

Lembah SPA

Magnificently perched atop the valley with spectacular views overlooking the tropical jungle, Lembah Spa is considered one of Bali's most tranquil settings, the perfect location for a health and wellness transformation.

Treatments have been distinctively developed merging modern western science with the age-old wisdom of Balinese healing traditions. In fact, the name of Ubud town originates from the Balinese word "obat" which literally means "herb" or "medicine". If this region is the centre of healing, then Lembah Spa is at its heart with unique traditions in healing relaxation. With couples' treatment rooms, open air Jacuzzi and cold plunge pool, the spa welcomes guests to a soothing, integrative surrounding at one with this region.

Ubud has been a crossroads for spa practitioners from all over the world. Our local therapists are continuously professionally trained by accredited Swiss therapists. Our spa uses local treatment products of the highest quality or from exclusive brands like Pevonia or Intraceuticals.

Lembah Spa treatments are also provided in the privacy of guest villas with the exception of facials and hair treatments. Please inquire at reception about availability or to make a booking.

Hours of Operation:

Daily: 10:00- 22:00

Last Treatment commencing at 20:00



Massages & Treatments

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| TRADITIONAL BALINESE MASSAGE | 60 min | 830 |
| | 90 min | 1,100 |
| Traditional Balinese Massage uses long strokes and essential oils to relax the body and the mind. Focusing on your muscles and general wellbeing, our therapists will make you feel rejuvenated after the treatment. | | |
| FOUR HANDS HARMONY | 60 min | 1,350 |
| This unique massage is a Traditional Balinese Massage given by two therapists at the same time. Using gentle synchronized strokes, you will reach levels of unparalleled relaxation. | | |
| FOOT REFLEXOLOGY | 60 min | 600 |
| An ancient healing process of detoxification, our therapist will work on your meridians and nerve endings to stimulate and remove crystallization in the joints of your feet which control the organs, nerve system and thyroid glands. | | |
| STRESS RELIEF PEVONIA MASSAGE | 90min | 1,200 |
| Using exclusive Pevonia products, enjoy a 60min Traditional Balinese Massage followed by the application of a soothing Balm on your back and feet | | |
| HAIR CREAM BATH | 60 min | 600 |
| The Balinese women have for generations had beautiful long glossy black hair, not only because of their natural diet but also the natural nourishing treatments they use. The cream bath consists of a hair and scalp pampering with nourishing cream packs followed by a head, neck and shoulder massage. | | |
| BODY SCRUB | 45 min | 350 |
| BODY MASK | 45 min | 300 |
| PEVONIA BODY SCRUB | 60 min | 550 |
| PEVONIA BODY MASK | 60 min | 500 |
| USE OF COLD DIP(POOL) & JACCUZZI | 30 min | 120 |
| MANICURE USING OPI NAIL POLISH | 45 min | 400 |
| PEDICURE USING OPI NAIL POLISH | 45 min | 450 |
| MANICURE OR PEDICURE WITHOUT POLISH | 40 min | 350 |
| FLOWER BATH & AROMATIC ESSENTIAL OILS | 30 min | 200 |

Spa Packages

THE FEMININE SPA PACKAGE

180 min

2,350

Designed for ladies, our unique package focuses on improving their delicate beauty while providing unprecedented relaxation.

- Refreshment on arrival
- Lady's Scrub: Blend including Pevonia Marine Algae or Balinese scrub
- Balinese Massage with Essential Oil: Lavender, Rose, Frangipani, Jasmin or Citrus
- All body Moisturiser: Skin replenishing Natural Yoghurt
- Bath: Vanilla or Tropical
- Intraceuticals Facial: choice of Intraceutical Atoxylene, Rejuvenate or Opulence.

THE MASCULINE SPA PACKAGE

180 min

2,350

Designed for the elegant gentleman, our package for men focuses on improving their wellbeing both on the inside and on the outside.

- Refreshment on arrival
- Gentleman's Scrub: Blend including Coffee & Cocoa or Nutmeg & Candle Nut
- Balinese Massage with Essential Oil: Ginger, Vanilla, Cinnamon, Clove or Combination Spice with Patchouli
- All body Moisturiser: Skin replenishing Natural Yoghurt
- Bath: Vanilla or Tropical
- Intraceuticals Facial: choice of Intraceutical Atoxylene, Rejuvenate or Opulence.

Spa Packages

- VICEROY TROPICAL INDULGENCE** **150 min** **2,200**
- Body Exfoliation with Pevonia Salt Mousse Papaya Pineapple Scrub
 - Body Mask of Pevonia Papaya Pineapple Crème Fraiche
 - Shower
 - Relaxation for 20 mins circulating between the
 - Cold Pool and Hot 68 jet Jacuzzi
 - Balinese Massage 50 minutes with choice of Essential Oil
 - Fruit Bath with Orange scented bath foam, Orange and Lime slices
 - Hair Cream bath
 - Relaxation with a fresh fruit juice overlooking the spectacular view

- NEPTUNE'S FIX** **150 min** **2,100**
- Body exfoliation with Pevonia Seaweed Scrub
 - Body Mask with Pevonia Micro Algae Powder
 - Shower
 - Relaxation for 20 mins rotating between the Cold Pool
 - and Jacuzzi
 - Relaxing 50 Minutes massage with Pevonia Micro Emulsion Oil
 - Cleansing Facial
 - Relaxation with a hot herbal tea overlooking the spectacular view

- CLEOPATRA ON PETANU RIVER** **150 min** **2,000**
- Body exfoliation with Candle Nut Scrub
 - Body mask with Pevonia Moor Mud Holistic
 - Shower
 - Balinese Massage 50 minutes with choice of Essential Oil
 - Warm Milk Bath with Rose Petals
 - Pedicure or Manicure
 - Relaxation with a hot herbal tea overlooking the spectacular view

- ROMANTIC COUPLES TREATMENT** **120 min** **3,300**
Per couple
- Balinese Massage with choice of Essential Oil
 - Body Scrub with Pevonia Silky Skin Scrub
 - Body Mask with Natural Yoghurt
 - Warm Flower Bath
 - Relaxing for 20 Mins rotating between the Cold Pool and Jacuzzi
 - Relaxation and fresh juice

Facials

BALINESE FACIAL

60 min

650

Our Balinese facial consists of a deep cleansing and steaming to open the pores, a gentle face scrub, a nourishing mask followed by a face and neck massage.

INTRACEUTICAL FACIALS

Lembah Spa offers Intraceuticals products endorsed by Madonna and other Hollywood stars as the ultimate facial treatment. Intraceuticals works extremely well when applied via our oxygen therapy machine to reach deep down into the lower epidermis layers so that repair is accelerated. Treatments vary according to your skin condition and what problem you want to attack.

ATOXELENE

30 min

750

Atoxylene facial treats the cause of fine lines and wrinkles for healthy functioning smooth skin. It uses a natural amino peptide complex to smooth the skin and significantly diminish the appearance of fine lines and wrinkles – the skin instantly looks younger and feels tighter and firmer. Atoxylene is designed specifically to refine the forehead, soften eye contour and immediately plump and smooth the lips

REJUVENATE

60 min

850

Rejuvenate facial skin balance and hydration for a healthy looking and glowing skin. It immediately hydrates, rebuilds skin integrity, increases firmness and reduces the appearance of wrinkles. The skin instantly looks younger and tighter with a visible lift. The Rejuvenate has the highest concentration of low weight Hyaluronic Acid and also includes skin defending antioxidants, Japanese Green Tea, Vitamins C and E

OPULENCE

60 min

900

Opulence Facial safely and naturally treats the cause of uneven skin tone for healthy radiant skin. It combines botanical skin brighteners and super concentrated Vitamin C to brighten skin and balance skin tone - the skin instantly looks more radiant and luminous. The Opulence product delivers botanicals Alpha Arbutin and yellow Dock Root to reduce pigment production while Vitamin C and Japanese Green Tea protect and defend against environmental and natural skin aging.

REJUVENATE & ATOXELENE COMBINATION

90 min

1,650

This facial that everyone is talking about – the ultimate in skin rejuvenation and instant visible results. The Rejuvenate and Atoxylene work together to significantly reduce the appearance of fine lines and wrinkles while tightening and firming for more defined facial contour. Special care is taken to smooth, open and refine the eye contour area while the lips are plumped and hydrated.

Combination Packages

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|---|--------------|
| YOGA AND TWO HOUR SPA | 2,450 |
| <ul style="list-style-type: none">- Yoga- Balinese Massage- Balinese Scrub- Yoghurt Body Mask- Flower Bath- Cold Pool, Jacuzzi | |
| CYCLING AND TWO HOUR SPA | 2,450 |
| <ul style="list-style-type: none">- Cycling tour of the rice fields- Balinese Massage- Balinese Scrub- Yoghurt Body Mask- Flower Bath- Cold Pool, Jacuzzi | |
| TREKKING AND TWO HOUR SPA | 2,250 |
| <ul style="list-style-type: none">- Trekking tour of the rice fields- Balinese massage- Balinese Scrub- Yoghurt Body Mask- Flower Bath- Cold Pool, Jacuzzi | |
| LUNCH OR DINNER AND TWO HOUR SPA | 2,000 |
| <ul style="list-style-type: none">- Welcome drink- Foot Bath- Balinese Massage- Choice of Cream Bath or Facial- Cold Pool and Jacuzzi- 3 Course Lunch or Dinner at Cascades Restaurant | |

Q. Are reservations necessary?

Yes

Q. When should guest arrive at spa?

10 mins prior to appointment time to be able to serve in a relaxing manner

Q. Cancellation?

Any changes or cancellation of the treatment should be made a minimum of 8 hours prior to appointment otherwise full charge of the treatment will be applied.

Q. What happens if guest is late for treatment time?

Due to other reservations, we cannot extend the treatment time. Please understand and be aware the full benefits may not be felt if the treatment is shortened due to the late arrival of the guest.

Q. Does the guest get a credit for unspent time due to late arrival?

No

Q. Is the spa for Men, Women and Children?

Our spa can accommodate individuals or couples. Children must be accompanied by their parents

All in house guests are advised to take their massage in the absolute privacy of their villa

Access to Villas 15mins prior to commencement of appointment time is required, to allow full setup

Q. Is the treatment the same in the villas as the spa?

Yes, our team of therapists are well used to setting the stage for the same wonderful experience in the privacy of the villas

Q. What should I wear when having a treatment?

Lembah Spa provides disposable underpants, robes and sarongs for the guests to use during treatments

Q. Can I wear contact lens during my treatment?

It is not necessary to remove contact lens during treatment. If the guest chooses to do so please bring your own case and necessary fluids

Q. Can I pay for my treatment by credit card?

Yes, we accept most credit cards, American Express, Diners Club, Visa, Mastercard and JCB.

Q. Can I bring my mobile into the spa?

Yes you may, however we would appreciate if you can put it under silent mode

Q. Do you supply an area/ space for valuables?

Yes, you will be given a locker and you can lock and take the key with you