

LET
GOOD
THINGS
HAPPEN

Mercure



My Spa Mercure Resort Sanur

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(0361) 288 833 ext. 828



MASSAGES

BALE MASSAGE

60 min.

Rp. 225.000

Pamper yourself with our 60 minutes full body massage at our open air Balinese Gazebo, started with body rinse, body massage and healthy spa drink.

FOOT REFLEXOLOGY

45 min.

Rp. 276.000

Experience an ancient healing that stimulates reflex area on the feet by applying pressure to specific point at the feet to influence the health of corresponding parts of the body as well as re-enforce your blood circulation.

UPPER BACK MASSAGE

30 min.

Rp. 200.000

Release the tension of your muscles and claim refreshment by this treatment that improves the mobility of the neck and the shoulder girdle.

SENSE OF BALANCE

45 min.

Rp. 225.000

Indulged by this luxury massage focusing on the back that helps to control the lymph system and increases blood circulation. This massage is good to warm up your tension muscle that leads to a prompt recovery time.

AROMATHERAPY MASSAGE

75 min.

Rp. 385.000

Choose your own aromatherapy oils (Relaxing Oil, Pain Relief Oil, Cellulite Oil, or Love Oil) and experience a very natural and holistic treatment that works throughout your body in a way by gently activating the body's own healing energies.

TRADITIONAL MASSAGE

75 min.

Rp. 375.000

Using the therapeutic power of touch, feel an ultimate enjoyment and relaxation that at the same time stimulates your blood circulation and release inner tensions.

HOT STONE

75 min.

Rp. 395.000

Using heated basalt stone of varying sizes put on the key points of the body while giving a deep massage will stimulates the circulatory and lymphatic system and creating sensation of comfort, warmth and relaxation.

SPA PACKAGE

HARMONIOUS TRANQUILITY

120 min.

Rp. 500.000

Special signature treatment of My Spa at Mercure Resort Sanur. The relaxation sequence starts with foot spa, my spa massage, body scrub, and body rinse, flower bath, applying body lotion, all using My Spa Harmonious Tranquility fragrance, and then ended with My Spa signature healthy drink. A different way to experience a harmony that leads to tranquility.

MY SPA SUN DOWNER

120 min.

Rp. 525.000

A Refreshing treatment ideal for cooling and soothing the skin after sun exposure using ALOE VERA which is known for its benefits on skin generation. Start with flower footbath, continue with a cool ALOE VERA body polish, body rinse, and relaxing Soya Bean Aromatic Oil massage then followed by LAVENDER milk bath ended by applying sensational LAVENDER body lotion to moist the skin.

COCONUT BODY SCRUB

120 min.

Rp. 25.000

This gents and nutrient rich scrub made from freshly grated coconuts and turmeric is perfect for sensitive or sunburn skin as it is not abrasive. The scrub works gently to exfoliate and nourish the skin, while the turmeric provides a deep cleanse. After scrubbing, the natural handmade carrot body rub has ready to be applied to your body to neutralize the condition of the skin before having the Balinese massage and a relaxing milk bath at the end of the treatment.

TRULY PAMPERING

120 min.

Rp. 95.000

A combination of cream bath, head massage, back massage, hand massage and foot reflexology. Truly pampering and relaxing, a great way to kick out stress and restore your body vitality.

ISLAND SPA

JAWA LULUR

120 min.

Rp. 525.000

A well-known Javanese body treatment using natural ingredient such as rice powder, granular turmeric, sandalwood and jasmine oil meant to exfoliate dead skin cells and stimulate cells regeneration. This traditional treatment will leave your skin velvety smooth & radiant as well as remove the unpleasant body odors. Started with flower foot spa, Balinese massage, steam, lulur body scrub, yoghurt body splash and flower bath at last.

BORNEO TOUCH

120 min.

Rp. 525.000

Nature's own aphrodisiac, with the sensual scent of **rose patchouli and sandalwood oils**, used for centuries to relieve nervous tension, soothe emotions, and lift up the spirit. This ancient recipe for love, believed to be amorously stimulating, recommended for honeymooner start it with foot spa, Balinese massage, steam, body scrub, and mask and ended by bubble bath.

BALINESE BOREH

120 min.

Rp. 525.000

Traditional herbal scrub used at the end of a hard working day to relieve muscle aches, increase blood circulation and create relaxation. Boreh applied using heat therapy combined with exotic spices that warm the skin with an aromatic blend. It is also used as a treatment for headaches and fever. The excitement starts with foot spa, Balinese massage, steam, body wrap and herbal bath at the end.

SPA SYMPHONY

This complete body treatment uses selection of aromatic oils. Begins with flower foot wash, a full body scrub followed by body rinse and few minutes of body sauna to open the pores. The enjoyment then continued by a relaxing body massage and body mask to retighten the skin. Herbal bath or flower bath will completing the treatment followed by applied soothing body lotion

BODY COUNTOR

150 min.

Rp. 735.000

A treatment using natural ingredient which contains **essential oil of lemon**, known to combat cellulite and poor blood circulation. With the addition of **patchouli and Kananga oils**, this treatment is particularly gives a very good benefit for mature skin, as for tightening and regenerating skin cells

PARADISE MOISSE

150 min.

Rp. 735.000

Relaxing body and soul with essential oil of peppermint, **lemon and lavender** to soothe and relieve tiredness, obviously effective to reinvigorate and improve the skin appearance, eases away stresses and help you to relax. It also will good as moisturizer for your skin and give you a luxurious pampering bath experience.



BEAUTY AND HAIR TREATMENT

AROMATHERAPY FACIAL	75 min.	Rp. 360.000
<p>Available for every skin-types : <i>oily, normal, dry and sensitive</i>. More than a facial, with special-purpose aromatic natural extract for spesific problems i.e: <i>acne, spot, wrinkle</i> it also will refresh your mood.</p>		
MANICURE & PEDICURE	120 min.	Rp. 450.000
<p>An ideal treatment to keep your foot and hands healthy & beauty. Starts with herbal foot wash, followed by cuticle and foot cleaning, we then will bring you to enjoy a relaxing foot and hand massage. Further on, a gentle exfoliation and applying lavender body lotion will be the last part of the enjoyment.</p>		
Manicure	60 min.	Rp. 250.000
Pedicure	60 min.	Rp. 280.000
Nail Polish only		
• French style	45 min.	Rp. 150.000
• Nail flower	45 min.	Rp. 150.000
Rejuvenate hair treatment	75 min.	Rp. 285.000
Hair wash and blow dry	60 min.	Rp. 150.000
Hair wash and cutting (men)		Rp. 335.000
Hair wash and cutting (women)		Rp. 455.000
Hair Stylist		Rp. 425.000
Hair Coloring		
• Short		Rp. 545.000
• Medium		Rp. 670.000
• Long		Rp. 790.000
• Extra Long		Rp. 910.000
Hair Coloring + Highlight		
• Short		Rp. 790.000
• Medium		Rp. 910.000
• Long		Rp. 1.030.000
• Extra Long		Rp. 1.150.000
Hair Straightening Permanent		
• Short		Rp. 850.000
• Medium		Rp. 970.000
• Long		Rp. 1.090.000
• Extra Long		Rp. 1.210.000



SPA ETIQUETTE

Q. Are reservation necessary?

Yes. Please book min 5 hours before treatment time. This is will help you to choose the most convenient time for you to have our service.

Q. When should I arrive at the spa?

To serve you in a relaxing manner, please arrive 10 minutes earlier. Being late without any reschedule notice will reduce your enjoyment time.

Q. What happens if I am late for the treatment?

Due to other reservations, we cannot extend your treatment time. Please understand and be aware the full benefits may not be felt if treatment is shortened.

Q. Is it fine to do massage at any time?

Please let us know if you are not feeling well, or having high blood pressure, allergies, pregnant or if you are in a doctor's observation.

Q. Is the spa enjoyable for men, women and children?

Everyone is welcomed. Our private treatment rooms can accommodate individuals or couples. Children must be accompanied by their parents.

Q. What shall I wear during the treatment?

We will provide disposable underwear for your convenience; however, we do respect your privacy of using draping cloth at all times.

Q. When & who do I call to cancel my reservation?

Please let us know 3-hours in advance by contacting Ext #828 to cancel your appointment. Since a certain preparation for your appointment has been made view hours in advance and we also block the space for other guest that book at the same time, then 50 % cancelation fee will be applied for a cancelation that made less than 3 hours, and 100% cancelation fee for cancelation that made less than 1 hour.

Q. When do I settle the payment for the appointment?

You may settle the payment upon arrival. We accept cash, credit card or posted to the room.

