

enter a world of refined indulgence



Spa relaxation and beauty rituals based on Balinese traditions and the practice of yoga.

KuBu's mission is to provide guests with the most exquisite pampering inspired by the ancient beauty and body treatments formerly reserved for Balinese royalty. In addition to signature spa rituals, KuBu also provides specialised yoga classes to complete your wellness experience.

KuBu is a place to recharge, rebalance and invigorate the mind, body and soul.

## Rituals

### KuBu signature ritual

2 hours 15 mins

- Begin your heavenly ritual with a soothing flower petal foot soak. Unwind as your therapist massages the calves, heels and toes.
- Proceed on to an indulgent KuBu full body massage (choose between traditional Balinese, Ayung Batu warm stone, mum to be, or KuBu aromatherapy massage), using an exclusively created blend of essential oils.
- Move on to the exfoliating and smoothing effect of a KuBu body scrub. (Please Note: the Ayung Batu warm stone massage is not followed by a body scrub).
- Complete your ritual with a leisurely soak in an aromatic flower petal bath accompanied, of course, with a glass of champagne or herbal elixir and some freshly made KuBu chocolates.

Fancy bringing a friend?

Our baths are big enough for two....

## Spa gift packages

### KuBu ultimate pampering

3 hours 45 mins

Flower petal foot soak + KuBu signature facial + light meal + KuBu signature ritual + unlimited champagne and chocolates

### KuBu signature ritual

2 hours 15 mins

Flower petal foot soak and foot massage + KuBu full body massage + body scrub + aromatic flower petal bath + glass of champagne or herbal elixir and chocolates

### KuBu extended indulgence

2 hours 15 mins

Flower petal foot soak + KuBu Balinese or aromatherapy full body massage + KuBu signature facial + glass of champagne or herbal elixir

### KuBu indulgence

1 hour 45 mins

Flower petal foot soak + KuBu aromatherapy back massage + KuBu signature facial + glass of champagne or herbal elixir

## Individual massage treatments

**KuBu traditional Balinese massage**                      **1 hour or 1 hour 30 mins**  
Pamper yourself in the tradition of Balinese royalty with this deep tissue KuBu massage, a combination of long strokes and palm pressure techniques. A wonderful therapy for muscle rejuvenation and mental relaxation.

**KuBu Ayung Batu warm stone massage**                      **1 hour or 1 hour 30 mins**  
Using heated smooth volcanic stones which are collected from the Ayung river in Bali, as extended tools of the massage therapist's hands, this unusual healing massage will mesmerise you. The heat from the stones penetrates deep into the layers of your muscles, and remaining stones are placed on energy points of the body, bringing you to a level of deepest relaxation.

**KuBu aromatherapy massage**    **1 hour or 1 hour 30 mins**  
A combination of massage techniques designed for relaxing, healing and de-stressing. This soothing massage combines aromatherapy, Balinese and Hawaiian Lomi-Lomi techniques that will enhance your sense of well being, and stimulate the respiratory and central nervous system.

**KuBu mum to be massage**    **1 hour**  
Begin your very deserving treatment with a soothing flower petal foot soak. Move on to the mum to be massage which uses soothing techniques to relax those overworked muscles, and which promotes a peaceful and comfortable experience (not recommended during the first 3 months of pregnancy).

**KuBu back, neck and head massage**    **45 minutes**  
This is a time saving massage using a combination of KuBu massage techniques on the back, neck and head, enabling you to relax, unwind and un-knot!

\*All massages can also be provided for couples in a joint treatment suite subject to prior request.

\*Champagne and chocolates can also be added to any massage treatment, to be enjoyed in KuBu's relaxation room. See price list for further details.

## Beauty

### **KuBu signature facial** **1 hour 15 mins**

This facial created by KuBu exclusively uses Lavera organic products and includes deep cleansing, toning, exfoliation, and a face and scalp massage. A luxurious foot or hand massage takes place during your face mask. Beginning with a flower petal foot soak and concluding with a herbal tea, or if you are feeling decadent a glass of champagne, our signature facial is pure indulgence and will leave you looking and feeling radiant.

### **KuBu express facial** **45 minutes**

This is a time saving facial which uses elements of the KuBu signature facial including deep cleansing, toning, exfoliation and a face and scalp massage. This treatment is fantastic on a regular basis or leading up to a special occasion, and as such can also be purchased as a package that offers 5 express facials for the price of 4.

## Fancy bringing a friend?

Our treatment suites are big enough for two....

### **KuBu back exfoliating & anti-ageing eye treatment** **1 hour**

Beginning with a cleanse, tone, and exfoliation of the back, this pampering treatment then continues on to an anti-ageing eye firming process which includes cleansing, toning, eye mask (including hand massage), anti-ageing serum and an application of eye firming cream, all exclusively using Lavera organic products.

### **KuBu manicure** **1 hour**

Using top of the range Jessica products, this treatment includes nail and cuticle conditioning, nail shaping, exfoliation, and a Balinese hand massage. To be enjoyed with a glass of champagne or herbal elixir and some chocolate truffles!

### **KuBu pedicure** **1 hour**

Using top of the range Jessica ZenSpa products, this treatment includes nail and cuticle conditioning, nail shaping, exfoliation, and a Balinese foot massage. To be enjoyed with a glass of champagne or herbal elixir and some chocolate truffles!

# Yoga

As part of the KuBu wellness experience, we have created a very special place to practice the ancient tradition of yoga, a word meaning union or harmony. Yoga is a practice which promotes self-awareness through movement, breathing and meditation.

KuBu primarily offers Iyengar and Astanga based yoga. Both of these yoga teach postures (Asana), breathing (Pranayama) and relaxation techniques in order to enhance mind, body and spirit and to achieve a healthier lifestyle.

## Group Classes (1 hour)

1 session	£12
6 sessions	£66
10 sessions	£100

Multiple session bookings of 6 or 10 do not have to be used chronologically and are valid for use within 6 months from date of purchase.

Please call KuBu on 01491 414130 for further information regarding group classes including class dates and times.

## Private Classes (1 hour)

1 person	£65
2 persons	£100
3+ persons	£140

Private class bookings can be arranged at various times throughout the week, to suit pupil and teacher.

## Mum to be treatments

Congratulations on this most wonderful of events! This is a time when you especially deserve to be pampered and cared for. The following treatments are all suitable for mums-to-be, however, please note that massages are not recommended during the first 3 months of pregnancy.

### **KuBu signature ritual** **2 hours 15 mins**

Flower petal foot soak and foot massage + mum to be massage + body scrub + aromatic flower petal bath + champagne or herbal elixir and chocolates

### **KuBu mum to be massage** **1 hour**

Begin your very deserving treatment with a soothing flower petal foot soak. Move on to the mum to be massage which uses soothing techniques to relax those overworked muscles, and which promotes a peaceful and comfortable experience.

### **KuBu express facial** **45 minutes**

This is a time saving facial which uses elements of the KuBu signature facial including deep cleansing, toning, exfoliation and a face and scalp massage. This treatment is fantastic on a regular basis or leading up to a special occasion, and as such can also be purchased as a package that offers 5 express facials for the price of 4.

### **KuBu signature facial** **1 hour 15 mins**

This facial created by KuBu exclusively uses Lavera organic products and includes deep cleansing, toning, exfoliation, and a face and scalp massage. A luxurious foot or hand massage takes place during your face mask. Beginning with a flower petal foot soak and concluding with a herbal tea, or if you are feeling decadent a glass of champagne, our signature facial is pure indulgence and will leave you looking and feeling radiant.

### **KuBu manicure** **1 hour**

Using top of the range Jessica products, this treatment includes nail and cuticle conditioning, nail shaping, exfoliation, and a Balinese hand massage. To be enjoyed with a glass of champagne or herbal elixir and some chocolate truffles!

### **KuBu pedicure** **1 hour**

Using top of the range Jessica ZenSpa products, this treatment includes nail and cuticle conditioning, nail shaping, exfoliation, and a Balinese foot massage. To be enjoyed with a glass of champagne or herbal elixir and some chocolate truffles!

## Bridal packages

Your wedding is one of the most memorable occasions of your life, but also one which takes a lot of effort and organisation.

Why not take some much needed time out before your big day and enjoy some of KuBu's wonderful relaxation and beauty rituals.

KuBu recommends the following treatments for brides to be:

- KuBu signature ritual
- KuBu signature facial
- Course of 5 express facials, leading up to the big day
- KuBu indulgence packages

## Group bookings and hen parties

Often used as a venue for film shoots and special events, KuBu is a fabulous setting for a party.

We can accommodate groups from 2 - 16, and should you have 6 people or more in your group, you will automatically have the 2000 sq feet spa exclusively for yourselves.

We can tailor make group bookings and hen parties to meet your requirements and can include some or all of the following:

- Massage and facial treatments
- Yoga classes
- Buffet lunch
- Champagne and chocolates

\*For further information please contact KuBu on 01491 414130 or e-mail to [info@kubuspa.com](mailto:info@kubuspa.com)

# Spa basics

## **Booking**

Upon booking an appointment, we will require credit or debit card details, or a gift certificate number in order to confirm your reservation. A cancellation policy of a minimum of 24 hours (48 hours for Sunday bookings) prior to the treatment is required in order to avoid the full treatment charge.

## **Gift certificates**

A KuBu gift certificate is a fabulous token of love or appreciation. The lucky recipient will be sent a beautiful certificate along with a KuBu spa menu. Gift certificates can be purchased for a specific treatment or monetary value and can be purchased via telephone or the web shop. Gift certificates are valid for 6 months from date of purchase.

## **Couples**

A wonderfully romantic event, all of KuBu's treatments can be provided for couples in a joint treatment suite subject to prior request.

## **Men and women**

All KuBu treatments have been designed to pamper both men and women. Guests must be over 16 years of age unless otherwise agreed by and adult guardian.

## **Gratuities**

Gratuities is of course, non compulsory. However, should you have particularly enjoyed your time with us, any gratuity given will go directly to the therapist in question.

## KuBu opening hours

Please note: It is recommended to book well in advance to guarantee treatment availability.

Sunday	10:00am - 6:00pm
Monday	10:00am - 8:00pm
Tuesday	10:00am - 8:00pm
Wednesday	10:00am - 8:00pm
Thursday	10:00am - 8:00pm
Friday	10:00am - 8:00pm

Please note: Between the hours of 6:00pm - 8:00pm Monday to Friday, KuBu will be open for pre-booked appointments only.

KuBu is located at 16 Bell Street, in the centre of Henley-on-Thames. There are two short stay car parks within 2 minutes walk from KuBu - Kings Road (Waitrose) and Greys Road - which are pay and display from 10 am to 5 pm, Monday to Friday, and charge up to £1.40 for 3 hours. Parking is free on Sundays. For treatments exceeding 3 hours in length, KuBu is happy to help arrange longer term car parking.

For more information on treatments or to make a reservation, please contact KuBu on:

Tel: +44 (0) 1491 414130

Email: [info@kubuspa.com](mailto:info@kubuspa.com)

[www.kubuspa.com](http://www.kubuspa.com)

KuBu, 16 Bell Street

Henley on Thames, Oxon, RG9 2BG



## What the press say

“One of the top 5, A list celebrity, secret haunts” - *Grazia*

“5 out of 5 Bubbles!” - *The Good Spa Guide*

“Refined Indulgence....absolutely....” - *Harpers & Queen*

“KuBu have established a following of Wicker Man proportions.” - *Esquire*

[www.kubuspa.com](http://www.kubuspa.com)