



# OCEAN SPECIALTY - IDR. 360.000 nett (Healthy Spa to balance your Doshas)

Doshas are the three energies that define every person's well being, they are energies of wind (vata), fire (Pitta) and water (kapha). A very special set of treatments have been designed for your well being as described below:

## Spa Treatment

### \* Vata Balancing

Vata is a force conceptually made up of elements ether and air.

### \* Pitta Balancing

Pitta is a force created by the dynamic interplay of water and fire.

### \* Kapha Balancing

Kapha is the conceptual equilibrium of water and earth aimed for a good level of calming.

Treatment includes:

- Spa Welcome Drink
- 60 minutes Spa Treatment
- Choose your spa cuisine (1 salad, 1 juice)
- Enjoy post treatment drink while waiting for your Spa cuisine.

## Healthy Spa Cuisine

### Light & Healthy Lunch / Early Dinner

#### Salad Choices

- Caesar Salad (Romaine lettuce, crispy bacon with Caesar dressing served with grilled chicken and croutons)
- Grilled Scampi with Greek Style Salad (Grilled prawns with cucumbers, bell peppers, tomatoes and olive oil with oregano)
- Mixed Green Salad with Roasted Peanuts and Smoked Salmon (Served with citrus dressing)
- Crab Salad (Crab meat mixed with lemon juice, mayo, Thai basil and red chili paste)

### Smooth Operator

#### Juice Choices

- Mood Booster (Beetroot, tangerine, carrot and lime)
- Detox (Carrot, parsley, lemon and honey)
- Immunity (Apple, pineapple, ginger and lemon)
- Sengkidu 50's (Beetroot, Apple, Pineapple, Honey)

*the price is inclusive of 21% service charge and government tax*  
for more information and reservation please call 0363 - 41234 ext. 8980