



  
SIX ELEMENTS SPA  
AT Siddhartha





*Welcome*



*Air*



*Wood*



*Fire*



*Metal*



*Earth*



*Water*

YOUR STAY AT SIDDHARTHA IS AN INVITATION FOR YOU TO CONNECT WITH NATURE THROUGH THE VARIOUS TREATMENTS WE HAVE ON OFFER.

The Six Elements Spa at Siddhartha follows the foundation of Eastern philosophy utilizing the ancient wisdom and principles of six elements – **air, wood, fire, earth, metal, and water** – which are believed to be the fundamental elements of everything in the universe. These elements are in constant flux and movement.

Our treatments take into account each guest's entire being, bringing their life force (in different traditions referred to as 'prana' or 'chi'), into balance.





OUR TREATMENT ROOMS PROVIDE A PRIVATE OASIS  
ENVELOPING YOU IN A SOOTHING ATMOSPHERE DURING  
YOUR SPA EXPERIENCE.

With **one double and six single treatment rooms**, and **an additional room specifically for reflexology treatments** – each therapy room is inspired by the elements we work with, nestled between beautifully landscaped gardens, bringing us back to our close connection as humans to nature. A special highlight is our **lava stone grotto** where our Signature Treatment takes place.



SIGNATURE TREATMENTS



# Signature Treatment

🕒 120 minutes

ALL TREATMENTS  
BEGIN WITH:



welcome drink



aromatic  
foot bath



refreshing cool  
hand & face towel

## ESSENTIAL OILS:

LEMON  
BERGAMOT  
BASIL  
AMBER  
FRANGIPANI  
CEDARWOOD  
LEMONGRASS



This unique treatment utilizes our custom-built, lava-stone cave therapy room. Our two-hour Signature Treatment utilizes 31 therapeutic lava stones that are heated in warm water and placed on your body's key energy points to activate energy points and then used to gently massage specific areas to improve energy and blood flow, while detoxifying.

This **restorative body massage** is followed by a **soothing bamboo tropical rain shower** while you rest on a bed of banana leaves and fresh flower petals. Relax and unwind in a special **floral bath** in our **lava-stone cave**, carved from local lava stone and inspired by the power of nature and the island's sacred caves that have drawn spiritual seekers for centuries.



# Air MOVEMENT

🕒 120 minutes

## ALL TREATMENTS BEGIN WITH:



welcome drink



aromatic  
foot bath



refreshing cool  
hand & face towel

## ESSENTIAL OILS:

CINNAMON  
GINGER  
GERANIUM  
ROSE  
JASMINE  
PATCHOULI  
MUSK



Our Air Element utilizes the principles of a traditional **Javanese-style massage** with slow rhythmic movements to release endorphins, relieve tension and improve well-being, revitalizing your whole body. This massage is followed by a **'Mandi Lulur'**\* scrub and **body milk mask** - to renew, refresh and restore skin balance.

\* **'Mandi Lulur'** is an exfoliating body scrub that originated in the Indonesian Royal Palaces of Central Java. The name comes from the word **'Mandi'** meaning bath and **'Lulur'** which refers to flowers in the Indonesian language. This was believed to be the purifying ritual for the princesses of Javanese royalty. The use of a special blend of herbs and spices softens and revitalizes the skin.

OPTIONAL FLORAL BATH AVAILABLE



# Wood

## VITALITY

🕒 120 minutes

ALL TREATMENTS  
BEGIN WITH:



welcome drink



aromatic  
foot bath



refreshing cool  
hand & face towel

ESSENTIAL OILS:

PEPPERMINT  
EUCALYPTUS  
YLANG YLANG  
VETIVER



Our Wood Element highlights varying deep to **gentle pressure strokes** to unlock tension and stimulate circulation and blood flow in this **deep tissue massage**. Your senses are then stimulated with a **green tea body scrub** followed by a purifying **white clay body mask**.





# Fire

## ENERGY BOOST

🕒 90 minutes

ALL TREATMENTS  
BEGIN WITH:



welcome drink



aromatic  
foot bath



refreshing cool  
hand & face towel

ESSENTIAL OILS:

BASIL  
ROSEMARY  
LEMON



Our Fire Element is a **strong pressure massage**, with **assisted stretching techniques** on a mattress to increase blood and energy flow. This therapy increases mobility, eases pain, and relieves tight and stiff muscles while supporting increased metabolism.

OPTIONAL FLORAL BATH AVAILABLE



# Earth

## NOURISH

✓ 90 minutes

### ALL TREATMENTS BEGIN WITH:



welcome drink



aromatic  
foot bath



refreshing cool  
hand & face towel

### ESSENTIAL OILS:

JASMINE  
CANANGA  
ORANGE



Our Earth Element is a grounding and nourishing therapy that creates balance by relieving tension. This massage treatment aims to reduce tightness and stress through a combination of **specialized stretching techniques on a mat**, and **focused energy on pressure points** to relieve muscle aches and restore balance throughout your body.

OPTIONAL FLORAL BATH AVAILABLE



# Metal

## RADIANCE

🕒 120 minutes

ALL TREATMENTS  
BEGIN WITH:



welcome drink



aromatic  
foot bath



refreshing cool  
hand & face towel

ESSENTIAL OILS:

LAVENDER  
CEDARWOOD  
ORANGE



Using traditional Balinese practices, our Metal Element Therapy provides a **relaxing and gentle massage** meant to improve wellbeing and relieve stress by calming the mind and body. This massage is combined with a **traditional Balinese Boreh scrub** (herbal scrub) and **body mask** – to remove dead skin cells from your body and soothe muscles and skin.

**Traditional Balinese Boreh scrub** helps warm the body, improves blood circulation, and reduces muscle pain, bone pain, fever, chills, and even headaches. Almost all the herbs and spices used warm and nourish the body. Nutmeg for example, with its antioxidant and sedative content, can overcome muscle and nerve tension. Pepper functions to warm the body. Cloves stimulate blood circulation, relieve breathing, and eliminate nausea. Ginger also provides warmth and helps overcome inflammation and itchy skin.

**\*Herbs & Spices :** Clove, Turmeric, Ginger, Nutmeg, Black Pepper, Galangal

OPTIONAL FLORAL BATH AVAILABLE



# Water

## PURIFICATION

🕒 90 minutes

ALL TREATMENTS  
BEGIN WITH:



welcome drink



aromatic  
foot bath



refreshing cool  
hand & face towel

ESSENTIAL OILS:

FRANGIPANI  
CANANGA  
CHAMPAKA  
ROSE  
LOTUS



Our Water Element is a special **four-hand rhythmic massage** with focused attention from two therapists at the same time using synchronized and fluid strokes that promote blood flow, relieve tension and result in a serene calmness throughout your body.

OPTIONAL FLORAL BATH, AVOCADO BODY SCRUB, OR SEAWEED BODY MASK AVAILABLE



# Light of Nature

## NURTURE

🕒 90 minutes

### ALL TREATMENTS BEGIN WITH:



welcome drink



aromatic  
foot bath



refreshing cool  
hand & face towel

### ESSENTIAL OILS:

MANDARIN  
YLANG YLANG  
PATCHOULI



This special massage therapy is customized specifically to lift your spirits and shift your perspective by releasing energy blockages and relieving stress. **Focused acupressure** and **reflexology** techniques are combined with **relaxing skillful massage** and **stretches**. This therapy also includes a **head & scalp massage**.

OPTIONAL FLORAL BATH AVAILABLE



# Romantic Experience

## FOR TWO

🕒 4 hours

ALL TREATMENTS  
BEGIN WITH:



welcome drink



aromatic  
foot bath



refreshing cool  
hand & face towel

### ESSENTIAL OILS:

PEPPERMINT  
EUCALYPTUS  
YLANG YLANG  
VETIVER

A luxurious dedicated couple's massage and body treatment package. Your four-hour treatment begins with an **aromatic foot bath and reflexology**, followed by a **nourishing and hydrating facial, relaxing body massage, herbal body scrub, Boreh (traditional deep cleaning) mask, and a relaxing soak in a warm floral bath.** A healthy juice and light snack rounds out this half-day experience.





THE SIX ELEMENTS SPA AT SIDDHARTHA PROMISES A SUBLIME  
AND NOURISHING EXPERIENCE THAT FOSTERS A RENEWED  
SENSE OF WELL-BEING.

Immerse yourself in one (or many) of our indulgent therapies and treatments where restoration and health are the primary focus to recharge, revitalize, and rebalance body, mind, and spirit.

A woman in a white shirt is performing a massage on a person lying on a table. The person is covered with a red blanket featuring green leaf patterns. The background is a soft, out-of-focus spa environment with a bed and white linens. The text "MASSAGE & REJUVENATION THERAPIES" is overlaid in a dark red, serif font.

MASSAGE &  
REJUVENATION  
THERAPIES





## TRAVELERS RELIEF

✔ 30 minutes

After long-distance travel, the body and mind can be weak, and suffer from disorientation and dehydration. Massage therapy can help reduce the effects of jet lag quickly by promoting blood flow and reducing stress accumulated in the body.

To ease these effects, rejuvenate, and feel more refreshed, we recommend either:

- **30-minute relaxing body massage to combat jet lag.**
- **30-minute brisk massage to relieve stiff joints and neck & shoulder pain.**
- **30-minute foot reflexology to improve blood flow and reduce swelling.**



## TRADITIONAL BALINESE MASSAGE

✔ 60 minutes

This **full-body traditional Balinese massage** uses a combination of techniques with firm finger and palm pressure (deep tissue) to stimulate the flow of blood, oxygen, and 'qi' (energy) throughout your body, providing a sense of deep relaxation.

ALL TREATMENTS BEGIN WITH:



welcome  
drink



aromatic  
foot bath



refreshing cool  
hand & face towel



## ANTI-STRESS MASSAGE

✔ 60 minutes

Our Anti-Stress Massage releases pressure by **stimulating your nervous system through focused attention** across your head, neck, shoulders, and upper back. Improved blood circulation calms your nervous system and recharges your immune system.

*\*This treatment is face down on the massage table for the entire 60 minutes.*



## TENSION RELIEF

✔ 45 minutes

**The perfect relief from neck and shoulder tension**, this therapy massage targets troublesome areas in your upper body (neck, shoulders, and back) helping to increase blood flow, loosen knots in your muscles and release pain.

*Similar to our Anti-Stress Massage, this treatment is face down on the massage table for the entire 45 minutes.*



## SUNBURN BODY WRAP TREATMENT

✔ 60 minutes

Rehydrate and soothe your sun-drenched skin. Our **Sunburn Body Wrap** is a combination of whole cucumbers blended with a mixture of lavender, tea tree oil, and chamomile oil. Your whole body will be coated with this cooling and nourishing mixture and then wrapped gently in a soft cotton sheet for 30 minutes. Refresh yourself with a shower and then our therapists will replenish your skin with a nourishing body lotion.

ALL TREATMENTS BEGIN WITH:



welcome  
drink



aromatic  
foot bath



refreshing cool  
hand & face towel



## FOOT REFLEXOLOGY FEET & LEGS

✔ 60 minutes

Foot reflexology works on the principle that all body organs are represented at the feet. By applying pressure to various points on the soles, the reflex nerves that are systematically linked to all parts of the body are stimulated. This ancient healing therapy aims to rebalance and harmonize the function of the entire body, improve circulation by creating blood flow, reduce tension and alleviate tightness.



## REFLEXOLOGY FEET, LEGS & ARMS

✔ 90 minutes

Foot reflexology improves circulation, stimulates muscles, reduces tension, and often eases pain by focusing on pressure points to create blood flow and alleviate tightness. This 90-minute therapy includes massage of your arms and hands.

ALL TREATMENTS BEGIN WITH:



welcome  
drink



aromatic  
foot bath



refreshing cool  
hand & face towel



# BEAUTY TREATMENTS





## FACIAL

✔ 60 minutes

Reveal your skin's full potential with locally-made traditional natural skin products that clean, hydrate and soothe. This special facial treatment includes cleansing, toning, a gentle exfoliation scrub to remove dead skin, and a deep cleansing face mask. Relax and enjoy this nourishing treatment which also integrates a face, neck, and arm massage.

## HAIR SPA (CREAM BATH)

✔ 60 minutes

Sit back in our purpose-built salon-style chair for a deep cleaning and relaxing hair and scalp treatment. A nourishing avocado hair mask is applied with a deep scalp massage and then wrapped in a warm soothing towel to steam and soak into your hair and scalp. Enjoy a neck, shoulder, and arm massage, and final natural frangipani shampoo and conditioning treatment. Comb out and blow-dry as requested.

## FLORAL BATH

✔ 20 minutes

Luxuriate in a candle-lit warm bath strewn with fresh flower petals and water infused with sea salts and essential oils. Both delightful and relaxing.

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ALL TREATMENTS BEGIN WITH:



welcome  
drink



refreshing cool  
hand & face towel





## MANICURE

✔ 60 minutes

Our indulgent spa manicure includes an essential oil soothing soak for your hands, relaxing hand and lower arm massage, and essential nail maintenance and grooming. A variety of polish colors are available.

## PEDICURE

✔ 60 minutes

Our soothing pedicure includes a floral foot bath, pumice stone removal of dead skin from the soles of your feet, relaxing foot, and lower leg massage, and essential nail maintenance and grooming. A variety of polish colors are available.

## MANICURE & PEDICURE

✔ 60 minutes

This generous combination manicure and pedicure performed by two therapists, includes an essential oil soothing soak for your hands, floral foot bath, pumice stone removal of dead skin from the soles of your feet, essential nail maintenance, and grooming, and a relaxing massage for your hands, feet and lower arms and legs. A variety of polish colors are available.

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ALL TREATMENTS BEGIN WITH:



welcome  
drink



refreshing cool  
hand & face towel





  
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AT Siddhartha

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RESERVATIONS & BOOKINGS

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