



MASSAGE RITUALS

COCO SPA SIGNATURE 90 minutes \$ 60

Our signature oil blend and the best techniques of Balinese massage, Warm Stone massage, Foot acupressure and Shiatsu are delightfully fused together by our skilled therapists. This popular massage helps to relieve muscle tension, totally invigorating the body, taking you on a journey of flowing tranquillity.

BALINESE MASSAGE 60 / 90 minutes \$ 45 / \$ 55

This traditional Balinese massage is deeply relaxing and restoring. Our therapists combine acupressure and skin rolling with firm but smooth massage strokes to ease muscle pain, boost your blood circulation, while inducing a complete state of calm.

DEEP TISSUE MASSAGE 60/90 minutes \$ 45 / \$ 55

This energising massage will help increase your muscle flexibility, alleviate pain and assist the natural healing process by working on all muscles and connective tissue. If it is a strong, deep tissue massage that you are after, then this is definitely for you.

WARM STONE MASSAGE 90 minutes \$ 60

Using the purest oil and warm stone as an extension of the therapist's hand, this massage melts away muscle stress, leading you into a deeper state of relaxation.

BACK MASSAGE 30 / 45 / 60 minutes \$ 30 / \$ 35 / \$ 40

Focusing on the back, neck and shoulders, the use of warm stone will help to unravel knots and soothe sore muscles. Head massage and face massage are included.

FOOT MASSAGE

30 / 45 / 60 minutes
\$ 30 / \$ 35 / \$ 40

Treat your feet and palms and you treat your whole body. Focusing on the pressure points of the feet and palms to relieve tired and aching limbs truly re-balances and re-energizes the body system.

AYURVEDA RITUALS

SRI LANKAN HERBAL MASSAGE 60 / 90 minutes \$ 45 / \$ 60

Enjoy a traditional Sri Lankan herbal therapy using a warm herbal compress, which is a mix of local herbs placed in a pouch. It increases energy flow, relaxes muscles while improving circulation and increasing flexibility.

ABHYANGA MASSAGE 60 / 90 minutes \$ 45 / \$ 60

The healing properties of herbal oils along with the therapeutic techniques of the therapist will leave you feeling refreshed, balanced and rejuvenated.

This wonderful massage applies light to medium pressure.

BODY RITUALS

BODY SCRUB 30 minutes \$ 30

- Coffee Scrub - smoothen, detoxifies and destresses your skin
- Salt Scrub - rediscover velvety skin and relieve your muscle pain
- Coco Scrub - fresh milky coconut to smoothen and nourish your skin

SUN REPAIR 45 minutes \$ 40

A soothing body wrap for sunburned skin, using cooling home grown Aloe Vera will leave your skin cooler and calmer. This treatment comes with a relaxing head massage.

FACIAL RITUALS

PURITY – RADIANCE CEREMONY 60 minutes \$ 40

This deep cleansing facial with a detoxifying enriched green tea mask leaves your skin oxygenated and purified.

HYDRATION STRATEGY - BRILLIANCE 60 minutes \$ 40

Our Hydration Facial treats tired, dull skin. Cleansing and skin exfoliation are followed by a relaxing facial massage and mask, leaving your optimal skin hydrated and rested.

REJUVENATING CEREMONY 90 minutes \$ 60

This unique, rejuvenating treatment targets wrinkles, loss of elasticity and irregular skin texture. It leaves the skin smooth, revived and stimulated. Back massage is included.

REFRESHER FACIAL 30 minutes \$ 30

A healing facial treatment that helps revitalize a tired complexion with cleansing, toning and a specific massage technique to boost and reveal skin clarity.

MEN'S FACIAL 60 minutes \$ 40

This facial is especially designed for the gentleman who wishes to renew dull skin. We cleanse, exfoliate and massage, restoring youthful complexion. During the mask application enjoy a head and hand massage.

MANICURE & PEDICURE

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|---------------------------------|------------|-------|
| • Manicure | 45 minutes | \$ 25 |
| • Pedicure | 60 minutes | \$ 30 |
| • Nail polish (hands or feet) | | \$ 8 |

PACKAGES

ROMANTIC ESCAPE 1 hour 40 minutes \$ 140 (per couple)

- Aroma Therapy Foot Ritual
- Balinese Massage
- Refresher Facial / Body Scrub
- Glass of wine / Fresh Detox Juice

COCO BLISS 2 hours \$ 80

- Welcoming Foot Bath Ritual
- Balinese Massage
- Head Massage
- Coconut Scrub

HERITANCE WELLNESS RITUAL 2 hours \$ 90

- Deep Tissue Massage
- Foot Acupressure / Refresher Facial
- Coffee Scrub
- Fresh Detox Juice

DE-STRESS 2 hours \$ 80

- Balinese Massage
- Refresher Facial
- Salt / Coconut Body Scrub

SENSATION SPA JOURNEY 90 minutes \$ 60

- Balinese Massage
- Refresher Facial / Foot Acupressure



www.coco-spa.com



www.heritancehotels.com

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