# CHANNA Spa

Love yourself.
Take care of yourself.
Make your happiness a priority.

# CHANNA Spa

Our Spa and Wellness center offers an extensive menu of relaxing and rejuvenating treatments to keep you looking and feeling your best on vacation. Escape into our luxurious yet intimate Channa Spa, chill with a healthy herbal tea in our lounge while having a pedicure, or keep up with your fitness routine in our state-of-the-art fitness center.

Each one of our treatments has been carefully designed with a variation of techniques and natural products to enhance your wellbeing and return your body to its natural balance.

Our exclusive Emerald Treatment will naturally revive and replenish not only your skin's outer layer but also the deeper layers, including your organs, restoring your natural glow to reveal a more youthful and radiant you.

This special experience should be part of your holiday to ensure you benefit it's lasting radiance, inner calmness and beautiful glow long after leaving our tropical paradise.

Spa pampering hours 9am-8pm.

*All our prices are indicated in IDR and are subject to 21% Tax & Service.*

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# Signature Spa Packages

## Absolute Delight For Two - 3 hours

Enjoy special time together with your partner in our beautiful spa relaxing your mind and body. The treatment begins with a full body scrub to exfoliate dead skin cells, followed by a flower bath and body massage to relax and soothe away tension. The session concludes with a refreshing facial to moisturize the skin.

**-Body Scrub - 45 min**
**-Flower Bath - 15 min**
**-Body Massage - 60 min**
**-Refreshing Facial - 60 min**

**IDR 1.550.000 ++**

## The Griya Signature - 3 hours

Our Griya Signature is a unique blend of treatments for the whole body. We will start with a soothing sea salt aromatherapy foot bath to smooth the skin. A Balinese coffee full body scrub to remove all dead skin cells will follow this initial refreshing treatment. Your session will continue with a 20-minute sauna session to stimulate blood circulation and rejuvenate your entire body. You'll then be able to enjoy a relaxing full body massage using the best-blended aromatherapy oil. And finally the focus turns toward your mental and emotional experience with Reiki Tummo energy to balance your mind, body, and spirit.

**- Foot Bath with Sea Salt Aromatherapy - 10 min**
**- Body Scrub - 45 min**
**- Body Massage - 75 min**
**- Emerald Treatment- 60 min**

**IDR 980.000 ++**

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# Signature Spa Packages

## Pampering Channa - 3 hours

Allow your body, mind, and spirit to unite in a perfect balance. Awaken your skin with an exfoliating body scrub and feel the true benefits troughout with the Griya body massage. This is followed by a unique application of a natural body mask. During the mask, the therapist will pamper you with our rejuvenating facial to lift, firm, and tone your skin, while reducing the appearance of lines and wrinkles.

- **Exfoliating Body Scrub - 45 min**
- **Griya Body Massage - 60 min**
- **Body Mask - 15 min**
- **Rejuvenating Facial - 60 min**

**IDR 980.000 ++**

## Bliss & Beauty - 3 hours

You will be pampered from head to toe during this blissful treatment. Enjoy a full body massage using the best-blended aromatherapy body oil, followed by a mini facial to tone the skin. After which, it is time to relax your scalp and shoulders while we softly apply the nourishing cream to your hair. Your treatment will finish with a manicure or pedicure so that you will feel totally clean and fresh and groomed!

- **The Griya Massage - 60 min**
- **Mini Facial - 30 min**
- **Cream Bath - 30 min**
- **Your Choice of Manicure or Pedicure - 60 min**

**IDR 910.000 ++**

*Please Note:*
*For all Spa Packages, the treatments that are part of one package will be given all at once during your stay with us, i.e. in the same day.*

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# Signature Spa Packages

## Divine Healing - 2 hours

This healing treatment is designed to relax your mind, body and soul, and return your body to its natural balance. Our therapist cleanses and stimulates reflexology points in the feet and then moves up the body to the face to cleanse and energize the skin and prepare the body for a deeper cleansing. The final and ultimate experience is a combination of our Emerald Treatment and Reiki, which will naturally revive and replenish not only your skin's outer layer but also the deeper layers, including your organs to restore your natural glow and reveal a more youthful and radiant you.

**-Foot Reflexology - 30 min**
**-Mini Facial - 30 min**
**-Emerald Treatment + Reiki Energy - 60 min**

**IDR 750.000 ++**

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# Emerald Treatment

Our most favoured treatment! 10 Heart chosen Emeralds are placed on special points on your face and body to rejuvenate and deeply cleanse your whole body.The healing energy connects you to the earth, relieves your mind, body and heart of any stress or tension, leaving you feeling deeply relaxed, radiant and refreshed.

| | |
|---|---|
| **1 X 60 min Signature Emerald Treatment** | **IDR 400.000 ++** |
| **3 x 60 min Signature Emerald Treatment** | **IDR 1 080 000 ++** |
| **6 x 60 min Signature Emerald Treatment** | **IDR 2.000.000 ++** |
| **10 x 60 min Signature Emerald Treatment** | **IDR 3.000.000 ++** |
| | |
| **1 X 90 min Signature Emerald Treatment** | **IDR 800.000 ++** |
| **6 x 90 min Signature Emerald Treatment** | **IDR 2 160 000 ++** |
| **6 x 90 min Signature Emerald Treatment** | **IDR 4.000.000 ++** |
| **10 x 90 min Signature Emerald Treatment** | **IDR 6.000.000 ++** |

*We can provide you, with a "before and after" photograph for you to see the renewed you!*

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# Multiple Treatments

## 6 Treatments

After 6 consecutive sessions, you will notice that your mind is becoming calmer, your connection to the earth and nature will improve and your emotions will begin to level out. Your quality of sleep will also improve and you will feel less burdened and lighter. At this point, real changes are beginning to take place from within but the old habitual ways of interacting with the world are still present, although less dominant.

## 10 Treatments

Our clients find the 10 session package most beneficial. By committing to 10 consecutive sessions, the body, mind and heart can begin healing on all levels over a significant period of time. This helps you to continuously move forward and allow changes to take place from within you, without your involvement or effort. During these 10 sessions, emotions, burdens and unnecessary thoughts and worries will melt away which in turn, allows your body to function better and the internal healing of our cells and organs to fully take place.  The changes are permanent, noticed by you and others.

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# Massages

## Asian Four-Hand Massage

Treat yourself to a great massage to make you feel healthy, energized and relaxed. Experience the amazing feeling of two massage therapists offering a four-hand massage, working together on your body. Their hands will feel like they are perfectly synchronized. Most techniques used are based on Swedish massage using strokes, kneading, and touches in order to relax your body.

**90 min - IDR 1.050.000 ++**
**60 min - IDR 770.000 ++**

## Hot Stone Massage

Heated, smooth stones are placed on certain points on the body to warm and loosen tight muscles and balance energy centers. The massage therapist may also hold stones and apply gentle pressure with them. The deep warmth is comforting and soothing. Hot stone massage is good for people who have muscle tension but prefer a lighter massage.

**90 min - IDR 560.000 ++**
**60 min - IDR 420.000 ++**

## Warm Oil Massage

This indulgent massage soothes you slowly and mindfully to help you relax deeply in mind and body. We begin by drizzling warm oil gently over the body with light rhythmic strokes with movement toward the lymphatic glands to drain away toxins. This beneficial massage deeply relaxes the nervous system and stimulates blood circulation.

**90 min - IDR 560.000 IDR ++**
**60 min - IDR 420.000 IDR ++**

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# Massages

## The Channa Balinese Massage

Our signature traditional massage is a full body, deep-tissue holistic massage, blending a combination of gentle stretches, acupressure, reflexology and aromatherapy to stimulate the flow of blood, oxygen and "qi" energy around your body and brings you a sense of wellbeing, calm and deep relaxation.

**90 min - IDR 560.000 ++**
**60 min - IDR 420.000 ++**

# Body Scrub

-Javanese Lulur
-Balinese Coffee Scrub
-Soothing Green Tea Body Mask

Gently exfoliate your body using naturally extracted plant and flower extracts blended with our antioxidant rich scrub to remove dead skin cells. This stimulates blood circulation and awakens the skin, leaving you feeling silky, refreshed, and smooth. You can also pamper yourself further by adding a body mask or body massage of your choice to complete the spa experience.

**45 min - IDR 310.000 IDR ++**

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# Reiki Tummo Energy

Reiki is a technique for stress reduction and relaxation that also promotes healing. This ritual is given by "laying on hands" and is based on the fact that life force energy flows freely through our body whilst cleansing and purifying it.

A treatment feels like a wonderful glowing radiance that flows through you and around you. Reiki treats the whole person including body, emotions, mind and spirit, creating many beneficial effects. Some benefits include relaxation and feelings of peace, security, and wellbeing.

***Reiki Tummo Energy + Emerald Healing Treatment:***
**60 min - IDR 505.000 ++**

***Reiki Tummo Energy:***
**60 min - IDR 630.000 ++**
**30 min - IDR 420.000 ++**

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# Facials

## Emerald Premium Facial

This premium facial commences with a deep cleansing followed by a gentle scrub and shoulder and facial massage. Then 4 Heart chosen Emeralds are placed on special points upon your face to brighten up your face, reduce fine lines and improve and rejuvenate your skin. The soothing energy of the emeralds also work together to calm your mind.

**75 min - IDR 490.000 ++**

## Rejuvenating Facial

This lifting facial's focus is to boost firm and toned skin. A ritual of cleansing, scrub and mask followed by a massage completes this rejuvenating treatment and you will leave this treatment feeling younger, fresher and more lively!

**75 min - IDR 420.000 ++**

## Refreshing Facial

This ultimate facial consists of cleansing, exfoliating and massage followed by deeply moisturizing facial mask. During the mask, the therapist will massage your hands or feet. This facial will help you to improve your skin tone and replenish moisture to leave it fresh, firm and glowing!

**75 min - IDR 420.000 ++**

## Mini Facial

A Mini facial provides you with most of the benefits of a full facial in less time, and it's a great way to relieve stress, pamper your face and keep up with your skin treatments.

**75 min - IDR 250.000 ++**

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# Manicure & Pedicure

## Manicure

Treat your hands to a high quality manicure and relaxing hand massage, including nail filing, trimming, shaping and professional nail polish application.

**45 min - IDR 290.000 ++**

## Pedicure

Indulge and pamper your feet with natural scrubs and creams with a luxurious feet and lower leg massage. Complete with nail trimming, shaping and professional nail polish application.

**60 min - IDR 350.000 ++**

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# Foot Reflexology

Reflexology is a powerful treatment with benefits that can be felt throughout the body. Our therapists work primarily on your feet, stimulating various reflexology points in the feet where these points correspond to body organs. Through working on the points the therapist can promote health in that organ via the body's energetic pathways and create benefits to be felt troughout your entire body.

**60 min - IDR 490.000 ++**
**30 min - IDR 280.000 ++**

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# Cream Bath

Cream bath treatment is designed to hydrate and nourish your hair, in addition to rejuvenating your scalp. Your treatment begins with a head massage. We will use a hot towel while massaging the neck, shoulders, arms, and hands to add a touch of pampering.

**60 min - IDR 490.000 ++**
**30 min - IDR 280.000 ++**

# Finnish Sauna

Relieve stress in our Finnish Sauna. Tension fades. Muscles unwind. Mentally you emerge relaxed, revived and ready for whatever the day may bring. The body's response to gentle, persistent heat is well-documented and proven day-in and out by people all over the world. Which is why more and more doctors are recommending its purifying benefits, so we recommend you to experience it!

**60 min - IDR 350.000 ++**
**30 min - IDR 210.000 ++**

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# Spa For Kids

## Hair Braiding

Girls love a trip to the hairdresser. Feel and look fantastic with our fun braiding service in our spa, with full or partial fashionable braids.

**IDR 350.000 - 60 min - Full Head**
**IDR 250.000 - 40 min - Partial Head**

## Mini Fingers & Toes Treatment

Fun and relaxing manicure and pedicure treatment for cleaning, shaping and polishing those little nails.

**IDR 350.000 - 60 min**

## Junior Massage

A selection of natural chocolate, strawberry, vanilla or mango massage oils is applied with a specially designed gentle massage to introduce children to the wonderful benefits of massage.

**IDR 280.000 - 60 min**

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## Arrival Time

Try to arrive at least 15 minutes before your scheduled to enjoy our welcome drinks. Pre-treatment relaxation prepares your body better for the journey ahead.

## Looking After you

Do let us know if you suffer any health conditions, high blood pressure, allergies, injuries or you might be pregnant.

## Spa Attire

Wear comfy attire. Robes and disposable underwear are available. Feel free to wear your own underwear during treatments.

## Etiquette

Drinking coffee or alcohol three hours prior to treatments is not advised. Ensure your mobile is switched off.

## Tipping

If you enjoyed your experience, then why not?

## Cancellation

You may cancel a maximum of 24 hours before your scheduled treatment. Any cancellation or rescheduling within 24 hours may result in a full charge.

# CHANNA Spa

Contact our front office staff,
they will happily assist you with your booking!

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Follow us on Social Media!

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