



THE
SPA
by ilā

THE RESIDENCE
BINTAN

by *Cenizaro*



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“Within you,
there is a
stillness and
a *sanctuary*
to which you
can retreat at
anytime and
be *yourself*”

Be still... *take a breath.*

Be happy... *with a heart that's full.*

Be vital... *feel rejuvenated.*

Be free... *and seize the day.*

This is The Spa by ilā journey

Welcome.

A realm of organic, natural healing, The Spa by ilā provides an escape for you to reconnect with your inner peace, well-being, and joy. A haven tailored to restoring your vitality and positive energy; to pause and reignite your senses.

A reawakening for both body and mind.

Pampering perfected.

Working alongside award-winning British spa brand, ilā, this sanctuary traverses rituals beyond the ordinary spa experience. The Spa by ilā fuses modern techniques with ancient Ayurveda and Indonesian traditions, attaining deeper levels of emotional and spiritual wellbeing through the mind, body, and senses — from marma therapy to meridian healing and tapping, as well as chakra and sound healing with Tibetan singing bowl rituals.

When you seek solace here, you will attain peace of mind with treatments that are natural and Beyond Organic.

This is the ilā assurance.

This is where you will find your tranquillity.

Our *Treatments*

The 4 *Phases*

Introducing a spa menu immersed in timeless traditions and rituals, incorporating Beyond Organic ilā products with Indonesian local herbs and flower remedies. We have created a themed experience designed for every mood and occasion.

Be Still

Slow down in serenity.

Be Happy

Reconnect with positivity.

Be Vital

Ignite and feel brand new.

Be Free

Reawaken with confidence.

ONE
Be Still

✻ SIGNATURES ✻

Restu Suci — Earth Blessings (120 mins)

Out with the negative energy, in with the positive. Restu Suci delicately taps into the ila Soul Blessing of Earth, to keep the body rooted and to infuse inner peace into the psyche. Gentle and soothing, the treatment combines a fresh ginger and pandan foot wash, chakra cleansing frankincense smoke, crystal singing bowls and a slow, earthy massage with grounding vetiver, patchouli, and jatamansi oils, to calm body and mind and create profound stillness.

Inner Peace (120 mins)

Restore your inner equilibrium and attain calmness with an all-over body scrub with fresh frangipani and jasmine flowers, followed by a nourishing Inner Peace body massage and soothing face therapy.

Dreamtime (120 mins)

A soporific treatment crafted to relax the nervous system; using marma massage and chakra healing techniques to restore your natural rhythm of sleep. Local ingredients of pandan leaves, jasmine, and warming ginger are used in this meditative treatment.

MASSAGES

Harmony (60/90 mins)

Alleviate tensions with a series of authentic Tibetan techniques including cupping, kneading, and hot stone/ poultice acupressure; a medley of cures that stimulates the lymphatic system and energises the meridians, aiding you to achieve physical and mental Nirvana. Harmony in execution, total balance for your body; a highly rejuvenating massage.

Warmth (60/90 mins)

Herbal potli bags are saturated in warmed pine, amber and essential oils, and worked with rapid deep movements to soothe muscular fatigue and joint pain. Amber also helps to relax brainwaves and enhance inner heart energy.

FACIALS

Serenity (60 mins)

This rejuvenating face therapy uses calming jatamansi, vetivert and jasmine delicately worked with healing argan and rosehip seed oils to heal damaged skin. It also restores balance to the Vishuddha, the throat chakra, the body's sleep centre.

BODY TREATMENTS

Jewels (30/60 mins)

This pearl and jasmine Himalayan salt crystal scrub has the immediate effect of restoring an invigorating glow to your energy levels and mental clarity. Achieve zen-like relaxation with an amethyst gel body wrap to relax and balance the nervous system.



TWO

Be *Happy*

Restu Cinta

— Air Blessings (120 mins)

Achieve delicate balance in your heart chakra, which is vital for your circulatory system, heart, and thymus gland. Wind down with a Himalayan salt and poppy seed body scrub, followed by a Gayung splash and shower infused with lime leaves, local herbs and petals. The blessing is topped off with a gentle Anahata (heart) massage with warmed Himalayan salt poultices, and a heart basti of warmed rose oil and poppy seed which is poured and retained over the heart.

Restu Murni

— Water Blessings (120 mins)

To truly 'let go', this is the treatment for you. This deep lymphatic scrub stimulates the sacral chakra, located in the lower abdomen and is associated with emotional balance, desire and pleasure. The ritual is complete with a flowing massage and chakra-warming with nourishing oils of jasmine, rose geranium and patchouli. This blessing helps you find a healthy balance in life.

Sacred Love (120 mins)

Perfect for couples, this intimate treatment ritual uses the trinity of three exquisite oils — rose (love), orange blossom (bliss), and jasmine (for stimulating the flow of love), to promote reconnection on a physical, emotional and spiritual level.

Feminine Spirit (120 mins)

Boost your feminine spirit with this heavenly ritual that restores reproductive energies. Feel awakened with a session that combines flowing lymphatic massage, marma therapy, kidney packs and essential oils of rose and sandalwood which nurture and uplift.

Vigour & Vitality (120 mins)

For him, this invigorating treatment uses an argan seed scrub to release fatigue, and a Tibetan massage infused with Shilajit — the ancient herb of virility; as well as St John's wort, cedarwood and vetiver — which revitalises and energises the whole body.

Life (90 mins)

This ritual promotes harmony between mother and baby with rosehip seed and argan oil infused with lavender, geranium and rose. Himalayan herb poultices are massaged into marma and meridian points to relieve aches and abate anxiety.

BRIDAL & WEDDINGS

I Do... (120 mins)

Make your union special with this couple-suited session, focusing on the heart, sacral, and crown chakras. This intimate treatment uses a trinity of exquisite oils — rose (love), orange blossom (bliss), and jasmine (for stimulating the flow of love). For a stronger bond, couples partake in a vibrant post-session meal curated to encourage vitality.

Forever Thine... (180 mins)

Feel refreshed and awakened before your big day. This session is renowned for restoring women's emotional well-being, comprising a body renewal with bath, soothing massage, kidney packs, and essential oils to nurture the feminine spirit. The treatment concludes with an invigorating facial that leaves you radiant, inside and out.

FACIALS

Radiance (60 mins)

Restore radiance, natural luminance and an inner glow, with a technique that fuses damascena rose otto and sandalwood oils with specialised marma massage techniques, whilst a green clay mask reduces signs of inflammation.

Junior Glow (45 mins)

A perfect introductory spa treatment for teenagers, this light face therapy is suited to adolescent skin. Using rose oils and gentle marma massage, it conditions young skin and helps attain deep relaxation.

BODY TREATMENTS

Bliss (30/60 mins)

A remedy to alleviate stress and rejuvenate depleted bodies, this Himalayan salt body scrub infused with essential oils of damascena rose otto, jasmine, and sandalwood stimulates the lymphatic system. This aids the rapid elimination of toxins from the cells and stimulates circulation, potent in calming the nervous system.

THREE
Be Vital

✿ SIGNATURES ✿

Restu Daya

— Fire Blessings (120 mins)

Like gems, the human body, too, has a glow from within — the centre of health and vitality. Restu Daya restores this with a detoxifying Himalayan salt scrub, infused with locally-grown lemongrass and essential oils such as geranium and juniper. Stress and exhaustion are then dispelled with a Vital Energy Oil massage with warmed Himalayan salt poultices that concentrates on the stomach area.

MASSAGES

Alive (60/90 mins)

Bless your body and mind with a new lease of life with this intimate session of serenity. A reviving assortment of specialised massage techniques, marma therapy, and hot poultices is relied on to cleanse and revitalise.

Depth (90 mins)

This Karuna Kaya treatment — based on the Buddhist concept of compassion towards oneself — soothes the deepest layers of the muscles with our unique Vital Energy Body Oil. These are worked in with slow, strong strokes.

BODY TREATMENTS

Crystal Renewal (30/60 mins)

Feel at ease as the power of crystals heals your body and psyche with this heavily detoxifying session. Using the ionising properties of Himalayan salt crystals and essential oils, this treatment stimulates circulation and eliminates toxins, while reducing cellulite and tension. It is recommended as a course of six treatments for guests suffering from cellulite, stress or exhaustion.

Marine Detox (30/60 mins)

Miracles from the sea, nutrient-rich organic flora such as sea lettuce, sea lavender, bio-plasma and various seaweeds are implemented in this Himalayan salt scrub to cleanse and energise the body's lymphatic system and bio-magnetic field. Results are increased detoxification, improved circulation, reduction of cellulite, hydration and greatly improved skin tone.

Kundalini Rhythms (90 mins)

A full-on treatment for the ultimate detox. Recharge your body's biomagnetic field with an ionising energy scrub and mud wrap, as the relaxation resumes with a head and face marma massage and a Kundalini back massage. It is recommended as a course of six treatments for guests suffering from cellulite, stress or exhaustion. With this, the elimination process becomes even more profound.

Ocean Renewal (90 mins)

Your very own nautical Nirvana awaits. This nutrient-rich treatment commences with a marine flora and Himalayan salt scrub to deeply cleanse the lymphatic system, followed by a boosting seaweed wrap. Skin regeneration is stimulated by the bioplasma, while omega plankton is used to improve epidermal hydration. The results are increased vitality and well-being, detoxification, improved circulation, reduction of cellulite and greatly improved skin tone.

FACIALS

Golden Youth (90 mins)

An organic fountain of youth for the skin, this time-reversing treatment uses rare ingredients like naturally-occurring gold and frankincense to heal and protect the skin, to combat the many signs of ageing. These are delivered using lymphatic massage techniques and ila's unique BosTriWell® and hyaluronic extract combined with sonic wave therapy to instantly increase collagen levels and reduce cell inflammation. Through this, the skin is reprogrammed and rejuvenated.

Flora Purify (60 mins)

Look younger and fresh-faced with fast-absorbing babassu oil worked with ila's exclusive intensively healing blend of Amazonian plant extracts - acmella, pfaffia, marapuama, and white lily. All this promotes cellular hydration and boosts collagen production.

Men's Vitality (60 mins)

A facial for him, this is designed to cleanse and purify the skin, using highly-targeted 'nerve point therapy' to release toxins and tension. This combines deep lymphatic drainage with active marine ingredients like sea lettuce and bioplasma seaweed to encourage rapid repair of damaged cells.

Restu Sinar (120 mins) — Space Blessings

Purify and harmonise the energy of the face with this signature treatment, and feel awakened with beautiful and glowing skin. This revitalising facial uses essential oils and ancient marma massage to boost the visage, and wraps up with a shamanic light technique to relieve stress and tension. All this heals the sixteen petals of the throat chakra.

Chakra Balance (120 mins)

A holistic, bespoke treatment designed just for you. This full session involves relaxation of the nervous system, sensuous lymphatic drainage, healing of the chakras, and the pouring of warm oil over the third eye for the ultimate restoration.

Tranquillity (150 mins)

Physical treatments come together with audial remedies for a tranquil energy boost. Complementing a mineral-rich pearl and jasmine Himalayan salt crystal scrub, amethyst gel body wrap and jasmine oil massage, are the resonating sounds of crystal singing bowls. In all, this reduces fatigue, restores energy, repairs the nervous system, and stimulates circulation as well as the regeneration of skin cells.

FOUR

Be Free

Our *Asian Therapies*

❖ SIGNATURES ❖

The Spirit of Java (120 mins)

Immerse yourself in an ancient Indonesian tradition. This centuries-old session uses an exfoliation and hydrating wrap using salt, turmeric, rice, clove, galangal and yoghurt, before concluding with a Balinese massage featuring our signature aromatherapy oil.

Rice and Spice (90mins)

A soothing remedy traditionally used by rice farmers, this Indonesian ritual uses crushed temu lawak (or Javanese ginger) to warm the body and increase blood circulation. This is followed by a Gayung shower with flowers, and a back massage with aromatherapy oil.

M A S S A G E S

Spirit of Bali (60/90mins)

Traditional yet timeless, the art of the Balinese massage is mastered and perfected here. Beneficial for improving circulation and diminishing stress, this ritual utilises long strokes and skin-rolling techniques to help you wind down.

Thai Yoga (60mins)

From sacred Thai temples to our spa sanctuary, this ancient ritual is now accessible to our guests to boost energy flow and flexibility. This massage, otherwise known as the 'Yoga Massage', is traditionally used by Buddhist monks versed in the art of healing.

Yin Yang Reflexology (60mins)

Deep-seated in the art of Chinese reflexology, this foot massage does more than relieve tension. By restoring the body's equilibrium of yin and yang, this encourages quicker healing and strengthens the body. Authentic to the Chinese practice, guests can even drink tea throughout the session.

A Mother's Comfort (60/90mins)

Mothers-to-be, foster a harmonious bond with your child with this pre-natal back and neck massage. Reduce the aching and swelling commonly associated with pregnancy, and rejuvenate your energy and skin's elasticity. A safe, side-lying massage that is suited to all trimesters.

BODY TREATMENTS

Bridal Lulur (60mins)

A storied Javanese secret, this body scrub, wrap and bath was once used to prepare royal brides for their wedding ceremony. After an aromatic exfoliation, the body undergoes a velvety transformation with a hydrating yoghurt, before being immersed in a bath sprinkled with local flowers.

Boreh Spice (60mins)

Perfect for rainy seasons, this Balinese Boreh warms the body with not one, but seven spices in a healing wrap. Commonly carried out in Balinese villages, this ritual is known to relieve colds, headaches and muscle aches. The body is then cooled with carrots.



Our *Beauty*

Our Beauty *Salon*

H A I R

Restore the brilliance of your mane and tresses.

Haircut

- Ladies
- Men
- Children

Hair wash & blow dry

Hair wash & hair styling

Hair therapy (60 mins)

- Hair wash
- Cream bath
- Shoulder & neck massage
- Hair steam
- Rinse

H A N D S & F E E T

Release tension and pacify the pressure points.

Hand Spa (60 mins)

- Hand soak
- Hand scrub
- Hand mask
- Hand moisturise
- Nail & cuticle (Trimming, Shaping, Buffing)
- Hand & arm massage
- Nail polish

Foot Spa (60 mins)

- Foot soak
- Foot scrub
- Foot mask
- Foot moisturise
- Nail & cuticle (Trimming, Shaping, Buffing)
- Foot & calf massage
- Nail polish

NAILS

Bring new life to your tips and toes.

Express Manicure (30 mins)

- Hand cleanse
- Nail & cuticle (Trimming, Shaping, Buffing, Polish)

Express Pedicure (30 mins)

- Feet cleanse
- Nail & cuticle (Trimming, Shaping, Buffing, Polish)

Mini Me Manicure (30 mins)

Trimming, Shaping, Polish, Moisturise

Tiny Toes Pedicure (30 mins)

Trimming, Shaping, Polish, Moisturise



Our *Bath*

Bath *Butler*

Serenity

The quintessential balance for your body. Soak in our Bath Salts for Inner Peace, followed by soothing application of our Body Balm for Feeding Skin. Bliss out, and emerge with skin softened and nourished.

Dreamtime

Essential for those who have trouble sleeping, or those who yearn for the perfect slumber. This bath uses our sleep-inducing Dreamtime products, formulated with vetivert, jasmine and spikenard. Let it all in, and let go.

Awakening

Dip into this bath for an energy boost and burst of vitality to seize the day. This combines Bath Salts for Cleansing, Body Cream for Vital Energy, and Energy Spray for An Aura of Confidence to release toxins and restore positivity throughout the body.

Rose Bliss

To revive luminance within the skin, this fragrant bath is the escape you need. This bath features the healing properties of rose and tuberose, nourishing oils, and an application of Body Cream for Glowing Radiance.

Kundalini

Jetlag woes begone with just one soak in this stress-removing bath. Incorporating Kundalini bath salts, spray and body lotion, all formulated with orange blossom, this session will help you relax and restore the nervous system.

Our *Facilities*

What We *Offer*

An oasis to restore your essence awaits. The Spa by ila curates therapies tailored to the trinity of happiness, peace and vitality.

Our spa facilities:

- 8 private couple treatment rooms,
3 with bathtub
- 2 steam rooms
- A serene reflexology, manicure
& pedicure room
- A hair salon

Guests can complete the rejuvenating experience with a soothing outdoor yoga session, in a peaceful setting surrounded by airy, open views.

How to *Spa*

SPA ETIQUETTE

We aim to provide a peaceful setting for all guests, so please keep your mobile phone on silent mode. Alcohol and smoking is not permitted. The spa team reserves the right to refuse entry to anyone whose behaviour might disturb other guests.

OPERATIONAL HOURS

The spa operates from 9am to 9pm, with the latest treatment at 8pm. Early morning spa appointments are subject to availability. Please check with our spa receptionist beforehand.

RATE & PRICE DISPLAY

All rates are quoted in IDR and subject to 11% prevailing government tax and 10% service charge. Displayed in denominations of 1000s. Prices are subject to change without prior notice.

APPOINTMENT

We highly recommend booking your treatment in advance to ensure your preferred time and service is available. You can make a reservation at the spa reception in person, or alternatively, dial 8900/8901 from your villa. Steam room should be booked 30 minutes in advance.

ARRIVAL TIME

Please arrive at the spa at least 15 minutes before your scheduled appointment time — this allows us to have a brief consultation with you, and for you to enjoy the ambience, relax, unwind and prepare for your spa journey. Please be advised that late arrival will result in a reduction of treatment time.

CANCELLATION POLICY

Please be aware that we ask for 4 hours' notice if you are unable to attend your treatment appointment. This will help us re-schedule your treatment subject to availability. A cancellation with less than 4 hours' notice will incur a 50% cancellation fee unless your absence is beyond your control. Full charge will be applied for a "No Show". Spa packages require a minimum cancellation and rescheduling notice of 12 hours. Full (100%) treatment price will be charged for less than 12 hours' notice.

HEALTH CONDITIONS

Kindly notify our spa consultant about any recent medical or cosmetic procedures, injuries and allergies which could have a bearing on our services and treatments when making your spa reservations.

AGE REQUIREMENTS

Spa guests must be 16 years and over to enjoy a treatment at the spa without supervision. Younger guests under the age of 16 need to be accompanied by an adult to enjoy the selected teen treatments. Please approach our spa consultant for more details.

WHAT TO WEAR

There is no need to bring or wear any special clothing as spa attire is provided. Disposable undergarments are provided for body treatments. Please leave your valuables in your in-villa safe inside your room, or for your convenience, lockers are available for your use during our treatments at the spa. The spa accepts no liability for any loss of valuables.



THE RESIDENCE BINTAN

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CENIZARO HOTELS & RESORTS