

## RITUALS

**Ametis Healing** 120 min 690

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 600

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 relieve 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 750

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 750

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 750

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..

## IMMUNE SUPPORT

Acupressure Massage + Reiki Healing	120 min	475
Dry Massage + Reiki Healing	90 min	435

A massage experience recommended increasing immunity. Treatment starts with relaxation session, followed by pressing the same meridian point on the body and concluded with touch healing to improve the flow of energy and blood circulation.

## MASSAGE

Balinese Massage	60 min	420
	90 min	510
	120 min	600

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	540
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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	540
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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	420
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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.

Tension Massage	45 min	360
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This massage using elbow and thumb slide technique aims to release the tension on your upper body such as back, shoulder, neck and head caused by the digital nomad lifestyle.

## BEAUTY RITUAL

Natural Glow Facial	60 min	450
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 is recommended for both men and women.		
Spa Manicure or Pedicure	60 min	300
Soak, push-back cuticles, salt & candle nuts scrub, hand massage, shape and polish using O.P.I		

## BATH RITUALS

Fruits Bath	30 min	240
Blend the bathing with other treatment to conclude the journey to relaxation, available in Ruby spa or in your own villa. Kaffir lime leaf, Orange, Cucumber with bubbles		

## PRIVATE SESSION WITH 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 your needs. 24 hour advance booking is required.

Reiki Healing	60 min	840
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, which is recommended for those suffering headaches, Insomnia, jetlag and stress.		
Hasta Siddhi Therapeutic Healing Massage	60 min	840
It is a holistic developed Massage therapy by integrating the utilization of Pranic healing energy with some massages techniques like deep or soft tissue massage and meridians massage.		

Sarira Kriya Yoga	60 min	1-2 person per class	840
		3-4 person per class	900
		5-6 person per class	1,080

Sarira Kriya Yoga is the essence of all yoga technique in order to achieve the final goal in Yoga, foremost exponent of yoga which consists of body discipline, mental control, and meditation. This private yoga class conducted by yoga master is required 24 hour advance booking.

## Spa Etiquette

**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.

**Reservation** Minimum of 2 hours advance booking is required

**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.

**Online Counseling sheet** Please complete your online counseling sheet prior to your treatment, available at [here](#)

**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.