



THE RESIDENCE  
BINTAN

by *Cenizaro*

THE  
SPA

MENU



*Mind*

*Body*

*Soul*

## SIGNATURE MASSAGE

IDR 1.000' (60 mins)

IDR 1.400' (90 mins)

Relax your mind, body and senses with our signature holistic massage. This pressure (as per your preferred method) massage is a combination of soothing, rhythmic strokes to increase circulation and rejuvenate.

## TENSION SOOTHER (BACK MASSAGE)

IDR 600' (30 mins)

A reviving back, neck and shoulder massage using therapeutic trigger techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

## THAI MASSAGE

IDR 1.500' (90 mins)

Reawaken the body and mind with this energizing treatment combining Thai massage techniques with gentle stretching movements.

Pressure: Medium to Strong

## HOT STONE MASSAGE

IDR 1.600' (90 mins)

This full body massage uses heated basalt stones to release stress and tension, and increase blood flow to the affected area. The heat from the stones provides the extra relaxation for fatigued and overworked muscles, and has a healing effect on damaged soft tissue. It is also known to promote better sleep.

Pressure: Medium to Strong



## RELAXED FEET/ REFLEXOLOGY

IDR 800' (60 mins)

IDR 1.100' (90 mins)

Restore the body's balance and release aches and pressure in the feet with this personalized treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

## MANICURE/ SOFT HANDS

IDR 500' (60 mins)

Treatment includes nail cutting and shaping, cuticle care, gentle exfoliation, a massage with a nourishing cream to leave hands soft and radiant.

## PEDICURE/ SMOOTH FEET

IDR 600' (60 mins)

Treat your feet to a warm soak in a bath salt, nail cutting and shaping, cuticle care, an exfoliation, a deep massage and a nourishing cream.

# DETOX TREATMENT BODY AND MIND

IDR 1.200' (60 mins)

Foot Ritual  
Black Mud Mask  
Singing Bowl  
Indian Head Massage

Reawaken your body and mind with this rejuvenating treatment. It starts with a foot ritual, then by a black mud mask to nourish the skin leaving it soft and revitalized. This pure Black Mud Mask energetically deep-cleanses the body. The energising properties enhance the skin to leave the body bright and beautiful. This treatment extends further by a great head massage. Using gentle and stimulating techniques, this treatment improves blood flow, nourishes the scalp, and induces a deep sense of calm.

# SIGNATURE FACIAL

IDR 1.000' (60 mins)

This intensively hydrating facial tones and plumps the skin, reduces the appearance of fine lines, and boosts the regeneration of new cells. It leaves the skin looking youthful and with luminous glow with the application of skin serum. Ideal for all skin types.



# SPA PACKAGE

## ROYAL TREATMENT

Foot Ritual  
Signature Body Massage  
Royal Lulur  
Yoghurt Cleansing  
Flower/Herbal Bath  
Ratus\*

This beauty ritual dates back to the 17th century and the Royal Palaces of Central Java (Yogyakarta). It is the ultimate treat for tired skin. It begins with a personalized foot ritual, followed by a relaxing full body massage, enhanced by the Lulur body scrub with an aromatic blend of spices to exfoliate the skin. It continues with an application of cooling yogurt to soothe and nurture, and concludes with a floral and herbal bath, leaving skin soft and supple.

IDR 1.750' (120 mins)

IDR 1.900' (150 mins)\*

All prices are in IDR thousand denominations, subject to 10% service charge and 11% tax.

SPA PACKAGE

# REFRESHING BODY TREATMENT

Foot Ritual  
Signature Body Massage  
Body Scrub  
Himalayan Bath Salt

To increase resilience, body, mind and soul balance, this grounding treatment relaxes the nervous system, releases tension and restores the natural rhythm of sleep. It starts with a foot ritual and relaxing full body massage, followed by a soothing body scrub and concludes with a mineral-rich Himalayan salt bath to relax and calm your nourished body.

IDR 1.600' (120 mins)



# SPA PACKAGE

## TRADITIONAL HEALER

Foot Ritual  
Signature Body Massage  
Boreh Treatment  
Relaxing Herbal and Floral Bath

Boreh Wrap is a traditional Balinese treatment uses local ingredients such as clove, turmeric and nutmeg to warm the body and relieve tired muscles and achy joints.

It also boosts circulation and encourages the release of toxins.

This exquisite treatment starts with a foot ritual and relaxing full body massage, followed by the boreh wrap to increase blood circulation and exfoliate the skin.

And it concludes with a relaxing herbal and floral bath prepared with fresh ingredients picked from our garden such as citronella, guava leaves, lime and flowers.

IDR 1.600' (120 mins)

## SPA PACKAGE

# SECRET LOVE, THE COUPLE'S JOURNEY

Foot Ritual  
Body Scrub  
Body Massage  
Face Massage  
Pouring Oil on the Fore Head  
Exchange Bracellet

You have the opportunity to reignite your togetherness in a mindful and intimate way with Secret Love, The Couple's Journey. It features a series of treatments including foot ritual, soothing body scrub, revitalizing massage including facial, Shirodhara and exchange of bracelet as part of the journey. Couples' spa journeys offer you the best of both worlds: the chance to spend some quality time, while enjoying full sensory pampering that leaves you wobbling away together in bliss.

**IDR 3.600' (120 mins)**



## DEEP TISSUE

IDR 1.100' (60 mins)

IDR 1.500' (90 mins)

This massage releases stress, eases muscle tension, boosts circulation and improves mobility, as well as muscle and skin tone. It targets the areas of concern specified by a guest and works therapeutically into deeper muscle layers, addressing trigger points with gentle pressure and release techniques.

## PREGNANCY MASSAGE

IDR 1.100' (60 mins)

IDR 1.500' (90 mins)

A full body, advanced massage tailored to the needs of the individual. Combining Eastern and Western techniques, including very gentle stretching and nurturing strokes to promote relaxation and ease discomfort in the body.



## HAIR THERAPY

IDR 600' (short hair)

IDR 700' (long hair)

Create soft, nourishing and glowing hair using a combination of Jelly and Olive extract. A gentle massage offering Fiber therapy for the hair and scalp to stimulate the circulation, rehydrate dry hair and promote gloss.

## HAIR CUT

IDR 500' (Ladies)

IDR 450' (Men)

## HAIR WASH

&

## BLOW DRY

IDR 500'

# THE RESIDENCE BINTAN SPA FACILITIES

- Welcome Lounge featuring relaxation area
- Eight well-designed treatment rooms with individual shower area and bath tub
- Fully-equipped Salon with designated space for Pedicure and Manicure
- Male and Female Steam room
- Gymnasium
- Yoga Studio

# SPA ETIQUETTES

## SPA RESERVATIONS

For spa enquiries or reservations, please contact the spa reception directly or the front desk. Advance bookings are recommended to secure your preferred treatment time.

## PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa.

## ARRIVAL

Please arrive 15-20 minutes prior to your treatment in order to complete the consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

## LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

## CANCELLATIONS

Please allow three hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

## AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, or body treatment for at least two hours.

## PAYMENT

For hotel guests, all treatments will be charged to your room and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards are accepted at the spa reception.

# SPA ETIQUETTES

## HEALTH CONCERNS/PREGNANCY

Some spa services may not be suitable if you have health issues or if you are pregnant. We offer a special Pregnancy Massage which can be administered after the first trimester. Please consult your physician or discuss with our reservation staff or therapist.

## COMMUNICATION DURING A MASSAGE

It is fine to carry on a conversation with your therapist during a massage, although most guests find that silence enhances the tranquility. Please give your therapist some feedback about the amount of pressure or areas of your body that need special attention.

## GRATUITY

Gratuity is not included in the price of a treatment unless otherwise stated. Please do offer us your feedback and we will do our very best to enhance your wellness experience next time around.

## DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. The Residence Bintan Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

## CHILDREN

At The Residence Bintan Spa, we believe that everyone can benefit from receiving spa treatments, including children. Our services are adapted to a child's needs and we offer relaxing treatments specially meant for them. Anyone under the age of 18 must have a parent or legal guardian complete a Health Assessment Form and Children's Wellness Waiver on their behalf.

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CONTACT US

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The Residence Bintan

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