



Malkoha Spa
at gendingkedis



Enchant. Inspire. Indulge

Our goal at Malkoha Spa is to provide guests with an unforgettably exquisite spa experience.

Our menu offers you a collection of deliciously pleasurable ways to relieve stress, boost vitality, enchant your senses, restore balance and experience bliss. Your wellbeing is our focus. Revitalizing body treatments, meltingly good massages, therapeutic skin care, and sublime spa experiences are delivered with impressively genuine and nurturing service.

In the talented, intuitive hands of our therapists and in our beautifully appointed treatment rooms, you will discover an enhanced feeling of wellbeing and a new reason to call Bali paradise.

Our spa consists of a double deluxe treatment room, two single deluxe treatment rooms, a foot reflexology room, our beauty salon, our valley spa which consists of two single treatment rooms and a double treatment room plus our lifestyle spa boutique.

Our spa is open from 10am to 9pm daily

For more information on any of our treatments or to make a reservation, please call the spa reception on ext.770

Prices are in US dollars and subject to 21% service charge and government tax
Prices are subject to change without notice

Body Rituals

Massage

Can something this enjoyable really be good for you? Absolutely! Massage provides a host of health enhancing benefits. It can help to lower blood pressure, increase blood circulation and lymph flow, relax muscles, improve range of motion, boost the immune system, improve skin condition, reduce stress and deliver a harmonious feeling of mind-body wellness. Feel the tension melt away and the rapture begin under the expert hands of our therapists.

Balinese Massage

60 minutes US\$35

90 minutes US\$48

From our Bali home - why not do as the Balinese have been doing for centuries. Surrender body and mind to this blissful combination of long strokes, kneading, friction and pressure techniques applied with the artful and accomplished skills of insight, sensitivity and intuition. An ancient healing therapy that is as blissful as it is beneficial.

Jiivala Massage

(2 Therapists)

60 minutes US\$58

If two hands are better than one, imagine what can be accomplished with four! In this sublime massage experience two therapists perform a choreographed dance of rhythmic strokes and pressure techniques to soothe your body and smooth your mood. The ultimate guilt-free indulgence. Two therapists working together in harmony to deliver to you the most incredible 60 minute massage.

Reflexology

60 minutes US\$35

90 minutes US\$48

This health enhancing therapy focuses on the feet to affect the whole body. Reflexology works on precise points on the feet that are believed to 'reflex' to other parts of the body. Stimulating these points can increase overall circulation and restore the natural healthy balance to specific parts of the body. Extend the feel good factor when you take our 90-minute version, which includes arm, shoulder and neck massage.

Shiatsu

60 minutes US\$35

90 minutes US\$48

A traditional hands on Japanese healing art – Shiatsu massage uses acupuncture to balance the body's energy and stimulate the immune system and healing. Rebalance your Chakras and assist the Chi-energy to flow freely through the body. Shiatsu evokes a peaceful awareness in both mind and body.

Warm Stone Therapy

60 minutes US\$40

A chakra-tuning experience to refresh tired bodies and enliven jaded spirits. This comforting and deeply relaxing massage combines human touch with the healing power of heated and cooled primordial stones to soothe misbehaving muscles, restore body-mind balance and help you find your bliss.

Royal Thai Massage

90 minutes US\$55

Thai Massage has been on the healing scene since before the birth of Buddha. It has stood the test of time and continues to attract new devotees with its inspired mélange of assisted stretching and deep tissue pressure point massage. Instead of massaging with oil, we put you in a comfy pair of Thai pajamas and go to work on relieving tension and revitalizing your body and mind.

Deep Tissue Massage

60 minutes US\$40

90 minutes US\$55

This powerfully healing and energizing massage uses long strokes and pressure point techniques to release deep muscle tension, stimulate the body's systems and re-balance the natural life-force energy. It incorporates lots of pleasant pushing, squeezing and pressure to tease muscles into submission. The 60-minute version treats the back of your body while the 90-minute edition works on restoring you from every angle.

Indian Head Massage

30 minutes US\$20

Drop your body into one of our specialized massage chairs and prepare for take-off to cloud 9. This massage focuses on the areas most vulnerable to tension – the head, shoulders and neck – to help you shrug off accumulated stress and the excess baggage of daily life.

Stress Relief Back Massage

30 minutes US\$20

Thirty minutes of melting moments that goes below the hip to release knots and snarls from your feet to the top of your head. Warm oil and long deep strokes work on ironing out all of your stubborn kinks.

Blissful Bathing

Bath & Massage

Massage and bathing go together like strawberries and cream; each one complementing the other. Choose from our delectable bath menu options, sink into one of our oversized tubs and soak up the serenity.

aromatic bath and massage

90 minutes US\$50

Enjoy a Foot Wash Ritual, followed by a healing 60 minute full body massage, and then luxuriate in your choice of our two baths with refreshments.

VITALITY

- Your choice of Balinese Massage or Reflexology with our lime and ginger soak with herbal tea served hot or chilled and an accompanying healthy bite.

PEACE

- Your choice of Balinese Massage or Reflexology with our frangipani floral soak served with herbal tea served hot or chilled and an accompanying healthy bite.

CLEOPATRA'S TROPICAL TRYST

- Your choice of Balinese Massage or Reflexology with our fresh coconut milk soak served with herbal tea served hot or chilled and an accompanying healthy bite.

Body Rituals

Body Scrubs

A splash of yoghurt, lashings of papaya, a pinch of turmeric, a smidgen of clove, a handful of petals, a smattering of lime, a morsel of ginger... When it comes to health and beauty, the Balinese - well aware that nature provides for all our needs - are more likely to turn to the kitchen or the garden than their medicine cabinet. We have borrowed from this philosophy, recreating some age-old formulas and concocting a few of our own to nourish you from the outside in.

Enjoy any of the 30 minute treatments following for US\$25 or team any with a 60 minute Balinese Massage and enjoy a 90-minute package that delivers maximum therapeutic benefit for US\$55.

Lime & Ginger Salt Glow:

Salts from the sea off Bali combined with the refreshing fragrance of pure extracts of lime and ginger, in a luxurious exfoliating body scrub. Grapeseed, jojoba & apricot kernel oils nourish and moisturize. Anti-oxidizing vitamin A helps to tone and maintain a healthy appearance. Skin is exfoliated and turns as your stress and concerns are massaged away.

Frangipani & Hibiscus Salt Glow:

This gentle, sea salt based scrub buffs and exfoliates away impurities to reveal soft, smooth, and vibrant skin beneath. Hydrating extracts of aloe vera and cucumber are blended with macadamia nut & jojoba oils to nourish, revitalize and hydrate skin. Refreshing Hibiscus and Stimulating Pink Frangipani essential oils added to purify the senses.

Bali Coffee Body Scrub

A unique and totally healthy way to get your caffeine fix. This intoxicatingly aromatic scrub provides high impact exfoliation. This enlivening blend finishes on a softer note with a carrot and sandalwood body conditioner to nourish and hydrate.

Balinese Boreh Hot Spice Therapy

Used as both cure and prevention, Boreh is one of the oldest and most common herbal remedies in Bali. This deep-heat therapy does more than soften your skin...it is also great for relieving muscle aches, reducing fever, or headaches, increasing circulation and assisting with jet-lag recovery. The spicy paste includes some of Bali's favourite ingredients, like cloves, ginger, coriander and turmeric. Enjoy the sensation of deep penetrating heat as you relax under a warming blanket of spices. Things cool down towards the end with a cucumber and seaweed conditioner.

Jasmine Javanese Lulur Therapy

Nurture your inner princess with this delicately scented body therapy that hails from Java's 17th century royal palaces. Your body is coated in a jasmine-infused rice powder and spice mix, which is later removed with a gentle rub before your body is smothered with lashings of enriching yoghurt. The result is soft, supple and deliciously fragrant skin.

Volcanic Anti-Cellulite Body Scrub

Bali's mineral-rich volcanic clay is the hero ingredient in this scrub that aims to attack orange-peel skin. You should feel a slight tingling sensation as the potent minerals get to work on penetrating your skin in search of enemy fat cells. The addition of sea salt and sugar helps to boost your circulation and slough away dead skin cells. Expect to see the best results when you enjoy a series of treatments!

Face Rituals

Decléor Facials

90 minutes US\$58

Decléor is an exquisite French skincare range that uses 100% natural essential oil based products. Combining the science of aromatherapy with the art of treatment, Decléor offers high performance skin therapy for male and female skin. These therapeutic products and treatments are created for dual effect...to powerfully boost the skin while simultaneously providing a relaxing and aromatic sensory experience.

Nutrition (for dry skin)

Skin food! A complete "meal" for dry skin, leaving it replenished, soft and supple. With its exceptional nutritive properties, this multi-talented treatment is specially formulated to satisfy even the driest, most dehydrated skin in need of comfort. This facial is like a nutritional bath for your face! Enveloped in softness, your skin is deeply nourished, supple and strengthened.

Pureness (for combination & oily skin)

This purifying program significantly improves the appearance of your skin leaving it pure, clear and with a matte finish. This intensive treatment targets skin in need of deep cleansing. Its regulating and balancing complex absorbs sebum and prevents shine, leaving your skin surface with a matte finish. Your complexion looks radiant and fresher, your pores tighter and your skin texture more refined.

Traditional Natural Facial

60 minutes US\$35

A complete multi-course meal to satiate your skin, this all-natural facial incorporates renewing fruit acids, enriching oils, purifying astringents, protective and nutritional anti-oxidants and a divine foot massage. Pure and simple, this gourmet skin care treat is free of additives and preservatives.

Spa Rituals

Ayurvedic Treatments

Ayurveda is an ancient Indian system that uses diet, exercise, herbs and body therapies to holistically achieve mind-body-spirit health. A blend of science and philosophy, this unique system recognizes our subtle differences and tailors its approach in order to balance each person's individual dosha (constitution). Your Ayurvedic experience begins with a short questionnaire to help us identify your dosha and ensure that we use the most effective combination of oils, herbs and teas.

Abhyanga

60 minutes US\$42

Abhyanga is a gentle but firm body massage using warm medicated oils especially selected for your dosha type. This rhythmic massage is deeply relaxing, nourishing, detoxifying and rejuvenating. Ultimately, it moves good energy into the body while simultaneously expelling toxins. Choose one of our add-on baths for ultimate impact.

Shiro Dhara

60 minutes US\$55

A divinely tranquil experience, Shiro Dhara begins with some relaxing massage moves. Once eased into relaxation, a controlled flow of warm medicated oil is streamed onto your forehead (the third eye chakra) from where it gently trickles down into your crown chakra. The carefully directed oil flow creates a meditative affect, seemingly washing away stress and anxiety. This treatment leaves you feeling calm, rebalanced and exquisitely serene.

Best of Ayurveda

90 minutes US\$75

Prescribed to rebalance your individual dosha type, this Ayurvedic combination starts off dreamily with an hour of rhythmic Abhyanga massage. Followed by our Ubtan body scrub made from a special blend of ground coriander, cardamom, sandalwood and chickpeas. The grand finale is the Shiro Dhara oil flow for deep relaxation of body, mind and spirit.

Spa Rituals

Packages

Discover pure bliss with one of our supreme spa experiences, a sequence of carefully combined therapies that may just turn you into a spa addict. Enjoy one with your favorite person or indulge in solitude for a precious escape.

Balinese Rituals of Joy

2 hours

\$70 one guest

\$126 two guests sharing

As divine as Bali itself, this experience introduces you to some of the country's health enhancing specialties.

Blossom Footwash Ritual - Citrus Body Wash - Choice of Jasmine Javanese Lulur, Bali Coffee Scrub or Balinese Hot Spice Boreh Therapy - Balinese Massage

Spa Harmony

1,5 hours

US\$52 one guest

US\$94 two guests sharing

The perfect way to spend 90 minutes in the spa – a 60 minute full body massage with a refresher 30 minute facial.

Pathway to Radiance

2 hours - 2 spa therapist

US\$105

How do we accomplish all this in two hours? By giving you two therapists to boost the pampering perspective. A Traditional facial with reflexology simultaneously. Followed by a spa manicure and spa pedicure performed at the same time! (Add an additional \$12 to upgrade to our Decléor 60 minute facial)

Nurtured Harmony

3 hours

US\$120 one guest

\$216 two guests sharing

Prepare to be rubbed, soothed, smoothed, revitalized, nurtured and totally mesmerized in the seclusion of your spa suite.

Blossom Foot Wash Ritual – Lavender Peppermint Body Wash - Choice of body scrub and massage – Decléor Facial – Tea ceremony.

Jiivala Ultimate Indulgence

3½ hours

\$170 one guest

\$306 two guests sharing

Our signature experience is bliss-rich perfection for body, mind and soul. With two therapists delivering a string of precious treatments, this is life enhancing overindulgence. Made especially for sharing!

Blossom Foot Wash Ritual - Citrus Body Wash - Choice of body scrub - Jiivala Massage – Choice of blissful bathing served with refreshments - Coconut Vanilla Body buttering - Decléor Facial & Reflexology

Hand and Foot Care

Spa Manicure

60 minutes US\$28

A detailed manicure including soak, cuticle grooming, nail shaping, and massage to moisturize and nourish the skin. Choose from our range of OPI nail polishes for a glam and glossy finish!

Spa Pedicure

60 minutes US\$30

A perfect pedicure including foot soak, cuticle grooming, nail shaping, and foot massage! The treatment is complete with your choice of polish giving your feet that resort sparkle.

Mani/Pedi combo

60 minutes US\$52

Combine both luxurious treatments above for the ultimate hands and feet experience

Buff & Shine for Men (Mani or Pedi)

45 minutes US\$25

Includes soak, nail shaping, cleaning, cuticle removal and massage. We buff the nails for a natural, healthy nail shine

Kids Mani or Pedi (12 years and under)

45 minutes US\$15

Especially for the little people! Includes nail shaping, cleaning, hand scrub, massage and nail painting to make little nails sparkle!

Polish Change

15 minutes \$ 15.00

Out with the old and on with the new!

Foot or Hand Massage add on

15 minutes US\$9

A reflexology treatment is recommended as an add-on to your manicure or Pedicure to amplify the pamper affect. After all, isn't it all about you?

ADD ONS

French Manicure US\$8

French Pedicure US\$8

Nail Art US\$1.80 per nail

Hair Care & Hair Conditioning Treatments

Indonesian Cream Bath Hair Therapy

60 minutes US\$35

Indonesian women are renowned for their sleek, lustrous locks and part of their secret is the Cream Bath. The 'Bath' is actually a thick coating of conditioning cream, meticulously massaged into your scalp and through every strand of hair. Penetration is the key, so while the cream is working on softening, strengthening and glossing your hair, the therapist's fingers work their own magic on your neck and shoulders

Wash n' blow dry

Short US\$20 Medium US\$25 Long US\$30 Extra Long US\$35

A shampoo and condition with Wella products, followed by a styling blow dry and 'hey presto', bad hair day disappears.

Hair braiding

Short	US\$ 22
Medium	US\$ 28
Long	US\$ 38
Extra Long	US\$45
Per braid	US\$ 1.80

Foot Massage add on

15 minutes US\$9

A reflexology treatment is recommended as an add-on to your manicure or Pedicure to amplify the pamper affect. After all, isn't it all about you?

Waxing Services

For silky smooth, hair free skin!

½ leg	US\$25
Full leg	US\$35
Bikini	US\$18
Under arm	US\$18
Half Arm	US\$22
Back	US\$35
Chest	US\$ 38
Lip/brow	US\$15

Other waxing on request.

Poolside Massage

Under the shade of our breezy bale... enjoy a massage tailored to your requirements....a 15 minute foot massage, a 30-minute back massage, a 60-min full body massage...whatever!

15 minutes	US\$9
30 minutes	US\$18
45 minutes	US\$27
60 minutes	US\$35
90 minutes	US\$52

Bringing The Spa To Your Villa

If you're simply not up to leaving the splendor of your suite for the luxury of the spa, then we'll bring our spa to you. Each treatment will come with aromatherapy, spa music and a portable massage table. US\$15 in room supplement.

Gift Certificates

A Malkoha Spa gift voucher is the gift of choice, allowing the recipient to choose what is just right for them. There's no need to worry about wrong size, colour or style because everyone can find something to treasure on our menu.

And, because all it takes is one phone call to arrange, it is absolutely stress free for you.

When you want to say I love you or simply, just because!

Share the gift of touch, and touch someone's heart.

How To Spa

Should I Make A Reservation For My Treatments?

Yes, and it is best to do so soon after your arrival so that we can accommodate your schedule. To make your reservation please call the spa reception on ext. 770

What If I Need To Cancel My Reservation?

We hope you do not have to cancel; however, we understand that plans can change. If you do need to cancel, please contact us at least four hours in advance. Reservations cancelled with less than four hours notice will be subject to a 50% cancellation fee. Full charge will be imposed for any 'no show' appointments or with less than two hours notice. If you simply need to change your reservation to another time, please contact us as soon as you can so that we can accommodate you.

Should Men Shave Before A Facial?

Yes, for best results we recommend that men shave a few hours before their facial

How Can I Ensure A Wonderful Spa Experience?

Communicate with us! Please feel free to discuss your requests with our Spa Manager and with your therapist to identify areas of concern or focus.

Service Charge

All treatments and services are automatically subject to a 10% service charge. Gratuity for exemplary service is discretionary.

Special Consideration

Guests who have high/low blood pressure, heart condition, on medication, pregnant or other medical conditions are advised to consult their doctors before using any spa services.

Children in the spa

Spa guests must be 16 years of age or accompanied by an adult. We do encourage the Malkoha Spa experience for all ages.

“What comes from the heart, touches the heart” – Don Siebert



Managed by

Jiivala Spa 

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