



PADMA SPA by Plataran

Welcome to Padma Spa at Plataran Canggu

Embrace tranquillity, serenity and bliss

A sanctuary to reconnect mind and heart through Indonesia's heritage rituals

Fused with Asian & Western techniques for the ultimate health and wellness benefit

Creating an uplifting sense of relaxation and wellness

Surrender to our indulging Padma Spa experience

See and feel the benefits in appearance, spirit and overall sense of well-being



PADMA SPA AT PLATARAN CANGGU

PADMA SPA

Nestled among tropical Balinese gardens, the whole complex is an exceptional ritual path of physical and spiritual recovery. It is an unforgettable trip of Balinese based ritual and ingredients, in which these elements interact with each other, enhancing the body's energy balance and helping to restore vitality.

CUSTOMIZATION

Intertwining authentically crafted Indonesian therapeutic rituals with today's purest products and proven techniques, we usher guests into an enveloping experience like no other. Our commitment is to harmoniously restore our guest's mind, body and soul with a respite that is spiritual, cultural and emotional.

SIGNATURE SELECTIONS

For guests who desire locale-inspired experiences, each Padma Spa offers an exclusive selection of treatments featuring techniques and ingredients inspired by its region's distinct characteristics and unique traditions.

Sutra Bali

Inspired by graceful Balinese dances, a powerful massage utilizing the precious qualities of pure silk lulling you into a deep state of relaxation. Feel fatigue and stress literally melt away.

Herbal compress

Warm herbal ball massage that provides deep relaxation, relieves stress and fatigue

Signature massage oil is Prana Elixir from infused coriander, lemon and ylang-ylang.

Signature body exfoliate & mask

The Rajakula - red rice, rose petal, and rose damask, blended with fresh coconuts

The Boreh - clove, ginger, cinnamon, coriander, rice, turmeric root and nutmeg wrapped in a banana leaf



PADMA SPA SIGNATURE

Experiences designed to relax, revive and renew... allowing you to enjoy complete fulfilment

Padma Matcha Paramita

150 minutes

Foot ritual | Padma Marmabhyangam | Natural Padma Facial

Green Tea & Avocado Exfoliate | Infused Green Tea, Citrus & Pandanus Soak | Herbal refreshments

Inspired by the Sanskrit of Paramita, that which has reached the other side, implying perfection, Reveal your skin's full potential with this remarkable ritual combining a tension alleviating massage, followed by instant glow facial, then full body exfoliation, and soothing soak leaving your skin looking alive and lustrous. Rich antioxidants will cleanse and hydrate the skin giving it a fresh and perfect complexion.

Bali Rajakula

120 minutes

Rose petal foot wash | Sutra Bali Massage | Infused Rose and coconut exfoliate

Floral Bath | Herbal refreshments

From the Sanskrit word which is royal palace, this therapy is influenced by Balinese Royal Court for queens and ladies of the palace using rose petals and coconut for smooth hydrated skin. Starting with a foot wash, followed by Sutra Bali body massage and body scrub to refine the skin, and ends with the melukat ceremony. The term melukat means to "purify" in the ancient Balinese language practiced by brides-to-be. It is a spiritual cleansing ritual aimed to achieve self-purification, in a floral milk soak infused with Kananga, Campaka, Sandat, frangipani and rose petal, leaving the mind, body and spirit uplifted.

Padma Astana Beauty Ritual

180 minutes

Back massage therapy | Organic white lotus facial | Express manicure | Express pedicure

Take on the resonance of the beautiful Sanskrit name, the Lotus palace. Your journey begins with a back treatment to balance and relax the nervous system. Whilst the skin is relaxed on a deep level enjoy a facial containing white lotus essence to restore glowing radiance to the skin.

Finish the majestic look with sparkling nails, fit for a queen in the palace.



MASSAGE BODY WORK

Experience Tradition

Healing modalities have been an integral part of cultures throughout Indonesia for many generations. Padma Spa has captured the essence, using ingredients for massage that are indigenous to the archipelago, offering a unique taste of a profound experience.

Padma Marmabyangam **60 / 90 minutes**

Marma in Sanskrit is energy point massage, a therapy that combines best massage techniques of Swedish strokes, Thai massage and Hawaiian Lomi-Lomi with fragrant wood essential oil. Intense yet soothing strokes characterize this extraordinary massage, toning the skin and muscles. Warm pads are placed along the back and neck muscle to relieve ache and pain.

Bali Nadi **60 / 90 minutes**

A therapy influenced by Balinese healing rituals, practiced by local healers, known as "Balian". In Sanskrit Nadi means conduit, where therapist are instruments of indulgence. The massage technique incorporates deep kneading and rolling in pressure points to ease muscles and joint pains, and improve flow of life energy or Qi, further inducing a blissful state.

Sutra Bali **90 minutes**

Inspired by graceful Balinese dances, a powerful massage utilizing the precious qualities of pure silk lulling you into a deep state of relaxation. Feel fatigue and stress literally melt away.

Rose petals are sprinkled in a graceful dancing motion and rubbed with a blend of ylang-ylang on the back, and the treatment completes with infused vetiver and orange essential oil body butter to give a smooth silky skin.

Canggu Herbal Kizhi **90 minutes**

Derived from Sanskrit, kizhi is pouch therapy. A true gift of authentic Indonesian healing, this ritual is a vigorous yet restorative therapy. Using specially blended combination of tamarind, ginger, cinnamon and clove within a steamed hot muslin ball compress. Unwind with a back massage followed by lemongrass milk bath. Your aches and pains will be relieved, promoting healthy circulation and tones the skin.



CUSTOM CARE

Provided by some of the finest in their fields, our personalized massage services are designed to address your individual needs. Some benefits include: improved circulation, muscular toning, tension release, enhanced sleep and relaxation

Vishesh Massage **60 / 90 minutes**

An ancient Sanskrit term meaning "special" this powerful, dynamic, deep-tissue massage of the whole body is performed using massage oil to release built-up muscular tension, release pain in tight, aching muscles. Stretching, draining and cross muscle fibre techniques are combined to improve circulation and release toxins from the skin. Totally unique to each guest, the therapist will identify muscle tension and use deep tissue therapy to release the knots.

Sole to Soul **60 / 90 minutes**

A unique foot and lower leg spa treatment that targets aches and pains holistically. The nerve reflexes in the foot correspond to all the major organs. Gentle massage of specific points will restore balance and harmony to the body and deeply relax. Helps fluid retention around the knees and ankles. Suitable for mothers-to-be.

Padabhyanga **60 / 90 minutes**

'Pada' in Sanskrit means foot, and this foot massage is inspired by a powerful traditional Chinese medicinal method, reflexology. It is a precise and intensely healing treatment that targets points on the soles of the feet, stimulating specific internal organs and releases flow of energy throughout body meridians. Trained in reflexology techniques, our therapists will recommend best treatment, great for before or after long flights.

Deva Upasama **30 minutes**

In Sanskrit Deva means heavenly and Upasama is relaxation. Whether you seek relief for overexerted muscles, or simply want to let your mind and body escape reality, your massage therapist will customize your treatment using a variety of techniques to achieve ultimate relaxation, rejuvenation, and results in the head, neck and shoulder parts.



BODY SCRUBS & WRAPS

Our body treatments incorporate quality products that are natural, locally sourced, proven to be effective for both mind and body.

Scrubs

The Sari **45 minutes**

Sandalwood Exfoliate | Infused floral milk soak | Herbal refreshments

The term Sari means "essence" in the ancient Sanskrit language depicting a ritual that combines rare and precious active ingredients that intensely regenerates the skin. Starting with sandalwood body scrub to cleanse and refine the skin. Continue with melukat, literally translated as purify in Balinese, which is a spiritual cleansing ritual aimed to achieve self-purification, in a floral milk soak infused with Kananga, Campaka, Sandat, frangipani and rose petal, leaving the mind, body and spirit uplifted.

The Samskara **45 minutes**

Green tea & avocado exfoliate | Infused citrus mint soak | Herbal refreshments

This Sanskrit "body cleansing" ritual is packed with white rice, green tea and lemon essential oil, to free radicals from the body, exfoliate and improve the texture of the skin. Experience a journey amidst subtle fragrances of citrus mint bath. Nourishing both the physical and emotional wellbeing, it leaves the skin glowing with health and the body infused with a sense of joy.

The Rajakula **45 minutes**

Red rice, rose petal, rose damask, coconut exfoliate | Infused rose petal milk soak
Herbal refreshments

Inspired by Sanskrit term for royal palace, this body scrub fit for Balinese royalties offer de-aging benefits among them reduce fine lines, tighten and hydrate the skin. End the experience with a rose petal milk bath leaving the skin intensely regenerated, radiant and smooth.



Wraps

The Saucha

45 minutes

Green tea wrap | Infused citrus mint soak | Herbal refreshments

Translating as "purity", this wrap is a powerful treatment for lavishing nutrients and vitamin C into stressed skin. Helps to restore skin purity helps to smooth, reduce irregular pigmentation and brightens the skin to deliver instant results

The Boreh

45 minutes

Warm herbal mask and exfoliate in banana leaf wrap | Infused lemongrass milk soak
Herbal refreshments

A Balinese Boreh is a centuries-old healing recipe of herbs and exotic spices traditionally used as a "body revival" in the form of a mask and scrub, containing hand-crushed local ingredients such as cloves, ginger, cinnamon, coriander seeds, rice, turmeric root and nutmeg. This aromatic body mask warms, wards off chills and colds and provides relief to sore muscles and joints.

The Kumari

45 minutes

Sanskrit for Aloe Vera which means 'princess', true to its ability to help maintain youthful beauty and a healthy glow. Aloe vera is renowned as a 'heal-all' that is good for cooling the skin and soothing sunburns.



FACIALS

Padma Spa facials are categorized by the needs of your skin, and available for your choosing. Based on your selection, an expert aesthetician will provide the utmost care using products perfectly formulated for results, leaving you looking and feeling your best.

Sundara Radiance **80 minutes**

From the Sanskrit term Sundara, meaning wholeness, purity and radiance. This revitalizing, stress-relieving treatment utilizes the natural benefits of jade and powerful essential oils to awaken the senses and brighten the skin. The ritual combines aromatherapy natural cleanser and toner, green tea scrub and mask. Warm herbal poultice is gently massaged into shoulder, neck and acupressure points. Followed by smooth Jade, renowned for its healing benefits, to ease deep tension and stimulate the flow of Qi. Producing a wholeness, purity and radiant skin.

Pevonia Botanica

Experience superlative, results driven in-spa treatments precisely formulated with the most potent natural ingredients. All formulas are proven non-comedogenic, contains no mineral oil, lanolin, artificial fragrance, artificial colours, alcohol or parabens.

Organic Black Tea **60 minutes**

Anti-aging – Lifting, firming, reduce wrinkles. Renders your skin luminous and youthful. Rich in black tea Kombucha, elastin polypeptides and sorghum with powerful repairing and tightening benefits, ideal for any skin type showing signs of aging, or works as the perfect instant repair boost.

Organic White Lotus **60 minutes**

Contains pure organic aromatherapy elixirs & botanical actives formulations to purify, balance & renew the skin. Features customised face and chest massage with rejuvenating eye mask and gel. Improves your skin naturally and restore normal, balanced moisture levels, leaving skin radiant, softer, and hydrated.

After Sun Soother **30 minutes**

An alleviating treatment that provides soothing relief and hydrates the skin. Comforting and healing Green Tea and White Lotus essence combine to decongest and calm skin for an even calm appearance.

Express Organic White Lotus **30 minutes**

The best solution for those with limited time but want instant glowing result. Harnessing the balancing power of Lotus plant energies to normalize the pH of the skin for a visibly younger and energetic complexion. A mask using pure essential oil blends followed by a rich multi-vitamin to restore freshness and radiance.



HANDS & FEET

Our salon allows you to relish in the comfort of our luxurious lounges, as we cater to your hands and feet.

Perfect Hands **60 minutes**

A manicure including buffing, nail shaping, cuticle care, exfoliation, relaxing massage and expert polish application.

Total indulgence for the hands, with a stimulating scrub and massage routine followed by essential nail maintenance and grooming. A special blend of vanilla and bergamot powder is used for gentle exfoliation and rich hand cream replenishes the skin and provides an added layer of protection for the cuticles.

Flawless Feet **75 minutes**

A pedicure including nail shaping, cuticle care, relaxing foot massage and expert polish application.

It begins with a foot scrub, followed by a foot bath and massage along with essential nail care. Exfoliates of bamboo scrub will smooth and buff your skin, and rich cream layer that leaves the feet absolutely clean and fresh.

Perfect Hands Express **30 minutes**

A manicure including buffing, nail shaping, cuticle care and expert polish application.

Flawless Feet Express **30 minutes**

A pedicure including buffing, nail shaping, cuticle care and expert polish application.



PADMA SPA ETIQUETTE

Hours of operation

Opening Hours: 09.00 – 21.00 (9AM – 9PM)

Last Booking : 19.30 (7.30PM)

Special Request

Should you request for a specific therapist, we will make every effort to accommodate your preference. All therapists are professionally trained for our treatments and draping protocol.

Medical Alert

Please alert the spa reception and your therapist if you are undergoing any following medical conditions or taking any form of medication: pregnancy, muscle or joint injuries, high blood pressure, history of plastic surgery or other surgery, or use of skincare medications. Please note that certain medical conditions could affect your choice of treatment. Our therapist will recommend suitable and modified treatments to expectant women or nursing mothers.

Valuables

Although it is recommended to avoid bringing valuable belongings for your treatment, if worn, please place them in the jewellery box provided at the spa. Please note that Padma Spa will not be responsible for any lost, stolen or misplaced items on the spa premises.

Attire for treatment

For your comfort, we will provide you a bath robe, disposable panties, and slippers.

Pricing Conditions

Pricing and treatments are subject to change at any time without any notice. All prices indicate starting price and exclude 21% government and service charges.

Age limitation

Padma Spa facility and treatments are for guests 12 years of age or older. To respect the tranquil environment, children under 12 years old must be accompanied by an adult.

Booking Time

Last treatment must be booked before 7.30 PM. We recommend you to make an appointment 24 hours in advance by contacting our spa directly.



SPA CANCELLATION POLICY

Should there be any changes or cancellations of the appointment, please call Padma Spa on extension 209, at least 4 hours prior to your booking time, to avoid full cancellation fee.

Walk-in appointments

Although welcomed, guests are encouraged to make arrangements in advance. All reservations must be secured with a credit card and a telephone number. To schedule your appointment(s), please call our spa desk at (0361) 411 388 ext 209. Guests staying in the resort may dial extension 209 from the room.

Pre-Arrival time

We request you to arrive at least 10 minutes prior to your appointment. This will allow you time to register, enjoy a welcome drink, and relax before the treatment. Should your arrival be delayed, please note that your treatment time will be reduced accordingly in order to respect the booking time of the next guest.

Spa Tranquility

To preserve the tranquillity of our spa environment, all mobile devices should be switched off within the spa premises. Padma Spa is a non-smoking environment.

Meals before treatment

To receive the full benefits of your treatment, we recommend not to eat two hours prior to your appointment.

Treatment oils

It is highly recommended not to wear any perfume, heavy aftershave, or scented lotions in order to benefit the most out of our special herbs and oils used during the treatment. It is not necessary to take a shower after the treatment as all spa products used are made out of quality ingredients.

Room & Ambiance

To meet your highest expectation, please let us know if we can adjust the room temperature, music volume or the pressure level of your treatment.