Experience a unique approach and heavenly journey of renewal and relaxation across the ancient healing traditions of Java. Apurva Spa’s Signature Journeys is a collection of treatments based on the Javanese healing traditions. Offering a personalised holistic approach, treatments revolve around the four stages of life: Remaja (Adolescence), Dewasa (Adulthood), Mahligai Kasih (Married Life), and Tenteram (Post-Adulthood).
Stage of Life REMAJA – Adolescence

**REMAJA**
A stage of life that is full of self-discovery and adventure, Remaja means adolescence in Indonesian.
This line of treatments are focused on balancing and soothing skin conditions to bring out a fresh glow of youth.

**MANGIR ENOM** (3 hours in 2 days)
Utilising ancient Javanese blends of Bengkong, Jicama roots, Hibiscus extracts, jasmine and ylang-ylang, this treatment focuses on achieving a radiant and supple skin.
- Invigorating skin exfoliation blend of freshly grated Bengkong and sea salts
- Restorative Sekar Petals massage
- Skin brightening Dermabright facial or skin brightening body mask
- Daily Jamu mocktail or Jamu granita for clear skin and balanced hormones

**BAJANG RATU** (3 hours in 2 days)
Soothing and cooling, Bajang Ratu treatment calms troubled skin with the anti-inflammatory benefits of cucumber, aloe vera extract, apricot seeds and kaffir lime essential oil.
- Refreshingly aromatic skin exfoliation with freshly grated cucumber and apricots seeds
- Restorative Sekar Petals massage
- Traditional hair creambath of your choice or aromatic calming facial
- Daily Jamu mocktail or Jamu granita for clear skin and balanced hormones

REMAJA
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SUROWONO HOMAGE (4 hours in 3 days)

Re-energising and revitalising, Surowono Homage is an experience dedicated to active men. Active bamboo charcoal, cajeput and warming spices such as ginger, clove, and nutmeg are combined with therapeutic techniques to release muscle tension, ease strain and reduce stress.

- Revitalise body scrub with active bamboo charcoal and freshly grated ginger
- Urut Lanang, a deep tissue massage with healing massage oil
- Prana Yoga massage, an oil-free massage to relax tense muscle
- Parem warming herbal body mask
- Meridian aromatic oil control facial
- Daily herbal steam bath
- Daily Surowono Jamu herbal drink to enhance male vitality

WULUNG WANITO (5,5 hours in 3 days)

Delivered in aromatic sensory experience, Wulung Wanito is a beautifying experience especially designed for Her. A refreshing blend of fruits and herbs, such as grapefruit, lemon and basil are applied. Delivered with specific contouring techniques, it rejuvenates the mind and assists the body to detoxify thus improve the circulation.

- Contouring body polish with freshly ground seaweed, Piduh leaves and sea salt
- Sendang Bedoyo contouring body massage
- Detoxifying volcanic clay body wrap to stimulate toxin removal
- Daily Ratus steam bath
- Daily Wulung Wanito Jamu to optimise the detoxifying benefits

Stage of Life REMAJA – Adolescence

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Stage of Life DEWASA – Prime of Life

DEWASA

Meaning adulthood, Dewasa is a series of treatments focusing on recovery from hectic everyday life. Split into two dedicated packages for both male and female, Dewasa allows healing through a line of natural elements and relieving techniques.

PLUA DINA (4,5 hours in 2 days)

Lavish in antioxidant-rich herbal infusions, these balancing series of treatments are created for both Him and Her.

- Gentle Moringa body polish
- Full-body massage of your choice with nourishing massage oil
- Firming body mask
- Daily herbal steam
- Botulike facial for a radiant complexion
- Daily choices of Jamu mocktails as immune booster

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Stage of Life DEWASA – Prime of Life
MAHLIGAI KASH

Inspired by the sacred tradition of Javanese pre-marriage rituals, treatments of the Married Life are especially designed to prepare couples who will soon embark on their lifetime journey.

KAMARATIH (6.5 hours in 3 days)
A unique pampering session for a bride-to-be, Kamaratih is a traditional Javanese bridal ritual. In the past, this line of beauty treatments is especially enjoyed by royal princesses in anticipation of her wedding day.
- Kembang Setaman flower blessing
- Javanese traditional Lulur Cendana body scrub
- Body massage of your choice with exotic massage oil blends
- Traditional hair creambath
- Nourishing hand and foot treatment
- Daily Ratus steam bath
- Daily Kamaratih Jamu herbal drink to boost the inner glow

KAMAJAYA (4.5 in 3 days)
A set of treatments prepared for an ultimate relaxation before the big day. Kamajaya is an enchanting tradition of the Royal experience for the groom-to-be, to get ready for His special day.
- Kembang Setaman flower blessing
- Revitalising charcoal body scrub
- Energising deep tissue Urut Lanang massage
- Meridian aromatic oil control facial
- Rempah Mandi aromatic herbal soak
- Daily Rempah Uap herbal steam bath
- Daily Kamajaya Jamu herbal drink for his strength and vitality
SMARADHANA (3.5 hours in 2 days)
A couple retreat that is both uplifting and romantic, Smaradhana is an intimate package to be enjoyed by both male and female.
- Kembang Setaman flower blessing
- Body massage with your preferred techniques with sensual massage oil
- Romantic flower bath
- Daily Rempah Uap herbal steam bath
- Luxe foot therapy or Natura Roso face and scalp massage
- Daily Kamaratih Jamu herbal drink for Her and Surowono for Him, for hormone balance and health maintenance

CINTA BUNDA (6.5 hours in 3 days)
Rejuvenating both body and mind, Cinta Bunda presents a special range of post-natal therapies that celebrate the joy-filled times of motherhood.
- Deeply cleansing & contouring body polish
- Sendang Bedoyo contouring massage
- Pilis herbal forehead mask with gentle scalp massage
- Traditional Tapel firming abdominal mask and traditional Bengkung slimming belt
- Daily Jamu Cinta Bunda to promote healing of the reproductive organs and hormonal balance

Stage of Life: TENTERAM – post adulthood
TENTERAM
Meaning contentment, Tenteram is a series of treatments focusing on wellbeing through embracing wellness practices and mind soothing therapies.

OLAH RASA
Created with inner and outer harmonisation in mind, Olah Rasa is a wellness approach that cares for both your body and mind.
- Daily private wellness sessions
- Daily sound and light meditation
- Sekar Petals massage with calming massage oil
- Peaceful bath soak
- Daily Olah Rasa jamu herbal drink for health and longevity
- Daily healthy set lunch or daily healthy set dinner
Reinvigorate your senses through relaxation and pampering treatments. A unique experience that is inspired by the ancient Javanese healing tradition, Apurva Spa offers classical services of therapeutic massages to rebalance and rejuvenate.
APURVA TOUCHES

**Gending Apurva**
60mins / 90mins
This signature massage is based on the concept of healing energy. A unique massage technique that combines warm poultice made from 69 mighty herbs, mineral-rich salt and a variety of therapeutic massage which gently guides you through the discovery of your body and inner nature.

**Sekar Petals**
60mins / 90mins
Using custom blended oil and sacred floral petals, this tension busting massage treats the whole body and rebalances the energy flow. Creating a sense of calmness, this traditional medium pressure massage techniques such as long palm strokes and thumb works.

**Java Dwipa**
60mins / 90mins
Feel tension dissolve with this ancient Javanese healing therapy that combines the power of essential oils with the brisk invigorating strokes, long known by the Javanese for its relaxing effect. Mainly using long and rhythmical palm and thumb strokes, this massage melts your muscle tension and relaxes the mind.

**Urut Lanang**
60mins / 90mins
This deep tissue massage is ideal for releasing deep seated muscular tensions, using a customised blend of coconut oil, clove, ginger and nutmeg essential oils.

**Prana Yoga**
60mins / 90mins
Time-proven practice around the world. This is an oil-free massage combining acupressure, shiatsu, body stretches and breathing exercises. It is an invigorating therapy that relieves muscular tension, loosens joints and opens energy channels.

**Sendang Bedoyo**
60mins / 90mins
An old tradition once used by Ken Dedes, the first queen of Singhasari, the kingdom is the inspiration behind this classical slimming massage. Utilising the traditional Piduh leaves and Coffee extracts with specific massage techniques to combat and prevent cellulite on the leg, abdomen, hips and arms.

**Totok Foot Therapy**
30mins / 60mins
An ancient healing technique in applying pressures on specific points on the soles of the feet which corresponds with various parts of the body. The stimulation will improve energy flow, restore proper health and organ functions.

**Naruli Roso**
30mins / 60mins
Meditative and soothing. Naruli Roso delivers simple enjoyment through gentle touches on the face and scalp to relax and awaken the senses.
APURVA BODY SCRUBS
An exotic collection of skin exfoliating treatments, using our custom blended body scrubs of freshly grated herbs, roots and spices. This line of all-natural treatments rid your body of dullness, leaving skin soft and smooth.

**BRIGHTENING BENGOKOANG** 60mins
An invigorating blend of freshly grated bengkoang jicama root with its skin cleansing benefits, organic sea salt, coconut oil, jasmine and ylang ylang essential oils.

**CALMING CUCUMBER** 60mins
Refeshingly aromatic blend of freshly grated Cucumber, aloe vera extract, apricot seed and kaffir lime essential oil.

**ACTIVE CHARCOAL** 60mins
Revitalising active Bamboo Charcoal and freshly grated ginger, bamboo charcoal and cajeput essential oil.

**CONTOURING PIDUH** 60mins
Hydrating blend of freshly ground seaweed and piduh leaves, organic sea salt, shea butter and essential oils of grapefruit, lemon and basil.

**FIRMING MANGOSTEEN** 60mins
A gentle, antioxidant-loaded blend of freshly ground moringa leaves, mangosteen extract, cananga and sandalwood essential oils. Yoghurt splashes to soften and moisturise the skin.

**LULUR CENDANA** 60mins
Aromatic lulur blends of rice and spices such as turmeric, temugiring, vetiver, masoyi and sandalwood essential oil gives the skin a radiant glow.

APURVA BODY WRAPS
A traditional collection of therapeutic treatments, using our custom blend of ancient remedies. Passed down through generations, these body wrap treatments are recognised as a natural medicine with detoxification benefits.

**BRIGHTENING BENGOKOANG** 60mins
A purifying and soothing blend of kaolin, bengkoang and hibiscus extracts, jasmine and ylang ylang essential oils.

**DETOXIFYING SEAWEED** 60mins
A detoxifying blend of volcanic clay and seaweed extract, combined with grapefruit, lemon and basil essential oils.

**FIRMING MANGOSTEEN** 60mins
A gentle and nourishing blend of super antioxidants such as moringa and mangosteen extracts.
APURVA ORGANIC FACIALS

**MANGOSTEEN GENTLE RESURFACING FACIAL**
90mins

Reveal your inner radiance with Eminence Organics’ proprietary Lactic Acid Complex. Paired with the super fruit mangosteen, which is known for its antioxidant qualities, this deep-cleansing facial is ideal for all skin types. Apurva Organic Facial gently resurfaces dull skin, minimises pores and refines skin tone, unveiling a fresh, luminous complexion.

**AGE CORRECTIVE FACIAL**
90mins

Plumps and rejuvenates the skin to minimise fine lines.

This facial nourishes and replenishes skin as well as promoting collagen and elastin production for a more youthful appearance.

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APURVA BEAUTY SALON

**HAIR CREAMBATH**

**SARI LIMO**
60mins

A traditional hair cream bath using cooling blends of fresh cucumber, aloe vera and kaffir lime, good for the normal to oily hair and scalp.

**IKAL MAYANG**
60mins

Nourishing hair cream bath with aloe vera, waru sea hibiscus and essential oils of patchouli, sandalwood and ylang-ylang. Good for normal hair and gives a healthy glow.

**KELAPA WANGI**
60mins

Warm oil conditioning treatment for the hair and scalp using fragrant coconut oil, good for dry and frizzy hair.

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**HAIR ESSENTIALS**

Hair Cut – Ladies
Hair Cut - Men
Hair wash and hair blow
Hair wash, hair blow and styling
Up do

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**NAIL ESSENTIALS**

Nourishing Hand Therapy
Nourishing Foot Therapy
Classic Manicure
Classic Pedicure
French Manicure
Gel Manicure
Gel Pedicure
Nail Polish only (hand and feet)
Nail arts – per nail
Kids Manicure
Kids Pedicure

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NAIL ESSENTIALS
YOGA AND MEDITATION
Focusing on a body-mind relationship, this meditative spiritual practice emphasises on flexibility and strength while also providing stress release. Complimentary group class is held twice a week.

PRIVATE YOGA SESSION
Perfect for those seeking a deeper understanding of each yoga poses, this private class offers a perfect setting to fully immerse yourself in.

YOGA CLASS
Beneficial for both beginner and advanced practitioners, our yoga class is designed to connect body and mind in a group setting. Each session is arranged for up to ten participants, ensuring attention to all.

PRIVATE FITNESS SESSION
A focused training session with personalised plan to achieve a particular result, private fitness allows individual improvements and accommodate even the most hectic of schedules.

APURVA WELLNESS
Our team of trained professionals is ready to assist you in achieving your goals and design a plan that fits your needs.
FITNESS CENTRE
Nestled in the CIP Building, overlooking the magnificent Indian Ocean, the Fitness Centre is equipped with an array of modern fitness equipment catering to your wellness needs.