



Bali Wellness 

Genuss auf balinesisch.

BALI WELLNESS  
**TREATMENTS**

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WELLNESS





SIMPLY LET GO  
TO FIND YOUR  
INNER PEACE - JUST  
THROUGH A TOUCH



From the Zen Buddhism

A time out is no simple interruption of your daily routine but an essential part of a journey. It is the perfect time to stop and pause, to draw strength and to relax.

You decide what is right for you: a gentle body exfoliating scrub, a pampering facial treatment, a traditional Balinese massage or an Ayurvedic ritual.

As diverse as our wellness treatments are, all of them pursue the same objective: perfect relaxation and a feeling of cosiness.

Say goodbye to your daily routine, so that you can start to look forward to it again.

Selamat Datang

you say on Bali

**Welcome!**



## Bali Massages

### Balinese Massage

Our energetic signature massage combines elements of Asian massage techniques. Warm lotus oil hugs and pampers your skin. With harmonising strokes you experience a sense of wellbeing and total relaxation while specific massage movements work every muscle and deeply relax your tense muscle tissue. Enjoy!

25 min 35 €  
50 min 60 €

### Balinese Lulur Ceremony

A Balinese beauty ritual with a Lulur peeling of exotic fruit pulp and sea salt followed by a Balinese massage (50 min).

75 min 88 €

### Classic Full Body Massage

This massage is given with aromafree oils. A Swedish massage technique dissolves muscular imbalance, provides stress relief and harmonises the entire body.

50 min 63 €

### Relaxing Back Massage

This feel-good massage pleasantly relaxes your neck and back muscles. With its muscular stimulation this massage has a very relaxing effect and stimulates the circulation.

25 min 37 €



### Aroma Oil Massage

A deep massage technique with aroma oils. You will experience a deep relaxation for your body, mind and soul.

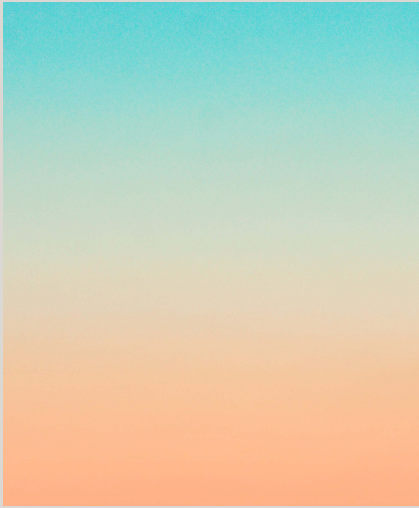
Let your senses decide upon your personal aroma choice.

25 min 35 €  
50 min 60 €



- Partial Body Massage 25 min -  
Full Body Massage 50 min

A RUSH OF SENSES



## BALI EDULI

### **Exklusive Bali Wellness Experience**

This unique treatment has been developed by our masseur Edi in collaboration with the Wellnessteam especially for the guests of the Bali Therme.

We will take you into the realm of the senses and start with an intensive stretching according to the Thai model. A hot stone treatment follows and we continue with an intensive and invigorating full body massage with Swedish grips. Later we stretch your neck area in detail. You will receive an extensive head massage. You will be completely refreshed and invigorated into your everyday life, for which you are now full of new energy.

Treat yourself to something very special and let us pamper you!

75 min 148 €

IN THE CRADLE  
OF PRIMAL TRUST

THE „KNOWLEDGE OF LIVE“ IS THE  
TRUE MEANING OF AYURVEDA

THE INDIAN WAY OF BALANCE  
BEWEEN BODY AND SOUL



## Ayurvedic Massage

### **Abhyanga - Indian Full Body Massage**

An art of healing that has been performed for more than 3,000 years. With warm and traditionally grown sesame oil this energetic massage activates your lymphatic system which starts the detoxification process and soothes your nerve tracts. The purpose is to balance your body elements on a physical and spiritual basis. Let yourself experience and truly feel the sense of total relaxation through this massage technique.

50 min 66 €

### **Note!**

We recommend a sauna session after Ayurvedic Massages to support the detoxification process.





### Hot Stone Massage

Feel a sense of deep serenity through this massage with warm basalt stones and relaxing hand movements. Draw new energy from the stones.

25 min 37 €  
50 min 63 €

In case of very high temperatures during the summer season we don't offer the Hot Stone Massage

### Face and Neck Massage

With this calming massage your facial muscles are loosened and your skin appears firmer and vitalised.

20 min 29 €

This massage can be perfectly combined with other massages

- *Partial Body Massage 25 min* -  
*Full Body Massage 50 min*

HONEY - A GOLDEN NECTAR,  
ABLE TO CREATE MIRACLE



### Honey Sensuality

This relaxing and rhythmic full-body massage flatters your skin with an aromatic honey-ginger-oil and pure honey. A beeswax wrap for your back leaves your skin silky and smooth and gently releases muscle tensions. At the same time, your facial skin is hydrated by a harmonising and caring hyaluronic mask. This very special experience is rounded off by a sensual head and face massage.

75 min 98 €



SOOTHING YOUR ATHLETIC NEEDS  
THE RIGHT TREATMENT AFTER YOUR  
SPORTS. FOR YOUR HEALTH



### Foot Relaxation Massage

Place your feet in our hands. Balances and equates your body energies in a very effective way.

20 min 29 €

### Foot Reflexology

A pressure massage of your feet that stimulates your reflex zones. According to the Traditional Chinese Medicine, each reflex zone is connected to particular organs and muscle groups. By stimulating these zones, the organs can be positively influenced and different symptoms can be eliminated.

25 min 35 €  
50 min 60 €

### Sports Massage

Especially tailored to your individual needs, this body massage perfectly loosens and relaxes your tensed and overstretched muscles.

25 min 37 €



## Our Bali Day Arrangements

With the „All Round Carefree Packages“ you will enjoy a whole relaxing day - with everything that goes with it. Switch off & let yourself be pampered!

### Day Spa „Time Out Classic“

1 Daily Ticket Thermal Area & Sauna  
1 Bathrobe & Towel Package  
1 Welcome Cocktail 50 €

### Day Spa „Health“

1 Daily Ticket Thermal Area & Sauna  
1 Bathrobe & Towel Package  
1 Non-alcoholic beverage of your choice  
1 Salad of your choice  
1 Exclusive Sauna Ritual „Hot & Cold“  
1 Exclusive Sauna Ritual fo your choice 69 €

### Day Spa „Time Out Premium“

1 Daily Ticket Thermal Area & Sauna  
1 Bathrobe & Towel Package  
1 Welcome Cocktail  
1 Meal of your choice (up to 17 Euro)  
1 Balinese Massage 25 Min  
1 Exclusive Sauna Ritual „Hot & Cold“ 100 €

### Day Spa „Time for Two“

Per person 1 Daily Ticket Thermal Area & Sauna  
Per person Bathrobe & Towel Package  
Per person 1 Welcome Cocktail  
Per person 1 meal of your choice (up to 17 Euro)  
Per person 1 Balinesie Massage 50 min 240 €

*Offer for Bachelor Parties ...*

### Day Spa „Bachelor Party“

1 Daily Ticket Thermal Area & Sauna  
1 Bathrobe & Towel Package  
1 Welcome Cocktail  
1 Meal of your choice (up to 17 Euro)  
1 Balinese Massage 25 min 96 €

For the optimal planning of your bachelor party we ask you to book the massage appointment 4 to 6 weeks in advance



WIDE AWAKE IN THE SAUNA DAY  
WITH AN REFRESHING PEELING  
A DAY LIKE ON THE SEA

## Body Scrubs

Our full body exfoliating scrubs improve and pamper your skin with nourishing ingredients. The result will be a silky and perfectly soft skin.

### Coconut Rice Scrub

A pampering experience with ground rice and coconut mint oil to improve the elasticity of your skin.

20 min 28 €

### Bamboo Cane Sugar Scrub

A stimulating scrub with bamboo-lime oil and cane sugar.

20 min 28 €

### Lemon Sea Salt Scrub

A tingling sea salt scrub infused with refreshing oils of lemon and mint.

20 min 28 €

We recommend a peeling as an optimal preparation of your skin before a massage



## Massages „Baby on board“

For pregnant women. This very calm massage technique enables a deep relaxation for mother and child. Tensions are gently released. Slow strokes with calming lavender-rosewood oil will connect to your breathing and will awake a much finer attention - during this wonderful phase of creating new life.

### Lavender Sea Salt Scrub

A calming scrub for your whole body.

20 min 28 €

### Gentleness

Gentle and harmonising back massage.

25 min 37 €

### Blissness

Cautious wellness massage of your back, legs and your feet.

50 min 63 €



# Bali Face

Every skin is unique. The products we choose used in your facial treatment are carefully matched to your individual skin condition. Put your face in our hands!

During the application Improve Skincare products with purely natural ingredients and high quality active ingredient complexes are used.

## Facial Treatment Classic

Pure luxury treatment combined with a pampering massage.

**Purification · Exfoliating Scrub · Massage · Care**

25 min 39 €

## Facial Treatment Premium

Products individually tailored to your skin condition products let your skin breathe a sigh of relief. To intensify the deep cleansing enjoy a facial steam bath.

**Purification · Exfoliating Scrub · Steaming  
Cleansing the skin · Serum · Mask · Massage  
Care**

70 min 78 €

## Hyaluron - Moisturising Treatment

Plant extracts and hyaluronic acid transform dry skin into a soft and firm skin surface. Both moisture depot and skin tone will be improved.

**Purification · Exfoliating Scrub · Steaming  
Serum · Mask · Massage · Care**

55 min 68 €

## Anti Aging

Regenerative treatment for mature skin. This treatment is the means to delay premature skin to delay premature aging of the skin. The high content of hyaluronic acid, collagen and rosehip oil gives the skin exactly the support it needs to preserve its youthfulness and suppleness.

**Purification · Exfoliating Scrub · Steaming  
Serum · Mask · Massage · Care**

55 min 68 €

NATURAL BEAUTY THROUGH  
EFFECTIVE MAINTENANCE



### Additional offers

Please book additionally

Eyebrow tinting	8 €
Eyelash tinting	9 €
Eyebrow correction	9 €
Eyebrow correction and tinting	11 €





## Double Enjoyment Our Partner Massages

Spending time together.  
Whether with your partner or a friend - you decide.

### **Balinese Full Body Massage** or **Aroma Oil Massage**

2 guests - 2 treator

50 min 120 €

### **Abhyanga Full Body Massage**

2 guests - 2 treator

50 min 130 €

Subject to availability of treatment rooms,  
we are pleased to offer all of our other massages  
as partner massages, too. Do not hesitate to ask!





**Dear Guests,**

To ensure a relaxing stay in the Bali Therme according to your individual wishes, we kindly ask you to make your bookings beforehand.

Once an appointment has been made, it is binding a cancellation fee of 100 % of the price may apply. Up to 24 hours prior to your appointment, a cancellation is possible free of charge. Do not hesitate to contact us should you need to change time and/or date of your treatment or should you prefer a different type of treatment - depending on availability of staff and treatment rooms.

Should you have any contraindications or health issues, please inform us at the time of booking your treatment. This gives us the chance to tailor your treatment especially according to your particular needs. Of course, absolute discretion is assured. All Bali Wellness treatments are followed by a two minutes rest time.

Thank you very much for your understanding and your support.

We are looking forward to your visit!

Your Bali Wellness Team



THE BEST WAY TO CARE ABOUT  
THE FUTURE IS TO BE CAREFUL  
WITH THE PRESENCE



Thich Nhat Hanh, buddhistic monk



# Opening times Bali Therme

## Thermal Area & Sauna

Daily	9 am to 11 pm
Public holidays	9 am to 11 pm
24.12. Christmas Eve	closed

Every **wednesday** the Sauna Rotunde (a part of our sauna area) is reserved for women. Excluding at public holidays and during the easter-, autumn- & Xmas holidays.

# Opening times Bali Wellness

## Massages

Daily	10 am to 10 pm
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We are open at public holidays

## Reception Bali Wellness

Daily	10 am to 7 pm
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Please make your booking early in advance (2 until 3 weeks before your visit) either at the Bali Wellness reception, by phone call under **05731. 30 53 109**, by mailing **wellness@balitherme.de** nor per **onlinebooking** at our website.



Onlinebooking

[www.balitherme.de](http://www.balitherme.de)