



The Apurva  
Kempinski

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APURVA SPA





## WHERE INNER BEAUTY MEETS OUTER BEAUTY

Inspired by the traditions of ancient Indonesia, we embody the holistic healing philosophy that began more than 2,000 years ago, combining time-honoured rituals and modern techniques to create the most immersive spa experience in Bali, the Island of the Gods.

Our philosophy is based on the ancient Javanese proverb, *Rupasampat Wahyabiantara*, which means, "true beauty is achieved when inner and outer beauty are in harmony." For every ritual designed for outer wellbeing, we have created an experience that nurtures the inner self. From multi-day spa journeys tailored around personal needs and an extensive range of face and body treatments, to a programme of activities that nurture body and soul, the Apurva Spa will guide you to perfect harmony, preparing body and mind for the next steps on the journey through life.





## STORY & INSPIRATION

According to the *Serat Centhini: Suluk Tembangraras*, an 18th Century Javanese text in which the collective wisdom of centuries is preserved, the journey through life is categorised by different stages. Physical and mental needs change as we progress through life, from teenage years to adulthood, then married life and senior years (post-adulthood). At the Apurva Spa, we recognise how the needs of the body and spirit change as they move through those stages, allowing us to design specific experiences, rituals and nourishment that promote harmony and balance according to where you are on life's great journey.

Soothed by the gentle melody of traditional gamelan music and the heady scent of incense, the journey to harmony begins the moment you walk through the *gebyok* doors of the Apurva Spa, an intricately carved gateway hewn from teak by master craftsmen. Our traditional Javanese spa village, surrounded by water and illuminated by low, soothing lighting is the first step on a wellness experience that could last for a couple of hours, a full day or an entire week. Our therapist will create a bespoke programme tailored to individual needs, so every visit, like every guest, is unique.





# APURVA SPA SIGNATURE TREATMENTS

Based on the 'Stage of Life'

Healing treatments at the Apurva Spa are based on the Javanese philosophy *Rupasampat Wahyabiantara*, which means "true beauty is achieved when the outer beauty is in harmony with inner beauty". Treatments are tailor-made for each guest based on the four stages of life: teenage, adult, married and post-adult, with different varieties of oil and lulur selected depending on specific individual needs.



## REMAJA – *Adolescence*

Stage of life that is full of self-discovery and adventure, *Remaja* means Adolescence in Indonesian, representing the golden teenage years. Characterised by its sensitivity, reflected in uneven tones, acne and blotches, the adolescence treatment package is crafted to treasure youthfulness and a balance of hormones.

### ☀️ MANGIR ENOM (3-hours in 2 days)

Unveils radiant and silky skin. Rich in pure organics ingredients polishes away superficial impurities, smooth away roughness.

- Invigorating Organic Aloe and Chamomile scrub
- Restorative *Cah Enom* massage
- Organic Pure skin facial or Soothing Organic Water Lily body wrap
- Daily *jamu* mocktail for clear skin and balanced hormones

### ☀️ BAJANG RATU (2 hours in 2 days)

Highly recommended for any forms of sensitive, fragile or stressed skin caused by sun, free radical damage and other external factors that cause premature skin aging. The strengthening and repairing benefits of Waterlily and Green Tea rejuvenate the skin, resulting in a brighter, hydrated, refreshed and repaired balanced complexion.

- Soothing Organic Water Lily body wrap
- Tension free and energize body massage
- Kerasilk control De-frizz Hair Mask or Organic Pure Skin facial
- Daily *Jamu* mocktail for clear skin and balanced hormones





## DEWASA – *Prime of Life*

Meaning Prime of Life, *Dewasa* is a series of treatments focusing on recovery from hectic everyday life. Split into two dedicated packages for both male and female, the Prime of Life treatments allow the body and mind to heal through a line of natural elements and relieving techniques.

### WAWU RAUH (3 hours in 2 days)

We have created experiences for men and women in the prime of their lives. From beauty rituals that will infuse guests with a radiant glow to energizing treatments that will put a spring in every step. Refreshing fruits, herbs and seaweed are used to detoxify and rejuvenate.

- Rejuvenate Papaya and Pineapple body scrub
- Energizing *Ilangi Sayah* Massage
- Organic Intensive nourishing facial
- Daily herbal steam bath
- Daily *Jamu* to balance health hormone

### SUROWONO HOMAGE (4 hours in 3 days)

Re-energizing and revitalising, *Surowono Homage* is soothing experience that is dedicated to the active men.

- Rejuvenate Papaya and Pineapple body scrub
- Energising deep tissue *Urut Lanang* massage
- Prana yoga massage, an oil-free massage to relax tense muscle
- Parem warming herbal body mask
- Organic Intensive nourishing facial
- Daily herbal steam bath
- Daily *Jamu* for him to enhance male vitality

### WULUNG WANITO (5.5 hours in 3 days)

Beautifying experience that is specially designed for Her – an intensive remineralizing, remodeling and firming treatments.

- Contouring Green Coffee body scrub
- *Sendang bedoyo* contouring body massage
- Detoxifying body wrap to stimulate toxin removal and cellulite smoothing
- Daily Aromatic steam bath
- Daily *Jamu* to optimise the detoxifying benefits





## MAHLIGAI KASIH – *Marriage Life*

Inspired by the sacred tradition of Javanese pre-marriage rituals, the Marriage Life treatments are specially crafted to prepare couples who will soon embark on their lifetime journey.

### **KAMARATIH** (6.5 hours in 3 days) *Bride-to-be*

Bridal beauty ritual crafted in a traditional way, specially designed for royal princess for her once-in-a-lifetime moment.

- *Kembang Setaman* flower bath
- Javanese traditional *Lulur Cendana* body scrub
- Body massage of your choice exotic massage oil blends
- Kerasilk control De-frizz Hair creambath or Organic Pure Skin facial
- Nourishing hand and foot treatment
- Daily aromatic steam bath
- Daily *Jamu* to boost the inner glow and hormone balance

### **KAMAJAYA** (4.5 hours in 3 days) *Groom-to-be*

Groom-to-be ritual crafted in a Javanese healing traditions, prior to his once-in-a-lifetime moment.

- *Kembang Setaman* flower bath
- Tropical body scrubs
- Energising deep tissue *urut lanang* massage or muscle targeted body massage
- Organic Intensive nourishing facial
- Daily *rempah uap* herbal steam bath
- Daily *Jamu* for him to enhance male vitality



 **SMARADHANA** (3.5 hours in 2 days)  
*Couple Journey*

Uplifting and romantic spa ritual that are designed for couples

- *Kembang Setaman* flower bath
- Body massage of your choice with exotic massage oil blends
- Organic Intensive nourishing facial or Tropical body scrubs
- Daily Aromatic steam bath
- Luxe foot therapy or *Naluri Roso* back, face and scalp massage
- Daily *Jamu* herbal drink for Her and for Him, for hormone balance and health maintenance

**TENTERAM – *Post Adulthood***

Meaning Contentment or wellbeing, *Tenteram* is a series of treatment focusing on wellbeing through wellness practices and mind soothing therapies.

 **OLAH RASA** (5,5 hours in 2 days)

Create a deep sense of peace, well-being and better health through these selections of wellness journey.

- Daily 30-minute private wellness sessions
- Daily 30-minute sound and light meditation
- Choice of body massage using soothe and calm massage oil blend
- Age corrective facial or *Naluri Roso* back, face and scalp massage
- Choices of organic body scrub or wraps
- Daily Aromatic steam bath
- Peaceful bath soak
- Daily *Olah Rasa Jamu* herbal drink for health and longevity
- Daily healthy set lunch or dinner







# APURVA TREATMENTS

Reinvigorate your senses through relaxation and pampering treatments. Inspired by the ancient Javanese healing tradition, Apurva Spa offers a classical services of therapeutic massages to rebalance and rejuvenate.



## APURVA TOUCHES

### GENDING APURVA

60mins / 90mins

*Gending Apurva* is the Apurva Spa signature massage that is based on the concept of healing energy. This unique massage experience is a combination of warm poultice that is made from 69 mighty herbs, mineral-rich salt and a variety of therapeutic massage, that will gently guide you through the discovery of your body and inner nature.

### SEKAR PETALS

60mins / 90mins

Using custom blended oil and sacred floral petals, this tension busting massage treats the whole body and rebalances the energy flow. Traditional medium pressure massage techniques such as long palm strokes and thumb works create a feeling of physical relaxation and calm, whilst mentally uplifting.

### ILANGI SAYAH

60mins / 90mins

Feel tension dissolve with this ancient Javanese healing therapy that combines the power of essential oils with the brisk invigorating strokes, long known by the Javanese for its relaxing effect. Mainly using long and rhythmical palm and thumb strokes, this massage melts your muscle tension and soothes the mind.

### URUT LANANG

60mins / 90mins

This deep tissue massage is ideal for releasing deep seated muscular tensions commonly known as muscle knots. Ideal for male, this treatment is using healing massage oil, a customised blend of coconut oil, clove, ginger and nutmeg essential oils.

### PRANA YOGA

60mins / 90mins

Time-proven practice around the world. This is an oil-free massage combining acupressure, shiatsu, body stretches and breathing exercises. It is an invigorating therapy that relieves muscular tension, loosens joints and opens energy channels.

### FOOT MASSAGE

60mins / 90mins

An ancient healing technique in applying pressures on specific points on the sole of the feet which corresponds with various parts of the body. The stimulation will improve energy flow, restore proper health and organ functions.

### NALURI ROSO

60mins / 90mins

Meditative and soothing. Simple enjoyment through the gentle touches on the face and scalp to deeply relax your body and awaken the senses.



## APURVA BODY RITUAL

Curated treatments for male and female in the prime of their lives, from beauty rituals that will infuse guests with a radiant glow to energizing treatments that will put a spring in every step. Refreshing fruits, herbs and seaweed are applied to detoxify and rejuvenate.

### ☼ ALOE CHAMOMILE BODY SCRUB **60mins**

Rich in nutrients, this treatment renders your skin moist and glossy. Calming aloe and chamomile Organic body scrub gently polishes away superficial impurities. As rough patches vanish, radiant, silky-soft skin emerges.

### ☼ CONTOURING GREEN APPLE BODY SCRUB **90mins**

Intensive Body Sea Scrub, a must-try treatment for those who wish to diminish cellulite, dissolve unwanted fat while reducing skin sagging. Contain of sea scrub, Argan Stemcells is based around the mineral-rich natural sea salt that enhances the penetration of the active ingredients; Green Apple. Reveal a more youthful-looking body.

### ☼ PAPAYA and PINEAPPLE BODY SCRUB **60mins**

Drenched with Papaya and Pineapple, calcium, magnesium, saccharides, vitamin A and Pomegranate extract. Blended with potent anti-ageing ingredients such as, collagen and elastin polypeptides. The skin is deeply nourished and rejuvenated, revealing an astonishing decrease in body creepiness and wrinkles.

### ☼ LULUR CENDANA BODY SCRUB **60mins**

Aromatic *lulur* blends of rice and spices such as Turmeric, Temugiring, Vetiver, Masoyi and Sandalwood essential oil gives the skin a radiant glow.

### ☼ CALMING WATERLILY BODY WRAP **60mins**

Immediately relieve sensitive skin with this soothing wrap. Cooling and desensitizing Water Lily, Green Tea, and Chamomile, relieve the discomfort of over exposed or over-stimulated skin. Alleviating your skin's burning and stinging sensation, this treatment heals, desensitizes, and decreases skin temperature.

### ☼ DETOXIFYING SEAWEED BODY WRAP **60mins**

Highly therapeutic, rich in micronized natural algae and natural active ingredients. The stimulating and detoxifying wrap releases your entire body from environmental pollutant, toxin and stress.

### ☼ PAREM HEALING HERBAL BODY WRAP **60mins**

An ancient remedy from our Javanese ancestor, known as the healing body mask. It has been handed down through generations and is recognized as a traditional medicine, believe to help warm the body, and relieve aching joints. Herbs of cloves, ginger, cinnamon, coriander seeds, rice, turmeric root and sandalwood create this powerful healing remedy.





## APURVA ORGANIC FACIALS

### PURE SKIN FACIAL

Reveal your inner radiance with our organics treatments. Facial is ideal for all skin types, resurfaces dull skin, minimizes pores, unveiling a fresh and refines skin tone.

**60mins**

### INTENSIVE NOURISHING FACIAL

Deep cleansing treatment with a special mask using Spirulina Algae. It gives a fresh, bright and uniform appearance to the skin.

**60mins**

### AGE CORRECTIVE FACIAL

Plumps and rejuvenates the skin to minimise fine lines, elastic and oxygenated skin.

**60mins**

## APURVA BEAUTY SALON

### APURVA HAIR RETREAT

#### AVOCADO AND HONEY

**60mins**

A traditional hair cream bath using a cooling blends of fresh avocado and honey. This treatment is rich in nutrients, strengthen the hair and ideal for dry, damage and frizzy hair.

#### IKAL MAYANG

**60mins**

Nourishing hair cream bath with aloe vera gel and virgin coconut oil. Good for normal hair with healthy glow, moisture and strengthen the hair roots.

#### TEA TREE AND LOTUS

**60mins**

Deep nourishing cream bath that is formulated with the basic ingredients of lotus flower extract and pure water. Tea tree oil extract will also cleanse the scalp from dandruff with its refreshing cool sensation. Good for oily and hair loss treatment.

### HAIR ESSENTIALS

Hair Cut – Ladies  
Hair Cut - Men  
Hair Wash and Style  
Hair Cream bath  
Hair Masks

### NAIL ESSENTIALS

Luxe Manicure	<b>90 mins</b>
Luxe Pedicure	<b>90 mins</b>
Classic Manicure	<b>60 mins</b>
Classic Pedicure	<b>60 mins</b>
French Manicure	<b>90 mins</b>
Gel Manicure	<b>60 mins</b>
Gel Pedicure	<b>60 mins</b>
Nail Polish (hand and feet)	<b>30 mins</b>
Nail arts – per nail	<b>10 mins</b>
Kids Manicure	<b>45 mins</b>
Kids Pedicure	<b>45 mins</b>



A person is shown in a yoga pose, sitting on the floor with their legs crossed and hands in a mudra. The background is a light, textured wall. The text 'APURVA FITNESS AND WELLNESS' is overlaid on the right side of the image.

# APURVA FITNESS AND WELLNESS

Our team of trained professionals are ready to work around your concerns and design a plan that fits your needs.

## ☀️ YOGA AND MEDITATION

Focusing on a body-mind relationship, this meditative spiritual practice puts flexibility and strength while relieving anxiety and stress. Complimentary group class is held every day.

## ☀️ PRIVATE YOGA SESSION

**60mins**

Take your time and perfect your posture with a professional yoga instructor. Set for those seeking a deeper understanding of each poses, this private class offers the perfect setting for specific plans and personal goals.

## ☀️ YOGA CLASS

**60mins**

3 – 10 person per class  
Beneficial for both beginner and advanced practitioners, our yoga class is designed to connect the body and mind in a group setting.

## ☀️ PRIVATE FITNESS SESSION

**60mins**

A focused training session with personalised plan to achieve a particular result based on personal goal.





## FITNESS CENTRE

Adjacent to the Apurva Spa with magnificent views of the Indian Ocean, our Fitness Centre is equipped with an array of modern fitness equipment catering to your wellness needs.



