

# Welcome

## Selamat Datang!

Chill Reflexology located in Seminyak, Bali, part of Impiana Private Villas Seminyak, situated 100 meters from Prana Spa and in front of Impiana Private Villas Seminyak VME accommodation section. The contemporary clean-line design creates a cool, calming atmosphere which promotes a feeling of total balance, harmony and rejuvenation.

Chill has rapidly earned itself the distinction of being the island's leading Reflexology and Acupressure Centre providing guests with the benefits of this ancient healing art to stimulate the body's natural healing abilities and restore balance. Reflexology can be used to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance.

Reflexology has been shown to be effective for back pain, migraine, infertility, arthritis, sleep disorders, hormonal imbalances, and digestive disorders and stress related conditions. Reflexology does not claim to cure, diagnose or prescribe.

### *Who can benefit from reflexology?*

Reflexology is suitable for all ages and may bring relief from a wide range of acute and chronic conditions. After you have completed a course of reflexology treatment for a specific condition, many people find it beneficial to continue with regular treatments in order to maintain health and well-being. While many people use reflexology as a way of relaxing the mind and body and counteracting stress, at the same time many doctors, consultants and other health care professionals recognise reflexology as a well established, respected and effective therapy.

With ever increasing levels of stress, it is important people take more responsibility for their own health care needs. Reflexology helps us to cope on a physical, mental and emotional level thereby encouraging us to heal and maintain health in all areas of our lives. Take the Chill experience home with our range of Chill products featuring our signature scent of peppermint and sweet orange, Chill soap, foot lotion and T – shirt.

The world will recede as you relax to the sounds of your own music system and drink a refreshing herbal beverage while experiencing Chill's unique Zen tranquillity. Our guests love the aroma of Chill's signature peppermint and sweet orange lotion. This product and its soap equivalent are available for you to purchase in Chill reception.

Please take a few moments to select one of the four treatments on offer, dial #677 to make an appointment with one of our Chill team members.





## Welcome to Chill Reflexology

Please take a moment to read through the information below on “how to Chill” prior to your Chill treatment

**Arrival time** - So that you are able to enjoy your entire treatment, we recommend arriving 15 minutes prior to the commencement of the Chill treatment to allow time for check-in. Arriving late may limit the time of your treatment, regardless of when your treatment starts, the treatment will end on time.

**Attire** - Guests are welcome to arrive in regular and comfortable attire, your Chill Reflexology treatment does not require you to remove your clothing - just your foot wear. A locker is provided for your personal belongings, if required.

**Cancellation policy** - The treatments selected are reserved especially for you with one of our trained therapists. Any cancellation notice less than 8 hours from the original appointment will incur a 50% cancellation fee. In the case of no show, the full amount will be charged accordingly. To secure a reservation a credit card number will be required.

**Jewellery and valuables** - Jewellery is not to be worn during treatments so guests are recommended to leave valuable items at home or in the safe in your room. We do provide a locker for personal belongings however please note that we take no responsibility for lost or misplaced property.

**Minimum age for Chill treatments** - Guests must be over 16 years of age to experience a Chill treatment. In order to assure a quiet environment children should not be present nor left behind in Chill reception.

**Photography** - We appreciate that you will love your surroundings however to protect everyone’s privacy photography is strictly prohibited in and around Chill Reflexology.

**Pregnancy** - Our treatments are not available to you at any time during your pregnancy.

**Respect other guests** - The Chill environment is one of tranquillity and relaxation, please respect our guest’s right to privacy and a quiet environment ensure that all cell phones and pagers are turned off while at Chill.

**Special health considerations** - Some Chill treatments may react with medications and medical treatments. If you have special health considerations including allergies please notify our Chill team when making the booking and again on arrival. You should notify the therapists if you experience discomfort at any time during their treatment.

## Welcome to Chill Reflexology - continued

**Smoking** – As you have entered a Spa environment where health and wellbeing is promoted and for the comfort of other guests, smoking is strictly prohibited in and around Chill.

**Your comfort** - Sunbathing, consumption of alcohol and eating heavy meals prior to treatments are best avoided as this may affect your Chill experience. Anyone that we feel has consumed too much alcohol or mind altering substances will be refused treatments and will be charged for their treatment.

## Chill Reflexology Reservations Information

**Appointment** - Chill Reflexology services are very popular and we recommend that a reservation is made in advance to avoid disappointment. Please call our team on #677.

**Being late for the appointment** - Arriving late may limit the time of your treatment, regardless of when your treatment starts, the treatment will end on time to avoid any further delay for our following guests.

**Cancellation policy** - The treatments selected are reserved especially for you with one of our trained therapists. Any cancellation notice less than 8 hours from the original appointment will incur a 50% cancellation fee. In the case of no show, the full amount will be charged accordingly. To secure a reservation a credit card number will be required.

**Gift certificates** - For the perfect gift or special occasion we can arrange gift certificates tailored to your needs. All gift certificates are available at our Guest Relations counter and are valid for twelve months from date of purchase.

**Payment for Chill services** - Chill Reflexology accepts cash and majors credit cards. Our hotel guests may charge Chill services and products to their room account.





# Chill Reflexology Treatment

## The Classic

60 minutes

Rp. 250

Transform your day with a relaxing combination of reflexology and acupressure. This Classic Chill treatment concentrates on the feet and ankles where tension and fatigue are often stored and finishes with the neck and shoulders to give your whole body a powerful sense of well being.

## Chill Out

60 minutes

Rp. 250

Lay down and chill out for an hour and experience a deeply relaxing full body pressure point massage. By concentrating on stimulating and clearing the energy pathways in the body, this revitalizing treatment will leave you feeling totally chilled out!

## The Ultimate Chill

90 minutes

Rp. 290

The Ultimate Chill treatment combines reflexology and acupressure to ease your body and mind of stress and tension. Concentrating on the feet, ankles, neck and shoulders our trained and skilled therapists will relieve built up pressures helping to make you feel more balanced for the rest of the day.

## Holistic Chill

90 minutes

Rp. 290

Relax and enjoy the benefits of this hour and a half deeply therapeutic full body treatment. An extension of our Chill Out, this treatment concentrates intensely on specific reflex and acupressure points of the body to prevent and alleviate symptoms such as headaches, migraines and poor blood circulation. These are often symptoms of jet lag which makes Holistic Chill the perfect choice before or after a flight!

*Bookings are essential, Chill opens from 10.00am until 10.00pm  
The prices above may be subject to change without prior notice.*

**All prices are in thousands Rupiah and are subject to 21% government tax and service charges.**

# Reflexology Chart

