



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

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|----------|---------|
| 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

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|----------|---------|
| 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

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|----------|---------|
| 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

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|---------|--------|
| 60 mins | 60 USD |
| 90 mins | 85 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

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

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|---------|--------|
| 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

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|---------|--------|
| 45 mins | 45 USD |
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FOUR HANDS MASSAGE

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

Duration : 60 minutes

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|---------|---------|
| 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

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|---------|---------|
| 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

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|---------|--------|
| 30 mins | 45 USD |
| 60 mins | 55 USD |

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**

2 hours a day, for a three-day package

| | |
|---------------------|---------|
| 150 mins per person | 450 USD |
| 150 mins per couple | 800 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

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|---------|--------|
| 90 mins | 95 USD |
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MANICURES AND PEDICURES

MANICURE

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

Duration : 60 minutes

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|---------|--------|
| 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

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|---------|--------|
| 60 mins | 45 USD |
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BODY TREATMENTS - SCRUBS

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

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|---------|--------|
| 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

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|---------|--------|
| 30 mins | 40 USD |
|---------|--------|

GEL SCRUB

Giving you a radiant complexion as our exfoliating scrub delicately removes all your dead skin cells, revealing a smoother and rejuvenated surface.

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|---------|--------|
| 30 mins | 45 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

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|---------|--------|
| 45 mins | 45 USD |
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FACIALS

Enjoy a facial that blends 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

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|---------|--------|
| 60 mins | 50 USD |
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CLAY AND COCOAN HONEY WRAP

This ancient antifatigue therapy begins with a holistic clay bath, which is rich in minerals and essential oils. It promotes healing, while alleviating fatigue, aches, and pains.

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|---------|--------|
| 30 mins | 45 USD |
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GINGER AND HONEY WRAP

This detoxification treatment uses the antioxidants in ginger to help the body get rid of free radicals. The purifying treatment also causes the body to sweat, pushing toxins out through the skin.

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|---------|--------|
| 30 mins | 45 USD |
|---------|--------|

Madhava Balinese Spa Pvt Ltd

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