



## **WAROENG DJAMOE SPA AT HOTEL TUGU BALI**

At the Tugu Bali, our Waroeng Djamoé Spa will connect you to the secrets of the ancient mystical East. For centuries the people of Java, the Peranakan, and the people of Bali have been adhering to their authentic indigenous health treatments that we now call “spa”.

These traditions combined aspects of spirituality with the physical healing arts to achieve the ultimate in mind, body and soul harmony to enhance total deep relaxation. For the higher castes a certain ambience was created, some called it ‘magic’ whereby the secluded atmosphere and the ministrations of the healer would bring a kind of hypnosis on the patient and it would send them into a state of peacefulness.

Healers, knowing much about the power of nature, its affect on our sense of smell, the ability of its colors to elevate or soothe the mind, used ‘magical’ flowers to create the atmosphere of the treatment rooms.

These flowers, Frangipani, Tropical Magnolia, Rose, Jasmine, and Ylang Ylang are believed to be the flowers of the supreme deities. Incense, or ‘dupa’ as it is called, also has magical properties, certain of which are used at specific times and for specific purposes. The Çiva, called ‘kemenyan’ is believed to have a powerful effect on the soul when burnt under an old banyan tree on a Thursday evening.

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- \* Choice of jasmine, frangipani, green tea, lemongrass, ylang-ylang, vanilla, sandalwood and tuberose are available for these treatments.

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All of the above rates are valid from 1 January - 31 December 2020**

Long before the Spa concept was introduced in the West, the Javanese were incorporating flowers and incense to stimulate the spirit and accelerate the relaxation of the mind. Only after the relaxation process begins, the physical treatment could commence and often short prayer or ‘mantra’ would accompany it. It is believed that this approach allows the treatment to really penetrate the soul, and when the hands begin to touch the body, they bring a mysterious power that is increased as the rhythmic movements of the hands massage the entire body. With the precision of a dancer the healer will search out the areas for attention and apply the healing power of their hands in the way they know will help best.

This is just one of the secrets of the East that are revealed to you at Waroeng Djamoë Spa. The mystery of silent communication between the peaceful center of the soul and the magical stimulants are typical of the healing arts of The Orient, and when practiced by an expert they are as seductive as the charm of the Orient itself.

Our Waroeng Djamoë Spa offers luxurious authenticity and we recommend our treatments such as The ‘*Balinese Pijitan*’ or The ‘*Javanese Pijitan*’ massage and to take a journey back a thousand years ago to discover the Balinese or Javanese aura of well-being in body and mind here in the hideaway romantic atmosphere of Hotel Tugu Bali.

Treatments are available in the privacy of your room, equipped with massage bed, or in one of our five chambers “kamar”, or in our outdoor hut, the ‘gubuk’. The décor of the six spa treatment areas, scattered among the pavilions, are all consistent with the Tugu theme and tell the stories from the rich culture of Indonesia.

For reservation or information please contact:

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# THE 6 SPA SANCTUARIES

## **Kamar Molek Seger Waras**

“Seger Waras” means fresh, light and healthy...here you will find massage tables over a hundred years old, these tables were once used to store rice.

## **Kamar Solek, the make up hut**

“Solek” is a Javanese word meaning grooming, or make up. Historically this was a chamber dedicated to traditional grooming for the upper caste Javanese ladies. Our massage table here was once a bed belonging to a king of Madura Island who ruled during the 18<sup>th</sup> – 19<sup>th</sup> century.

## **Gubug Nglamun Leha-leha**

“Nglamun Leha-leha” is a Javanese expression for daydreaming and lazing. Here our al-fresco treatment hut is filled with sea breezes that float your mind away to daydream.

## **Kamar Mantra**

Spiritually serene and surreally mystical, Kamar Mantra, a haven of tranquility removed from ordinariness, is inspired by the Hindu mantras – multifaceted expressions of enlightened awareness, achieved through a verbal formula repeated in a meditation or incantation. Kamar Mantra features the Mantra massage therapy, where the therapist chants mantra during the treatment and uses specifically heated, soothing herbal oils, that caress both mind and physics to a state of bliss and harmony.

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## **Kamar Dandang Goela: Sumringah Ing Jagat (The Blooming of the Universe)**

The mysterious beauty of the East inspires the atmosphere of the Kamar Dandang Goela, with influences from Tibet, Nepal, and Cambodia. This is usually where our signature treatment, Gemulai Penari, is performed – an entire ritual characterized by a water-based treatment and a massage methodology that is influenced by the Balinese traditional dancing movements.

### **Kamar “The ‘Samedhi”**

‘Samedhi’ or ‘Tapa’ is a style of Javanese meditation, which came into existence in Java long before the introduction of Buddhism in the 8th century. Through ‘samedhi’, the Javanese people contemplate and enhance their spiritual life to be closer to their God Almighty. In a tranquil surroundings, with dimmed lights, filled with fragrance from a mixture of burning incenses and roses, ylang-ylang, as well as jasmine, it is possible enter into a magical state of total bliss.

Our receptionist will ask you to make your choice of tropical floral massage oil from our selection of, jasmine, frangipani, green tea, lemongrass, ylang-ylang, vanilla, sandalwood and tuberose. She will invite you to select an herbal drink, called a Jamu, or fresh healthy juice at our Waroeng Djamoë, before leading you to the treatment room.

“Waroeng Djamoë” is an ancient Javanese word for traditional apothecary that offers herbal drinks or medicines (jamu).

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# The Romantic Charms of the Past

## “Gemulai Penari Bali “ at Kamar Dandang Goela \*

**8 hours**  
**IDR 3,080,000++ per person**

This complete treatment comprises of a combination of body treatment, beauty treatment, a healthy gourmet lunch, relaxation and a series of bathing rituals between hot Jacuzzi and chilled water pool. This takes place in The Dandang Goela, a romantic and mystical treatment room with influences of the Tibetan and Hindu cultures adding to the atmosphere. This gentle treatment has been designed to let you fall under the charms of our beautifully refined Balinese dancing therapists as their magic hands follow the rhythm of evocative Balinese music.

The treatment:

- ❖ Revitalizing Body treatment that include “pijitan” kepala -the scalp massage, “pijitan” GemulaiPenari (Balinese Dancing Massage), luluran (a traditional body scrub) and “mandi susu bunga” (tropical floral and milk bath), the lovely floral bath.
- ❖ A light gourmet lunch revealing both healthy and low fat dishes for pleasure of the palate.
- ❖ An aesthetic beauty treatment that includes the royal manicure and pedicure, and our exquisite floral facial aromatherapy.
- ❖ The Queen of the South Sea treatment will be the final touch of this package. A treatment created based on the folkloric heroine Sang Hyang Dwi Jendra, who once upon a time used magical power from Tirta Empul to heal the diseases suffered by the people around Canggu area. The sequences of this hydro treatment carry magical nuances with sprinkle of salt water from Canggu Beach
- ❖ A floral bath, combined with the jacuzzi and a last dip in the ice cold plunge pool.

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## “Dandang Watoe” at Kamar Samedhi

**5 hours**  
**IDR 1,980,000 ++ per person**

A rhythmic combination of ancient massage therapy that uses stones from the Yang Tze river in China and Gunung Kidul of Central Java. The stones are steamed in a traditional steamer, the “dandang” which is filled with spices and herbs, until the stones absorb the fragrance from the spices and herbs. These stones are placed on important pressure points and rhythmically massaged.

This practice is hardly found anymore, however as part of our effort to preserve the forgotten history of Indonesia, here at the Hotel Tugu Bali we have created The Dandang Watoe Package and based it on the ancient traditions of Javanese society. This treatment will commence with a soaking of feet in salt water from the south coast and continue with pedicure and feet massage using stone.

The Dandang Watoe massage will use stones from Gunung Kidul region and Yang Tze River which have been heated in a traditional ‘dandang’ steamer with ginger, nutmeg and lemongrass. These stones will be placed on the nerve points of body followed with full body massage using stone and warmed oil and a special sandalwood powder that produces soft skin. After the Mandi Rempah, the herbal bath, which warms up the body, a light healthy lunch will be served to complete the treatment.

At the end of this treatment, we recommend you spend some time of silence in the adjoining meditation space with beautiful Asian antiquities.

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## “Keraton Leha-Leha” at Gubug Ngelamun Leha-Leha \*

5 hours

IDR 1,980,000 ++ per person

A complete treatment for easing the mind and creating an ecstasy of senses in the Gubug Ngelamun Leha-Leha, our al-fresco treatment hut charmed by the sea breezes. Here you will be lulled to daydream and relax as you are pampered from head-to-toe by the mystical rhythm of the past.

This experience combines a scalp treatment with a floral aromatherapy massage, with a choice of tropical floral massage oil; a luluran (traditional body scrub); a milk splash, “mandi bunga” (exotic floral bath) and also the Ratus Wangi treatment, a hair perfuming treatment where the hair is perfumed with the vapours of burning incense. Complete your experience with a delicious and healthy lunch prepared by our Chef to completely lift up your day.

Spend some time for meditation and relaxation in our Gubuk Ngelamun Leha-Leha, and let the sound of the waves inspire you in all things.

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## “Purnama & Tilem Massage” Energy of the Bali Moon

90 minutes

IDR 981,000 ++ per person

Including light dinner menu IDR 1,287,000 ++ per person

Purnama, in Balinese means Full Moon, and Tilem means New Moon. These two days are very special in accordance to Balinese belief, and during these moons, purification ceremonies are arranged to wash away sins, and celebrate “Rwa Binneda” – the two energies of life, the good and evil, darkness and brightness.

During the Purnama, Balinese worship the Goddess Sang Hyang Chandra, whereas during Tilem, they pray to God Sang Hyang Surya.

Balinese people believe that to bathe in water perfumed by the fragrant petals of the frangipani flower under the light of the full moon will wash away your impurities.

On the Purnama and Tilem Massage at the Warong Djamoe Spa, begin with a small blessing ceremony by the sea with blessed water from the Batu Bolong Temple. You are then led to the outdoor area of the Warong Djamoe Spa. The massage itself, 75 minutes long and using frangipani oil, begins with long, soft strokes that are inspired by the soft caress of the Moonlight and the crashes of the waves under the moonlight, and gradually becomes stronger, before they are replaced with strong, rotating circles using wrists and knuckles, depicting the energy of the full moon. The massage ends with softening long strokes again, and is followed with a tranquil herb and frangipani bath, and ended with a closing ceremony of blessed water.

**To enhance your Purnama and Tilem Massage, our Chef suggests the Rejuvenating Healthy Spa Menu. It is recommended to have this light menu before or after the Purnama and Tilem Massage instead of a heavy meal.**

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# ”Pijitan” Eastern Massages

## ☼ “Pijitan” Leha-Leha (A Stress Relaxing Massage) \*

**30 minutes**  
**IDR 396,000 ++ per person**

A deep massage to relieve muscular tension especially suitable after long journeys. These massages work on pressure points down the back and across the shoulders, head and face. The massage balances energy and creates energy for wellbeing.

## ☼ “Pijitan” Kepala (Scalp Massage)

**45 minutes**  
**IDR 484,000 ++ per person**

“Pijitan” Kepala is designed to revitalize your hair and to relax your neck and shoulders. This treatment begins with a brush massage that works into the scalp for maximum comfort and relaxation. A natural aloe-vera gel, extract of avocado and candlenut oil (kemiri) is massaged into the hair to strengthen each shaft. The scalp is deeply massaged for twenty minutes along with neck and shoulders; followed by hair wash.

## ☼ “Pijitan” Bali (Balinese Massage)

**60 minutes**  
**IDR 594, 000 ++ per person**

This is a deep-tissue massage, a traditional Balinese massage technique that is passed from generation to generation for the ultimate relaxation. It uses coconut oil and places pressure on specific points of the body.

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### ☸ “Pijitan” Jawa (Javanese)

**60 minutes**  
**IDR 594,000 ++ per person**

This is a deep-tissue massage that uses long strokes, whereas the Balinese massage concentrates more on pressure points. This traditional massage that has been practiced for centuries by Javanese people using coconut oil for the wellness of body and mind.

### ☸ “Pijitan” Mantra (Eastern Spirituality Massage)

**90 minutes**  
**IDR 874,500 ++ per person**

Performed at the mystical Kamar Mantra – this signature therapy uses virgin coconut oil that is warmed with a selection of herbal natural roots and spices, and massaged in a circular motion to the whole body. The treatment also incorporates Eastern mantras – soft incantations that infiltrate into the spirit and believed by many to improve well being through the unconscious mind.

### ☸ “Pijitan” Wangi Bunga (Floral Aromatherapy) \*

**60 minutes**  
**IDR 594, 000 ++ per person**

“Pijitan” Wangi Bunga includes a full body massage utilizing the positive effects of tropical floral aromatic essential oils such as melati, known as jasmine, kamboja, frangipani, green tea, lemongrass, ylang-ylang, vanilla, sandalwood or tuberose to enhance the treatment. The positive effects achieved by inhaling and letting the floral essential oils absorb through the skin can maximize the effect of the massage on the body. The Pijitan Wangi Bunga is more gentle than the Balinese or Javanese massage.

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\* Choice of jasmine, frangipani, green tea, lemongrass, ylang-ylang, vanilla, sandalwood and tuberose are available for these treatments.

## ☼ **“Pijitan” Gemulai Penari (Balinese Dancing Massage) \***

**60 minutes**  
**IDR 594,000 ++ per person**

“Pijitan” Gemulai Penari has been designed to let you fall under the magnetism of our beautiful and refined Balinese dancing therapists and feel the relaxation through their magic hands that follow the rhythm of Balinese dancing music.

## ☼ **“Pijitan” Dandang Watoe (Stone Massage)**

**120 minutes**  
**IDR 1,070,000 ++ per person**

A rhythmic combination of ancient massage therapy that uses stones from the Yang Tze River in China and Gunung Kidul of Central Java. The stones are steamed in a traditional steamer, the “dandang” which is filled with spices and herbs, until the stones absorb the fragrance from the spices and herbs. These stones are placed on important pressure points and rhythmically massaged.

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## ☼ **Surfer’s massage**

**90 minutes**  
**IDR 748,000 ++ per person**

This deep tissue massage uses strokes focused on the muscles used in the water: back, shoulders, arms and neck. It uses a mix of traditional analgesic balm and organic oils in those areas to release muscle tensions. This treatment ends with the application of fresh aloe vera to hydrate skin after sun exposure

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# “Solek” Treatments

## ☼ Keraton Manicure

**60 minutes**  
**IDR 275, 000 ++ per person**

Start by letting your hands relax in warm water adorned with tropical flowers, continued with a hand massage that will give you total relaxation using moisturizing cream. Lime is used through generation to clean and brighten the nails. The treatment ends with a scrub made of uncooked rice to exfoliate and “temu giring” ancient cooling powder made of turmeric to soften and illuminate the skin of hands. Through this elegant treatment, you will feel like a Javanese Prince or Princess of the past.

## ☼ Keraton Pedicure

**60 minutes**  
**IDR 275, 000 ++ per person**

This nurturing treatment for the feet begins with them soaking in warm water adorned with tropical flowers followed by a foot massage using moisturizing cream, the sign of ultimate devotion to Prince or Princess of Java by their carers. Lime is used to clean and brighten the nails, while chayote squash is traditionally used to moisturize very dry skin below the feet. The treatment ends with a scrub made of uncooked rice to exfoliate and “temu giring” ancient cooling powder made of turmeric to soften and illuminate the skin of the feet.

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## ☼ **Floral Facial Aromatherapy** \*

**45 minutes**

**IDR 544,500++ per person**

Another of our very popular treatment includes a relaxing facial massage. The positive Effects of this wonderful treatment are achieved by both inhaling of the aroma of the tropical floral essential oils and by having the tropical floral essential oils absorbed through the skin.

The positive effects are enhanced by aromas of the tropical floral essential oils as well as by having tropical floral essential oils absorbed through the skin.

## ☼ **Tugu Volcanic and Sea Shell Facial Pampering**

**75 minutes**

**IDR 605,000++ per person**

Seashells contain the powerful yet subtle energies of the ocean. This signature facial treatment that is unique to the spas at Tugu is begun with a soothing, circular massage of the face, neck and eyes, visiting important relaxation and pressure points. Following this deeply relaxing massage, a fine scrub of East Lombok seashell powder containing rich minerals and Indonesian wild gingerroot, temugiring, mixed with purified white rose water is then applied using black volcanic sea stones. These special ingredients have immediate effects: the skin will feel completely invigorated, smoother and suppler. After that, the powerful anti-aging agent, extra-virgin cold-pressed coconut oil is massaged to nourish the skin. This treatment is finally completed with a choice of natural masks depending to your skin type. This special facial treatment gives the benefits of improving sleep, increasing energy levels, releasing tension, anxiety, and tiredness. Post treatment, drift away into a deeper internal peace and relaxation in a greater awareness of oneness with nature, and enjoy a feeling of balance and harmony in your mind, soul and body.

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# Our Signature Juara Facials

We proudly present Juara, our ultra-luxurious skin products that are a unique fusion of Indonesian skincare treatments and modern science. Utilizing high concentrations of pure and powerful active botanicals such as rice, tamarind, turmeric, candlenut oil, healing teas and red sandalwood, Juara combines time-honored recipes for skin health and well-being with the best in modern technology and innovation, to convey the soothing and calming experience of traditional Indonesian beauty rituals and herbal treatments while soften the skin and enhance its natural balance and comfort.

## ❁ Juara Deep Hydration Facial

**60 minutes**  
**IDR 649,000 ++ per person**

Skin feeling parched and thirsty? A wonderfully comforting facial treatment with nourishing and hydrating botanicals will infuse skin with an extra dose of moisture, while calming it from everyday stress. Result: Skin that is supple, radiant and plump with healthy, long-lasting moisture.

## ❁ Juara Brightening Antioxidant Facial

**60 minutes**  
**IDR 649,000 ++ per person**

If time, pollution and sun have taken a toll on your skin, this elaborate facial with the antioxidant power of turmeric infuses skin with antioxidant protection and brightens age- and sun-spots for a smoother, more even-toned complexion. Good for all skin types.

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### **Juara Pure & Fresh Facial**

**60 minutes**  
**IDR 649,000 ++ per person**

Designed for oily and combination skin, this uniquely refreshing, cooling facial uses the purifying and toning properties of lime and cucumber to take off accumulated grime and excess oil for a clean, an elaborate facial that reduces excess oil and reduces pore size for a clean and smooth complexion.

### **Softening Candlenut Hand Treatment**

**30 minutes**  
**IDR 385,000 ++ per person**

A luxurious treatment using the softening benefits of Indonesia Candlenut Butter that leaves hands feeling like velvet. Dead skin cells are gently removed with Juara's hydrating Candlenut Body Polish, while its incredible scent transports the senses to the Indonesian tropics. For maximum softening and relaxing results, hands are then massaged with Candlenut Body Crème.

### **Invigorating Coffee Foot Treatment**

**30 minutes**  
**IDR 385,000 ++ per person**

A decadent yet energizing experience for tired, rough feet. The scent of aromatic Indonesian coffee in Juara's Invigorating Coffee Scrub is an instant pick-me-up, while ground coffee and crushed walnut shells sweep away dead skin cells and smooth rough ankles and heels. Calves and feet are then massaged with Juara's signature Candlenut Body crème to transport your senses to the tropics while softening and moisturizing dry skin. Finally, a warm wrap around feet and calves maximizes relaxation and absorption of the nourishing crème.

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## 🌀 Keraton Treatment

**150 minutes**  
**IDR 1,177,000 ++ per person**

A combination of several techniques and treatments will make you feel like a Javanese Prince or Princess in our Keraton, a Javanese Palace. The Keraton treatment includes the Royal Javanese full body treatment. This cultural experience will take you on a journey through time to the days of the enchantment and romance of the Far East. It begins with a 45-minute scalp massage and traditional hair treatment called Ratus Wangi ,a hair treatment where the hair is perfumed with the vapors of incense, followed by a full-body traditional Balinese massage; a Royal Javanese Luluran (our traditional, all-natural body scrub) and ends with a relaxing, richly conditioning Mandi Susu dan Bunga, the tropical floral and milk bath.

## 🌀 Mandi Lulur

**150 minutes**  
**IDR 1,177,000 ++ per person**

The treatment is inspired by traditional wedding ceremony preparation in Java. It is given to women each day during the week leading up to their wedding day. This wonderful experience will soothe, soften and exfoliate the skin, and rejuvenate your body through massage. It is a combination of traditional Javanese massage, herbal peeling to exfoliate dead skin cells, and relaxation with a soothing immersion of herbal bath. To complete your treatment, “bedak dingin kuno” *ancient cool powder* is applied to your body to emphasize the pleasure of relaxation.

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❁ **Luluran (Traditional Javanese Body Scrub)**

**60 minutes**  
**IDR 594,000 ++ per person**

A traditional exfoliation process of eliminating dead skin, and a massage to all parts of the body at the same time, luluran on a regular basis keeps your skin clean, clear, and healthy. Temugiring Extracts, *curcuma beyneana*, help to soften and improve the texture and complexion of the skin: a wonderful way to feel pampered. Ending with a milk bath.

❁ **Mandi Rempah (Herbal Bath)**

**30 minutes**  
**IDR 324,500 ++ per person**

Optional after-treatment bath: After all treatments, we propose that you have a relaxing bath with traditional spices and dried herbs, Vetiver (Akar Wangi) and several kinds of roots. This herbal bath allows you to enhance relaxation through the sensual exhilaration of these natural herbs and spices.

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# Manunggaling Body & Mind through Meditation

The atmosphere and spiritual harmony that floats over Hotel Tugu, the invigorating cleansing breeze from the ocean, the mysticism of the spa... all are an ideal natural setting for relaxing the mind, to meditate and awaken the consciousness or find an unexpected source of inner power.

Outdoor or indoor rooms are set for Samedhi, the Javanese term for meditation, to escape for a while from daily activities, carried away by the smell of incense, the music of the gamelans, the sounds of prayers, the color of the flowers...

According to ancestral Balinese and Javanese Hindu beliefs Manunggaling is the achievement of the reunion of body and mind within purification. Experience for yourself this inner search to find your own consciousness and self-realization by giving love to every single part of your body.

Every session commences by the drinking of our Tugu Tirta infusion with ginger, lemon and honey in hot water to warm the body and to stimulate the senses.

We recommend you book at least one day in advance

## ☸ **Cradaning Meditation**

**30 minutes**

**IDR 330,000 ++ per person**

This meditation session is recommended for beginners so they can experience the very first awareness of meditation.

The first step is to focus on the body and discover each area where energy maybe blocked.

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## ☸ **Suksmaning Meditation**

**45 minutes**  
**IDR 396,000 ++ per person**

This meditation is an ancient Balinese style that is designed to balance body and mind. The technique consists of receiving blessing energy to purify the body and mind and using it to relax and keep fresh, while releasing all emotions.

## ☸ **Sahasra Meditation**

**60 minutes**  
**IDR 495,000 ++ per person**

This is an advanced meditation technique to gradually find your self-realization by focusing on and activating the seven chakras. Sahasra is the seventh chakra, symbolized by a thousand-petal lotus, used to receive energy from the Universe and to redistribute it to lower chakras, and so, through the whole body.

## ☸ **Jivananda Healing**

**150 minutes**  
**IDR 1,100,000 ++ per person**

This session is a combination of meditation and ayurvedic massage, which is believed to be the oldest natural healing therapy. Ayurvedic is considered to prevent body, heart and soul from diseases and encourage longevity.

The session is held in 3 steps:

- Introductory Spa and Meditation
- Meditation session (30 minutes)
- Ayurvedic therapy (120 minutes)

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# Yoga and Yogalates

The Waroeng Djamoe Spa at Hotel Tugu Bali now introduces the art and practice of yoga as part of a total rejuvenation of the mind, body and soul... a revelation of the mysteries of well-being of the East. The invigorating yet peace-inducing one and a half hour session of yoga may be followed by the famous heavenly signature 2-hour ancient Hot Stone Treatment of the spa, for a half-day of revitalizing bliss.

YOGA is a 5000-year-old Eastern energy-based spiritual practice developed in India. It is based on a spiritual system of moves to unlock energy flows while increasing flexibility and toning the internal organs. The aim of these classes is to enhance the experience of being at the Tugu and having awareness while in Bali – to open and activate your senses and help you to relax into a healthier, more harmonized body and to take this ability home with you.

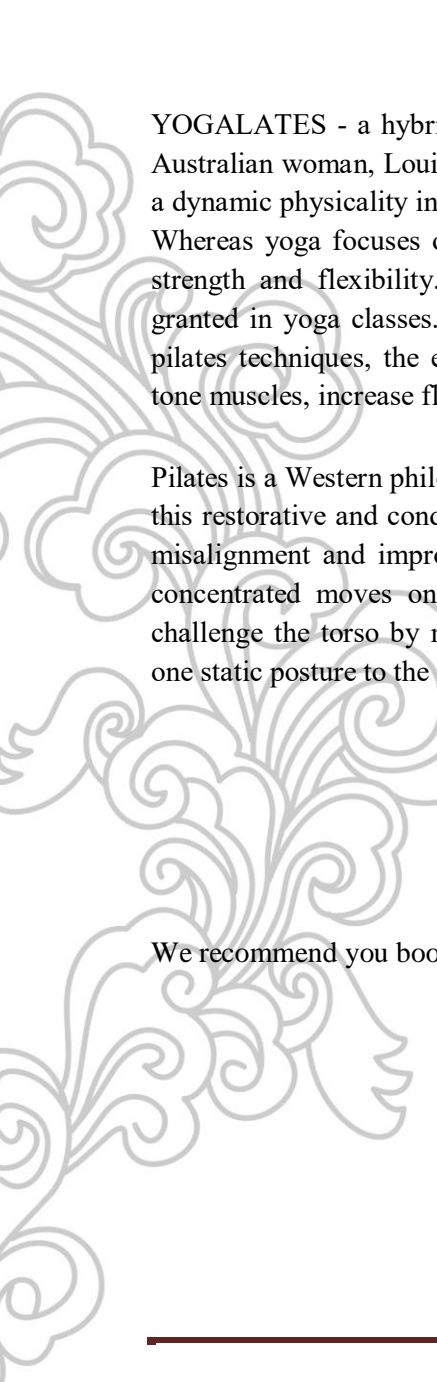
Each class responds to the needs of the individual, and all levels of ability are catered to. Sessions typically begin with a loose relaxed stretching to warm up, they progress into more vigorous and challenging postures and are completed with deeper stretches and a final relaxation set.

Inspired by a genuine desire to share the techniques that have transformed her own life, Hotel Tugu's yoga instructor draws from a vast range of yogic traditions (Classical Hatha, Iyengar, Ashtanga, Kundalini and Tantra) to weave a flowing experience.

Breath and movement are brought into harmony by the mind and 'Union', as one of the many definitions of yoga, is achieved.

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YOGALATES - a hybrid fusion of yoga and pilates, "Yogalates" was created by an Australian woman, Louise Solomon, who combined the best of both practice maintain a dynamic physicality in balance with spiritual pract

Whereas yoga focuses on flexibility, then strength, pilates focuses on stability, then strength and flexibility. Pilates helps develop a stable core, sometimes taken for granted in yoga classes. A fusion of the ancient discipline of yoga with the modern pilates techniques, the exercises mix both disciplines to develop core strength, help tone muscles, increase flexibility, and reduce stress.

Pilates is a Western philosophy developed by Joseph Pilates in the 1920s. He designed this restorative and conditioning technique to help people overcome injuries, postural misalignment and improve general core weakness. It involves mat work and small concentrated moves on machines. Pilates requires you to set a posture and then challenge the torso by moving the limbs in a repetitious manner. Yoga moves from one static posture to the next with no repetitions.

**Approximately 90 minutes**  
**IDR 627,000 ++ per person**

We recommend you book at least one day in advance

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# Pray Session

The sacred temple of Batu Bolong in Canggu Village is the destination for pilgrimages across the island of Bali. It belongs to a group of the most significant temples in Bali and is at the centre of mystical celebrations. Festivals and ceremonies here vibrate with colour and vitality as huge penjors, bamboo flags, and temple umbrellas adorn scenes of traditionally clothed men, women and children in prayer and celebration of life, death and changing fortune.

It is here you will meet a Pemangku who will administer prayers and blessings.

**IDR 550,000 ++ per person**

We recommend you book at least one day in advance

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\* Choice of jasmine, frangipani, green tea, lemongrass, ylang-ylang, vanilla, sandalwood and tuberose are available for these treatments.

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# Theta Healing

**60 minutes**  
**IDR 1,045,000++ per person**

Theta Healing, created by Vianna Stibal in 1995 and became one of the fastest growing alternative healing techniques in recent years, is a spiritual, emotional and physical healing, using energy that changes the brainwave cycle to include the “Theta” state.

With growing scientific evidence that toxic emotion can contribute to diseases and the awareness that emotions, feelings and the power of thought have a direct bearing upon our physical health, there is increasing interest in changing how the mind influences the body to create optimum health. Belief and Feeling Work empower people with the ability to remove and replace negative emotions, feelings and thoughts with positive, beneficial ones. Theta Healing provides deep relaxation and can be most easily described as an attainable miracle for your life.

This session incorporates both Reiki and Tera-Mai-Seichem:

The treatment starts with a 30-40 minutes deep relaxation Reiki session to remove blockage and emotions, followed by 20 minutes of theta healing, during which the healer will discuss with the receiver what she/he wants to be removed.

We recommend you book at least one day in advance

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- \* Choice of jasmine, frangipani, green tea, lemongrass, ylang-ylang, vanilla, sandalwood and tuberose are available for these treatments.

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Bayu means power and suci means holy. Bayu Suci is a spiritual exercise known as Tenaga Dalam (inner power) that combines Balinese dance, martial arts movements and some physical techniques to promote total wellbeing. It has been proven that regular practice of Bayu Suci relaxes the muscles and nervous system, boosts metabolism and enhances the immune system. It also improves posture, flexibility and circulation. Bayu Suci involves a series of slow movements: seven of them take about an hour to complete. A longer sequence is also available and comprises twelve movements. These movements help balance the flow of energy (chi) within the body. In Bali it is good to practice Bayu Suci outdoors, especially on the beach area, in order to absorb the energy emitted by the universe.

**Approximately 60 minutes  
IDR 550,000 ++ per person**

We recommend you book at least one day in advance

## **Kundalini Meditation**

Kundalini Meditation varies from other meditation techniques as it takes as its premise the concept that energy rises through the body through seven levels or chakras. Our meditation teacher will lead you in an awakening ritual of breathing exercises that utilize the power of the arms, hands and fingers.

**Approximately 60 minutes  
IDR 550,000 ++ per person**

We recommend you book at least one day in advance

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- \* Choice of jasmine, frangipani, green tea, lemongrass, ylang-ylang, vanilla, sandalwood and tuberose are available for these treatments.

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## **Breathing Exercise / Pranayama**

Pranayama is the conscious awareness of the breath. Through learning exercises that control the flow of the breath practitioners of Pranayama are able to work with their own energies to redress imbalances including stress, sleep disorders and physical problems.

**Approximately 60 minutes  
IDR 550,000 ++ per person**

We recommend you book at least one day in advance

## **Inner Power, Reiki and Prana Healing**

This treatment combines Tenaga Dalam (Inner Power), Reiki, Prana and Balinese holistic healing to help reduce stress and promote healing. These exercises allow everyone to tap into an unlimited supply of life force energy. They raise the level of the energy field in and around the physical body where the negative thoughts and feelings are attached. The treatment will make you feel a radiance that flows through and around the body, bringing a sense of peace, security and wellbeing.

**Approximately 60 minutes  
IDR 550,000 ++ per person**

We recommend you book at least one day in advance

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# The Forgotten Spices of The Archipelago

## Djamoe Herbal Drinks

Djamoe is a mixture of traditional herbs and spices, which are used for healing and rejuvenation. Djamoe includes mixtures that are drunk and mixtures that are applied to the outer part of the body. Traditional 'Djamoe' comes from the island of Java, and have evolved since hundred of years through generations. The Djamoe itself consisted of leafs, roots, flowers and barks of significant trees.

Through generations, for more than hundred of years, the Javanese were doing research and observations through trials and experiences to get the real use of all those herbs and spices which are found in their surroundings. This belief was quickly spread among the villagers especially in Central Java which almost all of the villagers use "Djamoe" in their daily life for healing and rejuvenation. This is popularly used among the "Keraton" royal family as well as the humble villagers, as these herbs and spices is moderately found in everywhere all over Indonesia island.

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Join us and experience this part of Indonesian tradition with Djamoe class; learn the traditional way of preparing 4 kinds of the mixture for several uses, such as:

- \* **Djamoe for weight loss and fat reduction**  
*Djamoe Mengkudu or Djamoe Cabe Puyang*
- \* **Djamoe for energy and to cure muscle aches**  
*Djamoe Beras Kencur*
- \* **Djamoe for smoothen skin**  
*Djamoe Kunir Asem*
- \* **Djamoe for cholesterol reduction**  
*Djamoe Daun Salam*
- \* **Djamoe for diabetes reduction**  
*Djamoe Daun Papaya*
- \* **Djamoe to cure stomach ache, diarrhea**  
*Djamoe Daun Jambu Biji*
- \* **Djamoe for men stamina**  
*Djamoe Kuat Lelaki*
- \* **Djamoe for women after giving birth**  
*Djamoe Sehat Setelah Melahirkan*
- \* **Djamoe to eliminate sprue/mouth ulcer, refresh the body**  
*Djamoe Kayu Manis*
- \* **Djamoe to regulate feminine hormones in general**  
*Djamoe Kunci Sirih*
- \* **Djamoe to recover influenza, fever and cold**  
*Djamoe Flu*

**IDR 330.000++/person**  
**Approximately 60 up to 90 minutes**

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