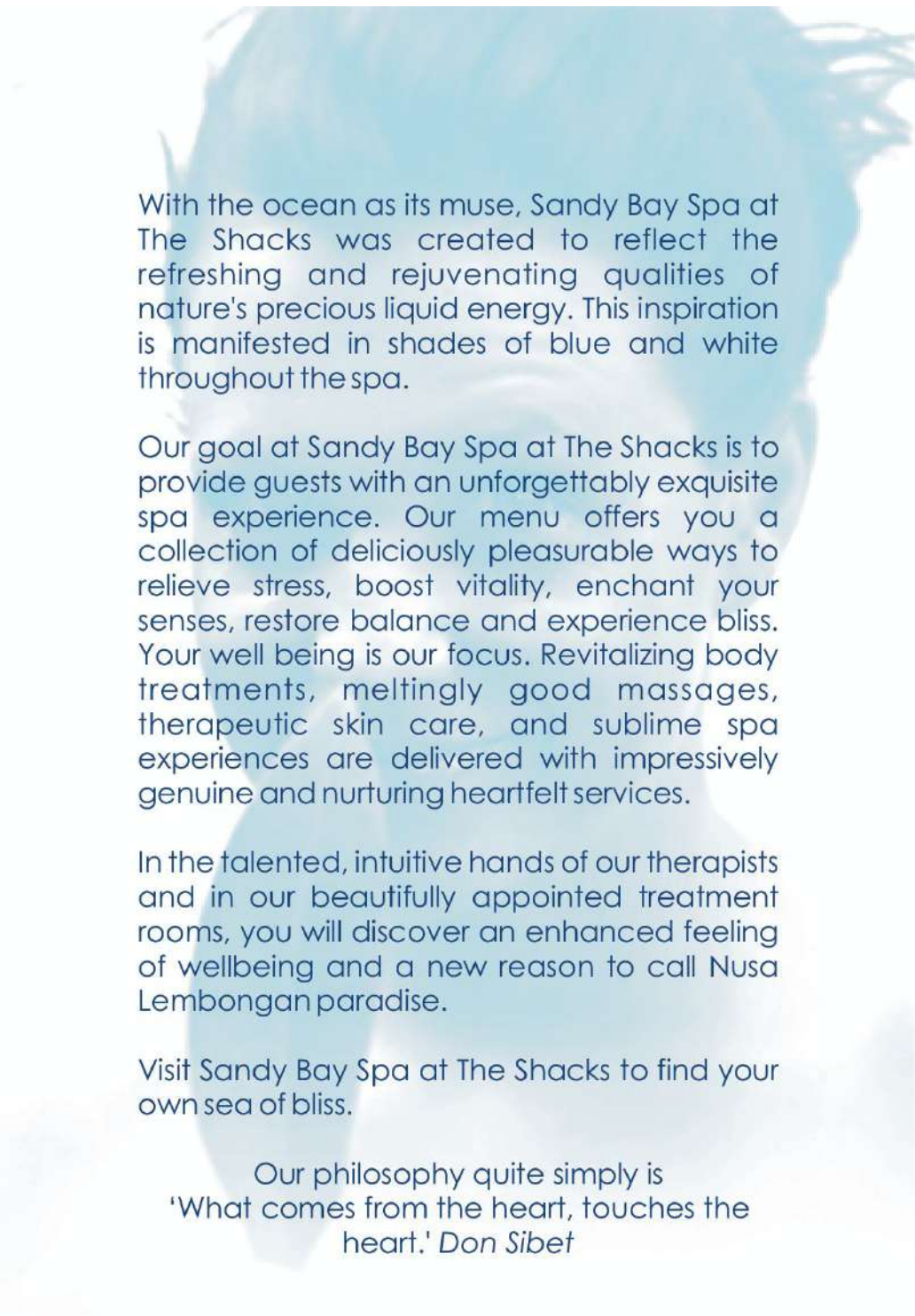




SANDY BAY

OPERATED BY GLO

enchant • inspire • indulge



With the ocean as its muse, Sandy Bay Spa at The Shacks was created to reflect the refreshing and rejuvenating qualities of nature's precious liquid energy. This inspiration is manifested in shades of blue and white throughout the spa.

Our goal at Sandy Bay Spa at The Shacks is to provide guests with an unforgettably exquisite spa experience. Our menu offers you a collection of deliciously pleasurable ways to relieve stress, boost vitality, enchant your senses, restore balance and experience bliss. Your well being is our focus. Revitalizing body treatments, meltingly good massages, therapeutic skin care, and sublime spa experiences are delivered with impressively genuine and nurturing heartfelt services.

In the talented, intuitive hands of our therapists and in our beautifully appointed treatment rooms, you will discover an enhanced feeling of wellbeing and a new reason to call Nusa Lembongan paradise.

Visit Sandy Bay Spa at The Shacks to find your own sea of bliss.

Our philosophy quite simply is
'What comes from the heart, touches the heart.' *Don Sibet*

**Our spa is open from 10am to 6pm daily
Earlier or Later appointments on request.
in villa services to your villa available on request.**

**For more information on any of our treatments or to
make a reservation, please call the spa reception on
+62 811 399 6622**

BODY RITUALS

MASSAGE

Can something this enjoyable really be good for you? Absolutely! Massage provides a host of health enhancing benefits. It can help to lower blood pressure, increase blood circulation and lymph flow, relax muscles, improve range of motion, boost the immune system, improve skin condition, reduce stress and deliver a harmonious feeling of mind-body wellness. Feel the tension melt away and the rapture begin under the expert hands of our therapists.

Balinese Massage

From our Bali home - why not do as the Balinese have been doing for centuries. Surrender body and mind to this blissful combination of long strokes, kneading, friction and pressure techniques applied with the artful and accomplished skills of insight, sensitivity and intuition. An ancient healing therapy that is as blissful as it is beneficial.

60 minutes Rp. 325.000

90 minutes Rp. 485.000

Glo Signature Massage

If two hands are better than one, imagine what can be accomplished with four! In this sublime massage experience two therapists perform a choreographed dance of rhythmic strokes and pressure techniques to soothe your body and smooth your mood. The ultimate guilt-free indulgence. Two therapists working together in harmony to deliver to you the most incredible 60 minute massage.

60 minutes Rp. 590.000

(2 Therapists)

Reflexology

This health enhancing therapy focuses on the feet to affect the whole body. Reflexology works on precise points on the feet that are believed to 'reflex' to other parts of the body. Stimulating these points can increase overall circulation and restore the natural healthy balance to specific parts of the body. Extend the feel good factor when you take our 90-minute version, which includes arm, shoulder and neck massage too.

60 minutes Rp. 325.000

90 minutes Rp. 485.000

Prices are in Indonesian Rupiah and are inclusive of 12.5% government tax and 10% service charge.
Prices are subject to change without notice.

Deep Tissue Massage

This powerfully healing and energizing massage uses long strokes and pressure point techniques to release deep muscle tension, stimulate the body's systems and re-balance the natural life-force energy. It incorporates lots of pleasant pushing, squeezing and pressure to tease muscles into submission. The 60-minute version treats the back of your body while the 90-minute edition works on restoring you from every angle.

60 minutes Rp. 385.000

90 minutes Rp. 580.000

Stress Relief Back Massage

Thirty minutes of melting moments that goes below the hip to release knots and snarls from your feet to the top of your head. Warm oil and long deep strokes work on ironing out all of your stubborn kinks.

30 minutes Rp. 225.000

Custom Designed Massage

Designed by you - for you! Tell us where you want to be massaged and leave out the areas you do not like.

60 minutes Rp.325.000

90 minutes Rp.485.000

Muscle Tension Massage

The ultimate relaxing experience combining deep, vigorous massage with hot towels and is target specific. Tension bound deep within muscles is released. This treatment is excellent after a long flight, a late night out or a treat for your exhausted body to restore vitality.

60 minutes Rp. 425.000

Me + My Bump Massage

Expectant mothers can enjoy a massage tailored to support and nurture both mother and baby! Special techniques plus our over sized pregnancy pillow to cuddle ensures complete relaxation and comfort even late in pregnancy . We use our specially formulated nurture oil that is safe for mother and bub!

60 minutes Rp. 350.000

Dry Body Brushing

Add on to any massage or body treatment, body brushing works wonders in improving circulation, lymphatic drainage and to aid in the battle against cellulite.

30 minutes Rp. 180.000

BODY RITUALS

BODY SCRUBS POLISHES & WRAPS

A splash of yoghurt, lashings of papaya, a pinch of turmeric, a smidges of clove, a handful of petals, a smattering of lime, a morsel of ginger... When it comes to health and beauty, the Balinese - well aware that nature provides for all our needs-are more likely to turn to the kitchen or the garden than their medicine cabinet. We have borrowed from this philosophy, recreating some age-old formulas and concocting a few of our own to nourish you from the outside in.

Enjoy any of the 30 minute Body Rituals below for Rp. 350.000 or team with a 60 minute Balinese Massage and enjoy a 90-minute package that delivers maximum therapeutic benefit for Rp. 550.000

Mint and Aloe Body Scrub

This dual cooling and warming scrub allows for the release of surface toxins and other impurities from the skin. Refreshing and hydrating aloe vera leaves your skin soft, smooth, and radiant as dead skin cells are gently buffed away without disturbing the skin's natural PH balance. You will walk away lighter on your feet after your muscles have been manipulated and your soul uplifted thanks to the power of spearmint essential oil!

Jasmine Javanese Lulur Therapy

Nurture your inner princess with this delicately scented body therapy that hails from Java's 17th century royal palaces. Your body is coated in a jasmine-infused rice powder and spice mix, which is later removed with a gentle rub before your body is smothered with lashings of enriching yoghurt. The result is soft, supple and deliciously fragrant skin.

Volcanic Anti-Cellulite Body Scrub

Bali's mineral-rich volcanic clay is the hero ingredient in this scrub that aims to attack orange-peel skin. You should feel a slight tingling sensation as the potent minerals get to work on penetrating your skin in search of enemy fat cells. The addition of sea salt and sugar helps to boost your circulation and slough away dead skin cells. Expect to see the best results when you enjoy a series of treatments!

Tropical Flower Power

The Bali Experience—this gentle, Frangipani & Jojoba bead scrub buffs and exfoliates away impurities to reveal soft, smooth, and vibrant skin beneath. Hydrating extracts of macadamia nut & jojoba oils to nourish, revitalize and hydrate skin. Balancing Frangipani essential oils purify the senses leaving you innately calm.

Prices are in Indonesian Rupiah and are inclusive of 12.5% government tax and 10% service charge.
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BALI SUN THERAPIES

Soothing Sunburn Therapy

It's not just sunburned skin that will benefit from this cooling, hydrating and anti-inflammatory therapy, although you can definitely expect relief if you are feeling the heat. First we smear you with a breezy cocktail of cucumber and essential oils, wrap you up in cool green banana leaves and throw in a head massage for the pampering effect. Then we add a layer of peppermint, orange and vitamin E cooling gel and treat your feet to a massage. Once chilled, we gently re-nourish your skin with vanilla and coconut body lotion.

60 minutes Rp. 375.000

FACE RITUALS

Biokos Facial

Feel radiant, look younger - what more can you ask for? Relax and revitalize with one of our two Biokos facials. Perfect for all skin types.

60 minutes Rp. 350.000

90 minutes Rp. 525.000

2 hour + Steam + extraction Rp.680.000

add any face mask 15 minutes Rp.75.000

LED Colour Light Therapy

LED therapy is a popular, non-invasive skin treatment for acne, sun damage, wounds, dull skin, eczema, psoriasis, rosacea, scarring and other inflammatory conditions and issues. LED stimulates cellular activity, including fibroblasts that produce collagen. Collagen helps minimize fine lines and wrinkles, improves sun damage and stretch marks and reduces redness. A series of treatments is suggested for best results.

Red

- revitalise skin.
- improve circulation.
- improve acne scars.
- cell regeneration.
- increase collagen.

Blue

- control sebaceous glands.
- improves inflammation.
- skin calming.
- reduces acne causing bacteria.
- aids acne prone, oily skin.

Green

- skin calming.
- aids sensitive skin.

Yellow

- reduces redness.
- improves pigmentation.

60 minutes facial

Rp. 460.000

add on 20 minutes

Rp. 225.000

BEAUTY RITUALS

Brows and Lashes

Give yourself an instant eye lift and get lashings of attention! Brilliant perming and tinting treatments for eyelashes and brows using imported products from Australia. Perfect for those with sensitivity to mascara or who just wish to enhance their peepers!

Belmacil eyelash tint	(15 minutes)	Rp. 250.000
Belmacil brow tint	(10 minutes)	Rp. 250.000
Eyelash perming	(30 minutes)	Rp. 380.000

SPA RITUALS

PACKAGES

Discover pure bliss with one of our supreme spa experiences, a sequence of carefully combined therapies that may just turn you into a spa addict. Enjoy one with your favorite person or indulge in solitude for a precious escape.

Tropical Dreams

The perfect way to spend 90 minutes in the spa -a 60 minute full body massage with a refresher 30 minute refresher facial.

1.5 hours Rp. 475.000 (1 guest) Rp. 925.000 (2 guests sharing)

Signature Scent Vanilla & Coconut

Choice of 30 minutes refresher facial or foot massage - Vanilla & Coconut Body Scrub - 60 Minute Massage with our Vanilla & Coconut Massage Oil. An unique and totally healthy way to get your dessert fix. This intoxicatingly aromatic scrub provides high impact exfoliation. And our Vanilla & Coconut massage to promote a sense of balance and well-being

2 hours Rp. 650.000 (1 guest) Rp. 1.200.000 (2 guests sharing)

Lembongan Rituals of Joy

As divine as Bali itself, this experience introduces you to some of the country's health enhancing specialties. Blossom Foot wash Ritual -Citrus Body Wash -Choice of body scrub - Balinese Massage

2 hours Rp. 650.000 (1 guest) Rp. 1.200.000 (2 guests sharing)

Ultimate Retreat

Prepare to be rubbed, soothed, smoothed, revitalized, nurtured and totally mesmerized in the seclusion of your spa suite. Blossom Foot Wash Ritual - Citrus Body Wash - Choice of body scrub -Balinese massage-Biokos Facial-Tea ceremony.

3 hours Rp. 975.000 (1 guest) Rp. 1.900.000 (2 guests sharing)

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Lembongan Indulgence

Our signature experience is bliss-rich perfection for body, mind and soul. With two therapists delivering a string of precious treatments, this is life enhancing overindulgence. Made especially for sharing!

Blossom Foot Wash Ritual - Citrus Body Wash - Choice of body scrub - Glo Massage - Tea Ceremony with snack - Coconut Vanilla Body lotion application - Biokos Facial & Reflexology

3.5 hours Rp. 1.500.000 (1 guest) Rp. 3.000.000 (2 guests sharing)

HAND AND FOOT CARE

Spa Manicure

60 minutes Rp. 300.000

A detailed manicure including soak, cuticle grooming, nail shaping, scrub and massage to moisturize and nourish the skin. Choose from our range of OPI nail polishes for a glam and glossy finish!

Spa Pedicure

60 minutes Rp. 350.000

A perfect pedicure including foot soak, cuticle grooming, nail shaping, scrub and foot massage! The treatment is complete with your choice of polish giving your feet that resort sparkle.

Buff & Shine for Men (Mani or Pedi) 45 minutes Rp. 270.000 each

Includes soak, nail shaping, cleaning, cuticle removal and massage. We buff the nails for a natural, healthy nail shine

Kids Mani or Pedi (12 years and under) 30 minutes Rp.175.000

Especially for the little people! Includes nail shaping, cleaning, hand scrub, massage and nail painting to make little nails sparkle!

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Polish Change

30 minutes Rp. 200.000

Out with the old and on with the new!

Foot or Hand Massage add on

15 minutes Rp. 90.000

A reflexology or extra arm & shoulder massage is recommended as an add-on to your manicure or Pedicure to amplify the pamper affect. After all, isn't it all about you?

ADD ONS

French Manicure	Rp.80.000
French Pedicure	Rp.80.000
Nail Art per nail	Rp.20.000 / nail
Shellac polish application	Rp.225.000
Remove shellac	Rp.150.000
Polish changes shellac hands/ feet	Rp.300.000

SPRAY TANNING AND TAN APPLICATION

NAKED TAN

Casual session	Rp. 450.000
Casual session with dry body brushing	Rp. 550.000

Hair Care & Hair Conditioning Treatments

Indonesian Cream Bath Hair Therapy

Indonesian women are renowned for their sleek, lustrous locks and part of their secret is the Cream Bath. The 'Bath' is actually a thick coating of conditioning cream, meticulously massaged into your scalp and through every strand of hair. Penetration is the key, so while the cream is working on softening, strengthening and glossing your hair, the therapist's fingers work their own magic on your neck and shoulders

60 Minutes Rp. 325.000

Wash n' blow dry

A massaging shampoo and condition with Goldwell hair products, followed by a styling blow dry and 'hey presto', bad hair day disappears.

Short Rp. 200.000 Medium Rp. 350.000 Long Rp. 450.000

Extra for thick hair or extensions

Rp.150.000

Prices are in Indonesian Rupiah and are inclusive of 12.5% government tax and 10% service charge.
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Waxing Services

We perform quick, expert and near painless male and female hair removal waxing treatments Banish unwanted hair from practically anywhere!

Mancine Hard Wax :

Eyebrow	(15 minutes)	Rp. 250.000
Upper lip	(5 minutes)	Rp. 200.000
Chin	(5 minutes)	Rp. 200.000
Under arm	(15 minutes)	Rp. 350.000
Bikini line x	(20 minutes)	Rp. 300.000
G-string xx	(30 minutes)	Rp. 375.000
Brazilian xxx	(30 - 45 minutes)	Rp. 450.000

absolutely nothing left plus everything tided up underneath or you can chose to leave a racetrack strip if you wish.

Mancine Olive Oil Strip Wax :

Half arm	(20 minutes)	Rp. 300.000
Full arm	(25 minutes)	Rp. 400.000
1/2 leg	(20 minutes)	Rp. 400.000
Full leg	(45-60 minutes)	Rp. 475.000
Back	(25 minutes)	Rp. 450.000
Chest	(25 minutes)	Rp. 450.000

Gift Certificates

Sandy Bay Spa gift voucher is the gift of choice, allowing the recipient to choose what is just right for them. There's no need to worry about wrong size, colour or style because everyone can find something to treasure on our menu. And, because all it takes is one phone call to arrange, it is absolutely stress free for you. When you want to say I love you or simply, just because! Share the gift of touch, and touch someone's heart.

Ask reception for more details or to purchase a gift certificate.

Spa Parties Weddings & Bridal

Please email us at weddings@glospabali.com for more information on our bridal services including hair and make up, hen's parties, spa parties and wedding packages.

HOW TO SPA

Should I Make A Reservation For My Treatments?

Yes, and it is best to do so soon after your arrival so that we can accommodate your schedule. To make your reservation please call the spa reception on +62 811 399 6622

What If I Need To Cancel My Reservation?

We hope you do not have to cancel; however, we understand that plans can change. If you do need to cancel, please contact us at least four hours in advance. Reservations cancelled with less than four hours notice will be subject to a 50% cancellation fee. Full charge will be imposed for any 'no show' appointments or with less than two hours notice. If you simply need to change your reservation to another time, please contact us as soon as you can so that we can accommodate you

Should Men Shave Before A Facial?

Yes, for best results we recommend that men shave a few hours before their facial

How Can I Ensure A Wonderful Spa Experience?

Communicate with us! Please feel free to discuss your requests with our Spa Manager and with your therapist to identify areas of concern or focus.

Service Charge

All treatments and services are automatically subject to a 10% service charge. Gratuity for exemplary service is discretionary.

Special Consideration

Guests who have high/low blood pressure, heart condition, on medication, pregnant or other medical conditions are advised to consult their doctors before using any spa services.

Children in the spa

Spa guests must be 16 years of age or accompanied by an adult. We do encourage the Spa experience for all ages.

Sandy Bay Spa at The Shacks

Manage by Glo

 +62 (0) 8113996622

 reservationsb@glospabali.com

Opening Hours : 10 am to 6 pm

 www.glospabali.com

 info@glospabali.com

 Glo Salon & Beauty

 [glosalonandbeauty](https://www.instagram.com/glosalonandbeauty)