



## Tonic – A refreshingly restorative experience.

### Tonic Aroma Massage -60/90 minutes 290k/390k \*recommended

Inhale yumminess ~ exhale stress! Perfect start to your holiday....  
Full body restorative flow massage with an intuitive blend of Lomi Lomi, Thai and Swedish movements. Relax and inhale, this sensory journey includes the finest aromatherapy oils created to uplift and restore the body and soul.

### Tonic Vitality Facial Head Massage-60/90 minutes 320k /420k

The ultimate facial & head massage ~ stimulating and relaxing.  
Sensatia Botanicals products deliver the most delicious ingredients.  
Firm pressure is applied to the meridians on your face followed by a Tonic head massage. Our beauty secret lies in our Jade roller and Gua sha tools. **If you love your legs being massaged opt for the 90 minute treatment!**

### Tonic Seated Bliss Massage-60/90 minutes 290k/390k

From head to toe, all tension is released as head, upper body and lower legs are treated to a delicious tension releasing massage overlooking our tropical sanctuary. This massage incorporates gentle Thai stretches and Swedish movements. A crystal foot soak and scrub in our copper based infused foot bowls helps to activate energy.

### Oriental Foot Massage-Reflexology-60 minutes 290k

add Head Massage 30 minutes 390k

Fabulous for stimulating circulation and restoring physical and mental harmony, relax and enjoy the view in our big easy style chairs overlooking our sanctuary.

### Body Glow Scrub-60 minutes 290k/ (add on treatment 30 min 200k)

Fragrant blends smothered all over your body, for the invigorating rather than relaxing route to soft skin.

### Tonic Hair Spa Smoothie-75 minutes 320k\*Bali favourite

Your hair is hand washed and a rich conditioning hair treatment is generously applied, coating your hair like thick icing on a cake. Drift off & enjoy a traditional hot towel head wrap whilst your neck, shoulders and arms are massaged. Hair is then cleansed and towel dried leaving your hair deliciously soft and shiny. Tonic is applied to the scalp to add a revived fresh feeling.

### Ear candling-30 minutes 180k (Add on treatment 150k)

Aids in drawing out impurities from the ear.

All treatments finished with a complimentary cup of our special Tonic Feel Better Tea.



## Indulge for longer....

### Goddess Ritual

1.5 hours 420k/Bring a friend 760k \*most popular

Enjoy a 60-minute Tonic Aroma massage followed by a 30 minute Sensatia Botanicals Refresher facial.

### Bliss Revitalised Ritual

2.5 hours 610k / Bring a friend 1100k

Feel brand new after a full Body Glow Scrub and head massage, refreshing shower and fabulous Tonic Hair Spa Smoothie.

### Escape Day Ritual\*guest favourite

3.5 hours to reconnect with your body & soul ~ 900k / Bring a friend 1620k

Begin your journey with our Tonic Aroma massage followed by our Vitality Sensatia Botanicals facial head massage... Drift away & breathe in the luxury of nature.

Complete this divine ritual overlooking our tropical garden whilst sipping on a refreshing Tonic Tea and sinking into our Seated Bliss Massage.

### Island High Tea-250k pp / Bubbles – Bottle 250k /glass 80k

A perfect add on to any treatment, a delicious sampler of fresh fruit, finger sandwiches, pastries and our Feel Better Tea.

Bubbles are optional!

## **NEW** Miss V ... smoking box treatment

Miss V + Massage Ritual 90 minutes 440k

Miss V with neck and shoulder massage 30 minute treatment 250k

What Is Vaginal Smoking?

Vaginal smoking is a tradition from Java. It's still a pretty common spa treatment in Bali, and now Westerners are becoming hip to this practice, where it is sometimes called a Venus smoke.

The basics: you sit in a chair without a seat, and scented herbs are burned underneath your privates. This treatment helps to cleanse, relax, and even scent a vagina.

On a girl's trip? Try something new, it's a fun treatment to do with a buddy especially with a glass of bubbles! This type of vaginal smoking has a long history, and it has traditionally been used as a pre-wedding ritual. We're happy to add in Miss V alongside body scrubs and facials this is an essential relaxation for brides-to-be.

Coming soon-Ionic Foot Spa

Enjoy Relax Connect