



# TRIKORA

BEACH CLUB AND RESORT

*Island Spa*  
*À la carte prices*

**OPENING HOURS**

Mon – Sun: 9:00am – 8:00pm

Last booking: 6:00pm





# *Island Spa*

## *Refresh, Relax and Indulge*

Welcome to the Island Spa that is designed for relaxation and rejuvenation. With unobstructed views of the ocean while you receive your treatment from our resident masseuses, your body and soul will get the rest and recovery it wants.

The Island Spa, with the use of fresh ingredients and a series of therapeutic treatments, will offer you ways to restore, protect and balance your body and soul. Treat your body to what it deserves.

Spa and massage help relax the body and mind, improve blood circulation, relieve stress and muscle tension, and enhance sleep quality, leaving you feeling refreshed and rejuvenated.

Spa treatments are a welcome indulgence for all Trikor Beach Club and Resort guests. Refresh your senses at Trikor Island Spa, where invigorating experiences, fresh natural ingredients, and a soothing touch come together in perfect harmony. Seize your delightful spa moments and let your day begin in pure relaxation.

Time passes effortlessly at Trikor in the most delightful ways. We understand that guests may become immersed in the resort experience and unintentionally miss their spa appointment. Kindly note that we may not always be able to reschedule treatments within the same day. Late arrivals may result in a shortened treatment time to respect subsequent appointments.

For your safety and comfort, guests who are pregnant are advised to avoid treatments involving essential oils. Massage or stimulating treatments are not recommended during the first trimester.

For further information or to make a spa reservation, please contact our Front Office team directly. Our team will be delighted to assist you in arranging a treatment schedule according to your preferences. You may also reach us via telephone or email.

**+62 811-7700-898**  
**info@trikorabeachclub.com**



**www.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 | IDR 360.000++**

For those in their 30 - 40s

Skin Type	: Mature, dehydrated
Ingredients	: Marine, Algae
Process	: Cleanser, scrub, massage, mask, cleanse, serum
Included	: Foot washing ritual, cleanse, face 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.

## COFFEE DETOX & EXFOLIATER

**30 mins | IDR 300.000++**

Skin Type	: All Skin Type
Benefits	: Antioxidants to restore skin texture, blood flow, skin, condition and youth to restore
Ingredients	: Coffee grain, coconut oil, rice grain
Process	: Exfoliate, shower and body butter
Included	: 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 local ground coffee with coconut oil to make a rich scrub that can be used in the treatment, resulting in soft and glowing skin.

## COCONUT SCRUB

**30 mins | IDR 300.000++**

Massage Type	: All Skin Type
Benefit	: Anti-allergic, brightens, nourishes, and moisturizes the skin.
Ingredients	: Coconut milk, coconut oil, honey, crushed sesame seeds, and blended rice.
Process	: Applied all over the body except the face
Included	: Shower, body butter application, foot-washing ritual, and warm jamu drink.

## RAMPAH MANGGIR SPECIAL TRADITIONAL

**30 mins | IDR 300.000++**

Massage Type	: All Skin Type
Benefit	: Brightens the skin, anti-allergic, helps reduce dull and yellowish skin tone, removes dead skin cells, and gives a natural aroma to the skin.
Ingredients	: Blended rice, aromatic ginger, turmeric, ylang-ylang flower, honey, and olive oil.
Process	: Applied all over the body except the face, followed by shower and body butter application.

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





# Restore

## SEAWEED SCRUB

**30 mins | IDR 300.000++**

Massage Type	: All Skin Type
Benefit	: Anti-allergic, removes dead skin cells, evens out skin tone, smoothes, and moisturizes the skin.
Ingredients	: Blended rice, olive oil, honey, and seaweed.
Process	: Applied all over the body except the face, followed by shower and body butter application.

## ISLAND SKIN FACIAL

**60 mins | IDR 360.000++**

For those in their 30 - 40s

Skin Type	: Mature, dehydrated
Ingredients	: Marine, Algae
Process	: Cleanser, scrub, massage, mask, cleanse, serum
Included	: Foot washing ritual, cleanse, face 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.

## TRADITIONAL MASSAGE

**60 mins | IDR 444.000++**

**90 mins | IDR 660.000++**

Massage Type	: Original Javanese massage
Ingredients	: Oil infused massage
Process	: Full body oil massage start from back, back legs, front legs, arms, shoulder, neck, stomach massage ( woman only ) and head massage
Included	: Foot washing ritual, Warm ginger drink after massage

## BALLINESS MASSAGE

**60 mins | IDR 444.000++**

**90 mins | IDR 660.000++**

Massage Type	: Deep Tissue, Strong massage
Ingredients	: Oil infused massage
Process	: Full body oil massage start from back, back legs, front legs, arms, shoulder, neck, stomach massage ( woman only ) and head massage
Included	: Foot washing ritual, Warm ginger drink after massage

## DEEP MASSAGE

**60 mins | IDR 444.000++**

**90 mins | IDR 660.000++**

Massage Type	: Deep Tissue, Strong massage
Ingredients	: Oil infused massage
Process	: Full body oil massage start from back, back legs, front legs, arms, shoulder, neck, stomach massage ( woman only ) and head massage
Included	: Foot washing ritual, Warm ginger drink after massage

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.

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# 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 360.000++**

A facial for teenager – 20s

Skin Type	: All skin, sun-exposed, maturing, sensitive, oily skin
Ingredients	: Aloe Vera
Process	: Cleanser, scrub, massage, mask, cleanse, serum
Included	: Foot washing ritual, cleanse, 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, 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.

## TENDER TOUCH MASSAGE

**60 mins | IDR 444.000++**

**90 mins | IDR 660.000++**

Type	: Gentle massage ( <i>especially for pregnant women</i> )
Ingredients	: Oil Infused Massage
Process	: Lay down side by side, continue to massage on front legs, arms, shoulder neck and shoulder
Included	: Foot washing ritual, Warm Jamu drink after massage

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.

## ALOE & CUCUMBER BODY MASK

**60 mins | IDR 360.000++**

Skin Type	: Sun- Exposed, 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	: 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. 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.

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# Balance

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

## YOGA FACIAL ANTI-WRINKLE

**60 mins | IDR 360.000++**

Skin Type : All skin, maturing  
Ingredients : Jade Mineral  
Process : Cleanser, scrub, massage, mask, cleanse, serum  
Included : 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.

## RELAXED FOOT

**30 mins | IDR 300.000++**

**60 mins | IDR 444.000++**

Massage Type : Stimulating, medium pressure  
Ingredients : Foot Cream Massage  
Process : Pressure point and thumb slides under the feet  
Included : 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.

## COMBINATION MASSAGE

**60 mins | IDR 444.000++**

**90 mins | IDR 660.000++**

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 : 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, using the thumb and palm pressure. It aims to relieve tension, improve blood circulation, reduce anxiety and calm the mind.

## TUMERIC AND HONEY GLOW

**30 mins | IDR 300.000++**

Skin Type : All skin Type  
Ingredients : Nourish, brighten, lighten, refine, anti- allergic and anti  
Process : Turmeric, tamarind paste, local honey and crushed sesame seed  
Included : Exfoliate, shower and body butter  
: 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 spots. Tamarind is a sour-sweet fruit pod, the extracts of this fruit have possess skin lightening properties, while honey is good has anti- allergic and anti-bacterial.

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# Purify

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

## BACK ENERGY

30 mins | IDR 300.000++

Massa Type : Deep Tissue, strong  
Ingredients : Peppermint Essential Oil  
Process : Back, neck, shoulders massage  
Included : 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

30 mins | IDR 300.000++

Skin Type : All skin Type, oily skin  
Benefits : Detoxify and nourish the skin, remove dull skin, breakdown  
Ingredients : Ocean Salt  
Process : Dry brush, scrub, head and face massage, shower and body butter  
Included : 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.

## EXPRESS FACIAL

30 mins | IDR 300.000++

Create a blissful treat for your face. This facial begins with cleansing to remove impurities and ends with a Moisturiser to restore radiance and by stimulating the circulation in your face with a deep face acupressure, we leave you feeling toned, refreshed and looking younger.

- Cleansing, Totok wajah, Moisturise

## EAR CANDLE

30 mins | IDR 300.000++

### Benefits :

Removing wax, bacteria, and other debris from the ear canal. Treating sinus infections. Improving hearing or reversing hearing loss. Treating colds and flus. Relieving headaches and migraines. Improving mental clarity. Purifying the blood

### Process :

Your therapist will have you lie on your side.  
The pointed end of the candle is placed in your ear.  
The flame is carefully blown out.  
As the candle burns, it will be trimmed and kept open.  
No wax is allowed to drip into the ear or on the skin around the ear.  
The candle is burned for about 15 minutes

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# Kids Pampering

For Children 4+ Years

## LITTLE TOUCH

30 mins | IDR 350.000++

A relaxing and gentle massage technique specially designed for children, using light pressure and olive oil. This soothing treatment provides a sense of calm and comfort, while gently introducing the benefits of massage in a safe and child-friendly environment.

## MINI SKIN

30 mins | IDR 360.000++

A facial treatment designed to introduce young skin to natural skin care, using a blend of fresh fruits, vegetables, sun-kissed orange and herbs.

This fun and refreshing facial helps promote healthy skin while introducing kids to natural skin care in a safe and gentle way.

## TINY GLOW

30 mins | IDR 360.000++

A pampering treatment specially tailored to be mild and fun, giving little ones a taste of luxury while keeping their skin healthy and soft.

This gentle exfoliating treatment is perfect for kids, using fresh papaya, avocado, cucumber, green apple and honey to help nourish and smooth young skin.

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# PACKAGE

PRICES LIST

*Island Spa*

*Trikora Beach Club and Resort*





## NATURAL JOURNEY

**Duration: 180 Minutes**

**Price: IDR 1.200.000 ++**

1. Deep Tissue Massage – 60 Minutes
2. All Natural Body Scrub Treatment – 30 Minutes
3. Rice Milk Body Mask – 60 Minutes
4. Head Massage – 30 Minutes

***Include: Foot washing ritual, shower and Jamu drink***

## ORGANIC SANCTUARY

**Duration: 150 Minutes**

**Price: IDR 1.050.000 ++**

1. Double Bliss Massage (Traditional Massage) – 90 Minutes
2. Express Facial – 30 Minutes
3. All Natural Body Scrub Treatment – 30 Minutes

***Include: Foot washing ritual, shower and Jamu drink***

## PERFECTLY PROTECTION

**Duration: 120 Minutes**

**Price: IDR 804.000++**

- 1.60 mins choice of island skin facial
- 2.60 mins choice of Body Massage

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

***Include: Foot washing ritual and Jamu drink***

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## COMPLIT SPECIAL TRADITION

***Duration: 120 Minutes***

***Price: IDR 770.000++***

1. Traditional Massage / Balinese Massage – 60 Minutes
2. Traditional Herbal Body Scrub (Rampah Manggir) – 30 Minutes
3. Head Massage – 30 Minutes

***Include: Foot washing ritual, shower and Jamu drink***

## TRANQUILITY DREAM

***Duration: 120 Minutes***

***Price: IDR 670.000++***

1. Balinese Massage – 60 Minutes
2. Natural Lifting Facial / Island Skin Facial – 60 Minutes

***Include: Foot washing ritual and Jamu drink***

## RESTORATION

***Duration: 90 Minutes***

***Price: IDR 696.000 ++***

- 1.30 mins Body scrub
- 2.60 mins Traditional Massage

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

***Include: Foot washing ritual, shower and Jamu drink***

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OUR SOCIAL MEDIA ACCOUNTS

# SOCIAL MEDIA



trikorabeachclubandresort



Trikora Beach Club and Resort



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