



SVAHA SPA  
KENDERAN

## THE JUNGLE AYURVEDIC PACKAGE THE TRUE SVAHA TREATMENT

A truly unique offering from Svaha Spa. This nurturing treatment is inspired by the jungle atmosphere of our spa, designed to provide a tranquil experience for our guests. It begins with a deep tissue massage that focuses on areas of the body that are overused and stressed from repetitive or intense movements. This massage increases circulation, assistant in healing injuries, and creates a deep sense of relaxation using our special oils.

The treatment continues with a full-body exfoliation to remove dead skin cells, leaving your skin soft and radiant, preparing your body for deeper relaxation. The Shirodhara treatment, where warm oil is gently poured over the third eye, induces a state of calmness and serenity and is regarded as an anti-aging therapy.

This experience begins with a body massage focusing on the neck and shoulders to relieve tension and stress. It then progresses to a tropical body scrub and the Shirodhara treatment, followed by a luxurious soak in a marigold and rose petal bath scented with herbal oil for adeeply purifying experience.

**180 Minutes**

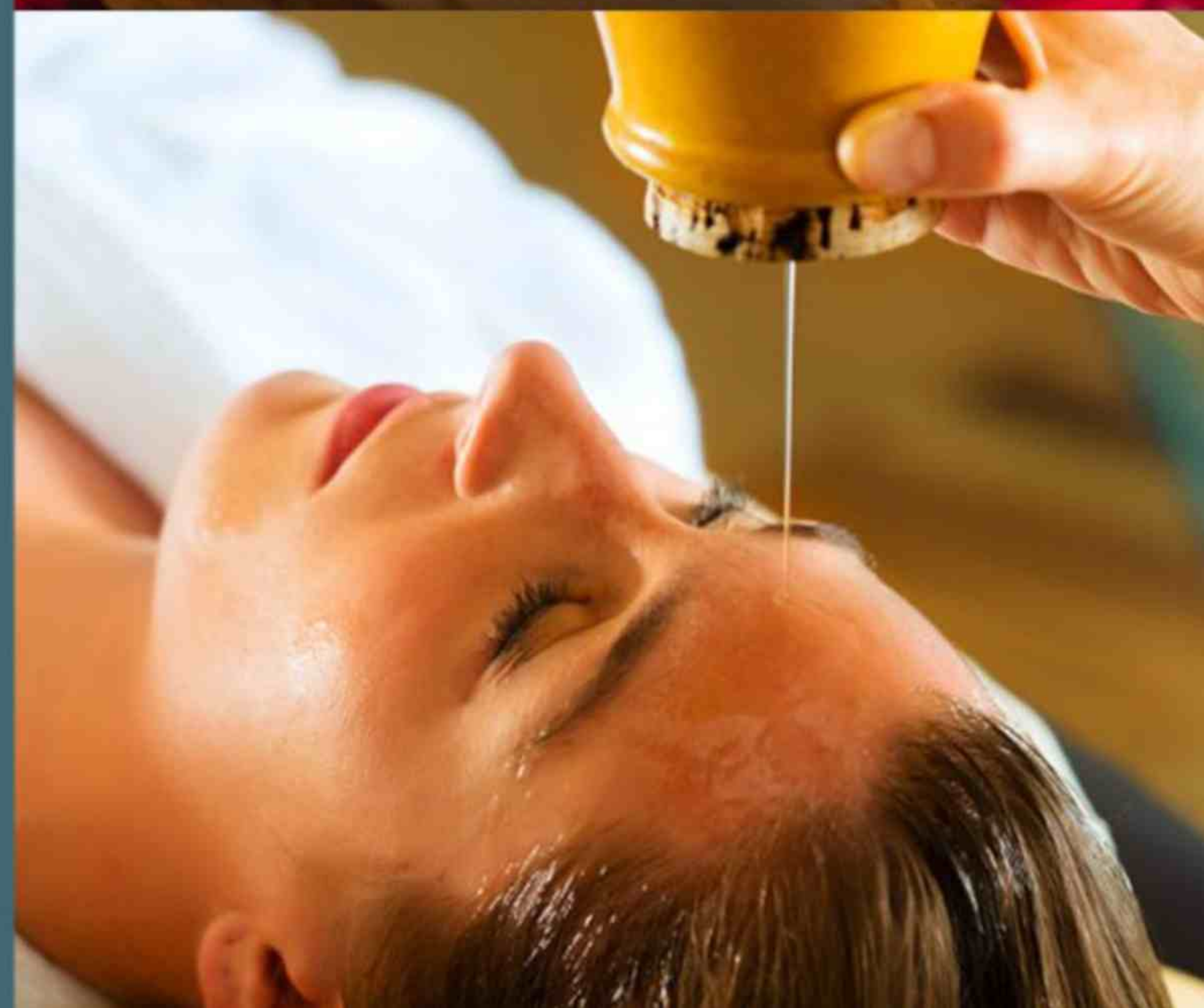
**Single 2.280K  
Couple 3.980K**

- Deep Tissue Massage
- Tropical Body Scrub
- Shirodhara Treatment By Puring Warm Oil on Third Eye
- Herb Milk Bath Combined With Marigold & Rose Flower

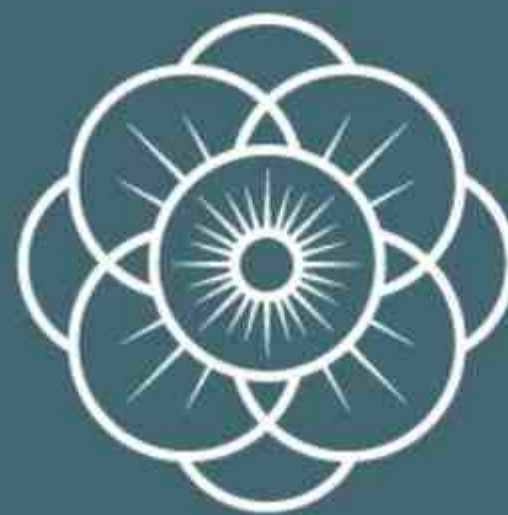
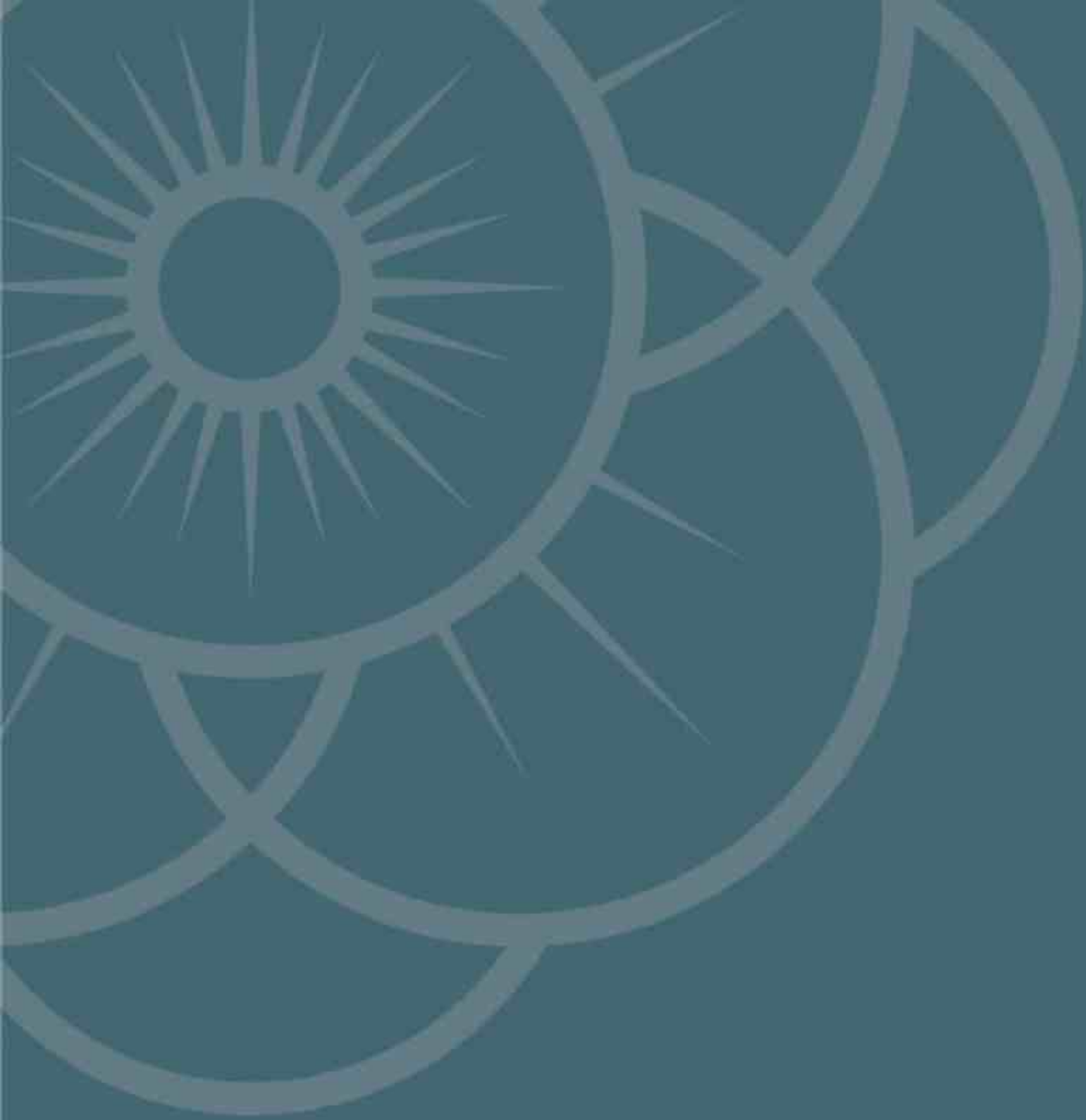
**Call Here**

☎ +62 812-3703-2059

All of the price above are in thousand rupiah and  
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## SVAHA SPA

KENDERAN

### SVAHA SIGNATURE MASSAGE

**Single 1.080 / Couple 1.800**

**90 Minutes**

Experience a complete body re-awakening through a combination of yogic stretching and Balinese traditional Body massage. This unique holistic treatment stimulates relaxation and recovery, to promote physical and energetic balance within the body, leaving a profound sense of wellness and rejuvenation.

### HOT STONE

**Single 1.580 / Couple 2.580**

**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.

### ROMANTIC FOREST

**Single 1.580 / Couple 2.480**

**120 Minutes**

Celebrating the spirit of true love, this renewing treatment takes couples on a sensory journey of indulgence. The pampering begins with a foot bath to refresh walk-weary toes. A soothing body massage is then performed to release muscle tension and entice deep relaxation. Sharing a bath infused with essential oils and exotic flower petals brings this romantic session to a memorable close.

### TROPICAL FRUIT

**Single 1.580 / Couple 2.480**

**120 Minutes**

Tapping into the nourishing powers of locally grown fruits, this natural treatment has a reviving effect on all skin types. It begins with a foot ritual to cleanse travel-weary toes. This is followed by a traditional Balinese massage using long strokes and finger pressure to restore depleted energy levels, continue with a body scrub for an aroma-sensory experience. This session of personal pampering is finished off infused with Balinese oranges and limes

### SVAHA FLORAL

**Single 1.580 / Couple 2.480**

**120 Minutes**

Drawing inspiration from Bali's cultural traditions, this nurturing treatment is focused on personal indulgence. It begins with the placement of a floral offering and the ringing of a bell as a symbol of appreciation for the gift of each new today. A gentle foot bath is performed as a prelude to a traditional Balinese massage that uses warm oil in combination with long finger strokes and applications of pressure to melt away muscular tension. Next comes a chocolate body scrub that will leave skin feeling fresh and radiant. This uplifting spa experience closes with a Balinese floral bath to energize body, mind and spirit.

### TRADITIONAL BALINESE MASSAGE

**Single 60 Minutes 880 / 90 Minutes 1.280**

**Couple 60 Minutes 1.580 / 90 Minutes 2.080**

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.

### AROMATHERAPY MASSAGE

**Single 1.080 / Couple 1.680**

**60 Minutes**

A full body massage with oil and soft to medium pressure. This 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.

### REFLEXOLOGY

**30 Minutes 480 / 60 Minutes 800**

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.

### BACK, NECK AND SHOULDER

**30 Minutes**

**580**

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.

### ROYAL BALINESE MASSAGE

**Single 1.380 / Couple 2.380**

**90 Minutes**

Royal Balinese Body Massage is a luxurious and traditional massage treatment inspired by the ancient healing practices of Bali. It combines techniques from Balinese massage, aromatherapy, and holistic wellness, using traditional Balinese oil made from selected spices, poured warm onto unhealthy muscle areas, combined with pressure from Balinese herbal compresses, will provide you with relaxation as well as natural healing, just as experienced by the kings of Bali.

### BODY WORK

**30 Minutes**

**680**

Rejuvenate yourself with one of our five signature body scrubs which allows the to be delicately polished away and emerge with a brand healthy skin by throw away the dullness of your skin and bliss out in our foot bath.

#### Tropical Seaweed Body Scrub

this is Blended by rice powder and sea weed powder is good to exploited the died skin cell. Seaweed rich source of amino acids and antioxidants, Both of that can boost collagen production to smooth lines and give skin the appearance of fuller, firmer, and younger looking skin.

#### Tropical Javanese Body Scrub

This is a luxurious blend of finely ground native herbs and spices composed of turmeric, and curcuma, rise powder to cleanse, soften and rejuvenate the skin. Indulge with this traditional Javanese beauty-treatment that has been used by Royal Families for century's

#### Tropical Chocolate Scrub

One can feel charming after this season. Ground almonds mixed with freshly harvested cacao beans are gently rubbed into the skin, to exfoliated died skin cell and is good to moisturize the skin

#### Tropical Fruit Body Scrub

Blended with Kaffir lime and ginger is good to remove the dead skin cells which contain vitamin C and antioxidants which are good for producing collagen to firmer, brightened the skin and can help fight signs of premature aging of the skin.

#### Tropical Avocado Body Wrap

Soft and nutritious avocado content that can hydrate the skin. Contains Avocado Fruit Extract and Milk Powder, which is this mask is good to nourish the skin, preventing kin damage from sun exposure, while helping to prevent water loss in the skin and good for moisturizing the skin.

#### Tropical Mud Body Wrap

Contains minerals such as magnesium, sodium, phosphate, bromide and other minerals which are great for nourishing and improving skin conditions. Apart from minerals, Mud Mask also contains bentonite which works to disguise pores, kaolin which absorbs excess oil on the skin and is good for moisturizing the skin.

#### Banana Leaves Body Wrap

Has properties, as a traditional medicine that can be used to warm the body, improve blood circulation, reduce muscle pain, and detoxification. Combines natural ingredients with the traditional use of banana leaves to create a holistic wellness experience.

### BEAUTY TREATMENTS

**Deluxe Manicure**

**60 Minutes**

**580**

Transform those nails into dainty, elegant hands! Allow our skilled beauty therapists to moisturize, buff shape and polish your nails with any and all of the colors of the rainbow or just clears. We can also do pupping-up style and flowers on your toes

**Deluxe Pedicure**

**60 Minutes**

**680**

Cool, energize and revive your feet with our Feet Beauty Treatment. Comprising of the classical pedicure treatment with nail cut, file, cuticle repair and soothing foot soak of essential oils; it is then followed by an organic scrub that will relieve your tired or swollen feet. Finally, to stimulate blood circulation a foot massage is applied with a natural refreshing lotion. Your feet are hydrated, fresh and soothed.

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# TAMBE JOURNEY PACKAGE

ONLY 1.480K

Ultimate Spa experience with 120 min combined aromatherapy massage with cleanser facial or organic scrub, and finished by flower and milk bath with young coconut drink

1. AROMATHERAPY MASSAGE
2. CLEANSER FACIAL OR ORGANIC SCRUB
3. FLOWER & MILK BATH

Purify your mind and soul to eliminate and clean negative influences in your body, start calming the mind and relax the body will cleanse your soul from inside and outside the body.

## SPICY BODY REVITALIZING 120 Minutes

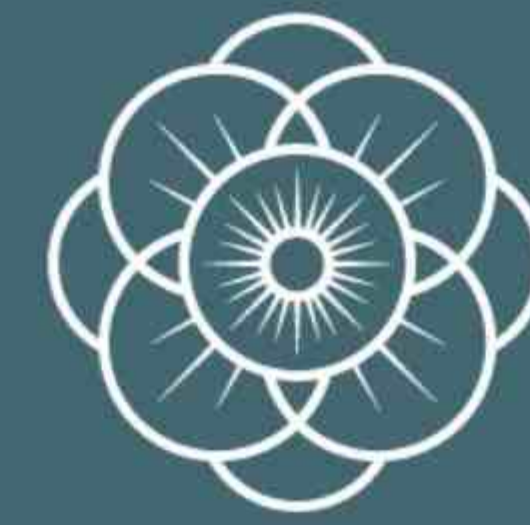
Single 1.580K  
Couple 2.480K

A full-body massage designed to relax muscles, improve circulation, and relieve stress. Continue with a gentle body Boreh is wrapped in warm, pliable banana leaves, which help to open pores and promote the absorption of the mixture, as a traditional medicine that can be used to warm the body, improve blood circulation, reduce muscle pain, and detoxification The herbal bath is a therapeutic bath that combines betel leaf, Himalayan bath salt, with various herbs to create a relaxing and healing experience



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## NEW MENU

### **HARMONIC PACKAGE** **( 150 Minutes )**

**5.800**

This treatment inspired by honeymooner couple, the treatment not only just release the tension, relax and rejuvenating the skin but this treatment will be make more harmonic the relationship, and will completed by Romantic Candle Light Dinner with river sound that soothes the heart and mind.

This treatment will include by Aromatherapy full body massage to release the muscle tension, Body Scrub with three selection of smell to exploited the skin cell, continued by Organic Facial with natural product is good for all skin type to rejuvenating the skin and the last treatment will enjoy Bubble and Rose Petal Milk Bath with a glass of wine to deep relaxation and after treatment done will be enjoy the Romantic Candle Light Dinner to more be romantic.

### **SHIRODHARA TREATMENT**

**( 60 Minutes ) Single**

**1.280**

**( 60 Minutes ) Couple**

**2.180**

Shirodhara comes from the two Sanskrit words "Shiro" means head and "Dhara" means flow. Shirodhara treatment is inspired by Indian Tradition which is a traditional ayurvedic method of healing, that has been in use since ancient times to bring the mind, body, and soul to a harmonious level.

The step of Shirodhara treatment will start with foot ritual, continued with back massage to balance your blood circulation and followed with Shirodhara will pouring gentle warm oil on third eye is good for deep relaxation, and the end will serve with rosella tea to balance your blood sugar levels.

### **DEEP TISSUE MASSAGE**

**( 75 Minutes ) Single**

**980**

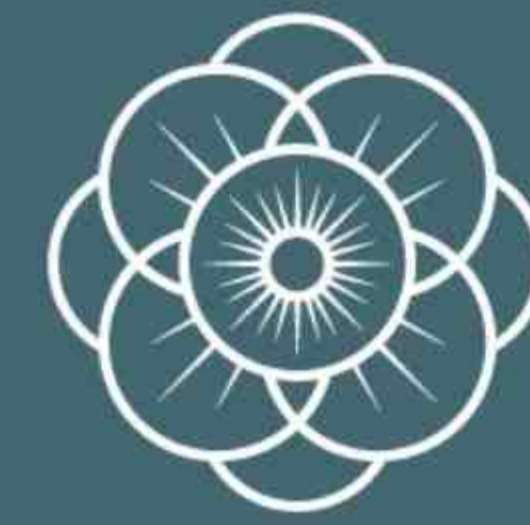
**( 75 Minutes ) Couple**

**1.680**

Deep tissue massage is a type of massage technique that uses deep pressure. Combining slow strokes and thumb pressure will use oil to release the tension and tightness held deeply in your muscles and your connective tissues.

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## NEW MENU

### CLEOPATRA HYDRATE FACIAL ( 60 minute )

680

- Cleansing Water
- Facial cleanser
- Facial Scrub
- Facial Hydrate
- Facial Mask
- Facial Toner
- C- Serum
- Dream cream
- Lip Protection

#### Description:

Designed to replenish moisture in the skin, this facial often involves the use of hydrating facial, serums, and moisturizers to leave the skin feeling soft and supple. Throughout the facial treatment, relaxation techniques such as aromatherapy, calming music, or ambient be used to enhance the overall experience and induce a sense of tranquillity. This Sensatia skin-cares products deliver high concentrations of botanical

### ORGANIC FACIAL

( 30 Minutes )

380 / ( 1 Hour )

780

- Cleanser with Yogurt and Honey
- Toner with Cucumber Water
- Scrub with Sugar and Tomato extract
- Face Massage with Coconut Oil
- Warm Herbal Compress *( 1 Hour treatment only )*
- Face Mask Step 1 with Rice powder  
& Step 2 with Slice of Cucumber *( 1 Hour treatment only )*
- Face Mask with Slice of Cucumber *( 30 minutes treatment only )*
- Ged Roll
- Moisturizer

#### Description:

Facial is one type of skin care which this treatment method is considered effective for rejuvenating facial skin and dealing with certain problems on the face, such as acne and blackheads. Well organic facial is one solution to overcome problems on the face, where the products used are natural products consisting of honey, cucumber, and tomatoes which it's good to moisturizing and nourish the skin.

### HONEYMOON PACKAGE

( 2,5 Hours )

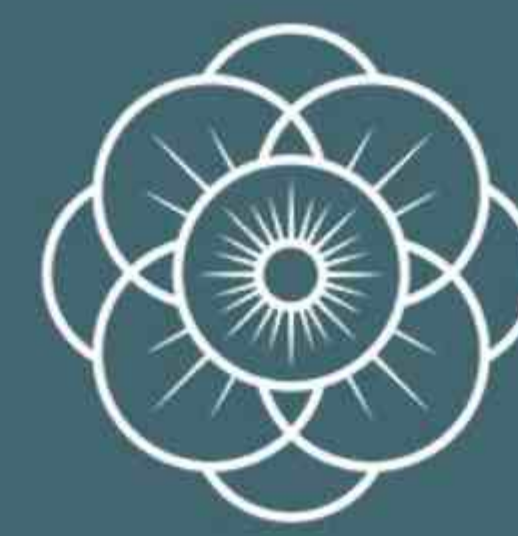
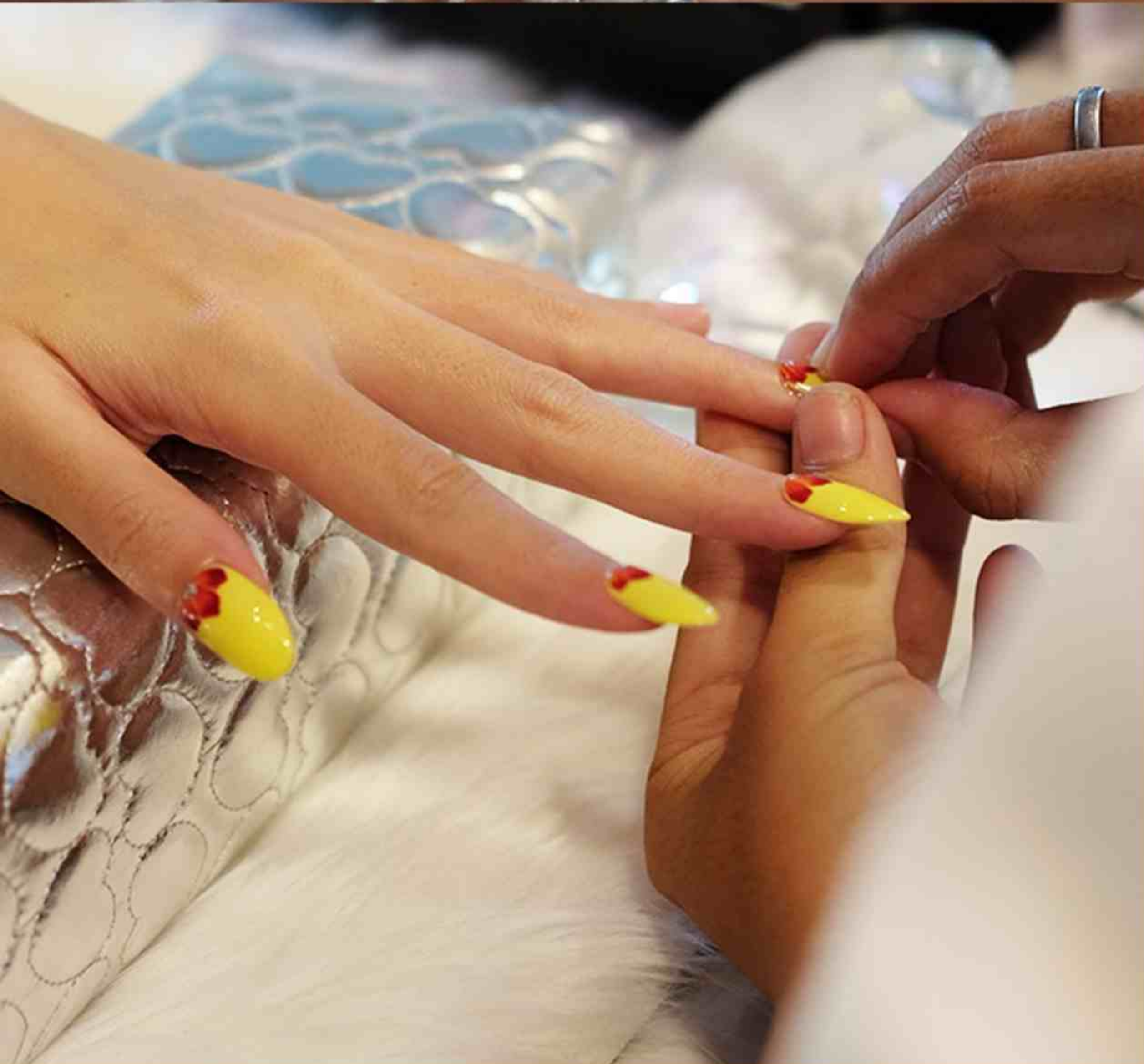
3.200

#### Description:

The Svaha Spa Honeymoon Package, inspired by the typical married couple, who after the marriage celebration will definitely take the time to go on a honeymoon, and this package is made so that the honeymoon is more complete besides staying at the villa, you can also pamper yourself with your partner to more relax and energized your body, where this package is equipped with Aromatherapy Massage to stimulated blood circulation, followed with facial to refresh your face, continued with body scrub to exfoliated the dead skin cell and last treatment will enjoy with bubble rose petal milk bath to deep relaxation and during bath will enjoy with Red Wine by the glass.

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# Mini Vie Massage

**ONLY: 580K**

**Body Massage  
Nail Art & Nail Polish**

**60 Minutes**

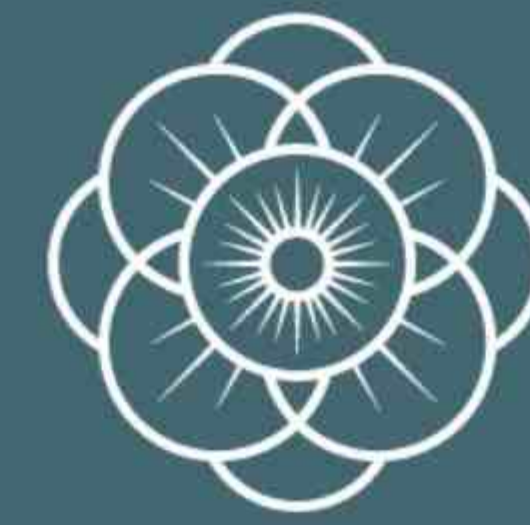
Ultimate spa experience for your Kid's, Soft body massage with scented massage oil. Leave your kids relaxed after their activities and your child's hands or feet are soaked, scrubbed, massaged, and spritzed followed by a nail trim and choice of favorite color and as cover we serve the ice cream.

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# HEALING ENERGY BODY MASSAGE

## KENDERAN AYURVEDIC MASSAGE

( 90 Minutes ) Single	1.580
( 90 Minutes ) Couple	2.680

Inspired by the words of wise people in the village of Kenderan ancient times. As mentioned, all sources of disease originate from the mind. We combine a full Body massage that focuses on the muscle body which brings positive effects to the mind. Continue with a Shirodhara Head Massage Treatment By Pouring Warm Oil On Third Eye which perfects calm and relaxation of the mind. consolidate your energy to bring about relaxation and ease of action in daily life.

## SVAHA BODY AND REFLEXOLOGY

( 90 Minutes ) Single	1.280
( 90 Minutes ) Couple	2.080

Balinese Massage energy Incorporated with greater focus on foot reflexology. Starting with foot Ritual, 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.

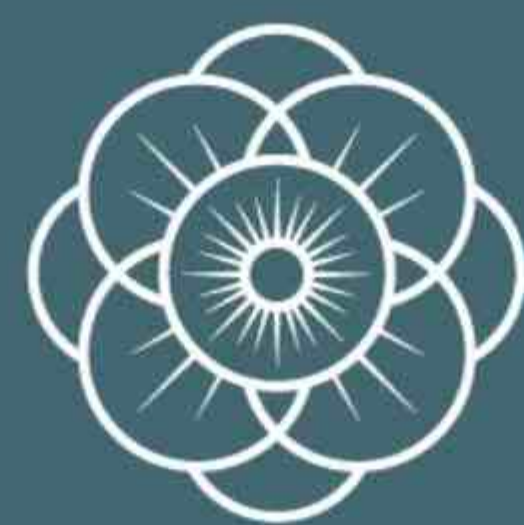
## DIVINE FOUR HAND TOUCH

( 75 Minutes ) Single	1.580
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Two therapists move in perfect unison to deliver a deeply relaxing full-body massage. This sacred four-hand ritual blends traditional techniques and intuitive flow to restore balance, ease tension, and calm the mind. A truly divine experience of harmony and healing.

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# PURNAMA HEALING PACKAGE

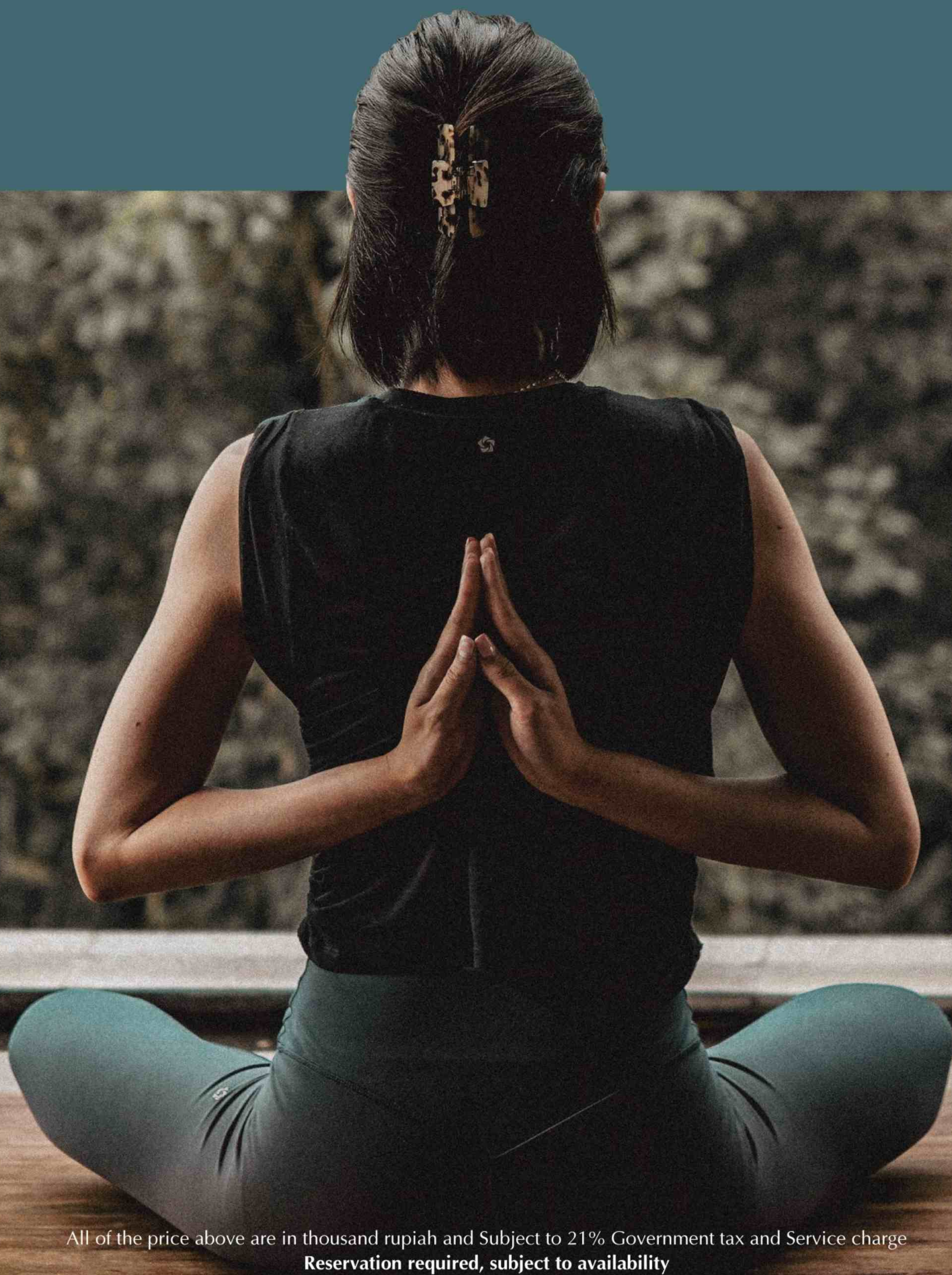
( 2 Hours )

1.380

- Foot Ritual
- Back Massage
- Organic Facial
- Body Scrub
- After Treatment serve With Coconut Drink

**Description:**

Inspired by special day of Hinduism, which provides positive energy where there is foot ritual, body massage, facial and body work to energize and cleans whole body. The end will be serve with coconut water to neutralize the negative energy in the body.



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**SVAHA SPA**  
KENDERAN

# FLOWER BATH DECORATION



**SVAHA  
SIGNATURE**

Rp. 680.000



**SVAHA  
BALINESE VIBE**

Rp. 680.000



**SVAHA  
ROMAANS**  
(ASMARA)

Rp. 680.000



**SVAHA  
SHAANT**  
(TENANG)

Rp. 680.000



**SVAHA  
SUNSHINE**

Rp. 680.000



**SVAHA  
VAIBHAV**  
(KEMULIAAN)

Rp. 680.000



**SVAHA  
JAANAM**  
(KEKASIH)

Rp. 680.000



**SVAHA  
SUNDAR**  
(INDAH)

Rp. 680.000



**SVAHA  
DHOOP**  
(SINAR SURYA)

Rp. 680.000



**SVAHA  
BATIK**

Rp. 680.000

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KENDERAN

# THE ESSENCE SVAHA ROMANTIC BATH

**1.800K**

45 Minute

FULL JACUZZI FLOWER DÉCOR  
BOTTLE OF MOSCATO SPARKLING WINE



Svaha  
Dhooop



Svaha  
Balinese Vibe



Svaha  
Vaibhav



Svaha  
Romaans



Svaha  
Shaant



Svaha  
Signature



Svaha  
Sundar



Svaha  
Batik



Svaha  
Jaanam



Svaha  
Sunshine

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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.

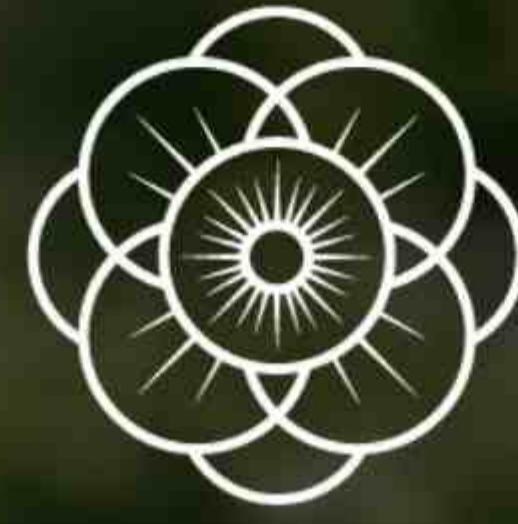


## Children

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

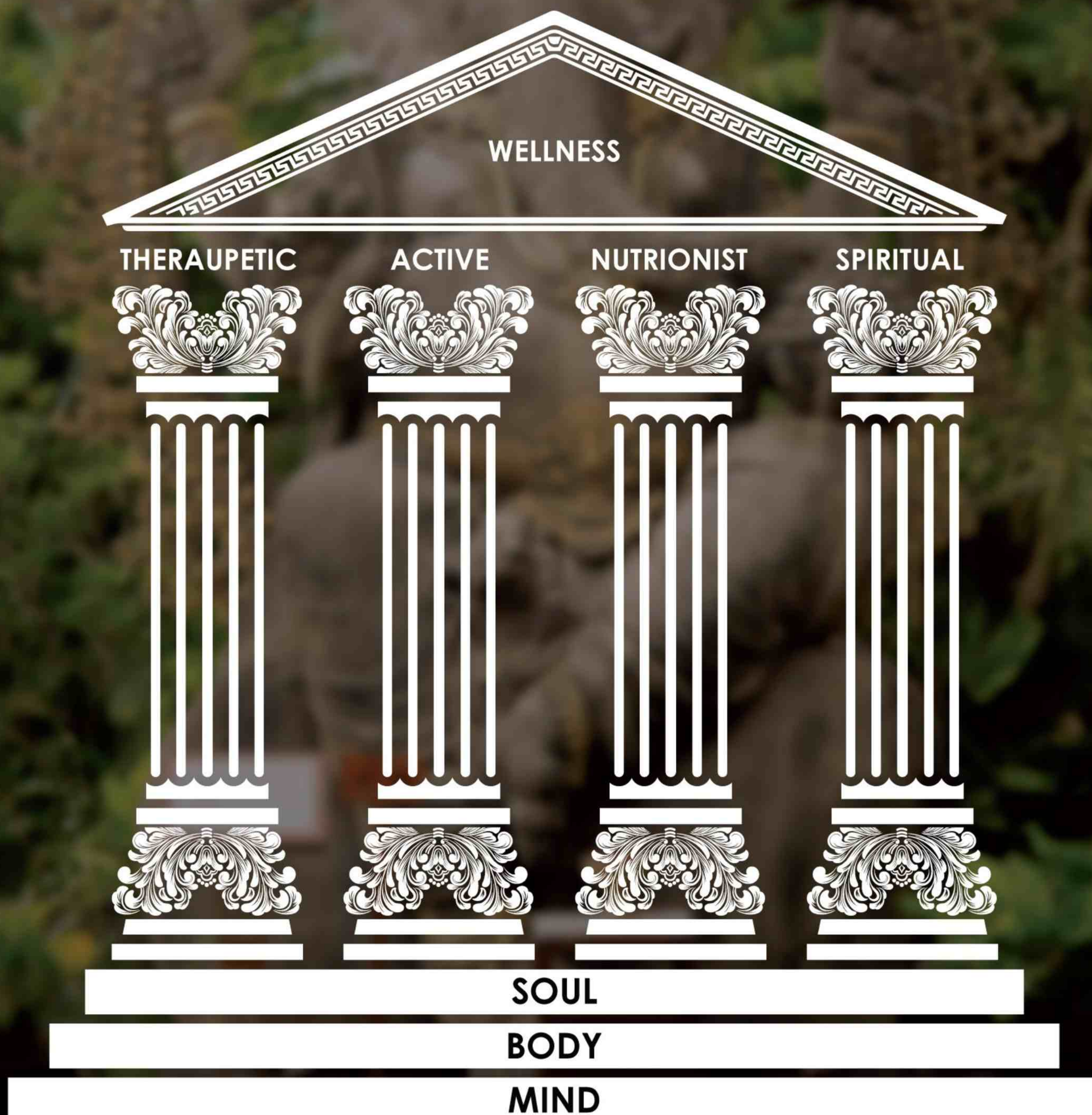
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# MENU WELLNESS PROGRAM



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





# WELLNESS PROGRAM

EKA VAYU

## AQUATIC YOGA 60 MINUTES

GENTLE MOVEMENT

DEEP RELAXATION

WATER THERAPY

EVERYDAY MORNING 08:00 - 09:00,  
AFTERNOON 16:00 - 17:00

PRICE: 780K++/SINGLE & 980K++/COUPLE

Float into a state of deep calm as gentle yoga flows are gracefully performed in soothing water. The body feels lighter, the breath moves deeper, and the mind begins to quiet. Supported by the natural buoyancy of water, this meditative practice eases tension, enhances mobility, and invites profound relaxation.

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The Collection of *Wandara*





# WELLNESS PROGRAM

DWI VAYU

## FLOATING SOUND HEALING 60 MINUTES

BREATHING RELAXATION

SINGING BOWL 7 CHAKRA SOUND

BODY AWARENESS AFFIRMATIONS

GINGER TEA

EVERYDAY 18:30 - 19:30

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

## SOUND HEALING JOURNEY 60 MINUTES

BREATHING RELAXATION

SINGING BOWL 7 CHAKRA

BODY AWARENESS AFFIRMATIONS

GINGER TEA

PRICE: 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.

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The Collection of *Wanduraga*





# WELLNESS PROGRAM

CATUR VAYU

## HOLISTIC SOUND JOURNEY 150 MINUTES

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SOUND HEALING

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BALINESE TRADITIONAL MASSAGE

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THE JUNGLE BATH

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YELLOW YOUNG COCONUT DRINK

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**PRICE: 2.980K++/COUPLE  
MINIMUM 2 PERSON**

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.

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The Collection of *Wandurapasa*





# WELLNESS PROGRAM

## 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

IDR 1.800K++/pax

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.

### VAYU GANTA

IDR 2.280K++/pax

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.

### VAYU BLEND

IDR 1.800K++/pax

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.

### VAYU WADU

IDR 2.180K++/pax

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

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The Collection of *Wondergarden*





# WELLNESS PROGRAM

## REIKI

60 Minutes

IDR 1.980K++/person

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.

## SEVEN CHAKRA BALANCING

60 Minutes

IDR 2.480K++/person

Chakra Healing is a comprehensive holistic treatment that combines crystal healing, pendulum diagnostics, Tibetan singing bowls, acupressure, inner energy work, and spiritual healing. This powerful session is designed to restore balance and harmony to the body, mind, and spirit.

It is especially beneficial for those experiencing both acute and chronic conditions such as fatigue, low energy (asthenia), emotional depletion, general tension, and physical discomfort. The treatment helps to refresh the entire system and promote deep energetic rejuvenation.

The session begins with a consultation with the healing practitioner to explore your spiritual concerns, life challenges, and overall energy condition. A chakra diagnosis is performed using a pendulum and the sound vibrations of a Tibetan bowl to assess and elevate your energy levels. The therapy continues with acupressure on key meridian points and concludes with an energy clearing ritual—using prana healing or Reiki—to cleanse the body and spirit of negative auras and stagnant energy.

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The Collection of *Wondergarden*





# WELLNESS PROGRAM

## PALM READING AND MASSAGE

120 Minutes

IDR 1.680K++/person

Palm Reading 30 Minutes

Royal Balinese Massage 90 Minutes

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 AYURVEDIC

120 Minutes

IDR 1.680K++/person

Birthday Reading 30 Minutes

Kenderan Ayurvedic Massage 90 Minutes

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.

## TAROT READING AROMATHERAPY

120 Minutes

IDR 1.680K++/person

Tarot Reading 30 Minutes

Aromatherapy Massage 90 Minutes

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.

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The Collection of *Wondergarden*





# WELLNESS PROGRAM

## HIPNOTHERAPY

60 Minutes

IDR 1.980K++/person

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.

## EMOTIONAL FREEDOM TECHNIQUE

60 Minutes

IDR 2.480K++/person

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.

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

## MEDITATION LOVE AND HAPPINESS

60 Minutes

IDR 1.180K++/single,  
IDR 1.580++/couple  
& IDR 2.180K++/5 person

A journey of breath, focus, energy, and inner awareness.

Meditation is a powerful combination of breath control, focused concentration, and gentle energy movements that refresh the mind, awaken intuition, and open the heart to love and happiness.

If you lead a stressful lifestyle, it is essential to learn how to unwind and reset your mind. Meditation is one of the most effective ways to manage stress and bring balance into your life. Even with a busy schedule, setting aside just a few moments each day can make a significant difference. Never let a lack of time stop you from finding peace within. Our meditation sessions guide you through various traditional techniques, including:

- **Giri Bhuana** – for health and energy balance
- **Samadhi** – for enlightenment, love, peace, and happiness
- **Chakra Meditation** – to activate and balance your energy centres
- **Creative Visualization** – to manifest clarity and intention
- **Kundalini Meditation** – to awaken spiritual energy

Some practices are best learned under the guidance of a qualified teacher. Our experienced instructor will help you connect with the right technique and absorb positive thought energy into your body and spirit. Begin your meditation journey today and integrate calm, clarity, and mindfulness into your daily life.

## SOUL BLESSING

60 Minutes

IDR 2.480K++/person

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.

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# WELLNESS PROGRAM

## HOLISTIC WELLNESS EXPERIENCE 3 DAY JOURNEY

IDR 8.800K++/pax

A transformative blend of ancient wisdom and healing rituals for mind, body, and spirit.

Embark on a deeply nourishing three-day journey designed to restore your inner balance, awaken your energy, and reconnect you with your true self. Each day combines intuitive healing, traditional therapies, and mindful practices rooted in Balinese and holistic traditions.

### Day 1 – Energy Discovery & Physical Rejuvenation

- **Palm Reading & Birthday Reading:** Gain insights into your personality, life path, and emotional tendencies through ancient palmistry and birth-based interpretation.
- **Seven Chakra Balancing:** Realign and activate your body's energy centers for emotional clarity and energetic flow.
- **Royal Balinese Massage:** A luxurious treatment once reserved for Balinese royalty. Warm herbal oil and compresses are used with deep, flowing strokes to ease muscle tension, boost energy flow, and promote natural healing.

### Day 2 – Mindful Movement & Sound Healing

- **Yoga & Happiness Meditation:** Begin your day with gentle movement and breathwork, followed by a guided meditation to cultivate joy and peace within.
- **Sound Healing:** Immerse yourself in therapeutic sound vibrations using singing bowls and sacred instruments to relax the nervous system and balance emotional energy.
- **Kenderan Ayurvedic Massage:** A serene fusion of Balinese massage and ancient Ayurvedic healing.

### Day 3 – Spiritual Cleansing & Grounding

- **Reiki:** A Japanese energy healing technique that channels universal life force to promote deep relaxation and emotional healing.
- **Soul Blessing:** A sacred Balinese purification ritual guided by a healer, combining energy cleansing, meditation, and water blessing to uplift the spirit.
- **Feet Reflexology:** A targeted pressure-point massage to release blocked energy, improve circulation, and restore overall harmony.

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