OVERVIEW

Avocado Spa at Elevate Bali Gardens overlooks misty, cool mountain and jungle vistas, where sunsets melt into misty hues to become star-spangled skies while offering a unique range of luxurious treatments using all-natural, organic ingredients, many of them grown on our own estate.

Our spa villas all open up to the panoramic scenery with stunning picture windows of ocean and greenery of the hills and a sounds cape of chattering birds. Each has twin treatment beds, a huge divan for your traditional pre-treatment foot-wash, and a bathroom with a rain shower and an open-air bath.

Avocado Spa uses only specially selected indigenous, all-natural ingredients that are hand-picked from our own estate and the surrounding countryside, including avocado, ginger, and cocoa :

- Avocado is known for its miraculous health and beauty benefits, naturally loaded with a myriad of vital nutrients including vitamins, minerals, proteins, fibers, and beneficial phytochemicals, and used for treating a range of health and skincare problems.
- Ginger has a long tradition of alleviating symptoms of gastrointestinal distress and numerous therapeutic properties, including antioxidant and anti-inflammatory effects.
- Amongst many benefits, cocoa has immune-stimulating effects, helps oxygenate the brain, and promotes detoxification of industrial chemicals in the body.

Our spa team takes special pride in their welcome ritual, designed to blissfully start your spa experience :

- Ice-cool Rosella tea - natural sweetness and sourness to quench your thirst and soothe the throat, high in vitamins and antioxidants to detoxify by reducing blood pressure, blood sugar, cholesterol, and uric acid.
- Peppermint and eucalyptus face towel – refreshing and cooling after the balmy Balinese weather.

After your treatment, you will be served a warming ginger herbal tea to soothe the stomach and aid digestion.

Our all-Balinese spa therapists are experienced in both the traditional, local treatments offered, and bespoke signature experiences that only our spa features. We can tailor all treatments and packages to your individual preferences.

Avocado Spa at Elevate Bali is open daily from 9 am to 9 pm and appointments can be made directly with the spa reception. Please let us know 15 minutes before the commencement time of your treatment.

Please dial #1 or 7 from your Villa, email spamgr@elevatebali.com, or call +62 821 4586 6615 for bookings.

SPA INFORMATION

OPERATING HOURS
Avocado at Elevate Bali is open from 9 am to 9 pm daily.

RESERVATIONS
A 24-hour advanced reservation is highly recommended to secure your preferred date and time as treatments and facilities are subject to availability. Please dial extension #1 to make your appointment.

SPECIAL CONSIDERATIONS
Guests who are pregnant or have high blood pressure, a heart condition or any medical complications are advised to consult their physicians prior to reservation. Please inform our staff of any medical condition before treatment.

ADMISSION
Spa Collection at Elevate Bali is open to all resort guests and visitors to our resort. Appointment priority will be given to our resort guests.

ARRIVAL AT AVOCADO SPA
Please let us know at least 15 minutes prior to your scheduled appointment.

CANCELLATION POLICY
The treatments you select are reserved especially for you with one of our skilled therapists. A minimum of 24 hours' advance notice is kindly requested for all bookings. A 50% cancellation charge will apply for guests who do not arrive for their reserved treatment

AMENITIES
Personal amenities and toiletries are provided in our SPA.

SPA ETIQUETTE
In consideration of the comfort of all guests, please refrain from using mobile phones and other communication devices within the spa premises.

SMOKING & ALCOHOL
Smoking within the Spa area is strictly prohibited. Alcohol consumption is not advised before any Spa treatments.

MINIMUM AGE
An adult must escort children under age of 10 during their spa treatment.

PRIVACY
Our therapists will discreetly drape areas of your body not involved in the treatment to protect your privacy and modesty at all times.

PAYMENT
We accept cash and major credit cards. Resort guests may charge services and products to their villas.

PRICES & TAXES
Price quoted in Indonesian Rupiah are shown in '000 and subject to 21% service charge & Government tax.

REFUND POLICY
All treatment packages are non-transferable, non-refundable and non-exchangeable.

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BODY THERAPY

BLISS
60 MINS - 1.176 | 90 MINS - 1.680

An invigorating signature therapy to address tight muscle groups. Deep-tissue kneading, muscle manipulation and stretching techniques are applied to release body tension and stress. An excellent therapeutic massage for easing intense tiredness, muscular aches and fatigue after exercise or travel.

HERBAL REVIVAL
75 MINS - 1.400 | 90 MINS - 1.680

A Traditional Balinese Healing – herb in form of warm poultices is used to massage, calm nerves, soothe knotted muscles and rebalance energy levels to positively promote circulation and good health.

TRADITIONALLY BALI
60 MINS - 1.176 | 90 MINS - 1.680

Unwind in the infinite beauty of the Island of the Gods with this blissful technique, handed down through generations. Soothe away tension with your choice of massage oil blends, combined with a suitable level of pressure to take your body and mind on a journey of ultimate relaxation and harmony.

STONE MASSAGEE
75 MINS - 1.400 | 90 MINS - 1.680

The hot stone massage follows the same principles of the Traditional Balinese massage, with the addition of heated stones. Recommended particularly for individuals suffering from arthritis, fibromyalgia or other chronic pain – but enjoyed by all – the penetrating effects of the heated stones allow the massage to be delivered without excessive pressure.

CHI REJUVENATION
60 MINS - 1.120 | 90 MINS - 1.680

Our non-oil traditional Japanese bodywork applies kneading techniques and acupressure points along the meridian lines to stimulate and revitalize the Chi energy flow in the body, restoring your body's natural balance and well-being.

BLISSFULL FOR THE YOUNG
45 MINS - 714

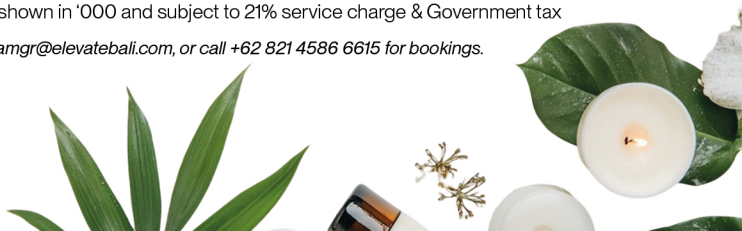
For our junior guests aged 6 to 13 years old. Invite your child to discover the world of wellbeing under the gentle, caring touch of a skilled therapist. Soft pressure is applied to the scalp, legs and feet and a grounding oil massage is performed on the back and the arms. This treatment greatly soothes nervous system, strengthens immune system and improve quality of sleep. An adult is requested to accompany any child under the age of 10 during the treatment.

JET LAG TREATMENT
75 MINS - 1.400

A massage treatment specifically designed to reduce symptoms of jet lag after long journey.
Helping the body to reset its rhythm after traveling across multiple time zones, to remove your tension and energive your body & mind, this treatment includes aromatherapy foot bath to relieve stiffness.

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FOOT THERAPY

FEET SPA
60 MINS - 714

A luxurious footbath in aromatic essential oil to soothe the travel fatigue feet, followed by a relaxing foot massage. This treatment relieves swelling and built-up pressures, energizes and revitalizes the feet and calves, a perfect pampering for tired feet.

REFLEXOLOGY
60 MINS - 1.176

An ancient healing therapy of applying pressure to the reflex points on the soles of your feet to stimulate circulation, relax the body and re-establish the flow of your energy. This treatment includes a gentle foot scrub and a warm organic sea salt bath with calming aromatic oils to relieve stiffness.

SCALP & HAIR CARE

SHINING GLORY
30 MINS - 546

Risch in vitamins B, E and K, with natural fat content, estate-grow freshly-picked avocados are superbly moisturizing and nourishing, especially for sun-damaged, dry & frizzy hair. Couple with a luxury scalp, neck and shoulder massage, this treatment gives your hair a glorious shine and lustre.

LIGHTNESS
30 MINS - 546

An ancient Indian non-oil massage that works on the head, neck and shoulders to ease knotted muscle. This massage stimulates circulation and promotes hair growth, enhances to clarity of your mind and restores radiance to your face. An excellent pick -me-up treats, Oil massage is optional.

LUXURY L'OREAL PROTECTION
60 MINS - 850

This luxury treatment perfect for Dry, Damaged, Split End Hair or as a restorative boost after a day at the pool. Indulge in a luxurious and revitalizing of Loreal Shampoo-Loreal booster Mask-Shoulder & Hand Massage.

HAIR CREAMBATH
60 MINS - 750

Begin with hair wash-applying a vitamin rich cream scalp treatment that focuses on nourishing hair roots stimulating blood circulation through relaxing scalp massage, shoulders & hand massage. Steaming the hair to open the cuticles, and finishing with a through was.

QUIC AND SHAMPOOING
30 MINS - 273

Efficient, quick boost and moisturizing with shampooing, conditioning and dry only

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SKIN GLOW

LULUR
60 MINS - 1.344

A delectable treatment traditionally lavished on a bride before her wedding. Our recipe incorporates ginger, turmeric, jasmine and sandalwood to create an aromatic and ever-youthful complexion. This indulging signature treat finishes with an energizing warm milk bath.

COCOA REMEDY
60 MINS - 1.344

Freshly harvested and ground sweet cocoa beans with nourishing ground almond are applied to gently exfoliate and purify your skin, completed with a soothing and hydrating vanilla milk bath.

GINGER HEALER
60 MINS - 1.344

Renowned for its healing properties, specially estate-grown fresh ginger, aromatic ginger flowers and rice are applied to warm and invigorate the body, deep cleanse and purify the skin. The aromatic ginger treat is followed by a warming herbal bath.

BODY COCOON

BALINESE BOREH
60 MINS – 1.344

A traditional Balinese treatment to soothe muscular and joint discomfort. A full body mask made from cloves, ginger, turmeric, pepper, cinnamon and sandalwood is rubbed on the skin to exfoliate and the body is wrapped in a cocoon-heated blanket to infuse these therapeutic properties into the skin. This treat begins with a warming scrub.

ALOE AVOCADO
60 MINS - 1.344

Particularly beneficial for sun-soaked skin, this treatment involves generous application of freshly-pureed avocado, rich in Vitamins B, E and K, and fresh aloe vera gel with soothing and anti-inflammatory properties. The healing balms are gently massaged into your skin, followed by a cocoon body wrap, allowing the skin to be soothed, softened and completely hydrated.

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BODY BATHS

VANILLA HONEY MILK — 30 MINS - 546

Made famous by Cleopatra - a healing, sedative and nourishing treat. The anti-oxidant, anti-inflammatory, tranquilizing and moisturizing properties of pure honey and fresh milk, combined with vanilla essential oil, leave your skin totally radiant and silky-soft.

AROMATIC BLOSSOMS — 30 MINS - 546

Celebrate the beauty and essence of fresh flowers in a bath ritual of ultimate peace and tranquility. Immerse your body in warm, scented water, enlighten your senses and leave your skin feeling soft and youthful.

HERBAL HARMONY — 30 MINS - 546

Revitalize yourself in this indigenous Balinese herbal bath, surrender to the warming and healing properties of local herbs that relieve muscle tightness while improving circulation and wellness.

TUTTIFRUTTI — 30 MINS - 546

Earning the definition of an all-star fruit because of its Vitamin C and citrus flavonoids, this lusciously refreshing fruit bath consisting of lemon, lime, tangerine and pomelo is high in antioxidants and aids in neutralizing free radicals, leaving the skin feeling revitalized and rejuvenated. A day advance reservation is required.

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BEAUTY

ULTIMATE RADIANCE — 90 MINS - 1.680

Rich in vitamins and anti-oxidants, this blend of pure essential oils is known for its unparalleled ability to balance and restore healthy skin tone, brighten the entire complexion, giving the skin an even, luminous and radiant glow for days.

AROMA ESSENCE — 90 MINS - 1.680

Designed to combat signs of skin ageing, this revitalizing treatment restores vitality and firmness and softens the appearance of expression lines. This incredible treatment shapes and plumps up cell volume and uplifts the contour of the face. A visibly toned and tightened skin from just one treatment!

PURE DETOX — 60 MINS - 1.344

For dull, clogged and blemish-prone skin, this facial deep cleanse, purifies, repairs and heals the skin. An excellent detox treatment for stressed-out and skin that breaks out easily.

HYDRA REGENERATION — 60 MINS - 1.344

Most suitable for dry and dehydrated skin conditions, this balancing and hydrating facial uses specially formulated plants extracts and plant-based essential oils to relax, nourish and regain the skin's hydration and suppleness.

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SPA PACKAGES

THE OTHER SIDE OF PARADISE — 4 HOURS 3.528 per person

This head-to-toe detoxifying and rejuvenating therapy leaves you feeling totally refreshed and energized.

- ☐ Skin glow 30 minutes
- ☐ Body cocoon 30 minutes
- ☐ Scalp & hair care 30 minutes
- ☐ Body bath 30 minutes
- ☐ Massage 60 minutes
- ☐ Facial 60 minutes

WELLNESS HARMONY — 3 HOURS 2.940 per person

A relaxing and de-stressing therapy for tired or tense body and skin promotes deep relaxation and calmness from within.

- ☐ Skin glow 30 minutes
- ☐ Body bath 30 minutes
- ☐ Massage 60 minutes
- ☐ Facial 60 minutes

REST RELAX — 2,5 HOURS 2.352 per person

Simply rest, relax and enjoy being taken great care of by our skilled therapist.

- ☐ Facial 60 minutes (hydra or pure detox)
- ☐ Massage 90 minutes, choice of:
  - Traditional Balinese Massage
  - Bliss
  - Chi Rejuvenation
  - Herbal Revival (+350)



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THE HONEYMOONERS

JUST MARRIED

2 HOURS 5.838 per couple

Celebrate in style!

- ☐ Skin glow 30 minutes
- ☐ Massage 60 minutes
- ☐ Body bath 30 minutes
- ☐ A bottle of Champagne
- ☐ A selection of freshly made tapas

SWEET MEMORIES

2,5 HOURS 5.292 per couple

Pre or post-wedding spa rejuvenation will relax and pamper you from head to toe.

- ☐ Massage 60 minutes
- ☐ Facial 60 minutes
- ☐ Body bath 30 minutes
- ☐ A selection of freshly made tapas
- ☐ Fresh juices or estate grown herbal tea

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HAND AND FEET

Nail Care Gentle cutting, nail shaping, and cuticle care. Hand 40 minutes| IDR 250.000

Feet 50 minutes | IDR 300.000

Add-on: Nail polish by OPI IDR 250.000 Gel Polish

IDR 350.000 Gel Polish Removal

AVOCADO SPA

YOGA ACTIVITIES

Come and awaken the divinity within you with this retreat. During your stay, you will enjoy daily yoga classes, connect with your spirit and bring your body, mind and soul back in to harmony. You will learn breathing techniques, yoga postures and meditation.

HATTA YOGA CLASS

The great way to start your morning, join our yogis as he takes you through a series of traditional style of stretching and holding posture (ASANA) with relaxation. Hatta classes are good to work on alignment, slower – paced stretching focused class. It will help you to become more comfortable with doing yoga while building strength and flexibility.

(60 minutes - IDR 950.000++ / person)
for private class maximal 4 pax

(60 minute - IDR 650.000++)

BALINESE YOGA THERAPY

Balinese yoga Therapy has series of treatment is offer faster paced and the asana/ posture are linked together in the series of movements that are synchronized with the breath. It is also known as “flow Yoga“ the class offer a variety of postures and ending with relax and small haling meditation.

(60 minutes - IDR 950.000++ / person)
for private class maximal 4 pax

(60 minute - IDR 650.000++)

VINYASA YOGA

Vinyasa is a dynamic, energizing yoga practice that links breath with movement in a smooth, flowing sequence. This class builds strength, flexibility, and balance while encouraging mindfulness through continuous transitions.With a mix of standing poses, balances, and floor work, Vinyasa keeps the body engaged and the mind focused, offering a powerful practice suitable for all levels.

(60 minutes - IDR 950.000++ / person)
for private class maximal 4 pax

(60 minute - IDR 650.000++)

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