

RESET YOUR MIND

# ELEVATE ABOVE THE NOISE

Regent Spa & Wellness invites you on a discreet journey of wellbeing, where the mind is reset, the senses are awakened, and emotions are gently stirred.

Each experience is interwoven with meticulously curated treatments, thoughtfully designed with intention — to heal, to restore, to elevate.

An alchemy of vibrating crystal energy, healing aromas, and restorative light frequencies work in harmony to uplift your wellbeing to new personal heights.

An amplified treatment experience. Crafted to ignite your inner spark. Designed to elevate you above the noise.

## THE RESET

10 MIN / WITH COMPLIMENTS

Begin your journey with The Reset — a transformative soundscape meditation, crafted to recalibrate the mind and prepare you for deeper states of relaxation and self-awareness. Offered with our compliments, this immersive prelude opens the door to a more profound and impactful treatment experience.

Please arrive at least 30 minutes prior to your scheduled appointment to enjoy this unique ritual in privacy and stillness.

## RITUALS

### THE COUPLES RITUAL

FOR 2 PERSONS / 2 HOURS

FOOT BATH & HERBAL POULTICE EXPERIENCE  
SALT BODY SCRUB  
THE MASSAGE BOOST  
BEVERAGE OF YOUR CHOICE

Spend treasured quiet moments together in our couples villa, inspired by timeless Balinese traditions. Side by side, your ritual begins with a fragrant herbal foot bath. Light pressure eases the legs and feet, before warm poultices of pandan, ginger, lemongrass, and lime melt into the shoulders, arms, and back.

This is followed by an invigorating full body scrub, to purify and refine your skin. Your ritual concludes with a personalised massage, tailored to your preferred focus and pressure, leaving you both deeply connected and renewed.

### THE BALINESE RITUAL

FOR 1 PERSON / 150 MIN

SINGING BOWLS RITUAL  
SANDALWOOD BODY SCRUB  
BOREH BODY WRAP  
THE NUSANTARA MASSAGE

This ritual, thoughtfully created by our local specialists, connects you to the healing traditions of Bali. Your journey begins with the grounding vibrations of singing bowls, gently restoring balance to body and mind.

A purifying sandalwood body scrub follows, leaving the skin soothed and refreshed. Continue with a deeply soothing and warming Boreh, infused with ginger and nutmeg to comfort and nourish.

The ritual concludes with our Nusantara Massage, enhanced by a therapeutic herbal poultice skilfully applied to ease deep-seated tension and inspire profound relaxation.

THE EXTRA-EVERYTHING RITUAL

FOR 1 PERSON / 4 HOURS

SKIN SCAN & CONSULTATION  
PRIVATE YOGA & JUICE  
THE CRYSTAL CURE  
THE FACIAL REVOLUTION

Our most indulgent wellness experience, offering the finest of what we have — thoughtfully tailored to your state of mind and body.

Your journey includes a private one-to-one yoga session and skin-boosting juice to mark the first moments of inner renewal.

A professional skin scan and consultation are also included to ensure each step is uniquely customised to your needs.

The ritual continues with The Crystal Cure — a radiant body scrub and soulful aroma massage, featuring your personal blend of crystal-infused oils designed to harmonise your energy.

Conclude with The Facial Revolution — our most advanced, high-performance facial, designed to correct, rejuvenate, and elevate your skin to its highest potential.

## UPGRADED MASSAGES

### THE CRYSTAL CURE

90 MIN

Tune into an ultra-personalised body ritual to nurture you on an emotional level. Your therapist will create a bespoke oil blend infused with crystal energy and carefully selected essential oils — crafted exclusively for you. Your journey begins with a revitalising salt scrub, awakening the skin and senses, followed by a soulful aroma massage to soothe and restore. A signature alchemy experience, curated exclusively for Regent Spas.

**FOR WHO:** THE SOUL SEEKER

**RESULT:** A STILL MIND, SOFTENED BODY AND RADIANT SKIN

### THE HEALING ZEN

90 MIN

CAN BE BOOKED AS A COUPLES TREATMENT

Drift into stillness with this meditative massage, where warm stones glide along the body's meridians, dissolving tension and quieting the mind. Gentle heat soothes the senses, while rhythmic touch and conscious breath invite deep release and restoration. A sanctuary of calm, where the body surrenders, the mind unravels, and healing begins.

**FOR WHO:** THE STRESSED MIND

**RESULT:** MENTAL CALM AND PHYSICAL EASE

### THE RECOVERY REMEDY

75 / 90 MIN

Rooted in time-honoured European healing traditions, this revitalising treatment is designed to ease tension and support muscle recovery. Begin with a therapeutic moor mud wrap, followed by a heated magnesium infusion to the skin, a combination that will melt away fatigue and revives tired muscles. A deep calming scalp massage completes your renewal. For deeper recovery, the 90-minute experience includes a magnesium-rich bath.

**FOR WHO:** THE ACHY BODY OR ACTIVE KIND

**RESULT:** DEEP MUSCULAR RECOVERY AND DETOX

## UPGRADED MASSAGES

### THE MASSAGE REVOLUTION

75 / 90 MIN

Step into the next level of massage therapy, experienced on our quartz sand bed. Warm sand cradles and cocoons the body, inviting deep relaxation and enhancing the body's natural healing rhythms. A firm, therapeutic massage infused with the calming scent of neroli combines with the gentle warmth of the sand to create unparalleled comfort and rest. This is massage reimagined – a multisensory journey to mental stillness and physical ease.

FOR WHO: THE MASSAGE LOVER

RESULT: A FULL-BODY RESET

### THE BALINESE MASSAGE

60 / 75 / 90 MIN

CAN BE BOOKED AS A COUPLES TREATMENT

An authentic Balinese full-body and scalp massage, where time-honoured rituals and powerful techniques come together to dissolve stress and tension. Curated by our regional specialists and enriched with local herbs and oils, this treatment offers a true Balinese wellness experience – restorative, grounding, and deeply soulful.

FOR WHO: THE CURIOUS MIND

RESULT: STRESS DISSOLVED AND SPIRIT GROUNDED

### THE MASSAGE BOOST

60 / 75 / 90 MIN

CAN BE BOOKED AS A COUPLES TREATMENT

A full-body wellness-boosting massage, tailored entirely to your needs. Select your focus areas and preferred pressure – your therapist will personalise the experience to address your unique concerns and preferences. Every session is enhanced with energy-balancing crystal frequencies, and for those who wish, LED light adds an extra layer of recovery.

FOR WHO: EVERYONE

RESULT: PAIN RELIEVED AND ENERGY RENEWED

## EXTRA-EVERYTHING FACIALS

### THE FACIAL REVOLUTION

• WITH SKIN TECH •

90 MIN

Our most advanced, high-performance facial — crafted to correct, rejuvenate, and visibly transform. This comprehensive anti-wrinkle treatment begins with a professional skin scan, ensuring every step is precisely tailored to your skin's needs. A powerful fusion of botanical actives, LED light therapy, electrical muscle stimulation, and radio frequency technology is complemented by a long, uplifting facial massage — creating an ultra-luxury experience with lasting results.

**FOR WHO:** FINE LINES / AGEING SKIN / HYPERPIGMENTATION

**RESULT:** A LUMINOUS, LIFTED AND TIGHTENED COMPLEXION

### THE SKIN ALCHEMY

• WITH GUA SHA •

75 MIN

An energy-restoring facial designed for the ingredient-savvy, blending advanced skincare with the healing power of touch. Pure, organic products — rich in unique nutrients and adaptogenic botanicals — nurture the skin while promoting balance and vitality. Your treatment begins with a Gua-Sha back and neck massage, followed by LED light therapy, an ultra luxury mask and specialised techniques to bring wellness and life to the skin. More than a facial, this is a moment of skin wellness where radiance is restored.

**FOR WHO:** DEHYDRATED SKIN / DULLNESS / A STRESSED MIND

**RESULT:** AN IMMEDIATE GLOW — FROM THE INSIDE-OUT

## EXTRA-EVERYTHING FACIALS

### THE FACE THERAPY

• WITH FACIAL REFLEXOLOGY •

90 MIN

An uplifting and contouring facial remedy that awakens both skin and senses. Healing hands, comforting warmth, and cooling jade work in harmony to stimulate circulation and ease signs of fatigue. A deeply healing facial massage, with facial reflexology and acupressure, not only rejuvenates the skin but restores balance throughout the body. More than a facial — it's a holistic, restorative journey that leaves you radiant and at ease.

**FOR WHO:** FACIAL TENSION / PUFFINESS / SKIN FATIGUE

**RESULT:** FACIAL LIFT AND FULL-BODY FLOW

### THE BESPOKE FACIAL

• WITH CRYO •

60 MIN

A nourishing, tailored facial designed to address your skin's unique needs — suitable for all skin types. Each step is customised, from gentle exfoliation and pore refinement to a rejuvenating facial massage and detoxifying mask. As a finishing touch, advanced cryotherapy delivers a renewal boost, leaving your skin balanced, revitalised, and glowing with youthful vitality.

**FOR WHO:** COMBINED / SENSITIVE / DEHYDRATED SKIN

**RESULT:** FRESH, CALM AND VISIBLY RENEWED COMPLEXION

## EXTRA-EVERYTHING MALE FACIALS

### THE MALE SOLUTION

• WITH CRYO •

60 MIN

A targeted facial designed to address the unique needs of male skin. Curated steps include a deep cleanse, aromatic hot compress, and gentle exfoliation with specialised brushes to purify the skin and promote healthy hair growth — while minimising irritation from shaving. A deeply relaxing face and neck massage follows, concluding with a refreshing cryotherapy boost to help repair the skin barrier from sun and environmental exposure.

FOR WHO: COMBINED / BEARDED / DEHYDRATED SKIN

RESULT: CLEAN, SMOOTH AND REFRESHED COMPLEXION

### THE SKIN FUEL

• WITH CRYO •

30 MIN

A powerful time-saving treatment to awaken and re-energise the skin. A foaming cleanse and exfoliation clear the way for a tension-releasing Gua Sha facial massage, restoring vitality and ease. The facial concludes with invigorating cryotherapy, where chilled air is applied directly to the skin — leaving your complexion refreshed and renewed.

FOR WHO: FACIAL TENSION / DULL OR FATIGUED SKIN

RESULT: RE-ENERGIZED SKIN AND RELAXED DEFINED FEATURES

These gentle, natural treatments bring mindfulness and grounding energy to your family wellness journey — fostering meaningful connection between parent and child, no matter which experience you choose.

All children under 14 must be accompanied by an adult during their treatment. A complimentary advanced LED light therapy session is included for all accompanying parents.

THE TOGETHER MASSAGE

30 / 45 MIN

ONE PARENT & ONE CHILD

Quality time in its purest form. Share a soothing massage side by side in our Couples Villa — designed to foster connection and calm. Your child will enjoy a gentle massage adapted for relaxation and restful sleep, while you, as the parent, experience a personalised treatment tailored to your preferences.

THE JUNIOR MASSAGE

30 / 45 MIN

ONE CHILD, ACCOMPANIED BY PARENT

A calming and nurturing massage for children using natural, skin-friendly oils and gentle, rhythmic pressure. This treatment eases tension, reduces anxiety, promotes restful sleep and supports healthy body awareness.

COCO TREAT

60 MIN

ONE CHILD, ACCOMPANIED BY PARENT

A delightful island-inspired treat featuring a skin-loving chocolate body mask made from locally harvested cocoa beans. This playful indulgence is followed by a relaxing foot and back massage — leaving your little one in a state of pure, smiling bliss.

## SPA ETIQUETTE

### PRIOR TO ARRIVAL

Please leave your jewellery and valuables in your room, as we cannot assume responsibility for personal items. For optimal results, male guests are advised to shave prior to facial treatments.

### SPA ARRIVAL

Please arrive at least 30 minutes before your scheduled appointment to check in and enjoy The Reset — your private pre-treatment experience. Late arrival will shorten your treatment time to ensure punctuality for the next guest.

### SPA ATTIRE

For your comfort, a bathrobe and slippers will be provided in the spa, but you may also choose to change in your room before arrival. We will provide spa underwear suitable for your treatment.

### HEALTH CONSIDERATIONS

You will be asked to complete a health form prior to your treatment. Please also inform us of any health conditions such as high blood pressure, allergies, or pregnancy at the time of booking.

For your wellbeing, we advise avoiding alcohol before and immediately after treatments. We also recommend refraining from sun exposure following any facial, massage or body treatment.

### PREGNANCY

Many of our treatments can be safely adapted for expectant mothers. Please speak with our spa team, who will be delighted to guide you in selecting the most suitable options.

### CHILDREN

Children's treatments are specially tailored to meet the needs of younger guests. For those under 14 years of age, a parent or guardian must be present in the room during the treatment. You're welcome to enjoy a massage alongside your child, or simply remain in the room to ensure their comfort and peace of mind.

### CANCELLATION POLICY

Your selected treatments are reserved exclusively for you. Cancellations made less than 4 hours prior to your appointment will incur a 100% cancellation fee.

