



SPA and YOGA/PILATES MENUS

Whether you come for easy access to the many wonderful sights and facilities of Bali or just to soak up the informally luxurious ambience of SUNGAI and SUNGAI GOLD, perfected by beautiful natural surroundings and highly personalized services, your stay will be enhanced by the opportunity to enjoy a range of body treatments and yoga classes - all without leaving these beautifully private villas that are to become your own luxury home for a little while.



SUNGAI and SUNGAI GOLD have available a team of therapists who can provide services ranging from a variety of **full body massages, body scrubs and masks, facials using natural local products, manicures and pedicures** incorporating treatments that are both traditional and classic. These massages and treatments are all carried out in the comfort, tranquillity and convenience of your dedicated massage room at SUNGAI or in your own guest room (or spare one) in the case of SUNGAI GOLD, amidst the aromas of the essential oil Bergamot which will help you relax whilst restoring your vitality by relieving stress and tension, building your immunity and restoring your physical, emotional and spiritual balance. Drift away to treatments that sooth, stimulate, and pamper. Our menu offers you a collection of deliciously pleasurable ways to relieve stress, boost vitality, enchant your senses, restore balance and experience bliss. And in keeping with our focus on our younger guests, children are catered for with shorter massages (they can experience all varieties during their stay like mum does if they like) and manicures/pedicures, so that every minute is fun and they can then race back to the pools with their friends.

Yoga, which means 'union' in Sanskrit, is a family of ancient Indian health-promoting practices that are seen as a means to enlightenment. Ideal for emotional balance, physical fitness and mental clarity, yoga harmonises and rejuvenates mind, body and soul.

Private 60 or 90-minute sessions are customised to your experience level and interests, based on a consultation with our yogi.

Pilates: Using the classical principles of Pilates, our highly trained instructors will design programs to meet your individual needs in any place or stage of life. Whether you are seeking body conditioning and fitness, improved posture, injury management or pain relief, our provider will help you achieve your goals.

[Children are also invited to take part in yoga and Pilates classes.]

SPA TREATMENTS

[From USD35 per 60 mins; children < 13yrs: USD20 for 30 mins (minimum 60 mins per total booking)]



Every treatment begins by a cleansing of your feet with lime and sea salt. In Balinese belief, the feet act as a conduit between the energy of the earth and the self, therefore washing the feet is considered a way of purifying the self of any negativity that may rise from the earth. Capturing the essence of Balinese culture through its gentle spirituality that infuses the land, this pre-treatment ritual is a perfect prelude to any treatment...and a wonderful surprise!

Then move to a luxurious treatment administered by our team of therapists, including deep massage with exotic oils and herbs, and the placement of warm volcanic stones on the chakras, the body's seven energy centres, providing total relaxation and a soothing anti-stress effect. Warm stones used in combination with aromatic oils to rehydrate the skin. The Spa's menu is designed to offer a series of complete treatments that integrate Asian and European approaches: the ayurvedic Balinese ritual, a signature facial treatment using natural products, body wraps and massages.

MASSAGES

Balinese/aromatherapy [from 60 minutes: USD35]

Swedish

Shiatsu

Jimbaran

Thai

Reflexology

Leg and foot

Warm Stone Massage [minimum 90 minutes: USD50]

Signature massage

BODY SCRUBS [from 60 minutes: USD35]

Coffee

Avocado

White lulur

Boreh Bali

Avocado

Tomato

Sunburn

FACIALS [60 minutes: USD35]
Signature (cucumber, honey, lime)

MANICURES/PEDICURES [USD35; USD20 for children < 13yrs]

IN-VILLA YOGA

[550,000Rp (± USD40/AUD55) 1-2 persons; 110,000Rp extra pp]
(mats included)

IN-VILLA PILATES

[350,000Rp (± USD25/AU37.50) 1-2 persons; 110,000Rp extra pp]
(mats and rings included)

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BODY TREATMENTS

MASSAGES [USD35 per 60 minutes; USD50 per 90 minutes; USD20 per 30 minutes children < 13yrs]

For some people, arriving in Bali and getting a massage is part of the relaxation process. A traditional Bali (deep tissue) massage can be delivered gently or as the name might suggest be given very firmly. If you are having a massage be clear about the firmness of massage required and if it is too hard ask the therapist to be gentler. Good communication is essential to effective massage.

Balinese/aromatherapy:

The best-known Indonesian spa treatment is traditional massage or aromatherapy. Our Balinese massage blends stretching, acupressure and aromatherapy oils to strengthen and balance the body. We use only the purest and highest quality essential oils expertly blended with natural plant base oils, to ensure your massage is a memorable and magical experience. The essential oils used in aromatherapy are the life force of the plants from which they have been extracted.

Balinese massage is a rigorous and luxurious spa treatment and a great one to choose if you want to experience a variety of massage techniques and relax and feel spiritually renewed at the same time. Balinese massage is related to the Ayurveda, the Indian holistic medical system. A relaxation massage with attitude, this treatment will boost your circulation and give you a deep tissue and muscular massage as well.

Swedish:

The term 'Swedish massage' refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart. Swedish massage was developed in the 1700's by a Swedish doctor named Per Henrik Ling. The main purpose of Swedish massage is to increase the oxygen flow in the blood and release toxins from the muscles. Swedish massage shortens recovery time from muscular strain by flushing the tissues of lactic acid, uric acid, and other metabolic wastes. It increases circulation without increasing heart load. It stretches the ligaments and tendons keeping them supple and pliable. Swedish massage also stimulates the skin and nervous system and soothes the nerves themselves at the same time.

Swedish massage techniques include: long strokes, kneading, friction, tapping, percussion, vibration, effleurage, and shaking motions.

Swedish massage feels good, is relaxing and invigorating. It affects the nerves, muscles, glands, and circulation, while promoting health and well-being.

Shiatsu:

Shiatsu is an old, traditional, Japanese healing method. Shiatsu means 'finger pressure'. But unlike the massages of the West, where kneading and friction is used, in shiatsu pressure and stretching is the key. The shiatsu practitioner uses palms, fingers, thumbs, knuckles, elbows, knees and the feet, to work on the body's acupuncture points, along what they consider the body's meridians or energy channels. It is performed without oil.

Jimbaran:

A combination of Balinese, acupressure, shiatsu, Thai and Hawaiian lomi massage (while other forms of massage such as Shiatsu or Swedish massage focus on relaxation techniques designed to provide a sense of well-being, lomi massage is a rhythmical massage that works gently but deeply into the muscles to release tension and bring a free energy flow to specific ailments or throughout the entire body. The result is a therapeutic massage that helps heal injuries, alleviate pain and provide health benefits that last long after the actual physical massage is finished).

Thai:

Thai Massage is an interactive manipulation of the body using passive stretching and gentle pressure along energy lines. These movements help to

1. adjust the skeletal structure
2. increase flexibility
3. relieve muscular and joint tension
4. stimulate internal organs
5. balance the body's energy system

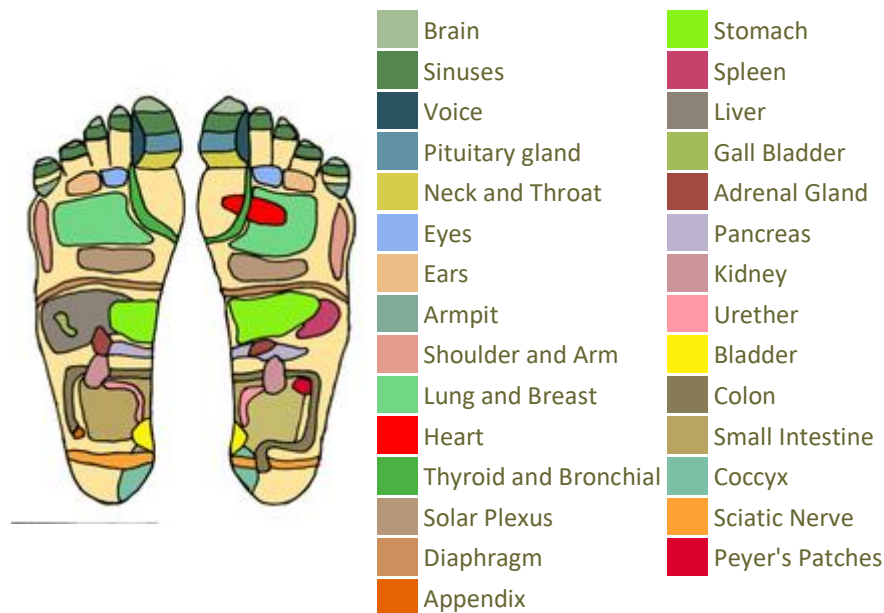
The effect is uniquely relaxing as well as energizing. Receiving a Thai massage is a bit like doing yoga without putting forth any effort while also getting acupressure treatments! Thai Massage uses two primary procedures - applying gentle pressure with the hands and feet, and a wide variety of passive stretching movements. It is usually soothing because of its emphasis on stretching and loosening the body. Its roots go back far into history, originating in India based on the Ayurveda, and then becoming popular in ancient Siam, now known as Thailand. The receiver is put into many yoga-like positions during the course of the massage. In the northern style there are a lot of stretching movements unlike the southern style where pressure is emphasised.

The massage recipient changes into loose, comfortable clothes and lies on a mat or firm mattress on the floor. The massage practitioner leans on the recipient's body using hands and forearms to apply firm rhythmic pressure to almost every part of the recipient's body. Oil is not used in traditional Thai Massage. A full Thai massage session typically includes rhythmic pressing and stretching of the entire body; this may include pulling fingers, toes, ears etc., cracking the knuckles, walking on the recipient's back, arching the recipient's back in a rolling action etc.

Reflexology:

Reflexology is a widespread practice in Asia, where foot reflexology is the most popular. Although many people are skeptical about the concepts underlying this practice, its use is spreading - perhaps because it is being taken simply as a relaxing massage therapy. Practitioners believe the foot to be divided into a number of reflex zones corresponding to all zones of the energy of the body, and that applying pressure in the form of massage to 'tight' or 'gritty' areas of a person's foot will stimulate the corresponding part of the energy body and assist the self-healing process. Contrary to some beliefs, reflexology does not seek to diagnose or cure medical conditions - merely imbalances in the life energy (*Ki*) of the body.

In zone therapy, a reflexology chart shows the reflex zones found on the soles of the feet. The representation of the color codes are as follows:



Leg and foot:

Aids the lymph system, blood circulation and reduces aches and pains. Wonderful after a long flight.



Warm Stone: [USD50 per 90 minutes]

Hot stone massage is a specialty massage that uses smooth, heated stones. They are often basalt, a black volcanic rock that absorbs and retains heat well.

It is a deeply soothing, relaxing form of massage. The heat helps tight muscles release. Before you arrive, the massage therapist sanitizes the stones and heats them in 120 and 150-degree water. The therapist uses traditional strokes of Swedish massage while holding a heated stone. As the stone cools, the therapist replaces it with another.

The therapist might also leave heated stones in specific points along your spine, or in the palms of your hand, or even between your toes to improve the flow of energy in your body. If you have inflammation or muscle injury, cold stones are sometimes used.



Signature: [USD50 per 90 minutes]

A combination of the above (or to your specification)

BODY SCRUBS [USD35 per 60 minutes]

A combination of sea salts and rice, or coconut and vanilla, has been used for centuries to gently exfoliate and revitalise the skin, creating a natural glow. All scrubs conclude with a massage for the neck and back.

Coffee:

A traditional Balinese beauty treatment made from fresh finely ground mountain grown coffee. This scrub, unique to Bali, provides a stimulating, aromatic and refreshing cleansing. This scrub will stimulate, smooth and refine your skin. Delight in the intoxicating aroma and enjoy its rejuvenating effects.

Avocado:

Excellent for dry skin and cleansing.

White lulur:

Traditional body scrub using a spa cosmetic called 'lulur', it come from Javanese and Balinese herbs and spices mixture that can clean and smoothen the skin.

Boreh Bali:

A Balinese speciality herb scrub made from fresh clove, pepper, cardamom, ginger and galangal that improves circulation and creates smooth supple skin. After the boreh is applied, you are wrapped in a luxurious bath sheet to enjoy the deep penetrating heat, while our spa therapists gently massage your head, neck and hands.

BODY MASKS [USD35 per 60 minutes]



Avocado:

A very moisturizing mask. Great for dry skin or for ageing skin.

Tomato:

Good for skin balance and adds vitamin E to the skin.

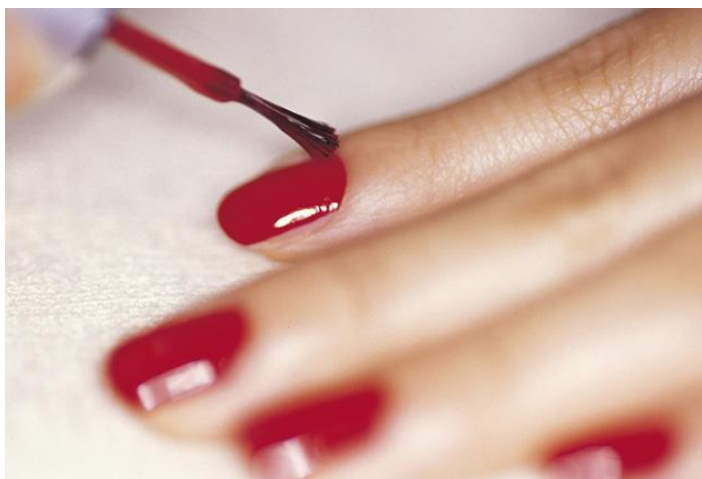
Sunburn:

Made of cucumber, aloe vera and seaweed. Excellent skin refresher après sunbathing.

SIGNATURE FACIAL [USD35 per 60 minutes]

For centuries, Indonesian women have utilised natural herbal concoctions, creams and oils to enhance natural beauty and to maintain health. The SUNGAI signature facial focuses on cleansing, anti-aging, and firming facial care deliberately utilising the best organic local products. The facets of the facial are cleansing, massage, peel (incl fresh avocado and ground rice), mask (freshly made with honey, lime and cucumber) followed by a moisturising tone. Enjoy an age-old tradition that heals, softens and moisturises. This is the perfect facial to reduce skin irritation and infection, while promoting new cell growth.

MANICURES [USD35 using OPI and REVLON polishes]



Signature manicure:

Incorporating nail reshaping, cuticle work, and a relaxing lower arm and hand exfoliating massage followed by two coats of base coat, a nail polish of your choice from your/our selection and then a clear top coat to keep your nails shiny.

The Little Princess: [USD20]

We'll file and buff your nails, then massage your hands.

PEDICURES [USD35]

Foot Indulgence [50 mins]

A stimulating warm foot bath followed by exfoliation, shaping, cuticle work, relaxing foot and leg massage, finished with your favourite nail colour from your/our selection.

The Little Princess: [USD20]

Includes all of the relaxing steps of the adult pedicure performed in 30 mins.

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YOGA [550,000Rp (approx. USD45/AUD50) 1-2 persons; 110,000Rp extra persons]

- 50% last-minute cancellation fee (less than 2 hours before class)
- Full class charge for no show or if the therapist is already on the way
- Late start (more than 15 min) of class: 10% additional fee every 15 min
- Teachers and Villas SUNGAI and SUNGAI GOLD are not liable for any injury sustained during yoga classes
- Please inform your teacher BEFORE class of any injuries, previous accidents, menstruation or pregnancies etc

WHAT IS YOGA?

YOGA MEANS UNION

The word yoga, from the Sanskrit word yuj means to yoke or bind and is often interpreted as "union" or a method of discipline. Although many people think this term refers to union between body and mind or body, mind and spirit, the traditional acceptance is union between one's individual consciousness and the Universal Consciousness.

The Indian sage Patanjali is believed to have collated the practice of yoga into the Yoga Sutra an estimated 2,000 years ago. The Sutra is a collection of 195 statements that serves as a philosophical guidebook for most of the yoga that is practiced today. It also outlines eight limbs of yoga: the yamas (restraints), niyamas (observances), asana (postures), pranayama (breathing), pratyahara (withdrawal of senses), dharana (concentration), dhyani (meditation), and samadhi (enlightenment). As we explore these eight limbs, we begin by refining our behavior in the outer world, and then we focus inwardly until we reach samadhi.

Today most people practicing yoga are engaged in the third limb, asana (Sanskrit word for steady pose) which is a program of physical postures designed to purify the body and provide the physical strength and stamina required for long periods of meditation.

THE TRIANGLE OF LIFE

The yogi sees life as a triangle; the physical body undergoes birth, growth, change, decay and death. The growth period reaches a plateau at about the age of 18-20 years. In the first years of life, "the youthful period", the rate of cell rejuvenation (anabolic) exceeds the rate of cell decay (catabolic). In the average person, the body maintains equilibrium of these processes from the age of 20 until around 35. Then the decaying, or catabolic process, begins to take precedence, and the body starts its decline. This process later results in "old age" with its accompanying ills and despairs. However, yogis say that we were not born merely to be subject to pain and suffering, disease and death. There is a far greater purpose to life. But, the spiritual investigation of life's purposes requires a keen intellect and a strong will; these are the products of a healthy body and mind. For this reason, the ancient sages developed an integral system – yoga - to ward off or retard the decaying or catabolic process, and to keep the physical and mental faculties strong.

THE 5 POINTS OF YOGA

This is the system of yoga and as there are hundreds or more of different approaches and in order to simplify and clarify the topic, Swami Vishnu-devananda summarized the vast science of Yoga into 5 principles which are easy to understand and to include in one's daily life:

- 1) Proper Exercise (Asanas = steady pose)
- 2) Proper Breathing (Pranayama)
- 3) Proper Relaxation (Savasana)
- 4) Proper Diet (Vegetarian)
- 5) Positive Thinking and Meditation (Vedanta and Dhyana)

YOGA STYLES

HATHA YOGA

In an Hatha yoga class the postures/asana practiced will vary according to the needs and ability of the student. Whether that be on a general level such as to improve flexibility or for relaxation and de-stressing, or for more specific needs such as for example yoga for surfing, golfing or diving. As well as to improve flexibility, a Hatha class will develop strength, stamina and concentration. This in turn brings peace and calmness to the mind on a more subtle level. The Hatha class is suitable for all levels of ability, as an introduction to the fundamentals of yoga or to deepen one's knowledge of asana for those already experienced. Hatha Yoga derives from the scriptures of the Hatha Yoga Pradipika and is the basis of all of the following more specific yoga styles.

SIVANANDA YOGA

The Sivananda Yoga class has been specifically designed by Swami Vishnu-devananda for the full benefit of the students physically, psychically, mentally and spiritually. Sivananda Yoga classes have a pre-designed structure with a well thought out sequence of the 12 main postures (Asanas) which should never be altered. This basic structure, which also embraces relaxation, breathing exercises and yoga philosophy teachings, is adapted according to levels whereas beginners will be introduced slowly to new postures and their strength and flexibility will be built up gradually while intermediate and advanced students will be guided through the complete sequence adding more evolved variations.

ASHTANGA YOGA

Ashtanga Yoga, as taught by Sri K. Pattabhi Jois in Mysore India, is a system of yoga which uses the rhythm of the breath to move through a sequence of postures, integrating strength, flexibility, stamina and focus into a complete mind and body practice. In this class you will be taught the Primary or 1st Series of postures which are designed to purify and align the body. This combination of breath and movement is called 'Vinyasa' and linking the Asanas together like pearls on a string, guides the practitioner through the sequence, starting with Sun Salutations to warm the body, then standing, balancing and seated poses, finishing with inversions and relaxation. Through the practice heat is generated, 'agni'- internal fire, which thus burns away impurities and eliminates toxins from the body. It can be a dynamic practice, so preferable to those who already have some knowledge of yoga asana.

VINYASA FLOW

Hatha Yoga Postures are connected through breath, movement and music adding to a more dynamic class.

KUNDALINI YOGA

Kundalini Yoga consists of ancient kriyas, or specially formulated sets of exercises which were secretly guarded and passed down through the centuries from yogi to yogi. It was brought to the West by Yogi Bhajan in 1969. Each kriya, or yoga set is designed to target specific issues, allowing practitioners to focus on exactly those aspects of their physical, mental or emotional state that need work at the current time. Kundalini Yoga is a non-stressful way to promote flexibility, cardiovascular capability, weight and stress management, AND to cultivate energy, serenity, personal power and spiritual awakening through a dynamic blend of breathing, movement, stretching, meditation, mantras and relaxation.

- On special request we also offer yoga classes during pregnancy and for children