



TRIKORA ISLAND SPA



Spa treatments are a welcomed treat for all our Trikora guests. Refresh your senses at Trikora Island Spa where invigorating spa experiences, fresh ingredients and a soothing touch await. Seize your delightful spa moments now and let the day begin

Time passes by quickly on Trikora in the most delightful ways and we understand that there is a possibility that you may be immersed in the resort and miss your spa appointment. We seek your understanding that we may not always be able to reschedule within the same day and that late arrival may result in a shorter treatment time.

If you are pregnant, you may wish to avoid booking a treatment that involves the use of essential oils. Massage or stimulating treatments are not recommended during the first trimester of

OPENING HOURS

Mon – Sun: 9:00am - 8:00pm

Last booking: 6:00pm

Email: spa@trikorabeachclub.com



RESTORE



Ecological restoration is an intentional activity that initiates or accelerates the recovery of an ecosystem with respect to its health. To return something or someone to an earlier good condition or position.

ISLAND SKIN FACIAL

60 mins | IDR 300.000++

For those in their 30 - 40s

- Skin Type : Mature, dehydrated
- Ingredients : Marine, Algae
- Process : Cleanser, scrub , massage , mask, cleanse, serum
- Included** : Foot washing ritual, cleanse, face scrub, facesteaming, cleanses serum and warm ginger tea.

Be pampered with Age Renew skin care products containing Bio Macroalgae Essentials. Macroalgae, or seaweed, intensively hydrates and nourishes your skin as well as helping to combat acne. A facial to regenerate, increase skin elasticity and leave your skin supple and firm.

COFFEE DETOX & EXFOLIATER

30 mins | IDR 250.000++

- Skin Type : **All Skin Type**
- Benefits : Antioxidants to restore skin texture, blood flow, skin, condition and youth to restore
- Ingredients : Coffee grain, coconut oil, rice grain
- Process : Exfoliate, head and face massage, shower and body butter
- Included** : Foot washing ritual, Warm ginger drink

This is a great exfoliator for rough or dry skin and the perfect treatment to reduce stretch marks and cellulite. It involves blending local ground coffee with coconut oil to make a rich scrub that can be used in the treatment, resulting in soft and glowing skin.

All Price Are Subject To 21% Government Tax And Service Charge

TRADITIONAL MASSAGE

60 mins | IDR 370.000++

90 mins | IDR 550.000++

- Massage Type** : Deep Tissue, Strong massage
Ingredients : Oil infused massage
Process : Full body oil massage start from back, back legs, front legs, arms, shoulder, neck, stomach massage (woman only) and head massage
Included : Foot washing ritual, Warm ginger drink after massage

Re-awaken your senses and find yourself in a state of calmness. A nourishing full-body, deep-tissue massage treatment is a seamless blend of firm and smooth strokes it brings a sense of inner calm, lasting contentment, tension relief and promotes better sleep.

RESTORATION PACKAGE

90 mins | IDR 580.000++

This blended therapy combines each of the offerings in our Restore Journey into one ultra-revitalising treatment.

- 30 mins choice of Body Polish
- 60 mins Traditional Massage

PROTECT



Create safe barriers of protection to nurture the delicate dynamics of nature.

Protect against infection, weather and other external factors.

VITAL NUTRITION FACIAL

60 mins | IDR 300.000++

A facial for teenager - 20s

- Skin Type** : All skin, sun-exposes , maturing, sensitive, oily skin
- Ingredients** : Aloe Vera
- Process** : Cleanser, scrub , massage , mask, cleanse, serum
- Included** : Foot washing ritual, cleanse, brown sugar scrub, face, steaming cleanses, serum and warm ginger drink

Bio aloe vera extract is a nutrient rich lotion that keeps skin soft and moisturised in the sun. It offers anti-inflammatory, anti-microbial and soothing properties. It is perfect for sensitive and irritated skin. Its healing properties help to slow down the signs of premature ageing, giving you a fresh youthful look.

TENDER TOUCH MASSAGE

60 mins | IDR 370.000++

90 mins | IDR 550.000++

- Type** : Gentle massage
- Ingredients** : Oil Infused Massage
- Process** : Lay down side by side, continue to massage on front legs, arms, shoulder neck and shoulder
- Included** : Foot washing ritual, Warm Jamu drink after massage

Be pampered by this soft to medium full body massage where soothing, long strokes and thumb pressure are applied in tandem to relax the body. Ideal for guests who prefer a lighter massage pressure, expectant mothers, children or elderly.

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ALOE & CUCUMBER BODY MASK

60 mins | IDR 300.000++

Skin Type	: Sun- Exposes , Sensitive
Benefits	: Discover the tingle of soothing aloe vera as it stimulates new cell growth and mousturises sunburnt skin
Ingredients	: Cucumber, Aloe Vera
Process	: Aloe vera mask, Head and face massage , aloe vera gel
Included	: Foot washing ritual, Warm Jamu drink

This hydrating and soothing treatment brings together the healing benefits of Aloe Vera, which comes straight from our organic garden to soothe and repair the skin after sun exposure. Excellent for sensitive and sunburned skin, the mask improves skin condition, calms skin irritation and its light fragrance induces relaxation. You can enjoy relaxing face massage and Indian Head Massage during wrap and followed by alovera gel apply on yourbody.

PERFECTLY PROTECTION PACKAGE

120 mins | IDR 670.000++

The environment illness, stress -this therapy is a respite from it all . Shield your body from further damage and nourish yourself from the outside in.

- 60 mins choice of Body Wrap / Facial
- 60 mins choice of Body Massage

BALANCE



A concept in ecology that describes natural system as being in a state of equilibrium, in which disturbing one element disturbs the entire.

YOGA FACIAL ANTI-WRINKLE

60 mins | IDR 300.000++

- Skin Type** : All skin, maturing
- Ingredients** : Jade Mineral
- Process** : Cleanser, scrub , massage , mask, cleanse, serum
- Included** : Foot washing ritual, cleanse, brown sugar, scrub, face, steaming cleanses, serum and warm Jamu drink

An anti-ageing face rejuvenation which will bring a radiant glow to your skin. By stimulating the circulation in your face with a 'deep sculpting booster jade' massage - yoga for the face, we leave you feeling toned, refreshed and looking younger.

RELAXED FOOT

30 mins | IDR 250.000++

60 mins | IDR 370.000++

- Massage Type** : Stimulating, medium pressure
- Ingredients** : Foot Cream Massage
- Process** : Pressure point and thumb slides under the feet
- Included** : Foot washing ritual, and warm ginger drink after massage

Pamper your soles with this relaxing massage concentrating on the pressure points to rejuvenate tired, worn muscles from the heel to the tips of the toes.

COMBINATION MASSAGE

60 mins | IDR 370.000++

90 mins | IDR 550.000++

- Massage Type : **Soft to medium, Swedish, Thai**
Ingredients : Oil infused massage
Process : Full body oil massage start from back, back legs, front legs, arms, shoulder, neck and head massage
Included : Foot washing ritual, and warm ginger drink after massage

A soft to medium massage which improves overall relaxation from top to toe. This treatment combines long strokes, skin-rolling, using the thumb and palm pressure. It aims to relieve tension, improve blood circulation, reduce anxiety and calm the mind.

TUMERIC AND HONEY GLOW

30 mins | IDR 250.000++

- Skin Type : **All skin Type**
Benefits : Nourish, brighten, lighten, refine, anti-allergic and anti
Ingredients : Turmeric, tamarind pastelocal honey and crushed sesame seed
Process : Exfoliate, head and face massage, shower and body butter
Included : Foot washing ritual, Warm Jamu drink

Known for its healing and cleansing properties, turmeric mixed with honey, tamarind and sesame seed forms this refreshing scrub. The oil from the crushed sesame seed ensures that the skin is not stripped dry by the scrub. Turmeric is a natural antioxidant as well as a natural bleaching agent, making it a great ingredient for those with acne scars and dark spots. Tamarind is a sour-sweet fruit pod, the extracts of this fruit have possess skin lightening properties, while honey is good has anti-allergic and anti-bacterial.

PURIFY



Salt lamps & crystals, ionic, filters, bacteria removal, lighten, whiten, coconut milk, coconut fibres

BACK ENERGY

30 mins | IDR 250.000++

- Massage Type : Deep Tissue, strong
- Ingredients : Virgin Coconut Oil , Ginger , Kaffir Lime Leaf, Peppermint Essential Oil
- Process : Back, neck, shoulders massage
- Included : Foot washing ritual, and warm ginger drink after massage

A reviving back, neck and shoulders massage using therapeutic trigger techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

OCEAN SALT SCRUB

30 mins | IDR 250.000++

- Skin Type : All skin Type, oily skin
- Benefits : Detoxify and nourish the skin, remove dull skin, breakdown
- Ingredients : Ocean Salt, Ginger and Kaffir lime leaf
- Process : Dry brush, scrub , head and face massage, shower and body butter
- Included : Foot washing ritual, Warm Jamu drink

Get the glow back into your skin with this rejuvenating body scrub. It starts with Aura, which you will blend local sea salt with local virgin coconut oil. Dead skin cells are buffed away with dry body brushing before the locally-inspired scrub is applied to the body to stimulate your circulation and leave your skin feeling soft and smooth. This experience concludes with the application of a nourishing coconut oil.

EXPRESS FACIAL

30 mins | IDR 250.000++

Create a blissful treat for your face. This facial begins with cleansing to remove Impurities and ends with a Moisturiser to restore radiance and by stimulating the circulation in your face with a deep face acupressure, we leave your feeling toned, refreshed and looking younger.

- Cleansing, Totok wajah, Moisturise

EAR CANDLE

30 mins | IDR 250.000++

Benefits :

Removing wax, bacteria, and other debris from the ear canal. Treating sinus infections. Improving hearing or reversing hearing loss. Treating colds and flus. Relieving headaches and migraines. Improving mental clarity. Purifying the blood.

Process :

- Your therapist will have you lie on your side.
- The pointed end of the candle is placed in your ear.
- As the candle burns, it will be trimmed and kept open.
- No wax is allowed to drip into the ear or on the skin around the ear.
- The candle is burned for about 15 minutes.
- The flame is carefully blown out.

Enjoy your moment at Trikora Island Spa!

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