

COURTYARD[®]
BY MARRIOTT

Bali Nusa Dua Resort

C

SPA

spa
MENU

welcome to COURTYARD SPA

Discover a luxury retreat during your Nusa Dua, Bali visit. Located within our hotel, the tranquil Courtyard Spa offers a wide range of Balinese massage and beauty treatments, administered by our expert therapists.



spa etiquette

C-Spa welcomes you daily
from 9 am to 9 pm.
Last appointment at 8 pm.



Valuables

Please leave your valuables in the safe at the hotel room, as we do not assume any liability for personal items.

Health Considerations

Please communicate health conditions such as high blood pressure, allergies, other physical ailments or disabilities or if you are pregnant when making the booking to our Spa Manager or Spa Receptionist. We do not recommend consumption of alcohol before or after the spa treatment.

Age Limitation

Children under 12 years old are not permitted to use the spa services, however some treatments are available with parental supervision. Please contact our Spa Receptionist for further information.

Spa Policy

We respectfully ask you to turn off or leave your mobile phone in the room so the tranquility of the spa may be preserved.

The treatments you select are reserved specially for you. Guests will be charged a 50% cancellation fee for treatments cancelled less than five hours prior to the appointment time. No-show or cancellation with less than two hours' notice will be charged at 100%.

We recommend you to come 10 minutes prior to your treatment time, arriving late may limit your treatment time.

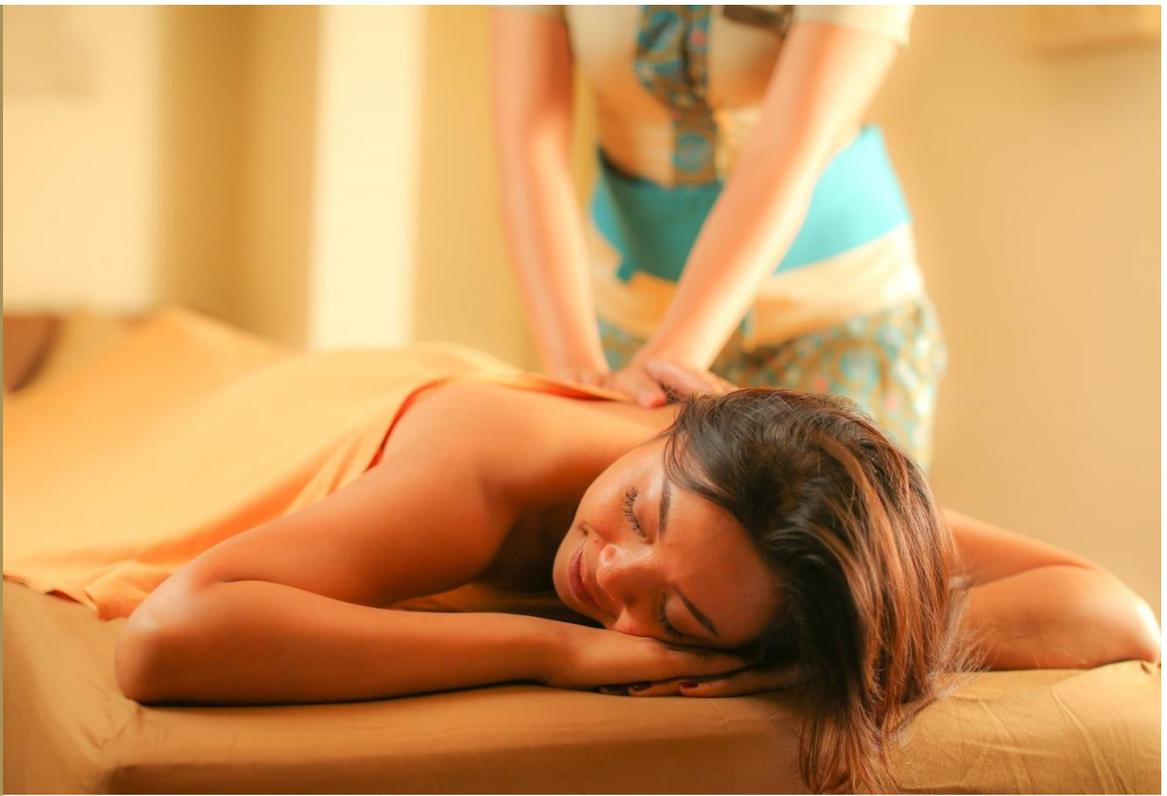
We will provide you spa attire including disposable underwear, alternatively you may use your own bikini or briefs, choose what is most comfortable for you and our therapists will always use draping techniques to respect your privacy.

Reservations

To make your reservation at C-spa please dial extension #8728 from within the hotel or call +62 361 3003888 from outside the hotel or log on www.marriott.com/DPSCY. Advance booking is recommended.

Payment for spa services

You may charge spa services to your hotel bill, however we accept all major credit cards (Visa, MC, JCB, Amex) or cash payment.



COURTYARD SPA
massage
treatments

COURTYARD EXOTIC MASSAGE

90 minutes
IDR 789++

Deep tissue massage followed by an application of Balinese spice called “Boreh” along your spine, it's good for releasing sore muscles and energize your body.

TRADITIONAL BALINESE MASSAGE

60 minutes | 90 minutes
IDR 575++ | IDR 775++

An ancient massage that has been known for centuries to relieve tension, calm the body and mind. This traditional therapy combines gentle stretching, effleurage, long stroke, palm and thumb pressure techniques to improve blood flow.

WARM STONE MASSAGE

90 minutes
IDR 850++

Warm Stone Massage therapy, melts away tension and ease muscle stiffness. Warmed river stones are placed on the body's various energy points to stimulate the body's natural healing potential.

AROMATIC HERBAL MASSAGE

90 minutes
IDR 875++

A selection of therapeutic herbs, wrapped in a muslin compress, steamed and then applied to the body in gentle pressing, circular and rolling movements. Offers several potential health benefits: It induces deep relaxation, relieves stress and fatigue, and boosts both emotional and physical well-being.

BAMBOO MASSAGE

90 minutes
IDR 775++

Our professional therapists will perform the massage with a bamboo cane and various technique which will create deep pressure on your tired and stiff muscles.

REFLEXOLOGY

30 minutes | 60 minutes
IDR 275++ | IDR 450++

Gentle thumb and finger pressure points on your feet to unblock energy flow and promote natural body healing from within.

All prices are quoted in .000 (thousands Indonesian Rupiah) and subject to 21% government tax and service charge



COURTYARD SPA

body
scrub

SILKY RADIANT

45 minutes

IDR 575++

A rejuvenating treatment to preserve your skin's health and recover your body to optimal renewal. Your body is gently polished with jojoba beads, rosemary, and lemon, rendering skin silky-smooth and soft to the touch.

JAVANESE SANDALWOOD LULUR

45 minutes

IDR 350++

Made from sandalwood, turmeric and skim milk, this traditional Javanese body scrub will soften, refine and rejuvenate your skin.

COCONUT VANILLA

45 minutes

IDR 350++

Specially designed to exfoliate, made from grated coconut and vanilla extract that is rich with nutrients to moisture and nourish your skin.

PEARL WHITENING

45 minutes

IDR 350++

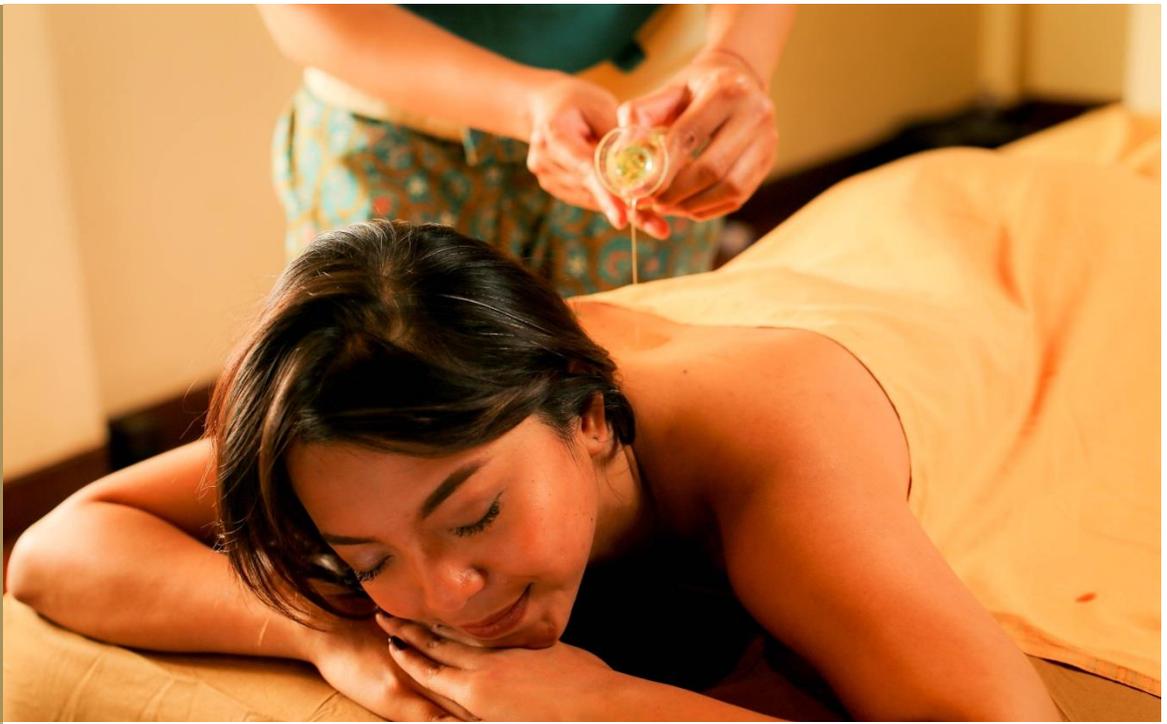
Milk protein helps to boost your skin's softness and brightness, a gentle granule scrub will be applied onto your skin that will speed up the process of skin regeneration.

GREEN TEA

45 minutes

IDR 350++

Green tea and mung bean fusion that can help to remove dirt and impurities from your pores. This body scrub is the perfect choice for healthier looking skin, moisture retention, and to defend against sun damage.



COURTYARD SPA

body
wrap

CHOCOLATE HONEY MASK

30 minutes

IDR 299++

Made from Balinese chocolate and pure honey, this body wrap is rich with natural antioxidants to support the skin's ability to rejuvenate, refresh, and become radiant and smooth.

SUN SHOOTER

30 minutes

IDR 299++

Specially designed for your sunburned skin in the tropics, aloe Vera gel will be gently applied onto your skin to cool down the heat and leaving it rehydrated.

BALINESE BOREH

30 minutes

IDR 299++

An ancient traditional Balinese healing that is good for sore muscles, tiredness and flu. Combinations of rice powder, galangal, ginger and nutmeg that will remove toxins from your body and revitalize blood circulation

SEAWEED

30 minutes

IDR 299++

Made from pure seaweed and essential oils to increase skin elasticity and encourage new skin growth.



COURTYARD SPA
facial

AGE DEFYING COLLAGEN

60 minutes

IDR 799++

The signature facial to counteract any signs of early aging, to combat excessive dryness, dehydration, fine lines and wrinkles. Experience the visible benefits of Age-Defying Collagen booster. Rich in concentrated Marine Collagen and Jonquil Oil, nourishes your skin and diminishes fine lines and wrinkles. Perfect to refresh and fight signs of dehydration due to the humidity while on holiday's leaves skin plump, tone, with radiant youthful glow.

PURE BOTANICAL FACIAL

60 minutes

IDR 695++

Restore a healthy skin balance with pure essential oil blends and rich multi-vitamin masks to restore freshness and radiance. Pure essential oils and blended plant extracts are massaged into the skin, customized for your individual skin type. A mask to brighten, balance or soothe skin will leave your skin a radiant, healthier and softer. Includes soothing hand and scalp massage.

REVITALIZING MEN FACIAL

60 minutes

IDR 850++

Razor rash, skin irritation or sensitivity are all treated in this executive facial for him. Combining lavender and propolis, this micro emulsified gel is infused into the deeper layers of the skin to calm, heal, and truly enrich your skin. Leaving your skin to calm, heal and truly enrich your skin. Leaving your skin clean, refresh and healthy.



COURTYARD SPA
touch

MANICURE & PEDICURE

Pamper your hands and feet with our nail care, manicure and pedicure treatments, and a hand, arm, or lower leg massage will be included in your package at no additional charge.

SPA MANICURE

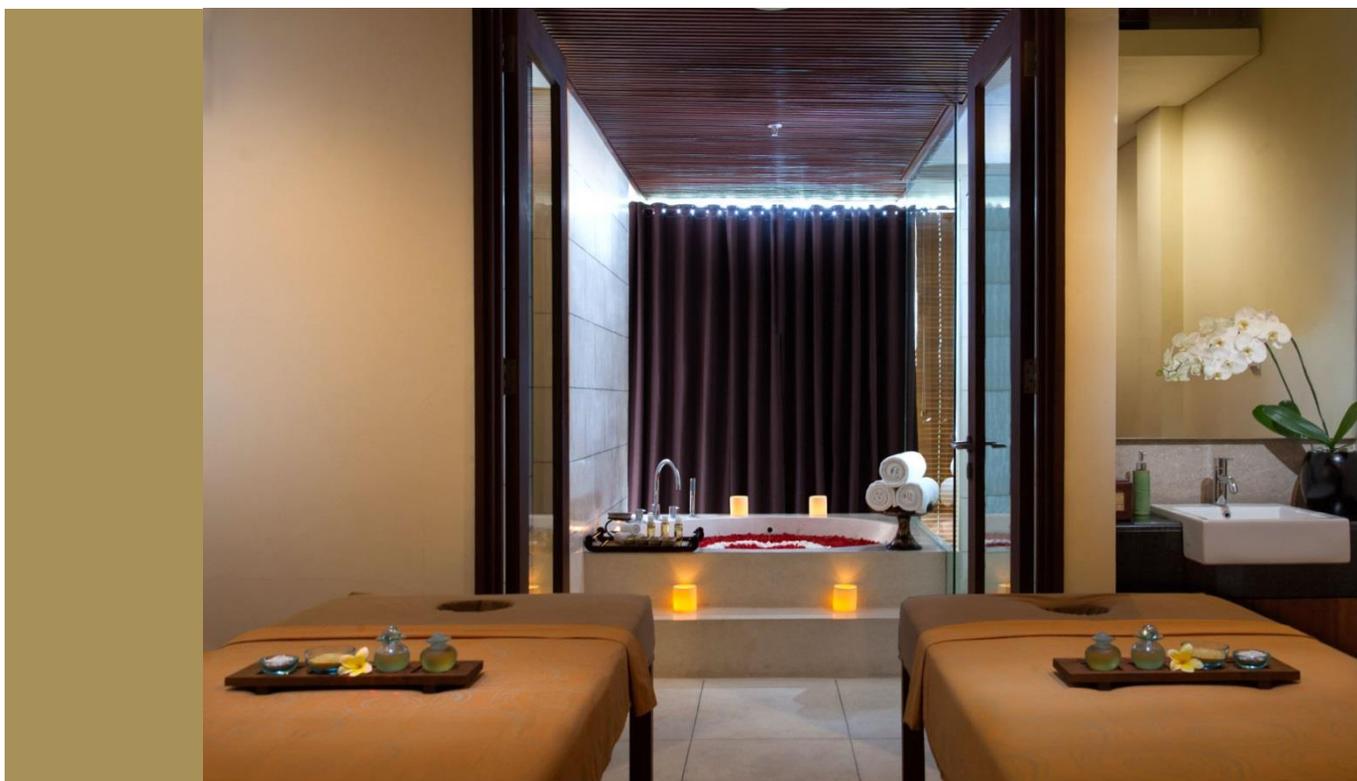
60 minutes

IDR 395++

SPA PEDICURE

60 minutes

IDR 450++



COURTYARD SPA
packages

ABSOLUTE HARMONY

2 hours

IDR 950++

Experience our enticing Harmony package that will restore your energy and spirit. Foot ritual, Traditional Balinese Massage, refresher facial and foot massage.

TRAVELERS TENSION RECOVERY

90 minutes

IDR 775++

Combination of Traditional Balinese Massage followed with foot massage is the perfect choice to relax your stiff muscles and jet lag after a long journey from home.

BALI BLISS

90 minutes

IDR 850++

Immerse yourself with one of our exotic treatments that will leave soothing sense of relaxation in your body. Foot ritual, Traditional Balinese Massage and chocolate honey body mask.



COURTYARD SPA
signature
treatments

KING & QUEEN DESIRE

3 hours

IDR 2,650++

Complete treatment from head to toe to pamper you and your spouse and enhance a deep level of relaxation. This treatment is inspired by Javanese King and Queen treatments before their wedding ceremony, starting with a foot ritual to clean your feet, followed by Traditional Balinese Massage to release muscle tension and continuing with Javanese sandalwood lulur, refresher facial, and flower bath at the end of your treatment.

KING DESIRE

3 hours

IDR 1,450++

Foot ritual, Traditional Balinese massage, Javanese sandalwood lulur, refresher facial and flower bath.

QUEEN DESIRE

3 hours

IDR 1,450++

Foot ritual, Traditional Balinese massage, Javanese sandalwood lulur, refresher facial and flower bath.



COURTYARD BY MARRIOTT BALI NUSA DUA RESORT

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