



LA RESERVE

Hôtel particulier & Spa

1785

Step into an oasis of calm and tranquility, a place where time stands still. Plunge yourself into a journey of relaxation, away from the crowd of Canggu.

Reserved exclusively for La Reserve 1785' guests, the secret spa is the perfect retreat: simple, dark, spiritual. Aimed at releasing deep seated stress and uplifting the spirit, these treatments coupled with scrubs/wraps will offer you amount of extreme relaxation.

SIGNATURE TREATMENTS

SECRET SPA SIGNATURE MASSAGE 60 mins | IDR 1.200K 90 mins | IDR 1.700K

A heated compress placed on your body invites back muscles to relax. Our therapist will follow by a Swedish massage that will leave you feeling physically rested and mentally uplifted.

PERERENAN SACRED HOT STONES 90 mins | IDR 1.700K

Hot stone Massage melts away tension, eases muscle stiffness, as well as increases circulation and metabolism. It promotes deeper muscle relaxation through the placement of the smooth, water heated stones at key points on the body.

AYURVEDIC SHIRODHARA MASSAGE 90 mins | IDR 1.800K

Shirodhara awakens the third eye as a controlled flow of warm oil is gently poured over the forehead. Lulling the entire body into a state of calmness, this dosha-specific therapy and scalp massage revitalizes the mind and body. The calming effect produced by Shirodhara is similar to that obtained from meditation.

AROMATHERAPY THERAPEUTIC MESSAGES

TRADITIONAL BALINESE MASSAGE 60 mins | IDR 1.200K 90 mins | IDR 1.700K

This relaxing traditional massage, rooted in Balinese skills of healing, uses special stretching techniques, smooth movements and pressure point activation to effectively improve circulation, and relive stress and tension.

DEEP TISSUE MASSAGE 60 mins | IDR 1.200K 90 mins | IDR 1.700K

In this deep tissue massage, deep palm pressure and elbows are used to compress and wring muscle tissue, relieving pain, improving blood circulation and releasing endorphins, harmonizing body and mind with herbal oils.

AROMATHERAPY MASSAGE 60 mins | IDR 1.200K

This treatment harnesses the healing power of plants by using essential oils to help strengthen the body's healing potential and deepen relaxation. Choose from a variety of carefully crafted premium quality blends to suit your personal needs (headache & migraine, jet lag, PMS, cold, flu)

TRADITIONAL REFLEXOLOGY

60 mins | IDR 1.250K

Based on the belief that each point on the foot relates to an organ or part of the body. Application of appropriate pressure to specific points and areas on the feet, stimulating the associated organs to correct internal imbalances and harmonize the system of the body.

BACK & SHOULDER MASSAGE

30 mins | IDR 1.100K

A pressure massage that focuses on the build-up of stress and muscle tension in all areas around the neck, shoulders, and across the back. This massage encourages relaxation, relieves stress, improves circulation, and relaxes muscles.

FOUR HANDS MASSAGE

60 mins | IDR 1.700K 90 mins | IDR 2.200K

Two well trained therapist work in seamless harmony, employing synchronized movements to create a profoundly soothing and rejuvenating experience. This exceptional massage technique amplifies the therapeutic benefits, easing tension, enhancing circulation, and fostering an unparalleled sense of well-being.

MOM-TO-BE MASSAGE

60 mins | IDR 1.250K 90 mins | IDR 1.500K

Carefully designed for expectant mothers, this massage eases the physical and emotional demands of pregnancy. Alleviate aches, reduce stress, and slip into calm relaxation. Our therapist concentrates on sensitive areas, fostering warmth and a deeper bond with your baby

CELLULITE MASSAGE

60 mins | IDR 1.400K

Dive into an authentic French technique that targets stubborn 'orange peel' skin. Through meticulous kneading, rhythmic tapotement, and deep massage strokes, we drive out toxins, rendering a smoother, more refined silhouette. Experience the art of French refinement, transforming and sculpting your body's contours.

COOLING ALOE VERA & BANANA LEAF WRAP

60 mins | IDR 1.250K

Ideal for overheated, sensitive or sunburnt skin. This soothing wrap offers both relief and rejuvenation. Commence with a chilled, infused towel press, followed by a cooling and hydrating banana leaf wrap that combines cucumber and essential oil. Finish off with a soothing and healing application of stabilized Aloe Vera gel.

TRADITIONAL BALINESE EAR CANDLING

60 mins | IDR 1.250K

Experience the soothing benefits of Balinese Ear Candling, known to help with earwax, sinus relief, and improving hearing or reversing hearing loss. While the candle softly flickers, enjoy a relaxing face and neck massage, followed by a head and shoulder massage to ease tension and headaches, enhancing your sense of balance and calm.

BODY SCRUBS

TRADITIONAL BODY SCRUB

60 mins | IDR 1.200K

A skin softening treatment leaving your skin nourished and smooth. The primary function of a body scrub is to remove dead skin cells through exfoliation, cleanse the skin, and increase blood circulation in the body.

Choose from one of our signature scrubs:

Green Tea (Rice Grind, Green Tea, Lemon EO) : Green Tea is an antioxidant par excellence, to counteract aging and toxins. This scrub is especially beneficial for oily skin.

Rose scrub (Red Rice, Rose Petal, Bergamot, Almond) : Roses have antibacterial and anti-inflammatory properties, reducing redness on the skin and treating any blemishes. Roses are also a natural astringent, so they can help tighten your pores. Beneficial for dry and mixed skin.

Ginger Lemongrass Body Scrub (Rice Grind, Ginger, Lemongrass) : The lemongrass and ginger scent combination makes for an invigorating and uplifting aroma that wakes up the mind, while the essential oils work to stimulate muscles, restore balance and promote circulation, better joint function, and pain relief.

Coconut Vanilla Body Scrub (Rice Grind, Coconut, Vanilla) : Coconut softens and leaves the skin feeling hydrated, soft, and silky while vanilla aroma calms the nerves, relaxes, and softens the mood. Salts are used to create a gentle exfoliating polish that refines, detoxifies the skin, leaving you with a luxurious silky texture and vibrant glow.

BODY MASK

TRADITIONAL GREEN TEA BODY MASK

60 mins | IDR 1.200K

Our traditional green tea body mask is applied to your body, providing hydration, exfoliation, and firming benefits, dependent on their ingredients. Green tea is naturally rich in antioxidants, which help protect the body from accelerated ageing and risk of major diseases. It helps to increase the skin's normal rate of rejuvenation.

FACIAL TREATMENTS

CLASSIC

75 mins | IDR 1.300K

Inspired by refined wellness, The Secret Spa's signature facials restore harmony and enhance natural beauty. Using carefully selected natural ingredients, each treatment revitalises the skin, revealing a luminous, plumped, and radiant complexion.

 **SPA ETIQUETTE****ARRIVAL**

For an optimal spa experience, we recommend arriving at least 10 minutes before your scheduled treatment at The Secret Spa. Kindly note that to maintain the sanctity of the schedule for all our guests, treatments will conclude as per the scheduled time even if you arrive late, resulting in a potentially shortened session.

CANCELLATION

If you must reschedule or cancel an appointment, please notify us at least 2 hours in advance to avoid a 50% charge of the service price. In the case of a no-show, the full cost of the missed service will be charged.

ATTIRE

Comfort is key. While we provide disposable underwear, bathrobes, and towels, we encourage you to wear what feels best for you. Rest assured, our therapists ensure utmost discretion, and you will be covered appropriately during all treatments.

ALLERGIES

Our dedicated Spa therapists will consult with you regarding any health conditions or known allergies to ensure the safety and effectiveness of your treatment.

GIFT CERTIFICATE

Gift certificates can be arranged for the perfect gift or special occasion. All gift certificates are available at our reception and are valid for 12 months from the date of purchase.



LA RESERVE
Hôtel particulier & Spa

1785

Jalan Munduk Kedungu No.19 Pererenan, Canggu, Kec. Mengwi,
Kabupaten Badung, Bali 80361, Indonesia