




enchant • inspire • indulge



With the ocean as its muse, Glo at Sandy Bay 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 Glo at Sandy Bay 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 wellbeing 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 Glo at Sandy Bay 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 8pm daily  
Earlier or Later appointments on request.  
Go Glo 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. 275.000**

**90 minutes Rp. 400.000**

### 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. 400.000**

**(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. 275.000**

**90 minutes Rp. 400.000**

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. 350.000**

## 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. 200.000**

## 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.275.000**

**90 minutes Rp.400.000**

## 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**

# 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. 200.000 or team with a 60 minute Balinese Massage and enjoy a 90-minute package that delivers maximum therapeutic benefit for Rp. 450.000

### 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!

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## 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.

## 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. 350.000**

## FACE RITUALS

### ESSENTIAL AROMATHERAPY FACIAL

**30 minutes**

**60 minutes**

**Restore hydration**

**Rp. 350.000**

**Rp. 600.000**

A true balancing facial spa experience using pure organic aromatherapy elixirs & botanical actives to purify, balance & renew the skin, leaving it more youthful, energized and regenerated. This complete facial treatment is personally customized & tailored for individual skin types

### 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. 300.000**

**90 minutes Rp. 450.000**

# 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. 225.000 |
| Belmacil brow tint    | (10 minutes) | Rp. 200.000 |
| Eyelash perming       | (30 minutes) | Rp. 350.000 |

# 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. 450.000 (1 guest)    Rp. 850.000 (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

### 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. 550.000 (1 guest)    Rp. 1.000.000 (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. 800.000 (1 guest)    Rp. 1.500.000 (2 guests sharing)**

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

Prices are subject to change without notice.



## 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. 2.800.000 (2 guests sharing)**

## HAND AND FOOT CARE

### Express Manicure

**45 minutes Rp. 225.000**

An express, but detailed manicure, with hand soak, cuticle grooming, expert shaping and precision painting. For those needing a fast Glo!

### Express Pedicure

**45 minutes Rp. 225.000**

A swift, but meticulous basic pedicure including soaking, de-roughing, clipping, trimming, expert shaping and precision painting. Perfect if on the run!

### Spa Manicure

**60 minutes Rp. 275.000**

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. 275.000**

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. 250.000 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.150.000

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

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Prices are subject to change without notice.



## Polish Change

30 minutes Rp. 175.000

Out with the old and on with the new!

## Foot or Hand Massage add on

15 minutes Rp. 85.000

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. 400.000 |
| Casual session with dry body brushing | Rp. 500.000 |

## 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. 300.000**

### 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. 175.000      Medium Rp. 200.000      Long Rp. 250.000**

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

Prices are subject to change without notice.

### 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. 200.000 |
| Upper lip     | (5 minutes)       | Rp. 175.000 |
| Chin          | (5 minutes)       | Rp. 150.000 |
| Under arm     | (15 minutes)      | Rp. 250.000 |
| Bikini line x | (20 minutes)      | Rp. 275.000 |
| G-string xx   | (30 minutes)      | Rp. 325.000 |
| Brazilian xxx | (30 - 45 minutes) | Rp. 400.000 |

*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. 225.000 |
| Full arm | (25 minutes)    | Rp. 350.000 |
| 1/2 leg  | (20 minutes)    | Rp. 350.000 |
| Full leg | (45-60 minutes) | Rp. 425.000 |
| Back     | (25 minutes)    | Rp. 400.000 |
| Chest    | (25 minutes)    | Rp. 400.000 |

### Gift Certificates

A Glo at Sandy Bay 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 contact the spa reception 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 Glo Spa experience for all ages.



## **Glo at Sandy Bay**

The Beach Club, Nusa Lembongan, Bali - Indonesia

 +62 (0) 8113996622

 [reservationsb@glospabali.com](mailto:reservationsb@glospabali.com)

Opening Hours : 10 am to 8 pm

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 Glo Day Spa & Salon

 [glodayspa\\_bali](https://www.instagram.com/glodayspa_bali)