



# **Body & Soul Massage**

# **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.

#### **Deep Tissue Massage**

#### 90 Minutes

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

Single **580** / Couple **890** 

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 backarea release stress and muscular tension, while revitalizing strokes and combat tiredness, enhance toxin elimination and boost energy.

# **Aromatherapy Massage**

#### 90 Minutes

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

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 **690** / Couple **1.070** 

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

30 Minutes 60 Minutes

Single **260** / Couple **550** Single **480** / Couple **790** 

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 60 Minutes

Single **260** / Couple **550** Single **480** / Couple **790** 

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.

All of the price above are in thousand rupiah and subject to 11% Government tax and 10% Service charge



# **Svaha Body Treatment**

# **Tropical Chocolate Scrub**

**90 Minutes** Single **690** / Couple **1.150** 

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.

# **Tropical Coconut Scrub**

**90 Minutes** Single **690** / Couple **1.150** 

It has 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.

# **Tropical Japanese Scrub**

**90 Minutes** Single **690** / Couple **1.150** 

This is a luxurious blend of finely ground native herbs and spices composed of Pandan leaves, turmeric, curcuma 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.

# **Svaha Beauty Treatment**

#### **Exotic Beauty Facial**

60 Minutes Single 580 / Couple 890

Get your glow on followed by Biokos based products for a cleanse, nourishing mask, more hydrotherapy, toner moisturizer and massage reduce tension and boost complexion.

#### **Exotic Body and Skin**

**90 Minutes** Single **650** / Couple **1.050** 

With a sense ritual this treatment starts with Traditional Balinese massage combination with beauty facial.

# **Exotic Beauty Sensation**

**120 Minutes** Single **940** / Couple **1.250** 

Give a moment of the space for body feel comfortable and relaxed, such as luxurious majesty by combining Traditional Balinese massage fully pampered with scrub and facial treatment that will give a sense of well-being.

#### **Exotic Romantic Essential**

**150 Minutes** Single **1.100** / Couple **1.550** 

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





# Svaha Signature Scrub

# **Chocolate Scrub**

45 Minutes Single 425/ Couple 740

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.

#### **Coconut Scrub**

45 Minutes Single 425/ Couple 740

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

# Japanese Scrub

**45 Minutes** Single **425**/ Couple **740** 

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.

# 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.