

NECKER ISLAND

SIR RICHARD BRANSON'S PRIVATE ISLAND

Bali Leha - The Necker Island Spa

As if being on Necker wasn't relaxing enough, the island also boasts a beautiful Spa located near the Great House that combines fabulous treatments in an incredible setting.

'Leha Leha' is the Balinese phrase meaning peace, relaxation, day-dreaming and an empty mind – a perfect way to describe our Spa.

We use **Gerard's skincare range** which is exclusive to Necker Island in the British Virgin Islands. The treatments follow a natural, holistic and Ayurvedic approach that enhances emotion and well-being from within. Traditional Balinese treatments offered are designed to complement the Spa's surroundings.

General Information

- Treatments are not included in the normal rates and are priced in US dollars
- You can book an appointment before you arrive by contacting Reservations, or on island by speaking to one of our Beauty Therapists or team members
- If you are unable to make your appointment please let a member of the team on property know the day before. A 100% cancellation charge will apply for any appointments cancelled on the same day. Thank you
- Treatment times shown indicate total booked time. Your treatment will finish five minutes short of this time so that your therapist can prepare for the next client. Please be on time for your appointment as during busy periods minutes missed due to a late arrival cannot be added to the end of a treatment.
- We can also arrange for hairdressing, Pilates or Yoga on request for an additional charge

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Bali Leha - Facials

All facials use Gerard's luxury range of products and include a complimentary eyebrow tidy

Caviar Facial

'A concentration of youth for the skin'

Precious caviar increases the development of new tissue growth and cell renewal, leaving your skin looking revitalised, firm and youthful. This is combined with a fingertip energising massage that relaxes the mind and stimulates the circulation. A must for mature skin needing a new lease on life.

60 mins - \$175

Kerala Facial

The holistic Kerala facial eliminates the sense of stress and tiredness with an incomparable relaxation technique based on the Ayurvedic philosophy. Delicate herb bundles are used to work on marma (vital) points to help ease contractions of the facial muscles, relieving tension headaches, relaxing wrinkles and stimulating energy chakras. A facial treatment combining the most advanced cranial scalp massage techniques will leave you glowing from within.

60 mins - \$160

Rigenera DNA Facial and Face Gym

'A non surgical shock treatment'

A regenerating skin programme that renews, energises, detoxifies and restructures the skin. DNA molecules supply your skin cells with a vitality spark that accelerates cell regeneration and drastically reduces the signs of ageing. This is combined with Gerard's unique Face Gym massage to lift and contour muscles.

60 mins - \$200

Necker Island's Signature Facial

Experience this unique blend of aloe, mango and sweet almond that nourishes, repairs and softens skin. A deep cleansing facial combining exfoliation, a unique massage and a relaxing mask. A moisturising and soothing facial for dehydrated or sensitive skin types. Perfect after a day out in the sunshine.

60 mins - \$150

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Bali Leha - Body Massage

Balinese Massage

This unique massage has been handed down through generations. Working on clearing the energy lines with deep palm compression, the trigger points are released and life force energy is recharged. The massage starts dry and then a warming, nourishing oil is applied. This powerful technique addresses aches and pains in the body leaving you balanced, harmonised and energised.

60 mins - \$200

90 mins - \$285

Swedish Massage

Traditional massage of the muscular-skeletal system which aids relaxation, eliminates toxins and improves the general circulation. Perfect medium strength massage for relaxation!

30 mins back - \$85

60 mins full body - \$160

90 mins full body - \$240

La Stone Therapy Massage

A massage technique using Geo-thermotherapy that incorporates the application of heated and cool stones on the body. It is this combination of temperature that helps create 'vascular gymnastics' within the circulatory system, assisting the body to self heal. This technique helps to alleviate both chronic and acute problems.

30 mins - \$100

60 mins - \$200

90 mins - \$285

Bamboo Massage

Incredibly relaxing! Reduce your stress levels, clear the mind and rebalance your senses; Bamboo Massage produces glowing results. Silky Bamboo canes are used as a tool to stretch, pummel and massage the body contours. Inner well-being is enhanced with foot reflexology points that are triggered, and skin is left silky, nourished and restored from an application of the exotic Bamboo body cream.

60 mins - \$175

Necker Island Four-Handed Massage

Total decadence! The ultimate deluxe and super luxurious massage treatment by two therapists. Necker Island's Four-Handed Swedish Massage eases stresses, tight muscles and strains, leaving you with a feeling of pure relaxation (subject to availability).

60 mins - \$320

Lava Shell Massage

A deeply comforting and relaxing full body massage which uses naturally self heating Tiger Clam shells from the sun kissed shores of the Philippines. Combined with the purest essential oils, these marine polished sea shells glide smoothly over the body and are used as massage tools to release muscle tension and blocked energy flows to provide a sense of balance to the entire body and mind.

60 mins - \$200

30 mins - \$100 (back and legs only)

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Bali Leha - Body Rituals

These spa rituals are all based around natural organic products made by women in Bali and honour age old traditions. The treatments can taken in addition to the Balinese massage or taken separately.

Javanese Lulur

Our treatment starts with a full traditional Balinese massage. The exotic Lulur mix is then applied to the body in gentle massage movements to impregnate a gentle aroma of flowers, namely jasmine, cempaka and ylang ylang. A light peeling will expose a softer, sweeter skin. A bathing ritual of yogurt and fresh flowers completes this exotic spa ritual for the ultimate feminising treatment.

60 mins - \$175

Balinese Boreh

This century old healing treatment is made from warming spices such as ginger, cloves and nutmeg. A full Balinese massage is given to draw out any toxins and address problem areas before applying the traditional healing pack. The spices warm up the body naturally and are drawn to problem areas, leaving the body free from aches and pains. To complete the treatment a warm shower is taken.

60 mins - \$175

Strong and Spicy

This treatment is designed especially for the back area, healing aches and releasing specific areas of tension. A Balinese back massage is performed and then a warmed healing pack is applied. The pack draws out areas of tension whilst the back of the legs are massaged.

60 mins - \$175

Body Treatments

Oloil

A holistic treatment using essential oils and the power of pure olive oil to fight the appearance of cellulite and loss of skin tone. This treatment incorporates a variety of Eastern massage techniques resulting in a deep sensation of relaxation. The accompanying body wrap will leave your skin tingling with vitality and a noticeable glow.

90 mins - \$240

Green Tea Abdomen Treatment

Experience this dual-action non-invasive colonic treatment to treat both the internal digestive system and the tone of the abdominal skin. A deep abdominal massage and natural peel off mask containing green tea and seaweed have the extraordinary capacity to reduce bloating, move blockages and reduce water retention, leaving you firmer than ever. Ideal for those suffering with common abdominal problems.

60 mins - \$180

Aloe and Mint Wrap

A fresh mixture of aloe and mint will cool, nourish and moisturise your skin while you enjoy a conditioning hair treatment. The treatment finishes with a nourishing lotion application - perfect for sunburned skin. **This is a signature treatment on Necker as the aloe and mint is grown on island and prepared especially for you prior to your treatment.** 60 mins - \$150

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Bali Leha – Body Scrubs

Shea Bliss

A luxurious full body exfoliation and massage treatment using 100% Shea butter, Vitamin E and essential oils to nourish, soften and re-hydrate the skin. Shea butter acts as a natural sun-barrier making this the ultimate anti-ageing body treatment, leaving skin moisturised and toned.

60 mins - \$160

Dead Sea Salt Scrub

A full body scrub using remineralising Dead Sea Salts blended with specific Essential Oils tailored to your specific needs. Your skin will feel smooth and look silky and nourished. Finish with an application of hydrating bamboo cream oil to lock in the moisture on the skin and leave it freshly scented.

30 mins - \$90

Coconut Scrub

An invigorating scrub for dry and dehydrated skins. Lavender is used to soothe whilst the coconut particles effectively remove the dry skin cells. A deep nourishing layer of coconut oil is applied prior to the shower leaving the skin like satin. A must for dehydrated skin.

30 mins - \$90

Coffee Scrub

A gentle scrub with fine particles is worked over the entire body concentrating on problem areas. A blend of local coffee beans and exfoliating agents will assist as an anti-cellulite treatment to boost the circulation and detoxify the body.

30 mins - \$90

Bali Leha - Finishing Touches

Luxury Manicure or Pedicure

A luxury treatment which includes an exfoliation, cuticle and nail tidy, mask and a hydrating conditioning treatment. The products used have a blend of different ingredients such as grape seed, licorice, vitamins and minerals for the hands and avocado, cucumber and green tea for the feet which will rejuvenate and nourish the skin.

60 mins - \$80

Express Manicure or Pedicure

A quick tidy up and polish for those with a busy schedule wanting that finishing touch.

30 mins - \$40

Eyes

Eyebrow shaping **15 mins - \$20**

Eyelash or eyebrow tinting **15 mins - \$25**

Waxing

Full leg - **\$80**

½ leg - **\$50**

Bikini - **\$40**

Underarm - **\$30**

Eyebrow - **\$25**

Pilates

Pilates classes are available on request. The cost is \$180 for a one hour session for up to a maximum of six people. Please speak to Katherine or Anna on island if you would like us to cater for groups larger than six.

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MISSION:POSSIBLE – VIRGIN UNITE

Making it happen.

The London Marathon, the largest fundraising event in the world, has become the Virgin London Marathon. To celebrate, Virgin Unite has launched **Mission:Possible** – a campaign for Virgin staff across the UK to raise £2.5 million to create opportunities for young people.

Where the money goes

All funds raised by the Virgin group will provide support and opportunities for young people by working in partnership with inspiring frontline partners including Foyer, Kid's Company, Rathbone and Youth at Risk.

When you buy a spa treatment from the Leha Spa on Necker Island 15% of the purchase price will go to the overall fundraising efforts.

Absolute Leha Leha

The ultimate for every spa junkie... Enjoy an hour a day for five days from the choice of these treatments: Necker Island Facial, 60 Minute Swedish massage, Aloe and mint wrap. You can also chose from any other treatment on the menu but a supplement will apply.

5 x 60 mins - \$695

(to upgrade to another treatment outside this list is \$50 per treatment)

Absolute Leha Leha deluxe

For the ultimate luxury, choose any 1 hour treatment from the menu for 5 days for pure indulgence.

5 x 60 mins - \$850

Angels Beach Bliss

The organic experience! Enjoy a Salt Scrub then re-moisturise and nourish your skin in our signature aloe wrap whilst your therapist gives you a mini Necker Island facial.

90 mins - \$260

Angel Face

Enjoy a back massage using the deep, tension melting effects of hot basalt stones or lava shells, followed by one of our 1 hour facials.

90 mins - \$225

Devine Detox

Overindulged? This treatment begins with an all over exfoliation with the scrub of your choice. Following a shower the next step is a green tea abdomen treatment, during which you will be indulged with an invigorating scalp massage and afterwards an application of the soothing Bamboo cream or oil leaving you feeling totally recharged.

90 mins - \$260

Angel Steps

Reflexology points of the feet are used in this detoxifying and relaxing foot massage (Subject to availability)

60 mins - \$180

90 mins - \$265

Angels in Paradise

For all the lovers in the house! Relax and enjoy a Swedish massage knowing that your partner is next to you.

60 mins - \$320

90 mins - \$480