

SPA MENU

Sudamala Resort, Sanur - Bali

Meaning water of life, SudaJiva Spa offers a range of treatments – a fusion of ancient and contemporary healing therapies - to cleanse your body and soul from negative energy, allowing you to feel rejuvenated to continue your journey of discovery on the Island of the Gods.

Each of the spa suite is designed to restore balance and harmony between body and mind in an ambiance of beauty, grace and tranquillity, complete with its own individual garden courtyard and outdoor 'rain' shower. With spa products specially blended from natural elements from the island, Sudajiva Spa will redefine your spa experience.

The Art of Facial Care

PURITY FACIAL

This facial is rich in enzymes, which peels away dead skin, antioxidant and vitamins, which protects and treats the cells from environmental damage and pollutants, and natural oils, which deeply nourishes the skin. We use only natural ingredients with no harmful preservatives or additives.

There are three options for different skin types, relying on nature's life-force to restore the equilibrium and deliver a vitamin and mineral burst to your skin.

Preserve	a cleansing and rejuvenating facial for normal skin
Renew	a fruit acid facial for treating environmentally damaged skin
Enrich	a nourishing facial for dry or mature skin

60 minutes

IDR 500

pevonia[®]
Botanica

ORGANIC FACIAL BY PEVONIA BOTANICA

A true balancing facial using pure organic aromatherapy elixirs & botanical active ingredients to purify, balance & renew the skin, leaving it more youthful, energised and regenerated.

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

60 minutes

IDR 800

MARINE COLLAGEN BY PEVONIA BOTANICA

Anti-aging therapy

Rich in concentrated collagen, this treatment rejuvenates the skin and reduces the appearance of fine lines and wrinkles, leaving skin plump with radiant youthful glow.

60 minutes

IDR 950

Prices quoted in IDR '000' and subject to 26% government tax & service charges.

The Art of Body Remedies

SUDAJIVA SIGNATURE MASSAGE

Surrender yourself to our divine signature massage, performed by two therapists working together in harmony, is a unique blend of five different massage styles - Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese.

60 minutes

IDR 800

BALINESE MASSAGE

The traditional centuries-old Balinese Massage that has been passed down through many generations is a restoring and calming massage experience combining 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 full body massage using warm herbs infused with Ayurvedic oils chosen according to your dosha, then experience Shirodara therapy using warm medicated oils gently poured over the forehead, and scalp massage which in turn triggers healing, restores balanced health and calms the mind.

The perfect treatment for jetlag, insomnia, fatigue, stress and stubborn headaches.

90 minutes

IDR 850

HOT HERBAL POULTICE THERAPY

This therapeutic massage begins with an application of warm oil specific to your dosha before your therapist applies warm herbal pouches to relax the muscle while stimulating circulation and energy flow. The combination of heat and herbs helps to reduce aches and pains, increase lymphatic drainage and condition the skin, leaving you fully refreshed and relaxed.

60 minutes

IDR 600

90 minutes

IDR 750

JIVA RIVER STONE MASSAGE

A heated stone massage to relax and relieve stress, combining the healing power of touch with energy of the earth in relaxing, muscle-melting massage, with smooth, warmed stones gliding across your body in long, flowing strokes, The heated stones help to relax the muscles and soothe the mind. Stones are placed on various energy point to encourage the body's healing potential.

60 minutes

IDR 550

90 minutes

IDR 700

Prices quoted in IDR '000' and subject to 26% government tax & service charges.

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, revitalised and ready for all the experiences Bali has to offer.

60 minutes
90 minutes

IDR 550
IDR 700

CANDLENUT MASSAGE

This luxurious massage using freshly-grated candlenut relaxes the body, and exfoliates, nourishes and softens the skin at the same time.

60 minutes

IDR 550

FOOT REFLEXOLOGY

This massage focuses entirely on the feet. The points in each foot that correspond to different body parts, organs, muscles and energy meridians are stimulated. Often quite an intense process, this technique relaxes the body deeply while restoring and balancing completely.

60 minutes

IDR 450

BODY SCRUB

Body scrubs are a therapeutic exfoliating treatment for the skin, leaving the entire skin of the body glowing and healthy. A choice of scrubs is available to suit your mood and skin type.

Soothing Coconut Scrub	~ nourishes the skin. Recommended for dry skin & sensitive skin
Sea Salt Scrub	~ removes dead skin cell and eliminates toxin. Recommended for normal skin
Traditional Lulur	~ exfoliates and moisturises the skin, using age-old traditional recipe. Good for all skin types
Bali Kopi Scrub	~ exfoliates and revitalises 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 by way of detoxification, and improve blood circulation & hydration. Choices of wraps are available to meet your specific needs & skin conditions

Balinese Boreh Body Wrap	~ soothes body aches & pain, increases blood circulation
Waterlily Body Wrap	~ rehydrates sun-exposed skin

30 minutes

IDR 350

Prices quoted in IDR '000' and subject to 26% government tax & service charges.

The Art of Pampering Rituals

SIMPLY REJUVENATE

Body Massage – Choice of Body Scrub/Body Wrap

Truly treat your hardworking muscles by combining the benefits of body exfoliation or body wrap with the hydrating and relaxing elements of body 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, and traditional facial to refine and refresh.

120 minutes

IDR 850

EXOTIC KOPI BALI RITUAL

Kopi Bali Scrub – Jiva River Stone Massage – Foot Massage

A true Balinese experience. Boost your energy and uplift your senses with the pure Kopi Bali scrub, before easing all tensions with our heated stone massage and a relaxing foot massage for an overall reviving ritual.

120 minutes

IDR 850

SIGNATURE ESCAPE

Sea Salt Scrub – Sudajiva Signature Massage – Purifying Refresher Facial

A true detox treat begins with a natural sea salt exfoliation to purify the skin. Followed by our signature massage performed by two therapists using aromatic blend oil and an energising facial for a total 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 the cool waterlily wrap and scalp massage for total skin rejuvenation. Finally, enjoy a wonderfully soothing massage with waterlily hydrating facial. The ideal remedy for sun-exposed skin to 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, in turn, the centre of your being. A divine Balinese Massage is followed by your choice of body exfoliation and bath. Continue with a cleansing natural facial and traditional hair treatment. Complete the experience by enjoying a choice of spa cuisine, offering tasty healthy treats.

4 hour (exclude spa cuisine time)

IDR 1,800

Prices quoted in IDR '000' and subject to 26% government tax & service charges.

The Art of Romance

TRUE LOVE

Foot Bath – Body Massage – Choice of Bath

Jump on the love express with a relaxing foot bath and blissful body massage to relieve stress and tension. Finally, enjoy a romantic bath ritual of your choice to round of a well-deserved time off 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 start to relax with a purifying foot bath and re-balance and re-charge with Balinese Massage 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 is then exfoliated with your choice of scrub to brighten, soften and purify the skin. Conclude with a romantic Sudamala Balinese flower bath with a glass of sparkling wine for the ultimate cherry on top for you and your loved one.

150 minutes

IDR 1,800

The Art of Hands & Feet

Beauty treatment for your hands or feet, uses a variety of sterilised tools, creams, salt scrub and massage technique to clean, shape and strengthen your nails, care for your cuticles and 'dress' 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

Prices quoted in IDR '000' and subject to 26% government tax & service charges.

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 personalised hair treatment. Our highly trained therapists will be delighted to assist you in choosing the most suitable hair treatment based on your hair type and condition.

Choose one from our traditional selections of hair cream:

Alpukat (Avocado)	~ nourishes dry hair
Lidah Buaya (Aloe Vera)	~ cooling and enriches all hair types
Kemiri (Candlenut)	~ helps restore shine and stimulates hair growth
Santan (Coconut Milk)	~ prevents hair loss & moisturize
Wortel (Carrot)	~ strengthens hair, silky & smooth hair texture
Daun Kembang Sepatu (Hibiscus Leaf)	~ darkens your hair, soothes & cools it
Daun Mint (Mint Leaf)	~ refreshes, anti-dandruff
Stroberi (Strawberries)	~ moisturises and encourages shine

The Art of Bath Indulgences

RELAXING BUBBLE BATH

Rich in anti-oxidant, this bath hydrates and rejuvenates the skin. Its essential oil deeply moisturises for younger looking skin

30 minutes

IDR 300

ROMANTIC SUDAMALA FLOWER BATH

Savour a blissful and relaxing romantic flower bath with drops of jasmine essential oil and exotic flower petals. Restore mind and body with this extravagant floral bath.

30 minutes

IDR 300

LIME & SEA SALT DETOX BATH

A detoxifying experience that will melt your stress away, relax your muscles and eliminate metabolism wastes. We combine mineral sea salt, lime and peppermint essential oils to deeply relax and refresh at the same time. One for our frequent flyers!

30 minutes

IDR 300

The Art of Private Yoga

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

60 minutes

IDR 600

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SUDAJIVA SPA CUISINE

Sudamala Resort, Sanur - Bali

Spagetthi 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 flour tortillas served with yogurt

Healthy Juice

Choose your own personalized combination:

Orange, Watermelon, Papaya, Pineapple, Honeydew melon, Lime, Carrot, Cucumber, Celery, Tomato, Ginger

