

AMO SPA: The Perfect Combination of Luxury and Sustainability

AMO takes care of both your beauty needs and the environment with home grown produce and an environmentally friendly approach to business.

DENPASAR, BALI, INDONESIA, February 22, 2018 /EINPresswire.com/ -- AMO has been offering visitors and residents on the tropical island of Bali luxurious spa treatments for nearly a decade. Firmly committed to combining their love of beauty with their love of nature and the environment, AMO provides a leading example of sustainable practices. Pamper yourself, without harming the environment and see why AMO is considered to be the [best spa in Bali](#)

AMO Spa invite you to indulge in a journey of relaxation and regeneration for both body and soul. Products used in your beauty treatments such as the various body scrubs are made using ingredients grown in the spa's roof top garden. Delectable dishes served up in the café from breakfast through to dinner also feature organic ingredients from the same garden. Making the most of everything to reduce waste, what may have been considered waste products from the kitchen when your meal is being prepared isn't really waste at all; the off cuts from fruit and vegetables are the perfect supplements and ingredients for the AMO range of natural beauty treatment products. A key factor in sustainable practises is making the most of everything, using each loving grown piece of fruit or vegetable to it's fullest potential is just one example of this.

Environmentally sustainable practises at AMO go beyond the ingredients used for meals and treatment products. To minimise any potential harm to the environment, all linens and towels are



AMO Spa offers a social experience



Products from the rooftop garden are used in AMO's homemade products

laundered at the spa's own facility using a natural, chemical free washing detergent. The use of chemical based washing detergents by commercial operators is a major cause of environmental pollution around the world; by embedding environmentally friendly practises at a local level, AMO is empowering long term and sustainable change for a better future.

Not only is AMO good for the environment, it is of course good for you too. From breakfast until dinner, AMO Café serves up healthy and hearty meals, light bites and drinks. The breakfast menu is served all day, so you can be sure of a great start to your day no matter what time you rise. Tempting

options include waffles, Eggs Benedict and the breakfast Chia Panna Cotta for vegans. Catering for your dietary requirements, you'll find dishes to delight if you're vegetarian, vegan, gluten free, or love your meat dishes. AMO salads feature organic produce from the roof top garden and if you want a refreshing snack at any time of day, a smoothie bowl is a great option. End your day with a wholesome dinner, and spoil yourself with something sweet from the desert menu.

To keep you hydrated, AMO offer a range of healthy juices and mixes, shots, teas and coffees using house made organic plant based milks as well as menu of AMO artisan cocktails, wines and more. Having taken care of your hunger, and your body from the inside out, indulge in a massage or beauty treatment. If you're visiting with friends, head to the social spa area where friendly staff are on hand to mix your favourite drink from the bar while you relax in a specially designed chair and enjoy a head, hand and foot massage, or a manicure or pedicure. At AMO, beauty is social – it's the ideal way to pamper yourself and spend time with friends and family and makes for the perfect [groups and events spa](#).

To experience the ultimate [Balinese massage](#), take some time out in a private massage room and choose from AMO's specially designed massage menu to relieve aches and pains and feel the stress be soothed from your body. AMO is famous for it's simultaneous treatment philosophy, so head into the high performance area take a seat and be prepared for the pampering experience of a lifetime. Complete your visit with some time in the sauna, steam room and Epsom salt Jacuzzi for the ultimate spa day.

For more information, and to make your reservation, visit <https://www.amospa.com/> or call +62 361 907 1146

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Relax with a sauna, steam room, ice pool and Jacuzzi session.

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