



SVAHA SPA  
BISMA



## Lifestyle & Wellness Programs

This retreat combines movement and therapies to bring out a renewed internal focus and a heightened connection to the divine. Guided meditation, mindfulness movements, healing sessions and massage are centered on minimizing the effects of stress as well as reducing tension and cultivating mindfulness.

### Arjuna Srikandi Package

#### 180 Minutes

Inspired by the ultimate authentic Balinese massage, this inspiring treatment focuses on the heart, the center of unconditional love, compassion and forgiveness. A traditional Balinese foot ritual welcomes you and your loved one to your own private spa forest, and prepares your body and mind for the ceremony to come. Skin brushing with a tropical chocolate scrub rich in honey to energize and open the heart will follow afterwards. Continue with rose oil to release deep-seated tension, invigorate and ease muscle fatigue. Complete the experience with a light and healthy spa cuisine, whilst enjoying the sacred forest as the backdrop scenery, combination with Cakra reading and meditation.

### Metamba Usada

#### 180 Minutes

An intensive healing treatment following with healing meditation for balancing the energy connecting within perform the authentic Balinese massage ritual Includes a special herbal tonic made from turmeric, betel leaves, galangal, and other secret ingredients for energy balance, infections of internal organs and other issues.

*All of the price above are in thousand rupiah and subject to  
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## The Heavenly Packages

### Reset & Relaxation Packages

This packages has been designed for you to restore the body and refresh the mind through yoga, meditation, and purification. If your energy levels are low and you feel like burning out and need a break from your daily routine, this package is perfect for you! Take a deep breath and be who you are. Self-improvement, betterment, or relationship with fellow humans, with nature, and with all beings around. Be more relaxed and refreshed than you have ever been and become stronger mentally and find inner peace.

#### Highlights

- Welcome drink with freshness young coconut water
- The chakras reading
- Yoga class and meditation
- Four hand healing massage
- Tropical fruit bath ritual sensation
- Detox healthy drink

### Purification Packages

Immerse yourself in your inner world and find out what secrets you are hiding from yourself. The purpose of parapsychology is not only to find the problem but also to provide a ready-made elixir for the normalization of physical and psychological health.

#### Highlights

- Welcome drink with freshness young coconut water
- The chakras reading
- Yoga and meditation
- Heavenly Svaha spa massages
- Flower bath sensations with Jacuzzi
- Detox healthy drink

### Holistic Rejuvenate Packages

By synchronizing body balancing with conscious breathing, stress levels are dramatically decreased. Other benefits include releasing emotional blocks in order to increase mental clarity and open up personal awareness.

#### Highlights

- Squeeze lime juice coconut water
- The chakras reading
- Meditation and hatta Yoga
- Aromatherapy massage
- Spice bath ritual
- Boosting juice

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## Facial Treatment

### 45 Minutes

Purify your mind and soul while cleansing your face with natural or Biokos products.

#### Tropical Svaha Facial:

- Cleanser with yogurt and honey
- Toner with rose water
- Scrub with sugar and tomato
- Face massage with coconut oil
- Face mask with slice of cucumber
- Moisturizer

#### Signature Svaha Facial:

- Cleanser with Biokos product
- Toner
- Scrub
- Face massage with coconut oil
- Face mask
- Moisturizer

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## Body & Soul Massage

### Royal Svaha Massage

**90 Minutes**

Alleviate stress, ease aching muscles and revive the senses with oil and soft to medium pressure. A master therapist uses warm bamboo and combines with Balinese Massage. The heat from the bamboo stimulates blood supply resulting in healthier looking skin whilst the sue massage eases away muscle tension, releases energy flow, and restores a sense of balance to the entire body and mind.



### Traditional Balinese Massage

**60 Minutes**

The Traditional Balinese massage is our signature from Bali combines body massage using palm and thumb pressure to reduce tensions and long gentle strokes while applying a unique blend of natural essential oils. This combination stimulates your blood circulation, improves energy flow.

### Svaha Signature Massage

**75 Minutes**

This exclusive massage features all of our signature techniques to best target individual needs. During this season, our therapists will perform rhythmic strokes massage and pressure techniques to relieve your body and refined your mood, an ultimate massage where you could get two therapists working together in harmony to deliver you the most incredible massage experience.



### Deep Tissue Massage

**90 Minutes**

This exclusive massage features all of our signature techniques to best target individual 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.

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### **Aromatherapy Massage**

#### **90 Minutes**

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

### **Hot Stone**

#### **90 Minutes**

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.

### **Foot & Reflexology Massage**

#### **60 Minutes**

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.

### **Revitalization Back, Neck & Shoulder Massage**

#### **30 Minute**

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.

### **Shirodhara**

#### **90 Minute**

The four hand massage of Shirodhara as an ideal treatment for reducing high levels of mental stress. It induces calmness, promotes tranquility and relaxation. The Shirodhara treatment significantly impacts those measurable markers of relaxation by decreasing respiration rate, reducing diastolic blood pressure, and slowing heart rate.

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## Svaha Spa 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.

### Individual Package

#### Bliss Package

##### 150 Minutes

Give yourself some time to have an authentic self-Bliss journey with bliss package with a full-body massage traditional Balinese massage to loosen up the tension and continue with body scrub and body mask to freshen up your skin with nourishing natural goodness to end the bliss ritual it is only right to have exotic flower bath.

##### Package Inclusion:

- 60 minutes traditional Balinese massage
- 45 minutes body scrub and body Mask
- 45 minutes exotic flower bath

#### Balinese Package

##### 150 Minutes

A rejuvenating treatment package that works to maximize your skin conditions after having fun under Bali's bright sky this package consists of traditional Balinese massage to treat your tight muscles from all the activity, body scrub and body mask finishes with milk and citrus bath.

##### Package Inclusion:

- 60 minutes traditional Balinese massage
- 45 minutes body scrub and body Mask
- 45 minutes milk and citrus bath

#### Svaha Body Treatment + Bubble and petals Bath

##### 150 Minutes

Recharge your body and soul with svaha body treatment that starts with a great full-body Royal svaha massage best for blood circulation, body scrub and body mask are next steps to cleanse and nourish you will finish the treatment with an bubble and petals bath.

##### Package Inclusion:

- 90 minutes royal svaha massage
- 40 minutes body scrub and body mask
- 20 minutes bubble and petals bath

#### Svaha Body Treatment + Herbs Bath

##### 150 Minutes

Recharge your body and soul with svaha body treatment that starts with a great full-body Aromatherapy massage best for relaxation body scrub and body mask are next steps to cleanse and nourish you will finish the treatment with the signature Herbal Bath.

##### Package Inclusion:

- 90 minutes aromatherapy massage
- 40 minutes body scrub and body mask
- 20 minutes herbal bath

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## Couple Package

### Rama Sita Package 150 Minutes

The Svaha signature romantic couple body massage inspiring by Hindu Ramayana epic love story of Rama & Sita, the treatment using scrub sweet chocolate and honey with four hand full body massage for indulgent your body, mind and soul.

#### Package Inclusion:

- 60 minutes svaha signature massage
- 30 minutes tropical chocolate & honey mask
- 30 minutes signature svaha flower bath
- 30 minutes signature svaha facial

### Royal Svaha Package 120 Minutes

With a sense ritual this treatment starts with a foot bath, leading to traditional Balinese massage fully pampered with scrub that is combination with exotic flower in Jacuzzi which help rid the skin dead cell while moisturizing with keep skin smooth and soft.

#### Package Inclusion:

- 60 minutes traditional Balinese massage
- 40 minutes body scrub and body mask
- 20 minutes exotic flower bath

### Exotic Romantic Package + Bubble and Petals Bath

#### 120 Minutes

Heal your tired body after a long trip with Royal Svaha Couple that starts with the great traditional Balinese massage, you will then proceed to freshen up your skin with some nourishing from body scrub and body massage and calm with bubble and petals bath.

#### Package Inclusion:

- 60 minutes traditional Balinese massage
- 40 minutes body scrub and body mask
- 20 minutes bubble and petals bath

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## Svaha Signature Bath

Allow yourself to be immersed in a tropical bath of nature's blessings. Svaha Spa Bisma offers signature baths with pleasing flower decorations, fruits, or spice for unwavering enjoyment and total relaxation.

### Flower Bath Sensation

#### 45 Minutes

Flower bath sensation with beautiful colorful flowers to soothe and refresh body and mind. Tradition holds that bathing in the frequency or energy of blooms quite literally supports the blossoming and flourishing of life. It was believed that you receive the healing energies of the plants, which can help you cleanse unwanted energies, find a sense of calm and grounding, and realign with what's most important to you so you can more easily let go of the rest.

### Tropical Fruits Bath

#### 45 Minutes

One beautiful way to invoke citrus and cucumber health benefits and magical properties is with a ritual citrus and cucumber bath. Perfect for any time of year with vitamin C intake, bathing in citrus and cucumber can relax, restore, strengthen or purify to boost the immune system and spiritual holistic energy.

### Spice Ritual Bath

#### 45 Minutes

Extremely rich in antioxidant compounds for skin beautification and delivering variegated health properties to oneself, a bath endowed with betel leaf and tropical herb with magical power for anti-inflammatory and skin brightness.

### Bubble and Petal Bath

#### 45 Minutes

Indulge in the soothing luxury of our Bubble Petal Bath, where warm, fragrant water, soft bubbles, and delicate petals melt away stress. This blissful experience rejuvenates your body, softens your skin, and leaves you refreshed and renewed.

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## **Svaha Signature Scrub**

### **Mud Scrub**

#### **45 Minutes**

It's nourishes the skin, restores balance and removing toxins such as heavy metals and balance and removing toxins such as heavy metals balance and removing toxins such as heavy metals and for silky smooth skin combination.

### **Coconut Scrub**

#### **45 Minutes**

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

### **Javanese Scrub**

#### **45 Minutes**

This moisturizing body scrub is infused with Japanese Hot Spring minerals and essential vitamins. From the highest-quality Dead Sea salt and jojoba oil, vitamin E, give your skin the nutrients it needs and deserves. The exfoliating body scrub clears away dead skin and leaves behind a healthy, radiant complexion.

### **Chocolate Scrub**

#### **45 Minutes**

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.

### **Sunburn & Sensitive skin**

#### **45 Minutes**

Feel the heat escape your sunburnt body with a blend of fresh cucumber, honey, yoghurt and Continue with a calming soak in a milk bath.

### **Balinese Boreh**

#### **45 Minutes**

This Balinese treatment is inspired by a traditional remedy commonly used by local farmers to generate warmth and prevent sickness during the wet season. A herbal paste is applied to the body and then wrapped in Cloth to detoxify and improve blood circulation. It is followed by a relaxing soak in a lemongrass and herb milk bath.

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# 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.

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