

POINCIANA  
SEASIDE RESORT  
& RETREAT CENTRE

# Yes Bali Massage

SPA - *yes* to your body

## WELCOME TO YES SPA IN POINCIANA

where traditional Balinese healing wisdom meets modern wellness practices. Our skilled therapists genuinely care for your overall well-being, using only natural, organic products and premium essential oils.

Set within our serene oceanfront setting, treatments are available in both indoor rooms and our magical seaside gazebo. Here, surrounded by tropical gardens and the gentle rhythm of waves, you'll find your ultimate wellness retreat.







# MASSAGES

## Signature Massage

60 minutes | Rp. 350,000

For those who prefer a strong, deep massage with firm pressure. This signature treatment combines Swedish and traditional Balinese techniques, including thumb walking, skin rolling, percussion and pressure point foot massage. The perfect choice to release deep tension and relieve muscle aches.

## Balinese Massage

60 minutes | Rp. 310,000

Our classic Balinese massage uses firm thumb pressure and long, flowing strokes to relieve tension and tiredness. This traditional technique reduces headaches and eases stress, leaving your whole body feeling deeply relaxed and refreshed.

## Herbal Massage

90 minutes | Rp. 370,000

Beginning with a soothing Balinese massage, warm herbal compresses are then gently pressed onto your body. The aromatic heat opens blood vessels and improves circulation throughout. Especially gentle for sensitive areas, this treatment leaves you feeling deeply restored.

## Warm Oil Aromatherapy Massage

60 minutes | Rp. 320,000

Choose your favorite aromatherapy oil and let your tension float away. Warm, fragrant oils are smoothed into your skin with flowing strokes, easing stress while improving circulation and supporting your body's natural healing. A calming journey for body and mind.

## Warm Stone Massage

90 minutes | Rp. 370,000

This relaxing treatment combines a warm oil massage with smooth, heated stones. The heat from the stones reaches deep into your muscles without strong pressure, helping you relax deeply and feel peaceful and calm.

## Four Hand Massage

60 minutes | Rp. 520,000

Want to experience real paradise? Two therapists work together in perfect harmony, giving you what feels like two full body massages at once. This unique experience allows your mind to completely relax - simply close your eyes and enjoy the wonderful sensations.

## Pain Less Massage

60 minutes | Rp. 320,000

Quick relief for tired, aching muscles. This healing treatment uses magnesium, arnica and essential oils to ease pain and help your tired body recover.



# MASSAGES

## Foot & Leg Massage

45 minutes | Rp. 230,000

The perfect treatment for tired feet and heavy legs. Using firm pressure and soothing techniques, this massage releases tension from your feet up to your thighs.

## Full Back, Head & Face Massage

60 minutes | Rp. 310,000

Feeling stressed or have a headache? This focused treatment works on all the places where tension builds – your back, neck, head and face.

## Full Back, Leg & Foot Massage

60 minutes | Rp. 310,000

Want to feel lighter and refreshed? This treatment combines deep back massage with soothing leg and foot work, easing pain and releasing tiredness from your back and legs.

# BODY TREATMENTS

## Balinese Massage & Natural Body Scrub

90 minutes | Rp. 430,000

This lovely combination begins with a Balinese massage to warm and awaken your skin, followed by your choice of natural, organic body scrub. Gentle scrubbing removes dry skin, leaving you feeling silky smooth, fresh and glowing.

## Natural Body Scrub Only

45 minutes | Rp. 210,000

Discover your softest skin with this refreshing treatment. Choose from our selection of natural, organic scrubs that gently remove dry skin and leave you feeling fresh, smooth and beautifully soft all over.

## Sunburn treatment

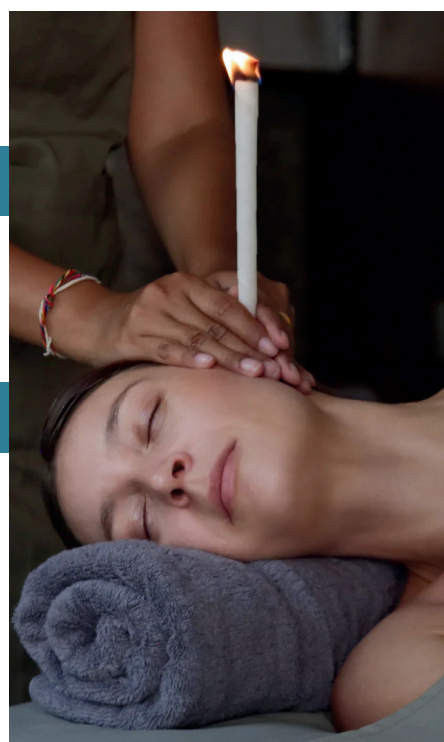
45 minutes | Rp. 210,000

Cooling relief for skin that has had too much sun. Pure aloe vera gel is gently applied to soothe and heal affected areas, while a relaxing massage on comfortable areas keeps you relaxed.

## Ear Candling with Back and Head

45 minutes | Rp. 210,000

This gentle, traditional therapy uses the warmth of special hollow candles to naturally help remove excess ear wax. Combined with a soothing back and head massage, it's perfect for quieting a busy mind. You'll leave feeling balanced and deeply relaxed. **Ear Candling Only (15-20 min, Rp. 60k)** - add this gentle therapy to your massage. A simple addition that complements your massage beautifully.







# FACIALS

Sensatia<sup>®</sup>  
botanicals

*natural beauty from Bali*

*Our facial treatments use Sensatia Botanicals, a beloved Balinese skincare brand born in the small fishing village of Jasri on Bali's east coast. Founded in 2000, Sensatia creates pure, natural products using high-quality ingredients carefully sourced with care for both people and planet.*

*What makes Sensatia special? Every product is handcrafted without chemicals or artificial substances, and the company is the first and only GMP-certified cosmetics producer in Bali. Even more beautiful - 20% of revenues go directly to employees, supporting the local community that makes these wonderful products possible.*



## Cleopatra's Rose Collection

Our facials feature the gentle Cleopatra's Rose collection, enriched with precious rose petals from Damascus, nourishing plant oils and natural botanicals. Rose damask is known to calm sensitive skin and help prevent signs of aging. Combined with ingredients like aloe vera, argan oil and shea butter, this collection is perfect for nearly all skin types - whether your skin is dry, oily, sensitive or mature.



### Cleopatra's Rose Facial

60 minutes | Rp. 350,000

AA complete facial journey using the full Cleopatra's Rose collection. We begin with gentle cleansing, followed by a nourishing scrub with argan seeds and rose oil that removes dry skin while moisturizing deeply.

A relaxing massage of your face and chest improves circulation and gives you a healthy glow. Then we apply a purifying clay mask infused with rose and strawberry extracts. While the mask works its magic, enjoy a soothing hand and arm massage. We finish with toner and moisturizer, leaving your skin hydrated, soft and radiant.

### Cleopatra's Rose Deluxe Facial

90 minutes | Rp. 530,000

Want more time to relax? This treatment begins with a gentle back massage using warm essential oils to help you fully unwind. Then enjoy the complete Cleopatra's Rose facial - cleanse, rose scrub, facial massage, mask, and moisturizing finish. While your mask does its work, we'll massage your hands and arms. Pure pampering from start to finish.





# MANICURES & PEDICURES

## Manicure

45 min / 60min | Rp. 230,000 / 250,000 incl polish

Treat your hands to complete care. Enjoy a relaxing hand and arm massage, nail shaping, gentle cuticle care and polishing to a beautiful natural shine. Add polish for the finishing touch.

## Pedicure

45 min / 60min | Rp. 230,000 / 250,000 incl polish

Begin with a soothing foot soak, then enjoy smoothing, nail shaping and cuticle care. A moisturizing foot and calf massage follows, with nails polished to a beautiful shine. Complete care from toe to calf.

## Foot Smoothing Only

30 minutes | Rp. 140,000

Give your feet the care they deserve. We gently remove hard, dry skin, leaving your feet feeling wonderfully smooth and soft. A simple treatment that makes a big difference – your feet will feel brand new.

## EXPERIENCE THE MAGIC *of Bali Spirit*

*At Yes Spa in Poinciana, we believe that every treatment is more than just a service - it's a sacred moment of self-care that nurtures your body and soul. Our skilled Balinese therapists carry generations of healing wisdom, creating space for deep relaxation and renewal in our oceanfront sanctuary.*

*Whether you choose a traditional Balinese massage in our seaside gazebo or a rejuvenating facial in our indoor treatment rooms, each experience is thoughtfully designed to complement your retreat journey and support your personal transformation.*

## RESERVATIONS & BOOKINGS

To book your spa treatments, please visit our reception or contact us via WhatsApp at +62 813 3952 3458. Our team will be happy to help you select the perfect treatments and schedule your sessions to harmonize with your program.

*By the tranquil sea, wellbeing whispers in the breeze, peace found, heart at ease.*

[WWW.POINCIANARESORTBALI.COM](http://WWW.POINCIANARESORTBALI.COM)







- BALI SPIRIT -

Let island wisdom and healing touch  
restore your natural balance.

