

Heylhi 
Spa

Menu

Ytsara Massages

MOHOM INDIGO HEALING ART 90 minutes (USD 145)

Relieve stiff and sore muscles with a deep muscular treatment that combines steamed therapeutic herbs with a rare essential oil found only on two remote islands in the Pacific Ocean. Rainforest clove has the ability to suppress pain while Tangerine, Pink Grapefruit and Rosemary drain toxins out from your muscles. After intense work out, you are now soothed, relaxed and free of sores.

FIT BODY 60 minutes (USD 100)

Designed to encourage blood flow, stretch muscles and ease joints, this stimulating massage conditions the body for better performances in the same manner a warm up would do. Thai therapeutic massage and pure plant essential oils are synergistically preparing your body for better performances and improved recovery.

PRANA VITAL ENERGY 60 minutes (USD 100)

A combination of massage techniques while Ytsara's Vital Energy Body Oil made with Blue Ginger inspires self-connection and renewal. Targeting the meridian energy system, the Thai *Sip Sen* Massage discovers and unblocks areas of trapped energy that manifest in physical and/or emotional pain. Energize the mind and spirit for a feeling of deep healing.

GARDEN OF DEEP 60 minutes (USD 100)

Restore your body, mind & spirit. The aroma of Malabar Grass melts tension away while Sweet Orange and Vetiver help to create an inner peace. Oils of Rice Bran, Sweet Almond, Soy and Wheat Germ help soothe and nourish the skin.

 **INNER RESET RITUAL**

60 minutes (USD 100)

To detox & refresh body this nourishing massage boosts the elimination of toxins, relieves fatigue, enhancing the complexion and promoting longevity while nourishing all parts of the body.

 **WARM COCONUT SOOTHER**

60 minutes (USD 100)

A deeply nourishing treatment using organic warm coconut oil to soothe and condition the skin. Gentle massage encourages relaxation of body & mind.

Body Massages

HOT STONE MASSAGE

90 minutes (USD 145)

The weight and radiant warmth of the stones, combined with calming essential oils, penetrates muscle tissue, including deep relaxation, melting away tension, promoting balance, and improving overall health.

BALINESE MASSAGE

60 minutes or 75 minutes (USD 100 / USD 125)

A combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood. This massage brings a sense of wellbeing, calm and deep relaxation.

FUSHI DEEP TISSUE MASSAGE

60 minutes or 75 minutes (USD 100 / USD 125)

This massage is a perfect after a day's activities. A vigorous and dynamic procedure, targets into deeper layers of muscles and connective tissue that will help increase your muscle flexibility.

REFLEXOLOGY

60 minutes (USD 100)

An ancient method of stimulating specific pressure points on the feet to open the body's energy pathways, leaving you balanced and with restored clarity.

TENSION RELEASE BACK MASSAGE

30 minutes (USD 55)

This massage therapy is focusing on the back to release muscular tension and improves circulation.

INDIAN HEAD & SHOULDER MASSAGE

30 minutes (USD 55)

An ancient technique focusing on the scalp, face, shoulder and upper back to invigorate and release stress.

Ytsara Facial Treatment

BEAUTÉ ORIGINEL HAUTE COUTURE 90 minutes (USD 180)

As skin changes over time and seasons so do what will keep it gorgeous. Journey starts with skin & lifestyle analysis to design a treatment each time different. Tailor-made French massage techniques, unequalled products selection and holistic secrets work in synergy to awaken the skin's optimum potential.

VISIBLE LIFT 60 minutes (USD 120)

For the joy of looking in the mirror again proven to boost the rejuvenating system of the skin, this treatment addresses the most visible signs of aging. Laminaria returns stem cells to the vitality of young skin, stimulates internal defense system to erase fine lines and wrinkles; Marine ferments stimulate collagen and elastin production for a tight skin.

SKIN DRINK 60 minutes (USD 120)

This plumped vibrant skin Marine plankton extract, restores physical and chemical skin barrier to prevent water loss and protect against external assailants while, at a deep level, replenishing the skin water reservoir essential to flawless appearance. Anti-oxidant rich Sacred Lotus prevents cells damages. Skin restructuring Hyaluronic acid plumps the skin from inside out.

ABSOLUTE CONTROL 60 minutes (USD 120)

A potent blend of actives keep complexion matte, clear and balanced around the clock. Bamboo Tears controls excess oil and fight acne while a rare tree gum, reduces pore size and blemishes. Plankton extract decreases skin reactivity and Safflower restores essential hydration. Skin is soothed and radiant.

 **BRIGHT & BRAVE FACE PERFECT**
60 minutes (USD 120)

Calming and detoxifying treatment that absorbs oil and minimizes shine for a totally matte, smooth-touch finish. French Green Clay helps draw out toxins and sebum. Bamboo Tears mattifies and re-mineralizes the skin, while Lilac, helps to treat the cause of acne and skin unevenness. Centella & Hibiscus calm and refine pores.

 **FACIAL YOGA**
30 minutes (USD 65)

Considered more precious than gold, jade stone brings beauty, balance and vibrancy to your face. Sacred Lotus, combats the effects of aging while Marine extracts increases inner moisture. Deep sculpting Guasha massage stimulates blood circulation thereby oxygenating and nourishing the tissues, plumping up the skin and smoothing away wrinkles. Skin is toned, lively and radiant.

 **SUN RAY HEALER**
30 minutes (USD 65)

Feel relaxed and refreshed as mineral rich Goji Berry, soothing Marigold and deep healing Green Tea are infused into your skin to regain moisture and elasticity after exposure to the sun. Your skin is cool, soft and plump.

ADD ONS
15 minutes (USD 30)

SCALP MASSAGE - Eases tension and enhance clarity of mind.

AGELESS HANDS - For soft touch in Asian culture, youthful hands have long been prized as a hallmark of beauty. Ylang Ylang stimulates cell renewal and antioxidant-rich Black Mulberry keeps skin radiant.

FOOT MASSAGE - Erases fatigue and balances energy.

Ytsara Body Treatments

HOM MALI JASMINE RICE SCRUB 45 minutes (USD 120)

Reveal the body's hidden glow with ingredients known to purify and refine the skin. Jasmine Rice removes dullness and brightens. Jojoba Oil and Shea Butter provide deep nourishment.

PINK HIMALAYA SALT GLOW 45 minutes (USD 120)

Millions year ago, pristine seawater was crystallized and covered by lava, protecting it from modern-day pollution. Infused with eighty minerals, Pink Salt delivers its pure nutrients while gently smoothing your skin. Refreshing Aloe Vera cream further nourishes. Your skin feels baby soft.

SKIN REVEAL **WRAP** 60 minutes (USD 145)

An exceptional multifaceted body wrap using the powerful black mulberry extract combined with essential oils, acts on the body to detox, firm, rejuvenate and brighten. Dull complexion, dehydrated and flabby skin are all treated at once. Combined with scrub or massage, possibilities are almost endless. Result a more radiant, healthy, elastic and fair skin as well as a toned body.

Hand and Feet

FUSHI MANICURE

60 minutes (USD 90)

Restores health and beauty to your cuticles and nails. A gentle exfoliating rub is followed by a cuticle-softening soak and hand massage. Your nails and cuticles will be cleaned, shaped and finishing with a beautiful polish application.

FUSHI PADICURE

75 minutes (USD 110)



Revive and refresh even the dehydrated feet. This luxurious treatment begins foot soak followed by salt scrub, shaping and buffing, cuticle and callous work. Then your feet and legs are pampered with gentle massage. Our treatment will leave your feet bright and hydrated.

Express Radiance Ritual



[2 Days] US\$ 345

Take advantage of effective and natural beauty techniques for a blooming face and body in total harmony.

Day 1 _____ [1 Hour 45 Minutes]

-  Pink Himalaya Salt Glow
-  Garden of Deep

Day 2 _____ [1 Hour 30 Minutes]

-  Facial Yoga
-  Warm Coconut Soother

Honeymoon Sweet Ritual

[3 Days] US\$ 1,100 for a couple

Share, with total synergy, a genuine well-being and relaxation experience with the Ytsara treatments.



Day 1 _____ [1 Hour 45 Minutes]

-  Hom Mali Jasmine Rice Scrub
-  Inner Reset Ritual

Day 2 _____ [2 Hours]

-  Prana Vital Energy
-  Absolute Control

Day 3 _____ [2 Hour 15 Minutes]

-  Balinese Massage
-  Pedicure

Well-Being Ritual



[5 Days] US\$ 730

Experience the tropical well-being traditions to relax and discover the harmony of Body and Spirit.

Day 1 _____ **[1 Hour 45 Minutes]**

-  Hom Mali Jasmine Rice Scrub
-  Inner Reset Ritual

Day 2 _____ **[1 Hour 30 Minutes]**

-  Sunray Healer
-  Balinese Massage

Day 3 _____ **[1 Hour 30 Minutes]**

-  Reflexology
-  Tension Release Back Massage

Day 4 _____ **[1 Hour 30 Minutes]**

-  Hot Stone Massage

Day 5 _____ **[1 Hour 30 Minutes]**

-  Visible Lift
-  Foot Massage

SPA COMFORT

The spa environment is one of tranquility and relaxation. Please respect the quiet and privacy of other guests by speaking in a soft voice or simply enjoying the silence. Mobile phones and other electrical devices are discouraged and ring tone are silenced and switched to vibrate mode while enjoying the spa. Smoking is prohibited throughout the spa.

AGE REQUIREMENT

The minimum age requirement for Spa facilities is 16 years and over.

RESERVATION

For scheduling appointments or for further information, please contact the spa by pressing the spa button on your telephone or by dialing Ext. 8801. We highly recommend booking your treatment in advance to ensure that your preferred time and service is available. Our spa concierge will be happy to guide you through the ideal range of therapies that are perfect for you. Please notify the spa concierge of any health conditions, allergies or injuries that could affect your treatment or use of the spa facilities.

ARRIVAL TIME

Please arrive at the spa reception at least 30 minutes prior to your first scheduled appointment. This allows us to have consultation with you to understand any of your concerns and also to allow you to check-in, change to spa attire and unwind for your treatment.

SPA ATTIRE

Spa attire and a locker for your personal belongings will be provided to you to your comfort. Swim wear is required for plunge pool.

AMBIENCE

Please help us maintain a fresh, pure and tranquil environment by turning off your mobile phone and refrain from creating disturbing noise. Kindly note that the Spa is a 'no smoking' area.

LOSS OR DAMAGE

A personal locker will be provided to keep your valuables. However it is recommended that all valuables are left in your room safe. The management and staff accept no responsibility for any loss or damage of valuables to your personal article in the spa premises.

SPECIAL CONSIDERATION

Please notify if you are under any professional health care, are pregnant or have any medical complications. This will enable Heylhi staff to assist you in choosing the suitable treatment.

CANCELLATION POLICY

Please allow at least three hours notice for cancellation or rescheduling of your treatments. Cancellations with less than three hours notice of the appointment time will incur a 50% charge.

PAYMENT METHODS

Hotel guests may charge their treatments to their room account.