



THE KIRANA
CANGGU - BALI

JL. Pantai Batu Bolong, Canggu Bali 80361 - Indonesia
t: +62 361 846 9150 | wa: +6287 855 824 730
e: reservation@thekiranabali.com
w: www.thekiranabali.com/canggu

A holistically-inspired The Kirana Spa
at The Kirana Bali will be dedicated
to personal wellness and treatments
to nurture body, mind and spirit

OPEN HOURS : 09:00 - 21:00

BOOK NOW
+62-361-8469150 | +6287 855 824 730

The Kirana Spa body Massages

- **BALINESE MASSAGE**
60 MINUTES - IDR 185,000 NET
90 MINUTES - IDR 240,000 NET

Balinese massage is a form of deep massage and is designed to work almost every muscle in the body. Our therapists will use variety of techniques, including acupressure movements, such as press points and palm pressures, and standard massage techniques like sliding, long and short explorations. This massage may be gentler and the moves are focused on relaxation.

- **LOMI LOMI MASSAGE**
60 MINUTES - IDR 225,000 NET
90 MINUTES - IDR 300,000 NET

Lomi-Lomi Massage is a body massage using special movements with this hands and elbows to release tensions. The strong pressure will stimulate the flow of blood to remove toxins in the body, allowing the body to heal itself naturally. This treatment is also very good for those of you who have hard muscles in the back due to fatigue and for those of you who like massage with strong pressure.

- **FOUR HAND MASSAGE**
60 MINUTES - IDR 285,000 NET

Four Hand massage is a treatment performed by two therapists. It starts on your back with an interesting combination of the movements of two therapists and done slowly by using aromatherapy oil. This treatment will make your body feel more comfortable and more relaxed.

- **AROMATHERAPY MASSAGE**
75 MINUTES - IDR 235,000 NET

Aromatherapy massage is a massage that is specifically designed to combine relaxing massage movements. The treatment starts from your back by applying aromatherapy oil. The fresh and warm fragrant of the massage oil will give you the sensation of balanced mind and body.

- **HOT STONE SENSATION MASSAGE**
90 MINUTES - IDR 285,000 NET

- **BACK AND SHOULDER HOT STONE MASSAGE**
60 MINUTES - IDR 200,000 NET

Hot stone sensation massage is body massage combined with stone massage. The treatment can help the body muscles and soft tissues, alleviate pain, improve circulation and help to get rid of body toxins. It can also help to reduce stress, promote calmness and increase relaxation.

- **HOT SAND TREATMENT**
90 MINUTES - IDR 300,000 NET

Hot sand treatment is a form of therapy that uses sand and some herbal ingredients such as ginger, cloves, and eucalyptus. These herbs are wrapped and mixed with sand and then heated. This treatment is great for flexing stiff muscles, improving blood circulation, and relieving fatigue due to jetlag.

- **BACK AND SHOULDER MASSAGE**
45 MINUTES - IDR 125,000 NET
30 MINUTES - IDR 95,000 NET

This treatment is focusing on your back, shoulder and a little bit of head massage, with thumb slides, palm pressures and knuckle techniques. Stress can sap joy from your life, cause seemingly inexplicable fatigue, and leave you less able to enjoy your relationships and leisure activities.

- **RELAXING FOOT MASSAGE**
45 MINUTES - IDR 125,000 NET
30 MINUTES - IDR 95,000 NET
15 MINUTES - IDR 45,000 NET

The therapist will suggest the combination of the massage oil and foot cream to achieve a calming foot massage. An ancient healing therapy that's beneficial. Reflexology is a technique of applying gentle pressures on the feet to bring about a state of deep relaxation while stimulating the body's own healing process.

- **RELAXING HEAD MASSAGE**
20 MINUTES - IDR 80,000 NET

This stimulating treatment is used to release head tensions and encourage blood circulation to clear the mind and leave you feeling revitalized.

The Kirana Spa Packages

• ROMANCING ESCAPE PACKAGE 120 MINUTES - IDR 680,000 NET

Share your love with the best romantic couple's treatment. We are pleased to offer private and romantic treatment where you can relax in the room with your loved one. Begin with foot bath, and heavenly traditional massage with signature massage oil, followed by refreshing body scrub and romantic flower bath. A fresh choice of fruit juice will leave you feel relaxed and beautified. What can be better than this relaxing, refreshing, rejuvenating and beautifying treatment.

• SPA RELAXATION FOR COUPLE 90 MINUTES - IDR 575,000 NET

A relaxation ritual for couple, which starts with aromatherapy massage and continues with fresh and glow facial that will leave your skin fresh and glow. In the end of the treatment you will be served with organic tea.

• BEACH LOVER SPA PACKAGE 100 MINUTES - IDR 345,000 NET

Spa beach lover package is a treatment that is suitable for those of you who have problem especially on the back, shoulders and neck. It begins with Balinese traditional massage using aromatherapy oil and is then focused on longer massage on the back, shoulder and neck. It continues with foot tapping technique reflexology with existing point on the soles of the feet and this is very good for blood circulation, then followed by refreshing body scrub that is very good for smooth the skin to look refresh and light. After that, you will enjoy relaxing head massage to calm the mind and then you can take a shower and served with organic tea..

• SERENITY IN PARADISE COUPLE PACKAGE 120 MINUTES - IDR 980,000 NET

Be in the serenity... Explore the treatment started from Balinese traditional massage with signature oil, followed by relaxing foot massage with wonderful approach to de stress and finding the point in sole with a foot reflexology techniques. Continued with body scrub to exfoliate the dead skin cells leaving the body feeling refreshed, soft and glowing. Then continued with facial to make your face look fresh and glow which followed with shower and flower bath with organic tea on the bathtub. In the end of your treatment, you can enjoy 3-course meals at The Koi Restaurant. You'll get special gift from us as well.

• FRESH AND UPLIFTING "ME" PACKAGE 120 MINUTES - IDR 365,000 NET

A totally "me time" experience for everyone with touch of the well trained therapist to unwind the feeling, started with a Balinese full body massage and choices on your scrub flavor and body mask to exfoliate the dead skin cells. A flower bath and organic tea are nicely ending the treatment for a fresh and uplifting body and feeling.

• BALINESE MASSAGE COMBINED WITH BODY SCRUB 90 MINUTES - IDR 300,000 NET

Body scrub exfoliates the body of the dead skin cells, however it also detoxifies the body of all impurities, to leave the body feeling refreshed, soft and glowing. A perfect combination by having a Balinese massage to start and ended with organic tea.

• BODY SCRUB OR BODY MASK ONLY 30 MINUTES - IDR 150,000 NET

This treatment will not only cleanse your skin, leaving you feeling smooth and glowing but it will awaken your senses with the smooth accents of your chosen flavor.

• ANTI- DEHYDRATE SKIN TREATMENT 45 MINUTES - IDR 125,000 NET

The treatment is started with applying yogurt to your body and as part of the healing process, wrapping is done while continue with the head massage, finish with shower and organic tea.

• EAR CANDLE TREATMENT 30 MINUTES - IDR 100,000 NET

Ear candling is the holistic way of treating ear aches and other common issues related to the ear. It is best defined as the use of an ear candle which is a beeswax or paraffin wax coated cloth that is shaped in to a conical cylinder about 10 "to" 15 in length with varying widths. Ear candling is a therapeutic relaxation technique similar to acupuncture, acupressure, and aromatherapy.

The Kirana Spa Beauty

- **FRESH AND GLOW FACIAL**
60 MINUTES - IDR 185,000 NET

Facial mask treatment can help revive and rejuvenate tired skin. With the cleansing and face massage, while applying the masker on your normal skin type, this treatment is the best for reducing stress and giving skin a more youthful glow.

- **TRADITIONAL FACIAL**
60 MINUTES - IDR 135,000 NET

Traditional facial is a facial treatment that uses natural ingredients such as yogurt mixed with honey as a cleansing, cucumber mixed with lemon water as toner, candlenut mixed with oatmeal as a face scrub, virgin coconut oil as a face massage and banana mixed with honey as a face mask that will make your skin clean and fresh.

- **PRETTY FINGER AND TOES**
90 MINUTES - IDR 380,000 NET

Make your finger and toes nails glow with health and beauty with our complete package of manicure and pedicure. The treatment includes both hand and foot bath as stimulation, cuticles treatment, relaxing massage that working on both hand and foot. Finally application of nail polish or nail buffer to a healthy glow.

- **MANICURE OR PEDICURE (WITH POLISH)**
60 MINUTES - IDR 190,000 NET

- **SPORTS MANICURE OR PEDICURE (NO POLISH)**
45 MINUTES - IDR 150,000 NET

- **MANICURE OR PEDICURE (WITH GELL POLISH)**
60 MINUTES - IDR 270,000 NET

- **NAIL POLISH ONLY (HAND OR FEET)**
30 MINUTES - IDR 100,000 NET

- **NAIL ART (HAND & FEET)**
60 MINUTES - IDR 170,000 NET

