



SERES SPRINGS RESORT & SPA SINGAKERTA, UBUD

# ULTIMATE WELLNESS ESCAPES

## 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 paddy fields, fronted by the Wos River, our mission is to provide our guests with personalized therapeutic massage treatments and beauty care within a relaxed and unhurried ambiance. All treatment selections will be preceded by offering our guests a welcome non-alcoholic drink and, at conclusion, a fresh cold towel, ginger tea, and fresh fruit slices. Smoking is not permitted throughout this sanctuary.

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

## OPENING HOURS

|                       |                     |
|-----------------------|---------------------|
| <i>Spa Sanctuary</i>  | 09:00 am - 10:00 pm |
| <i>Fitness Centre</i> | 09:00 am - 09:00 pm |
| <i>Kids Club</i>      | 09:00 am - 09:00 pm |
| <i>Infinity-Pools</i> | 07:00 am - 09:00 pm |

## For More Information & Appointment



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# Massage Oils

YOUR SELECTION OF MASSAGE OILS  
& THEIR QUALITIES AND VALUES

## *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: anti-septic, anti-fungal, decongestant and anti-bacterial.

## *Rosella*

A holistic herbal remedy from the roselle 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.

# Massage Oils

YOUR SELECTION OF MASSAGE OILS  
& THEIR QUALITIES AND VALUES

## *Grape*

Relief of digestive problems such as nausea, motion sickness and pain; reduces risks associated with diabetes and obesity, antibiotic against the growth of and destroys micro-organisms.

## *Bali Spices*

Relief of digestive problems such as nausea, motion sickness and pain; reduces risks associated with diabetes and obesity, antibiotic against the growth of and destroys micro-organisms.

## *Green Tea*

Relief of digestive problems such as nausea, motion sickness and pain; reduces risks associated with diabetes and obesity, antibiotic against the growth of and destroys micro-organisms.



All spa and massage menu selections are subject to a 21% government tax and service charge



# Massage Selections

YOUR PERFECT MASSAGE AWAITS

## *SereS Signature Massage*

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

IDR 688,000<sup>++</sup>

60 Minutes

IDR 998,000<sup>++</sup>

90 Minutes

IDR 1,188,000<sup>++</sup>

120 Minutes

## *Bamboo Bliss 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.

IDR 688,000<sup>++</sup>

60 Minutes

IDR 998,000<sup>++</sup>

90 Minutes

## *Hawaiian Healing Massage*

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

IDR 688,000<sup>++</sup>

60 Minutes

IDR 998,000<sup>++</sup>

90 Minutes

IDR 1,188,000<sup>++</sup>

120 Minutes

## *Aromatic Serenity 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.

IDR 688,000<sup>++</sup>

60 Minutes

IDR 998,000<sup>++</sup>

90 Minutes

IDR 1,188,000<sup>++</sup>

120 Minutes





# Massage Selections

YOUR PERFECT MASSAGE AWAITS

## *90-Minute Healing Stone Ritual*

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.

IDR 1,288,000<sup>++</sup>

## *Harmony for Two*

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

IDR 1,688,000<sup>++</sup>

60 Minutes

IDR 2,688,000<sup>++</sup>

90 Minutes

## *Sedentary Relieve Massage*

Our bodies are designed for movement, yet modern sedentary lifestyles often lead to stiffness and tension in the neck, shoulders, and back. Reawaken your body with a dynamic massage infused with ginger and rosemary essential oils. These invigorating botanicals, combined with expert techniques, soothe muscles, boost circulation, and revitalize your mind, leaving you refreshed, relaxed, and recharged.

IDR 398,000<sup>++</sup>

30 Minutes

IDR 688,000<sup>++</sup>

60 Minutes



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# Scrub Selections

REVEAL YOUR RADIANT SKIN

## *60-Minute Tropical Glow Scrub*

Indulge in a luxurious body treatment as warmed coconut milk is poured over your skin, followed by a gentle exfoliation with organic sugar and exotic nut oils. The treatment concludes with a hydrating body lotion, leaving your skin silky-smooth and radiant.

IDR 588,000<sup>++</sup>

## *60-Minute Illuminating Radiance*

Delight your senses with our grape, sugar, and green apple massage scrub. The fragrant blend of grape and green apple will awaken your senses, while the gentle exfoliation and moisturizing properties of the sugar scrub will leave your skin feeling soft, smooth, and radiant.

IDR 588,000<sup>++</sup>



# Soak Selections

IMMERSE IN BLISS, REJUVENATE YOUR SOUL

*30-Minute  
Invigorating Spice Bath*

IDR 588,000<sup>++</sup>

*30-Minute  
Zestful Rejuvenation Bath*

IDR 588,000<sup>++</sup>

*30-Minute  
Rose & Milk Luxury Bath*

IDR 588,000<sup>++</sup>

*30-Minute  
Graceful Grape Bath*

IDR 588,000<sup>++</sup>

# Facial Treatments

NATURE'S BEST FOR YOUR BEAUTIFUL SKIN

## *60-Minute Aroma Glow Facial*

Carefully cultivated and thoughtfully blended, our organic potion is crafted to relax, hydrate, and rejuvenate your skin. Infused with a harmonious blend of essential oils, this luxurious treatment pairs perfectly with expertly applied massage techniques, working in synergy to restore balance and enhance your natural glow. Indulge in the soothing benefits of targeted stress-relief methods, meticulously designed to amplify the therapeutic effects of this aromatic facial experience.

IDR 808,000<sup>++</sup>

## *60-Minute SereS Elite Radiance*

For skin that has lost its radiance and vitality, this luxurious treatment offers a deep cleanse and complete rejuvenation. Infused with perfectly balanced pH nutrients, it works to purify pores, enhance circulation, and restore your skin's natural brilliance. Gentle yet precise extractions are performed as needed, leaving your complexion refined, luminous, and glowing with five-star perfection.

IDR 808,000<sup>++</sup>

## *60-Minute Luminous Jade Facial*

Revitalizing skincare treatment that combines traditional techniques with the benefits of jade rolling. It includes deep cleansing, toning, exfoliation, a rejuvenating jade roller massage to promote circulation and reduce puffiness, followed by a nourishing mask and moisturizing finish for soft, glowing skin. Perfect for a radiant and refreshed complexion.

IDR 850,000<sup>++</sup>





# Body Wraps

A GENTLE EMBRACE  
FOR RADIANT RESULTS

## *45-Minute Nature's Embrace Wrap*

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.

IDR 588,000<sup>++</sup>

## *60-Minute 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.

IDR 688,000<sup>++</sup>

# Hair Removal

THE ULTIMATE TOUCH OF SILKEN PERFECTION

*30-Minute Underarm*

IDR 338,000<sup>++</sup>

*60-Minute Full-Leg*

IDR 588,000<sup>++</sup>

*30-Minute Back*

IDR 338,000<sup>++</sup>

*30-Minute Half-Arm*

IDR 298,000<sup>++</sup>

*30-Minute Half-Leg*

IDR 338,000<sup>++</sup>

*60-Minute Full-Arm*

IDR 338,000<sup>++</sup>





# Hand and Foot Rejuvenation

EXQUISITE DETAILS, FROM FINGERS TO TOES

*60-Minute  
Royal Manicure*

IDR 408,000<sup>++</sup>

*60-Minute  
French Polish Glow*

IDR 388,000<sup>++</sup>

*60-Minute  
Royal Pedicure*

IDR 488,000<sup>++</sup>

*90-Minute  
Basic Nail Gel Manicure*

IDR 500,000<sup>++</sup>

*60-Minute  
Essential Hand Care*

IDR 288,000<sup>++</sup>

*90-Minute  
Basic Nail Gel Pedicure*

IDR 560,000<sup>++</sup>

*60-Minute  
Essential Sole Care*

IDR 338,000<sup>++</sup>



# Exclusive Packages

DISCOVER THE ART OF  
PERSONALIZED RELAXATION

## *Package I: 160-Minute SereS Signature Bliss*

Classic Facial with Seasonal Fruits - 50 minutes  
Classic Manicure - 60 minutes  
Signature Massage - 50 minutes

**IDR 1,368,000<sup>++</sup>**

160 Minutes

## *Package II: 180-Minute Tranquil Indulgence*

Relax Spa Premier Facial - 60 minutes  
Signature Massage - 60 minutes  
Spice Scrub & Mask - 60 minutes

**IDR 1,828,000<sup>++</sup>**

180 Minutes

## *Package III: 180-Minute Rejuvenation Retreat*

Choice of Sports or Deep Tissue Massage - 60 minutes  
SereS Facial - 50 minutes  
Refreshing Citrus - 30 minutes  
Hair Shampoo & Dry - 40 minutes

**IDR 1,588,000<sup>++</sup>**

180 Minutes



## *Package IV: 150-Minute Royal Hands & Feet Retreat*

Royal Manicure & Pedicure - 100 minutes  
Hand or Foot Massage - 50 minutes

IDR 1,368,000 <sup>++</sup>

## *Package V: 120-Minute The SereS Glow*

SereS Facial - 60 minutes  
Hair Scalp Treatment - 60 minutes

IDR 1,178,000 <sup>++</sup>

## *Package VI: 210-Minute The Ultimate Wellness Journey*

Yoga Retreat  
Yoga Session - 60 minutes  
Lunch Break - 60 minutes (Inclusive Lunch)  
Reformed Massage - 60 minutes  
Invigorating Spice Bath - 30 minutes

IDR 1,668,000 <sup>++</sup>





# Exclusive Packages

DISCOVER THE ART OF  
PERSONALIZED RELAXATION

## *150-Minute Refined Gentleman's Experience*

SereS Balinese Massage - 60 minutes  
Gentleman's Facial - 60 minutes  
Detoxifying Treatment with Body Bath - 30 minutes

IDR 1,368,000<sup>++</sup>

## *90-Minute Reformed Detox Treatment*

Balinese Massage with Local Grapes - 60 minutes  
Wine Scrub with Local Grapes & Red Rice - 30 minutes

IDR 938,000<sup>++</sup>

## *6-Hour SereS Natural Indulgence*

Relaxed Signature Massage - 60 minutes  
Manicure Classic - 50 minutes  
SereS Spa Premier Facial - 60 minutes  
Pedicure Classic - 60 minutes  
Lunch Break - 1 ½ hour relaxation time at your leisure,  
including a Balinese entrée  
Your choice of Make-up Lesson, Fitness Class or Yoga - 60 minutes

IDR 2,288,000<sup>++</sup>

Single

IDR 4,578,000<sup>++</sup>

Couple



# Romantic Sanctuary

A HAVEN FOR LOVE AND WELLNESS

## *340-Minute The Couple's Royal Pre-Wedding Ritual*

Reformed Massage - 60 minutes  
Wine Scrub with Local 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

IDR 6,688,000<sup>++</sup>

## *210-Minute The Couple's Retreat*

Balinese Massage - 60 minutes  
SereS Elite Radiance Facial - 60 minutes  
Body Wrap - 30 minutes  
Rose & Milk Luxury Bath - 30 minutes  
Tea Time for Two - 30 minutes

IDR 3.798.000<sup>++</sup>

## *120-Minute Romantic Spa Sanctuary*

Unwind with a soothing 60-minute massage, followed by a luxurious chocolate body mask. Complete the experience with relaxing soak. This 120-minute treatment offers the perfect escape for couples seeking relaxation and rejuvenation.

IDR 1,380,000<sup>++</sup>



# Hair & Scalp Rejuvenation

REVIVING YOUR HAIR'S NATURAL BEAUTY

## *90-Minute Golden Glow Banana & Honey*

Nourish your hair with the hydrating benefits of banana and honey. This treatment softens, adds shine, and restores moisture, leaving your hair silky smooth and vibrant.

IDR 528,000<sup>++</sup>

## *90-Minute Carrot & Coconut Shine*

Revitalize your hair with carrot and coconut. This blend promotes healthy hair growth, locks in moisture, and leaves your hair shiny, smooth, and full of vitality.

IDR 528,000<sup>++</sup>

## *90-Minute Anti-Dandruff Scalp Therapy*

Purify your scalp with tomato and lime. This treatment gently eliminates dandruff, balances the scalp, and refreshes hair, leaving it healthy and flake-free.

IDR 528,000<sup>++</sup>





# Revive & Restore

WHERE BEAUTY MEETS PRECISION AND CARE

## *Shiatsu Massage*

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

IDR 1,150,000<sup>++</sup>

90 Minutes

IDR 1,320,000<sup>++</sup>

120 Minutes

## *60-Minute Aloe & Yogurt Glow*

Experience a cooling and refreshing treatment that revitalizes your skin. This 60-minute session features the soothing properties of aloe vera gel, combined with the nourishing benefits of yogurt. Together, they hydrate, calm, and renew the skin, leaving you with a healthy, glowing complexion.

IDR 686,000<sup>++</sup>

## *60-Minute Hot Mama Treatment*

This invigorating 60-minute treatment is designed to energize and refresh. The combination of lime, eucalyptus oil, and lime betel creates a stimulating experience that helps relieve tension, boost circulation, and refresh your senses. Perfect for those looking to rejuvenate and feel revitalized.

IDR 686,000<sup>++</sup>



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# Tranquility Retreats

A HOLISTIC RETREAT  
FOR YOUR BODY AND MIND

## *3-Day Wellness Revival*

Day I - Trekking, Illuminating Radiance Body Scrub

Day II - SereS Signature Massage, Premium Facial

Day III - Sun Meditation, Hair Scalp Treatment

IDR 2,622,000<sup>++</sup>

per Person

IDR 7,590,000<sup>++</sup>

per Couple

## *5-Day Soulful Reawakening*

Day I - Cycling, SereS Signature Massage

Day II - Trekking, Tropical Glow Scrub

Day III - Yoga, Aroma Glow Facial

Day IV - Sun Meditation, Ayurveda Shirodhara

Day V - Balinese Purification, Royal Manicure & Pedicure

IDR 5,244,000<sup>++</sup>

per Person

IDR 7,755,600<sup>++</sup>

per Couple



# Elevated Experience

DISCOVER THE ART OF RELAXATIONS  
IN ITS FINEST FORM

## *Hot Herbal Compress*

Ease muscle tension and improve circulation with our soothing hot compress therapy. Warm, aromatic compresses are applied to your shoulders, spine, lower back, and backside, relieving pain and promoting healing.

IDR 928,000<sup>++</sup>

90 Minutes

IDR 1,098,000<sup>++</sup>

120 Minutes

## *120-Minute Ayurveda Shirodhara*

Let the gentle caress of warm, aromatic oils soothe your senses and awaken your spirit. This luxurious scalp massage will melt away tension, leaving your hair silky smooth and your mind calm and clear.

IDR 1,318,000<sup>++</sup>

## *Foot Reflexology*

A holistic treatment designed to promote deep relaxation and overall well-being. This treatment focuses on the reflex points of your feet to alleviate stress and improve circulation.

IDR 389,000<sup>++</sup>

30 Minutes

IDR 598,000<sup>++</sup>

60 Minutes

IDR 928,000<sup>++</sup>

90 Minutes



A photograph of a spa interior with a high, vaulted wooden ceiling, a reception counter with a patterned front, and a display cabinet filled with spa products.

# 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 10:00 PM.

For same-day appointments, please contact us via WhatsApp at **+62 877 9468 0908**, or make your reservation directly at the SereS Spa Sanctuary

## *Pre-Treatment Information*

Prior to our scheduled treatment time, please allow at least 15 minutes for changing, showering as the case may be, 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-scheduling or cancellation of your appointment will become necessary. Please bear in mind when our spa appointments are fully booked, 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 safekeeping. Our Spa will provide you with a yukata robe, towels, sarong wrap, and slippers in addition to bathroom amenities and toiletries.



## *Quiet Time & 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.

## *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.

## *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.

## *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**  
*We Thank You for Your Patronage  
and Kind Consideration*

**Om Shanti, Shanti, Shanti Om**

Peace be with you in Body, Speech and Mind