



## TRIKORA ISLAND SPA



Spa treatments are a welcomed treat for all our Trikora guests. Refresh your senses at Trikora Island Spa where invigorating spa experiences, fresh ingredients and a soothing touch await. Seize your delightful spa moments now and let the day begin.

Time passes by quickly on Trikora in the most delightful ways and we understand that there is a possibility that you may be immersed in the resort and miss your spa appointment. We seek your understanding that we may not always be able to reschedule within the same day 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

Mon – Sun: 9:00am - 8:00pm

Last booking: 7:00pm

Email: [spa@trikorabeachclub.com](mailto:spa@trikorabeachclub.com)



# RESTORE



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

60 mins | IDR470.000++

Recommend for those in their 40s

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

- Skin Type : Mature, dehydrated
- Ingredients : IMarine, Algae
- Process : Cleanser, scrub, massage, mask, cleanse, serum
- Included : Welcome drink , foot washing ritual, and a warm ginger drink after

## COFFEE DETOX & EXFOLIATER

30 mins | IDR 320.000++

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

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

**All Price Are Subject To 21% Government Tax And Service Charge**

## **CANDLENUT AND RICE BODY POLISH**

**30 mins | IDR 370.000++**

Candlenuts are used as a staple in Indonesian food dishes, in addition to body scrub due to the rich Omega 3 which helps for moisturise 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 has anti-bacterial properties.

- Skin Type : Dry Skin
- Benefits : Helps slough off dry layers and moisturises the skin beneath. Our unique formula contains no soap or surfactants, no residue remains after washing.
- Ingredients : Candlenut, Rice grain, coconut milk
- Process : Exfoliate, head and face massage, shower and body butter
- Included : Welcome drink, foot washing ritual, a warm ginger drink

**60 mins | IDR 470.000++**

## **SPICE PUMPKIN OATMEAL WRAP**

Pumpkin is rich in nutrients such as alpha and beta-carotenes, that boost the health of the skin. Carotenes are orange pigments that act as an important antioxidant and produce pure oxygen that boost immunity and slows the aging process. Pumpkin are also full of Vitamin C & E, where it fights the free radicals that cause aging, and also act as a natural cleanser that exfoliates, soothes and soften the skin.

- Skin Type : All skin
- Benefits : Hydrating and results-oriented, designed to revitalize congested or dull skin through the combination of powerful! antioxidants and pure oxygen
- Ingredients : Pumpkin, oatmeal, nutmeg, cinnamon, clove powder, honey olive oil
- Process : Mask application, head and face massage, shower, body butter
- Included : Welcome drink, foot washing ritual, a warm ginger drink

## **SACRED BALINESE MASSAGE**

60 mins | **IDR 450.000++**

90 mins | **IDR 650.000++**

Re-awaken your senses and find yourself in a state of calmness. 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.

Massage Type	:	Deep Tissue, Strong massage, Oil-infused massage
Ingredients	:	Pumpkin, oatmeal, nutmeg, cinnamon, clove powder, honey olive oil
Process	:	Mask application, head and face massage, shower, body butter
Included	:	Welcome drink, foot washing ritual, a warm ginger drink after

## **RESTORATION PACKAGE**

90 mins | **IDR 800.000++**

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

- 30 mins of your choice of Body Polish
- 60 mins of Sacred Balinese Massage

# PROTECT



Create safe barriers of protection to nurture the delicate dynamics of nature.

Protect against infection, weather and other external factors.

## VITAL NUTRITION FACIAL

60 mins | IDR 470.000++

Recommended for those in their 20s to 30s

Bio aloe vera extract is a nutrient rich lotion that keeps skin soft and moisturised in the sun. It offers anti-inflammatory, anti-microbial and soothing properties. It 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.

- Skin Type : All skin
- Benefits : Hydrating and results-oriented, designed to revitalise congested or dull skin through a combination of powerful antioxidants and pure oxygen
- Ingredients : Aloe Vera
- Process : Cleanser, scrub , massage , mask, cleanse, serum
- Included : Welcome drink, foot washing ritual, brown sugar scrub, face steaming, serum and a warm ginger drink after

## ALOE & CUCUMBER BODY MASK

60 mins | IDR 470.000++

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. Excellent for sensitive and sunburned skin, the mask improves skin condition, calms skin irritation and its light fragrance induces relaxation.

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

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## **TENDER TOUCH MASSAGE**

60 mins | **IDR 450.000++**

90 mins | **IDR 650.000++**

Be pampered by this soft to medium full 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, expectant mothers, children or elderly.

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

## **PERFECTLY PROTECTION PACKAGE**

120 mins | **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 mins of your choice of Body Wrap / Facial
- 60 mins of Tender Touch Massage

# BALANCE



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 ANTI-WRINKLE FACIAL

60 mins | IDR 470.000++

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, it will leave you feeling toned, refreshed and looking younger.

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

## TUMERIC AND HONEY GLOW BODY SCRUB

30 mins | IDR 370.000++

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 spots. Tamarind is a sour-sweet fruit pod, the extracts of this fruit have possess skin lightening properties, while honey is good has antiallergic and anti-bacterial properties.

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

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## SACRED INDIAN HEAD MASSAGE

30 mins | IDR 350.000++

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.

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

## RELAX FOOT MASSAGE

30 mins | IDR 350.000++

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.

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 a warm ginger drink

## SERENITY TOUCH MASSAGE

60 mins | IDR 450.000++

90 mins | IDR 650.000++

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

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 a warm ginger drink after



## **COMPLETELY BALANCED PACKAGE**

180 mins | **IDR 1,600.000++**

This all-in-one therapy is for anyone who yearns to recalibrate the body and realign the emotions. It is 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 of Serenity Massage
- 60 mins of your choice of Facial

# PURIFY



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

## PURE BALANCE FACIAL

60 mins | IDR 470.000++

Recommended for teenagers

A special face care treatment designed for 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. The facial will leave you feeling fresh, perfect for keeping the young skin full of life.

- 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 a warm Jamu drink after.

## OCEAN SALT BODY SCRUB

30 mins | IDR 370.000++

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

- Skin Type : All 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, a warm Jamu drink after.

## SEAWEED BODY WRAP

60 mins | IDR 470.000++

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

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
Included	:	Welcome drink , foot washing ritual, a warm Jamu drink after.

## BACK THERAPY

30 mins | IDR 350.000++

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.

Massage Type	:	Deep Tissue, Strong
Ingredients	:	IVirgin 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 a warm ginger drink after

## DETOX AND PURIFY PACKAGE

120 mins | 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 Therapy
- 60 min Seaweed Body Mask or Facial

**Enjoy your moment at Trikora Island Spa!**

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