ONGKARA SPA
The Balinese treatment concept for the body and face
être belle
Come with us to Bali,
the heavenly island of endless white sandy beaches
and crystal clear water.

Your own personal journey to relaxation
awaits you well-being and indulgence for all
your senses.
Bali, the island of gods, spirits and demons beguiles the senses. Wherever you are, the air is filled with the scent of incense and freshly picked flowers. Endless white sandy beaches and crystal clear water: paradise on earth. Indonesia is a tropical paradise comprising around 17,000 islands with a population of 200 million and some 200 spas. Today, it ranks second in the world after the USA for this number of spas.

Most of the spas are situated on Bali in the midst of fantastic landscapes and offer an almost never ending wealth of beneficial treatments. Staying in an Indonesian spa is synonymous with grooming, tranquillity, relaxation, detoxification and regeneration for both body and soul.

We would like to spirit you away, at least for a while, to Bali on a journey full of delights, to paradise for the senses.
**Ongkara Spa**

The Balinese treatment concept for the body and face

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 Escape the daily grind with a smile on your face.

The so-called "ongkara" is a holy and magic symbol that plays a significant role in Balinese beauty rituals. We chose the ongkara sign as it brings together the interplay of body, spirit and soul and the indescribable beauty of inner balance mirrored directly in outer appearance. Various body care concepts define the beauty ritual of Ongkara Body at your beauty salon:

**Relaxing Concept**
Relax and let go with chocolate, orange and ginger. Body pack treatments and masks pamper stressed skin and leave it feeling silky soft, nurtured and firm.

**Slimming Concept**
Become a slim island beauty with fango mud, algae, ginger and sea collagen. Reducing and figure-sculpting body masks activate the metabolism and get to work on the cushions of fat.

**Firming Concept**
Show off a slim silhouette with red and brown algae and essential oils. Smoothing and toning ingredients firm the connective tissue giving body contours a toned appearance.

**ONGKARA BODY**
Beauty treats available at your beauty salon.
The most beautiful form of relaxation with Ongkara Body

Lotus Crystal Massage

Full body massage comprising elements of traditional Asian massage, reflex zone therapy and tender loving care for your soul. To begin, the reflex zones of the feet are gently and evenly massaged with energy stones towards the head. Rose quartz and rock crystal act upon the energy centers and help to counteract possible imbalances and blockages. You are then put into the dedicated hands of your beautician to enjoy a full body massage with warm oil. Inch by inch you will be reconnected with your own inner energy and experience the feeling of complete relaxation.

As you peruse the following pages, let the magic of our rituals for your well-being and all the senses bewitch you. They will open your mind to a complete pampering experience in your own home.

ONGKARA BODY
Beauty treats available at your beauty salon.
Ref. 3108  Exfoliation Marine Body Lotion
This sea salt body scrub gently removes dead skin cells and rough patches. The crystalline effect of sea salt stimulates the micro circulation of the skin. Moisturizing factors nourish the skin and leave it looking firm, energized and rosy. This ensures optimum absorption of the active ingredients in subsequently applied care products.

Ref. 3309  Bust Firming Gel
This non greasy gel provides ideal skin care when the décolleté and the bust require new energy. It immediately leaves the skin feeling firm and supple. It is particularly suitable after pregnancy or a weight loss program. The active ingredient contained in the fruit of Kigelia Africana (sausage tree) tightens the delicate tissue of the bust and acts as a “natural bra”.

Ref. 3310  Body Contour Gel
This firming body contour gel with algae extracts, essential oils and ginseng aids detoxification of the tissue. Body contours appear toned and the dimpling effect of cellulite is minimized.

Ref. 3324  Lotus Bath Salts
Bath salts containing the red algae Chondrus Crispus, or Irish moss, have revitalizing properties and aid elimination of excess water in the tissue. Chondrus Crispus is rich in Vitamins A, C, E and B as well as iodine, calcium and sodium, trace elements and moisturizing factors. They have soothing properties and leave the skin feeling velvety and soft.
**Ref. 3325  Lotus Body Polish**
Lotus Body Polish is a traditional Balinese body scrub which rapidly refines, moisturizes and nourishes the skin. It removes dead skin cells and polishes rough and dry skin. This luxurious scrub consists mainly of sea salt and finely ground orange peel and lychee seeds mixed with pure grape seed oil. Oranges contain Vitamins C, A and P, which, owing to their antioxidative properties, prevent premature aging of the skin.

**Ref. 3334  Citrus & Orange Body Polish**
Indulge your senses with this refreshing and calming body scrub composed of citrus fruits with brown sugar and sesame oil. Brown sugar crystals remove dead skin cells and hydrate the skin. Lemon grass, bergamot and orange refresh tired skin and lift the spirits, helping you enjoy a carefree day. Sesame oil nourishes and protects dry skin.

**Ref. 3335  Coffee & Spice Body Polish**
Enjoy the heavenly feeling of velvety soft skin with this stimulating and detoxifying body scrub, a delight made of coffee, spices, brown sugar and sesame oil. This intensively moisturizing and nourishing beauty treat transforms rough skin to silky soft. Brown sugar crystals remove dead skin cells and hydrate the skin. Ground coffee, cinnamon, lemon grass and bergamot stimulate the skin’s circulation, the metabolism and the elimination of waste substances.
Caress your senses with these beauty treats from our “Ongkara” Balinese Spa Concept. The exclusive extract of lotus blossom refines skin texture and combines with the scent of orange blossom to form a distinctly harmonious and exotic perfume composition. Perfect for escaping the tensions of the day and replenishing energy levels.

**Ref. 3342  Lotus Flower Shower Gel**
Bathe both your body and senses in this exotic and aromatic shower delight. This relaxing shower gel with mild cleansing substances envelopes the body in the sensuous and magical scent of white lotus blossom.

**Ref. 3343  Lotus Flower Body Lotion**
Caress your senses with this nutrient-rich and firming body moisturizer. It refreshes the skin leaving it feeling velvety and soft and enveloped in the aromatic and sensuous scent of white lotus blossom. This is the ideal perfume composition to leave tension behind and regenerate with new and positive energy.
Ref. 3344  Lotus Flower Hand & Nail Cream
Quench your hands’ thirst with this wonderfully refreshing moisturizer containing pure oil essences. Nourishing moisturizing factors vitalize the skin and protect it from the harmful effects of the environment. The rapidly absorbed texture keeps the cuticles supple and is ideal for stressed hands. The exclusive extract of lotus blossom refines skin texture and combines with the scent of orange blossom to form a distinctly harmonious and exotic perfume composition.

Ref. 3326  Lotus Body Cream
Body cream with a silky soft texture. It caresses the body with its exotic perfume composed of lotus and orange. White tea, Panthenol, moisturizing factors and plant oils soothe and nourish dry skin giving it a velvety suppleness that lasts all day.
A delicate mixture of premium carrier oils such as soy, grape seed, sweet almond and jojoba oil has absorbed the sun’s energy and is rich in lipids and vitamins. The variety of plant ingredients boosts the skin’s energy levels and elasticity. Body contours are toned and refined. Moisture levels in the skin are replenished leaving the skin supple, smooth and silky.

Ref. 3327 Lotus Body Oil
Harmonizing body oil with pure grape seed oil and Laminaria algae. Grape seed oil considerably improves the structure of the upper epidermis and, owing to its Procyanidin content, it is twenty times more effective than Vitamin C in protecting against free radicals. Laminaria algae have a stimulating effect on the metabolism. They have remineralising and toning properties and stimulate circulation and thus have a positive effect on the uneven skin texture caused by cellulite. The inimitable perfume of the lotus blossom makes this premium body oil a sensuous delight.
Moisturizing Body Oils

Ref. 3336  Chocolate Body Oil
Cocoa is one of the greatest plant sources of energy. It contains an abundance of minerals such as magnesium and zinc. Theobromine, present in cocoa, has similar properties to caffeine. It has a mildly stimulating effect upon tissue and supplies it with energy. In combination with rice germ oil, sesame oil and soy oil, Chocolate Body Oil leaves the skin silky soft and supple.

Ref. 3337  Orange Body Oil
Treat yourself and your skin to some joyous moments of nurturing and regeneration. Refreshing and mood-harmonizing Orange Body Oil provides care for even sensitive skin with rice germ oil, apricot kernel oil and sesame oil. The skin is left feeling silky soft and the wonderful perfume of orange uplifts the spirits helping us to enjoy a carefree day.
The small town of Kintamani is situated at the foot of the active volcano Batur. All our stimulating Ongkara Face treatment concepts are named after this town.
When was the last time you felt really good? By “feel really good” we mean the feeling that everything is right with the world! You feel at home and safe and secure in your own skin. Your breathing is regular and relaxed and you have a feeling of inner peace and deep trust in the ways of the world perhaps even something like endless trust in being watched over.

Since ancient times we have known that nature provides us with treasures to restore lost energy and well-being. We have used this natural abundance of precious stones, herbs, spices, chocolate and premium quality plant oils in Ongkara Face to reactivate the connection to your source of inner balance.

The Temple of Besakih is the largest and the holiest, the mother temple of all Balinese temples, and has given its name to all our harmonizing Ongkara Face treatment concepts.

The small town of Kintamani is situated at the foot of the active volcano Batur. All our stimulating Ongkara Face treatment concepts are named after this town.
Ongkara Face

Preparatory peeling masks
- Besakih Lulur and
- Kintamani Spice

are traditional Balinese exfoliating face masks: masks made with herbs and spices such as curcuma, sandalwood, black rice, vetiver, and ginger, the recipes of which have been handed down from generation to generation. The pure plant ingredients loosen dead skin cells, regenerate or stimulate the skin’s metabolism and are ideal to prepare the skin for subsequent treatments.

Chocolate Elixir Face Mask
An opulent experience for all the senses
This warm, liquid chocolate mask with a high cocoa butter content is combined with orchid, orange and vanilla. Even while this wonderfully warm chocolate mask is being applied you will feel a pleasant sense of security and relaxation spreading from your face deep into your inner being. The regenerating and relaxing ingredients and the creamy consistency scented with a sensuous and aromatic perfume composition caress all your senses.

Ongkara Crystal Face Massage
Energizing massage with precious stones
Precious facial oils such as the harmonizing Besakih Facial Oil and the invigorating Kintamani Facial Oil combine with the exotic power of sandalwood, rosewood, lavender and orange to form a magical composition. The meridians in the face,
neck and décolleté area are gently stimulated with the precious stones rose quartz and rock crystal, which have been warmed in the oil. Energy blockages are gently dissolved with massage strokes in the form of an “8” and a feeling of harmony spreads out. The figure “8” has always been considered the symbol for uninterrupted flow: with no beginning and no end. The secret powers of warm precious stones dissolve potential disharmony and the indescribable beauty of inner balance is mirrored on your face as if by magic.

**Beauty treats at home.**

**Ongkara Lotus Facial Cream SPF 10:**
**The crowning glory**

At the final stage, look forward to this hydrating and toning face cream with real lotus blossom extract, white tea, bao-bab oil and the exotic fruit of the emblica (Indian gooseberry). Emblica has a long term oxidative effect. Whilst the power of most antioxidants dwindles over time, the individual components of the emblica unfold their properties in the form of a cascade and so guarantee long lasting antioxidant protection – for heavenly soft skin.

Ongkara Face: treat yourself to physical and spiritual joy mirrored directly on your skin!
In harmony with yourself: the regal body care ritual with warm aroma massage stones

Rajawatu comes from the Balinese words “raja” for king and “watu” for stone. This was the birth of the Rajawatu ritual, a regal wellness ceremony with warm aroma massage stones especially created to suit each client.

You are greeted at the door of your beauty salon by the soft tones of Balinese music preparing you for the world of pleasant aromas and pampering. Your feet rest in a perfumed sea of flowers and traditional Citrus & Orange Polish reveals new and soft skin. Your senses are imbued with the bewitching charm of Balinese flowers and heavenly musical tones gently open the gates to a feeling of relaxation that goes far beyond the merely physical.
Footbath

During the footbath Balinese massage strokes and warm aroma compresses release tension in the shoulder and neck areas. As the strokes become smoother tension is released and the flow of energy is stimulated.

Aroma Massage Stones

In the meantime, your beautician creates warm aroma massage stones especially tailored to your needs. For this, she mixes Aroma Massage Stone Powder with an Aroma Essence scented with fresh lotus blossom in warm water and forms the soothing Aroma Massage Stones. The individual creation and customization of the Aroma Massage Stones as to size, form and thickness make it possible to create a unique Rajawatu Ritual completely suited to individual clients’ needs.
How the stones work

The warm Aroma Massage Stones radiate a pleasant warmth to the reflex zones of the hands and feet and then gently stimulate the meridians from the crown to the sacrum. Here, they effect a transformation of the hydrating Aroma Balsam. This pastel-colored balsam with the wonderful scent of oranges consists of plant-based sugars and pure orange oil. The combination of oils and sugars makes the Aroma Balsam an ideal massage medium. The delicate crystals melt and, transported by the warmth of the stones, slowly penetrate deep into the skin and muscles. A pleasantly enveloping hydration effect takes place via the visible transformation of the crystals.
Rajawatu Massage

The spinal column is connected to all parts of the body and organs via the spinal nerves. Thus imbalances in other parts of the body have a direct effect on our backs and vice versa. In combination with warmth, the special Rajawatu Massage relaxes the muscles and stimulates the circulation. This improves the supply of oxygen and nutrients to the tissue. Lymph flow and the immune system are stimulated and elimination of metabolic waste is boosted. Heat transformation in the body increases which in turn leads to harmonization of body, spirit and soul. The vegetative nervous system is soothed. Signs of stress in body and spirit gently recede.
A delight for all the senses

Experience the fascinating combination of massage, energy treatment and the relaxing effect of warm Aroma Massage Stones: a deep-acting, holistic experience that involves all the senses equally.

The supporting pillar of our organism, the spine, has a positive, upright alignment and after energy blockages have been dissolved you will experience a profound feeling of letting go and relaxation.
Your beauty salon will be pleased to advise you:

être belle cosmetics GmbH
Nussbäumle 8 · D-74223 Flein · Telephone 0049(0)7131-203800 · Telefax 0049(0)7131-20380-38
www.etre-belle.de · www.laurencia.de