



shine  
for Sheraton  
spa



## welcome to shine spa

shine spa for sheraton is the spa for people who love life; it's a place where those passionate about life can relax and make the most of their trip. this is a spa designed to facilitate the fundamental need for recharging while traveling. where guests will find a warm, comfortable atmosphere that is both upscale and approachable.

whether sharing their spa experience with friends and loved ones, or taking a time-out, shine spa for sheraton helps guests to find their glow and to have fun while they are at it.

find your glow. brighten your mood.  
enjoy the moment. shine.



making  
THE  
most  
OF IT

## how to get the most glow out of your treatment at shine spa for sheraton

shine spa at sheraton bali kuta resort is located on level 2 of the hotel and is open daily from 9 am until 11 pm.

to make a spa appointment, simply dial (62) (361) 846 5555 extension 5231 or '0' for operator assistance. all reservations are based on availability and require credit card guarantee.

### take your time

at shine spa, we start with a small welcome ritual of presenting you our refreshment welcome drink and getting to know your journey.

we recommend taking the time to enjoy our sauna prior to our treatments. this will allow your muscles to relax and aid in the therapeutic recovery, combined with our service. we recommend arriving 15 to 30 minutes prior to the beginning of your treatment.

shine spa for sheraton is a sanctuary of relaxation for all travelers and guests. we request any mobile devices to be set to silent or vibrating mode prior to entering our areas. kindly inform our team, should you have any health conditions or past injuries.

### refresh

we recommend a quick warm shower just prior to our treatments, to aid relaxation and to wash off any salts, minerals or chemicals that could clog pores when mixed with oils or other treatment products.

### cancellation policy

we require 24-hour in advance notice for any treatment cancellation or change of time. arriving late may require us to shorten the time of your treatment and full charges will apply.



making  
THE  
OF IT

most

how to get the most glow out of your treatment at shine spa for sheraton

#### treatment attire

it is customary to wear just the bathrobe that we will provide prior to service. you will be given an opportunity to disrobe and cover yourself in privacy before our therapist enters to the room. throughout the treatment, your body will be draped with comfortable linens. at no time during your treatment you will be exposed.

#### communication

communication is key to enjoy the full benefit of shine spa for sheraton experience. do share with our therapist how you are feeling at any time during the treatment. prior to the beginning of your service, please inform our therapist the areas you would like to focus on and any areas to be avoided. during your service, please inform our therapist immediately should you experience discomfort .

#### gratuities

gratuities are solely at your discretion. typically it is 15% or do contact our spa manager should you require assistance with gratuities guideline.

#### tax and service charge\*

please note, all prices are quoted in indonesian rupiah and subject to 11% local government tax and 10% service charge.

#### gift certificates

share the gift of relaxation with your beloved family or friends. allow them to experience the benefits and glow experience of shine spa. gift certificates are perfect for any occasion. choose from individual treatments to spa or bridal packages or predetermined denominations.

#### glow

close your eyes. allow your mind to be free. breathe deeply. remember, this time is your time.



Signature

#### LINE

#### shine massage

provide the body with physical and mental relaxation

50 minutes	idr 460.000*
75 minutes	idr 759.000*
105 minutes	idr 1.050.000*

α body massage with a unique twist. A balm candle is transformed into a warm fragrance massage candle with nourishing and hydrating effects, based on lavender and mandarin.

#### shine for two

gently stretches to re-energize the whole body being.

105 minutes	idr 1.500.000/couple*
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Designed specifically for couples who want to share spa experiences. Starting with aromatic mist, followed by α body massage with creamy Saffron. Continue your journey with the caress of a long, silky cloth as it wraps around and gently stretches your body, relieving and re-energizing your entire being. Pressure points are further stimulated to help de-stress, resulting in a sense of calm comfort and leaving you luminous.foot ritual, aromatic mist, body massage, gentle stretching.

#### shine hand

30 minutes	idr 380.000*
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α treatment for beautifying and rejuvenating your hands. this treatment is especially perfect to soothe hands with dry skin or reduce dark spots.

#### shine feet

45 minutes	idr 420.000*
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α complete treatment that helps to improve the condition of your feet. the triple action of cleansing, preparing and treating the skin will help to achieve extremely smooth, supple skin, as well as maintaining the health and hygiene of fresh and pretty feet.



# Signature

## LINE

### shine body

90 minutes      idr 700.000\*

maximum glamor and sophistication in a revitalizing body therapy based on marine gold that covers the skin in a subtle golden veil to stimulate, enrich, protect and work against skin aging.

### shine facial

60 minutes      idr 950.000\*

skin care treatment that defends the skin against environmental stress that delays aging. the ingredients help to restore the skin's cellular function, providing it with the necessary mechanism to work against aging.

# better together

### romantic indulgence for two

pamper yourself and your partner. allow our therapist to take the two of you on a sensory journey.

### honeymoon indulgence

embrace the essence of pure romance!

135 minutes      idr 2.500.000\* per couple

be with your partner and let our therapist lead the two of you on the ultimate sensory journey!

start with a refreshing oriental foot ritual, followed by:

- aromatherapy swedish massage
- coconut vanilla scrub
- application of tropical body lotion
- wine and fruit served
- a special spa gift for your home indulgence

### him and her

the ultimate in romantic indulgence!

75 minutes      idr 1.700.000\* per couple

our professional therapist welcomes you and the love of your life to shine spa with a sensual oriental foot ritual in our candlelit treatment room. revitalize your love with invigorating essence oil and with a sublime aromatic full body massage. wine and treats are served at the end of your spa journey.



# better together

family indulgence  
pampering fun with your little one.

**better ways to bond with your little one**  
a complete journey to re-energize the whole body.

**120 minutes      idr 1.350.000\* per mother and child**

mum and little princess

- rose petal body scrub
- traditional balinese massage
- express manicure or pedicure for the two of you
- rose petal body scrub
- kiddie massage

**120 minutes      idr 1.100.000\* per father and child**

dad and little prince

- coconut vanilla scrub
- oriental massage
- foot massage
- coconut vanilla scrub
- kiddie massage
- kiddie foot massage



# body language

body care  
in rhythm and harmony with nature.

**coconut vanilla body scrub**

**50 minutes      idr 370.000\***

immerse your senses into a time reminiscent of cleopatra, the legendary queen of ancient egypt. treat yourself to a rich coconut scrub that will leave the skin soft, as well as supple just like cleopatra herself

**water lily hydrate & renew**

**90 minutes      idr 800.000\***

the exquisite water lily drenches the skin with extreme hydration and skin repairing ingredients. perfect for dry, dehydrated, dull skin with excessive sun-exposure. instantly restore skin hydration during the holiday, resulting in healthy-glowing skin. full body massage is included.

**aloe vera wrap**

**50 minutes      idr 320.000\***

the perfect treatment to nourish your skin after a full day of bali's sun. allow your body to rejuvenate, nourish and shine.

**silky smooth**

**90 minutes      idr 700.000\***

dreaming of a soft-silky skin? this treatment starts with a body scrub, eliminating dead skin, leaving skin smooth and silky, and finishes with an invigorating body massage to release muscle tension.



# body

language

body care  
in rhythm and harmony with nature.

### traditional pampering

80 minutes      idr 580.000\*

pure time out in paradise. this ritual starts with a gentle and moisturizing body scrub followed by our deep relaxing massage and concludes with a divine head massage. enjoy the nourishing benefits of mother nature's best ingredients.

### shine spa beauty moment

110 minutes      idr 960.000\*

enjoy the pampering touch of a shine massage and a youthful collagen facial.

### sea and island gift

saltmousse, body balm massage, refresher facial.

135 minutes      idr 1.500.000\*

slip away with this enticing tropical aroma sensory experience. the treatment will offer the scent of tropical fruit extract, a salt mousse body scrub to remove impurities, followed by a rejuvenating body massage using deeply nourishing tropical balm to de-stress, and a refresher facial after.



# hands

on

massage of the world  
intuitive touch, healing energy and holistic well-being.

### balinese massage

50 minutes      idr 385.000\*  
75 minutes      idr 635.000\*  
105 minutes      idr 850.000\*

experience the signature massage of the island - this gentle and calming treatment has been passed down from generation-to-generation. the combination of acupressure, skin rolling and relaxing strokes has a restoring as well as calming effect. it is one of the most sought after treatment by many travelers.

### oriental massage

50 minutes      idr 385.000\*  
75 minutes      idr 635.000\*  
110 minutes      idr 850.000\*

a restoring and balancing massage which applies strong pressure and a combination of the best techniques from thai balinese and indian head massage.



# spans on

massage of the world  
intuitive touch, healing energy and holistic well-being.

## aromatherapy swedish massage

50 minutes      idr 385.000\*  
75 minutes      idr 635.000\*  
110 minutes     idr 850.000\*

this invigorating popular massage engages the deep tissue with sports massage technique that applies medium to strong pressure to knead and wring tension and stress away. finger, thumb and palm pressure work with percussion techniques to stimulate skin circulation and improve release of tensions.

## soul to sole

50 minutes      idr 400.000\*

a healing combination of indian head massage and reflexology brings deep relaxation to body and mind while stimulating the body's own healing process.

## stress relief back, neck and shoulder

30 minutes      idr 264.000\*  
50 minutes      idr 484.000\*

this customized deeply relaxing massage incorporates deep thumb and palm pressure and long sweeping movements to flush away stress on the neck, shoulder aches and muscle tension.



# saving face

## sun burn facial

45 minutes      idr 550.000\*

instantly restores and repairs moisture loss and deeply hydrates, soothes and protects the skin. recommended for skin exposed to heat or sun, sensitive or dehydrated skin. the repairing benefits of the water lily will result in a hydrated, repaired and balanced complexion.

## youthful collagen

60 minutes      idr 700.000\*

counters any signs of early aging by combating excessive dryness, dehydration, fine lines and wrinkles. rich in concentrated marine collagen, perfect to refresh and fight signs of dehydration due to the humidity while on holiday's. leaves skin toned, with radiant youthful glow.

## phyto energie for him

60 minutes      idr 550.000\*

specifically created for men's skin. natural phyto-ectracts rich in botanical liposomes, this line helps prevent razor burns, sensitiviy, clears folliculitis and allows skin to calm.

## refresher mini facial

30 minutes      idr 300.000\*

feel entirely revitalized after this complete facial that covers cleansing and exfoliation to smoothen your skin. a face massage follows to relax your muscles and toning, resulting in a glowing skin.



FROM  
head  
TO  
**TOE**

### rosemary hair elixir and indian head massage

50 minutes      idr 400.000\*

perfect after a day in the sun or ocean, a scalp massage with warm blended rosemary oil that enhances hair growth and shine as well as nourishing hair cream. while the body absorbs nature's healing nutrients, unwind with an indian head, neck and shoulder massage. this treatment concludes with a full application of moisturizing frangipani body lotion.

### foot massage/reflexology

30 minutes      idr 264.000\*  
60 minutes      idr 422.400\*

the most blissful journey for your feet. based on the same therapeutic principles used since ancient times, this is a wonderful treatment to help release toxins and restore your body's energy flow.



FROM  
head  
TO  
**TOE**

### shine manicure

60 minutes      idr 380.000\*

luxurious conditioning care for your hands. this treatment provides more youthful hands through nail filing, cuticle trimming and minimizing, with exfoliation to the hand or arm massage. nail polish or buffing included.

### express color manicure

30 minutes      idr 270.000\*

### shine pedicure

60 minutes      idr 395.000\*  
(additional charge of idr 50.000 for nail art)

pampering time for your feet. we begin with an aromatic foot soak and scrub. the treatment also includes filing, cuticle minimizing, and a pampering foot or leg massage to enhance the condition of your beautiful feet.

### express color by gelish

90 minutes      idr 385.000\*

take it off! (gel remover)      idr 200.000\*





# the intimate

## waxing

eliminate unwanted hair with wax for soothing and less painful hair removal.

## eye brow

20 minutes idr 205.700\*

## jaw line

20 minutes idr 214.000\*

## upper lip

20 minutes idr 214.000\*

## half leg

30 minutes idr 316.250\*

## half arm

30 minutes idr 302.500\*

## full leg

45 minutes idr 500.000\*

## full arm

45 minutes idr 440.000\*

## under arm

15 minutes idr 264.000\*

## bikini

45 minutes idr 450.000\*

## brazilian

45 minutes idr 450.000\*

## chest

30 minutes idr 495.000\*

## half back

45 minutes idr 495.000\*

## full back

60 minutes idr 725.000\*



# cuisine menu

## sandwich

### sandwich pollo e provolone

idr 78.000\*

### roast beef sandwich

idr 78.000\*

### bagel and lox

idr 65.000\*

## salad

### tomato and mozzarella salad

idr 54.000\*

### fruit salad

idr 54.000\*

### watermelon, prawn & avocado salad

idr 54.000\*

## dessert

### mango pudding

with coconut froth, berries & honey

idr 45.000\*

### greek yoghurt panna cotta

with passion fruit coulis



find  
your  
glow

SHERATON BALI KUTA RESORT

Jalan Pantai Kuta, Kuta Beach  
Bali, Indonesia  
T (62) (361) 846 5555  
F (62) (361) 846 5577

[sheraton.com/balikuta](http://sheraton.com/balikuta)  
[sheraton.balikuta@sheraton.com](mailto:sheraton.balikuta@sheraton.com)