

THE SANCHAYA SPA MENU

The Sanchaya Spa is located in and surrounded by a beautiful tropical garden. We gently ask you to embrace the essence of nature, relax and rejuvenate with a selection of Spa experiences to soothe your body, mind and soul, inspired by local cultures, traditions and customs using natural organic products indigenous to South East Asia.

GENTLE HEARTS, HEALING HANDS

SELAMAT DATANG

Welcome to your peaceful retreat



THE SANCHAYA SIGNATURE

Relax with a foot cleansing ritual followed by our Signature Massage - a fusion of Asian-Indonesian techniques designed to melt away tension and promote deep relaxation using Java volcanic warm stones, long strokes and stretching movements, complemented with our Signature oils and completed with an Oriental Head Massage.

105 mins

TRADITIONAL BALINESE MASSAGE

A full body massage using unique Balinese techniques that have been passed down through the generations, involving stretching, long strokes, skin rolling and palm and thumb pressure, using your choice of chakra oils.

60 mins
90 mins

TRADITIONAL THAI MASSAGE

Enjoy this ancient healing art. Through the application of pressure on energy lines and points and a vast array of passive stretching movements performed by your therapist with hands, feet, knees and elbows, the body experiences profound relaxation, peripheral stimulation of internal systems, increased flexibility and expanded flow of energy. Oil-free treatment, attire provided.

60 mins
90 mins

REFLEXOLOGY

Soothe your soul through your soles! This is a healing art which begins with a foot cleansing ritual followed by special massage techniques on reflex zones of the feet which connect to particular areas of the body, using an ancient wooden stick technique and peppermint lotion. Reflexology stimulates and improves physical, mental and emotional well-being.

45 mins

HOLISTIC MASSAGE

Take pleasure in this holistic experience with the application of blended essential oils that rebalances and promotes a sense of deep relaxation. This treatment combines elements of gentle and sedative massage strokes to re-harmonise the mind and body, using your choice of chakra oils.

60 mins
90 mins

DEEP TISSUE MASSAGE

This massage is focused on the deeper tissue structures of the muscles and fascia (the protective layer surrounding muscles, bones and joints) using many of the same movements and techniques as a Swedish Massage but with more intense pressure. The therapist will work to release chronic muscle tension or knots through direct pressure within the deeper layers of the muscles and connective tissue using your choice of chakra oils.

60 mins
90 mins

THE SANCHAYA TOUCH

This massage is excellent for any guest who has suffered any kind of stress, such as a long flight, when tension has built up in the head, neck and shoulders. It focuses on problem areas using classic massage and pressure point techniques, using your choice of oil. It encourages release of tension and a sense of well-being. This treatment can be added to a scrub, wrap and facial.

30 mins

“MUM TO BE” MASSAGE

Prenatal Massage using gentle techniques to relieve the discomforts of pregnancy - this massage can help improve circulation, reduce stress and promote relaxation. It especially releases tensions in the lower back area caused by the weight of the baby, using gentle almond and lavender oils.

60 mins

BODY TREATMENTS

SESAME AND HONEY BODY SCRUB

A deeply hydrating natural body scrub, perfect for sensitive skins, rich in healing properties, using moisturising honey and sesame seeds to renew and soften the skin, followed by a soothing application of hydrating body lotion. This treatment will give you a perfect opportunity to prepare your skin for an even sun-kissed tan.

45 mins

YLANG YLANG AND GREEN TEA SALT SCRUB

Enjoy a vigorous Sea Salt Scrub for a deeply cleansing experience to renew and purify your skin with a powerful blend of antioxidants in Green Tea and calming benefits of Ylang Ylang, followed by a soothing application of hydrating body lotion.

45 mins

JAVANESE LULUR BODY RITUAL

This indulgent Spa experience starts with a foot cleansing ritual. Javanese Lulur Body Scrub and Yoghurt Wrap is a traditional ancient beauty ritual. The ingredients in this paste of rice powder, Turmeric and Jasmine are said to brighten, purify and soften the skin and reduce signs of ageing. It is a beauty ritual that leaves the mind and body relaxed. Once wrapped, enjoy a relaxing oriental head massage, followed by a soothing application of hydrating body lotion.

75mins

SUN BURN SOOTHER WRAP

Relax and heal while your body is cocooned in a fusion of natural organic Aloe Vera, cucumber and essential oil of Lavender, designed to heal, calm redness and rehydrate the body after a day in the sun. This treatment includes a relaxing head and scalp massage.

45 mins

OXYGEN TREATMENT

The Oxygen facial is designed to deliver instant results for all skin types, replenishing the level of oxygen in your skin and helping to smooth fine lines and wrinkles resulting in a healthy, youthful glow. It deeply hydrates and improves the pH balance in the skin, helping to rejuvenate and refresh the complexion. We use natural organic products infused with vitamins and antioxidants to gently clean the pores, soften the expression lines and accelerate the healing process caused by sun damaged.

EXPRESS OXYGEN FACIAL

This facial is for all skin types and is excellent for a “quick fix” glow and ideal as an add-on treatment. It helps to boost micro-circulation and decongests the pores, leaving the skin feeling refreshed and luminous 30 mins

PURE OXYGEN FACIAL

Your skin is deeply rehydrated with this nourishing facial treatment, reducing fine lines and increasing skin suppleness. This facial promotes micro-circulation to exfoliate and remove dead skin cells, improves skin texture, and eliminates acne without over-drying the skin. The treatment is complemented with a Birds Nest facial mask. The nests are sourced in the forest of Kalimantan (Borneo). They are harvested, cleaned and transformed into beauty mask by the Pawan River professionals. 60 mins

OXYGEN BODY TREATMENT

This is a pure Oxygen body experience which will help to strengthen collagen and elastin, boost circulation and cell growth and stimulate the absorption of nutrients into the skin. It is ideal for sensitive skins with its cooling and nourishing effects and especially beneficial to the sun-damaged and blistered skin. 60 mins

KAWASAKI WAY TREATMENT

Experience the Kawasaki Way "Non-Surgical Lift"

The Kawasaki Way experience boosts circulation by supplying oxygen and nutrients to the body and removing damaging body waste. This treatment activates the facial muscles, giving you instant and visible lifting results.

During the treatment your Therapist applies "KAZUMASA KAWASAKI ESSENCE" serum, containing a rare blend of Japanese herbs and botanicals, to rejuvenate and tighten the skin.

We gently apply a generous amount of serum to the legs, hands, arms, shoulders, neck, scalp and face to release stress and negative energy and regenerate new pure energy in the body.

60 mins



ABOUT KAZUMASA KAWASAKI COLLECTION AND ALTIS KZ

Founded in 1998 by healer and skin care specialist Sensei Kazumasa Kawasaki, Altis KZ creates cosmetics and healthcare products that allow consumers to experience, recreate, and adopt Kawasaki's original beauty regimen, the Kawasaki Way. Combining deep still waters with natural herbs and rare botanicals, Altis KZ's luxury line of premium products includes fermented plant food, support bands, all natural eyebrow pencil and mascara, cleansing lotions, creams, hair care, and its premier serum, Essence. Based in Japan, Altis KZ expanded to launch the Kazumasa Kawasaki Collection in the American market in Fall 2016.

ABOUT SENSEI KAZUMASA KAWASAKI

In 1998, Kazumasa Kawasaki encountered the beauty serum and health food that would later become the basis for his Altis KZ and Kazumasa Kawasaki line of products. Working directly on behalf of people suffering from poor health, psychological problems, or difficult-to-cure diseases, he established his original and unique beauty method, the Kawasaki Way. Since creating Altis KZ and founding ALTIS Co., Ltd. in 2005, Kawasaki Sensei has spread the word of the Kawasaki Way to consumers across the globe. Also an author, Kawasaki's first book, *Naritai Body-ni Naru! Kisekino Kawasaki Method*, was published in 2013.

RETAIL



Kazumasa Kawasaki

ESSENCE

Breakthrough deep penetrating beauty serum containing a natural blend of 69 Japanese herbs and botanicals. Instantly rejuvenates and tightens skin to reveal your firmer smoother self. Works to repair and guard skin from damaging free radicals by harnessing nature's most remarkable and age reversing nutrients

RETAIL



**Kazumasa Kawasaki
MIST**

“The Nature of Beauty. The Miracle of Science.” - a high-tech misting spray that works on a micro cellular level to instantly hydrate.

- Instantly energizes hydrates and lifts.**
- 14 botanicals extract.**
- Refines the look of skin tone and texture**

Spa Terms & Condition

•Spa Treatment Hours

The Spa opens from 10.00am to 09.00pm, last treatment finishes at 08.45pm. Early morning spa appointments are subject to availability, please talk to an artisan. Selected in-room spa treatments are available from 10.30am.

•Appointments

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

•Cancellation Policy

Please be aware that we ask for 24 hours' notice if you are unable to keep your appointment. This will help us re-schedule your treatment subject to availability. A cancellation with less than 4 hours' notice will incur a 100% cancellation fee unless your absence is beyond your control. Full charge will be applied for a "no show".

•Check In

Please arrive at least 15 minutes prior to your schedule appointment to avoid reduced treatment time. A late arrival will result in shortened treatment time to ensure that follow-on guests will be accommodated.

•Special Consideration

Most treatments can be adapted to accommodate allergies, pregnancy or injury. Please contact us with any queries and let us know of any medical or health concerns.

•Spa Etiquette

We aim to provide a peaceful setting for all guests, so please keep your mobile on silent. Alcohol and smoking are not permitted. The spa team reserves the right to refuse access to anyone whose behavior may disturb other guests.

•Valuables

A jewelry box is provided to store your valuables in the treatment room. However, we recommend that no jewelry be worn at the Spa. The management and staff accept no responsibility for any loss.

Children

•The minimum age for taking a spa treatment is 16 years old.

