



## 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.

### Mindfulness

Single **1.600** / Couple **2.750**

- Wellness Consultation 15 Min.
- Guided Chakra Meditation 30 Min.
- Traditional Healing Session 45 Min.
- Balinese Traditional Therapy 60 Min.

### Asana

Single **1.400** / Couple **2.500**

- Yoga & Meditation 30 Min.
- Cakra Reading 30 Min.
- Cleansing Ritual Bath 30 Min.
- Heavenly Therapy 60 Min.

### Rasayana

Single **1.200** / Couple **2.000**

- Wellness Consultation 15 Min.
- Guided Chakra 30 Min.
- Meditation Traditional 45 Min.
- Aromatherapy Treatment 60 Min.

### Arjuna Srikandi Package

**150 Minutes**

Single **1.600** / Couple **2.750**

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**

Single **1.600** / Couple **2.750**

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.

### The Touch of Usada

**180 Minutes**

Single **1.900** / Couple **3.500**

Sacred Healing of Balinese Well Being First, we will guide you through a Water Purification, where you will let go of the any energy that you no longer need, allowing your peace and harmony within. After the purification ceremony, we move on to a spa Body Scrub, with Balinese herbal treatment. When your body feels sick or tired, this signature treatment can bring your energy back to balance Through sound healing and meditation, we will help to bring back your vibration to high levels. The sound therapy also helps you to have clarity and focus.

*All of the price above are in thousand rupiah and subject to 13.75% Government tax and 10% Service charge*



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## Body & Soul Massage

### Royal Svaha Massage

**90 Minutes**

**864**

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.

### Body Purification Ritual

**120 Minutes**

Single **800** / Couple **1.300**

**150 Minutes**

Single **1.100** / Couple **1.650**

This ritual start with Balinese massage, continues with sea salt body scrub to prepare the body for a rich detoxing seaweed mask and finishes with herbal jacuzzi.



### Traditional Balinese Massage

**60 Minutes**

Single **650** / Couple **1.050**

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

**60 Minutes**

**850**

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**

Single **750** / Couple **1.145**

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**

Single **733** / Couple **1.130**

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**

Single **834** / Couple **1.393**

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.



### Exotic Romantic Essential

**120 Minutes**

**1.400** | **150 Minutes**

**1.850**

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.

### Foot & Reflexology Massage

**60 Minutes**

Single **650** / Couple **1.050**

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 Minutes**

**519**

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.



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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.

### Tropical Chocolate Scrub

**120 Minutes** Single **800** / Couple **1.300**

**150 Minutes** Single **1.100** / Couple **1.650**

One can feel charming after this season. Ground almonds mixed with freshly harvested 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 then finally a lush milk and honey bath.

### Tropical Coconut

**120 Minutes** Single **800** / Couple **1.300**

**150 Minutes** Single **1.100** / Couple **1.650**

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 and then soak in an energizing herbal bath that will pamper your skin and senses.

### Tropical Japanese Body Scrub

**120 Minutes** Single **800** / Couple **1.300**

**150 Minutes** Single **1.100** / Couple **1.650**

This is a luxurious blend of finely ground native herbs and spices composed of Pandan leaves, turmeric, curcuma, heyneana and rise powder to cleanse, soften and rejuvenate the skin. Indulge with this traditional Javanese beauty-treatment that has been used by Royal Families for centuries starts with a full – body massage, the scrub then applied and soaked away in a bubble bath.

### Volcanic Body Treatment

**120 Minutes** Single **1.013** / Couple **1.825**

**150 Minutes** Single **1.350** / Couple **2.050**

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, enrich with lemongrass oil for silky smooth skin combination with flowers bath Jacuzzi.

### Royal Balinese Boreh

**120 Minutes** Single **975** / Couple **1.885**

**150 Minutes** Single **1.275** / Couple **2.150**

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.

### Rama Sita Package

**150 minutes** **3.500**

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.

### Heavenly Svaha Relaxation

**75 Minutes** Single **975** / Couple **1.885**

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

### Balinese Fruits Ritual

**120 Minutes** Single **973**/ Couple **1.775**

**150 Minutes** Single **1.250** / Couple **2.010**

With a sense of ritual, this treatment starts with a Foot Bath, leading to a Traditional Balinese Massage, fully pampered by a scrub that is a combination of exotic fruits and coconut which helps rid the skin of dead cells, while gently moisturizing with an avocado body mask that keeps the skin smooth and soft. Followed by relaxing into a citrus and flower petals bath.

### Shirodhara

**90 Minutes** **1.700**

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 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**

**Single 725 | Minimum 2 Person Include Detox Healthy Drink**

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**

**Single 625 | Minimum 2 Person Include Wine By Glass**

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**

**Single 625 | Minimum 2 Person Include Detox Healthy Drink**

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.

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## Svaha Signature Scrub

### Mud Scrub

**45 Minutes**

Single **650** / Couple **850**

Its 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**

Single **450** / Couple **750**

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

### Japanese Scrub

**45 Minutes**

Single **450** / Couple **750**

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**

Single **450** / Couple **750**

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.

### Kaffir Lime and Ginger Scrub

**45 Minutes**

Single **650** / Couple **850**

Exfoliations gently remove dead and dehydrated skin cells Refreshing & Rejuvenating

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## Unique Body Massage

The unique body massage with modern ringtone music synchronous with the movement massage therapy allowing you the senses you can fully the atmosphere.

### Impression Massage

**30 Minutes**

Single **319** / Couple **519**

Neck and shoulder massage with a full impression experience on where you can lost your in self in through movement of the massage therapist with the full beat the music instrument approach you.

### Relaxation Massage

**75 Minutes**

Single **750** / Couple **1200**

Full body massage filter by the mood with assemble 45minute massage set of the mood consul tuning the rhythm with beat hit your body allowing to feel every sound and relax in the flower bath.

### Classic Massage

**30 Minutes**

Single **319** / Couple **519**

Blood circulation in the heart changes to keep your body from overheating reduce the tension of stress vessels considering the constant +30 degree outsiden and the lymphatic massage will be calm your body.

### Sport Massage

**30 Minutes**

Single **400** / Couple **750**

Sport massage with the stretching element to let your body mussel unload with energetic music.

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## The Heavenly Packages

### Reset & Relaxation Packages

**3.000 / 2 Persons**

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

**2.750 / 2 Persons**

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

**2.500 / 2 Persons**

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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# 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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