

## SPA MENU

Meaning "water of life," Sudajiva Spa offers a range of treatments that fuse ancient and contemporary healing therapies. These treatments are designed to cleanse both body and soul of negative energy, leaving you feeling rejuvenated and ready to continue your journey of discovery on the Island of the Gods.

Each spa suite is thoughtfully designed to restore balance and harmony between body and mind. The serene ambiance, enhanced by beauty and grace, includes a private garden courtyard and an outdoor rain shower. Using spa products specially blended from the island's natural elements, Sudajiva Spa will redefine your spa experience.

### The Art of Facial Care

#### Purity Facial

This facial is rich in enzymes that gently exfoliate dead skin, antioxidants and vitamins that protect and treat skin cells from environmental damage and pollutants, and natural oils that deeply nourish the skin. We use only natural ingredients, free from harmful preservatives or additives.

There are three options tailored to different skin types, each harnessing nature's life force to restore balance and deliver a burst of vitamins and minerals to your skin:

- Preserve : A cleansing and rejuvenating facial for normal skin
- Renew : A fruit acid facial to treat environmentally damaged skin
- Enrich : A nourishing facial for dry or mature skin

60 minutes

IDR 500

#### Pevonia Botanica

##### Organic Facial by Pevonia Botanica

This facial offers true balance, utilizing pure organic aromatherapy elixirs and botanical active ingredients to purify, balance, and renew your skin. The result is skin that feels more youthful, energized, and regenerated.

- Sevactive : For dry skin, with rose, jasmine, ylang-ylang, and chamomile
- Lavandou : For sensitive skin, with French rose, neroli, lavender, and chamomile
- Fundamental : For combination skin, with sandalwood, mandarin, grapefruit, rosemary, and lemongrass

60 minutes

IDR 800

#### Marine Collagen by Pevonia Botanica

##### Anti-aging therapy

This collagen-rich treatment rejuvenates the skin, reducing the appearance of fine lines and wrinkles. It leaves the skin plump and glowing with a youthful radiance.

60 minutes

IDR 950



## The Art of Body Remedies

### Sudajiva Signature Massage

Surrender yourself to our divine signature massage, performed by two therapists working in perfect harmony. This unique treatment blends five massage styles—Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish, and Balinese—into one extraordinary experience.

60 minutes

IDR 800

### Balinese Massage

The centuries-old traditional Balinese Massage, passed down through generations, offers a restorative and calming experience that combines acupressure, skin rolling, and relaxing strokes.

60 minutes

IDR 500

90 minutes

IDR 650

### Ayurveda Bliss

Be pampered from head to toe, inside and out. Enjoy a full-body massage with warm herbs infused in Ayurvedic oils, chosen according to your dosha. Then, experience Shirodhara therapy, where warm medicated oils are gently poured over your forehead, followed by a soothing scalp massage. This treatment triggers healing, restores balanced health, and calms the mind. It's the perfect remedy for jetlag, insomnia, fatigue, stress, and stubborn headaches.

90 minutes

IDR 850

### Hot Herbal Poultice Therapy

This therapeutic massage begins with the application of warm oil tailored to your dosha. Your therapist will then apply warm herbal pouches to relax the muscles while stimulating circulation and energy flow. The combination of heat and herbs helps reduce aches and pains, enhance lymphatic drainage, and condition the skin, leaving you feeling fully refreshed and relaxed.

60 minutes

IDR 600

90 minutes

IDR 750

### Jiva River Stone Massage

A heated stone massage designed to relax and relieve stress, this treatment combines the healing power of touch with the energy of the earth. Smooth, warmed stones glide across your body in long, flowing strokes, melting away muscle tension and soothing the mind. The heated stones are also placed on various energy points to encourage the body's natural healing potential.

60 minutes

IDR 550

90 minutes

IDR 700



## Jetlag Anti-Stress Massage

Relinquish all stress and pamper yourself with this blissful massage, followed by an application of Moor Mud—a unique gift from Mother Nature with natural healing properties. Organic and mineral-rich, Moor Mud soothes muscle aches, stimulates the immune system, and purifies the skin. Emerge deeply relaxed, revitalized, and ready to embrace all the experiences Bali has to offer.

60 minutes  
90 minutes

IDR 550  
IDR 700

## Candlenut Massage

This luxurious massage uses freshly grated candlenut to relax the body while simultaneously exfoliating, nourishing, and softening the skin.

60 minutes

IDR 550

## Foot Reflexology

This massage focuses entirely on the feet, stimulating points that correspond to different body parts, organs, muscles, and energy meridians. Although it can be quite intense, this technique deeply relaxes the body while restoring and balancing its energy completely.

60 minutes

IDR 450

## Body Scrub

Body scrubs are a therapeutic exfoliating treatment that leaves your skin glowing and healthy. A selection of scrubs is available to suit your mood and skin type:

- Soothing Coconut Scrub : Nourishes the skin; recommended for dry and sensitive skin.
- Sea Salt Scrub : Removes dead skin cells and eliminates toxins; recommended for normal skin.
- Traditional Lulur : Exfoliates and moisturizes the skin using an age-old traditional recipe suitable for all skin types.
- Bali Kopi Scrub : Exfoliates and revitalizes the skin; recommended for combination and oily skin.

30 minutes

IDR 350

## Body Wrap

Body wraps are traditionally designed to stimulate your body's immune system through detoxification, while also improving blood circulation and hydration. A variety of wraps are available to meet your specific needs and skin conditions:

- Balinese Boreh Body Wrap : Soothes body aches and pains while increasing blood circulation.
- Waterlily Body Wrap : Rehydrates sun-exposed skin.

30 minutes

IDR 350



## The Art of Pampering Rituals

### Simply Rejuvenate

Treat your hardworking muscles by combining the benefits of body exfoliation or a body wrap with the hydrating and relaxing elements of a soothing massage.

90 minutes

IDR 750

120 minutes (include your choice of bath)

IDR 850

### Sudajiva Bliss

Balinese Massage - Traditional Facial

Indulge in the age-old tradition of Balinese Massage to relieve muscle tension and improve blood circulation, followed by a traditional facial to refine and refresh your skin.

120 minutes

IDR 850

### Exotic Kopi Bali Ritual

*Kopi Bali Scrub - Jiva River Stone Massage - Foot Massage*

Experience an authentic Balinese ritual. Boost your energy and uplift your senses with a pure Kopi Bali scrub, made from locally sourced coffee beans known for their invigorating properties. Follow this with a heated stone massage to melt away tension, and finish with a relaxing foot massage. This holistic treatment revitalizes both body and mind, offering a complete rejuvenating experience inspired by Bali's traditional wellness practices.

120 minutes

IDR 850

### Signature Escape

*Sea Salt Scrub - Sudajiva Signature Massage - Purifying Refresher Facial*

Experience a genuine detox treat that begins with a natural sea salt exfoliation to purify the skin. This is followed by our signature massage, performed by two therapists using an aromatic blend of oils, and it concludes with an energizing facial for the ultimate indulgence.

120 minutes

IDR 1,100

### After Sun Delight

*Cleansing Ritual - Waterlily Body Wrap & Scalp Massage - Body Massage - Waterlily Refresher Facial*

This holistic ritual for optimal renewal begins with a cleansing ritual and continues with a cool Waterlily Body Wrap and scalp massage for complete skin rejuvenation. Finally, indulge in a wonderfully soothing body massage paired with a hydrating Waterlily Refresher Facial. This treatment is the ideal remedy for sun-exposed skin, helping you regain that healthy glow.

120 minutes

IDR 850



### Lost in Paradise

*Balinese Massage – Body Scrub – Bath – Purity Facial – Traditional Hair Creambath – Spa Cuisine Menu*

Rediscover tranquility and reconnect with the center of your being. Begin with a divine Balinese Massage, followed by your choice of body exfoliation and a soothing bath. Continue the rejuvenation with a cleansing natural facial and a traditional hair treatment. Finally, complete your experience by indulging in a selection of spa cuisine, offering delightful and healthy treats.

4 hour (exclude spa cuisine time)

IDR 1,800

### The Art of Romance

#### True Love

*Foot Bath – Body Massage – Choice of Bath*

Jump on the love express with a relaxing foot bath and a blissful body massage to relieve stress and tension. Finally, enjoy a romantic bath ritual of your choice to round off a well-deserved time away for you and your loved one.

90 minutes

IDR 950

#### Escape for Two

*Foot Bath – Balinese Massage – Foot Massage – Scrub – Flower Bath*

In the name of love, take a deep breath and begin to relax with a purifying foot bath. Rebalance and recharge with a Balinese Massage designed to soothe the nervous system, calm the mind, and relieve built-up tension and stress. Afterwards, enjoy a deeply relaxing foot massage incorporating reflexology. Your body will then be exfoliated with your choice of scrub to brighten, soften, and purify the skin. Conclude with a romantic Sudamala Balinese flower bath, complemented by a glass of sparkling wine—an ultimate cherry on top for you and your loved one.

150 minutes

IDR 1,800

### The Art of Hands & Feet

This beauty treatment for your hands or feet uses a variety of sterilized tools, creams, salt scrubs, and massage techniques to clean, shape, and strengthen your nails. It also cares for your cuticles and "dresses" your nails, leaving them perfectly polished and ready for your tropical holiday.

#### Manicure

60 minutes

IDR 450

#### Pedicure

60 minutes

IDR 500

#### French Manicure / Pedicure

60 minutes

IDR 500



## The Art of Magnificent Mane

### Traditional Hair Creambath

Hair Wash – Scalp Massage with Nourishing Cream – Hot Towel Wrap – Neck, Shoulder & Arm Massage – Hair Tonic

60 minutes

IDR 450

Strengthen and enhance the natural beauty of your hair with a personalized hair treatment. Our highly trained therapists will be delighted to assist you in choosing the most suitable treatment based on your hair type and condition. Choose one from our traditional selections of hair creams:

Alpukat (*Avocado*)

Lidah Buaya (*Aloe Vera*)

Kemiri (*Candlenut*)

Santan (*Coconut Milk*)

Wortel (*Carrot*)

Daun Kembang Sepatu (*Hibiscus Leaf*)

Daun Mint (*Mint Leaf*)

: Cooling and enriching for all hair types.

: Nourishes dry hair and helps restore shine while stimulating hair growth.

: Strengthens hair and promotes a silky, smooth texture.

: Darkens hair, soothes, and cools.

: Refreshes and has anti-dandruff properties.

## The Art of Bath Indulgences

### Relaxing Bubble Bath

Rich in antioxidants, this bath hydrates and rejuvenates the skin. Its essential oils deeply moisturize, promoting a younger-looking complexion.

30 minutes

IDR 300

### Romantic Sudamala Flower Bath

Savor a blissful and relaxing romantic flower bath infused with drops of jasmine essential oil and adorned with exotic flower petals. Restore your mind and body with this extravagant floral experience.

30 minutes

IDR 300

### Lime & Sea Salt Detox Bath

Experience a detoxifying treatment that melts away stress, relaxes your muscles, and eliminates metabolic waste. We combine mineral sea salt with lime and peppermint essential oils to provide deep relaxation while refreshing your senses. This treatment is perfect for our frequent flyers.

30 minutes

IDR 300

## The Art of Private Yoga

An enriched mind and body await you. Under the care and guidance of our yoga instructor, this experience will strengthen your body, increase flexibility, and clarify and rejuvenate your mind.

60 minutes

IDR 600





**Sudajiva Spa Cuisine**

**Spagetti Chicken Pomodoro**

Served with parmesan cheese, basil and tomato concasse

*or*



**Steamed Tuna Fillet**

Mashed potato, steamed broccoli, carrot and lemon butter sauce

*or*

**Steamed Chicken Breast**

Herbs crusted potatoes, mixed vegetables and mushroom sauce

*or*

**Vegetable Buritos**

Mixed capsicum, mushroom, corn, baked bean, lettuce, tomato salsa and guacamole roll in our tortillas served with yogurt

*or*

**Healthy Juice**

Choose your own personalized combination:  
Orange, Watermelon, Papaya, Pineapple, Honeydew melon, Lime,  
Carrot, Cucumber, Celery, Tomato, Ginger