



FRESH!

BEAUTY LOUNGE

Fresh! Beauty Lounge is your haven from the high street! Shimmy into our nostalgic beauty lounge from yesteryear and allow us to revive your beauty and rejuvenate your soul.

WWW.FRESHBEAUTYLOUNGE.ID

FRESH! BODY

Resurrection Back, Neck, and Shoulder Massage

30 mins - IDR 190,000

Perfect for those on the run. We can't quite claim a cliché loaded re-birth experience, but with skilled therapists showing some love to your back, neck and shoulders we can guarantee you will "float" out feeling a whole lot better than on arrival.

Classic Balinese Massage

60 mins - IDR 300,000 | 90 mins - IDR 425,000

You ain't lived until you have experienced this massage. Quintessential Balinese massage in all its glory. A balanced combination of traditional pijat techniques and long relaxing effleurage strokes that leave you feeling like you need to you need to extend your visa on arrival.

Nomadic Dreams Tension Release Massage

75 mins - IDR 425,000

The ultimate antithesis to too many hours at the laptop, this remedial massage incorporates lomi lomi strokes and a little bit of elbow action to knead out tension created over time due to bad posture.

Yin Yoga for Dummies Yoga Stretch

90 mins - IDR 465,000

Wanna feel like your yoga teacher's pet for a change? Our therapists are trained to intuitively assess your flexibility and whilst you are coerced into a deep state of relaxation, your mind falls away and new possibilities arise. This sweet spot combination of ayurvedic acupressure and assisted yoga stretches encourages your body to reach a new level of relaxation and flexibility.

Hot Stone Nidra Massage

90 mins - IDR 560,000

This blissful experience is not to be missed. The thermal properties of the stones in combination with our skilled massage therapist's warmed stone strokes result in a feeling of being suspended in deep relaxation. If you love someone buy them this treatment!

Chilli Thermal Detox treatment 60 mins - IDR 560,000

Not for the faint hearted, this intense anti-cellulite, lymphatic drainage treatment yields some serious results. Perfect for those who want to add that extra boost to their detox or need to combat water retention. We use a unique combination of a chilli based cream and skin kneading massage to penetrate the skin and increase circulation and improve skin elasticity. Please note the Hot Chilli cream is HOT! and the heat lingers post treatment. For best results book a course of successive treatments.

Fresh Signature Experience 75 mins - IDR 440,000

Our most popular package integrating principles of zero waste bespoke "make your own" new product line! We invite you to create your own massage oil, then enjoy our Classic massage using your own creation. To top it all off you will take home the 50ml bottle.



FRESH! BOOSTER *Maximize your treatment with this sexy add on!*

Coconut Dream Body Scrub 30mins - IDR 260,000

Ear Candling 30mins - IDR 240,000

FRESH! FACE

Thank Me Later

45 mins - IDR 465,000

For those who just want a quick refresh, this facial is also suitable for sensitive skin. Gentle but effective facial massage techniques increase circulation and firmness but minimise redness.



Revamp

75 mins - IDR 560,000

This facial caters to acne prone skin and uneven tone due to pigmentation. It is the perfect combination of skilled extraction, steam ozone, clarifying products and bacteria zapping Blue LED light, and will have you cruising out with your head held high.

The Ivy Leaguer

75 mins - IDR 695,000

Ideal if you are naturally prone to dry skin or are suffering the effects of too much sun exposure. Intensely nourishing products are applied with just the right smoothing touch to ensure total absorption. Finished off with Red LED light to fade out wrinkles and stimulate collagen production.

The Supernova

90 mins - IDR 560,000

This facial is a complete and exceptional experience, so many steps including a 5 phase cleansing protocol, peel and a nourishing mask. This facial is deeply relaxing, and results in radiant, beautifully clean skin.

Daddy-0

60 mins - IDR 485,000

This one is for the men, as men have different skin composition and pores to women so we have designed this facial specifically for them. Daily shaving wreaks havoc also. This facial is a nourishing, rebalancing, rehydrating experience.

The Cadillac

90 mins - IDR 1,095,000

Everything about this facial is premium, carefully curated acupressure facial massage taken from Japanese shiatsu techniques combined with the absolute best Yonka has to offer makes this facial a top of the line non invasive, anti-ageing experience.

Like a Boss Facial

60 mins - IDR 535,000

This facial uses acupressure & accupoint facial massage and stretching, kneading strokes to release facial tension, and upwards Gua-Sha lifting, helps to encourage more defined facial contours.



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Jade Roller Face Massage 30mins - IDR 275,000

Collagen Jade Eye Mask 30mins - IDR 295,000

LED Light Machine 20mins

IDR 125,000/session | IDR 535,000/package of 5 sessions + 1 free

FRESH! NAILS

BUFF 40 mins

Clean, shape, cuticule grooming, conditioning massage, without polish.

Hands IDR 180,000

Feet IDR 200,000

POLISH 60 mins

Clean, shape, cuticule grooming, conditioning massage, with nail polish.

Hands OPI IDR 240,000

Hands OPI Gel IDR 455,000

Feet OPI IDR 260,000

Feet OPI Gel IDR 475,000

FRENCH 75 mins

Clean, shape and conditioning massage, with French polish.

Hands OPI IDR 295,000

Hands OPI Gel IDR 515,000

Feet OPI IDR 325,000

Feet OPI Gel IDR 535,000

EXPRESS 40 mins

Quick clean & shape, with polish.

Hands OPI IDR 180,000

Hands OPI Gel IDR 395,000

Feet OPI IDR 200,000

Feet OPI Gel IDR 425,000

POLISH CHANGE 20 mins

Remove old regular polish & apply new color.

Hands or Feet OPI IDR 120,000

Hands or Feet OPI Gel IDR 325,000

FRENCH POLISH CHANGE 20 mins

Remove old regular polish and apply new French polish.

Hands or Feet OPI IDR 180,000

Hands or Feet OPI Gel IDR 380,000

POLISH REMOVING

OPI Gel IDR 120,000 | **Hard Gel** IDR 250,000

LITTLE PEOPLE 45 mins

Under 12-years IDR 195,000

Under 8-years IDR 165,000

NAIL ART Flowers, dots, fun stuff

IDR 30,000 *per nail*



FRESH! BOOSTER

Maximize your treatment with this sexy add on!

Builder in a Bottle (BIAB) IDR 225,000

Nail Extension IDR 235,000

Polygel IDR 325,000

Nail Polish Guarantee *If your nail polish chips within 3 days or your gel within 7 days, contact reception and we'll fix it for free.*

FRESH! FEET

Balinese Foot Reflexology

30 mins - IDR 180,000

45 mins - IDR 210,000 60 mins - IDR 240,000

Both relaxing and remedial, balinese reflexology combines foot acupressure with our own signature lymphatic drainage strokes to soothe and balance.

Herbal Foot Spa 60 mins - IDR 285,000

The ultimate foot spa experience and one of our most popular treatments! The indulgent combination of an aromatic foot soak with chocolate and aromatic spice and a warm shoulder pack, leaves you melting into the chair. Warming foot and leg hot stone massage chills you out for the rest of the day. If you love someone buy this treatment!

FRESH! WAXING

Bikini Line	IDR 180,000	Full Arms	IDR 215,000
Brazilian	IDR 295,000	Underarms	IDR 145,000
Half Legs	IDR 215,000	Upper Lips	IDR 120,000
Half Arms	IDR 180,000	Chin	IDR 120,000
Shoulder	IDR 205,000	Eyebrow Wax	IDR 120,000
Full Legs	IDR 325,000	Eyebrow Shaping	IDR 225,000
Full Back	IDR 325,000	Eyebrow Wax & Tint	IDR 245,000



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Foot & Leg Spa 30mins - IDR 235,000

Cleaning - Buffing - Scrubbing - Revitalizing Mask

Paraffin Hands or Feet 30mins - IDR 215,000

FRESH! EYES

EYELASH EXTENSIONS

Transform your eyes with our 70% silk eyelash extensions! Top quality product made in Japan (Lash Concept). Each eyelash is applied to your natural eyelashes one by one. Go glam!



Natural Look IDR 645,000 (80 pcs)
Lashes are enhanced by adding subtle length and volume. Suited for those who do not want their extensions to be noticeable.



Cute Look IDR 725,000 (90 pcs)
Longer lashes are placed on the center of the eyes making the eyes look bigger, rounder, and more open.



Sexy Look IDR 795,000 (100 pcs)
Longer lashes are placed on the outer corner of the eyes to emphasize the width of the eyes. For a sultry and exotic look.



Movie Star Look IDR 940,000 (120 pcs)
For those who want the highest volume, length and curled lashes for a totally glamorous look.

Lash Lift & Tint IDR 420,000

The Lift treatment works by boosting and lifting each individual lash, then tinting them for a thicker, darker, and more dramatic looking lash. Lasts 6 to 8 weeks.

Brow Lamination & Tint IDR 620,000

Brow lamination is a procedure that involves straightening the brow hairs so they lie straight, full, and in the right direction. Brows appear fuller and are more filled in, even better combined with tinting.

Refill Lashes
IDR 8500 /pcs

Lash Tint
IDR 210,000

Eyebrow Tint
IDR 180,000

Hair Spa 60 mins - IDR 345,000

For soft silky hair, try this traditional Indonesian hair treatment using a shea butter hair mask and steamer. While the hair mask is doing its magic, relax into a head and shoulder massage.

Add on Blow Dry Stylist IDR 115,000

Nano Booster Hair Treatment IDR 495,000

Nano Booster is a revolutionary hair treatment that uses the power of nanoparticles. These microscopic particles infused with our signature product penetrate deep into the hair shaft, repairing and nourishing the strands from within. Suitable for all hair types, including chemically treated and colored hair.

Benefits:

- **Hair Restoration:**
Helps repair damaged hair by replenishing the lost proteins and moisture, resulting in revitalized, healthier-looking hair.
- **Frizz Reduction:**
Tames frizz, leaving the hair smoother, more manageable, and easier to style.
- **Intense Hydration:**
Infuses moisture into the hair, providing deep hydration and restoring its natural luster.

Keratin Hair Treatment *starting at* IDR 2,150,000

Get rid of your frizz (up to 95%) for up to three months!
Perfect for smoothing out Bali humidity hair. Velvety smooth hair that is easier to comb and style. Paraben, formaldehyde & cruelty Free. Prices based on consultation, length, texture and hair resistance.

WASH, CUT, BLOW

Women

IDR 295,000

Bang & Fringe / Beard Trim

IDR 125,000

Add on Styling with hot tools

(flat or curling iron)

IDR 95,000

Men

IDR 215,000

Children 12 & under (M/F)

IDR 185,000/IDR 235,000

French Braiding

(based on consultation)

IDR 195,000-295,000

BLOW BAR

The Marilyn *45 mins* (S IDR 225,000 / M 245,000 / L 275,000)

Effortless waves, body and volume with a sprinkle of glam for that big night out!

Some Like it Straight

45 mins (S IDR 275,000 / M 305,000 / L 360,000)

Sweet spot combination of voluminous but straight locks that, with the help of our professional products, will stay straight and sleek all evening.

With Grace *30 mins* (S IDR 225,000 / M 245,000 / L 275,000)

A more natural blow-dry, lots of natural movement perfect for a confidence perk without feeling overdressed for the occasion.

Add on Hair Vitamin *15 mins* - IDR 185,000



GLO&GO PACKAGES

The Drive-thru *75mins - IDR 815,000*

Not got heaps of time but want us to work some miracles? This is the package for you. Express Mani-Pedi, Blow Dry of your choice and our amazing Collagen Jade Eye Mask will spruce you up for the evening ahead.

The Bomb *120mins - IDR 1,050,000*

This package is for when you really need to impress yourself or someone else! Full Mani-Pedi, Hair Vitamin, Blow dry of your choice and our collagen eye treatment.

SPA PACKAGES

The Whole Shebang *210 mins - IDR 1,150,000*

The ultimate treat that induces that lost in paradise feeling, however when you return to reality you will be feeling and looking a whole lot better than before. Totally indulgent combo of our Classic Massage, the Supernova Facial and a Mani-Pedi will leave you feeling all round awesome.

Back on the Wagon *100 mins - IDR 675,000*

Absolve yourself of your "sins" and make it all ok again with this purifying combination of Coconut Dream Body Scrub Treatment and Chili Ultrasonic Detox Treatment. Great as an add on to detox retreat program.

Where is
FRESH?



We're open from
10 am - 9 pm



Morning price

10% discount
received for
any treatment
finished before **12 noon**



*To book
an appointment*

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