



### THE SPA By Merusaka

Kawasan Wisata Nusa Dua Lot S-3 Kuta Selatan, Bali 80363  
E. [spasupervisor.merusaka@meruhotels.com](mailto:spasupervisor.merusaka@meruhotels.com)  
wa. +62 812-3930-4752  
[www.merusaka.com](http://www.merusaka.com)

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# STORY & INSPIRATION

Inspired by the embodiment of the Seven Balinese Goddesses, Merusaka Nusa Dua designed Merusaka Spa to encapsulate the essences and values of the Seven Goddesses into a series of complete treatments.

Dewi in Indonesian language means goddess or a woman who has divine power. Hence, with this in mind, Merusaka Spa integrates a Balinese approach to wellness and meticulously develops treatments that are administered by a team of skilled therapists to provide the utmost relaxation.

## Spa Etiquette

At Merusaka Spa, the health and wellbeing of our guests and employees are our top priorities. Hence, to ensure this, the hotel has adopted precautionary measures, with strict cleanliness, health and safety standards as advised and certified by the local authority.

## Arrival time

Please arrive at least 15 minutes prior to your appointment time. Arriving late may affect the duration of your treatment.

## Health Consideration

For your health and comfort, please advise upon booking of any allergies, ailments, or disabilities, especially if you have high blood pressure or are pregnant, as several treatments may not be recommended for you at this time. We also encourage you to shower prior to your treatment.

## Spa Reservation

It is highly recommended that you reserve your treatments in advance to secure a time that best suits to your schedule.

## Cancellations

A minimum of four hours' notice for cancellations or changes of appointment is required to avoid being charged 50% of the listed price. In the event of a no-show, you will be charged the full amount of your reservation.

## Gift Certificate

Give the gift of comfort and wellness to your loved ones. Gift certificates for spa treatments are available for purchase at the Merusaka Spa Reception.

# PRICELIST

## MASSAGE THERAPIES

Traditional Balinese Massage	60/90 Minutes	IDR 750,000 / IDR 950,000
Warm Oil Massage	60/90 Minutes	IDR 750,000 / IDR 950,000
Tension Relief Massage	60/90 Minutes	IDR 800,000 / IDR 975,000
Deep Tissue Massage	60/90 Minutes	IDR 800,000 / IDR 975,000
Herbal Poultice Massage	60/90 Minutes	IDR 850,000 / IDR 1,000,000
Asian Head Massage	60 Minutes	IDR 800,000
Back Massage	30 Minutes	IDR 425,000

## SIGNATURE PACKAGE

Dewi Parwati	3 Hours	IDR 2,800,000
Dewi Laksmi	2.5 Hours	IDR 2,225,000
Dewi Saraswati	2.5 Hours	IDR 2,000,000
Dewi Rukmini	2 Hours	IDR 1,800,000
Dewi Sri	90 Minutes	IDR 1,100,000

## ADD-ONS

Foot Massage	30/60 Minutes	IDR 400,000 / IDR 650,000
Body Scrub	45 Minutes	IDR 475,000
Body Mask	45 Minutes	IDR 475,000
Replenish Facial	60 Minutes	IDR 800,000
Sauna	45 Minutes	IDR 350,000
Jacuzzi	45 Minutes	IDR 350,000

## KID'S MASSAGE (AGES 2-11)

Kid's Balinese massage	60 Minutes	IDR 650,000
Kid's Back massage	30 Minutes	IDR 325,000
Kid's Foot massage	30 Minutes	IDR 325,000

All prices are in Indonesian Rupiah and inclusive 21% of Government Tax and Service Charge

## ADD-ONS

### FOOT MASSAGE

30/60 MINUTES

A rewarding treatment that positively impacts your entire body. Performed using the hands, foot massage effectively stimulates the reflex areas in the foot, helping to relax the whole body, and leaving you with a rejuvenated energy to bring to your day.

### BODY SCRUB/BODY MASK

45 MINUTES

This treatment incorporates gentle pressure point massages with deep exfoliation for an indulgent treatment that will revitalize the skin. It will remove impurities from the pores with a selection of herbal scrubs, leaving the skin feeling velvety smooth and looking radiant.

### REPLENISH FACIAL

60 MINUTES

A deeply nourishing facial to dramatically improve the absorption of nutrients into the skin. This treatment helps to restore vital moisture and essential fatty acids, leaving skin feeling plump, radiant, and soothed.

## KID'S MASSAGE

(Ages 2-11)

Indulge your little ones in a day of pampering with a specially crafted spa treatment for kids at The Spa. Our gentle massage technique draws inspiration from traditional Balinese methods, utilizing palm strokes and a soft application of pressure to promote relaxation of both body and mind. We incorporate nourishing olive massage oil to enhance the experience.

### KID'S BALINESE MASSAGE

60 MINUTES

### KID'S BACK MASSAGE

30 MINUTES

### KID'S FOOT MASSAGE

30 MINUTES

## MASSAGE THERAPIES

### TRADITIONAL BALINESE MASSAGE

60/90 MINUTES

This treatment is crafted to pamper the body, mind, and spirits. The palm stroke movement of traditional Balinese massage employs age-old techniques including stretching, long strokes, kneading, and firm applications of pressure to release tension and enhance the flexibility by incorporating aromatic massage oil.

### WARM OIL MASSAGE

60/90 MINUTES

An ancient therapy designed to help the body get rid of toxins as soon as possible. During the treatment, the therapist applies warm oil to apply pressure at certain points on the body for a relaxing and nourishing massage.

### TENSION RELIEF MASSAGE

60/90 MINUTES

This treatment focuses on the neck, shoulder, and head, along with the lower back and spine areas. As the most common type of bodywork performed today, one of the primary goals of the tension relief technique is to relax the entire body. This is accomplished by rubbing the muscles with long, gliding strokes in the direction of blood returning to the heart, bringing utmost relaxation.

### DEEP TISSUE MASSAGE

60/90 MINUTES

A type of massage therapy that focuses on realigning deeper layers of muscles and connective tissue surrounding muscles with firm pressure and slow strokes to reach deeper layers of muscle and fascia. It is especially helpful for chronic aches and pains and contracted areas such as stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

### HERBAL POULTICE MASSAGE

60/90 MINUTES

Using a warm herbal compress filled with organic herbs, this treatment relieves muscle tension and soreness in two ways: from the steam and the physical heat of the poultice and from the therapeutic warmth of the herbal oils. The herbal poultice is pressed and rolled with a variety of specialized techniques. The heat, combined with the herbs, is absorbed by the body and helps to reduce aches and pains, increase lymphatic drainage, and condition the skin.

### ASIAN HEAD MASSAGE

60 MINUTES

A relaxing holistic treatment that uses acupressure massage to release stress that has accumulated in the tissues, muscles, and joints of the head, face, neck, and shoulders. It aims to rebalance your body's energies. The combination of herbal poultice application around the shoulder and the head is believed to release the muscle tension and stress away.

### BACK MASSAGE

30 MINUTES

This treatment focuses on the neck, shoulder, along with lower back, and spine areas to increase blood flow to the skin and muscles. It helps ease pain and stiffness.



# SIGNATURE PACKAGE

The signature treatments are influenced by the values represented by Balinese Gods and Goddesses as the main elements.

## DEWI PARWATI (REJUVENATING)

3 HOURS

Known by many other names, Dewi Parwati is the gentle and nurturing form of the Supreme Hindu Goddess, Adi Parashakti (Shivashakti). Mostly seen as a mindful and delicate form of mother, she is the goddess of fertility, love, marriage and adherence with divine quality and supremacy. Detoxifying sauna

- Sauna
- Traditional Body Scrub
- Chocolate Body Mask
- Jacuzzi
- Traditional Balinese Massage
- Mini Replenish Facial

## DEWI LAKSMI (SOOTHING)

2.5 HOURS

In Hinduism, Lakshmi, also called Mahalakshmi, is the goddess of happiness, loyalty, sincerity, goodness, eternity, life, beauty and peace. The companion and life partner of Dewa Wisnu.

- Sauna
- Traditional Body Scrub
- Jacuzzi
- Deep Tissue Massage

# SIGNATURE PACKAGE

## DEWI SARASWATI (PURIFYING)

2.5 HOURS

The sacred river of consciousness that enlivens creation; Dewi Saraswati represents the free flow of knowledge, music and aesthetics.

- Herbal Poultice Massage
- Replenish Facial

## DEWI RUKMINI (RELAXING)

2 HOURS

Most praised for her beauty, good virtue, and immense love, Dewi Rukmini is known as a form of Goddess Lakshmi, the companion and life partner of Lord Krishna.

- Traditional Body Scrub
- Traditional Balinese Massage

## DEWI SRI (UPLIFTING)

90 MINUTES

Dewi Sri is the Goddess of the earth and known as the Goddess of rice and prosperity. The Balinese worship Dewi Sri as a motherly figure and have embodied the Goddess in their culture through the generations to the point that they dedicated special places of worship to her and dedicate a special day for her each month called 'Hari Bhatari Sri'.

- Warm Oil Massage
- Foot Massage