



SPA ALILA



S P A **ALILA**

naturally from the heart

At Spa Alila, we are committed to providing unique treatments from the heart, blending ancient Asian healing techniques with age-old beauty recipes featuring the curative benefits of fresh, natural, quality ingredients.

Trained in anatomical physiology, massage, meditation and service, our local therapists combine the latest organic nutrition and health knowledge with the most essential element – warm, genuine care that flows from the heart through the hands, to stimulate, rejuvenate, balance and relax your mind and body.

Balancing expertise with an intuitive sense of well-being, and through the contemporary expression of centuries-old therapies, at Spa Alila we create a natural, heartfelt and surprisingly different experience.

nurturing mind and body wellness

Indulge in head-to-toe pampering with our luxurious spa treatments, specially created to promote the cleansing and regeneration of your body, while inducing total mental and physical relaxation.

Choose from our selection of treatments that include:

Massage

Reflexology

Facial masks

Body treatments, scrubs and wraps

Hands, feet and nail care

Hair treatments

We also offer combination spa packages and can create personalised spa experiences for singles and couples that combine pampering treatments with spa cuisine.

Whether you choose a single treatment or full day programme, your own private villa spa or our private rooms, Spa Alila offers time for solitude, connection with your body and a renewed sense of well-being on many levels.

You may refer to our treatment menu for details, or consult with our spa concierge.



pure inspiration

Spa Alila believes in all things natural, whether it be the spa ingredients that we source locally, or international brands that complement our treatment range.

Our carrier massage oils are a pure blend of sweet almond and virgin coconut oils, rich in healing, nutritive and aromatherapeutic qualities.

Virgin coconut oil is a truly unrefined coconut oil which we source from local villages in East Bali, where fresh coconut is shredded then cold-pressed to make coconut milk, fermented then separated and filtered. Virgin coconut oil has a much longer shelf life than most other carrier oils due to its natural anti-oxidant properties and is best applied directly to the skin for moisturising and conditioning.

Sweet almond oil is an excellent scent-free carrier oil for aromatherapy essential oils and is also

remedial in the treatment of itching, inflammation and dryness. Rich in minerals and anti oxidants, with proteins and vitamins D and E, sweet almond oil is often referred to in naturopathy as the queen of all carrier oils.

Mother-to-be and nut-free oils are also available by Spa Alila.

Spa Alila products

Spa Alila products are made from a creative blend of ingredients such as indigenous plants, fruits, herbs and spices. Our blends feature combinations that are fragrant and so fresh they are almost edible – cucumber and aloe vera to soothe, lemongrass and ginger to refresh, coffee and coconut to tone and condition. Revitalise your skin's appearance with our green tea and seaweed facial scrub or hydrate fine lines with a pure C facial serum.

Our products include massage oils, body scrubs, facial scrubs and cleansers, bath salts, body milk, body spritz, lip balm as well as scented candles and natural insect repellent. Everything is available for you to recreate your unique Spa Alila experience at home.



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www.alilahotels.com

