

## WELCOME TO SUDAJIVA SPA

Sudajiva Spa, meaning "Water of Life," offers a range of treatments that blend ancient and contemporary healing therapies to cleanse both body and soul. This rejuvenating experience helps guests feel revitalized as they continue their journey of discovery in the mystical land of the Komodo Dragon.

Each treatment room is designed to restore balance and harmony between body and mind, set in an ambiance of beauty, grace, and tranquility. These rooms, complete with private showers, provide the perfect space to indulge the senses and immerse in Indonesian culture. Sudajiva Spa takes pride in using handpicked, naturally sourced products from the island, specially blended to enhance the overall experience.

### SPA ETIQUETTE & POLICY

#### SPA RESERVATION

We highly recommend making an advanced reservation to secure your preferred date and time. While we are open for reservations daily from 9 am to 9 pm, key treatment times can fill up quickly. To avoid disappointment, please book in advance by pressing the "0" button on your in-room phone.

#### PRE-ARRIVAL TIME

We kindly request that you arrive at least 10 minutes before your scheduled treatment time. Please note that treatments will conclude at the designated time to prevent delays and respect the bookings of other guests. We appreciate your understanding.

#### SPA ATTIRE

Please wear comfortable attire when visiting the spa. Upon arrival, we will provide you with a kimono or sarong, disposable underwear, a towel, and slippers for your convenience. During treatments, our therapists are professionally trained to drape you appropriately to ensure your comfort and privacy.

#### VALUABLES

We recommend that you leave all valuables in the safe deposit box provided in your guest room. While we strive to care for your belongings during your visit, we cannot assume liability for any valuables.

#### AGE LIMITATION

Guests aged 12 and older are welcome to enjoy our spa treatments. However, guests under 12 years old are not permitted in the spa. Please note that proof of age may be required.

#### SMOKING & ALCOHOL

Smoking and alcoholic beverages are not permitted in the spa area. We also recommend refraining from consuming alcohol within 8 hours prior to your treatment for the best experience.

### **SPA TRANQUILITY & RESPECT FOR OTHER GUESTS**

To maintain the tranquility of Sudajiva Spa, we kindly request that all electronic devices, including mobile phones, be turned off during treatments and while in the spa area. Your cooperation is appreciated in preserving this peaceful environment.

### **CANCELLATION POLICY**

A minimum of four (4) hours' notice is required for any cancellations or changes to your appointment. Failure to provide this notice will result in being charged in full for the missed services.

### **RECOMMENDATION**

1. For men, please refrain from shaving for at least three (3) hours before your facial treatment.
2. For pregnant women, some treatments, particularly body massages, may not be suitable during the first trimester. We advise consulting with your healthcare provider before booking.
3. To enhance your experience, please avoid sunbathing and consuming heavy meals prior to your treatment, as these may negatively affect your enjoyment.

## SPA MENU

### Pampered by Sudajiva

#### Jiva Bliss

Indulge in a blissfully relaxing experience for both mind and body with our foot bath ritual, followed by a body massage of your choice and our signature facial, Enriched by Nature. Treat yourself to this rejuvenating journey and emerge feeling refreshed and revitalized.

2 hours 30 minutes

IDR 1250

### Healthy Face

#### Enriched by Nature

Made fresh just for you, this facial deeply cleanses and nourishes the skin, infusing it with abundant natural nutrients to keep your complexion radiant and glowing. Experience the revitalizing effects of this treatment and enjoy a refreshing boost for your skin.

60 minutes

IDR 850

#### Recharged by Nature

This quick yet effective cleanse is perfect for our time-pressed guests who still want to nurture their skin with specially crafted natural ingredients. Enjoy a rejuvenating experience that fits seamlessly into your busy schedule, leaving your skin refreshed and revitalized.

30 minutes

IDR 600

### Body & Mind

#### Sudajiva Balancing Signature Massage

Sudajiva's signature massage begins with a soothing foot bath ritual, allowing you to unwind before your experience. The treatment continues with a body massage using warm aromatherapy oils, featuring a blend of soft to strong strokes and pressure techniques designed to harmonize your body and mind. Immerse yourself in this holistic journey to relaxation and rejuvenation.

1 hour 30 minutes

IDR 1000

60 minutes

IDR 850

### **Pede Beach Relaxing Massage**

Inspired by the tranquil waves and breathtaking sunsets of Pede Beach, this massage is designed for ultimate rest and relaxation. It begins with a soothing foot bath ritual, followed by a body massage using aromatherapy oil. The gentle, soft to medium strokes promote relaxation and help enhance your sleep quality, allowing you to drift into a state of blissful tranquility.

**1 hour 30 minutes**  
**60 minutes**

**IDR 1000**  
**IDR 800**

### **River Hot Stone Massage**

This type of massage therapy is designed to help you relax and soften damaged tissues throughout your body. It effectively addresses insomnia and boosts your immune system, promoting overall well-being and rejuvenation. Experience the soothing benefits as you unwind and restore balance to your body.

**1 hour 30 minutes**

**IDR 1000**

### **Happy Feet**

For rejuvenated, happy feet, indulge in a soothing foot bath ritual followed by invigorating acupressure from the ankles down. This treatment revitalizes tired feet, promotes relaxation, and enhances overall well-being, leaving you feeling refreshed and energized.

**45 minutes**

**IDR 600**

### **Back To Head Tension Reliever**

This treatment is tailored to your individual needs, whether you're looking to alleviate muscular pain in a specific area or simply seeking a well-deserved moment of relaxation. Enjoy a personalized experience designed to help you unwind and restore balance to your body.

**30 minutes**

**IDR 500**

## Beauty Skin

### Flores Coffee Body Glow

Fresh local Flores coffee combats the effects of aging while being mixed with brown sugar to exfoliate skin impurities, leaving you with a glowing holiday complexion. To enhance this treatment, a cucumber conditioner is applied to help balance your skin's pH, ensuring a rejuvenated and refreshed appearance. Enjoy the natural benefits of these ingredients for beautifully radiant skin.

45 minutes

IDR 700

### Sun Soother Mask

Soothe irritated or sunburnt skin with our exceptionally cooling body mask, crafted from aloe vera and yogurt. This special treatment is designed to help you feel refreshed and rejuvenated, allowing you to fully enjoy your time under Bajo's sun while nurturing your skin. Experience the calming effects and embrace your best life outdoors.

45 minutes

IDR 700

## The Sudajiva Signature Package

Embark on a day dedicated to the pursuit of tranquility with our exclusive Sudajiva Signature Package. This immersive experience begins with a pampering session from head to toe, starting with a soothing foot soak and tender massage.

Indulge in the luxurious Sudajiva Signature Massage, featuring Papaya massage oil that envelops you in a blissful state of relaxation. The journey continues with a rejuvenating Papaya & Sea Sand body scrub, offering a gentle exfoliation that leaves your skin with a natural radiance.

Concluding this exquisite escape, immerse yourself in the nourishing embrace of our homemade Papaya body lotion. Designed to provide not only a healthy glow but also a delightful sensory experience for your skin.

90 minutes

IDR 1100

For information and reservation, contact Sudajiva Spa from the "Sudajiva Spa" button on your in-room phone

Sudajiva Spa opening hours: 9:00 am to 9:00 pm daily.

Last treatment: 8:00 pm for 1 hour.