

Jet Lag Recovery, 90 mins (\$50)

The jet-lag recovery SPA Package is the perfect way to recover from the stress caused by travel and to renew and rejuvenate your mind and body.

Begin your long flight recovery with a steam to detoxify your skin and open your pores, followed by herbal wrap on the back, scented stress to release skin impurities and release muscle tension.

Then enjoy a body massage to increase blood flow and detoxification of the body especially areas that most likely to retain fluids and finally indulge in a face cleanser, face masker and scalp treatment.

Qunci Wake Up Call, 60 mins (\$35)

Commences with a foot wash therapy, followed by method a red flower and lavender balm around sole of feet ,lower legs and back to reduce swelling and aching muscle. Before full body spot massage.

The sensual energizing oils to stimulate circulation as well as invigorating and moisturizing the body.

(Treatment recommended one day after arrival ; 50% discount from 08.00 – 11.00)

R&R

Late Check Out Treatment, 90 mins Rp.690 (\$50) (

Rejuvenate your skin and refresh your spirit after a day in the sun, and before your late flight, with delightful bath “flavored” by kalamansi lime and pomelo begin with a foot therapy, neck, shoulder, face massage and body scrub to elevate your mood

Exotic and uplifting R&R treatment will pamper your skin, energize your body, enhance your awareness and that extra spring to your every step

(Treatment recommended from ; 13.00 – 16.00, 25% discount)

Ultimate Qamboja Half - day Spa experience

(4 hours) Rp.1.305 (\$95) / Person
(6 hours) Rp.1.850 (\$135) / person

This spa program will help you to cleanse, detoxify your body, remove fluid retention and calm and totally relax you.

Your half day session; 4 hours :

08.00am – 09.00am :Healthy breakfast*

09.00am – 09.15am :Scalp treatment is a therapy that provides relief from aches and pains. It is renowned for relieving symptoms of stress and working on the physical and mental levels giving immediate relaxation for the muscles.

09.15am - 10.15am :Your experience continues with a deluxe massage: Urutan gendang beleq, Swedish, Balinese or Aromatic massage.

10.15am – 10.30am :You will then enjoy our Tropical flowers bath, will be immersed in the fragrance and petals of tropical flowers, and rejoice in an aromatherapy experience like no other

10.30am – 11.30am :Qunci facial; A wonderful revitalizing facial using fresh natural ingredients.

11.30am – 13.00pm :Our natural Manicure and Pedicure includes scrubbing, cleansing, shaping, and polishing.

13.00pm – 14.00pm :Healthy lunch

COUPLE SPA EXPERIENCE (For Two Person)

3 hours

Rp. 2.760 (\$200)

A Lombok wedding ceremony is renowned for its pomp and pageantry, practiced for hundreds of years from generation to generation. On the day of the wedding, the couple is often called King and Queen of the day or in Indonesian "Raja dan Ratu Sehari".

Traditional Lombok wedding culture seeks to prepare the wedding couple holistically, involving mind body and spirit.

At our Qamboja spa 3 hours couple spa experience includes a series of special body treatments for her and him, based on these ancient Lombok wedding traditions.

For Her

Royal Secret of Putri Mandalika

Langeran (Hair Treatment)

Lulur Keraton (Traditional Facial & body scrub)

Siraman (Milk Bath)

Ukup Wangi (Scented Body Steaming)

Jamu (Herbal Tonic Drink)

For Him

Urutan Sigar Penjalin (Qing Massage)

Herbal Hair Roots Treatment

Rempah-Rempah (Herbal Roots Scrub)

Rempah ratus (Herbal Bath)

Mandi Wap (Herbal Steam Bath)

Jamu (Herbal Tonic Drink)

INDIVIDUAL SPA EXPERIENCE

3 hours

Rp. 1.380 (\$100)

Lombok Day

- Foot wash
- Uliq nyiur (Hair Treatment)
- Qunci wrap (Herbal Wrap)
- Campur rempah (Body Treatment)

Royal Secrets of Putri Mandalika (Ladies)

- Foot wash
- Urutan begending (Princes Massage)
- Langeran (Hair Treatment)
- Traditional (Facial)
- Lulur Keraton (Body Scrub)
- Siraman (Milk Bath)
- Ukup Wangi (Scented Body Steam)
- Jamu (Herbal Drink)

Sigar Penjalin Treatment (Gentlemen)

- Foot wash
- Urutan panglima (Warior Massage)
- Herbal hair roots treatment
- Akar-akar (Herbal Roots Scrub)
- Rempah ratus (Herbal Bath)
- Mandi wap (Herbal Oil Steam Bath)
- Jamu (Herbal Tonic Drink)

A la carte Experience

Qamboja Special

Discover traditional Indonesia treatments for men and women. Indulge yourself with a Balinese or aromatic massage. Followed by your choice of one of our body scrubs or body wraps, and finished with a flower bath or spice bath.

120 min Rp.759 (\$55) /person

Javanese Lulur

Originating from the royal palaces in Java Indonesia, this is a traditional treatment using herbs and spice. It begins with Balinese massage to rejuvenate your body, followed by the lulur to exfoliate the skin. Fresh yoghurt is splashed onto the skin for nourishment. You will then continue with a flower bath while enjoying a shooting cup of ginger drinks.

120 min Rp.690 (\$50) /person

Campur Rempah (Herbal Pouch)

The name campur rempah means a blending of varieties in lombok combination the best technique of lombok and thai massage, a special creation use touch, tone and aromatherapy to give you a memorable experience.

The scent of lemongrass and pandan leaves fills the air as steamed herbs according pressed along the body using a traditional steam pouch.

120 min Rp.690 (\$50) /Person

MASSAGES THERAPY

- **Rinjani Hot Rocks Massage**

Available as an 90-minutes massage only Rp.690 (\$50)

Healing with stones is an ancient form of therapy used by various cultures throughout the ages.

Massaging the body using smooth, heated basalt river rocks and Swedish massage technique, the body deeply relaxes as the warm stones melt away the tension and stress.

Reservation has to be made at least 30 minutes prior to treatment

- **Urutan Gendang Beleg (Traditional Massage)**

The art of traditional lombok massage is passed on from generation to generation, the technique consists of long kneading strokes that focus on the muscle. This massage uses oil made with special local herbs such as garlic, onion and citronella that invigorates circulation.

Deluxe	60min	Rp.414	(\$30)
Supreme	90min	Rp.552	(\$40)

- **Swedish Massage**

This classic oil massage works predominantly with the muscles, soft tissues and joints, utilizing long rhythmic strokes.

Please request soft, medium or deep pressure

Deluxe	60 min	Rp.414	(\$30)
Supreme	90 min	Rp.552	(\$40)

- **Balok Massage**

This massage combines a historical reference from many cultures, especially Indian, Chinese and European influences, which form the foundation of Balinese traditions. Thus the ritual offers techniques which vary in tempo of acupressure, rolling motions, long strokes and percussion which provide an invigorating and energizing experience for the body

Deluxe	60 min	Rp.414	(\$30)
Supreme	90 min	Rp.552	(\$40)

• Aromatic Massage

The powerful efforts of aroma on the body and mind combined with technique designed to elicit a relaxing response make this massage an ideal choice for anyone who wishes to reduce stress.

To ensure quality and achieve the desired effect, we have produced our own blends of aromatherapy oils.

Deluxe	60 min	Rp.414	(\$30)
Supreme	90 min	Rp.552	(\$40)

• Thai Massage

An art with ancient tradition this method of massage was originally practiced only in Thai temples by Buddhist monks, versed in the art of healing. It's described as yoga massage for its stretching and bending movements, this is ideal for anyone who desires increased energy flow and flexibility, a T-shirt and loose cotton pants are provided.

90 min	Rp.552	(\$40)
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• Shiatsu Massage

Shiatsu is a Japanese pressure point technique based on the concept of acupuncture. Pressure is applied to various body points along energy pathways enhancing the free flow of chi (like force energy). A T-shirt and loose cotton pants are provided.

90 min	Rp.552	(\$40)
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• Reflexology

The theory of reflexology lies in the understanding that the feet have reflex points and limbs to balance all the functions of the body.

60 min	Rp.276	(\$20)
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BODY SCRUB

• Lulur Rempah Wangi

The combined properties of turmeric, tamarind and sandalwood, scrubs your body and softens and exfoliates dead skin cells.

60 min	Rp.414	(\$30)
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• Coffee & Chocolate Scrub

A mix of chocolate and finely ground Bali coffee, this rich aromatic will smooth your skin and elevate your mood.

60 min	Rp.414	(\$30)
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• Coconilla Soothing Scrub

Freshly grated coconut is rubbed all over your body to produce an exhilarating body scrub used to remove dry skin cleans the body and exfoliates the skin.

60 min	Rp.414	(\$30)
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• Teh Hijau Scrub

Green tea scrub to soften skin and make the skin look younger as green tea acts as an antioxidant.

60 min	Rp.414	(\$30)
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BODY WRAPS

All treatments include a head and face massage while the body is receiving the benefits from the wrap.

• Qunci Wrap

A fresh mixture of lemongrass, ginger, Galangal is applied to the body, which is then wrapped in warm sheets, it helps to detoxify, reduce water retention and relieve joint and muscle pain, fresh with spice bath and body lotion.

60 min Rp.483 (\$35)

• Volcanic Mud

Helps to draw toxins and break down cellulite. Continue with a coconut bath and body lotion.

60 min Rp.483 (\$35)

• Boreh Lombok

A traditional village remedies to warm the body and reduce muscle tension. Finish with a spice bath and body lotion.

60 min Rp.483 (\$35)

• Cucumber Aloe Wrap

A superb after sun smoothie anti inflammatory and highly recommended for sun sensitive conditions, finish with aloe Vera gel application.

Rp.483 (\$35)

• Papaya Wrap

Rich in enzymes, bringing new skin cells to the surface. Finish with a flower bath and body lotion.

60 min Rp.483 (\$35)

QUNCI FACIAL

A wonderful revitalizing and moisturizing facial using fresh natural ingredients of avocado, cucumber, egg, honey, candlenut and banana. This natural cleansing masque is followed by a soothing massage of face and arms.

60 min Rp.345 (\$25)

HAIR CARE

Uliq Nyiur

(Coconut crème, hair treatment)

Coconut oil has been used traditionally by the Indians for thousand of years it helps condition the hair, maintaining its luster and colors

30 min Rp.207 (\$15)

NAIL CARE

Well groomed and beautiful hands and feet are a necessity for everyone. Our natural Manicure and Pedicure includes scrub, cleansing, shaping and polishing.

Manicure

45 min Rp.207 (\$15)

Pedicure

45 min Rp.207 (\$15)

Manicure & Pedicure

90 min Rp.345 (\$25)

SPORT'S MEN

Manicure

45 min Rp.207 (\$15)

Pedicure

45 min Rp.207 (\$15)

Manicure & Pedicure

90 min

Rp.345

(\$25)

• YOGA EVERYDAY AT QUNCI VILLAS

Daily classes, Rp.276 (\$20) /Person

Lombok continues to grow for yoga and with our main focus on your needs for the sole purpose of bringing together your well-being.

Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
08:00-09:00	Hatta Yoga	Hatta Yoga	Hatta Yoga	Hatta Yoga	Hatta Yoga	Hatta Yoga	Hatta Yoga
08:00-09:00	Satria Yoga	Satria Yoga	Satria Yoga	Satria Yoga	Satria Yoga	Satria Yoga	Satria Yoga

• RINJANI TREKKING TONIC

Recommended for Rinjani hikers suffering from aches and pains.

Duration: 1 hour 30 minutes

Price

Rp.483

(\$35 nett)

Includes:

1. Energizing Leg treatment 45 minutes :
This treatment is performed with deep finger and thumb pressure over the entire foot and lower legs, to relieve discomfort in areas of imbalance and toxin build up.
2. Qunci Jemari (Hand massage) 20 minutes:
To help relieve aches, improve circulation and joint conditions on the arms.
3. Back and shoulder therapy (Including Neck and Head) 25 minutes :
This is a quick – fix acupressure massage without oil. Releases tension and knots as well as relieves mental stress associated with long physical regimes.