



L'SPA Signatures

Gorgeous Diva

Foot Ritual, Hot Towel steam bath, Body Scrub, Body Massage, Refresher Organic Facial

Begin this beautifying treatment with a hot towel steam bath to open your pores to receive the nutrient infusions that await. Your choice of body scrub follows gently sloughs off the dead skin cells. After a quick rinse, sink into the bed as the therapist massages and melts your tensions away. A 30-minute organic facial makes it all perfect.

150mins

980K

L'SPA Massages

Oils

L'SPA offers a standard option of three popular essential oils for massage, namely Sandalwood Orange, Grapefruit Geranium and Lemongrass. For a sweeter option we offer a delicious selection of scents and fragrances to enhance your massage experience.

The Exotic Balinese

60mins

295K

90mins

395K

An ancient healing tradition that has been passed down through generations. Combining various techniques such as long kneading strokes, thumb rolling and acupressure, this massage is a perfect choice to release muscular tensions.

Rejuvenate Body Massage

90mins

420K

These a nurturing, soft tissue massage, excellent for stress reduction, relaxation, increasing circulation, and providing pain relief. It is also improve joint range of motion. Massage Therapy helps relax the whole body, loosen tight muscles and add a relaxation to the body and mind.

OPENING HOURS
MONDAY TO SUNDAY
9.00AM – 11.00PM

L'SPA AT L HOTEL AND RESORTS
Jalan Raya Petitenget No. 8L, Seminyak, Bali 80361
T: +62 – 361-8947898 | +62 - 811 3850 201
L'SPA AT FOUR ON DRUPADI
Jalan Drupadi No.4, Seminyak, Bali 80361
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Jetlag Antidote

60mins

445K

90mins

545K

A good therapy to release water retention and stiffness in the muscles after a long flight or late night out. Combining relaxing massage techniques and warm compress on the back and legs, surely brings you back to balance and ready to explore Bali's bests.

Hawaiian LomiLomi

60mins

335K

90mins

445K

An energizing massage which involves therapeutic techniques using rhythmic flowing forearm and elbow movements, good for deep seated tensions in the muscles while caring and nurturing for the mind.

The Warm Stone Therapy

80mins

460K

The combination of therapeutics and relaxing healing treatment, by using basalt stone and body oil, design to relieve stiffness, soreness and muscle tension of the body, to restore energy in balance with deep pressure in to the tissue of the body.

Foot Reflexology

30mins

135K

60mins

235K

Originated in China and now loved by all, this health-enhancing foot therapy focuses on the reflex points of the feet which mirror the entire body system. Stimulating these points will assist to restore the natural energy flow and improve circulation.

Relaxing Back

30mins

180K

Pause and get the tension kneaded off your shoulder and back. Let the therapist customize the techniques that suit your needs and face the world again as your circulation improved and your mind refreshed.

Indian Champi

30mins

165K

A very effective stress releasing head massage which is based on the ancient Ayurvedic form of healing. It works the upper three chakras to restore physical harmony, vitality, and for good, simple relaxation.

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L'SPA Packages

Luscious Decadent

120mins

680K

Foot Ritual, Chocolate Body Scrub, Chocolate Body Wrap, Body Massage

A luxurious indulgence which gives your body a real treat beyond the luscious chocolaty fragrance. The chocolate body scrub and mask provides a powerful moisture booster and stimulates cell renewal while firming up the skin. A relaxing massage of your choice makes a smooth finale to this pampering journey.

Smooth and Shine

120mins

680K

Foot bath, Body Scrub, Body Massage

Choose your favorite body scrub and body massage, and let the time slows down for a while. Your feet are firstly bathed and pampered, then enjoy a therapeutic full body massage of your choice. A gentle skin exfoliation to restore its natural shine and beauty concludes this restorative experience.

Choose from the following body scrubs that suit you most:

- *Coffee and Mocha *yummy, mind soothing aroma, good for oily skin*
- *Kemiri Nut *gentle and highly moisturizing, good for dry skin*
- *Green Tea *refreshing, detoxifying, good for all skin types*

Cocooned to Perfection

120mins

680K

Foot bath, Body Wrap, Body Massage

A purifying foot bath prepares you to a body wrap application to remove impurities. While being cocooned, a relaxing scalp massage will soothe your mind. A body massage of your choice will melt tensions away leaving you feeling energized and refreshed.

Choose from the following body wrap selections to suit your need:

- *Balinese Boreh *rice powder with a blend of warming spices, good to reduce fatigue*
- *Volcanic Mud *detoxifying clay, refreshing, good for all skin types*

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Signature Treatments by Pevonia Botanica

Pevonia Botanica delivers outstanding skin health, radiance and rejuvenation to all skin types. Pevonia's products and in-spa treatments unite the finest natural marine and organic botanical ingredients with advanced delivery systems for maximum absorbency and truly phenomenal results.

PEVONIA BODY

Silky Radiance

120mins

950K

Silky body scrub, Body Massage, Refresher Facial

A complete face and body treatment to restore your body to optimum renewal. A gentle silky body scrub of Jojoba and Lemon essential oil to polish away impurities and a body massage to calm the mind and relieve built up tension and fatigue. Finish with hydrating refresher facial, all designed to restore the skin while recharging and rebalancing the body.

Men's Revival

90mins

850K

*Choice of: Body Massage with Tension Relief Back Treatment, Express Men Facial
Energizing Jojoba Scrub, Body Massage with Tension Relief Back Treatment*

Get revived and energized with the Signature Back Treatment and hot towel infusion relieving all muscular tensions, and your choice of Pevonia refresher Men Facial or Energizing Scrub to revitalize your skin.

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PEVONIA FACE

Collagen Facial

60mins

750K

Perfect to counteract any signs of early aging and dehydration. Rich in concentration of Marine Collagen and Caviar to plump and nourish the skin reduce fine lines and wrinkles and bring out a youthful glow.

Organic Facial

60mins

650K

Pure and natural skin treatment using organic botanicals and exquisite formulations from Pevonia Botanica. It improves your skin naturally and restores normal moisture levels, bringing out radiant and healthy complexion.

Men's Facial

60mins

650K

Especially created for men's skin, using natural phyto-extracts rich in botanical liposomes, this treatment helps prevent razor burn, sensitivity and folliculitis. Cleans, clears and calms the skin.

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L'SPA NAIL CARE

Fingers and Toes

OPI Manicure	60mins	200K
OPI Pedicure	60mins	250K
OPI Manicure & Pedicure	100mins	400K
Shellac Manicure - N/A	90mins	230K
Shellac Pedicure - N/A	90mins	260K
Shellac Manicure & Pedicure – N/A	120mins	440K

Finger and toes are includes shaping, tidying, cuticle trimming and buffing the nails prior to nail polish application.

Nail polish only (OPI)	30mins	100K
Nail polish only (Shellac)	45mins	150K
Remove nail polish only (Shellac) – N/A	30mins	150K

L'SPA WAXING

Waxing

Full leg	50mins	240K
Half leg	30mins	180K
Full arm	30mins	180K
Half arm	30mins	140K
Under arm	30mins	120K
Chin	20mins	110K
Back	45mins	180K
Chest	30mins	180K

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