

THE RESIDENCE
BINTAN

by *Cenizaro*

THE
SPA

MENU

To enhance your overall spa experience at our Residence,
we are delighted to customise treatments/massages according to your preference.
Kindly let our spa team know in advance.





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 jewellery 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 and cash are accepted at the spa reception.

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 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

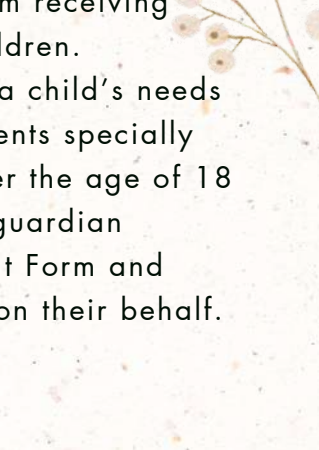
Gratuity is not included in the price of a treatment unless otherwise stated. Please do offer us your feedback and we will do our very best to enhance your wellness experience next time around.

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.





SIGNATURE MASSAGE

IDR 1.100' (60 mins)

IDR 1.500' (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.

THAI MASSAGE

IDR 1.600' (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 1.700' (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





HOT HERBAL COMPRESS

IDR 1.700' (90 mins)

Traditional wellness therapy that uses heated herbal balls to stimulate blood circulation, relieve muscle pain, reduce inflammation, and promote deep relaxation.

DEEP TISSUE

IDR 1.200' (60 mins)

IDR 1.600' (90 mins)

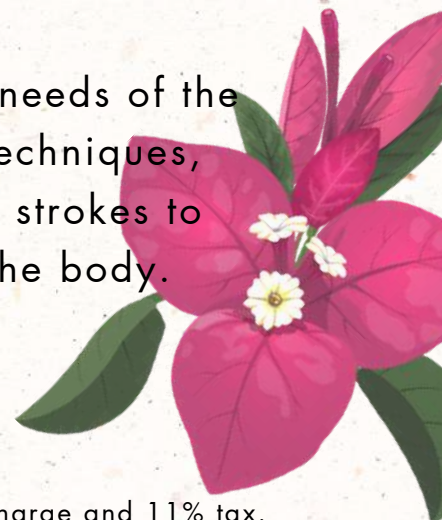
This massage releases stress, eases muscle tension, boosts circulation and improves mobility, as well as muscle and skin tone. It targets the areas of concern specified by a guest and works therapeutically into deeper muscle layers, addressing trigger points with gentle pressure and release techniques.

PREGNANCY MASSAGE

IDR 1.200' (60 mins)

IDR 1.600' (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.



BODY SCRUB

Body scrubs are a therapeutic exfoliating treatment for the skin, leaving the entire skin of the body glowing and healthy. A choice of scrubs is available to suit your mood and skin type



JERUK PURUT SCRUB

Jeruk purut blend, coconut oil, plain yoghurt, honey, white sugar, desiccated coconut.

Benefits: Exfoliating skin, anti-bacterial, protects irritated skin, moisturizes and reduces anti-aging

SOYA BEAN SCRUB

Soya bean, coconut oil, plain yoghurt, white sugar.

Benefits: Natural exfoliating, moisturizing, increases collagen production, cleans skin pores and dead skin cells.

OAT MEAL & TAMARIND SCRUB

Oat meal, tamarind paste, honey, coconut oil, rice grains.

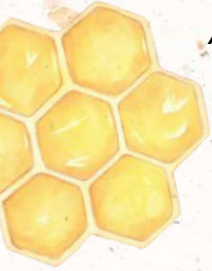
Benefits: Good for removing dead skin cells and moisturizing.



IDR 900' (30 mins)

BODY SCRUB

Body scrubs are a therapeutic exfoliating treatment for the skin, leaving the entire skin of the body glowing and healthy. A choice of scrubs is available to suit your mood and skin type



HONEY & SESAME SCRUB

White sesame, black sesame, honey, coconut oil, rice grains.
Benefits: Good for removing dead skin cells and moisturizing.

COFFEE SCRUB

Natural coffee, coconut oil, honey, palm sugar.
Benefits: Remove dead skin cells, smooth, brightening, and disguise cellulite



IDR 900' (30 mins)

SUNBURN SOOTHER

IDR 900' (60 mins)

This hydrating and soothing treatment brings together the healing benefits of aloe vera and cucumber to soothe the skin after sun exposure.





TENSION SOOTHER (BACK MASSAGE)

IDR 700' (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.

DETOX TREATMENT BODY AND MIND

IDR 1.300' (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.





BETTER-AGEING FACIAL

IDR 1.600' (90 mins)

A multi-step facial ritual combining skin cleansing, muscular preparation, draining movements, a powerful face lift and accessories to boost collagen production and tone the skin. With firm skin and reduced wrinkles, the facial complexion will glow brighter.

The 1h30 treatment ends with a head massage, completing the Better-Ageing Face Ritual, offering a holistic moment of repair and rejuvenation.

SIGNATURE FACIAL

IDR 1.100' (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.





RELAXED FEET/REFLEXOLOGY

IDR 900' (60 mins)

IDR 1.200' (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 600' (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 700' (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.





THE TEEN SPA

Face Cleanser
Dry Face Massage
Face Mask
Express Manicure
Express Pedicure

A facial treatment created specifically with the concerns of a Teen in mind. Soothe your skin and your soul as you alleviate stress and restore natural beauty with this holistic and re-balancing facial. Followed by a manicure and pedicure during which hands and feet are cleansed and nourished.

IDR 800' (75 mins)

Children aged between 11 years old to 15 years old only.

KIDS SPA

Pedicure & Manicure
Aloe Vera Facial Mask
Hand and Foot Massage
Cucumber Eye Treatment

*Special kid's bathrobe (small-sized)

*Non-allergen/Non-Toxic spa products

Food and Drinks: Cookies & House Water

IDR 500' (45 mins)

9 a.m. - 5 p.m.

Children aged between 6 years old to 10 years old only





SPA PACKAGE

ROYAL TREATMENT

Foot Ritual
Signature Body Massage
Royal Lulur
Yogurt 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 1.900' (120 mins)

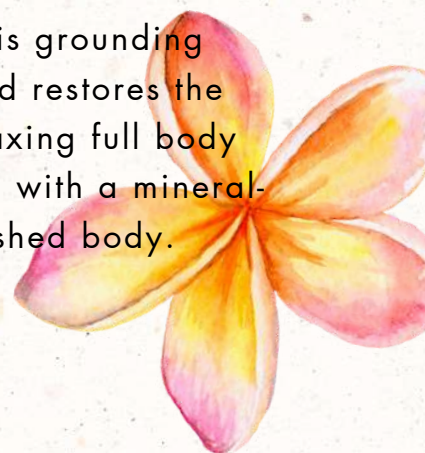
IDR 2.150' (150 mins)*

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 1.700' (120 mins)





SPA PACKAGE

SECRET LOVE THE COUPLE'S JOURNEY

Foot Ritual
Body Scrub
Body Massage
Face Massage
Shirodhara
Exchange Bracelet

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 face massage, 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.

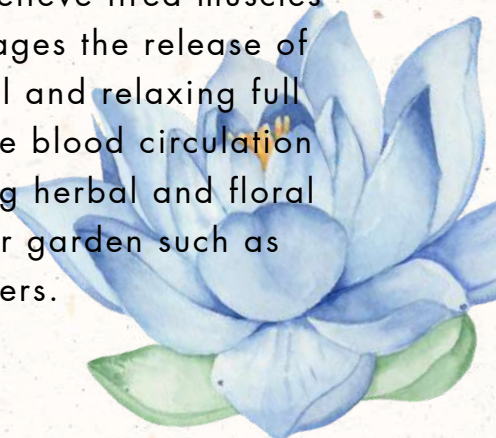
IDR 3.800' (120 mins)

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 1.700' (120 mins)





HAIR THERAPY

IDR 700' (short hair)

IDR 800' (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 WASH & BLOW DRY

IDR 600'



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
- Spa Retail Products Section
- Gymnasium
- Yoga Studio



CONTACT US

Email reservation-bintan@theresidence.com

Tel +62 778 6000 888

The Residence Bintan

<https://www.cenizaro.com/theresidence/bintan>

