

ALAMANDA *Ocean Front Resort & Spa*

SPA - Guide

Massage oils and their effect

Bergamot :	Increases positive energy, relaxation, decreases depression, it can also be used to heal flu and fever.
Sandalwood :	Stability, sensuality, skin regeneration, improves oxygen circulation and blood distribution, heals bruised skin.
Frangipani :	Increases ability to concentrate, vitalizes body and mind, relaxation, relieves tired muscles and skin.
Lotus :	Refreshes, relaxing, placidly.
Musk :	Softness, decreases depression and sharpens the concentration.
Peppermint :	Happiness, vitality, masculinity, give energy and work spirit, decreases tiredness.
Lavender :	Calms down, decreases headaches, smoothens burnt skin and scars.
Rose :	Love, romantic, relaxing.
Green Tea :	Refreshes the mind, vanishes tiredness and flu, balancing.

Peelings / Scrubs

Treatment	Ingredients	Effects
Traditional Lulur	Red rice, green beans, soybean, Pulosari bidarar laut, cinnamon, yellow sandalwood, wild ginger, medical root, fragrant grass, Tujung flower, Delem leaves, Gambir flower	1.) Lifts dead skin, dirt and dust 2.) Neutralises the smell of the skin 3.) Nutrition to the skin 4.) Regenerates the O ² circulation and blood distribution 5.) Takes care of the skin moist and prevents wrinkles
Green Tea	Green tea, green beans, white rice, Lotus, essence of the flower Champaka, Frangipani and Delem leaves	1.) to 5.) plus... 6.) Prevents acne and cellulitis, smoothens your skin
Tee	Best quality tea, red rice, green beans, soybeans and lime	1.) to 6.) plus... 7.) Prevents acne, eye pockets and cellulitis
coconut	selected yellow coconut, red rice, soybeans, green beans, Menanga flower, Jasmine und Gardenia	1.) to 7.) plus... 8.) recommended for dry skin, gives back the natural colour of the skin and makes it shiny

Skin masks

Treatment	Ingredients	Effects
Milk bath mask	The legendary beauty of the Queen with wonderful, smooth skin; Milk with flower and Lotus seeds, Vanilla	1.) to 7.) plus... gives proteins to the skin, soothing, refreshing, smoothing
Seaweed mask	Seaweed, Lotus, flower leaves and seeds, green beans	2.) to 5.) plus... nourishes the skin and makes it smooth and shiny
yoghurt mask	Fresh full cream yoghurt.	Smoothens the skin, nourishes and helps regenerating