



SPA   
escape reboot rec\*

SPA & WELLNESS MENU

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Our spa is an authentic and enchanting space that reflects the rich traditions of Balinese culture, combined with contemporary lifestyle and trends.

Inspired by the power and diversity of nature, SPA ESC philosophy incorporates the three elements of water, air, and stone to create a peaceful oasis where you can find restoration for your body, mind, and soul.

Our superior service and unique signature therapies, provided by renowned therapists and professionals, will allow guests to leave all their worries behind, relax, and truly unwind.

SPAESC indoor unique spaces to relax and unwind, treatment rooms, a private spa, and fitness & yoga facilities. Our treatments, rich in natural properties and based on a combination of local healing ingredients and indigenous rituals, are combined with modern performance techniques to cleanse your body and refresh your mind completely.

At SPA ESC, we believe that everything we truly need can be found in nature, which is why we use only natural and organic products in our massage treatments, body rituals, and facial treatments.

Whatever treatments you choose; we carefully tailor them to your individual needs. We aim to design an experience that will elevate your mind and body.

We offer a series of therapeutic “journeys”. Each one is designed to help you find ways of improving your life balance. Combine as many or as few elements as you like. BLU Journeys can be experienced alone, with a partner or friend, and take long enough time to unwind you and for us to make a lasting difference to your well-being.

## **A SANCTUARY OF SERENITY AND RENEWAL**

Step into a world where time slows down and every detail is designed to bring you peace. At Esc Spa, we believe that true wellness begins with the balance of body, mind, and spirit. Our carefully curated treatments draw on both traditional healing rituals and modern techniques, delivered with heartfelt care by experienced therapists.

### **RELAXATION AND WELLNESS PACKAGE**

- **2 HOURS STRESS RELIEF RETREAT** IDR 3.750.000  
The Stress Relief Retreat is designed for individuals experiencing fatigue, muscle tension, or mental stress due to work, travel, or daily life. This holistic package combines targeted massage techniques with soothing therapies to restore both body and mind.
- **2 HOURS LOVER RETREAT** IDR 3.750.000  
Romantic Bliss is a signature couple’s experience that brings deep connection and total relaxation. Set in a private treatment room with a calming ambiance, this package is designed to let couples unwind together and create unforgettable memories.

*ALL PRICES ARE SUBJECT TO 10% SERVICE CHARGE AND 15% GOVERNMENT TAX.*



  
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**UNWIND, RECHARGE, AND INDULGE - EVEN IF YOU'RE NOT STAYING WITH US.**  
Spa Day Pass provides exclusive access to a selection of our premium facilities and treatments, ideal for a short getaway or a self-care session.

**YOUR ESCAPE FOR THE DAY**  
Available Daily: 10:00 AM - 6:00 PM

**IDR 1.000.000NETT/PERSON**

**Inclusion:**

- Complimentary Internet Access throughout the resort.
- 40-minute POWER HOUR Head, Neck, Shoulder Massage and Foot Massage.
- 1X meal - (Caesar Salad, Thai Beef Salad, Tuna Tataki and Mango Salad, Radisson Classic Sandwich, Smoked Salmon Croissant, Lamb souvlaki wrap, Special Radisson Burger, Radisson's Nasi Goreng, Spaghetti Bolognese, Tuna Steak, Chicken Satay, Diavola Pizza, Filini Pizza, Choka Pizza)
- 1 Glass of soft drink/Juice
- Free use of the Gym and pool facilities.
- Complimentary herbal welcome drink or infused water.

\*Limited slots available - booking recommended.

Treat yourself or gift a day of tranquility to someone special.



# FULL BODY MASSAGE

## **BALINESSE BLISS** 60/90 Mins

IDR 850.000/IDR 1.295.000

Balinese Bliss is a timeless healing ritual rooted in the ancient traditions of Bali. This full-body massage blends long flowing strokes, gentle stretches, acupressure, and aromatherapy to harmonize the body and calm the mind. The use of warm, nourishing oils enhances relaxation and helps release built-up tension.

## **DEEP REVIVAL MASSAGE** 60/90 Mins

IDR 875.000/IDR 1.299.000

The Deep Revival Massage is a powerful treatment designed to target chronic tension, muscle fatigue, and stress built up over time. Using slow, firm pressure and deep tissue techniques, this massage focuses on releasing knots, improving mobility, and restoring the body's natural vitality.

## **OCEAN BREEZE MASSAGE** 60/90 Mins

IDR 895.000/IDR 1.349.000

The Ocean Breeze Massage is a refreshing full-body treatment inspired by the rhythm of the sea and the cooling energy of ocean air. It uses gentle, flowing strokes and a blend of mint or eucalyptus-infused oils to relax muscles, cool the body, and awaken the senses.

## **BALI STONE SERENITY** 90 Mins

IDR 1.450.000

Light to Medium Pressure

The Warm Stone Massage is a deeply relaxing therapy that combines the healing warmth of smooth volcanic stones with the power of therapeutic touch. Heated stones are gently glided over the body and placed on key energy points to melt away deep-seated tension, ease muscle stiffness, and promote total tranquillity.

## **BAMBOO MASSAGE** 90 Mins

IDR 1.450.000

The Bamboo Massage is a unique deep-tissue treatment using warm oil, smooth bamboo sticks of various sizes. The therapist rolls and kneads the bamboo over the muscles, providing deep pressure and stimulating circulation. This technique is ideal for those who prefer a firm massage with added grounding and detoxifying effects.

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# FOCUS MASSAGE

Designed especially for those who wish to sample a variety of shorter treatments before scheduling the absolute treatment, and those who are on a tight schedule and want quick and relaxing treatment.

**BACK MASSAGE** 30 Mins IDR 499.000

A targeted massage focusing on tight and sore areas most in need of attention.

**HEAD MASSAGE** 30 Mins IDR 499.000

Supremely relaxing, releasing tension points in the scalp and neck. Especially good for extreme weariness, tiredness, or tension headaches.

**FOOT MASSAGE** 30 Mins IDR 499.000

Focusing on reflex zones of the feet that correlate to areas of the body. This massage is perfect after a day of intense sporting activities, hiking, or travel to increase blood flow and soothe.

**CUPPING THERAPY** 30 Mins IDR 500.000

Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction.

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# EXFOLIATION & MASKS

## BODY EXFOLIATION

30 Mins - IDR 599.000

Body scrubs exfoliate the skin, sloughing off dead skin cells and rubbing away hard and flaky skin, leaving it feeling soft and smooth. A salt scrub is a type of exfoliating body treatment that uses sea salt or mineral salt combined with oils and other ingredients to cleanse, detoxify, and rejuvenate the skin.

- Sea Salt Body Scrub
- Sugar Body Scrub

## BODY MASKS

30 Mins - IDR 599.000

Immerse yourself in the healing power of the ocean. This exquisite seaweed body mask infuses your skin with marine-rich nutrients, restoring hydration, radiance, and balance. Known for its natural detoxifying and firming qualities, seaweed helps eliminate impurities while deeply replenishing your skin's vitality. A timeless ritual for those seeking luminous, youthful skin and a moment of oceanic tranquility.

- Seaweed Body Mask

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# FACIAL

90 Mins

## **CALMING FACIAL**

IDR 1,199.000

Tailored to treat skin concerns such as skin congestion, lack of radiance, skin sensitivity, fine lines, and loss of firmness. You'll enjoy deep pore cleansing and exfoliation. An excellent treatment for all skin types.

## **PURIFYING FACIAL**

IDR 1,199.000

Purifying facials are especially beneficial for oily, acne-prone, or congested skin, as they help reduce breakouts, minimize pore appearance, and improve overall skin clarity.

## **HYDRATING**

IDR 1,199.000

Specifically designed to reduce signs of aging and promote a more youthful appearance. It targets issues such as fine lines, wrinkles, loss of elasticity, dryness, and uneven skin tone. And to improve skin texture, tone, and firmness, and are suitable for mature or aging skin, typically for individuals aged 30 and above. blood circulation.

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# KID ZEN THERAPY

Where calm begins early – wellness for every age.

**RELAX & REWIND – JUST FOR KIDS (6 - 10 YEARS OLD)** 30 Mins IDR 499.000

It is a gentle, therapeutic form of massage specifically designed for children. It uses light pressure and soothing techniques to promote relaxation, physical comfort, and emotional well-being in children typically aged from infants to teens.

**FOOT MASSAGE** 30 Mins IDR 499.000

It is a gentle, soothing practice that involves rubbing and applying light pressure to a child's feet to promote relaxation, reduce tension, and support overall wellness. It can be part of a bedtime routine, a stress relief activity, or wellness therapy.

**FACIAL** 30 Mins IDR 499.000

Unlike adult facials, kid facials use mild products and are typically shorter, soothing, and focused on basic skincare, often introduced as part of a healthy hygiene routine or to address early skin concerns.

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# HAND AND FOOT CARE

**EXPRESS MANICURE** 30 Mins IDR 425.000

Nail Shaping and clipping, full cuticle care, buff or clear nail polish colour

**EXPRESS PEDICURE** 30 Mins IDR 495.000

Nail Shaping and clipping, full cuticle care, light heel buff, buff or clear nail polish colour

**NAIL POLISH ONLY** 30 Mins

Regular Polish IDR 200.000

Gel Polish IDR 295.000

Nail Art Gel Polish IDR 325.000

**POLISH REMOVER ONLY** 30 Mins

Regular Polish IDR 125.000

Gel Polish starts from IDR 199.000 / IDR 250.000

**DELUXE MANICURE** 60 Mins IDR 599.000

Nail Shaping and clipping, full cuticle care, massage, and nail polish colour

**DELUXE PEDICURE** 60 Mins IDR 699.000

Nail Shaping and clipping, full cuticle care, massage, and nail polish colour

**LUXURY GEL MANICURE** 75 Mins IDR 695.000

Nail Shaping and clipping, full cuticle care, scrub, massage, and nail polish colour with gel polish.

**LUXURY GEL PEDICURE** 75 Mins IDR 795.000

Nail Shaping and clipping, full cuticle care, scrub, massage, and nail polish colour with gel polish.

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## HAIR SPA

IDR 799.000

Hair spa is a treatment that focuses on nourishing, rejuvenating, and protecting the hair and scalp. It's a holistic approach that combines various techniques, products, and therapies to promote healthy hair growth, improve texture, and enhance overall hair well-being.

## HAIR WASH & DRY

Hair wash & dry without styling

IDR 450.000

Additional with Iron

IDR 200.000

## MAKE UP & HAIR STYLING

- Men Hair Cut IDR 650.000
- Ladies Hair Cut IDR 650.000
- Hair Colouring
  - Short Hair : 12-14 inches (30-35 cm) IDR 850.000
  - Medium Hair : 14-16 inches (35-40 cm) IDR 950.000
  - Long Hair : 16-18 inches (40-45 cm) IDR 1.100.000
- Highlight (Used Foil):
  - Short Hair : 12-14 inches (30-35 cm) IDR 850.000
  - Medium Hair : 14-16 inches (35-40 cm) IDR 950.000
  - Long Hair : 16-18 inches (40-45 cm) IDR 1.100.000
- Hair Styling (Party Look) IDR 850.000
- Make Up (Party Look) IDR 950.000
- Hairdo and Make Up (For Wedding) IDR 2.950.000
- Hairdo (For Wedding) IDR 1.350.000
- Make Up (For Wedding) IDR 1.850.000

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## WAXING FOR WOMEN

- **Eye Brow Wax** 10 Mins IDR 100.000
- **Lip & Chin Wax** 15 Mins IDR 100.000
- **Under Arm Wax** 15 Mins IDR 150.000
- **Package wax includes (Eye Brow, Lips and Chin and Under Arm)** IDR 250.000
- **Half Leg Wax** 30 Mins IDR 350.000
- **Bikini Wax** 30 Mins IDR 485.000
- **Full Leg Wax** 45 Mins IDR 499.000
- **Brazilian Wax** 45 Mins IDR 520.000

## WAXING FOR MEN

- **Underarm Wax** 25 Mins IDR 150.000
- **Chest Wax** 30 Mins IDR 249.000
- **Half Back Wax** 25 Mins IDR 249.000
- **Half Arm Wax** 25 Mins IDR 349.000
- **Full Arm Wax** 30 Mins IDR 399.000
- **Full Back Wax** 30 Mins IDR 399.000

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# WELLNESS ACTIVITIES

## **SELF - AWARENESS MEDITATION** 60 Mins

IDR 950.000/Person OR IDR 1.700.000/Couple

For those seeking more, peace, love, and happiness, tune in with your inner self. This meditation technique combines breathing exercises, concentration, and energy movements to balance your mind and body, aiming to increase happiness and self-belief.

## **TAI CHI** 45 - 60 Mins

IDR 1.100.000/Person OR IDR 1.900.000/Couple

Tai Chi is an ancient Chinese tradition that has evolved over centuries to alleviate stress and anxiety. A form of meditation in motion. Loosen your stiff muscles and learn to flow with gentle, coordinated, and integrated movements that bring serenity and inner peace within each motion. Beginners are most welcome.

## **SOUND HEALING** 60 Mins

IDR 1.100.000/Person OR IDR 1.900.000/Couple

The sounds generated by the Tibetan Singing Bowls generate medicinal energy that promotes healing from stress disorders, chronic pain, depression, and most forms of disease. Healing processes are initiated by stimulating our brainwaves to synchronize with the perfect resonance of the sound. The sound vibration will create the perfect state for deep relaxation.

## **QI-GONG** 60 Mins

IDR 1.100.000/Person OR IDR 1.900.000/Couple

Qi Gong is an ancient Chinese practice that involves gentle movements, controlled breathing techniques, and meditation to cultivate and balance the body's vital life energy, known as Qi.

Additional benefits of practicing Qi Gong:

Qi Gong can enhance your physical health.

Regular Qi Gong practice can have profound effects on your physical health. By promoting the smooth and harmonious flow of Qi throughout your body's meridian pathways, it helps to stimulate and strengthen your internal organs, improve your blood flow, relieve stress and tension, boost your immune system, and enhance your overall vitality.

## **REIKI** 60 Mins

IDR 1.100.000/Person OR IDR 1.900.000/Couple

Reiki assists in moving the body's energies through areas of weakness or blockage on levels that originate from physical, emotional, and mental toxicity. The Reiki master will apply gems stone and acupressure points to specific areas to increase blood flow through the body and reduce stress and tension.

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# SPA ETIQUETTE & QUESTIONS

Q. What time does the Spa open?

Opening hours: 09:00am-24:00pm

Q. Are reservations necessary?

Yes, please call Esc Spa (451) or our Front Office Team on (0) to make your reservation

Q. When should I arrive at the spa?

Please arrive 10 minutes before your treatment in order to have enough time to relax and change into appropriate clothing. Arriving late will shorten your Spa treatment. Your treatment should always finish on time to prevent further delays for other guests.

Q. Is it OK to do a treatment / massage at any time?

Please advise therapist when booking / prior to your treatment of any medical condition such as high blood pressure. We recommend not having a treatment or massaging right after a meal or after drinking alcohol.

Q. Is the Spa for women and men?

Yes, our Spa caters to individuals or if desired, couples.

Q. What should I wear?

We provide disposable underwear for your convenience and comfort while in the spa area. However please feel free to wear your own underwear during treatment. Dress casually as we recommend that treatment oils remain on your skin following treatment for maximum benefit and pleasure. Our therapist will always use draping technique to respect your privacy. Please remove and store valuable items, such as jewellery, watches, wallets and cash in your room or provided safe deposit box.

Q. Can I wear contact lenses?

Our Therapists recommend taking out Contact Lenses to insure complete comfort during the treatments.

Q. When do I pay for the appointment?

The treatment charge will be added to your room bill or credit card provider and presented on check out if you are staying in the hotel. Outside guest to settle payment before or after treatment.

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Q. Can I bring my mobile phone to the spa?

Switch off or put it on a silence mode if the phone is taken to the spa.

Q. Can I have my treatment in my Room?

Unfortunately, all treatments are to be done in the spa room.

Q. Is there anything else I should consider or be aware of?

Please allow your feelings, your senses to take the lead here. Relax, take deep long breaths and enjoy, let go and allow our therapists to work their magic to sooth your body and mind.

Q. How about cancellation fee?

Due to limited number of treatment rooms available, we must have a firmed confirmation for each reservation. A cancellation made four hours before treatments will be charged all 50% of the treatments reserved. Thank you for your understanding and cooperation

## **SPA ESC**

Jl Pemutih - Labuan Sait, Uluwatu, 80361 Pecatu - Bali, Indonesia

WA: +62 811 3831 2027 | T: +62 361 300 8888 ext 450

E: [rhi\\_rdbu@radisson.com](mailto:rhi_rdbu@radisson.com)