

JAMU TRADITIONAL SPA MENU

At AlamKulKul

TRADITIONAL BODY TREATMENTS

These Traditional Body Treatments start with a choice of Traditional or Aromatherapy Massage, followed by a specific treatment, Fragrant Bath, and Jamu Tonic beverage.

Javanese Lulur

80

Time: 2 hours

Includes: Massage, Lulur Scrub, Yoghurt Treatment, Fragrant Bath, Body Lotion Rub
Recommended for youthful and oily skin.

The beautifying and fragrant *Lulur* Treatment originates from the royal palaces of Central Java, Indonesia. After a 50-minute full body massage with *Jasmine* massage oil, the *Lulur* paste is applied to the body, and then gently rubbed off to exfoliate and soften the skin. Fresh honey yoghurt is then applied to nourish and moisturize. A fragrant flower bath and a gentle application of Jasmine body lotion finishes the treatment.

Coconut Mangir

80

Time: 2 hours

Includes: Massage, Mangir Scrub, Fragrant Bath, Body Lotion Rub
Cleanses & hydrates—leaves skin soft & glowing.

Following a 50-minute massage, our special house-blended *Mangir* is applied over the body. Our *Mangir* is made in accordance to a traditional recipe from rice, various spices, freshly grated coconut and flowers. After a fragrant flower bath, a gentle Tropical Cananga body lotion is applied to moisturize the skin.

Kemiri Nut Scrub

65

Time: 1 hour 30 hours

Includes: Kemiri Massage, Sirih Bath, Body Lotion Rub
Recommended for dry & sensitive skin.

This ancient beauty treatment originated in the mountain villages of Indonesia, and was used as a natural body soap to cleanse the skin. Our treatment starts with a Traditional Massage, and then freshly grated Kemiri nuts blended with a herbal infusion, is massaged onto the skin until the nourishing Kemiri Nut oil is released. A cleansing fragrant bath is followed by an application of a gentle Lavender body lotion rub.

Balinese Boreh

80

Time: 2 hours

Includes: Massage, Boreh Mask, Spice Bath, Body Lotion Rub
Warms & penetrates aching muscles; helps combat colds & flu.

Boreh is a traditional remedy that has been handed down through each generation of Balinese farmers. The healing *Boreh* is concocted from a combination of warming spices, such as cinnamon, cloves and ginger. Our treatment starts with a Traditional Massage and then a paste of *Boreh* powder and essential oils is smoothed all over the body. After the *Boreh* is removed you will enjoy a relaxing spice bath, followed by an application of Ginger body lotion.

Vanilla & Mocha Body Scrub

80

Time: 2 hours

Includes: Massage, Coffee Mocha Scrub, Seaweed Treatment, Coconut Milk Bath, Body Lotion Rub

Recommended Gentlemen will especially enjoy this brisk body scrub.

After a 50-minute Traditional Massage using Vanilla Massage oil, a Cocoa and Coffee Bean scrub is applied over the body and then gently rubbed off to exfoliate the skin. A seaweed gel is then applied to the body to nourish the skin. This is followed by a relaxing soak in a Coconut Milk bath. A rub down with Vanilla body lotion is the perfect end to this deliciously aromatic indulgence.

Warm Tea Leaf & Chrysanthemum Scrub

80

Time: 2 hours

Includes: Massage, Warm Tea Leaf & Chrysanthemum Scrub, Green Tea Bath, Body Lotion Rub

Recommended for all skin types.

This beauty treatment was inspired by the cool mountain tea farms of China. Our treatment starts when our warm Tea Leaf and Chrysanthemum scrub is massaged onto the body to exfoliate and smooth the skin. Then steaming towels and hot stones are placed onto the body to allow the scrub nutrients to be absorbed. Finish off with a fragrant green tea bath and a gentle Cananga body lotion rub.

Selendang Body Wrap

65

Time: 1 hour 30 minutes

Includes: Stomach Massage, Selendang Body Bind, Sirih Bath, Body Lotion Rub

Helps the lymphatic system function, reawakens the body's organs, cleanses and heals

This body wrap treatment is a 40-day ritual for Indonesian women after giving birth. It is believed to help flush out bacteria which gathers in the body after childbirth and restores the body. This treatment starts with a specific stomach massage which realigns women's internal organs, then a special paste made of crushed chalk, lime juice, betel leaf and eucalyptus oil is rubbed into the back and stomach areas. A long *selendang* or a length of cloth is wrapped around the body neatly and tightly following the contours of the body. After the *selendang* is removed then you will enjoy a cleansing sirih leaf bath, followed by an application of Boreh Spice Body lotion and a glass of Kunyit Asem, Jamu Tonic

CONTEMPORARY BODY TREATMENTS

These refreshing Jamu Treatments are based on the centuries-old beauty rituals of Indonesia, and are designed to cleanse, balance, relax and heal.

Papaya, Kemiri, Mint Body Wrap

65

Time: 1 hour 30 minutes

Includes: Kemiri Massage, Papaya Wrap, Fragrant Bath

After a 50-minute massage using crushed Kemiri Nuts, a fresh preparation of Papaya, Kemiri Milk, and Mint leaf lotion is smoothed all over the body, and wrapped with banana leaves to aid in the absorption of nutrients. Afterwards, relax in a warm floral bath.

Earth & Flower Body Mask

65

Time: 1 hour 30 minutes

Includes: Kemiri Massage, Earth & Flower Mask, Yoghurt Treatment, Fragrant Bath

The treatment begins with a 50-minute Kemiri massage scrub and is followed with the application of a Beauty Mask made from a combination of pure white clay, freshly cut Roses, Tuber Rose, Jasmine and Frangipani. Fresh honey yoghurt is then applied to nourish and hydrate the skin before indulging in a fragrant flower bath.

Aloe Lavender**65**

Time: 1 hour 30 minutes

Includes: Cooling Bath, Aloe Vera & Lavender Lotion

This calming treatment begins with a cool, floral bath to reduce skin inflammation. The skin is then drenched with a special lotion prepared from fresh Aloe Vera Gel and soothing Lavender Essential Oil.

MASSAGE

At Jamu Spas we offer a variety of healthful massage treatments. Our therapists use only the finest quality essential oils, combined with traditional techniques to provide a nourishing and therapeutic treatment that is appropriate for you. Choose from all-natural Jamu fragrances blended with nourishing cold pressed oils: Tropical Jasmine, Tropical Citrus, Tropical Cananga, Traditional Ginger, Vanilla, Lavender or Cape of Flowers Oils.

Traditional Massage - Restoring**45**

Time: 1 hour

This medium-firm massage treatment uses long strokes, skin rolling, kneading and reflexology techniques to stimulate blood circulation and soothe aching muscles.

Aromatherapy Massage – Balancing**45**

Time: 1 hour

This is gentle massage technique has the ability to clear the mind and soothe the body. Focused on creating a sense of overall relaxation rather than eliminating muscular aches, a choice of aromatic oils assist to calm and evoke clarity.

Foot Massage – Maintenance**45**

Time: 1 hour

First, we gently bathe and scrub your feet using Sea Salt crystals from Amed in Bali, fresh ginger and selected essential oils. We then massage them using the ancient pressure-point massage technique to stimulate the body's natural healing capabilities.

Warm Stone Massage - Warming/Rebuilding**65**

Time: 1 hour 30 minutes

Our beautiful healing stones are sourced from Bali's Ujung River. The warm stone treatment is combined with a Traditional Massage and is a relaxing treatment to relieve tension, muscular aches and pains and warm the body.

Kerokan Massage – Healing**65**

Time 1 hour 30 minutes

Employing traditional methods and techniques, a small, coin-sized seed is used to massage parts of the back and chest to create greater balance in the body's functions.

Head and Shoulder Massage – Relaxing**25**

Time: 30 minutes

If you don't have time to enjoy the many benefits of a complete massage treatment, this ½ hour treatment will help relieve stress and tension in the neck and shoulder area.

Herbal Pack Massage - Warming/Restoring**65**

Time: 1 hour 30 minutes

Our herbal packs are made from aromatic herbs, leaves and flowers sourced from around Indonesia. These packs are steamed and then pressed onto the body to relax, relieve sore muscles and penetrate deep warmth. This is a deeply relaxing treatment.

FACE, NECK & BREAST TREATMENT

Fragrant flowers, herbs, and spices have been used for centuries to promote natural beauty and healing. Our facial ingredients are prepared fresh daily and are designed to inspire healthy, lustrous skin as they balance, cleanse, exfoliate and relax.

Tropical Nut 45

Time: 1 hour

This relaxing facial incorporates pressure-point massage to encourage lymphatic drainage. We use sweet honey cleanser, cucumber tonic, scrub, and a mask made from a combination of delicate flower petals and pure white clay to purify the skin and draw out toxins and rebuilding the system for the winter months

Fresh Fruit Peel 45

Time: 1 hour

Our Fresh Fruit Peel utilizes the enzymatic properties of fresh fruits to create a glycolic acid peel. This treatment gently removes the upper layer of dead skin cells, revealing a soft clear complexion underneath. The peel is followed with an application of our exquisite Face Balm, using Neroli essential oil and natural Green Tea Extract to soften and protect the skin.

Earth Essence Bust Treatment 45

Time: 1 hour

Pamper, cleanse and condition your breast area. Our bust treatment starts with a gentle cleansing followed by a Kemiri Peel, Essential Oil Massage and fresh flower earth essence mask.

Rose Petal Eye Mask 30

Time: 30 minutes

This little gem can be taken in combination with your facial or on its own. Pure essential oils and delicate rose petals calm, relax, and soothe your eyes. We finish with a gentle application of our pure Eye Balm, made from essential oil of Neroli, sweet almond oil and Green Tea Extract. This is a true blessing for tired, jet-lagged or irritated eyes.

Warm Tea Leaf & Chrysanthemum Facial 45

Time: 1 hour

A gentle facial cleansing, tea leaf scrub and massage is followed by a mask prepared from chrysanthemum, selected tea leaves and essential oils which are blended into a warm paste and applied as a mask to draw out impurities and nourish the skin. This is excellent for dry to normal skin.

LEG AND ARM TREATMENTS

Give your legs, feet, arms and hands a special treat with manicure or pedicure, pressure-point massage, cleansing, peeling, and mask. We have designed these treatments to cleanse, exfoliate, soothe, relax and beautify these often-neglected areas.

Foot & Leg Treatment 50

Time: 1 hour 30 minutes

Pamper yourself as your feet are immersed in a hot pebble bath using fresh ginger and Peppermint Essential Oil. Then the feet and legs are given a nut scrub and a cleansing mask made from flower petals, pure white clay and cloves. While waiting for the mask to dry, the legs are given a massage treatment using our Peppermint Foot Lotion. An often neglected body part, we have designed this treatment to cleanse, exfoliate, soothe, relax and beautify the feet and legs.

Hand & Arm Treatment	50
Time: 1 hour 30 minutes	
Pamper you hands and arms with a deep cleansing and massage. We utilize all natural, freshly prepared products such as Honey Cleanser, Cucumber Tonic, Kemiri Scrub and to finish we apply a Flower Petal mask and remove it with a Lavender Essential Oil Rinse. We recommend no nail polish for maximum air circulation to the nail bed.	
Manicure or Pedicure	35
Time: 1 hour	
Simple manicure/pedicure with nail buffing	

HAIR TREATMENT

Hair Hydrating Creambath	45
Time: 1 hour	
After a thorough shampoo, your scalp and hair are massaged with a nourishing cream conditioner. We then wrap your hair in warm towels to allow full penetration of this hydrating treatment, and massage your neck, shoulders and arms.	
We finish with an application of Frangipani hair tonic. You may choose one of the following, according to your hair condition:	
• Hibiscus Flower - helps restore luster (normal hair)	

BODY WAXING

For gentle, effective removal of body hair we use the traditional technique of Sugar Waxing. After waxing with a specially prepared cane sugar mixture, an Aloe Vera and Lavender lotion is gently massaged onto the skin to soothe and calm the skin.

• Full Leg (1 hour)	35
• Half Leg (30 minutes)	20
• Bikini (30 minutes)	20
• UnderArm (15 minutes)	15

PACKAGE TREATMENTS

• Cempaka Package (4 hours) Massage, Body Scrub, Facial, Creambath	160
• Kenanga Package (2.5 hours) Massage, Body Scrub, Creambath	100
• Melati Package (2 hours) Massage, Creambath	80
• Mawar Package (2 hours) Facial, Creambath	80