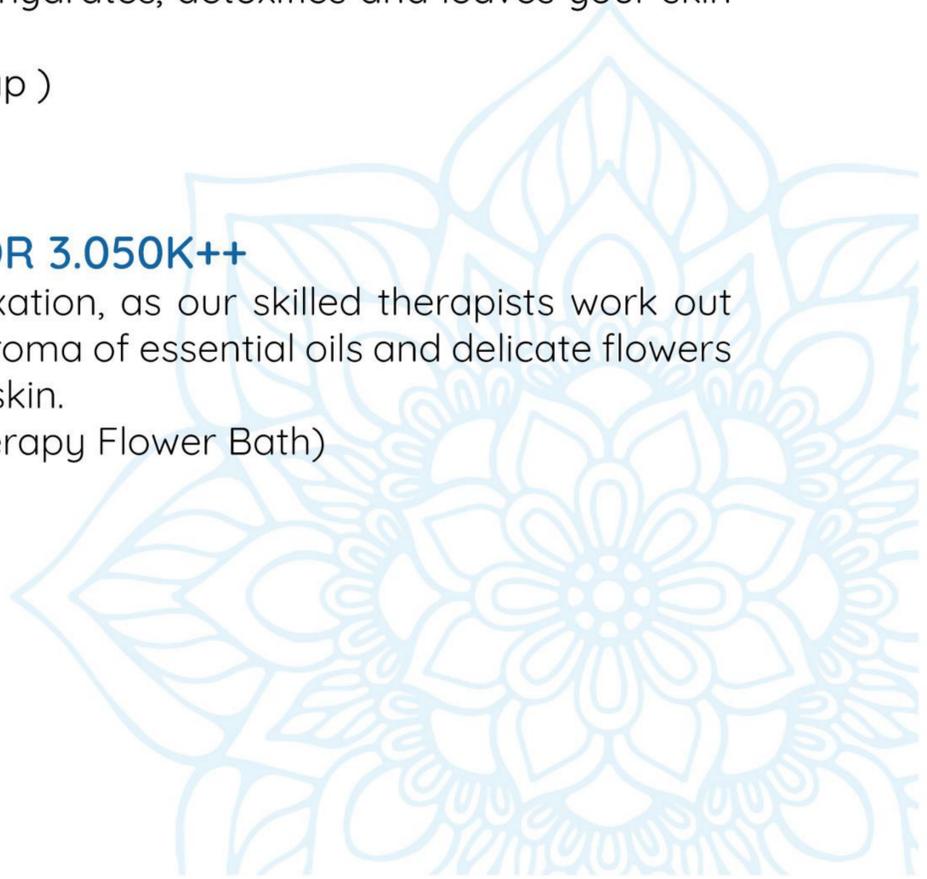
(Aromatherapy French or Balinese Massage, Body Wrap)

RENEWAL DAY

(105 MINUTES) PAX IDR 1.600K++ / COUPLE IDR 3.050K++

Experience yourself melting into a state of deep relaxation, as our skilled therapists work out every knot and tension in your muscles. The soothing aroma of essential oils and delicate flowers envelops you, calming your mind and nourishing your skin.

(Aromatherapy French or Balinese Massage, Aromatherapy Flower Bath)





SILKY SMOOTH (80 MINUTES) PAX IDR 1.280K++

Begin with gentle exfoliating treatment to remove dead skin cells, continue with nourishing and detoxifying treatment that wraps your body in a warm blanket with seaweed mask, rich in minerals and antioxidants. This package designed to leave your skin feeling soft, smooth and pampered. (Body Exfoliation, Warm Seaweed Body Application)

CRITICAL SUNBURN REMEDY (100 MINUTES) PAX IDR 1.550K++

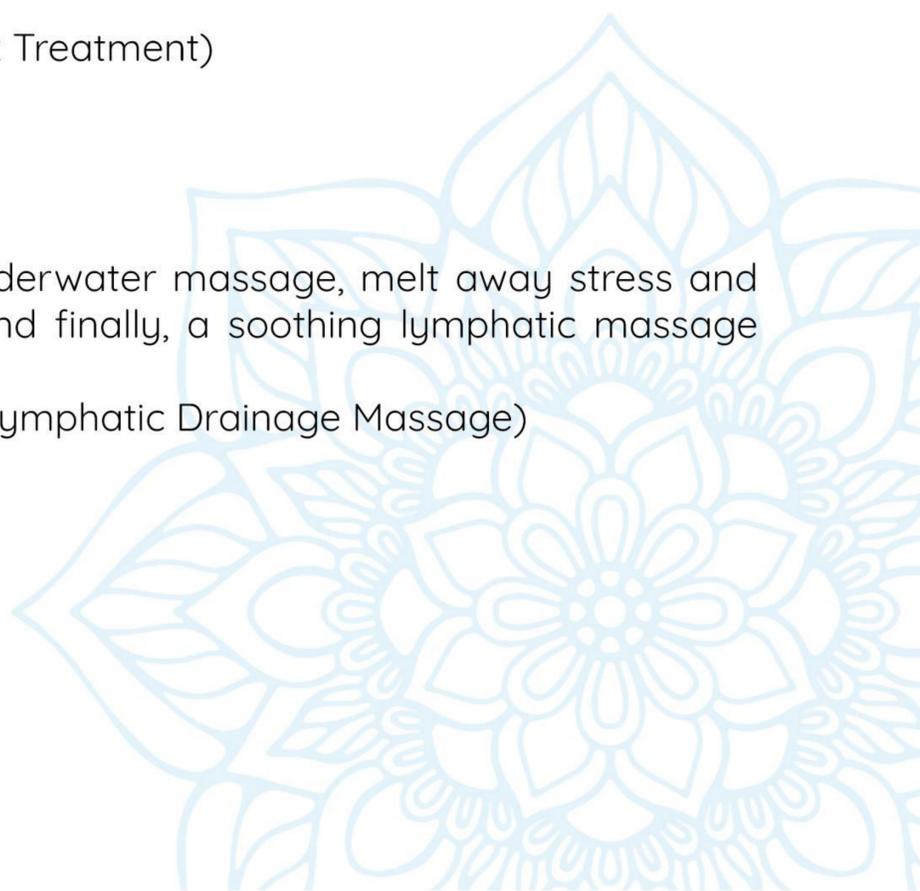
A soothing treatment designed to provide relief and promote healing for severely sunburned skin. (Aloe Vera Body Masking, Body Gel, Sun Soothing Facial, Hair Wash)

BEAUTY EXPRESS (125 MINUTES) PAX IDR 2.450K++

Recommended as short beauty program, this package offers full body treatment including body massage and scrub together with facial treatment in limited duration of time for mineralized our face and body. (Algue Body Glow Massage, AquaSpira Facial with Neck Treatment)

EASY SHAPE (140 MINUTES) PAX IDR 1.750K++

Indulge in our pure seawater pool and experience underwater massage, melt away stress and tension. Followed by lymphatic massage technique and finally, a soothing lymphatic massage focused on the face. (Aquamedic Pool, Lymphatic Drainage Massage, Facial Lymphatic Drainage Massage)





AYURVEDA THERAPY

ABHYANGA MASSAGE

(50 MINUTES) IDR 880K++ / EXTRA 30 MINUTES IDR 440K++

Experience a traditional Ayurvedic massage technique that using long strokes, circular motions and gentle pressure. It will help calm the body and mind.

SHIRODARA

(50 MINUTES) IDR 880K++

Experience a soothing head, neck and shoulder, upper back massage and allow yourself to totally relax when a golden stream of specially blended, warmed, medicated oil is poured continually over your third chakra that located in the centre of your forehead. Shirodhara helps calm the mind and body, reducing stress and anxiety, promote deep relaxation, leading to better sleep quality.

INDIAN AUSTENITIC AYURVEDA

(80 MINUTES) IDR 1.650K++

This Indian Austenitic Ayurveda is a nurturing combination of Abhyanga Massage and Shirodhara. It is performed to release stress and feel relax, enhance physical and mental well being.





THALASSO BALI INFORMATION

OPERATION HOUR :

Daily 11 am - 7 pm, Last order is 6 pm.

RESERVATION :

Please contact to your travel agent, email us at mail@thalassobali.com or whatsapp us at +62 811 3831 3579

TAX & SERVICE CHARGE :

All published rates are subject to 21% tax and service charge. The rate is subject to change without notice.

PAYMENT :

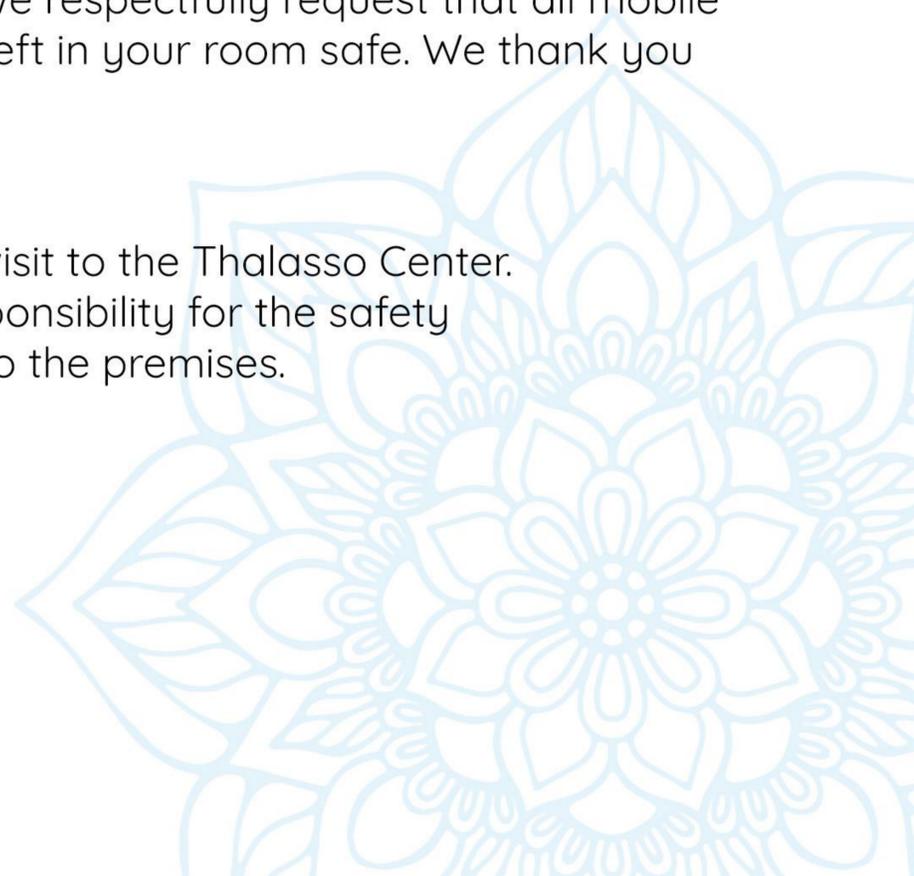
Thalasso Bali accepts cash and major credit cards such as Master, Visa, Amex and JCB. Grand Mirage guests may charge Thalasso services to their room.

THALASSO ETIQUETTE :

In order to receive the most relaxing treatments we respectfully request that all mobile phones, electric devices and other valuables are left in your room safe. We thank you for this cooperation.

VALUABLES :

We request that no jewelry be worn during your visit to the Thalasso Center. The Management of Thalasso Bali accepts no responsibility for the safety or money and valuables of any kind brought on to the premises.



CANCELLATION POLICY :

Selected treatments are reserved especially for you with one of our professional French trained therapists. At least 12 hours notice is required for cancellations. For cancellation made less than 12 hours prior to your scheduled appointment, a 50% cancellation fee will be applied. Full charge will be automatically imposed for no show and same day cancellations, charged directly to your room account or to booking agent. Group cancellation policy is advised when the reservation is made.

SMOKING & ALCOHOL :

No smoking within the Thalasso Bali Center area. Any alcohol consumption is not advised before any the Thalasso treatments.

CHILD CARE :

To make the most of your treatments time, The Grand Mirage Kid's Club offers a professional child care service which is open daily from 9am until 5pm. Additionally, there is also a baby siter service available especially for babies and toddlers, from 8am until 9pm. Reservations should be made at least hours in advance.

PREGNANCY :

If you are pregnant, you may want to avoid treatments using deep pressure. Please inform our Thalasso Reception of your condition upon requesting the treatment, enabling us to assist you in selecting the treatments most appropriate.

EXTENSION HAIR :

Please be informed that all hair care treatment cannot be performed for hair extension users.

EXTENSION NAIL :

Please be informed that our manicure and pedicure treatment cannot be performed for extension nail users.

***PRICES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE**

