



## MASSAGE

### Balinese Massage

60 min

USD 50++

90 min

USD 60++

120 min

USD 65++

This deeply relaxing massage based on the traditional Balinese philosophy is at the heart of Balinese healing, which will return your body and mind to center.

### Deep Tissue Massage

90 min

USD 60++

This massage focuses on the muscles located below the surface of the top muscles, recommended after heavy physical activity (such as athletes) and when you feel the need for a strong massage. Therapist will deliver with forearm, thumb sliding, knuckling.

### Ruby Energizing Massage (Acupressure Massage)

90 min

USD 60++

This epic full body massage uses acupressure and meridian points to get the circulation moving freely, and includes generous amounts of incredibly soothing lower back, head and neck massage which will allow you to feel completely grounded in your own being.

### Foot Reflexology

60 min

USD 45++

Ruby's foot reflexology is created for reducing tension, increasing relaxation and stimulating the body's natural healing potential. Stretching on neck, shoulder, and ankle, then followed by gentle and firm pressure onto foot reflex points and opens energy blockages along these pathways, which brings natural balance back into the body.



## RITUALS

### **Ametis Healing**

**120 min**

**USD 75++**

This treatment is created to bring tranquility and enhance physic powers, by combining relaxing massage, Reiki treatment to heal ailments to balance negative and positive aspect in the body. Amethyst rock is placed on third eye chakra during Reiki session to enhance the impact of Reiki, as well as helping in the development of many aspects of individual personality and makes the person powerful from within by igniting his self healing mechanism.

### **Relaxing massage**

**150 min**

**USD 70++**

This massage has been created to ignite the senses and begins with a gentle foot bath to pamper one of the most neglected parts of the body. A traditional body massage follows by using a combination of long finger strokes and palm pressure to relive the effects of a modern lifestyle and evoke a deep relaxation. Concluding with a refreshing fruit bath and healthy serve of orange tea will enliven your senses.

### **Rejuvenation Sensation**

**180 min**

**USD 90++**

Rejuvenation sensation is the ultimate spa experience that leaves the skin with a vibrant glow. It begins with a traditional massage therapy and continues with a body scrub using a natural blend of orange and aloe vera to gently exfoliate and eliminate impurities. A nourishing orange mask is then applied to the entire body prior to a luxurious soak in an orange infused bath. A refreshing serve of fruit salad and herbal drink brings this exotic ritual to an end.

### **Refreshing Green Tea**

**180 min**

**USD 90++**

This signature treatment nurtures the body through the use of green tea, which as an ingredient is revered for its extraordinary healing properties by various South East Asian cultures. The ritual commences with a traditional massage, body scrub and mask where green tea that is rich in anti-oxidants penetrates the skin leaving it soft and supple. Finally a leisurely soak in a tea infused warm bath invites overall relaxation.

### **Traditional Bliss**

**180 min**

**USD 90++**

Drawing inspiration from the traditional Balinese remedy of boreh that is used by rural farmers to warm the body and relive muscular pain, this ritual gives insight into the island's unique healing heritage. The treatment involves a relaxing body massage and invigorating boreh scrub made from indigenous herbs and spices. Then continues to a body mask for cooling down. A long soak in a coconut bath to calm the body and restore depleted energy levels is a balancing conclusion to the treatment..



## BEAUTY RITUAL

### Natural Glow Facial

60 min

USD 55++

This facial using fruits, nuts and vegetables prepared fresh to enhance the transfer of its properties and energy will leave your skin natural, healthy and glowing. Gentle massage and facial mask to revive and nourish your skin. Recommended for both men and women.

## BATH RITUALS

### Fruits Bath

30 min

USD 30++

Kaffir lime leaf, Orange, Cucumber

### Tea Bath Selection

30 min/each

USD 20++

Ruby original bath tea made by tea and aromatic mineral salt. Please select the element as you desire.

Element	Type of tea	Aroma of mineral salt	Effect
<b>Earth</b>	Jasmine flower, rosemary	Jasmine, Citrus,	Balance your body and elevate vitality
<b>Water</b>	Peppermint leaf	Lemon, Jasmine, Bergamot, Geranium	Refreshing and increase your creativity
<b>Fire</b>	Chamomile leaf	Clary sage, Lavender, Ylang Ylang	Stimulate and fulfill your sense
<b>Wind</b>	Peppermint leaf	Cucumber, Bergamot, Lavender	Uplift the sense and make compassion



## HEALING RITUALS BY MASTER

Bali is bountiful with incredible healer and masters who work deeply on your mind, body and consciousness. These practitioners are passionate about their craft and have spent years self-training to cultivate their modalities. Every experience is tailored to you needs. 24 hour advance booking is required.

### Reiki Healing

**60 min**

**USD 95++**

Restore balance to your mind and calmness through your body. A Powerful healing treatment delivered by a real Balinese Reiki healer that will leave you feeling rested and centered. Reiki is fully-clothed treatment whereby the healer focuses on drawing positive energy into your body. Recommended for those suffering headaches, Insomnia, jetlag and stress

### Hasta Sidhi Massage

**75 min**

**USD 75 ++**

A healing Massage technique by collecting universe pranic energy which flows from each cakras through Therapist hand, this method is transformation of a very sacred Yoga technique call Hasta Bajra or Hand of Thunder in to Therapy Massage.

## YOGA

### Kundalini Tantra Yoga

**90 min**

**USD 85++ 1-2 person per class**

**USD 105++ 3-4 person per class**

**USD 125++ 5-6 person per class**

Kundalini Tantra Yoga is the mother of all yogas. Its power comes from the Kundalini, an enormous reserve of untapped potential within each of us. It is depicted as a coiled or sleeping serpent located in an area towards the base of the spine. This private yoga glass conducted by yoga master is required 24 hour advance booking.



## **Products**

**ruby** is passionate about the use of natural ingredients in all of its body and beauty products. Each individual ingredient has been carefully chosen for its soothing qualities and ability to help maintain an equilibrium that seems to be an essential key to good health. Locally sourced herbs and spices have been used for centuries throughout the Indonesian archipelago to heal and preserve beauty both inside and out. **ruby** has developed an exclusive facility that invites patrons to experience the enriching rituals that are based on Bali's unique and precious properties.

**Treatment Hours** Massage treatments are available from 10:00am - 09:00 pm daily.

**Pre- Arrival Information** Please try to arrive at **ruby** spa at least 15 minutes prior to your scheduled appointment so that you can relax and enjoy the full benefits of your treatment. It is advised to avoid sunbathing, heavy eating and consuming alcohol prior to arriving at **ruby** spa as this may reduce the pleasure of your spa experience.

**Cancellation Policy** Should you need to change or cancel your massage booking, please do so at least 8 hours in advance to allow us to re-schedule your appointment. Please note that re-scheduling is subject to availability. Any cancellation received less than 8 hours in advance for the respective treatments or programs will incur a 100% charge of total service reserved.

**Refund** Treatments and memberships to **ruby** are non-refundable, not-transferable and non-exchangeable, unless otherwise stated.

**Health Considerations** Before considering undertaking any spa treatment, please consult your health practitioner if you have any medical condition such as high blood pressure, a heart condition or any other serious medical complication. You will be asked to complete a health questionnaire. Please advise our therapist or receptionist if you have any health issues or concerns.

**Valuables** Jewelry and valuables may be placed in secured drawers in your villa. However, we recommend that no jewelry should be worn to the spa. The management accepts no responsibility for the loss of money or valuables brought to the spa.

**Accident/ Injury** **ruby** will not be liable for any accident or injury suffered on premises by any member or guest.

**Gift Certificates.** **ruby** gift certificates are available. Please ask our receptionist how to arrange a special treatment for a friend or loved one.