



Island Spa Menu



Welcome to Island Spa

Time often passes on Trikora in the most delightful of ways and we truly appreciate that there is possibility that you may be immersed in the Resort and miss your Spa appointment time.

Spa treatments are a welcomed treat for all of our Trikora guests to enjoy and we promise we will always aim to ensure you receive your fully spa duration, or reschedule your appointment for the same day. We thank you for understanding that we may not always be able to reschedule and that late arrival may result in a shorter treatment time.

If you are pregnant you may wish to avoid booking a treatment that involves the use of essential oils. Massage or stimulating treatments are not recommended during the first trimester of pregnancy.

OPENING HOURS

Every Day : **9:00am – 8:00pm**
Last booking : **7:00pm**
Email : **spa@trikorabeachclub.com**



Island Spa

Simply Refresh, Relax and Indulge
Close your eyes, Inhale, Exhale and Recharge

Refresh your senses at Island Spa where invigorating Spa experiences, fresh ingredients and a soothing touch await. Seize your delightful Spa moments now and let the day begin.

RESTORE TREATMENT

Ecological restoration is an intentional activity that initiates or accelerates the recovery of an ecosystem with respect to its health. To return something or someone to an earlier good condition or position.

ISLAND SKIN FACIAL

60min | **IDR 470.000++**

For those in their 40s

Skin Type	: Mature, dehydrated
Ingredients	: Marine, Algae
Process	: Cleanser, scrub, massage, mask, cleanse, serum
Included	: Welcome drink, foot washing ritual, cleanse, brown sugar scrub, face steaming, cleanses, serum and warm ginger tea.

Be pampered with Age Renew skin care products containing Bio Macroalgae Essentials. Macroalgae, or seaweed, intensively hydrates and nourishes your skin as well as helping to combat acne. A facial to regenerate, increase skin elasticity and leave your skin supple and firm.

SACRED BALINESE MASSAGE

60min | **IDR 450.000++**
90min | **IDR 650.000++**

Massage Type	: Deep Tissue, Strong massage
Ingredienets	: Oil infused massage
Process	: Full body oil massage start from back, back legs, front legs, arms, shoulder, neck and head massage
Included	: Welcome drink , foot washing ritual, and warm ginger drink after massage

Re-awaken your senses and find yourself in a complete state of calm. A nourishing full-body, deep-tissue massage treatment is a seamless blend of firm and smooth strokes it brings a sense of inner calm, lasting contentment, tension relief and promotes better sleep.

COFFEE DETOX & EXFOLIATER

30min | **IDR 320.000++**

Skin Type	: All Skin Type
Benefits	: Antioxidant to restore skin texture, blood flow, skin condition and youth to restore
Ingredients	: Coffee grain, coconut oil, rice grain
Process	: Exfoliate, head and face massage, shower and body butter
Included	: Welcome drink, foot washing ritual, Warm ginger drink

This is a great exfoliator for rough or dry skin and the perfect treatment to reduce stretch marks and cellulite. It involves blending together local ground coffee with coconut oil to make a rich scrub that can be used in the treatment, resulting in soft and glowing skin.

CANDLENUT AND RICE BODY POLISH 30min | **IDR 370.000++**

Skin Type	: Dry Skin
Benefits	: Helps slough off dry layers and the moisturize the skin beneath, because our unique formula contains no soap or surfactants. It washes off to leave behind a veil of gentle moisture no residue.
Ingredients	: Candlenut, Rice grain, coconut milk
Process	: Exfoliate, head and face massage, shower and body butter

Candlenuts are used as a staple in Indonesian food dishes, in addition to body scrub due to the rich Omega 3 which helps for moisturize even the driest of skin. Rice grain has been used to treat dry and stressed skin and coconut milk contribute to a smooth and radiant skin and antibacterial.

SPICE PUMPKIN OTMEAL WRAP 60min | **IDR 470.000++**

Skin Type	: All skin, sun-exposes , maturing, sensitive, dry skin
Benefits	: Hydrating and results-oriented, designed to revitalize congested or dull skin through the combination of powerfull antioxidants and pure oxygen
Ingredients	: Pumpkin, oatmel, nutmeg, cinnamon, clove powder, honey olive oil
Process	: Mask application, head and face massage, shower, body butter
Included	: Welcome drink , foot washing ritual, Warm ginger drink

Mother Nature takes care of us in a thoughtful way, pumpkin is rich in nutrients that boost the health of the skin, such as alpha and beta-carotenes. Carotenes are orange pigments that act as important antioxidants and pure oxygen that boost immunity and slow the degenerative process of aging by protecting the cells from damage caused by free radicals. Pumpkin are also chock-ful of Vitamin C & E so not only does nit help fight the free radicals that are believed to cause aging but it also acts as a natural cleanser that exfoliates, soopthes and soften the skin.

RESTORATION PACKAGE

90min | **IDR 800.000++**

This blended therapy combines each of the offerings in our Restore Journey into one ultra-revitalising treatment.

- 30min Choice of Body Polish
- 60min Sacred Balinese Massage

PROTECT TREATMENT

Create safe barriers of protection to nurture the delicate dynamics of nature. Protect against infection, weather and other external factors.

VITAL NUTRITION FACIAL

60min | **IDR 470.000++**

For those in their 20s and 30s

Skin Type	: All skin, sun-exposed, maturing, sensitive, oily skin
Ingredients	: Aloe Vera
Process	: Cleanser, scrub, massage, mask, cleanse, serum
Included	: Welcome drink, foot washing ritual, cleanse, brown sugar scrub, face steaming, cleanses, serum and warm ginger drink

Bio aloe vera extract is a nutrient rich lotion that keeps skin soft and moisturised in the sun. It offers anti-inflammatory, antimicrobial, antioxidant and soothing properties and is perfect for sensitive and irritated skin. Its healing properties help to slow down the signs of premature ageing, giving you a fresh youthful look.

TENDER TOUCH MASSAGE

60min | **IDR 450.000++**

90min | **IDR 650.000++**

Massage Type	: Gentle massage
Ingredients	: Virgin Coconut Oil, Rice Flour Pouch
Process	: Warm Rice Flour pouch & massage by hand , lay down side by side, continue to massage on front legs, arms, shoulder, neck and shoulder
Included	: Virgin Coconut Oil, Rice Flour Pouch

Be pampered by this soft to medium fully body massage where soothing, long strokes and thumb pressure are applied in tandem to relax the body. Ideal for guests who prefer a lighter massage pressure or expectant mothers, children and the elderly.

ALOE & CUCUMBER Body Mask

60min | **IDR 470.000++**

Skin Type	: Sun- Exposes , Sensitive
Benefits	: Discover the tingle of soothing aloe vera as it stimulates new cell growth and moisturises sunburnt skin
Ingredients	: Cucumber, Aloe Vera
Process	: Aloe vera mask, Head and face massage , aloe vera gel
Included	: Welcome drink , foot washing ritual, Warm Jamu drink

This hydrating and soothing treatment brings together the healing benefits of Aloe Vera which comes straight from our organic garden to soothe and repair the skin after sun exposure.

Aloe and Cucumber are known for their healing and purifying properties. Excellent for sensitive and sunburned skin, the mask improves skin condition, calms skin irritation and its light fragrance induces relaxation. You can enjoy relaxing face massage and Indian Head Massage during wrap and followed by aloe vera gel apply on your body.

PERFECTLY PROTECT PACKAGE

120min | IDR 900.000++

The environment illness, stress –this therapy is a respite from it all. Shield your body from further damage and nourish yourself from the outside in.

- 60 min choice of Body Wrap/ Facial
- 60 min Tender Touch Massage

BALANCE TREATMENT

A concept in ecology that describes natural system as being in a state of equilibrium, in which disturbing one element disturbs the entire

ISLAND YOGA FACIAL Anti Wrinkle 60min | IDR 470.000++

Skin Type	: All skin, maturing
Ingredienets	: Jade Mineral
Process	: Cleanser, scrub , massage , mask, cleanse, serum
Included	: Welcome drink, foot washing ritual, cleanse, brown sugar scrub, face steaming, cleanses, serum and warm Jamu drink

An anti-ageing face rejuvenation which will bring a radiant glow to your skin. By stimulating the circulation in your face with a 'deep sculpting booster jade' massage – yoga for the face, we leave you feeling toned, refreshed and looking younger.

SACRED INDIAN HEAD MASSAGE

30min | IDR 350.000++

Massage Type	: Stimulating, medium pressure
Ingredients	: Virgin Coconut Oil
Process	: Warm oil forehead, head massage, hair mask
Included	: Welcome drink , foot washing ritual, and warm ginger drink after massage

Traditionally known in India as 'Champissage', this treatment combines both gentle and stimulating techniques on the upper back, shoulders, neck and scalp to improve blood flow, nourish the scalp and induce a deep sense of calm.

RELAXED FOOT

30min | IDR 350.000++

Massage Type	: Stimulating, medium pressure
Ingredients	: Virgin Coconut Oil
Process	: Pressure point and thumb slides under the feet
Included	: Welcome drink , foot washing ritual, and warm ginger drink after massage

Pamper your soles with this relaxing massage concentrating on the pressure points to rejuvenate tired, worn muscles from the heel to the tips of the toes.

SERENITY MASSAGE

60min | **IDR 450.000++**

90min | **IDR 650.000++**

Massage Type	: Soft to medium, Swedish, Thai
Ingredients	: Oil infused massage
Process	: Full body oil massage start from back, back legs, front legs, arms, shoulder, neck and head massage
Included	: Welcome drink , foot washing ritual, and warm ginger drink after massage

A soft to medium massage which improves overall relaxation from top to toe, this treatment combines long strokes, skin rolling, and thumb and palm pressure. It aims to relieve tension, improve blood circulation, reduce anxiety and calm the mind.

TURMERIC AND HONEY GLOW

30min | **IDR 370.000++**

Skin Type	: All skin Type
Benefits	: Nourish, brighten, lighten, refine, anti-allergic and anti
Ingredients	: Turmeric, tamarind pastelocal honey and crushed sesame seed
Process	: Exfoliate, head and face massage, shower and body butter
Included	: Welcome drink , foot washing ritual, Warm Jamu drink

Known for its healing and cleansing properties, turmeric mixed with honey, tamarind and sesame seed forms this refreshing scrub. The oil from the crushed sesame seed ensures that the skin is not stripped dry by the scrub. Turmeric is a natural antioxidant as well as a natural bleaching agent, making it a great ingredient for those with acne scars and dark spot. Tamarind is a sour-sweet fruit pod, the extracts of this fruit have been used to possess skin lightening properties, while honey good for anti-allergenic and anti-bacterial.

COMPLETE BALANCE PACKAGE

150min | **IDR 1.600.000++**

This all-in-one therapy is for anyone who yearns to recalibrate the body and realign the emotions. Its like a reset button for your life.

- 30 mins Turmeric and Honey Glow
- 30 mins of Sacred Indian Head massage or Relaxed Foot
- 60 mins Serenity Massage
- 60 mins Choice of Facial

PURIFY TREATMENT

Salt lamps & crystals, ionic, filters, bacteria removal, lighten, whiten, coconut milk, coconut fibres

PURE BALANCE A facial for teenager 60min | **IDR 470.000++**

Skin Type	: Oily, breakout-prone, teens, combination
Ingredients	: Active charcoal
Process	: Cleanser, scrub, massage, mask, cleanse, serum
Included	: Welcome drink, foot washing ritual, cleanse, brown sugar scrub, face steaming, cleanses, serum and warm ginger drink after massage

A special face care treatment designed for the younger skin, suitable for ages 13 to 20. Containing bio hazel extract, it will purify, freshen and reduce excess oil, maintaining the skin's natural balance and leaving you with a feeling of freshness perfect for keeping young skin full of life.

BACK THERAPY

30min | **IDR 350.000++**

Massage Type	: Deep Tissue, strong
Ingredients	: Virgin Coconut Oil , Ginger , Kaffir Lime Leaf, Peppermint Essential Oil
Process	: Back, neck, shoulders massage and ginger mask on spinal line
Included	: Welcome drink , foot washing ritual, and warm ginger drink after massage

A reviving back,neck and shoulders massage using therapeutic trigger techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

OCEAN SALT SCRUB

30min | **IDR 370.000++**

Skin Type	: All skin Type, oily skin
Benefits	: Detoxify and nourish the skin, remove dull skin, breakdown
Ingredients	: Ocean Salt, Ginger and Kaffir lime leaf
Process	: Dry brush, scrub , head and face massage, shower and body butter
Included	: Welcome drink , foot washing ritual, Warm Jamu drink

Get the glow back into your skin with this rejuvenating body scrub. It starts with Aura which you will blend local sea salt with local virgin coconut oil. Dead skin cells are buffed away with dry body brushing before the locally-inspired scrub is applied to the body to stimulate your circulation and leave your skin feeling soft and smooth. This experience concludes with the application of a nourishing coconut oil.

SEAWEED MASK

60min | **IDR 470.000++**

Skin Type	: Oily and Sensitive Skin
Benefits	: Detoxify and nourish the skin, remove dull skin, breakdown cellulite
Ingredients	: Seaweed, Grapefruit essential oil, olive oil and warm water
Process	: Body brush,mask application, Head & Face Massage, Shower and body butter

This body wrap draws on the detoxifying and breakdown cellulite of seaweed. Tangle me up wrap hydrates, nourishes, remove dull skin. Combined wighth stimulating body brushing to help tone and firm your skin, helping against signs of ageing and aiding in increasing circulation.

DETOX AND PURIFY PACKAGE

120min | **IDR 900.000++**

Detox yourself from head to toe with this combination therapy that blends the best of our purifying treatment into one power-packed session .

- 30 mins Ocean Salt Scrub
- 30 min Back Theraphy
- 60 min Seaweed Body Mask or 60 min facial