THE
healing village spa
AT JIMBARAN BAY
Through its two spas in Bali, Four Seasons explores the two inextricably intertwined philosophies of Balinese culture: Sekala (the seen or physical world) and Niskala (the unseen or energetic world). Together, they illustrate the Balinese belief in the connection between the outer and inner worlds; the experiential and the meditative; the body and soul.

With the emphasis on the flow from Sekala to Niskala (the seen to the unseen), The Healing Village Spa at Jimbaran Bay focuses on healing the physical body in order to facilitate exploration of the inner self.

With the flow reversed from Niskala to Sekala (the unseen to the seen), The Sacred River Spa at Sayan focuses on evoking a sense of spiritual connection powerful enough to affect physical change.

Both spas showcase ancient rituals, locally grown ingredients and an authentic, educative approach. Together, they demonstrate the Balinese integration of the physical and spiritual worlds and the importance of an all-encompassing view to wellness across both body and soul.
Welcome to The Healing Village Spa at Four Seasons Resort Bali at Jimbaran Bay...

Inspired by its beachside garden setting atop the Resort’s seven ‘villages’, the Healing Village Spa draws on Balinese traditions and nature’s bounty to nourish and heal the physical body, revealing a harmonious path to inner change.

Grounding treatments, nature-inspired therapies, and ritualistic vibrancy pay homage to Bali’s colourful culture and evoke a sense of warmth and connectedness.
Submit to nature’s spiritual embrace with the blissfully restorative Blessings of Bali on the foreshore of Jimbaran Bay. Based on a traditional journey of self-renewal, it combines ancient therapies and sacred rituals to help one mindfully release any past or present negative elements.

Begin with gentle opening yoga poses and breathing techniques to soothe the mind and reignite the body’s subtlest energies. Revel in the sensory vibrations of a Balinese gong ‘sound bath’. Feel any stresses and strains dissipate with the long strokes of Balinese massage and yield to the subtle power of energy balancing.

To conclude, the climactic Blessings of Bali – the cleansing element of water and fragrant local flowers with a Balinese gayung – reveals a renewed spirit, flooding every essence of your being with a sense of pure, unadulterated bliss.

See you on the other side...
Jimbaran Waters

Powerful and pure, water is the building block of life – a healing element honoured by the Balinese and deeply rooted in local tradition, from farming and fishing to cultural ceremonies and religious rituals. Our signature Jimbaran Waters Rituals seek to bind these philosophies, from their ocean-edge location – rich in negative ions – to flowing therapeutic combinations devised to ease, cleanse and balance.
Marine Detox 150 minutes
Detoxify, cleanse and re-energise with this ritual of nutritifying oceanic elements. Stimulate blood flow with an ionising Himalayan salt scrub. Flush the cells with a detoxifying mineral-rich algae wrap. Hydrate and soften with a seaweed-infused bath and anointment using a Balinese gayung. Then end with your choice of rejuvenating marine facial or grounding Balinese massage.

Rhythmic Renewal 150 minutes
Combat jet lag, relax the nervous system, and balance the body’s natural biorythms with this harmonising full body treat. A rejuvenating energy scrub, ionising mud wrap, crystal healing back therapy treatment and facial massage work together to re-establish a harmonious flow of energy, restoring physical vitality, mental clarity and bio-magnetic balance.

Mimpi Manis 150 minutes
Release tension and connect to inner tranquility with our blissful ‘Sweet Dreams’ ritual. A sensuous salt-scrub soothes the nervous system. Gently flowing water relaxes every sense. Heavenly marma point body and face massage with oils of rose, jasmine, vetivert and patchouli rid body and mind of tension. Skin is left soft and refreshed, and a sense of deep peace floods the body.

Waves of Desire 120 minutes
Ideal for couples to experience together, this powerful ritual targets the sacral chakra – our centre of fertility and virility, free-flowing creative energy, desire and pleasure. When balanced, it helps us let go of our limitations and find a healthy balance in life. Through a deep lymphatic scrub, private steam and flowing fragrant massage, happiness is renewed and the desire for life and love reinvigorated.

Ocean Embrace* 120 minutes
Cleanse and relax with a mineral-rich seawater foot soak. Then submit to the enchanting embrace of Jimbaran Bay with a head massage using aromatic pandanus-infused coconut hair oil blended with essential oils of sandalwood, star anise and vetivert, designed to enhance positive thought. A softening blue sea salt body scrub and soothing warm-seashell body massage offer maximum oceanic nurturing.

Al Fresco Flow* 120 minutes
Retreat to a secret spot on the rocky shoreline, near our private waterfall. Stimulate skin and senses with gentle dry body brushing and a uniquely pleasurable flower rub, set to the sound of the waves. A Balinese massage follows with a flowing combination of long strokes, Inner Peace Body Oil and tension-relieving compresses. A calming anti-ageing floral facial completes this heady al fresco indulgence.

* Treatment can be experienced in one of our open-air bales at the edge of Jimbaran Bay
Daily rituals form the cornerstone of Balinese culture – powerful everyday reminders to protect the body and purify the soul, from a single fragrant frangipani offering on a doorstep to milestone lifecycle rites and elaborate community ceremonies.

Our signature Jimbaran Traditions seek to harness Mother Nature’s abundant gifts – and channel them through skilled local hands – to nourish the body and bring profound physical healing, revealing a natural harmonious path to inner change.
Suara Jimbaran* 120 minutes
Meaning ‘sounds of Jimbaran’, this immersive treatment begins with a ‘sound bath’ featuring the deep soothing tones of Balinese gongs – a truly mesmerising experience that clears, synchronises and recharges mind, body and spirit. Energised and wholly realigned, a rejuvenating ritual follows: a glass stone massage with aloe, frankincense and geranium butter, and a hydrating wild basil and neroli face treatment.

Agni Akasa* 120 minutes
This invigorating ‘fire sky’ Balinese martial arts-inspired ritual aligns the body, warms the muscles and enlivens the spirits. It begins with an empowering physical sequence comprising ‘white crane’ stretching and breathing exercises. A deep pressure ginger and cinnamon silat massage follows, with hot bamboo rods to roll and stretch the muscles, before the rhythmic chanting of a reaffirming Sanskrit mantra.

Tamba Anget 120 minutes
To relieve muscle aches and joint pains, Balinese villagers bundle homegrown herbs and spices into a warm cloth compress. Our ‘warm remedy’ ritual combines compresses of home grown chamomile, lemongrass, ginger, cloves, star anise and cardamom (blended to local recipes) with a warm herbal oil massage. As tensions ease away, reflect on nature’s blissful healing potential in a warm herbal flower bath.

Lulur Jimbaran 120 minutes
Lulur is a luxurious body scrub, originally a beauty secret of Javanese royalty brought across the Java Sea by the Balinese for their own rituals. A gentle, aromatic exfoliation and skin-nurturing yogurt result in gorgeously soft skin, followed by a hydrating floral bath, therapeutic herbal jamu and Balinese massage. Jimbaran Bay at its indulgent, indigenous best.

Bougainvillea Slimming 90/120 minutes
As effective as it is natural, this impressive ritual reduces fluid retention and cellulite – firming and smoothing skin, and visibly ‘slimming’ the physique. A detoxifying scrub and lymphatic stimulation with geranium and eucalyptus invigorate the circulation, while a bougainvillea stem cell wrap eliminates toxins and boosts cell regeneration.

Weteng Ayu 90 minutes
Balinese women have used stomach binding and weteng massage for centuries to tone the waistline, promote weight loss and aid post-pregnancy recovery. Meaning ‘beautiful stomach’, this herbal paste massage, binding and hot stones combination flattens the abdomen and accelerates the breakdown of stubborn fats. For maximum results, leave binding in place as long as possible after the treatment.

Adreno Selamat 120 minutes
Strong adrenal glands protect us from daily stresses and chronic fatigue. This strengthening therapy uses adaptogenic herbs in a targeted body scrub and abdominal wrap to support optimal adrenal function. Warm naturopathic packs direct the healing benefits of vetivert, pine, cedarwood and ashwagandha to the adrenals and kidneys, followed by a grounding Balinese massage.

Welas Asih 150 minutes
Referring to ‘the capacity for love and compassion’, this tender ritual uses rose oil and warm rose quartz to restore equilibrium and strengthen your connection, either with yourself or with a partner. Focusing on the heart chakra – centre of unconditional love, compassion and forgiveness, generosity and wellbeing – it moves through a scrub, bath massage and heart chakra work to reconnect the body and mind to inner peace and stillness, leaving you feeling at one with yourself and those around you.

* Treatment can be experienced in one of our open-air bales at the edge of Jimbaran Bay
Balinese and Asian massage techniques are renowned the world over for their relaxing and rebalancing benefits. Experience our unique selection of practices that combine authentic manual therapies and pure essential oils to boost circulation and wellbeing.
Traditional Balinese massage is passed through generations, preserving its unique healing techniques. In its most traditional form, the massage uses long strokes, gentle skin rolling, deep kneads and foot reflexology. Choose one of four restorative massage oils:

- **Grounding**: ‘Sacred Spices’ with clove, lemongrass and nutmeg
- **Calming**: ‘Water Dreams’ with lavender, patchouli and ylang ylang
- **Uplifting**: ‘Tropical Sunset’ with sweet orange, bergamot and sandalwood
- **Purifying**: Virgin coconut oil

**Rwa Bineda**

To balance the yin and yang energy within – known in Bali as rwa bineda – alternating hot and cold marble stones are used to massage specific areas of the body, bringing relief and relaxation. Swapping between the two opposing temperatures dilates and constricts the blood vessels, in turn exercising the capillaries and relaxing the muscles.

**Deep Knead**

This treatment brings intense concentration and focus to specific areas of tension. Muscles are warmed with Balinese massage, followed by stretching and deep pressure point techniques using forearms and elbows before a balancing Balinese foot reflexology. For best results, warm muscles in the steam room and sauna prior to your treatment.

**Ku Nye**

Drawing on Indonesia’s eastern influences, this earthy, grounding massage works on the meridians and acupressure points to bring physical reaffirmation. Hot marigold and lavender salt compresses and warm river stones soothe and energise, while a blend of five essential oils balances the body’s five elements, restoring energy, relaxing the nervous system and evoking a feeling of contentment.

**Kundalini Back Massage**

Ideal for depleted bodies and souls, this nurturing treatment profoundly restores the sympathetic and parasympathetic nervous systems. Focused massage and sound healing activate and channel the Kundalini – the dormant energy at the base of the spine; tension and negativity are lifted; and a state of balance and awareness is returned. Great for jet lag or all-round ‘soothing’… and a pre-cursor to the ‘Chakra Ceremonies’ at our sister spa: The Sacred River Spa at Four Seasons Resort Bali at Sayan.

**Aura-Soma Chakra Balance Massage**

The Balinese know only too well the principles of Sekala and Niskala - the seen and unseen – neither of which exists without the other. So too in this sensitive yet powerful experience which uses the wisdom of the Aura-Soma colour system, the balancing massage brings harmony to both the seen and unseen forces of nature. Aura-Soma oils, crystals, sound and breath come together to communicate harmony, truth and integrity. More than physical - a soul deep experience.

**Extreme Ease**

This targeted treatment combines Indian-style head, neck and shoulder massage with reflexology for the feet and hands. Firm pressure eases muscle tension to improve blood flow, erase the stresses of fast-paced city living, and restore a healthier equilibrium.

**Anti Cellulite Massage**

A unique massage technique using strong kneading, tapotement and Chinese suction cups on cellulite-affected areas to eliminate stagnation, intensify metabolism and dermal respiration, and improve skin elasticity. ila Body Oil for Vital Energy – containing argan oil, juniper berry, geranium and lemongrass – helps stimulate and release excess fluid.

**Four-Handed Harmony**

Experience the deeply restorative benefits of two therapists working in unison. Submit to the healing powers of four hands massaging the body in seamless coordination as tension is relieved and muscles stretched using a blend of synchronised massage techniques from East and West.

**Mother-to-be**

This nourishing and harmonising treatment combines a herb poultice massage with rosehip seed and argan oil – infused with extracts of lavender, geranium and rose – to replenish dry skin, remove excess fluid and gently relieve aches and pains. An optional body scrub with blackcurrant seed, honey and Himalayan salt gently adds lustre to the skin.
PURE TDA Facials

Improve the appearance of wrinkles, and reduce skin irritation, inflammation and acne in just one treatment* with these non-invasive and high performance facials. Manual microdermabrasion using finely ground sapphire crystals smooths and prepares the skin, followed by a pioneering transdermal application (TDA), during which one of four highly targeted serums is applied to the face at supersonic speed via a computer controlled applicator to enable penetration deep into the dermis. Skin is sustainably and visibly tightened, and facial skin cells regenerated, nourished and revitalised at the deepest possible level.

* A maximum of three treatments per week during the first week is recommended. Results can be seen after one treatment, with visible smoothness lasting up to seven days. Repeated treatments lead to longer lasting results.

PURE TDA Facial

A bespoke facial comprising cleansing, microdermabrasion, transdermal application and mask. A personal consultation with our trained therapists will help determine the best PURE TDA serum for your needs. Choose from:

- **Hyal N5**: to protect normal/youthful skin and gently stimulate collagen
- **Hyal 10**: to intensively hydrate all skin types and smooth fine lines
- **Mitocell**: to stimulate cell renewal and hydrate more mature skins
- **Proderm**: to treat skin inflammation, irritation and acne

PURE TDA Targeted Boost

Further target the eye area, décolletage, forehead, or laughter lines with an additional 15-minute serum boost. Only available in conjunction with a 60-minute PURE TDA facial.

PURE TDA Top Up

Follow-up facial comprising cleansing and transdermal application with added option of a 15-minute Hyal or Proderm mask. Only available as a follow-up to a 60-minute PURE TDA facial.

Mitocell Package

A 5 day package comprising a 60-minute Mitocell facial, 30-minute Mitocell top-up, and 45-minute Hyal 5 top-up with Hyal Mask. Treatments are recommended 48 hours apart.

Proderm Package

A 5 day package comprising a 60-minute Proderm facial, 30-minute Proderm top-up, and 45-minute Hyal 10 top-up with Hyal Mask. Treatments are recommended 48 hours apart.
ila Face Treatments
Meaning ‘earth’ in Sanskrit, ila face treatments harness nature’s vibrancy in its truest sense. Combining pure ingredients, ancient traditions and sustainable processes, they improve natural beauty through the health and vitality of the skin while increasing wellbeing through the transforming effects of energy healing. Widely considered one of the world’s leading organic wellness brands, ila is proof that results-driven benefits can go hand in hand with the highest standards of natural and ethical integrity.

Bliss 75 minutes
This heavenly therapy restores natural luminance by increasing blood circulation and stimulating the free-flow of energy to facial cells. Specialised techniques combine with powerful damascena rose otto and sandalwood oils to reduce inflammation, address hormonal imbalance and open the energy centres of the face: skin glows with radiance and a sense of peace pervades the body.

Crystal 90 minutes
Using the healing vibrations of crystals, this divine face treatment has a calming yet uplifting effect. A garnet face scrub, rose cream and jade mask, and massage with warmed Himalayan crystals relax the muscles and dissolve stress lines. A sensuous and nourishing experience, it is also suitable for dry and sensitive skin.

Marine Detox 75 minutes
This deep-cleansing face treatment unites nutrient-dense marine elements and nerve point therapy to remove waste build up and boost rapid repair of damaged or dehydrated skin. Sea lettuce detoxifies and boosts the lymphatic system. Bio-plasma serum and sea lavender mask encourage collagen production. Skin is purified; vitality and tone improved; and tension eased from micro-muscles.
**Enhancers**
For the ultimate in holistic care, add a 30-minute ‘enhancer’ to any treatment.

**Hand Rejuvenation** 30 minutes
The perfect add-on for hard-working hands, this treatment rejuvenates the muscles with a relaxing marma point massage before a cream mask, rich in essential oils, restores moisture and softness.

**Flawless Feet** 30 minutes
A relaxing and energising treat for flawless feet, comprising a lemongrass and vetivert scrub to smooth, marma massage and foot mask to stimulate, and Vital Energy Cream to soften.

**Eye Indulgence** 30 minutes
Marma point stimulation, eye exercises and a hydrating mask relieve tension, reduce dark circles and increase micro-muscle function. Fine lines and skin tone are improved and sparkle is restored.

**Breast Boost** 30 minutes
This delicate, sensuous treatment draws on the healing properties of rose to awaken the feminine spirit of strength and gentleness, tones the delicate breast tissue, and balance female hormones.
Body Scrubs

Much more than skin exfoliation, therapeutic body scrubs help eliminate fatigue, impart energy, and stimulate the circulatory and lymphatic systems. These fragrant earth offerings to the body leave skin smooth, hydrated and glowing with radiance, lifting both spirits and senses.

Himalayan Salt Scrub
60 minutes
Blissful or Energising & Detoxifying

When warmed with friction, our 250-million-year-old Himalayan salt crystals emit negative ions, uplifting the body’s bio-energy field and boosting emotional and physical wellbeing. Choose Blissful for soothing and relaxing or Energising & Detoxifying for cleansing and invigorating. Great for jet lag.

Pearl and Jasmine Stress Reliever
60 minutes

Pearl and jasmine are renowned for their profoundly calming and balancing effect on the nervous system. Combined with stimulating Himalayan salt crystals, they help relieve deep-rooted stresses, restoring physical vitality, mental clarity and emotional strength and wellbeing. Also great for jet lag.

Balinese Coconilla
90 minutes

This locally inspired treatment features a Balinese blend of freshly shredded young coconut, vanilla beans and coconut milk to gently polish and naturally hydrate the skin. The treatment concludes with a Bali Shanti oil back massage and an application of Ocean Lotion with vanilla, coconut and aloe vera.
Body Wraps
For ultimate comfort and cellular care, your body is gently cocooned – allowing organic essential oils and other earthly ingredients to nourish, hydrate, detoxify and decongest.

Amethyst Wrap  90 minutes
This balancing and regenerative experience draws on the healing energies of semi-precious stones to calm the nervous system and replenish the body. An all-over pearl and jasmine scrub and amethyst wrap stimulate circulation, regenerate skin cells, and encourage cell growth.

Marine Detox Wrap  90 minutes
Reduce cellulite and improve texture and hydration with this detoxifying combo: a nutrient-rich marine flora and Himalayan salt scrub to cleanse and re-energise the bio-magnetic field and lymphatic system, enhanced by a seaweed wrap. Bio-plasma increases metabolic function and aids regeneration while omega plankton boosts epidermal hydration and cellular structure.

Sun Soother Wrap  90 minutes
Ease overheated or sunburnt skin with a cooling combination of fresh aloe vera gel and calming lavender before being wrapped in banana leaves for ultimate refreshment. A relaxing back massage using soothing lavender lotion moisturiser gently alleviates and hydrates sun-induced damage.
Salon Treatments

Crème Hair Bath 60 minutes
Practised for centuries by Indonesian royalty, this traditional hair treat features a luxurious shampoo followed by an intensely nourishing scalp massage with organic ginseng, avocado or aloe vera crème. Warm steam maximises the crème’s effect, accompanied by a balancing neck and shoulder massage.

Nail Services

When only the best will do – our medically designed manicure and pedicure protocols really are a cure for the hands and feet. Performed without water and using safe and gentle medical-grade instruments, the results are unsurpassed and offer the ultimate fusion of wellbeing and beauty. Recommended for both men and women.

Ultimate Manicure 60 minutes
Manicured to perfection – shaping the nail, smoothing dry skin and cuticles, nail buffing, massage, scrub and hand mask. It’s all in the details. Choose to add polish (extra 15 minutes).

Uber Pedicure 75 minutes
A long lasting result, this Uber Pedicure is sensitive and deep. Recline in our custom leather chair while your therapist goes to work shaping, smoothing and soothing feet and legs. The results are dramatic with a beautiful natural finish that glows on its own; choose to add polish if you must (extra 15 minutes).

Full waxing services and gel nail polish application and removal are also available. Please contact the Spa Reception for details.