



MONTIGO  
SPA





# THE MONTIGO SPA EXPERIENCE

The Montigo Spa has something for all generations, young and aged, seeking respite from urban life. Restore your body's balance with centuries old therapies, accentuated by the ambient infusion of soothing fragrances and light. Recharge and be holistically revived at the Montigo Spa.

The Montigo Spa's timeless Sumatran huts have had their rich authenticity preserved for over a century. Acquired exclusively for the resort, this rustic cluster adjoins its own stretch of beach. A revived body also needs some stimulation for the mind, and you're sure to find it in the spa's library and reading area.

Our spa's restorative treatments are formulated without chemicals on premise, utilising the raw potential of what Mother Nature has to offer. To ensure the natural oils and juices retain their efficacy during treatment, ingredients are hand ground minutes before your appointment. Offering personalised experiences, share your preferences with a spa therapist, and we will ensure it's a visit you'll long cherish.



# SPA ETIQUETTE & POLICY

*Please reserve your treatment(s) in advance by touching  or 3 on the phone in your villa or by visiting the Spa at your convenience.*

## Arriving Early

Arriving late will shorten your treatment, please remember that your treatment will end on time to prevent further delays, regardless of how late you start.

## Cancellation Policy

For cancellations or changes in your appointment, a minimum of four hours is required in order to avoid being charged in full for any scheduled appointment, programme or service not attended.

## Health Concern

When making your reservation, please advise our spa receptionist of any health condition, allergies or injuries that could affect your treatment. Our Spa team is available to assist in recommending treatment(s) that are customised to your needs and ensure your comfort and safety.

## Rates

Rates are quoted in Indonesian Rupiah and subject to 10% service charge and prevailing government taxes.

## Respect for Others

Our Spa promotes an environment of tranquillity and relaxation. Please respect the rights of others to enjoy privacy and peace. The use of cellular phones and gaming devices is prohibited in the Spa.

## Smoking & Alcohol

Smoking is not permitted in the Spa. We recommend that you refrain from consuming alcohol within eight hours of your treatment.

## Jewellery Care

You are advised to remove all jewellery prior to your arrival at the Spa. Upon arrival, please proceed to the Reception Counter. Our Spa Receptionist will reconfirm and briefly explain your scheduled treatments.

## Parental Consent

Montigo Spa is committed in providing a safe environment for everyone. Therefore, persons aged 17 and under (“minor”) who receive closed door spa therapies must have a parent or an adult guardian in the room during the treatment. Children (aged 3-12 years) must be accompanied by a parent or guardian during their Montigo Spa visit.



# MASSAGES

*Nothing says 'holiday retreat' like a trip to the massage parlour. Let us pamper you with our deluxe personalised massages, adopting traditional East Asian techniques.*

## Indonesian Massage

Improve your blood circulation and the oxygen flow through your body with this traditional Indonesian massage that combines acupressure, reflexology and aromatherapy using signature Montigo oil blends.

## Montigo Massage

Relieve muscle tension and aches with this massage designed with the sports enthusiast in mind. Light or medium pressure is applied using long strokes and kneading techniques according to your personal needs. Montigo's Relaxing or Revitalising oil blends are recommended.

## Thai Massages

Feel limber and supple from this dry massage adapted from traditional Thai methods, that works on the body's meridian lines to stretch every limb and ease aching muscles. It improves blood circulation as well as relieves tension.

## Dua Puluh Jari Massage

Our 20 fingers massage is a choreographed rhythmic massage performed by two therapists. This relaxing synchronised massage helps the body to loosen up muscle tensions and enhances the immune system.

## Herbal Compress Massage

This Herbal Compress Massage combines the healing effects of traditional Thai Massage techniques with heated herbal compress containing a blend of traditional herbs and spices, simultaneously relaxing and invigorating the mind and body. This ritual purifies, relaxes, warms, relieves aches and pains, and improves the skin condition while stimulating the senses.

## Hot Stone Massage

Heated stones will glide smoothly over your body concentrating on muscle aches and tension through deep heat penetration. Combined with deep tissue massage, the hot stones have a sedative effect to ease muscle stiffness, increase circulation, reduce stress and promote deep relaxation.

## Back Reliever

This massage focuses on the back using traditional Indonesian massage techniques to relax tired back muscles, shoulder and neck. Our therapist's expert hands will apply warm spice and herbal blend, to relieve back tension and aches.



*Made in Germany, Babor precision formulas are based on innovative active ingredients. Their effect is enhanced by the professional expertise of BABOR estheticians which are designed to deliver maximum individual results using highly innovative active formulas to provide outstanding results.*

## Pregnancy Massage

Specially created for expecting mothers, this gentle massage helps to relieve stress on weight-bearing joints and soothe neck and backaches. Pure grape seed oil is used to delicately ease overworked muscles and rejuvenate the body and mind.

# FACIAL

*Our spa therapists customise each treatment to complement your personal skin concerns.*

## Babor Vita Balance Performance Facial

*for dry skin*

Ideal for skin lacking in moisture and lipids, this facial provides intensive moisturising that stabilises lipid levels and minimises lines to leave the complexion smoother and more supple. Utilising pomegranate extract, hyaluronic acid and Alpine stem cells, this facial intensely hydrates the skin to give a fresh rosy glow.

## Babor Calming Sensitive Facial

*for sensitive skin*

Specially formulated for sensitive skin, this facial treatment effectively soothes skin, reduces redness and relieves tightness. This therapeutic formula contains Alpine stem cells that protect the skin from free radicals and premier ingredients that provide skin with lasting comfort and relief throughout the day.

## Babor Advanced Biogen Facial

*for tired / stressed / dull skin*

Intensive revitalising treatment that nourishes skin and stimulates cell regeneration with rock rose extract and retinol. Restoring radiance and a youthful glow to dull complexion, this advanced biogen facial activates cell renewal processes and energises tired and stressed skin.

## Babor Purifying Facial

*for acne / blemished skin*

A purifying treatment to reduce skin impurities and blemishes, this facial leaves skin with a clearer and fresher appearance. This refining formula includes Phytosphingosine and tea tree oil which have anti-bacterial effects and horsetail extract with astringent effect to promote the healing of wounds.

## Babor Men Time Out Facial

*for men*

A soothing and rejuvenating facial skin treatment specially for men. Featuring active ingredients of a new series of Babor men, this facial utilises hops, Siberian ginseng and taurine to stimulate robust skin regeneration and remove tension and stress in skin, leaving skin fresh and energised.

### The Montigo Signature Facial

*with SUNDĀRI products*

Our montigo signature facial addresses issues such as wrinkle lines, skin sensitivity and lack of radiance using SUNDĀRI products which are formulated with organic ingredients.

### The Traditional Facial

*with natural ingredients*

This unique facial experience captures the natural essence of raw vegetables or fruits that best work for your skin type. Treatment starts with cleansing and exfoliating the skin, followed by relaxing massage and finishing with a customised mask application to leave your skin looking fresh and hydrated.

## BODY SCRUBS

*Unleash your skin's full potential with our premium exfoliating scrubs and blends.*

### Montigo Scrub

A cooling and refreshing scrub that softens and refines the skin and stimulates new cell growth. Suitable for all skin types.

*Green tea scrub, rice blend, oatmeal, fresh milk, mint leaves*

### Island Spice Blend

A warming scrub that cleanses using fresh herbs and spices.

*Galangal, ginger, lemongrass, cloves, fresh milk, oatmeal*

### Salt Scrub

Using exfoliating minerals with antibacterial salt scrubs to return the natural glow of the skin, leaving it smooth and soft.

*Mineral sea salt, essential oil*

# BODY WRAPS

*Our wraps are designed to tighten and tone the physique, revitalise and heal skin, and relax and soothe muscles.*

## After Sun Treat

Specially designed for sunburnt and dry skin, this cooling after sun treat, nourishes and invigorates the skin condition. The treatment includes a 30-minute wrap and ends with the application of a gentle hydrating lotion.

*Aloe vera, cucumber*

## Firming Wrap

The warming effect of this wrap relieves tension and leaves a refreshing feeling after. The therapist will apply a mask containing a fresh blend of herbs and spices.

*Lemongrass, ginger, galangal, black and white sesame, fresh milk, almonds*

## Mud Wrap

Aids in detoxification by drawing out toxin through the skin pores, improving skin tone and shaping the figure. It also soothes muscles, eases joint pain and reduces inflammation.

*Black mud*

## Montigo Wrap

It is suitable for all skin types and stimulates new cell growth, nourishing the skin with a whitening effect.

*Green tea, white clay, oatmeal and rice blend*



# HAND & FOOT TREATS

*For beach-ready hands and feet, treat yourself to our luxurious manicures and pedicures.*

## Classic Manicure

This classic manicure satisfies every need of the nails, comprising treatments inclusive of nail shaping, filing, cuticle cleaning, special hand massage techniques and polish or buff application.

## Signature Manicure

This luxurious manicure is the perfect facial for hands, complete with exfoliation, hand mask and topped with a generous lather of ultrarich moisturiser.

## Classic Pedicure

Designed to treat and indulge the feet, this classic pedicure includes treatment such as nail shaping, filing, cuticle cleaning, special massage techniques and polish or buff application.

## Soak Away Signature

Revitalise overworked feet with a salt scrub exfoliation, callus treatment and a mask that offers tender soothing. End off this treatment with a foot massage with the use of hot stones on the feet for ultimate relaxation.

## Express Manicure or Pedicure

## Add on Gelish Remover

## Foot Reflexology

A healing touch that relieves pain, headaches and other effects of stress. Foot reflexology is the application of pressure onto particular areas of the soles believed to be connected to internal organs.



# HAIR TREATMENT

*Keep your hair supple and glowing under the blazing sun and in the summer seas.*

## Conditioning Creambath

An age-old Indonesian tradition that will leave your hair feeling healthy and shiny. Rich in vitamins derived from all-natural ingredients including avocado, coconut, aloe vera and carrot meticulously applied onto the scalp and the hair.

# MONTIGO TRADITIONAL SPA RITUALS

*Designed to enhance the body's health and natural functions, our traditional massages combine acupressure, reflexology and aromatherapy, with a Javanese scrub that uses fresh herbal ingredients, following techniques and recipes passed down for generations.*

## Javanese Lulur

A traditional body treatment that combines deep tissue techniques, acupressure, reflexology and aromatherapy to improve blood circulation and the oxygen flow through the body. A Javanese scrub using blends of turmeric powder, candlenut, sandal wood, rice blend and yoghurt to nourish and enhance the skin.

## Ladies Intimacy Treat

This treatment has been practiced for generations as part of Indonesian custom. Highly recommended for feminine discomfort and helps strengthen the uterus after menstruation.

This package includes a 60-minute deep tissue massage combined with a 30-minute body scrub. It ends with a 15-minute Ratus, a famous Indonesian spa treatment for vaginal health and strengthening that provides comfort and health benefits to intimate areas. The treatment concludes with a special herbal drink (Jamu).

## Men's Vitality Treat

This package includes a 90-minute deep tissue massage to stimulate energy points and helps to loosen and warm up the muscles. After the body is limber and restored to prime condition, the massage is followed by a 15-minute aromatic steam and sauna to relax, detoxify and rejuvenate the body.



# MONTIGO SIGNATURE REVIVAL JOURNEY

*Embark on a meditative healing journey with traditional spa rituals, tailored to suit your physical needs and restore your mind and soul.*

## Montigo Facial

A refreshing facial using with natural fresh ingredients for a 60-minute treatment. Suitable for all skin types.

## Island Spice Blend or Montigo Scrub

The Island Spice Blend scrub is a warming scrub that cleanses using fresh herbs and spices. A cooling and refreshing scrub that softens and refines skin and stimulates new cell growth.

## Firming Wrap or Montigo Wrap

The warming effect of this wrap relieves tension and leaves a refreshing feeling after. A mask containing a fresh blend of herbs and spices, that stimulates new cell growth and nourishes the skin. Suitable for all skin types.

## Montigo Massage or Indonesian Massage

Designed to relieve muscle aches and tension, leaving you completely relaxed.

# COUPLE SPA EXPERIENCE

*Spend quality time together relaxing and indulging in the treatments that our entrancing couple spa experience has prepared for you.*

## For Her

- 60-minute massage of choice (except dua-puluh jari)
- 30-minute body scrub of choice
- Manicure

## For Him

- 60-minute massage of choice (except dua-puluh jari)
- 30-minute body scrub of choice
- Pedicure

# BATH RITUAL SENSATIONS

*The ultimate bath experience fusing health, hygiene and pleasure, enjoyed in your very own private villas.*

## Chocolate or Strawberry Bubble Bath

Melt into the ultimate sweet aromatherapy of chocolates or strawberries. It is the perfect treat to pamper yourself or your children.

## Ginger Bath

Boost energy levels with this detoxifying bath which helps to reduce stress and tension levels, allowing better sleep at night.

## Refreshing Bath

Refresh and rejuvenate with this homemade bath made of fresh lime and pandan leaves, containing vitamins and minerals to hydrate and relieve your dry skin.

## Romantic Milk Bath

Pamper yourself and your loved one with a sensual, luxurious milk bath with flowers, while sipping on a flute of champagne. This bath nourishes the skin and refreshes the mind and soul. A romantic experience like no other.

# KIDS SPA

*Share the health benefits of the Spa experience with your kids through these specially designed therapies.*

## Kid's Massage

A lovely way to share holiday time and introduce your children to the experience of a professional massage. This unique massage is tailor made with their health in mind.

## Fabulous Facial

Let their smiles light up your life. Enjoy this relaxing facial complete with a face mask and cucumbers for the eyes. This special treatment is sure to please!

## Mani For Me

This fun spa manicure is a delightful experience. Your child's hands are soaked and cleansed with a fruity strawberry or chocolate bubble bath followed by a scrub and a massage. Includes nail trim and your choice of colour.

## Twinkle Toes (Pedicure)

A chocolate or strawberry version of our Spa Pedicure. First, we soak the feet in a chocolate or strawberry bubble bath, then we scrub, trim, clean and apply a chocolate cream while massaging. For a final touch, we buff the nails for that additional shine.

# SPA PACKAGES FOR CHILDREN

*The perfect spa package for the little ones to experience an authentic massage. Take a break from the fun in the sun and enjoy a relaxing time of pampering and luxury treatment.*

## Girls

### Massage

This relaxing massage uses long strokes and soft pressure to help calm the body and mind. Choose between oil or cream with delicious flavours such as chocolate, strawberry or lavender and camomile oil.

### Facial

Make smiles and laughter even brighter with our organic facial. A gentle treatment for delicate skin.

### Manicure

Includes gentle shaping of the nails followed by a scrub and your choice of nail color and nail art.

## Boys

### Massage

A beautiful way to introduce your child to massage. This experience will help young spa-goers learn to deal with future stress or sports injuries.

### Facial

Make smiles and laughter even brighter with our organic facial. A gentle treatment for delicate skin.

### Pedicure

Includes cleaning and gentle shaping of nails followed by a scrub, foot massage and for a final touch, buffing the nails for that additional shine.



### Mom and I

(Mom) will enjoy a 60-minute massage of her choice followed by lulur scrub, which was traditionally used by the princess of Java.

(I) will indulge in a specially designed massage using chocolate, strawberries or relaxing lavender and camomile massage cream with a facial and manicure to complete the special day with mom.

### Dad and I

(Dad) will enjoy a herbal scrub and back treatment to relieve tired muscles. It is perfect for those in search of back tension and ache relief.

(I) will enjoy a massage, mini facial and pedicure for a completely relaxing day with dad.





Nongsa • Seminyak • Shanghai (2020)

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