

Spring Massage

Spring Signature Massage

This personalised massage leaves no knot untangled, helping to ease aches and pains

60min	470k
-------	------

90min	595k
-------	------

Balinese Massage

Traditional Balinese healing ritual. Relaxes tension areas using long flowing strokes and pressure point therapy.

60min	470k
-------	------

90min	595k
-------	------

Perfect Pairs (For Two)

Enhance your spa experience by sharing it with another. Relax and unwind with a massage ritual side ny side.

60min	940k
-------	------

90min	1190k
-------	-------

Pregnancy

Specialised massage that focuses on relieving common areas of tension that may arise during pregnancy. Only suitable after the first trimester.

60min	520k
-------	------

Deep Tissue Massage

Deep tissue or sports massage to relax tight muscle, improve range of movement and muscle function.

60min	520k
-------	------

90min	650k
-------	------

** treatments include an additional 10mins for pre-treatment foot ritual and post-treatment shower*

Spring Signature Foot Massage

Put a spring back in your step with our ultimate treat for feet.

30min	200k
-------	------

60min	380k
-------	------

Reflexology

Our perfect pressure point foot massage helps restore balance to the body.

60min	400k
-------	------

Spring Facial

CODAGE Paris

A completely personalised treatment, using your own unique blend of CODAGE serums created by your therapist following a comprehensive skin assessment. CODAGE's vegan serums are made using ancient French apothecary traditions and contain highly concentrated active ingredients. Facials include rose quartz facial techniques to improve skin health and radiance.

75min	950k
-------	------

Sun Soother

The effects of the sun, surf, and sand can have an adverse effect on your skin. This natural facial of aloe vera, cucumber, and ice will focus on calming your skin to maintain its equilibrium.

75min	780k
-------	------

Rose Quartz Facial

Aloe vera and papaya form the base of this facial, bursting with Vitamins A, C, E, B1, B2, B3, B6, and B12. This radiance-boosting, skin-soothing and hydrating facial is complemented with a chilled rose quartz mask to reduce puffiness and relieve congestion.

75min	780k
-------	------

Anti Aging Recovery

Let nature turn back the clock with this age-defying treatment. A scrub of avocado, almond oil, and aloe vera will precede a gua sha massage to smooth out fine lines and wrinkles. If you've been sun worshipping for too long, the white turmeric mask with its antibacterial properties will soothe and balance the skin and reduce irritation.

75min	780k
-------	------

Hydration Plus

A nourishing facial that regenerates the cells of the epidermis. Oats and organic honey are the mainstays of this nourishing facial, along with an avocado, organic honey, and coconut, this facial is good enough to eat. A choice of reflexology or foot massage completes this treatment as you lie back and take respite from the island heat with a ice chilled rose quartz face mask.

75min	780k
-------	------

From Farm To Face

Our vegan facial combines two miracle plants, moringa and aloe vera. Rich in antioxidants these superfood plant ingredients replenish tired skin by improving skin texture, pigmentation and pore size.

75min	650k
-------	------

Spring Upgrades

Hand and Arm Massage	15min	150k
----------------------	-------	------

Neck and Shoulder Massage	15min	150k
---------------------------	-------	------

Dry Scalp Massage	15min	150k
-------------------	-------	------

Coconut Hair Repair	15min	150k
---------------------	-------	------

Coconut Foot Scrub	15min	150k
--------------------	-------	------

Spring Body Scrubs

CC By The Sea

Feed your skin and relax tense muscles with this freshly ground scrub made from coconut cream and cocoa, a powerful antioxidant that boosts blood flow and assists in the growth of new cells. This vegan scrub will help soften, clean and detoxify your skin. After the scrub, your body will be slathered with virgin coconut oil. Nature at its best!

60min	660k
-------	------

Island Cooler

The sun can cause so much destruction when it comes to your skin. Regular care/protection of sun-damaged skin cells is essential to keep your skin in its best condition. This balancing treatment of, chilled cucumber and aloe vera mask, will calm the skin and prepare it for repair.

60min	660k
-------	------

Spring Nail Treatments

Sports Manicure or Pedicure (No Polish)	45min	240k
---	-------	------

Spring Manicure or Pedicure	45min	270k
-----------------------------	-------	------

Shellac Manicure or Pedicure	60min	420k
------------------------------	-------	------

Warm Milk & Sandalwood Manicure or Pedicure	60min	300k
---	-------	------

File & Paint	15min	180k
--------------	-------	------

File & Paint with Shellac	30min	300k
---------------------------	-------	------

French Polish Add On	15min	100k
----------------------	-------	------

Shellac Removal Add On	15min	120k
------------------------	-------	------

Spring Clean

Lip or Chin Thread	15min	110k
--------------------	-------	------

Full Face Thread	30min	300k
------------------	-------	------

Underarm Wax	15min	210k
--------------	-------	------

1/2 Arm Wax	15min	210k
-------------	-------	------

Full Arm Wax	30min	300k
--------------	-------	------

1/2 Leg Wax	30min	300k
-------------	-------	------

Full Leg Wax	45min	420k
--------------	-------	------

Bikini Wax	20min	240k
------------	-------	------

G-String Wax	30min	300k
--------------	-------	------

Brazilian Wax (under 6 weeks)	30min	390k
-------------------------------	-------	------

Brazilian Wax (over 6 weeks)	45min	440k
------------------------------	-------	------

Chest or Back Wax	30min	360k
-------------------	-------	------

Full Chest or Full Back Wax (includes-shoulders and upper arm)	45min	480k
--	-------	------

Spring Lash and Brow

Eyebrow Threading or Wax	15min	140k
--------------------------	-------	------

Eyelash Tint	20min	210k
--------------	-------	------

Eyebrow Tint	15min	160k
--------------	-------	------

Package (Brow Shape + Brow Tint + Lash Tint)	45min	510k
--	-------	------

Full Lash Set

Our lash extensions will add volume and intensity.

1-2 lashes applied per natural lash	60min	630k
-------------------------------------	-------	------

	90min	930k
--	-------	------

Infill - within 3 weeks	30min	390k
-------------------------	-------	------

Russian Lashes

4-5 lashes in fine applied per natural lash.

50 - 75% of your lashes covered	90min	930k
---------------------------------	-------	------

Up to 100% of your lashes covered	120min	1200k
-----------------------------------	--------	-------

Lash Removal	30min	360k
--------------	-------	------

Spring Sanctuary

Mother Earth

Sustainability is one of the sanctuary's ethos, with nature being central to our philosophy. We have partnered with local Lembongan seaweed farmers to cultivate Katoni seaweed for our treatments. Harnessing the power of the sea and earth, this treatment begins with our signature foot bath, followed by a scrub of seaweed and pandan leaves, fused in virgin coconut oil. Next, a wrap of Lombok honey and aloe vera from our gardens will nourish your skin. To complete your journey, lie back and enjoy a pressure point face massage of yogurt and white turmeric.

90min	840k
-------	------

Deep - Sea Purification

Heading back to the mainland? Take in the last views of Jungut Batu while we indulge you with an aromatic Cendana foot soak. With a natural sisal body brush, we gently exfoliate your body to remove flaking skin before we nourish it with a scrub of dried coconut and virgin coconut oil. A choice of a relaxing aromatherapy or deep tissue massage will have your body gleaming before heading home.

120min	980k
--------	------

Surfers Relief

Pre- or post-surf, massage stimulates the sympathetic nervous system and invigorates muscles to improve flexibility. Retreat for recovery with this sports massage that includes a herbal elixir, foot wash, trigger point technique, and a balancing face mask.

75min	620k
-------	------

Mindful Massage

A unique blend of calming, gentle, yet firm massage techniques combined with guided breathwork and meditation, this treatment will guide your body into an ocean of physical and mental tranquillity.

90min	980k
-------	------

Perfect Pairs under the stars

Tick this off your bucket list. With the sound of the surf in the distance relax back with an aromatherapy foot soak whilst taking in the sunset, on the decks of our premier spa suite. As the stars come out, enjoy a bespoke massage with lavender oil tailored to your needs. A candlelit floral or seaweed bath welcomes you and your partner as you continue to enjoy the dazzling night skies above Nusa Lembongan.

** bookings available from 5pm*

120min	1.600k
--------	--------

Rest & Rebalance

Our reflexologists gently work their way across the soles of your feet, traveling along and stimulating thr meridian lines and energy points to induce deep relaxation. Richly nourishing, your feet will be bathed with a hand blended coconut, white tea and citrus lily wash. A coconut oil and brown sugar scrub gently exfoliates the skin, before a balancing session of reflexology.

60min	300k
-------	------

Immune Support

90 minutes of healing combining our Signature Balinese Massage with an immune boosting boreh scrub. The culture of herbal medicine has been passed down through generations, a warming blend of cloves, ginger, turmeric, cinnamon and finely ground rice will support your body's defences. We complete this treatment with an anti-inflammatory shot of Ibu Rai's Jamu.

90min	660k
-------	------

**Prices are in Rupiah and inclusive of sales tax (Gratuity not included)*

For a full list of services and promotions please visit www.springspa.com

Spring™
Nusa Lembongan

Spring Canggu
Phone | Whatsapp: +62 853 3844 7500
Address: Jl. Raya Batu Bolong 83c, Canggu, Kuta Utara, Badung, Bali 80361

Spring Seminyak Village
Phone | Whatsapp: +62 813 3862 7222
Address: Rooftop Level, Seminyak Village, Jl. Kayu Jati Basangkasa, Seminyak, Bali 80361

Spring Nusa Lembongan
Phone | WhatsApp +62 852 3914 1775
Address: Jungut Batu, Nusa Lembongan, Klungkung, Bali

Spring Uluwatu
Phone | Whatsapp: +62 812 3898 9878
Address: Jl. Raya Labuansait No.10, Uluwatu, Bali 80361

Follow us:  @spring_spa

www.springspa.com