

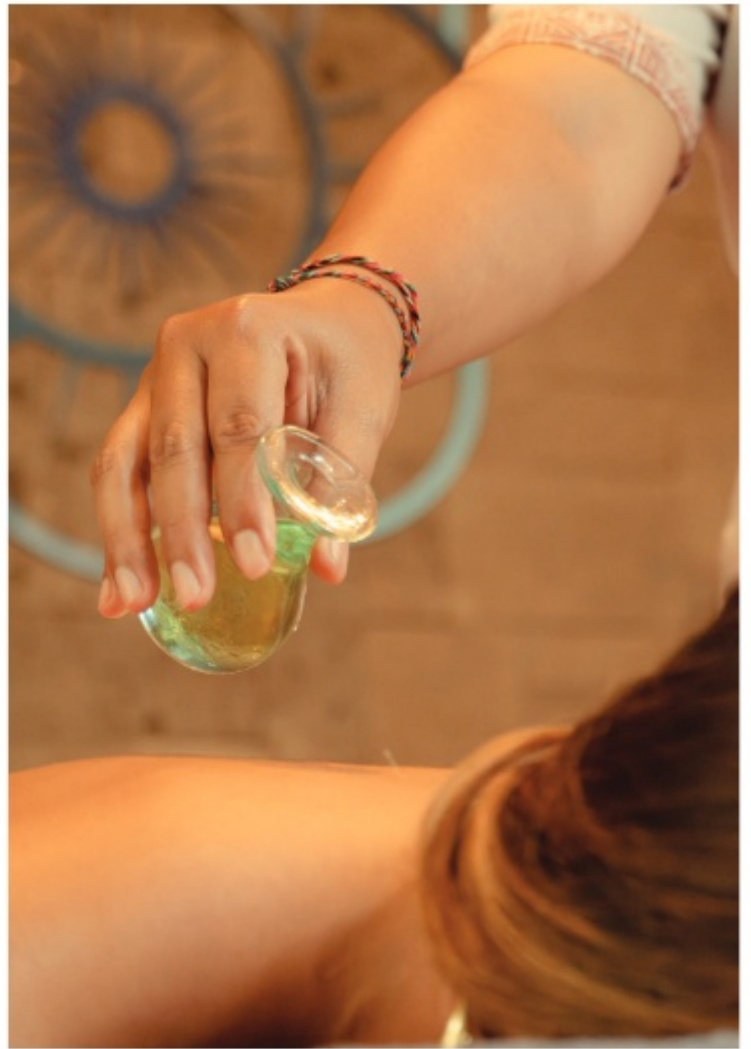


# MENU



SVAHA SPA  
TEGES

The Collection of *Wandaprasa*



# BODY & SOUL MASSAGE

## AUTHENTIC BALINESE MASSAGE

The traditional Balinese massage is our signature massage From Bali, combine body Massage using palm and thumb pressure to reduce tention and long gentle strokes while applying a unique blend of natural essential oil. This combinations stimulate your body circulations improves energy flow.

Single 580 / Couple 980  
60 Minutes

## AMAREA SIGNATURE MASSAGE

The tension Balinese relaxation massage using firm finger technique palm pressure with pouring warm aromatherapy oil to stimulating the stroke and blood circulation.

Single 680  
60 Minutes

## DEEP TISSUE MASSAGE

This exclusive massage features all of our signature techniques to best target individu al needs: Relaxing light strokes and deep tissue pressures focused especially on the back-area release stress and muscular tension, while revitalizing strokes and combat tiredness, enhance toxin elimination and boost energy.

Single 680 / Couple 1.080  
90 Minutes

## AROMATHERAPY MASSAGE

A full body massage with oil and soft to medium pressure. This uplifting massage will restore positive energy, and will make you feel more a live by increasing blood circulation. Benefits: Deeply relaxes the mind and body while strengthening the spirit.

Single 680 / Couple 1.080  
90 Minutes

All of the price above are in thousand rupiah  
and Subject to 21% Government tax  
and Service charge

Reservation required, subject to availability

SVANA SPA  
TEGES



# BODY & SOUL MASSAGE

## HOT STONE MASSAGE

This unique full body massage is using warm selected- stones to eliminate toxins, relieve stress and warm the body. Using this technique aim to increase the blood circulation of your body.

**Single 780 / Couple 1.180**  
**90 Minutes**

## FOOT & REFLEXOLOGY MASSAGE

Find out our authentic Balinese reflexology here. The service is an ancient healing therapy designed to cultivate balance into your whole body provoke to the sensation of profound harmony. By putting pressure to specific points on your feet, our therapist will stimulate the blood circulation and boost the calmness to your nervous system.

**Single 480**  
**30 Minutes**

## BACK, NECK & SHOULDER MASSAGE

Our neck, shoulder and back is essential and precious. Give a massage to this area will give you a joyful resurrection, overcome the tensions and will bring you the clarity of mind. Your choice of oil and fragrance can calm, invigorate, deeply moisturize, or even rejuvenate.

**Single 480**  
**30 Minutes**

All of the price above are in thousand rupiah  
and Subject to 21% Government tax  
and Service charge

*Reservation required, subject to availability*

**SVAHA SPA**  
TEGES



# SIGNATURE BODY TREATMENT

Rejuvenate yourself with one of our three signature body scrubs which allows the yesterday to be delicately polished away and emerge with a brand healthy skin by throw away the dullness of your skin. Prepare with a traditional Balinese massage and bliss out in our private costume foot bath.

## TROPICAL CHOCOLATE SCRUB

One can feel charming after this season. Ground almonds mixed with freshly harvest ed cacao beans are gently rubbed into the skin to exfoliate, polish and moisturize. The full-body Balinese massage is followed by the Choco- almond scrub.

**Single 680 / Couple 1.180**  
**90 Minutes**

## TROPICAL COCONUT SCRUB

It have long been known that Balinese women used the coconut for centuries for treatment and heal the skin. Our therapists use a traditional recipe of grated coconut, coconut milk and secret powder to moisturize and gently exfoliate the skin. Enjoy the full- body Balinese massage and sensory coconut scrub.

**Single 680 / Couple 1.180**  
**90 Minutes**

## COCONUT SCRUB

Maintain both naturally and chemical balance of the skin while softening and helping alleviate drynes.

**Single 380**  
**45 Minutes**

All of the price above are in thousand rupiah  
and Subject to 21% Government tax  
and Service charge

*Reservation required, subject to availability*

**SVAHA SPA**  
TEGES



# SIGNATURE BODY TREATMENT

Rejuvenate yourself with one of our three signature body scrubs which allows the yesterday to be delicately polished away and emerge with a brand healthy skin by throw away the dullness of your skin. Prepare with a traditional Balinese massage and bliss out in our private costume foot bath.

## CHOCOLATE SCRUB

Gently exfoliates your skin, removing dead tissue particles. At the same time, the organic ingredients penetrate deep into your cells and nourish them from the inside out. As a result, your skin becomes smooth, elastic, soft, and youthful.

**Single 380  
45 Minutes**

## COFFEE SCRUB

Energize your skin with our aromatic Coffee Scrub, a revitalizing full-body exfoliations treatment. Finely ground coffee beans and natural oils gently buff away dead skin cell, boost circulation, and leave your skin irresistibly smooth. This antioxidant-rich treatment helps reduce the appearance of cellulite, evens skin tone, and awakens the senses with the rich scent of fresh coffee.

**Single 380  
45 Minutes**

All of the price above are in thousand rupiah  
and Subject to 21% Government tax  
and Service charge

*Reservation required, subject to availability*

**SVAHA SPA**  
TEGES



# BODY SCRUB & WRAP

Through an in-depth understanding of traditional Balinese practices and ancient rituals, we have created an exclusive range of Svaha spa experiences with a royal touch. Each of these experiences has been carefully crafted to stay true to the traditional style of treatment.

## RASAYANA BALINESE BOREH

The aroma of the Boreh spices will take you to Bali in this the traditional energizing warm spice exfoliation and wrap. Traditionally used to help with blood circulation, relieve muscle tension, aches and pains as well as increase the blood circulation for pamper your skin senses.

**Single 680 / Couple 1.180**  
**90 Minutes**

## BODY MUD PARADISE

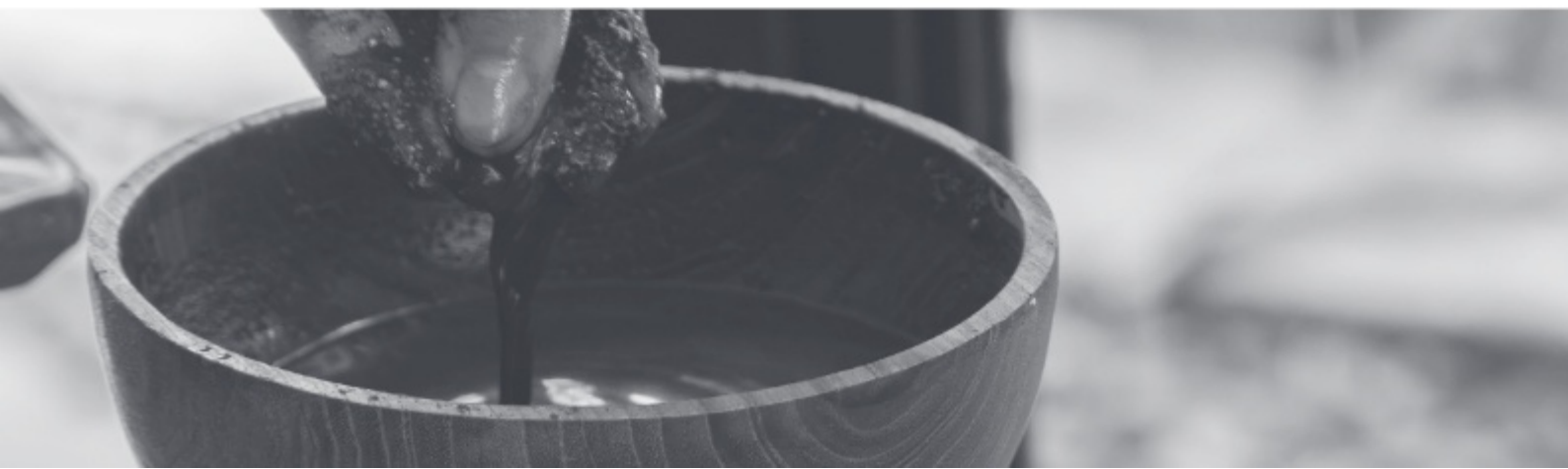
Influenced by healing ritual of deep tissue massage combine with our rich body scrub with volcano mud collected on the slopes of Bali holy mount Agung. Its nourishes the skin, restores balance and removing toxins such as heavy metals and others environmental pollutants.

**Single 680 / Couple 1.180**  
**90 Minutes**

All of the price above are in thousand rupiah  
and Subject to 21% Government tax  
and Service charge

*Reservation required, subject to availability*

**SVAHA SPA**  
TEGES



# NEW MENU SPA

## DE- STRESS

Enjoy a Aromatherapy Massage using relaxing oil before a nourishing and de-stress chocolate scrub to detoxify and cleanse your body that is combination with exotic flower bath. This treatment will enhance your well-being and leave feeling pampered.

**Single 880 / Couple 1.280**  
**120 Minutes**

## SENSATIONS SPA JOURNEY

The tension Balinese relaxation massage using firm finger technique palm pressure with pouring warm aromatherapy oil to stimulating the stroke and blood circulation.

**Single 780 / Couple 1.180**  
**90 Minutes**

## COCO BLISS

With a sense ritual this treatment start with foot bath, leading to warm coconut oil massage, beauty skin facial, fully pampered with coconut scrub that is combination with exotic flower bath which will help rid the skin dead cell while moisturizing with keep smooth and soft.

**Single 1.080 / Couple 1.580**  
**150 Minutes**

## SWEET ESCAPES

Begin your Journey with soothing massage using aromatic oil, follow by a traditional Balinese Boreh body mask to warm and detoxify the body. Complete the experience with a romantic bubble bath for deep relaxation and rejuvenation.

**Single 980 / Couple 1.280**  
**120 Minutes**

All of the price above are in thousand rupiah  
and Subject to 21% Government tax  
and Service charge

*Reservation required, subject to availability*

**SVAHA SPA**  
TEGES



# BEAUTY FACIAL TREATMENT

## NOURISHING FACIAL

Refresh and rebalance your skin with SENSATIA based product, Start from cleanse, exfoliate, face massage, and face mask, during which your shoulder are being massage.

**Single 580 / Couple 880**  
**60 Minutes**

## SOOTHING FACIAL

A facial recommended for skin that losing it's tone or elasticity and skin that maybe suffering from dryness. This unique facial will hydrate your skin with natural cucumbar face mask, soothing eye pad and gentle hand massage to make sure the pampering experience.

**Single 480 / Couple 780**  
**60 Minutes**

## EXPRESS FACIAL

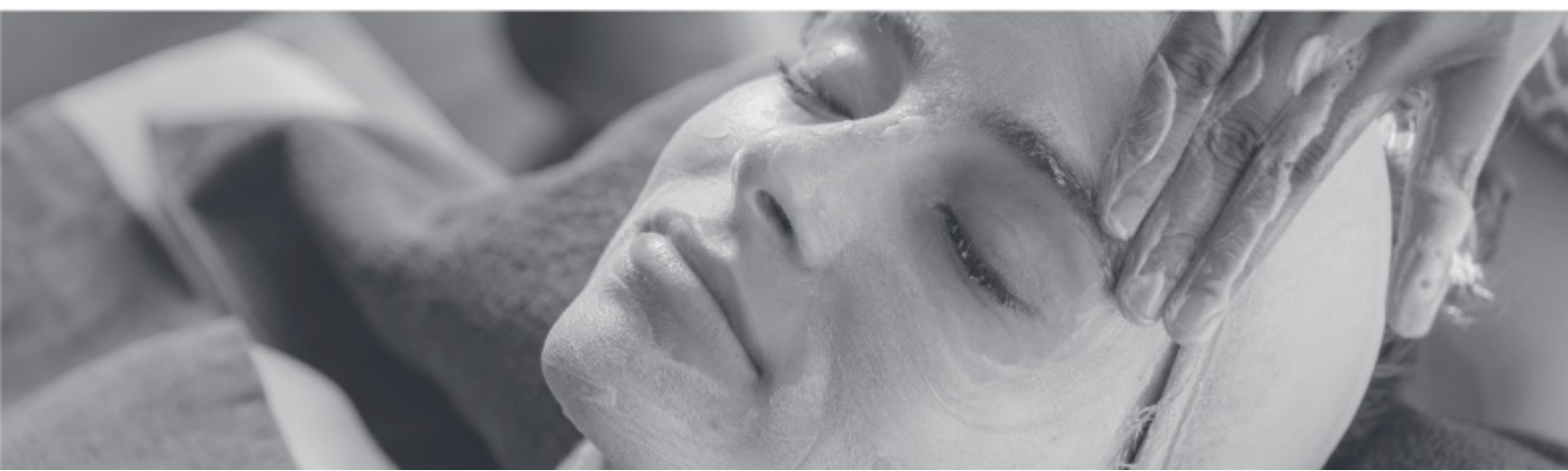
A quick pick me up!. Hydrating & refreshing for clients who are "on the go" this treatment include double cleansing, exfoliation, mini face massage, and finishing product.

**Single 280 / Couple 480**  
**30 Minutes**

All of the price above are in thousand rupiah  
and Subject to 21% Government tax  
and Service charge

*Reservation required, subject to availability*

**SVAHA SPA**  
TEGES



# BEAUTY FACIAL TREATMENT

## AMAREA BEAUTY & SKIN

A truly ultimate treatment combining a Balinese massage with a rejuvenating foot reflexology or refreshing mini facial. This treatment will enhance your well being and leave feeling pampered.

**Single 780 / Couple 1.180**  
**90 Minutes**

## EXOTIC BEAUTY SENSATION

Give a moment of the space for body feel comfortable and relaxe, such as luxurious majesty by combining traditional Balinese massage fully pampered with chosen body Scrub and facial treatment that give a sense of well-being

**Single 880 / Couple 1.280**  
**120 Minutes**

All of the price above are in thousand rupiah  
and Subject to 21% Government tax  
and Service charge

*Reservation required, subject to availability*

**SVAHA SPA**  
TEGES





## WELLNESS MENU



SVAHA SPA  
TEGES

# DWI VAYU

## FLOATING SOUND HEALING

Immerse yourself in the serene harmony of a Sunset Sound Bath, a deeply meditative experience that combines the calming sounds of crystal singing bowls, Drum, and chimes with the natural beauty of the setting sun. As the day gently transitions to night, allow the soothing vibrations to wash over you, balancing your energy and easing tension. Perfect for unwinding and reconnecting with nature, this session will leave you feeling relaxed, rejuvenated, and at peace.

- Breathing Relaxation
- Singing Bowl 7 Chakra Sound
- Body Awareness Affirmations
- Ginger Tea

**Couple 1.480**  
60 Minutes

## SOUND HEALING JOURNEY

Sound Healing Journey is a guided experience that uses sound to facilitate relaxation, meditation, and healing. This journey often involves various sound healing instruments and techniques designed to immerse participants in a landscape of therapeutic vibrations. Below is an explanation of the typical elements and what participants can expect during a Sound Healing Journey.

- Breathing Relaxation
- Singing Bowl 7 Chakra Sound
- Body Awareness Affirmations
- Ginger Tea

**Couple 1.280**  
Minimum 2 Pax - Maximum 5 Pax  
60 Minutes

All of the price above are in thousand rupiah  
and Subject to 21% Government tax  
and Service charge

Reservation required, subject to availability

SVAHA SPA  
TEGES



# REIKI

Reiki is a traditional Japanese healing method categorized as energy healing. Today, it is widely practiced and recognized around the world. Interestingly, in Bali, we have long embraced a similar holistic approach to healing known as Usadha, our indigenous form of traditional medicine. Reiki practitioners apply a technique called palm healing or hands-on healing, where it is believed that universal life energy flows through the practitioner's hands to the recipient. This gentle energy transfer aims to support both emotional balance and physical well-being.

1.080 / Person  
60 Minutes

All of the price above are in thousand rupiah  
and Subject to 21% Government tax  
and Service charge

*Reservation required, subject to availability*

SVAHA SPA  
TEGES



# READINGS & RITUALS

## PALM READING AND MASSAGE

Unlock the secrets held in the palm of your hand. Palm reading, also known as palmistry, is an ancient art used to gain insight into one's personality, emotional patterns, health tendencies, and life path. By analysing the shape, lines, and mounts of the hand, our experienced practitioner offers intuitive guidance and clarity.

- Palm Reading 30 Minutes
- Balinese Massage 60 Minutes

980 / person  
90 Minutes

## SIGNATURE BIRTHDAY READING

Unlock the secrets held in the palm of your hand. Palm reading, also known as palmistry, is an ancient art used to gain insight into one's personality, emotional patterns, health tendencies, and life path. By analysing the shape, lines, and mounts of the hand, our experienced practitioner offers intuitive guidance and clarity.

- Birthday Reading 30 Minutes
- Amarea Signature Massage 60 Minutes

980 / person  
90 Minutes

## TAROT READING THERAPY

Tarot is a powerful tool for reflection and spiritual guidance. With 78 symbolic cards Major and Minor Arcana each reading offers insight into your questions, emotions, and life journey. The reader interprets the cards based on your energy and intention, helping you find clarity through the law of attraction and karma.

- Tarot Reading 30 Minutes
- Warm Coconut Massage 60 Minutes

980 / person  
90 Minutes

All of the price above are in thousand rupiah  
and Subject to 21% Government tax  
and Service charge

Reservation required, subject to availability

SVAHA SPA  
TEGES



# HYPNOTHERAPY

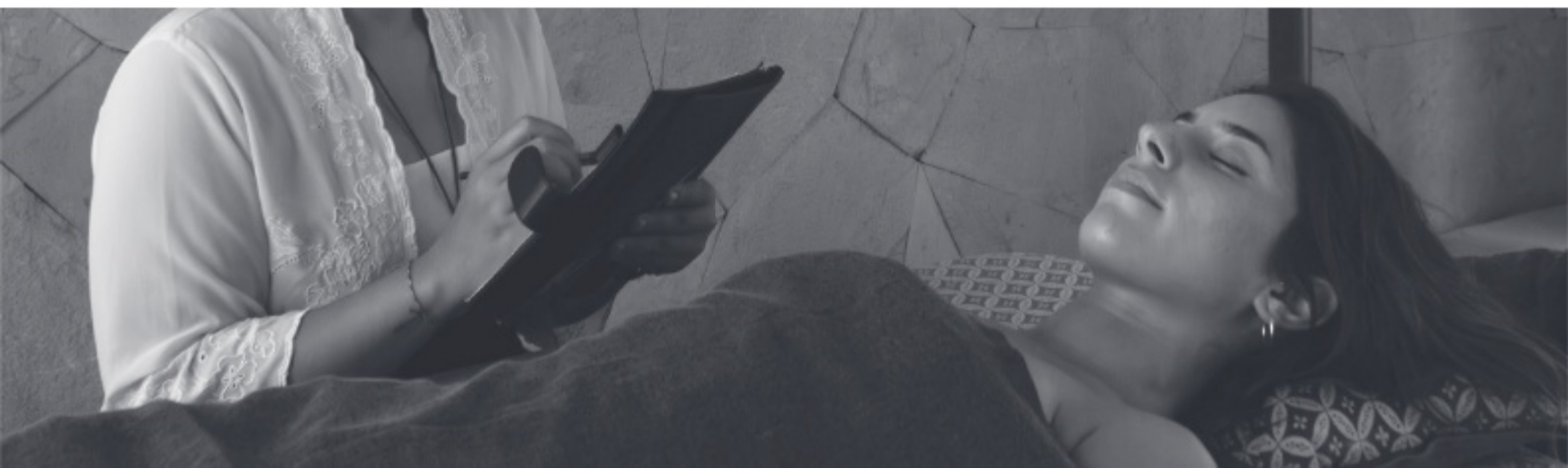
Access the power of your subconscious for deep healing and transformation. Hypnotherapy is a therapeutic technique that uses guided relaxation and focused attention to reach a heightened state of awareness-often referred to as a trance state. In this deeply relaxed condition, the subconscious mind becomes more receptive to positive suggestions, allowing you to release limiting beliefs, emotional blocks, and behavioural patterns that no longer serve you.

1.080 / Person  
60 Minutes

All of the price above are in thousand rupiah  
and Subject to 21% Government tax  
and Service charge

Reservation required, subject to availability

SVAHA SPA  
TEGES



# EMOTIONAL FREEDOM TECHNIQUE

Release emotional blockages and restore inner peace.

"EFT, also known as "tapping," is a gentle therapeutic method that combines acupressure with modern psychology. By tapping on specific energy points on the body while focusing on emotional distress, this technique helps to release negative emotions, reduce stress, and bring clarity and calmness to the mind. This treatment is ideal for those dealing with anxiety, unresolved emotions, limiting beliefs, or simply seeking emotional balance and clarity. Experience a profound sense of relief as emotional burdens are gently lifted, making space for healing and empowerment.

1.080 / Person  
60 Minutes

All of the price above are in thousand rupiah  
and Subject to 21% Government tax  
and Service charge

Reservation required, subject to availability

SVAHA SPA  
TEGAS



# SOUL BLESSING

A sacred journey of purification and renewal.

Born from the wisdom of a Balinese holy priest and holistic master, this ritual clears negative energy and restores harmony to body, mind, and spirit. Your journey begins with spiritual consultation and guided practices breathwork, meditation, and energy reading to reconnect with the light within.

It continues with prana or reiki energy healing and a sacred water purification using a blessed blend of young coconut water, sea water, lotus petals, and healing flowers. The ritual ends with a powerful initiation to awaken inner peace, raise your vibration, and fill your soul with universal love. Feel renewed, balanced, and deeply blessed.

1.080 / Person  
60 Minutes

All of the price above are in thousand rupiah  
and Subject to 21% Government tax  
and Service charge

Reservation required, subject to availability

SVAHA SPA  
TEGES



# VAYU JIWA SVAHA

Vayu Jiwa Svaha embodies the sacred flow of breath and life force an offering to release stagnant energy and invite renewal. This wellness IV therapy draws inspiration from the element of air, supporting clarity, vitality, and inner balance.

## VAYU TOUCH

Reawaken your energy after travel with our Jet Lag Recovery IV Drip a revitalizing blend of hydration and nutrients that supports your body's natural rhythm and helps you feel grounded, refreshed, and ready for your next adventure.

1.800 / Person

## VAYU GANTA

Restore your inner balance with our Hangover Recovery IV Drip an invigorating blend of hydration and essential nutrients designed to soothe your body, calm your senses, and revive your energy. Feel renewed, refreshed, and ready to flow through your day with ease.

1.980 / Person

## VAYU BLEND

Recharge your body with our Vitamin Booster IV Drip, a revitalizing infusion designed to deliver a potent blend of essential vitamins and nutrients directly into your bloodstream.

1.800 / Person

## VAYU WADU

A fast-acting IV therapy designed to rehydrate, restore, and relieve digestive discomfort caused by 'Bali Belly'.

1.980 / Person

All of the price above are in thousand rupiah  
and Subject to 21% Government tax  
and Service charge

Reservation required, subject to availability

SVAHA SPA  
TEGES



# SPA ETIQUETTE



## Cancellation

Reservations that are canceled within four hours will be charged 50% of the displayed price. Treatment times modification are subject to our availability and confirmation of our spa host.



## Arrival

Please arrive at least 15 minutes before your scheduled treatment. Late arrivals cause release spa session.



## Allergies

Svaha Spa reception will inquire about any health issues or existing allergies. Before beginning any treatment, a simple patch test will be done to check that the selected product is applicable for you.



## Gentlemen

If you select a facial, please shave before the treatment. Although not required, it is unquestionably beneficial.



## Relaxing Mode

Please switch your phone to silent mode and reduce conversations to a bare minimum to get the most out of your treatment.



## Children

Children and infants are not permitted in the spa treatment rooms unless they are also receiving a treatment.

