



Tea Tree Spa  
*Feeling good, made simple*

Welcome to **Tea Tree Spa**, where relaxation, rejuvenation, and wellness come together in a harmonious sanctuary designed to refresh both body and mind. Located in the heart of Bali, our spa offers a luxurious and tranquil environment, creating a haven for those seeking a peaceful escape from the stresses of daily life.

欢迎来到茶(Tea) 树(Tree) 水疗馆, 这里是放松、恢复活力和健康的完美场所, 旨在让身心焕然一新。我们的水疗中心位于巴厘岛市中心, 提供豪华而宁静的环境, 为寻求远离日常生活压力的宁静人士打造一个天堂。

At Tea Tree Spa, we are committed to providing a premium spa experience that combines expert therapeutic treatments with holistic wellness practices. Our highly trained therapists and wellness professionals use only the finest natural products and advanced techniques to deliver transformative results. Whether you're looking for deep relaxation, skin rejuvenation, or physical therapy, our diverse range of services is designed to meet your unique needs and provide a tailored experience.

在茶树水疗中心, 我们致力于提供将专业治疗与整体健康实践相结合的优质水疗体验。我们训练有素的治疗师和健康专业人员仅使用最好的天然产品和先进技术来提供变革性的结果。无论您是寻求深度放松、嫩肤还是物理治疗, 我们多样化的服务旨在满足您的独特需求并提供量身定制的体验。

#### **Health Concerns 健康顾虑**

Please inform your therapist of any medical conditions, allergies, or injuries before your treatment. This includes pregnancy, high blood pressure, or skin conditions. Let us know if you require special accommodations.

请在治疗前告知您的治疗师任何健康状况、过敏或受伤情况。这包括怀孕、高血压或皮肤状况。如果您需要特殊住宿, 请告诉我们。

#### **Reservation 预约**

We recommend booking at least 24 hours in advance. To secure your appointment, a credit card may be required. For group bookings, please book 72 hours in advance. Arrive 15 minutes early to relax before your treatment.

我们建议至少提前 24 小时预订。为了确保您的预约, 需要提供信用卡。

团体预订请提前72小时预订。在治疗前提前 15 分钟到达以放松身心。

Opening Hours **9 am - 9 pm everyday**

[www.barunabali.holidayinnresorts.com](http://www.barunabali.holidayinnresorts.com)



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### **Baruna Deep Revival Massage 巴鲁纳深度焕活按摩**

**60 minutes 60 分钟 IDR 700.000**

**90 minutes 90 分钟 IDR 850.000**

Experience a powerful therapeutic massage designed to ease muscle tension and restore full-body balance. Using slow, focused strokes and firm pressure, our therapists work deep into the layers of muscle to release knots, improve flexibility, and promote optimal circulation.

Perfect for guests who prefer a stronger massage or need relief from stiffness, muscle fatigue, or chronic tension.

体验一款强效的治疗型按摩，旨在舒缓肌肉紧张并恢复全身平衡。通过缓慢而集中的手法及深层压力，理疗师深入肌肉层次，释放结节、提升柔韧度，并促进最佳循环。

非常适合喜爱较强力度按摩，或需要缓解僵硬、肌肉疲劳或长期紧张的宾客。

### **Traditional Balinese Massage 传统巴厘岛按摩**

**60 minutes 60 分钟 IDR 650.000**

**90 minutes 90 分钟 IDR 800.000**

A traditional Balinese massage with a touch of meditation is a deeply relaxing and holistic experience that combines therapeutic bodywork with elements of mindfulness. The massage itself is rooted in ancient Balinese healing practices, designed to soothe the body and mind.

带有冥想气息的传统巴厘岛按摩将身体治疗与正念元素相结合，是一种深度放松的整体体验。按摩本身植根于古老的巴厘岛治疗方法，旨在舒缓身心

### **Manik Batu Massage (Hot Stone) 马尼克石按摩(热石)**

**90 minutes 90 分钟 IDR 850.000**

Experience the incredible sensation of this unique massage using heated basalt stones with therapeutic essential oil to give you deeper relaxation. Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience.

体验这种独特的按摩令人难以置信的感觉，使用加热的玄武岩石头和治疗精油，给您带来更深的放松。治疗热量缓慢释放到肌肉腹部，带来全新的身体体验。

### **Baruna Herbal Compress Massage 巴鲁纳 草药压缩按摩**

**90 minutes 90 分钟 IDR 950.000**

This massage utilizes herbal poultices that are heated and applied to the body to relax the muscles and release tension. Your therapist then follows with massage and acupressure movements with oils that will relax and destress the body.

这种按摩利用加热的草药膏剂涂抹在身体上，以放松肌肉并释放紧张感。然后，治疗师会用精油进行按摩和穴位按摩，以放松身体并减轻压力。

### **Revitalize Foot Massage 足部按摩恢复活力**

**30 minutes 30 分钟 IDR 450.000**

**60 minutes 60 分钟 IDR 550.000**

Take the weight off your feet and feel the benefits of some 'sole pampering'. The various points in your feet correspond with parts of your body and not only will you get more spring in your step, but your whole body will feel revitalized.

卸下双脚的重量，感受“足底呵护”的好处。脚上的各个穴位与身体的各个部位相对应，不仅脚步更有弹性，整个身体也会感觉焕发活力。

## Energizing Back Massage 充满活力的背部按摩

30 minutes 30 分钟 IDR 450.000

An energizing back massage uses firm strokes and techniques like kneading and tapping to relieve muscle tension, improve circulation, and boost energy. Focused on areas like the shoulders and lower back, it helps release stiffness and promotes a sense of vitality and relaxation.

充满活力的背部按摩采用有力的按摩和揉捏、拍打等技术来缓解肌肉紧张、改善血液循环并增强能量。它专注于肩膀和下背部等区域，有助于缓解僵硬并促进活力和放松感。

## Relaxing Head & Shoulder Massage (Dry Treatment) 放松头肩部按摩(干式护理)

30 minutes 30 分钟 IDR 300.000

Imagine a moment just for you. Where tension dissolves, where stress fades away, and where peace fills every breath. Our signature 30-minute Head & Shoulder Massage is more than a treatment – it's your daily escape to serenity.

想象一个只属于你的时刻。紧张感消失，压力消失，每一次呼吸都充满平静。我们的招牌 30 分钟头肩按摩不仅仅是一种护理，更是您每天享受宁静的场所。



## Body Scrub 身体洗刷

30 minutes 30 分钟

IDR 575.000

A body scrub is a wonderful way to renew your skin, leaving it feeling exfoliated, hydrated, and glowing. It is an ideal treatment to prepare your skin for a special occasion or simply to treat yourself to a moment of luxury and self-care. Whether you're looking to smooth rough patches, boost circulation, or enhance your skin's natural radiance, a body scrub provides a refreshing and rejuvenating experience for your skin and senses.

身体洗刷是更新肌肤的绝佳方式，让肌肤感觉去角质、水润、容光焕发。这是一种理想的护理方法，可以让您的皮肤为特殊场合做好准备，或者只是让自己享受奢华和自我护理的时刻。无论您是想抚平粗糙的斑块、促进血液循环还是增强皮肤的自然光泽，身体洗刷能为您的皮肤和感官带来清爽、恢复活力的体验。

## Body Mask 身体膜

30 minutes 30 分钟 IDR 575.000

A nourishing full-body treatment that hydrates, soothes, and revitalizes the skin. A gentle, nutrient-rich mask is applied to restore softness and radiance, leaving your skin feeling smooth, refreshed, and beautifully renewed.

滋养全身的护理，可为肌肤补水、舒缓并焕活。涂抹温和且富含营养的身体膜，帮助恢复肌肤的柔软与光泽，使您的肌肤变得光滑、清新，焕然一新。





### Sesantia Botanical Facial 塞桑蒂亚植物面部护理

60 minutes 60 分钟 IDR 950.000

Enriched with rose petal from Damascus, Cleopatra's Rose series are playing serious role in regulating sebum and nurturing skin in this product category. Rose damask is also known to calm sensitive skin and help prevent signs of aging.

克利奥帕特拉的玫瑰系列富含大马士革玫瑰花瓣,在该产品类别中发挥着调节皮脂和滋养肌肤的重要作用。玫瑰锦缎还可以镇定敏感肌肤并有助于防止衰老迹象。

### Baruna Organic Skin Treatment 巴鲁纳.有机皮肤护理

30 minutes 30 分钟 IDR 500.000

60 minutes 60 分钟 IDR 800.000

An organic facial offers a restorative, nourishing experience that leaves your skin glowing with health and vitality. By harnessing the power of nature's finest ingredients, this treatment provides a gentle yet effective approach to skincare. Whether you're looking to hydrate, detoxify, combat aging, or simply indulge in a luxurious self-care ritual, an organic facial is a beautiful choice for achieving healthy, radiant skin while honoring your commitment to natural, eco-friendly beauty.

有机面部护理可提供修复、滋养的体验,让您的肌肤焕发健康和活力。通过利用大自然最好的成分的力量,这种护理提供了一种温和而有效的护肤方法。无论您是想补水、排毒、抗衰老,还是只是享受奢华的自我护理仪式,有机面部护理都是实现健康、容光焕发的肌肤的绝佳选择,同时兑现您对自然、环保之美的承诺。

### Face Acupressure 面部指压

30 minutes 30 分钟 IDR 300.000

Common acupressure points on the face include areas near the eyebrows, under the eyes, along the jawline, and on the temples. Regular practice of face acupressure can contribute to a youthful, glowing appearance while promoting mental and emotional well-being.

面部常见的穴位包括眉毛附近、眼睛下方、下颌线和太阳穴附近的区域。定期练习面部穴位按摩可以让您看起来年轻、容光焕发,同时促进精神和情感健康。





### **Rama Shinta 拉玛·辛塔**

**150 minutes 150 分钟 IDR 2.200.000/couple**

This ritual treatment is inspired by the power of love from Rama & Shinta, this experience starts with your selection of body scrub followed by a warm Jacuzzi hydro bath to have refreshed & cleansed. Then you will receive a Traditional Balinese Massage for well well-being of your mind & body, and the ritual will continue with a refreshing organic facial, and aroma face acupressure to finish this treatment. 这种仪式护理的灵感来自 拉玛 和 辛塔 的爱 的力量, 这种体验从您选择的身体磨砂开始, 然后是温暖的按摩浴缸水浴, 让您焕然一新和清洁。然后, 您将接受传统的巴厘岛按摩, 以保持身心健康, 仪式将继续进行清爽的有机面部护理和芳香面部指压按摩, 以完成此护理。

### **Let There Be Love 让爱存在**

**120 minutes 120 分钟 IDR 1.900.000/couple**

A luxuriant escape for you both, relax and indulge yourselves whilst allowing the world outside to carry on without you. This relaxing experience includes your skin being revitalized and smoothed with your selection of body scrub to keep your skin nourished and rejuvenated, you spend your time with a Jacuzzi hydro bath and a 60-minute Balinese massage to complete this treat.

为你们俩提供一次奢华的度假之旅, 放松身心, 放纵自己, 同时让外面的世界在没有您的情况下照常进行。这种放松的体验包括使用您选择的身体磨砂膏让您的皮肤焕发活力和光滑, 让您的皮肤保持滋养和活力, 您还可以享受按摩浴缸水浴和 60 分钟的巴厘岛式按摩来完成这一护理。

### **Soulmate Forever 永远的心灵伴侣**

**90 minutes 90 分钟 IDR 1.550.000/couple**

Ideal to strengthen your loved one, begin with relaxing time in a warm jacuzzi hydro bath, then continue with a 60-minutes full body massage with your choice of massage oil and head massage to reconnect the filling of love with each other.

非常适合增强您所爱的人, 从在温暖的按摩浴缸水浴中放松身心开始, 然后继续使用您选择的按摩油和头部按摩进行 60 分钟的全身按摩, 以重新连接彼此的爱。





### Aura Agung Package 灵气阿贡套

240 minutes 240 分钟 IDR 2.300.000

Enjoy the ultimate experience of a luxurious 4 hours of pampering and relaxation and you don't even need to leave for lunch we'll bring a healthy lunch to you at your Bale overlooking the Indian Ocean.

Begin with your choice of body scrub to reveal soft, glowing skin. Continue with a soothing 60-minute full body massage to melt away tension, then drift into tranquility with the Baruna Bath Ritual.

After lunch, complete your journey with our Signature Sensatia Botanica Facial, leaving your skin refreshed, nourished, and beautifully radiant.

尽情享受奢华 4 小时的极致呵护与放松体验，而且您无需离开休憩亭——我们会将健康午餐直接送至您面前，让您在眺望印度洋的同时悠然用餐。

以您喜爱的身体磨砂开启旅程，焕现柔嫩亮泽的肌肤。随后享受 60 分钟舒缓的全身按摩，融化所有紧张，再沉浸于巴鲁纳沐浴仪式，进入完全宁静的状态。

午餐后，以我们标志性的 Sensatia Botanica 面部护理为您的体验画上完美句点，让肌肤焕发清新、滋养与自然光采。

### Sekar Tunjung 塞卡敦戎

210 minutes 210 分钟 IDR 2.200.000

Relax and de-stress with a soothing journey designed to prepare you for a restful night's sleep. Enjoy a vitamin-rich body exfoliation and nourishing body mask, followed by the calming Baruna Bath Ritual. Continue with a gentle Traditional Balinese Massage and rejuvenating head massage. Conclude with a refreshing snack and healthy juice for complete nourishment.

放松身心，卸下疲惫，这款舒缓疗程专为助您进入安稳睡眠而设计。先以富含维生素的全身去角质和滋养身体膜护理开启旅程，随后沉浸于宁静的巴鲁纳沐浴仪式。接着享受温和的传统巴厘岛按摩与焕活头部按摩。最后奉上清爽小点与健康果汁，为您的身心带来完整的滋养。





### **Baruna Signature Ritual 恢复活力静修**

**150 minutes 150 分钟 IDR 1.350.000**

Experience the essence of Baruna with this rejuvenating ritual. Enjoy a soothing full body massage, followed by a gentle scrub and nourishing body mask. Relax into the Baruna Bath Ritual, then finish with an organic facial that leaves your skin refreshed and glowing.

体验巴鲁纳的精髓，开启一段焕活身心的仪式之旅。先享受舒缓的全身按摩，随后进行温和的身体磨砂与滋养身体膜护理。沉浸于巴鲁纳沐浴仪式，最后以有机面部护理作结，让肌肤焕发清新光彩。

### **Serenity Bliss 宁静幸福**

**120 minutes 120 分钟 IDR 1.250.000**

Relax and rejuvenate with our luxurious Signature Aromassage and Organic Facial package. Begin with a calming aromatherapy massage, using essential oils to relieve stress and restore balance. Follow with a refreshing organic facial, tailored to your skin's needs, leaving your complexion radiant and nourished. A perfect fusion of relaxation and natural beauty.

通过我们豪华的特色芳香按摩和有机面部护理套餐放松身心并恢复活力。首先进行镇静香薰按摩，使用精油缓解压力并恢复平衡。随后进行清爽的有机面部护理，根据您的肌肤需求量身定制，让您的肤色焕发光彩、滋润。放松与自然美景的完美融合。

### **Baruna Ocean Renewal 巴鲁纳海洋焕活**

**120 minutes 120 分钟 IDR 1.250.000**

Indulge in a deeply relaxing journey beginning with a soothing full body massage to ease tension and calm the mind. Continue with a gentle body scrub that smooths and revitalizes the skin. Complete your experience with the Baruna Bath Ritual, a serene ocean-inspired soak that leaves your body refreshed, restored, and renewed.

以深度放松的身心之旅开启您的体验，首先是舒缓的全身按摩，帮助释放紧张、平静心神。随后进行温和的身体磨砂，使肌肤光滑、焕发活力。最后沉浸于巴鲁纳沐浴仪式——一场以海洋为灵感的宁静泡浴，让身体焕然一新、恢复平衡、倍感清爽。

### **Nourish & Nurture 滋养与培育**

**90 minutes 90 分钟 IDR 1.050.000**

Start with a revitalizing body scrub, gently exfoliating your skin to remove dead cells and leave your body feeling soft and smooth. Follow with a deeply relaxing Balinese massage, where traditional techniques using soothing pressure and stretching melt away tension, improve circulation, and restore balance. This perfect blend of exfoliation and massage will leave you feeling refreshed, radiant, and completely relaxed.

首先使用焕发活力的身体磨砂膏，轻轻去除皮肤角质，去除死细胞，让您的身体感觉柔软光滑。随后进行深度放松的巴厘岛式按摩，采用舒缓压力和拉伸的传统技术消除紧张、改善血液循环并恢复平衡。这种去角质和按摩的完美结合会让您感觉神清气爽、容光焕发、完全放松。