

SOORI  
SPA

## SPA ETIQUETTE

### ARRIVAL

We encourage you to arrive at least 10 minutes prior to your scheduled appointment. Please be prompt in your arrival as all appointment will end on time and arriving late will shorten your spa treatment.

### CANCELLATION

A minimum 4 hours notice for cancellation is required to avoid being charge 50% of the listed price. No show will be charge the full amount for the missed service.

### ATTIRE

Please wear comfortable attire. Disposable underwear, bathrobe, and towel will be provided. Please be assured that you will be discreetly covered at all times during treatments regardless of what you wear.

### GENTLEMEN

If you have chosen a facial, it is advisable to shave before to enhance the benefits of the treatment.

### ALLERGIES

Our Spa Host will enquire regarding any health related issues or known allergies.

### PRODUCTS

All products used throughout Soori Spa are 100% natural, free from synthetic preservatives and additives. To continue your spa regime at home, our complete range of products are available at the Soori Spa retail store.

At Soori Spa, our ultimate goal is to guide you towards a lasting sense of well-being through ancient healing and nurturing treatments.

Reinvigorate your senses and sample our personalised services at one of our five treatment rooms; spoil yourself at the dedicated Thai massage room clad with soothing dark stone and hand crafted terracotta tiles; or simply select your own preferred location across Soori's vast and spiritually-charged estate for your next tailor-made treatment.

At Soori Spa, we believe that real beauty lies in the fine balance between the inner being and the material self, and that true goodness stems from an authentic bond with nature and with one another. We are driven by our underlying awareness of a more harmonious and sustainable way of life.

Journey with us to a better you at Soori Spa.



MASSAGE THERAPY

At Soori Spa, we draw on the benefits of a range of Asian and European massage techniques that can be tailored to your personal needs. Allow our spa hosts to help you select the appropriate massage therapy and oils to suit your condition.

#### **SPIRIT OF SOORI MASSAGE**

Soori's signature massage is based on the concept of healing energy. Working on the concept of "taksu" (meaning "spirit" to the Balinese), this oil massage is a tailor-made journey, utilising firm pressure and dynamic stretches, which gently guide you through the discovery of your body and inner nature.

#### **BALINESE MASSAGE**

Feel tension dissolve with this ancient Balinese healing therapy that combines long therapeutic strokes and skin rolling to relieve muscle tension. Palm and thumb pressure techniques are also applied to unravel the deepest stress and improve blood flow.

#### **THERAPEUTIC MASSAGE**

Experience a complete body awakening with a combination of therapeutic massage techniques using fluent strokes of different depths and intensity. This deep tissue treatment incorporates firm palm, thumb and forearm pressure to relieve muscle tension and improve joint mobility.

## **FOUR HANDS MASSAGE**

A unique synchronised massage that brings a sense of harmony and balance to the body and soul. A truly pampering experience, surrender to the sublime symphony of healing and pleasure created by the energy of two therapists working in unison.

## **ABDOMINAL CHI MASSAGE**

This abdominal massage works on both the physical and emotional level.

It promotes circulation for the health of the internal organs, while balancing the nervous system to release stress. This treatment utilises gentle pressure with the power of your breath and can be deeply relaxing.

## **BACK, NECK AND SCALP CARE**

Using a combination of techniques, and focusing on the back, shoulders, neck and scalp, this treatment quickly loosens areas of deeply held tension caused by staying in one position for too long. An oil scalp treatment is added to stimulate the follicles and awaken the senses.

## **FOOT REFLEXOLOGY**

Reflexology is based on the principle that energy flows freely around the body when we are in good health and that there are reflex areas on the feet that correspond to every part of the body, including major organs. Sit back and relax as your therapist applies varying degrees of pressure to specific points on the feet to unblock energy flow and promote the body's natural healing from within.

## **PRE-NATAL MASSAGE**

Enjoy relief from the physical and emotional demands of pregnancy. This gentle, non-invasive approach to massage will ease your discomfort, reduce swelling and help lower stress. Feel yourself slip into a state of calm relaxation as our skilled therapist uses a lighter touch, concentrating on those areas most vulnerable to changes in your body.

## **THAI MASSAGE**

Thai Massage is an energy-based full body massage technique, with a view that the body is based on meridians or energy lines known as "Sen". The aim of a Thai Massage is to balance energies throughout the body by working these "Sen" lines. Given clothed and without oil this experience involves pressure point massage using thumbs, hands, arms, knees and feet, as well as stretching movements. It is an invigorating therapy that relieves muscular tension, loosens joints and opens energy channels.

## WARM STONE THERAPY

The therapeutic power of touch combines with the energy of the earth in this muscle relaxing massage. After our signature foot bath, smooth, heated river stones are used in rhythmic flowing strokes over the body to melt tension and soothe emotions. The stones are also placed on various energy points to stimulate the body's natural healing potential.



## HYDROTHERAPY



Hydrotherapy is the use of water to relieve discomfort and promote physical wellbeing and has been revered for centuries. At Soori Spa we combine this with an indulgent application of a scrub and wrap followed by a Vichy shower delivered by 6 showerheads. The pulsating shower aligns with the midline of the body and stimulates circulation and revitalises the skin. The dreamy sensation of water on the skin can soothe the nervous system and calm the mind, and a mix of cold and hot water applications can help enhance overall circulation.

Choice of scrub and wrap and hydration for the skin.



BODY CARE



## ULTIMATE ESCAPE

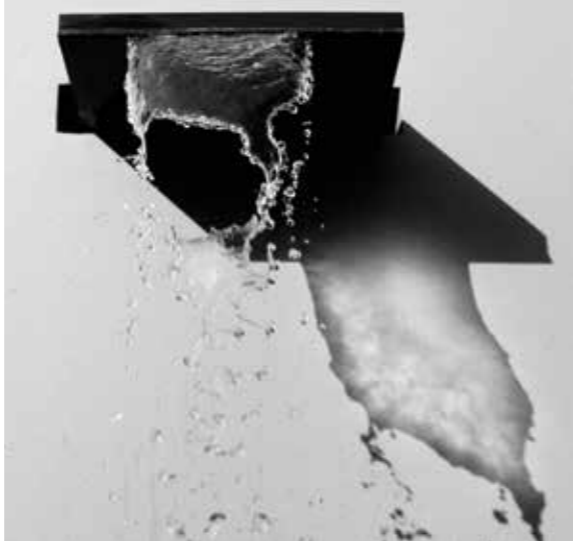
The only one of its kind, the Soori Vitality treatment suite offers a thermal spa journey combining hot and cold experiences to detoxify, replenish and rejuvenate. The detoxifying process involves the use of fresh herbal steam bathing, an invigorating full body scrub conducted on warmed terrazzo tables, followed by a Vichy shower, scalp treatment, drenching the body in a cold power shower and a full body massage to encourage the positive flow of energy while the body's detoxifying processes are activated. Your therapists will guide your journey through the various experiences in our premium Vitality Treatment Suite. Spa refreshments will be served.

## BALINESE BEAUTY RITUAL

Balinese Boreh is an ancient village remedy originating from the rice farmers of Bali. It has been handed down through generations and is recognized as a traditional medicine, believe to help warm the body, relieve aching joints and help treat skin problems. Herbs of cloves, ginger, cinnamon, coriander seeds, rice, turmeric root and sandalwood create this powerful healing remedy. Treatment includes a 60-minute Balinese Massage, a traditional boreh scrub and mask, ended with pressure point marma facial.

## SOORI SUN SOOTHER

We recommend enjoying this treatment at the end of your stay to enhance your holiday glow and minimise the appearance of flaking skin. Heal and restore vital moisture to skin that has been exposed to the elements with a soothing cucumber and aloe vera wrap and cooling rain shower, concluding with an application of nourishing body lotion infused with coconut oil and shea butter.



FACIAL CARE

## SOORI SIGNATURE FACIALS

Our signature facials offer an intensive boost utilising nature's most potent ingredients with extraordinary nourishing, moisturising and anti-ageing properties. Utilising high-absorption hyaluronic acid of different molecular weights, these indulgent facial treatments are tailor-made to boost and nourish, leaving even the most delicate skin hydrated, toned and radiant. Both men and women can benefit from these signature facials that also ease signs of aging on our hands and arms. All products are formulated with extreme care in Italian laboratories with Hyaluronic Acid, Collagen and Plant Stem Cells -- all the essentials for keeping skin looking supple and fresh.

## CLASSIC FACIAL

Utilising locally sourced plant-based botanicals produced in small batches, our classic facial incorporates a thorough cleanse, mask application as well as a contouring massage for the arms. Tailor-made for both men and women for various skin types.



MIND-BODY CONNECTION

## YOGA AND MEDITATION

A complimentary group class is held daily.

## PRIVATE YOGA SESSION

### GYM

Our gym is located at the foyer of the spa, open 24-hours daily

## PRIVATE FITNESS TRAINING AND ACCESSIONMENT

Please note the following:

- Prenatal Yoga and yoga for kids are available in a private setting only.
- Please consult us if you are expecting a baby or if your child is under 16 years of age.
- Kindly come to class on time and avoid big meals two hours prior.

## HALF DAY SPA JOURNEY

Soori Spa offers Well-Being Journeys intended for those seeking a more wellness focused holiday to balance mind, body and soul.

### SOORI AFTERNOON

Be treated to an eclectic collection of Asian rejuvenation therapies and healthy cuisine in this half-day wellness package, designed to restore balance, lift the spirits and delight your palate with nutritious flavours. Start the afternoon with 2.5 hours of Wellness detoxifying treatment at Sanctuary of Soori Spa. At sunset, our experienced yoga and meditation guru will take you through a sequence of fluent and deliberate movements to open your mind, loosen limbs, tone muscles and rejuvenate your soul. After your practice, nurture yourself with an intimate dinner for two featuring light and healthy designer cuisine prepared by our Executive Chef. Finish the evening by stargazing under the night sky as therapists apply thumb pressure to specific points on your feet to unblock energy flow and promote natural healing. A cup of chamomile tea is left at your bedside to bid you a calm and restful night.

### SOORI SUNRISE

Spoil yourself with the perfect half-day journey of physical rejuvenation, age-old beauty therapies and healthy cuisine. Improve your balance, elevate your spirits and satisfy your palate with this holistic nurturing and nutritious half-day treat. Rise with the sun and welcome the morning as you breathe, stretch and balance your body with our yoga guru while overlooking spectacular rice fields and ocean views. Delight in a light, healthy breakfast served in your location of choice. After your meal, indulge in detoxifying and relaxing therapies of the 3-hour-long Holistic Heaven treat at Sanctuary of Soori Spa. The afternoon is complete with a divine two-course lunch prepared by our Executive Chef in the dining location of your choice.

OTHER ENHANCEMENTS

## HANDS AND FEET

### DELUXE MANICURE

This indulgent manicure includes a stimulating hand scrub, relaxing hand massage and essential nail maintenance and grooming.

### DELUXE PEDICURE

Treat your feet to the attention they deserve! This spa pedicure includes an invigorating foot scrub, relaxing footbath, foot massage and essential nail care.

### DELUXE MANICURE AND PEDICURE (2 THERAPISTS)

### EXPRESS MANICURE AND PEDICURE COMBINATION

Express file, tidy and polish. Massage and scrubs are not included.

### OPI NAIL POLISH

### GEL REMOVAL

## HAIR AND SCALP

### CRÈME BATH TREATMENT

A mind-melting, intensely hydrating crème hair bath combining essential oils with nourishing base oils of coconut and shea butter. A mask is massaged into the hair and scalp and left to condition, strengthen and hydrate while pressure point massage and palm strokes soothe the neck and shoulders. A warm wrap is applied followed by a cool wash with our signature shampoo and conditioner – the finishing touch for a renewed healthy sheen.

## BLOW DRY

### WAXING

Utilising natural beeswax, infused with natural ingredients.

#### WAXING FOR HER

Face wax (brow, lip and chin)

Leg

Underarm

Standard Bikini

#### WAXING FOR HIM

Chest

Stomach

Back

## FOR KIDS

### PAMPERING MASSAGE

### MANI OR PEDI CARE

### SUN SOOTHER BODY TREATMENT

Please note the following:

- Children under the age of 16 must be accompanied by an adult during treatments.
- Use of a bathing suit is recommended for children.
- Recommended ages for kids receiving spa treatments is 4 -16 years.

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