



SereS Springs Resort & Spa

Jalan Jukut Paku, Singakerta, Ubud - Bali

P. (+62)361-3012222 | E. spa.ubud@sereshotelsresorts.com

www.sereshotelsresorts.com





Om Swastiastu...

Welcome To Our SereS Spa Sanctuary

We extend to you peaceful tidings and our warm wishes of good health for your kind patronage.

In the rural setting of natural vegetation and rice padi fields fronted by Wos River, our mission is to provide our guests personalized therapeutic massage treatments and beauty care within a relaxed and unhurried ambiance. All treatment selections shall be preceded with offering our guests a welcome non-alcoholic drink and at conclusion, a fresh cold towel, ginger tea, and fresh fruit slices. There will be no smoking throughout in this sanctuary.

For your treatment indulgence and pleasure, we offer a refined range of therapeutic massage oils for your selection: Anggur Grapes, Jasmine, Bali Spices, Green Tea, Eucalyptus, Lavender and Rosella.

Opening Hours

<i>Spa Sanctuary</i>	<i>9:00 am - 11:00 pm</i>
<i>Fitness Centre</i>	<i>9:00 am - 9:00 pm</i>
<i>Swimming-Pools</i>	<i>8:00 am - 9:00 pm</i>

Your Selection Of Massage Oils, Their Qualities & Values

We advise warming up Massage Oils

Lavender

Reduction of nervous tension, pain relief, relaxation and enhancement of blood circulation.

Jasmine

Uplifting with boosting of energy with anti-depressant, antiseptic, sedative and aphrodisiac qualities.

Eucalyptus

Removal of mental sluggishness and exhaustion; reduction of muscle pain and respiratory problems. Qualities include: antiseptic, anti-fungal, decongestant and anti-bacterial.

Rosella

A holistic herbal remedy from the rosella tree of the hibiscus strain, is a soluble anti-oxidant which helps to promote skin elasticity, in enhancing of kidney functioning, cleaning up mucus and opening of a blocked nose and reduces fever.

Grape

Good for anti-oxidant, rejuvenating and will slow down the ageing process, helps blood circulation to the scalp so that hair is much stronger, healthier and reduce black spots on the skin.

Bali Spices

Ingredients ginger and clove are good for: relief of digestive problem, motion sickness, antipain, reduce risks associated with diabetes and obesity, antibiotic helps to destroy microorganism.

Green Tea

Green tea is believed to reduce the severity of an asthma attack by relaxing the muscles that support the bronchial tubes. It is rich in Vitamins A, B, and E and helps to treat dysentery, gastroenteritis, and hepatitis. Also believed to fight the flu virus. Green tea inhibits the breakdown of collagen and hence will help to reduce wrinkles.

SereS Signature Massage

Enjoy a customized soothing full-body massage, perfect for reducing stress, relieving tension, easing pain and improving blood circulation.

60 minutes | IDR 588,000++; 90 minutes | IDR 888,000++; or 120 minutes | IDR 1,000,000++

Bamboo Massage

An invigorating massage focusing on the more tense areas of your body, this massage will help you release accumulated stress and leave your feeling re-energized. Not recommended for those with smaller body frame. Ideal for active and sportive physiques.

60 minutes | IDR 588,000++; or 90 minutes | IDR 888,000++

Lomi Lomi

Ease chronic tension by experiencing the expert touch of direct deep pressure massage with slow, penetrating strokes in melting the aches and pains away.

60 minutes | IDR 588,000++; 90 minutes | IDR 888,000++; or 120 minute | IDR 1,000,000++

Aromatherapy Massage

The beauty of essential oils transcends beyond just an aroma. True aromatherapy creates a sense of calm, pleasure and clarity. Your therapist will blend traditional East and West massage techniques to infuse your customized blend of oils rhythmically into your body.

60 minutes | IDR 588,000++; 90 minutes | IDR 888,000++; or 120 minutes | IDR 1,000,000++



All Spa & Massage Menu Selections are subject to 23,75% Government Tax & Service Charges

Flow of Body Energy

Soothing Stone Massage

The comfort of warm, smooth stones glided over your tired, sore muscles simply melt away your tension and worries. The heat of the stones penetrates deep into the muscles, allowing them to completely unwind; a wonderful alternative to deep tissue massage with all of the attendant benefits, that are augmented by the heating pad on the treatment bed.

90 minutes | IDR 1,088,000++

A Moment Together For Couples

Escape and share a tender moment together in one of our SereS Spa Suites. Enjoy side by side with someone special. Choose a Swedish, Aromatherapy or Deep Tissue massage in your own blissful moment.

60 minutes | IDR 1,450,000++; 90 minutes | IDR 2,175,000++

Sedentary Relief Massage

Our bodies were created to move, function and stay active. Today's sedentary daily life creates stiffness and tension in the neck, shoulders and back thus making it difficult to focus and unwind. Stimulate your muscle groups through the invigorating effects of Ginger and Rosemary essential oils applied by a vigorous massage. Energizing results will clear your mind, relax and rejuvenate you.

30 minutes | IDR 340,000++; or 60 minutes | IDR 588,000++

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Specialized Body Baths

30 minutes Each | IDR 488,000++

Warming Spice Bath

Ingredients include Lemon Leaf, Fresh Ginger, Pandan Leaf, Clove, Lemongrass, Rose Petal Flowers

Refreshing Citrus Bath

Ingredients with Lemon, Lemon Leaf, Lemon Juice, Jepun Flowers & Orange Essential Oil

Milk Rose Bath

Sumptuous combination of Rose Flower Petals, Fresh Milk Powder, Plain Yogurt, Jasmine Essential Oil and Jepun Flowers

Anggur Grapes Bath

A soaking cocktail of Anggur Grapes, Fresh Milk Powder, Rose Flowers and Anggur Grapes Essential Oil

Your Whole Being Will Literally Feel Reborn!

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Body Beauty Exfoliation Scrubs

A Beautiful Glow with Coconut, Sugar and Milk

Organic sugar is combined with exotic nut oils, creating the ultimate body beautifying experience. Warmed coconut milk is gently poured over the body in preparation for the pure cane sugar or white sugar and tropical oils, which will be massaged gently to exfoliate layers of dry skin. An application of hydrating body lotion with sugar scrub and massage oil concludes this treatment to leave the body fully glowing.

60 minutes | IDR 488,000++

Illuminating Radiance

Massage oils mixed with Grape, Sugar and Green Apple.

Your moistened skin is gently exfoliated and massaged with the sweet aroma of grape fruit and green apple sugar scrub, leaving your senses wanting more. Your skin will radiate and feel taut, smooth and deeply hydrated from the nourishing effects of this delicious experience.

60 minutes | IDR 488,000++

Six Different Scrubs for Your Choice

Glowing Silky Scrub - Red rice, Pandan Leaf and Jasmine

Wine Scrub - Anggur Grapes and Red Rice

Spice Scrub - Ginger and Red Rice

Chocolate Scrub

Avocado Scrub

Aloe Vera Scrub

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Body Wraps with Combination of Fresh Fruits & Herbs

Essential Consideration

Renewal of well-being with the selected fruits and herbs in accordance with the needs of your body, replenish and harmonize with aromatherapy by nutrient-rich wraps to rejuvenate your youthful skin.

60 minutes | IDR 488,000++

Types of Wraps: Avocado with Honey; Fresh Ginger and Papaya with Clean Clay

Reformed Massage Therapy

Rejuvenate your skin with the anti-oxidizing benefits of nature's little power-house of using grapefruit. Your skin will return to its more youthful, hydrated former self when drenched in the richness of Nature's gifts.

60 minutes | IDR 588,000++

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Natural Facials

Aromatic Facial

Organically grown and delicately mixed, our organic potion serves to relax, soften and soothe your skin as the essential blended mixture and massage oils work their wonders to balance and renew your complexion. Further enjoy these stress-relieving massage techniques specifically sequenced to enhance the therapeutic effects of this unique aromatic facial.

60 minutes | IDR 698,000++

SereS Spa Sanctuary Premium Facial

Choice of Fruits for application: Papaya, Avocado, Green Apple

Skin that has been neglected becomes congested and lacks its former glow, thus creating a need for a thorough cleansing and revival. Perfectly balanced pH nutrients are worked into the skin to relieve congestion, purify the pores, and stimulate circulation to restore the vitality of youthful and vibrant skin. Extractions performed as needed.

60 minutes | IDR 698,000++



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Treatment Enhancements

Our Focused Techniques Are Intended To Enrich Your Massage Experience.

Hot Aromatic Compresses

Hot aromatic compresses soaked in the essential oils of your choosing and applied to your shoulder, spine, lower back and backside with gentle rhythmic compression or padding motions.

90 minutes | IDR 798,000++; or 120 minutes | IDR 950,000++

Take more Than a Moment in Me

Calming Scalp Massage or Ayurveda Shirodara

Warmed aromatic oils are slowly dripped onto the scalp and massaged with purpose to release cranial tension and ease your thoughts, leaving your hair silky smooth and your body totally at ease.

120 minutes | IDR 1,140,000++

Foot Reflexology

A holistic treatment with a profound effect on your sense of well-being. While special attention is given to the reflex points of your feet.

30 minutes | IDR 345,000++; 60 minutes | IDR 520,000++; or 90 minutes | IDR 808,000++

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Glowing Hand and Foot Therapy

With unsurpassed skillful techniques, this treatment is not to be missed. Treat your hands and feet that are often forgotten with a luxurious infusion of nourishing ingredients onto your skin. Ingredients are all rich in anti-ageing qualities that hydrate and regenerate, leaving the skin more youthful and supple.

<i>Manicure Royal</i>	<i>60 minutes IDR 350,000++</i>
<i>Pedicure Royal</i>	<i>60 minutes IDR 425,000++</i>

Restore your hands and feet to their natural beauty

<i>Manicure Classic</i>	<i>60 minutes IDR 250,000++</i>
<i>Pedicure Classic</i>	<i>60 minutes IDR 288,000++</i>
<i>Polish Change</i>	<i>30 minutes IDR 174,800++</i>
<i>French Polish Upgrade</i>	<i>60 minutes IDR 330,000++</i>

Hair Removal (Waxing)

<i>Under Arm</i>	<i>30 minutes IDR 288,000++</i>
<i>Back</i>	<i>30 minutes IDR 288,000++</i>
<i>Half - Leg</i>	<i>30 minutes IDR 288,000++</i>
<i>Full - Leg</i>	<i>60 minutes IDR 488,000++</i>
<i>Half - Arm</i>	<i>30 minutes IDR 255,000++</i>
<i>Full - Arm</i>	<i>60 minutes IDR 288,000++</i>

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Spa Packages

Nature's Indulgence

Have a lovely day and have it all! You may enjoy this day fully by yourself or share it with someone special.

6 hours/ Single | IDR 1,980,000++

6 hours/ Couple | IDR 3,588,000++

This package includes:

Relaxed Signature Massage (60 minutes)

Manicure Classic (50 minutes)

SereS Spa Premier Facial (60 minutes)

Pedicure Classic (60 minutes)

Lunch Break (1½ hour relaxation time at your leisure, including a Balinese entrée)

Your choice of Make-up Lesson, Fitness Class or Yoga (60 minutes)

The Collection

Reinvent yourself, many options are available

***Package I** (160 minutes | IDR 1,188,000++)*

SereS Facial - classic facial with seasonal fruit (50 minutes)

Manicure Classic (60 minutes)

SereS Signature Massage (50 minutes)

***Package II** (180 minutes | IDR 1,584,000++)*

Relax Spa Premier Facial (60 minutes)

SereS Signature Massage (60 minutes)

Spice Scrub & Mask (60 minutes)

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Package III (180 minutes | IDR 1,380,000++)
Choice of Sports or Deep Tissue Massage (60 minutes)
SereS Facial (50 minutes)
Refreshing Citrus (30 minutes)
Hair Shampoo & Dry only (40 minutes)

Package IV (150 minutes | IDR 1,188,000++)
Luxury Manicure & Pedicure Royal (100 minutes)
Hand or Foot Massage (50 minutes)

Package V (120 minutes | IDR 1,020,000++)
SereS Facial (60 minutes)
Hair Scalp Treatment (60 minutes)

Package VI (210 minutes/ single | IDR 1,440,000++)
Yoga Retreat
Yoga Session (60 minutes)
Lunch Break (60 minutes, including lunch)
Reformed Massage (60 minutes)
Warming Spice Bath (30 minutes)

A Gentleman's Choice (150 minutes | IDR 1,188,000++)
SereS Balinese Massage (60 minutes)
Gentleman's Facial (60 minutes)
Detoxifying Treatment with Body Bath (30 minutes)

Reformed Detox Treatment (90 minutes | IDR 810,000++)
Balinese Massage - Local Anggur Grapes (60 minutes)
Wine Scrub - Local Anggur Grapes & Red Rice (30 minutes)

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The Royal Pre-Wedding Ritual

(340 minutes/couple | IDR 5,700,000++)

Reformed Massages (60 minutes)

Wine Scrub - Local Anggur Grapes & Red Rice (30 minutes)

Peel and Lift Facial (60 minutes)

Milk Rose Bath (30 minutes)

Hair Scalp Treatment (60 minutes)

The Royal Mani - Pedi (100 minutes)

Couples Retreat

(210 minutes | IDR 3,300,000++)

We know you have come to escape in our secluded haven together, looking for side-by-side serenity. Our beautiful suite has a breath-taking view of natural vegetation and has been exquisitely prepared for a relaxing, calming and subdued experience.

This tailored getaway includes the following components:

SereS Balinese Massage (60 minutes)

SereS Spa Premium Facial (60 minutes)

Relaxation Herbal Wrap (30 minutes)

Milk Rose Bath (30 minutes)

Tea Time for Two (30 minutes) at your Leisure

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The Wellness Inclusive Packages

These are the ideal packages when you relish gentle exercises and keep up with a healthy and beauty regimen. Organic beverages and healthy menu item selections will be featured.

2 Nights - 3 Days Package

For Single IDR 2,280,000++

In the Villa for Couple IDR 6,600,000++/night

Day 1

Scenic Strolling by Jukut Paku - Candi Tebing

Illuminating Body Scrub at SereS Spa Sanctuary

Day 2

SereS Signature Massage - 60 minutes at SereS Spa Sanctuary

Premium Facial at SereS Spa Sanctuary - 60 minutes

Day 3

Sun Meditation - 60 minutes

Hair Sculp Treatment at SereS Spa Sanctuary

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The Wellness Inclusive Package

A great package to reset your bodily rhythms and attain the best level of wellness in our Spa Sanctuary. Our Resort Activities Team, will lead a series of slightly more robust workout sessions, with introduction of traditional Balinese Culture, combined with Spa and Beauty Treatments.

4 Nights - 5 Days Package

*For Single IDR 4,560,000++
In the Villa for Couple IDR 6,744,000 ++/night*

Day 1

*Cycling to Campuhan Ridge, Sawah Track, Pura Dalem Singakerta
SereS Signature Massage - 60 minutes at SereS Spa Sanctuary*

Day 2

*Scenic Strolling by Jukut Paku - Candi Tebing
Beauty Glow at SereS Spa Sanctuary*

Day 3

*Yoga at Bale Yoga - 60 minutes
Aromatical Facial at SereS Spa Sanctuary*

Day 4

*Sun Meditation - 60 minutes
Ayurveda & Shirodara - 2 hours*

Day 5

*Balinese Purification & Cleaning at Sacred Springs Pool - 60 minutes
Royal Manicure & Pedicure*

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SereS Natural Hair Scalp Selections

Softening - Banana & Honey

90 minutes | IDR 458,000++

Shiny - Carrot & Coconut

90 minutes | IDR 458,000++

Anti-Dandruff - Tomato & Lime

90 minutes | IDR 458,000++



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Common Spa Patronage & Courtesies

Appointments

Advance appointments are highly recommended for your type and duration of treatment based on available time slots.

Hours of Treatment Services

Open daily from 09:00 AM to 11:00 PM. For same day appointments, please call hotel extension 5, or make your reservation directly at the SereS Spa.

Pre-Treatment Information

Prior to our scheduled treatment time, please allow at least 15 minutes for changing, showering as the case maybe and relaxation in preparation for your treatment. Tardiness by guests may also impact the amount of treatment time for the next guest, hence reducing your scheduled treatment time.

Cancellation Policy

As a courtesy to all parties, we request your kind consideration that a minimum of 24 hours advance notice be given if re-scheduleing or cancellation of your appointment will become necessary. Please bear in mind when our spa appointments are fullybooked, your treatment time will be shortened accordingly if your appointment time is not kept.

Attire and Personal Belongings

Please wear comfortable clothes and secure your own valuable belongings and avoid bringing them for your treatment. Our Spa and hotel can't be responsible for their safe-keeping. Our Spa will provide you with a yukata robe, towels, sarong wrap and slippers in addition to bathroom amenities and toiletries.

Quiet Time and Relaxation

Spa background music for relaxation and downtime will be provided. Please kindly refrain from using your mobile phone and other electronic devices and if necessary keep them in silent mode. Our guests do expect and relish their quiet time during treatment and keeping your voice level down will be appreciated by all guests.

Treatment Consultation and Advice

Before commencement of spa and massage treatment, we ask for your cooperation in filling out our Treatment Consultation Form. Please inform your therapist about any health issues such as pregnancy, recent surgery, hypertension, heart ailments, allergies and sport injuries.

Minimum Age

Spa services are also appropriate for children ten years or older. However, for the comfort and quiet ambience of other guests, may we ask that children not accompany you on your spa appointment unless they all receive treatment services.

Gratuities

A service charge of 10% is added to the amount of each treatment. Gratuities when considered by our guests are always appreciated by our therapists when quality care and attention is given. We too would also appreciate your post-treatment comments and suggestions.

Spa Treatment Packages

Our therapist associates shall be most delighted to customize a half-day or full-day session for spa, massage and yoga package for you and your guest.

*Terima Kasih Banyak and We Thank You For
Your Patronage and Kind Consideration*

Om Shanti, Shanti, Shanti Om

Peace be with you in Body, Speech and Mind



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