



SVAHA SPA
KENDERAN

WELLNESS PROGRAMS



Combining therapeutic activities, spiritual practices, and nutritional advice can result in a more holistic approach to wellbeing and an active, balanced lifestyle.

DWI VAYU

PRANIC VAYU 60 MINUTES

PRANIC HEALING 60 MINUTES

YOUNG YELLOW COCONUT DRINK

MAX 1 PERSON FOR ONE SESSION HEALING

WELLNESS
PRICE : 1.380K ++/ PAX

Experience a deeply transformative journey with Yin Meet Pranic Vayu, a unique fusion of Yin Yoga and Pranic Healing, aimed at harmonizing both body and energy. This treatment is designed to release tension, enhance flexibility, and restore the natural flow of energy (prana) throughout your body, helping you to achieve a state of deep relaxation and rejuvenation. To enhance overall vitality, mental clarity, and emotional stability, while deeply rejuvenating the physical body.

DWI VAYU

SOUND HEALING JOURNEY 60 MINUTES

BREATHING RELAXATION

SINGING BOWL 7 CHAKRA

BODY AWARENESS AFFIRMATIONS

GINGER TEA

SOUL
BODY
MIND
PRICE : 780K++/ PERSON & 1.480K++ / COUPLE
MINIMUM 2 PAX – MAXIMUM 5 PAX

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.

DWI VAYU

FLOATING SOUND HEALING 60 MINUTES

BREATHING RELAXATION

SINGING BOWL 7 CHAKRA SOUND

BODY AWARENESS AFFIRMATIONS

GINGER TEA

PRICE : 1.480K ++/ COUPLE

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.

DWI VAYU

SUNRISE YOGA 60 MINUTES

START 06:00 AM – 07:00 AM

SURYA NAMASKAR YOGA

HEALTHY FOOD (SMOOTHIE BOWL)

HOT HERBAL TEA (LEMONGRASS, LIME AND MINT LEAVE)

PRICE : 1.380K++/ PERSON & 2.380K++/ COUPLE

Start your day with a revitalizing Sunrise Yoga session, designed to harmonize body, mind, and spirit in the peaceful hours of dawn. Practicing yoga at sunrise allows you to synchronize your energy with nature's rhythm, fostering a sense of calm and mindfulness. After the session, enjoy a refreshing smoothie bowl and herbal tea to further boost your physical and mental vitality for the day ahead.

TRI VAYU

VINYASA YOGA AND MANDI REMPAH 90 MINUTES

PRIVATE VINYASA YOGA 60 MINUTE

YELLOW YOUNG COCONUT DRINK

MANDI REMPAH 30 MINUTES

PRICE : 1.680K++/ PERSON & 1.980K++/ COUPLE

A dynamic and flowing style of yoga where movements are synchronized with the breath. Each pose transitions smoothly into the next, creating a continuous flow. This practice is excellent for improving flexibility, strength, and mental focus, while also calming the mind through breath control. It is combined with a traditional Indonesian herbal bath infused with aromatic spices and herbs such as ginger, turmeric, cinnamon, and lemongrass. This bath rejuvenates the body, enhances blood circulation, and soothes tired muscles. The natural warmth and healing properties of the spices help detoxify the body and promote relaxation

TRI VAYU

YIN YOGA AND MASSAGE 120 MINUTES

YIN YOGA 60 MINUTE

YELLOW YOUNG COCONUT DRINK

BALINESE TRADITIONAL MASSAGE

PRICE : 1.380K++/ PERSON & 2.380K++/ COUPLE

Yin yoga is a slow, meditative practice that targets the deep connective tissues of the body (ligaments, fascia, and tendons) rather than the muscles. It involves holding poses for longer periods (typically 3-5 minutes) to allow a deeper stretch and release tension in the body. Continue Traditional Balinese massage combines gentle stretches, acupressure, and reflexology with traditional massage techniques to stimulate the flow of blood, oxygen, and energy (Chi) around the body. It's known for its deep relaxation and rejuvenating effects.

TRI VAYU

HATHA YOGA AND HIMALAYAN SALT BATH 90 MINUTES

HATHA YOGA 60 MINUTE

YELLOW YOUNG COCONUT DRINK

HIMALAYAN BATH SALT WITH JACUZZI 30 MINUTE

PRICE : 1.380K ++ /PERSON & 1.880K ++ / COUPLE

The gentle and foundational style of yoga that focuses on balancing the body and mind through physical postures (asanas), breathing techniques (pranayama), and meditation. Unlike more vigorous yoga styles, Hatha Yoga is slower-paced and ideal for beginners or anyone looking for a calming yet strengthening practice. Continue with Himalayan Bath Salt Treatment involves soaking in warm water enriched with pure Himalayan pink salt, known for its high mineral content. The bath helps detoxify the body, soothe sore muscles, and nourish the skin. The minerals in the salt, such as magnesium and potassium, are absorbed by the skin, promoting deep relaxation and overall well-being.

TRI VAYU

ACTIVE WITH SOUND 90 MINUTES

VINYASA YOGA 45 MINUTE

DRINK YOUNG YELLOW COCONUT

SOUND HEALING 45 MINUTES

PRICE : 3580K ++/ PERSON
MINIMUM 2 PAX

The dynamic and flowing style of yoga that links breath with movement. It emphasizes a smooth transition between poses, creating a flow-like sequence that builds strength, flexibility, and mindfulness. Different frequencies of sound resonate with the body, helping to release blockages and bring the body into a state of harmony. The sounds guide the mind into a deep meditative state, reducing stress and calming the nervous system.

CATUR VAYU

HOLISTIC SOUND JOURNEY 150 MINUTES

SOUND HEALING

BALINESE TRADITIONAL MASSAGE

THE JUNGLE BATH

YELLOW YOUNG COCONUT DRINK

PRICE : 3580K ++/ PERSON
MINIMUM 2 PAX

The soothing sounds in sound healing help calm the nervous system, while the massage releases physical tension. Together, they promote both mental and physical relaxation. Continue with Jungle bath with pandan Leave, battle leave, Mary gold, rose petal, Milk Bath. This combination leaves you feeling refreshed and harmonized.

CATUR VAYU

SPIRITUAL AWAKENING 90 MINUTES

CAKRA READING 10 MINUTE

PRANAYAMA YOGA 30 MINUTE

SOUND HEALING 50 MINUTES

YELLOW YOUNG COCONUT DRINK

PRICE : 3580K ++/ PERSON
MINIMUM 2 PAX

The soothing sounds in sound healing help calm the nervous system, while the massage releases physical tension. Together, they promote both mental and physical relaxation. Continue with Jungle bath with pandan Leave, battle leave, Mary gold, rose petal, Milk Bath. This combination leaves you feeling refreshed and harmonized.