



JIWA SPA

Welcome

A MYSTICAL VOYAGE OF DIVINE DISCOVERY AT CONRAD BALI

The indigenous name “Jiwa” – derived from the Bahasa Indonesia word for “soul”, reflecting a simple philosophy of nourishment for the soul. Jiwa Spa provides a tranquil escapade to replenish body's precious energy.

Step into your tranquil haven by healing in enticing blend of aromas to clear your mind. Jiwa Spa facilities include 10 treatment rooms, steam, sauna, Jacuzzi, hydro plunge, hair and makeup boutique, spa pool, fitness club and wellness center.

Begin Your Journey Here

HEAL THROUGH ENVIRONMENT

Ancient Balinese healing philosophy believes in nurturing the intrinsic soul that breathes within water, rocks and trees, reflected on our secluded garden surroundings.

AWAKEN THROUGH EXPERIENCE

Explore a diverse range of result-driven spa delights including facial treatments, massage and body rituals designed to inspire, support and restore precious energy.

REPLENISH THROUGH EARTH ELEMENTS

Nourish skin, soul and spirit through natural organics, vibrant algae extract and energetic coconut stick to replenish a stressed mind and lethargic body.

BEAUTIFY THROUGH RESULT

Accelerate inner radiance and outer beauty with our sophisticated range of anti-aging treatments to deliver validated results.



Treatments by Kerstin Florian

Guided by the philosophy of outer beauty and inner health, Kerstin Florian International is dedicated to promoting a true intention of wellness in a person's daily life with products and treatments that integrate the best of nature, advanced technology and global spa tradition.

Kerstin Florian implements the philosophy through four cornerstones; proper nutrition, regular exercise, peace of mind & care of face and body, promising an authentic luxury skin care, sophisticated effective formulas, and the wellness driven face & body treatments which is conscious of global impact. There are 100% paraben free products, with low concentration of fragrances and using natural preservatives. No animal testing.

Revitalize. Revive. Reinvigorate.



SIGNATURE RITUALS

Coconut Aromatherapy

| 120 mins

Treat yourself with a healing Coconut stick massage that rolls and kneads the muscle tissue to create an extreme sensation of relaxation and remove the dead skin by applying Coconut Fresh Scrub. Conclude the experience with nourishing Coconut Milk bath to keep your skin moisturized.

Key Element: Aromatherapy Coconut Stick Massage, Coconut Fresh Scrub, Coconut Milk Bath

Energizing Spirulina

| 90 mins

Powerful anti-oxidant by invigorating salt scrub infused with Juniper essential oil, helps stimulate circulation before nourishing Spirulina Algae envelops the body. An energizing massage firms and enlivens the body.

Key Element: Turkish Scrub, Spirulina Algae Wrap, Energizing Massage

Pure Aromatherapy Indulgence

| 90 mins

Centered on a global bouquet of skin renewing aromatic oils, this head-to-toe sensorial experience features a custom facial and luxurious scalp, hand and foot massage for complete vitality and relaxation.

Key Element: Aromatherapy Facial, Scalp, Hand and Foot Massage

HONEYMOON RITUALS

Rama and Sinta

| 150 mins

Enchanting full body care honeymoon treatment to enhance your wellbeing.

This ritual features:

- *Aromatherapy Foot Ritual* 10 mins
- *Javanese Lulur Body Scrub* 50 mins
- *Floral Bath* 10 mins
- *Tranquil Javanese Flow Massage* 50 mins
- *Foot Reflexology (male) and Balinese Organic Facial (female)* 30 mins

FACIAL THERAPIES

Caviar Ultimate <i>A decadent facial utilizing anti-aging Caviar proteins to firm, tone, refine and deeply hydrate the skin. Results are immediate, leaving skin looking supple, healthy and luminescent.</i>	90 mins
Berry Plus Antioxidant Infusion <i>Ultra-oxygenating, anti-aging treatment based on vitamin-rich super berries and plant cell cultures to fortify, rejuvenate and renew.</i>	90 mins
Caviar Anti-Aging <i>Age-defying skincare in the form of protein-rich caviar and powerful marine actives to firm and refine skin tone and condition.</i>	60 mins
Soothing After Sun <i>Après sun, sand or skin treatment soothes, hydrates and nourishes skin leaving it renewed and fortified against overexposure.</i>	60 mins
Balinese Organic Facial <i>Awaken your senses by combining the purest organic products and plant extracts. Drawing on the soothing properties of organic ingredients, your skin is left feeling smooth and vibrant.</i>	60 mins
Refresher Facial <i>Perfect introductory experience cleanses, detoxifies, mineralizes and energizes featuring our organic Moor Mud masque.</i>	30 mins

BODY THERAPIES

Body Wrap Infusions

Spirulina Wrap <i>Naturally skin-nourishing Spirulina Algae imparts essential vitamins, minerals and protein to revitalize the body.</i>	60 mins
Organic Aloe Wrap <i>Healing, moisturizing Organic Aloe Vera combines with nourishing Algae and soothing Lavender for a skin-quenching experience. Includes a luxurious scalp, neck and foot massage.</i>	60 mins

Exfoliation

Lavender Crush	60 mins
<i>Earthy minerals combine with Lavender's healing properties for an invigorating and detoxifying full body exfoliation.</i>	30 mins
Balinese Lulur	60 mins
<i>The luxurious treatment starts with the golden color scrub reflecting its main ingredient: turmeric, which has unique cleansing properties that will bring a beautiful glow to your skin. A Balinese massage to improve the energy flow follows.</i>	
Coconut Glow	60 mins
<i>Indulge in the exotic island treat with freshly ground coconut flakes used to gently exfoliate your skin. The natural oily properties of fresh coconut will leave your skin silky smooth and extremely hydrated – the ultimate nourishment.</i>	

MASSAGE THERAPIES

Inner Radiance Massage	120 mins
<i>For tense muscles and fatigue, traditional acupressure techniques realign the body's natural channels of energy and tone the physique.</i>	90 mins
	60 mins
Tranquil Javanese Flow Massage	120 mins
<i>Drift away to this signature massage of which movement mimics flowing ocean waves. Enjoy an aromatic massage with personalized essential oil combines with smooth strokes and firm acupressure.</i>	90 mins
	60 mins
Balinese Hot Stone Massage	75 mins
<i>A deeply restorative massage to nourish a weary mind and body. Using heated stones and a calming massage technique, sore and aching muscles melt away, resulting in pure relaxation.</i>	
Hydrotherapy Massage	60 mins
<i>This treatment begins with a full-body massage and exfoliation to slough away dead skin. Full body massage is administered while you relax and gently wash under falling waters.</i>	
Reflexology	60 mins
<i>Ancient Chinese therapy of stimulating acupressure points on the feet to activate body's internal healing powers and relieve ailments, promoting an overall sense of equilibrium and wellbeing.</i>	30 mins

Back Massage | 30 mins
Relaxing massage therapy concentrating on the stressed back muscles, designed to relax and ease tension.

Scalp/Neck/Shoulder | 30 mins
Eases muscle tension by concentrating on the stressed back and shoulder muscles. Extensive therapy provides relaxation to lower and upper back, shoulders and neck area.

Pool Massage | 60 mins
Enjoy the sea breeze and treat yourself with the rhythmical massage techniques from our therapist.
| 45 mins
| 30 mins
*Select from shoulder, scalp, foot or back massage.
Daily from 8.00 – 18.00*

Baths
Chamomile Bubble Bath | 30 mins
Frangipani and Flower Petal Bath | 30 mins
Chocolate Mud Bath | 30 mins

ESPECIALLY FOR MEN

Gentleman's Escape Rituals | 135 mins
Loosen up the muscle knots with special deep-tissue sport massage focusing on your pressure points, followed by invigorating hair cream bath to freshen up your body and mind. Conclude the experience with a nourishing pedicure.

Recharge Bamboo Massage | 90 mins
Therapeutic deep muscle massage for de-stress experience and release tight muscle using warm bamboo and relaxing massage oil.

Sport Massage | 90 mins
An invigorating massage incorporating with trigger point and Swedish massage technique, focus on relieving muscle ache and pain, will leave your body feeling rejuvenate and refresh.
| 60 mins
| 30 mins

Gentleman's Facial | 60 mins
A deep-cleansing, therapeutic facial designed specifically for male skincare needs.

BEAUTY BLISS

Spa Pedicure

Relieve your feet with cooling footbath, followed by nourishing exfoliation. Conclude the pedicure with a soothing massage to stimulate reflex points and release tension from your feet. Nail varnish included if desired.

| 60 mins

Spa Manicure

Enjoy luxurious manicure consists of cuticle softener followed with relaxing hand massage and thorough nail buffing to induce a stunning shine, ended by hydrating moisturizer leaving your hands silky soft.

| 60 mins

Sparkle Pedicure

An express treats to relieve your feet with cooling footbath and remove the dead skin cells with nourishing exfoliation. Nail polish included if desired.

| 30 mins

Sparkle Manicure

An express treats for your nails with cuticles softener and thorough nail buffing to retain the natural glow, ended by hydrating moisturizer leaving your hands silky soft. Nail polish included if desired.

| 30 mins

Hair Dresser Services

- Hair Styling
- Hair Wash and Blow
- Hair Spa Cream Bath
- Traditional Cream Bath

| 60 mins

| 60 mins

| 60 mins

| 60 mins

LITTLE SOULS

Jiwa Princess

Get fairy tale-ready with a princess facial and massage.

This ritual features:

- Foot Ritual
- Gentle Back Massage
- Sparkle Manicure
- Balinese Organic Facial

10 mins

30 mins

30 mins

20 mins

| 90 mins

Jiwa Prince

| 60 mins

An introduction to the benefits of massage therapy for young guests, followed by a chocolate mud bath.

This ritual features:

- *Foot Bath* 10 mins
- *Gentle Back Massage* 30 mins
- *Chocolate Milk Mud Bath* 20 mins

Children Therapies

An introduction to the benefits of massage therapy and body treatments, with the young person in mind, complete with healthy snack and milk.

- *Hair Braiding* | 60 mins
- *Gentle Back Massage* | 30 mins
- *Balinese Organic Facial* | 30 mins
- *Dreamy Creamy Hair Mask* | 30 mins

FAMILY SPA PACKAGES

Mum & Me

| 90 mins

Enjoy precious time with your little one.

This ritual features:

- Mum :
- Foot Bath Ritual* 10 mins
 - Tranquil Javanese Flow Massage* 50 mins
 - Berryplus Antioxidant Infusion Facial* 30 mins

- Me :
- Foot Ritual* 10 mins
 - Gentle Back Massage* 30 mins
 - Sparkle Manicure* 20 mins
 - Balinese Organic Facial* 30 mins

Dad & Me

| 60 mins

Welcome to a spa experience for dad and me, where you can indulge in delicious spa delights.

This ritual features:

- Dad :
- Foot Bath Ritual* 10 mins
 - Sport Massage* 50 mins

- Me :
- Foot Bath* 10 mins
 - Gentle Back Massage* 30 mins
 - Chocolate Milk Mud Bath* 20 mins

SPA ETIQUETTE

The Jiwa Spa is open from 08.00 to 22.00 (last booking at 21.00).

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings. Your time with us is precious so we kindly ask you to arrive on time so you can fully enjoy your treatment experience.

We are happy to provide complimentary use of our hydrotherapy area, including steam, sauna and pool to all spa guests.

We recommend that you do not sunbathe directly after your spa treatment and advise that you limit your sun exposure for 2 hours before and after any spa treatment. Gentlemen are kindly asked not to shave immediately prior to facial treatments to ensure that maximum results are achieved.

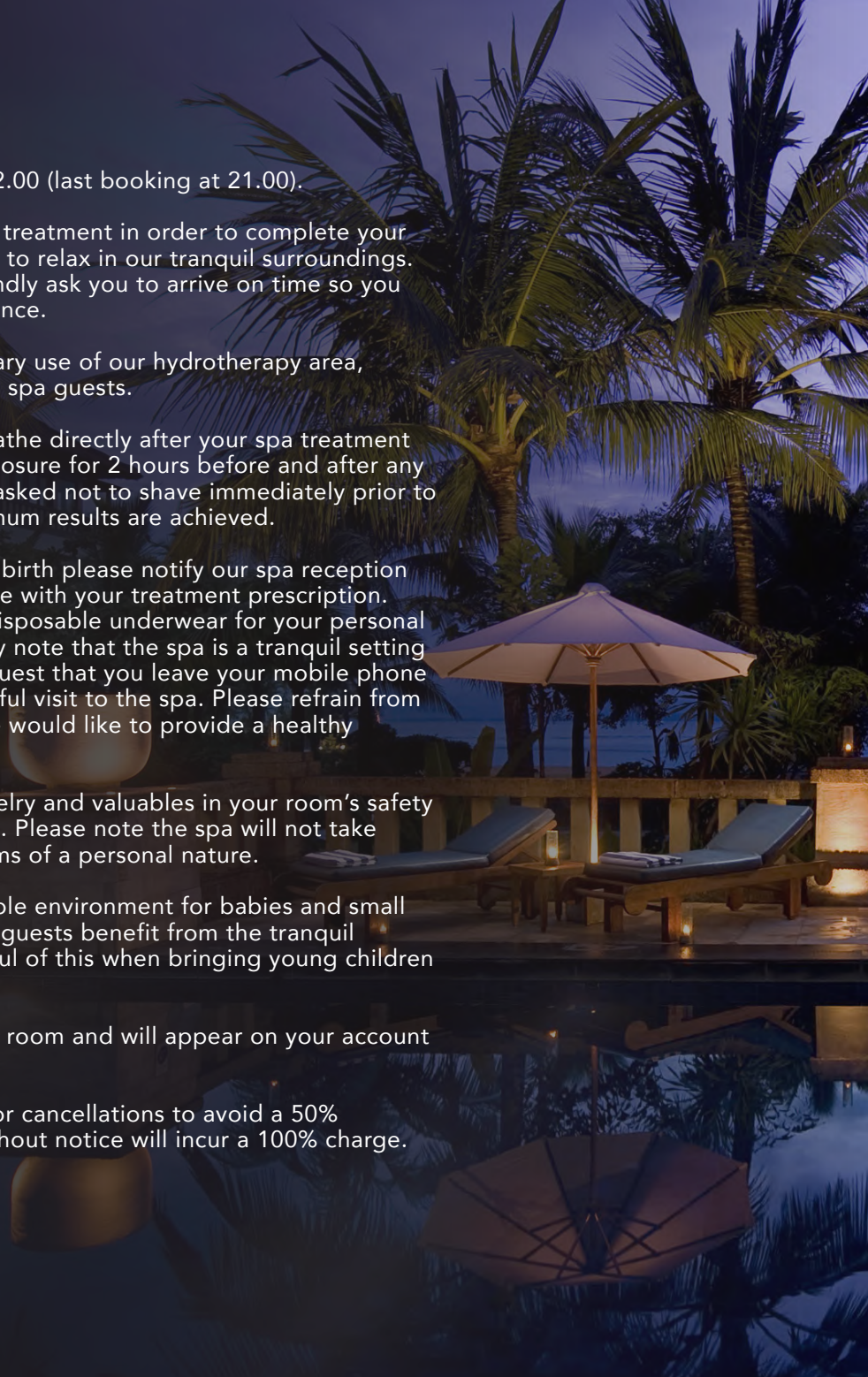
If you are pregnant or have just given birth please notify our spa reception so that we may take the necessary care with your treatment prescription. We provide bathrobes, slippers and disposable underwear for your personal use during your visit to our spa. Kindly note that the spa is a tranquil setting and a place to relax, therefore we request that you leave your mobile phone in your guest room and enjoy a peaceful visit to the spa. Please refrain from smoking within the spa grounds as we would like to provide a healthy environment for all our guests.

We recommend that you leave all jewelry and valuables in your room's safety deposit box before coming to the spa. Please note the spa will not take responsibility for lost or damaged items of a personal nature.

Please note that the spa is an unsuitable environment for babies and small children. We try to ensure that all our guests benefit from the tranquil surroundings and ask you to be mindful of this when bringing young children to this location.

All treatments will be charged to your room and will appear on your account at the time of check out.

Please allow at least 6 hours' notice for cancellations to avoid a 50% cancellation charge. Cancellations without notice will incur a 100% charge.







JIWA SPA

CONRAD BALI

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