



SPA MENU

FOR RESERVATIONS,
PLEASE CONTACT THE RECEPTION

RELAXING MESSAGES

BALINESE MASSAGE

A unique combination of Balinese techniques, acupressure, and muscle manipulation in a harmony of movement for the entire body.

Duration : 60 / 90 / 120 minutes

60 mins	65 USD
90 mins	85 USD
120 mins	110 USD

SWEDISH MASSAGE

A treatment done with the aid of oils, incorporating long, smooth, slow strokes, creating a relaxing experience.

Duration : 60 / 90 / 120 minutes

60 mins	65 USD
90 mins	85 USD
120 mins	110 USD

AROMATHERAPY MASSAGE

A gentle massage created to soothe and revitalise the mind and body, with Aromatherapy and essential oils.

Duration : 60 / 90 / 120 minutes

60 mins	65 USD
90 mins	85 USD
120 mins	110 USD

DEEP TISSUE MASSAGE

Applying sustained pressure using slow and deep strokes to target the inner layers of muscles and connective tissues, which will promote faster healing, by increasing blood flow and reducing inflammation.

Duration : 60 / 90 / 120 minutes

60 mins	65 USD
90 mins	85 USD
120 mins	110 USD

PREGNANCY MASSAGE

Expert techniques are used to alleviate discomfort during pregnancy.

Duration : 60 / 90 minutes

60 mins	60 USD
90 mins	85 USD

INDIAN HEAD MASSAGE

A wonderful massage for your head, neck, shoulders, arms, and upper back. This will stimulate the blood circulation to your scalp, nourishing it and improving hair growth. This treatment is also effective in relieving headaches.

Duration : 30 minutes

30 mins	45 USD
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STRESS FREE BACK MASSAGE

Feel the tension in your shoulders, neck, and lower back fade away with this relaxing treatment. Areas of focus will be customised to your needs.

Duration : 30 minutes

45 mins	45 USD
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FOUR HANDS MASSAGE

Two therapists providing you with a deeply relaxing, sensual massage.

Duration : 60 minutes

60 mins	110 USD
90 mins	160 USD

HOLISTIC MESSAGES

SHIATSU MASSAGE (DRY MASSAGE)

This massage uses pressure, rubbing, stroking, and other techniques to stimulate the muscles and circulatory system of the body. By influencing the body's natural inner energies, it helps ward off illnesses, and maintain good health.

Duration : 90 minutes

90 mins	110 USD
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FOOT AND HAND REFLEXOLOGY MASSAGE

Application of pressure to the reflex points found on the soles of your feet and palms of your hands, which act as small mirrors reflecting the entire body.

Duration : 30 / 60 minutes

30 mins	45 USD
60 mins	55 USD

BODY TREATMENTS

SANDALWOOD & TURMERIC SCRUB

A special blend of spices, sandalwood and turmeric that will help to remove all impurities and dead skin cells, adding a glow to your skin.

Duration : 30 minutes

30 mins	40 USD
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ALOE VERA SCRUB

A natural healing ingredient known for its hydrating and soothing effects, this is ideal for sensitive skin, leaving you feeling refreshed and clean.

Duration : 30 minutes

30 mins	40 USD
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BEAUTY CARE

BOTANICAL HAIR SPA

This treatment is customised for your unique hair and scalp needs. Fresh seasonal ingredients such as carrot and olive oil are massaged into the scalp for hair nourishing and strengthening, while relieving headaches, migraines, and mild insomnia.

Duration : 60 minutes

45 mins	45 USD
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FACIALS

Enjoy a facial that blends the powers of Reflexology and a Scalp Massage, using only the best products. No machines are used in this treatment, which completely relies on the healing touch of the therapist's expert hands.

Duration : 60 minutes

60 mins	50 USD
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MANICURE

A combination of Hand Spa and Manicures, which includes nail cuticle care, massages, and colouring.

Duration : 60 minutes

60 mins	45 USD
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PEDICURE

A soothing, nourishing treatment for dry, tired feet, including nail and cuticle care, massages, and colouring.

Duration : 60 minutes

60 mins	45 USD
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COUPLES' PACKAGES

SVASTHA SERENE SPA RITUALS

Indulge in our Spa treatments, from the comfort of your own room. Plunge into the pool to start your couples' spa treatment, which includes a Balinese Massage, a luxuriating Body Scrub, and a Botanical Hair Treatment for the happy couple. A 60-minute full body treatment, a 60-minute facial, and a 30-minute scrub enjoyed together giving you the ultimate spa date.

Duration : 150 minutes

150 mins per person	140 USD
150 mins per couple	270 USD

SVASTHA SERENE SPA SOUL CONNECTIONS

A treatment designed so that you can relax and rejuvenate, with your loved one. This includes a 60-minute Balinese Massage, a 30-minute Body Scrub, and a 30-minute Botanical Hair Spa.

Duration : 120 Minutes

150 mins per person	140 USD
150 mins per couple	270 USD

SVASTHA SERENE SPA AMUSEMENT

A special blend of treatments that you can select from to create your own blissful routine. One person will be entitled to four hours of Spa time, and each day, you may select one of your preferred treatments. This package includes:

- ✦ **A choice of a 60-minute of Balinese Massage, Swedish Massage or Aromatherapy**
- ✦ **A 30-minute Indian Head Massage**
- ✦ **A 30-minute Stress Free Back Massage**

Per person	285 USD
Per couple	550 USD

WARM STONE MASSAGE

This treatment uses Basalt Stones to change the body's response and to promote healing. It aids in detoxification by increasing the circulation of blood.

Duration : 90 minutes

90 mins	95 USD
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Madhava Balinese Spa Pvt Ltd

*All prices are subject to applicable government taxes and a 10% service charge