



SVAHA SPA
UMALAS



BODY SOUL MASSAGE

Traditional Balinese Massage Single **460K** / Couple **862K**
60 Minutes

The Traditional Balinese Massage, our signature treatment from Bali, combines palm and thumb pressure to reduce tension, along with long, gentle strokes using a unique blend of natural essential oils. This combination stimulates blood circulation and enhances energy flow.

Aromatherapy Massage Single **440K** / Couple **828K**
60 Minutes

This full-body massage involves the use of oil and is administered with soft to medium pressure. It aims to uplift your spirits, restore positive energy, and enhance blood circulation. The massage deeply relaxes the mind and body while strengthening the spirit.

Deep Tissue Massage Single **480K** / Couple **900K**
60 Minutes

This exclusive massage incorporates our signature techniques tailored to individual needs. It includes relaxing light strokes and deep tissue pressure focused on the back to release stress and muscular tension. Revitalizing strokes rejuvenate and alleviate fatigue, enhance toxin elimination, and boost energy levels.

Bambu Svaha Spa Signature Single **600K** / Couple **1090K**
90 Minutes

This signature relieves stress, soothes tired muscles, and awakens your senses with warm oil and gentle to moderate pressure. Our skilled therapist incorporates warm bamboo into the Balinese Massage, harnessing its heat to enhance blood circulation for a healthier complexion. The bamboo massage technique targets muscle tension, boosts energy flow, and brings back harmony to both body and mind.

Hot Stone Single **545K** / Couple **950K**
90 Minutes

This unique full-body massage uses warm, carefully selected stones to aid in detoxification, stress relief, and body warming. The technique focuses on enhancing blood circulation throughout the body.

Revitalization on Back, Neck and Shoulder Massage Single **300K** / Couple **570K**
30 Minutes

This treatment focuses on the neck, shoulders, and back, providing a rejuvenating experience that relieves tension and promotes mental clarity. The oils and fragrance options can calm, invigorate, deeply moisturize, or even rejuvenate the skin.

Foot & Reflexology Massage Single **400K** / Couple **750K**
60 Minutes

Experience authentic Balinese reflexology, a time-honored healing therapy crafted to restore balance throughout your body and evoke a profound sense of harmony. The skilled therapists apply targeted pressure to specific points on your feet, enhancing blood circulation and promoting relaxation of the nervous system.

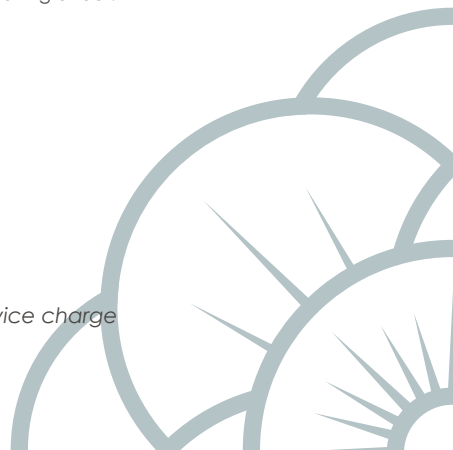
Exposure Sunburn Treatment Therapy Single **400K** / Couple **750K**
60 Minutes

This skincare method uses liquid extracted from natural aloe vera to repair skin damage caused by excessive exposure to sunlight and ultraviolet rays.

Ear Candle & Back Massage Single **315K** / Couple **575K**
60 Minutes

Ear candles are an ear cleaning technique where the therapist will insert a hollow, cone-shaped candle into your ear canal. The candle used in this therapy is a special candle measuring around 20cm made from linen coated with honeycomb, paraffin or a combination of both. These candles also usually contain chamomile and sage which will have a relaxing effect.

All of the price above are in thousand rupiah and Subject to 21% tax and service charge





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SVAHA SIGNATURE FACIAL TREATMENT

Biokos products formulated with aloe vera stimulate collagen production, helping to reduce signs of aging and enhance skin smoothness.

Svaha Spa Facial Product by Biokos

Single **340K** / Couple **600K**

45 Minutes

Head & Back-Facial Treatment Product by Biokos

Single **350K** / Couple **645K**

60 Minutes

Body Scrub - Facial Treatment Product by Biokos

Single **435K** / Couple **800K**

60 Minutes

Full Body Massage - Facial Treatment Product by Biokos

Single **570K** / Couple **999K**

120 Minutes

SVAHA SIGNATURE SCRUB

Mud Scrub

Single **275K** / Couple **450K**

45 Minutes

The Mud Scrub nourishes the skin, restores balance, and eliminates toxins, including heavy metals, leaving your skin silky smooth.

Coconut Scrub

Single **275K** / Couple **450K**

45 Minutes

Infuses the skin with natural coconut extracts to soften and relieve dryness, restoring a balanced complexion.

Javanese Scrub

Single **275K** / Couple **450K**

45 Minutes

This luxurious body scrub is enriched with Javanese Hot Spring minerals and essential vitamins. Crafted from premium Dead Sea salt and nourishing jojoba oil infused with vitamin E, it provides your skin with essential nutrients. The exfoliating action clears away dead skin cells, revealing a healthy, radiant complexion.

Chocolate Scrub

Single **275K** / Couple **450K**

45 Minutes

Delicately exfoliates dead skin cells and boosts cell renewal. Infused with organic ingredients that deeply penetrate and nourish your skin, it enhances elasticity, leaving your skin smooth, soft, and youthful.

Boreh Scrub

Single **275K** / Couple **450K**

45 Minutes

More than just a body scrub, Boreh is deeply woven into the fabric of Balinese culture and wellness practices. Traditionally employed in Bali to alleviate tired muscles, enhance circulation, and rejuvenate the skin.

Avocado Scrub

Single **275K** / Couple **450K**

45 Minutes

Avocados can gently exfoliate your skin, owing to their antioxidant and mineral content. Applying avocado to your skin can unclog skin pores, remove dead skin cells, and remove excess oil.

Seaweed Scrub

Single **275K** / Couple **450K**

45 Minutes

A seaweed body scrub is a skincare product that exfoliates and moisturizes the skin using a combination of seaweed, sea salt, and natural oil. Seaweed scrubs can remove dead skin cells, promote healthy circulation, refresh the skin, and revitalize the skin.

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SVAHA BIDADARI PACKAGE

Tropical Chocolate Scrub

120 Minutes

Single 700K / Couple 1250K

Experience a delightful transformation this season. Ground almonds blended with freshly harvested cacao beans gently exfoliate, polish, and moisturize the skin. After a full-body Balinese massage, indulge in the choco-almond scrub, followed by a luxurious milk and honey bath.

Tropical Coconut Scrub

120 Minutes

Single 700K / Couple 1250K

For centuries, Balinese women have relied on coconut for skin treatment and healing. The therapists incorporate a traditional blend of grated coconut, coconut milk, and a special powder to moisturize and gently exfoliate the skin. Experience the full-body Balinese massage followed by the sensory coconut scrub, and conclude with a rejuvenating herbal bath to pamper both your skin and senses.

Tropical Javanese Boreh

120 Minutes

Single 700K / Couple 1250K

Experience the luxurious blend of finely ground native herbs and spices including Pandan leaves, turmeric, curcuma heyneana, and rice powder, designed to cleanse, soften, and rejuvenate the skin. Immerse yourself in this traditional Javanese beauty treatment, cherished by Royal Families for centuries. Begin with a full-body massage, followed by the application of the scrub, and conclude with a relaxing soak in a bubble bath adorned with flower petals.

Royal Balinese Boreh

120 Minutes

Single 900K / Couple 1650K

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, and conclude with a traditional herb in our jacuzzi.

Volcanic Body Treatment

120 Minutes

Single 900K / Couple 1650K

Inspired by the healing traditions of deep tissue massage, our unique body scrub incorporates volcanic mud sourced from the slopes of Bali & sacred Mount Agung. This treatment nourishes the skin, restores balance, and effectively removes toxins like heavy metals and environmental pollutants. Enriched with lemongrass oil, it leaves your skin feeling silky smooth. Complete your experience with a luxurious flower bath in our jacuzzi.



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ROYAL SVAHA SPA PACKAGE

Flower Bath Sensation 150 Minutes

Single **1375K** / Couple **2475K**

Minimum 2 Person Include Detox Healthy Drink

Experience the soothing and refreshing effects of a flower bath sensation with an array of beautiful, colorful blooms. Traditionally, bathing in the energy of flower is believed to support personal growth and flourishing. This practice allows you to absorb the healing energies of the plants, helping to cleanse unwanted energies, find calm and grounding, and realign with what's most important to you, making it easier to let go of what no longer serves you.

Highlight :

- Welcome drink
- Hot Stone massage
- Body Scrub
- Tropical flower bath ritual sensation
- Healthy drink

Tropical Fruits Bath 150 Minutes

Single **1375K** / Couple **2475K**

Minimum 2 Person Include Detox Healthy Drink

A ritual citrus and cucumber bath is a wonderful way to harness the health benefits and magical properties of these ingredients. Rich in vitamin C, this bath is perfect year-round for relaxing, restoring, strengthening, and purifying. It helps boost the immune system and enhances spiritual holistic energy.

Highlight :

- Welcome drink
- Bamboo massage
- Body Scrub
- Tropical flower bath ritual sensation
- Healthy drink

Spice Ritual Bath 150 Minutes

Single **1375K** / Couple **2475K**

Minimum 2 Person Include Detox Healthy Drink

A bath infused with betel leaf and tropical herbs, known for their magical anti-inflammatory and skin-brightening properties, is extremely rich in antioxidants. This luxurious bath not only enhances skin beauty but also offers a variety of health benefits.

Highlight :

- Welcome drink
- Aromatherapy massage
- Body Scrub
- Spice bath ritual sensation
- Healthy drink



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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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