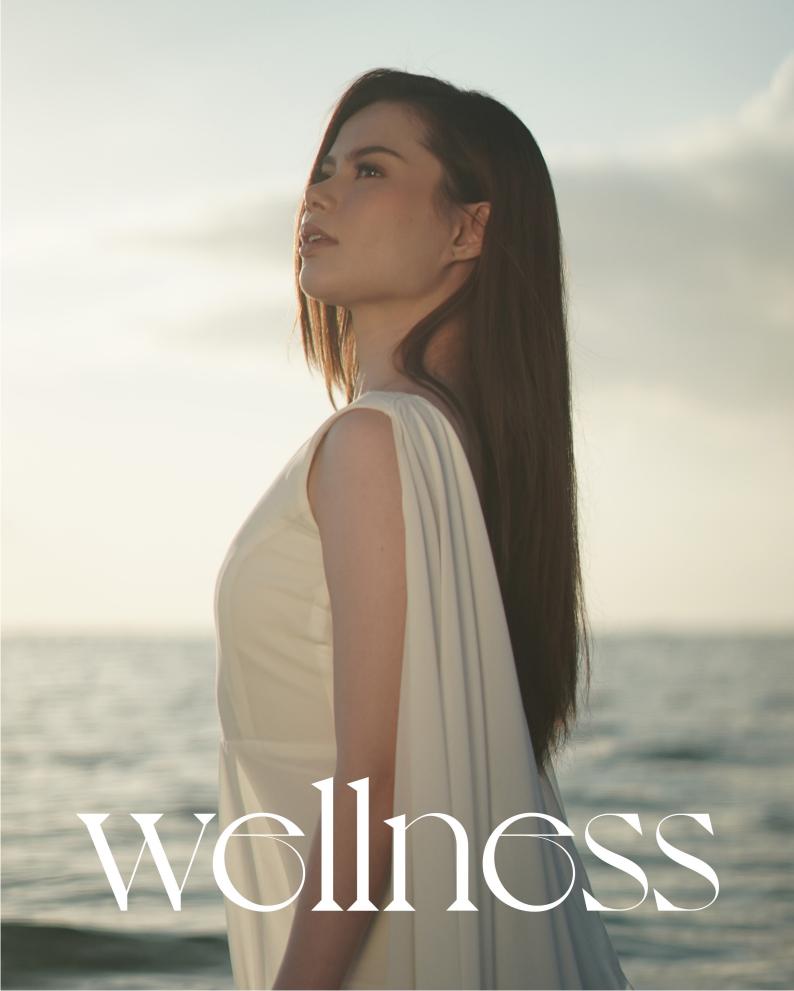
S V A S A N A



# Rooted in Tradition Elevate in Wellness

we embody the Balinese life philosophy of Tri Hita Karana or the Three Causes of Well-Being, as the essence of our approach. This timeless wisdom cultivates harmony through the balance of Parahyangan (spiritual connection), Pawongan (human relationships), and Palemahan (oneness with nature), shaping every Svasana Spa & Wellness experience into a journey of holistic well-being.

# Spiritual Wellness

SPIRITUAL WELLNESS "The Inner Journey"

## Lukat Toya | 60min | 800k

An ancient Balinese purification ritual that harnesses the cleansing power of water to restore inner harmony. Rooted in sacred traditions, this spiritual practice clears negative energies, purifies the mind, and awakens a state of mindfulness. Guided by a Balinese priest at the resort temple, the ritual involves the use of sacred yellow coconut water, a revered element in Balinese purification ceremonies. Through this sacred cleansing, Lukat Toya invites you to release burdens, reconnect with your guardian spirit, and embrace a profound sense of calm, clarity, and balance.

## Purnamaning Bayuh | 60min | 800k

A powerful Balinese fire purification ritual, traditionally performed on the eve of Nyepi, the Balinese Day of Silence. Nyepi marks the Balinese New Year, a sacred time of self-reflection, renewal, and spiritual cleansing. It is a day of Tapa Brata Penyepian—a practice of silence, meditation, and solitude to restore harmony within and with the universe.

Through the transformative energy of fire, Lukat Gni burns away negativity, purifies the soul, and prepares the spirit for renewal. This ritual serves as a sacred reset, allowing one to release past burdens and step into a state of clarity, peace, and balance—ready to embrace the new year with a pure heart and mind an ancient Balinese purification ritual that harnesses the cleansing power of water.

#### Wariga - Pawukon | 60min | 800k

Balinese Astrology & Palm Reading. Unveil your Balinese birth chart through the Pawukon calendar and gain profound insights into your spiritual path with a traditional palm reading, guided by a revered spiritual guru.

At the end of your Wellness Journey, you'll receive the Tridatu bracelet—a sacred symbol of harmony, protection, and mindfulness, representing life's three divine forces: creation, preservation, and dissolution.

## Holistic Wellness

HOLISTIC WELLNESS "The Outer Journey"

## Lukat Swara | 60min | 800k

A sacred sound purification. Harnesses the transformative power of Tibetan singing bowl resonance to cleanse, balance, and realign your energy. Your journey unfolds in a serene, meditative space, where the deep resonance of Tibetan singing bowls creates waves of healing vibrations. As each tone reverberates, it dissolves tension, clears energetic blockages, and restores inner harmony. The frequencies penetrate deeply, recalibrating your body's natural rhythm and guiding you into a state of profound relaxation and mindfulness. The session concludes in silence, allowing the vibrations to settle within, leaving you feeling grounded, renewed, and in perfect balance.

## Meru Prana | 60min | 800k

Inspired by the sacred connection between breath and vitality, Meru-Prana is an ancient Balinese breathwork practice combine with svasana pose guided by a Balinese guru, designed to purify the mind, body, and spirit through the power of conscious breathing. Rooted in the timeless wisdom of pranayama, this practice releases stagnant energy, enhances mental clarity, and restores inner balance.

## Nada Prana | 60min | 800k

This transformative experience blends the therapeutic vibrations of a Tibetan singing bowl with a deeply soothing shoulder and head massage. As the resonant sounds clear stagnant energy and restore balance, gentle massage techniques release built-up tension, easing headaches, neck stiffness, and mental fatigue.

At the end of your Wellness Journey, you'll receive the Tridatu bracelet—a sacred symbol of harmony, protection, and mindfulness, representing life's three divine forces: creation, preservation, and dissolution.

## Active Wellness

ACTIVE WELLNESS "Active & Energetic"

## Pilates & Stretch | 45min | 600k

focus on strength, mobility and flexibelity.

## Contrast Class | 50min | 600k

Combination classes of 20 min high intensive and interactive class, combined with 30 minutes of mindful training, including a pranayama (breathing) exercise.

## The Power of 8 | 30min | 600k

A holistic fitness circuit of 8 parts to build strength and activate the whole-body system. Breathing, shaking and concentration are also part of the fun strength building module.

## Chakra Yoga | 45min | 600k

8 specific vin yoga asanas combined with guided meditation. To connect with and balance the chakras.

#### The Recharge PT | 60min | 1.800k

Our PTs tailor-make the class according to your needs and goals and add always extra time for recovery with assisted stretching or recovery techniques like rollers or other props.

## The Wellness Spark | 150min | 3,000k

Fast track to feeling uplifted and energized after traveling or a full day of meetings. Ideal to combat jetlag. Always included: 1 x PT Session with Recovery (60 min), 1 x Massage (60 min) and Energy baths (30 min).



Massages "Sacred Touch Remain"

## Balinese Apun | 60min | 900k | 90min | 1.200k

Rooted in the ancient Balinese healing arts, Baliese Apun blends the time-honored techniques of Apun, Gecel, and Limbun to create a deeply restorative experience. More than just a physical therapy, this massage embodies the wisdom of Balinese tradition, offering a profound sense of inner peace, connection, and renewal through therapeutic tapping, intuitive palm compression, and precise thumb presses, honoring the essence of sacred Balinese healing. The 90-minute version includes a muscle soak magnesium bath.

## Jala-Guna Herbal Poultice | 60min | 1.100k | 90min | 1.400k

Jala-guna derives from Sanskrit, meaning "essence of water and earth," reflecting the grounding and nourishing properties of this treatment. This therapeutic massage blends warm herbal-infused oils with a heated sand and herb poultice, gently pressed along the body to soothe tension, enhance circulation, and restore energy balance. The 90-mins version includes a Balinese Boreh body mask.

#### Les-Wangi | 90min | 1.500k

A deeply revitalizing massage that blends the power of aromatherapy with the precision of deep tissue techniques. Infused with the grounding essence of sandalwood oil—renowned for its calming and purifying properties—this treatment melts away tension while restoring inner balance. Skilled hands apply firm, flowing strokes to release muscle tightness, improve circulation, and promote deep relaxation. The rich, warm aroma of sandalwood envelops your senses, easing the mind and enhancing emotional well-being.



Spiritual Wellness "Sacred Infused"

## Meru-Jaga | 120min | 1.850k

A deeply restorative experience designed to nurture both body and soul. Your therapist curates a bespoke oil blend infused with the harmonic vibrations of a singing bowl and carefully selected essential oils, attuned to your emotional well-being. The journey begins with a revitalizing salt scrub to awaken the senses, followed by a soulful and soothing aroma massage that melts away tension and restores inner balance. The experience concludes with a traditional Jamu face care ritual, leaving your skin nourished and radiant. A signature alchemy experience, exclusively crafted for Svasana Spa & Wellness.

## Meru-Raga | 150min | 2.350k

A wellness-enhancing ritual designed to restore balance and radiance. Your journey begins with a sacred moon scrub, gently exfoliating and renewing the skin to unveil a luminous glow. This is followed by a personalized full-body massage, intuitively crafted to meet your unique needs, concerns, and preferences. Work with your therapist to customize the focus areas and pressure, ensuring a truly bespoke experience. The ritual is further enriched with a soothing cranial technique for the face and head, infused with traditional Jamu face care, and complemented by energy-balancing crystal frequencies to promote deep relaxation and harmony. For the ultimate renewal, enhance your treatment with a 7-chakra LED light facial, restoring radiance and holistic well-being.



Spiritual Wellness "Sacred Energy"

## Pada-Usug | 30min | 500k | 60min | 800k

Reawaken your foundation with Pada-Usug, a deeply restorative foot massage inspired by Balinese healing traditions. This revitalizing ritual combines rhythmic strokes and Marma point stimulation to release tension, enhance circulation, and restore the natural flow of Prana (life force).

## Marga-Usug | 30 min | 500k | 60min | 800k

A Balinese-inspired massage for the back, neck, shoulders, and head, designed to release tension and restore Prana (life force). Using ancient healing techniques, this treatment clears energy blockages, eases stress, and brings a sense of lightness, balance, and deep relaxation.

## Angga-Lepa | 30 min | 500k | 60min | 800k

Restorative Body Wrap, A nourishing full-body wrap designed to detoxify, hydrate, and restore balance. Using ancient herbal blends, this treatment draws out impurities, replenishes moisture, and leaves the skin feeling renewed, soft, and radiant. Experience deep relaxation as your body absorbs the healing benefits of nature.

#### Angga-Wangi | 30 min | 500k | 60min | 800k

A revitalizing body exfoliation infused with Cananga (Ylang-Ylang). This traditional lulur treatment smooths, nourishes, and enhances your skin's natural glow, leaving it soft, radiant, and refreshed.

Timeless Grace "Sacred Touch"

## Sirah-Rai | 30min | 500k | 60min | 800k

A deeply soothing ritual that begins with a gentle face massage, using flowing strokes and acupressure techniques to release tension, promote circulation, and restore your natural glow. The journey continues with a head massage, easing stress and enhancing relaxation as warm, aromatic oils nourish the scalp. Inspired by Balinese healing wisdom, Sirah-Rai harmonizes mind and body, leaving you feeling refreshed, grounded, and deeply restored.



Nail Care	300.000
Nail Art per Nail	100.000
Nail Gel Remover	300.000
Manicure + Gel Polish	700.000
Pedicure + Gel Polish	800.000
Hair Blow	350.000
Hair Do/Style	750.000
Women Hair Cut	850.000
Man Hair Cut	650.000
Kids Hair Cut	350.000