

**JAMU TRADITIONAL SPA
At Mount Lawley, Perth**

Scrubs & Exfoliation

Jasmine Flower Lulur

A\$ 175

Time: 2 hours

Recommended for youthful and oily skin.

The *beautifying and fragrant* lulur treatment originates in the royal palaces of central java, indonesia. After a one-hour 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 shower is followed by a gentle **jasmine body lotion** applied to finish the treatment.

Warm Green Tea and Chrysanthemum Scrub

A\$ 175

Time: 2 hours

Recommended for all skin types.

This beauty treatment is 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. Steaming towels and hot stones are then placed onto the body to allow the scrub nutrients to be absorbed. After a shower finish this treatment with a gentle **lavender body lotion** rub.

Vanilla Bean & Mocha Body Scrub

Time: 1 hour (Scrub only not include Massage)

A\$105

Time: 2 hours

A\$180

Recommended: gentlemen will especially enjoy this brisk body scrub.

After a one-hour traditional massage using **vanilla massage oil**, the **cocoa and coffee bean scrub** is applied to the body and then gently rubbed off to exfoliate the skin. This is followed by shower. A rub down with **vanilla body lotion** is the perfect end to this deliciously aromatic indulgence.

Sea Salt Detox Scrub

A\$ 175

Time: 2 hours

Recommended for normal skin

A relaxing one-hour massage with **citrus massage oil** is followed by an exhilarating body scrub made from **sea salt crystals**. The sea salt crystals are from the remote balinese village of amed, where the age old tradition of salt making is still performed. The scrub's high iodine content helps to detoxify the body by drawing fluids and toxins away from the cells and stimulating cellular metabolism as well as exfoliating and softening the skin. This is followed by shower, and finally finish with a rub down of **citrus body lotion**.

Kemiri Nut Scrub

A\$ 145

Time: 1.5 hours

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 using freshly grated **kemiri nuts** blended with an herbal infusion until the nourishing kemiri nut oil is released. This is followed by **shower**, and finally finish with a rub down of **cananga body lotion**.

Coconut Mangir

A\$175

Time: 2 hours

Cleanses & hydrates—leaves skin soft & glowing.

Following a 50-minute massage with **turmeric frangipani massage oil**, 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 shower, a gentle **turmeric frangipani body lotion** is applied to moisturize the skin.

Masks & Wraps

Selendang Body Wrap

A\$150

Time: 1 hour 30 minutes

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 steam shower, followed by an application of **star anise adas body lotion** and a glass of kunyit asem, jamu tonic

Flower Pollen Earth & Flower Body Mask

A\$ 250

Time: 2 hours

Beautifies and soothes the skin, leaving it wonderfully aromatic

Flower pollen is gathered in the Chinese countryside, dried and made into a fine powder, which we blend with pure rose water and freshly cut flowers. After a one-hour massage using **rose massage oil**, our special house-blend of **flower pollen earth & flower mask** is applied to the body and left on to purify and cleanse the skin. A shower is followed by our special **rose body balm** applied to moisturize the skin.

Fresh Ginger, Cinnamon & Spice Boreh Body Mask

A\$ 165

Time: 2 hours

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 made from a combination of warming spices, such as cinnamon, cloves and ginger. Our treatment starts with a traditional massage using **star anise adas massage oil**, then, a paste of **boreh powder** and essential oils is smoothed all over the body and left on to penetrate. A shower removes the paste and is followed by an application of **star anise adas body lotion**.

Fresh Fruit Body Wrap

Time: 1 hour (Body Wrap only not include massage)

A\$ 95

Time: 2 hours

A\$170

Fresh fruits are blended to create a refreshing glycolic body treatment. This gentle exfoliant lifts dead skin cells and leaves your skin tingling clean. A shower and **sweet orange body rub** finishes this treatment.

Massage

We use only the finest-quality essential oils and traditional techniques to provide a therapeutic treatment that is appropriate for you. Choose from all-natural jamu fragrances blended with nourishing cold pressed oils.

Warm Stone Massage - warming/rebuilding

A\$ 145

Time: 1 hour 30 minutes

Our beautiful healing stones are sourced from the Ujung River, Bali. The warm stone treatment is combined with a traditional massage and is a relaxing treatment which relieves tension, muscular aches and pains and warms the body.

Traditional Massage – restoring **A\$ 75**

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 **A\$ 95**

Time: 1 hour

This 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 relax.

Face, Neck and Breast

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

Warm Green Tea and Chrysanthemum Facial **A\$ 80**

Skin type: *normal, oily & combination*

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.

Tropical Nuts **A\$ 75**

Skin type: *all*

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 for your skin type.

Flower Pollen Earth Essence Facial **A\$ 150**

skin type: *dry, mature*

Time: 1 hour

Spoil yourself with this wonderfully indulgent facial. Our nourishing flower pollen and white clay facial is infused with rose oils and fresh rose petals rejuvenating tired skin.

Whitening Facial **A\$ 75**

Skin type: *all*

Time: 1 hour

This relaxing facial incorporates pressure-point massage to encourage lymphatic drainage. We use sweet honey cleanser, cucumber tonic, scrub, and a jimica (bengkoang) mask for your skin type.

Fresh Fruit Peel **A\$ 75**

Skin type: *oily, combination, normal and dry*

Time: 1 hour

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.

Rose Petal Eye Mask **A\$ 75**

Skin type: *all*

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 oils of neroli and apricot kernel and rose maroc. A true blessing for tired, jet-lagged or irritated eyes.

Earth Essence Bust Treatment

A\$ 75

Skin type: *all*

Time: 1 hour

Pamper, cleanse and condition your breast area. Our bust treatment starts with a gentle cleansing followed by a kemiri nut peel, essential oil massage and fresh flower earth essence mask. Finish with our special face beauty balm, which is blended with sweet almond oil, and neroli, peppermint, sweet orange and evening primrose essential oils.

Leg & Arm treatments

Foot Massage – maintenance

A\$ 75

Time: 1 hour

First, we bathe and scrub your feet in a tub of hot water using sea salt crystals, fresh ginger and selected essential oils. Then, we massage them using the ancient, healing, pressure-point massage technique to stimulate the body's natural healing capabilities.

Jamu Foot Pedicure

Time: 1/2 hour *express pedicure: cleans and re-polishes*

A\$ 45

Time: 1 hour *full pedicure: total cleansing, reconditioning, massage and polish/buffing*

A\$ 75

Foot & Leg Treatment

A\$ 125

Time: 1 hour 30 minutes

Pamper yourself as your feet are immersed in a hot pebble bath using peppermint essential oil. After pedicure, 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 feet are given a reflex 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.

Jamu Hand Manicure

Time: 1/2 hour *express manicure: cleans and re-polishes*

A\$ 45

Time: 1 hour *full manicure*

A\$ 75

Hand & Arm Treatment

A\$ 125

Time: 1 hour 30 minutes

Pamper your hands and arms with a deep cleansing mask and massage. After manicure, 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.

Hair Hydrating Treatments

Hair Hydrating Creambath

A\$ 75

Time: 1 hour

After a thorough shampoo, your scalp and hair are massaged with a nourishing cream conditioner. We then wrap your hair in steaming warm towels. As the hydrating treatment is left to allow full penetration your neck, shoulders and arms are massaged. You may choose one of the following, according to your hair condition:

Hibiscus flower – good for circulation, normal hair

Ginseng – reconditions damaged hair

Jojoba – oily, lifeless hair

Kemiri nut – dry, overprocessed hair

Body Waxing

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| • Full leg | A\$ 50 | • Bikini | A\$ 25 | • Eye brow | A\$ 15 |
| • Half leg | A\$ 25 | • Underarm | A\$ 15 | | |

Available three types of wax method:

Sugar wax - *for gentle, effective removal of body hair we use this traditional technique. After waxing with a specially prepared cane sugar mixture, an aloe vera and lavender lotion is gently applied to soothe and calm the skin.*

Hot wax – *gentle and best for small areas of delicate skin*

Strip wax – *fast & efficient, best for legs*