

A close-up portrait of a woman with freckles and blue eyes, wearing a brown towel wrapped around her head like a turban. She is smiling gently and holding her face with both hands. The background is a soft, warm orange glow.

Bali Wellness



BALI WELLNESS
TREATMENTS





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



From the Zen Buddhism

A break from your life is no 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.

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

No matter how different our wellness treatments may be, they are all designed with the same goal in mind: The perfect way to relax and a feeling of comfort.

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

Selamat Datang

As the 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 gentle sweeping you will 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 37 €
50 min 62 €

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 90 €

Classic Full Body Massage

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

50 min 65 €

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 39 €



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 37 €
50 min 62 €

Partial Body Massage 25 min

Full Body Massage 50 min

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 68 €

Note!

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

NATURAL BEAUTY
WITH INTENSIVE CARE



SkinCare Facial Treatment with ICE GLOBES

This care keeps your skin soft and its own regenerative capacity stays intact.

Give your skin back its natural glow!

**Purification · Tonic · Exfoliating Scrub
Serum in combination with ICE GLOBES
Massage · Mask · Eye Serum · Care**

50 min 58 €



BALI DETOX DAY

Detox cure / Every Thursday

Treat yourself to a day of detoxification, relaxation & tranquillity to recharge your for your everyday life!

Our Ayurveda programme includes

- » Day ticket thermal spa & sauna
- » Bathrobe & Towel Package
- » Welcome tea in the sauna restaurant
- » 1 Bottle of drinking water
- » Body scrub 20 min
- » Algae pack 20 min
- » Healthy Ayurvedic lunch
- » Abhyanga Massage 50 min
- » Green Smoothie in the sauna restaurant
- » Singing bowl ritual in the „Oase der Stille“

204 Euro

This offer is valid every Thursday

Book in advance by phone **05731.30 53 109**





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 39 €
50 min 65 €

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

Face and Neck Massage

With this calming massage your facial muscles will be loosen up and your skin appears firmer and vitalised.

20 min 30 €

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 99 €



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



Foot Relaxation Massage

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

20 min 30 €

Foot Reflexology

A pressure massage for 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 37 €
50 min 62 €

Sports Massage

Customized to your individual needs. This body massage perfectly relaxes your tensed and overstretched muscles.

25 min 39 €



Our Bali Day Arrangements

With our „Carefree-Packages“ you will enjoy a whole day of relaxing - with everything you need. Sit back and let us spoil you!

Spa Day „Time Out Classic“

1 Day Ticket Thermal Area & Sauna
1 Bathrobe & Towel Package
1 Welcome Cocktail 55 €

Spa Day „Health“

1 Day 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 80 €

Spa Day „Time Out Premium“

1 Day 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“ 108 €

Spa Day „Time for Two“

1 Day Ticket Thermal Area & Sauna per person
1 Bathrobe & Towel Package per person
1 Welcome Cocktail per person
1 meal of your choice (up to 17 Euro) per person
1 Balinese Massage 50 min per person 254 €

Offer for Bachelor Parties ...

Day Spa „Bachelor Party“

1 Day 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 104 €

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 30 €

Bamboo Cane Sugar Scrub

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

20 min 30 €

Lemon Sea Salt Scrub

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

20 min 30 €

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. A gentle massage with calming lavender-rosewood oil will connect with your breathing and will awake your mindfulness - during this wonderful phase of creating new life.

Lavender Sea Salt Scrub

A calming scrub for your whole body.

20 min 30 €

Gentleness

Gentle and harmonising back massage.

25 min 39 €

Blissness

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

50 min 65 €



Bali Face

Every skin is unique. The products we use in your facial treatment are carefully matched to your individual skin condition. We only use our „Improve SkinCare“ products with natural ingredients and high quality active ingredient complexes to give you the best experience possible.

Put your face in our hands!

Facial Treatment Classic

Pure luxury treatment combined with a pampering massage.

Purification · Exfoliating Scrub · Massage · Care

25 min 39 €

Facial Treatment Premium

Products individually matched to your skin condition. To intensify the deep cleansing enjoy a facial steam bath and feel the relief.

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

70 min 78 €

Hyaluron - Moisturising Treatment

Fresh water pearls and hyaluronic acid transform dry skin into a soft and firm skin surface. Both moisturize and your 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 helps to delay the 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 smoothness.

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

55 min 68 €

BEAUTY DAY

Regularly in the Bali Therme

This day is all about of luxury & well being

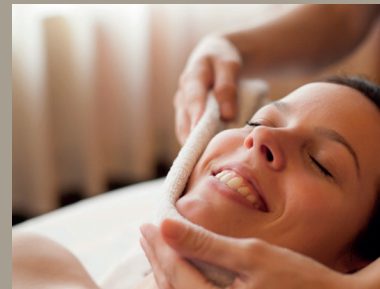
Cosmetics offer
For him & her

40 min
42.50 Euro
incl. SkinCare product

On this day we also offer all
SkinCare products with a **20 %** discount

Wed, 05th of Feb 2025
Wed, 07th of May 2025
Wed, 10th of Sep 2025
Wed, 12th of Nov 2025

Come by spontaneously or make
an appointment by phone **05731.30 53 109**



IMPROVE
SKINCARE
BY TREATMENTS

Enjoy together - Our Partner Massages

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

Balinese Full Body Massage

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

2 guests - 2 masseurs 50 min 124 €

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.

2 guests - 2 masseurs 50 min 124 €

Abhyanga 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.

2 guests - 2 masseurs 50 min 136 €



Depending on the 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.

A booked appointment is binding. If you cancel your appointment less than 24 hours in advance we will unfortunately have to charge you 100 % of the price.

If you need to change any details of your appointment do not hesitate to contact us.

If you have any contraindications or health issues, please inform us at the time of booking your treatment. This gives us the chance to match your treatment especially according to your particular needs. 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 hours Bali Wellness

Massages

Daily 11 am to 9 pm

We are open at public holidays

Reception Bali Wellness

Daily 11 am to 7 pm

Please book your appointment early in advance (4 until 6 weeks before your visit) either at the Bali Wellness reception, by phone call under **05731.30 53 109**, by mailing **wellness@balitherme.de** or per **onlinebooking** at our website.



Onlinebooking

www.balitherme.de