

A black and white photograph of a woman in traditional Balinese attire, including a lace kebaya and a batik sarong, sitting on the floor. She is wearing glasses and has her hands positioned as if performing a ritual or massage. In the background, there is a statue of a deity adorned with a large white flower garland. To the left, there is a traditional Balinese offering table (banten) with various items. The background wall has a textured, scale-like pattern.

# SUDAJIVA SPA WELLNESS PROGRAMS

[www.sudamalaresorts.com](http://www.sudamalaresorts.com)

## Indulge in the Magic of Sudajiva Spa

Step into a realm where wellness meets wonder.

Immerse yourself in the beauty of Sudajiva Spa and discover an ethos dedicated to wellbeing.

Sudajiva Spa embodies the essence of native heritage while paving a path to the world.

# Sudajiva

SPA



The key to a healthy life, is having a healthy mind.  
Health is a state of mind, Wellness is a state of being.

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## Harmony Unveiled: The Usada Bali Wellness Odyssey at Sudajiva Spa

**Embark on the Usada Bali Wellness Program at Sudajiva Spa, a transformative 6-hour journey priced at IDR 2,500,000++ per person. Subject to 26,5% government tax and service charge.**

This program is a holistic exploration of a healthy lifestyle, featuring the renowned Balinese Traditional Body wrap "Boreh" and the traditional herbal drink "Jamu." It commences with a choice of one-hour yoga or meditation, followed by soul purification or melukat with a priest, connecting with ancient remedies and cultural heritage.

The experience is enriched with:

- A nourishing lunch at Ares Restaurant
- A one-hour workshop on traditional Balinese boreh and herbal drink crafting
- Concludes with a 120-minute traditional Balinese Spa session, encompassing a foot bath, Balinese massage, boreh body wrap, and a refreshing lime & sea salt bath.
- This wellness program emphasizes the harmony between body, mind, and soul for genuine health and ultimate relaxation.

## Lilla Cita

**Immerse yourself in Tranquility:  
Lilla Citta's 7-hour retreat at IDR 3,000,000++ per person. Subject to 26,5% government tax and service charge.**

Lilla Citta invites you on a unique journey focused on cultivating a serene mind through the art of yoga and soul purification. The experience unfolds with a choice of one-hour yoga or meditation, followed by an hour of soul purification or melukat with a priest.

Delve into the local history with a three-hour exploration of historical temples, including Belanjong temple and Segara temple, complemented by a wholesome lunch at Ares Restaurant.

Concluding this spiritual sojourn is a 90-minute massage, using warming medicated oil to induce healing, restore balance, and impart tranquility to the mind. Lilla Citta's program offers a spiritual odyssey, guiding you towards inner peace through a profound and locally inspired wisdom.

## Boga Bali

**Culinary Harmony Unleashed:  
Boga Bali's 4-hour wellness retreat at IDR 2,000,000++ per person. Subject to 26,5% government tax and service charge.**

Embark on a transformative journey encompassing deep yoga or meditation, soul purification, and the exploration of wholesome cuisine with Boga Bali. Immerse yourself in a hands-on wellness cooking experience at Ares Restaurant, guided by the culinary experts of Sudamala Resort, Sanur. This enriching experience not only imparts practical cooking skills but also instills a deeper understanding of crafting healthy yet delicious meals.

Indulge in a well-rounded journey of physical, spiritual, and culinary pursuits aimed at restoring health, building strength, achieving balance, and enhancing longevity.

The list of activities includes one hour of yoga or meditation, an hour of soul purification or melukat with a priest, a one-hour healthy food cooking class, and a nourishing lunch at Ares Restaurant. Boga Bali invites you to embrace a holistic approach to well-being, weaving together the realms of body, spirit, and the culinary arts.



## Meet the Master Linggen

Also revered as Sri Guru within the Indonesian Ashram Teacher community, stands as an esteemed international spiritual leader. Serving as the Prime Guru and Chairman of the Indonesia Ashram Association, he skillfully guides over 200 Ashram Members across Indonesia.

Renowned not only for his leadership but also as a prominent healer and yoga teacher, Master Linggen is the visionary founder of the Shanti Wijaya International Jnana Buda Siwa Study Group, formerly known as Divine Light International Study Group.

This influential group spans across the United States, Europe, Japan, Australia, and various other countries.

Throughout his illustrious career, Master Linggen has offered profound guidance and compassionate care to a diverse spectrum of individuals.

From villagers within his community to esteemed University Professors, Company CEOs, Healers, Yoga teachers, and international celebrities, his impact resonates across a wide array of lives.

## Divine Light Awakening and Blessing: A Transcendent Journey

Commence your transformative experience with Spine Yoga, a practice dedicated to cleansing the entire nervous system. Guided by the Guru, delve into secret and sacred techniques to activate the energy body.

This process purifies and activates the chakras, responsible for healing the organ system by fostering the creation of new, healthy cells. The continuous maintenance and regeneration contribute to restoring and balancing the function of the entire organ system.

This 180-minute journey extends its benefits to both physical and mental health through the purification of the mind. Participants culminate in a divine blessing, receiving Holy knowledge authorization. This sacred knowledge allows students to practice and guides them to connect their minds to the divine nature of Atman or the Holy Spirit. As time unfolds, the radiant influence of divine light brings forth great inspirations to the mind.

**Priced at IDR 4,800,000++ per person,  
this therapeutic experience offers a gateway to holistic well-being.  
Subject to 26,5% government tax and service charge.**





## The Balinese Healer Komang Abdi

Abdi is a certified Gong Master, Sound Healer, and Yoga Teacher who dedicated his life to the healing journey and yoga teaching in 2009. After years of consistent meditation practise, he recognizes his calling to be a healer. He fell in love with sound therapy because he believes it can penetrate deep into your body, tissue, and bones to break up congestion, bring alignment, and clear blocked energy.

As an Energy Healer, he will reconnect you to pure Universal Energy to clear, ground, revitalize, harmonize, and generate a sense

of serenity and happiness in our energy body, the subtle energy.

In his yoga class, he enjoys sharing the beauty and spirit of yoga, and he is always there to assist students with adjustments to ensure that each student follows the correct body alignments during the practice, not to mention synchronizing the breath and the focus.

The goal is to achieve harmony in the body, mind, and soul.

## Chakra Balancing

Immerse in holistic healing with seven chakra crystals, placed at specific points by a talented healer. The healer channels energy through the palms, releasing stress and inducing harmony.

Acupressure is applied, with sensations like heat or tingling indicating energy flow. Cleansing crises may occur as toxins release.

**This 60-minute experience leaves a radiant sensation.  
The priced at IDR 3,000,000++ per person.  
Subject to 26,5% government tax and service charge.**

## Tibetan Singing Bowl Meditation

Embrace serene sounds and healing energy of Ancient Tibetan Singing Bowls in a transformative sound meditation. The deep vibrations clear the mind, melting away stress.

**This 60-minute powerful, non-intrusive method reduces physical pain.  
Priced at IDR 3,000,000++ per person.  
Subject to 26,5% government tax and service charge.**





## Luminary Wellness Path

### Tai Chi

Tai Chi is an ancient Chinese tradition that has evolved over centuries to alleviate stress and anxiety—a form of meditation in motion.

Loosen your stiff muscles and learn to flow with gentle, coordinated, and integrated movements that bring serenity and inner peace within each motion. Beginners are most welcome.

**45–60 minutes of balance, flow, and relaxation.**

**The priced at IDR 1,500,000++ per person.**

**Subject to 26,5% government tax and service charge.**

### Sound Healing / Sound Bath Healing

Immerse yourself in the healing vibrations of sound to achieve deep relaxation, release anxiety, and find inner peace.

Healing processes are initiated by stimulating our brainwaves to synchronize with the sound's perfect resonance. The sound vibration will create the ideal state to achieve optimal physical and emotional balance and harmony.

**60 minutes of deep relaxation.**

**The priced at IDR 1,500,000++ per person.**

**Subject to 26,5% government tax and service charge.**

## Qi-Gong

Qi Gong, an ancient Chinese practice that involves gentle movements, controlled breathing techniques, and meditation to cultivate and balance the body's vital life energy, known as Qi.

Additional benefits of practicing Qi Gong :

Qi Gong can enhance your physical health.

Regular Qi Gong practice can have profound effects on your physical health. Promoting the smooth, harmonious flow of Qi throughout your body's meridian pathways helps stimulate and strengthen your internal organs, improve blood flow, relieve stress and tension, boost your immune system, and enhance your overall vitality. The gentle movements, stretches, and meditation in your Qi Gong practice will improve your flexibility, balance, posture, and reduce the risk of injuries and chronic pain. Experience the rejuvenating power of Qi Gong as it revitalizes your body from the inside out.

**60 minutes of energy flow and inner balance.**

**The priced at IDR 1,500,000++ per person.**

**Subject to 26,5% government tax and service charge.**

## Reiki

It is an energy healing technique that promotes relaxation, reduces stress, induces deep relaxation, relieves emotional stress, alleviates anxiety, and improves overall well-being through gentle touch.

Practitioners transfer universal energy through their palms to your body, enhancing the flow and balance of your energy to support healing.

Acupressure points might be applied to specific areas to increase blood flow through the body.

The term "reiki" originates from the Japanese words "rei," meaning "universal," and "ki," which refers to the vital life force energy that flows through all living things.

Benefits of Reiki:

- **Relaxation:** Reiki promotes relaxation and stress reduction.
- **Symptom Relief:** It can help relieve pain and tension.
- **Immune System Stimulation:** Reiki may stimulate your body's immune system.
- **Natural Self-Healing:** It supports natural self-healing processes.
- **Well-Being:** People receiving traditional medical treatments (such as chemotherapy, radiation, surgery, and kidney dialysis) may benefit from Reiki.

**60 minutes of calm, clarity, and restoration.**

**The priced at IDR 1,500,000++ per person.**

**Subject to 26,5% government tax and service charge.**

## 7 Chakra Balancing

Embrace the tranquility your body deserves. This indulgence features Chakra healing with Crystals, acupressure points, and a unique, powerful Balinese therapeutic massage to relieve stiffness, improve blood circulation, and release energy blocks to achieve total balance and rejuvenation. To enhance your experience, this treatment includes personalized consultation and numerology reading.

**90 minutes of inner alignment and renewal.**

**The priced at IDR 2,000,000++ per person.**

**Subject to 26,5% government tax and service charge.**



## A Voyage into Elixir: Unraveling the Essence of Jamu

Have you ever contemplated the intricacies of Jamu? It is Indonesia's venerable system of traditional herbal medicine, a tapestry woven with indigenous flora meticulously crafted to address a myriad of maladies.

Rooted in the verdant landscapes of tropical Indonesia, Jamu tonics derive their potency from a symphony of botanical elements: roots and rhizomes such as ginger, galangal, and turmeric; blossoms like roselle, cloves, and butterfly pea; bark, including cinnamon and secang; leaves such as kaffir lime and lemongrass; and seeds and fruits exemplified by peppercorns.

Today, within the sanctum of Sudajiva spa, a celebrated chapter of Jamu unfolds with the creation of two revered elixirs: Jamu Beras Kencur and Jamu Kunyit Asam.

**IDR 200,000++ per person.**

**Subject to 26,5% government tax and service charge.**



# Immerse Yourself in the Enchanting Sanur Sunrise Walk

Rise with the sun and embark on an authentic Balinese adventure. This guided walk takes you through the serene beauty of our local white-sand beach. Begin your journey from the hotel lobby, immersing yourself in the spectacle of dawn and the vibrant morning rituals of the locals.

Gain insights into their rich culture and spiritual traditions as you explore the historic Prasati Belanjong and a revered local temple, delving deeper into the essence of Balinese heritage. This experience boasts an almost zero carbon footprint, promoting a healthier lifestyle in harmony with nature.

## Highlights:

- **Embrace the Morning:** Embark on a refreshing morning walk and explore Bali's scenic coastline, departing from the hotel at 5:45 AM.
- **Witness a Sunrise Spectacle:** Witness the captivating sunrise at Sunrise Sanur Point, an iconic spot for photography enthusiasts.
- **Local Life Immersion:** Delve into the heart of the local residential areas en route to the Blanjong inscription.
- **Unveiling Cultural Treasures:** Discover the significance of the historical Prasasti Blanjong and the revered local temple, both integral to the spiritual fabric of Sanur.
- **Rejuvenate Your Senses:** Conclude with a wholesome breakfast at Ares Restaurant, nourishing both body and soul.

**Please note:** Breakfast may be included in your room rate. If not, an additional charge will apply.

**IDR 300,000++ per person.**

**Subject to 26,5% government tax and service charge.**



# Indigenous Wellness Journey

## A 3-Day Sacred Journey to Reconnect Body, Mind, and Spirit

In the tranquil heart of Sanur, Sudamala Resort invites you to rediscover balance and inner harmony. This three-day retreat combines ancestral Balinese healing, sacred rituals, and holistic practices, a journey to realign body, mind, and spirit.

### Day 1 - Arrival & Reconnection

Begin your journey with a warm herbal infusion and an introduction to Tri Hita Karana, the Balinese philosophy of harmony. Experience Melukat, a sacred water purification guided by a local priest, followed by Foot Reflexology and a soothing Herbal Bath. End the day with a wholesome dinner inspired by Balinese flavours.

### Day 2 - Awakening & Alignment

At sunrise, join Sarira Krya Yoga and meditation to awaken the senses. Create Canang Sari offerings accompanied by the gentle sound of Rindik bamboo music. In the evening, gather at Bale Yoga for chanting and a Fire Cleansing ritual, concluding with a cup of healing tea.

### Day 3 - Integration & Renewal

Discover the ancient wisdom of Boreh and Jamu through an interactive workshop. Complete your journey with the Sudamala Signature Spa Ritual, a 90-minute session combining Balinese massage and Boreh body wrap. Depart with serenity, carrying the soft rhythm of Bali within.

*A journey of renewal, guided by nature and the sacred spirit of Bali, only at Sudamala Resort, Sanur.*

**IDR 6.000.000 ++ per person**

**Subject to 26,5% government tax and service charge.**



# Weight Balance Retreat

4 Days to Renew Your Body & Mind | Hosted at Sudamala Resort, Sanur  
In collaboration with Bali Mandara Hospital

A Transformative Journey to Balance Your Body, Mind & Soul

Embark on a four-day escape designed to restore your inner harmony. Guided by professional medical expertise and holistic wellbeing practices, this retreat helps you reconnect with your body, refresh your mind, and renew your energy amidst the serene charm of Sanur.

*Your Journey Includes:*

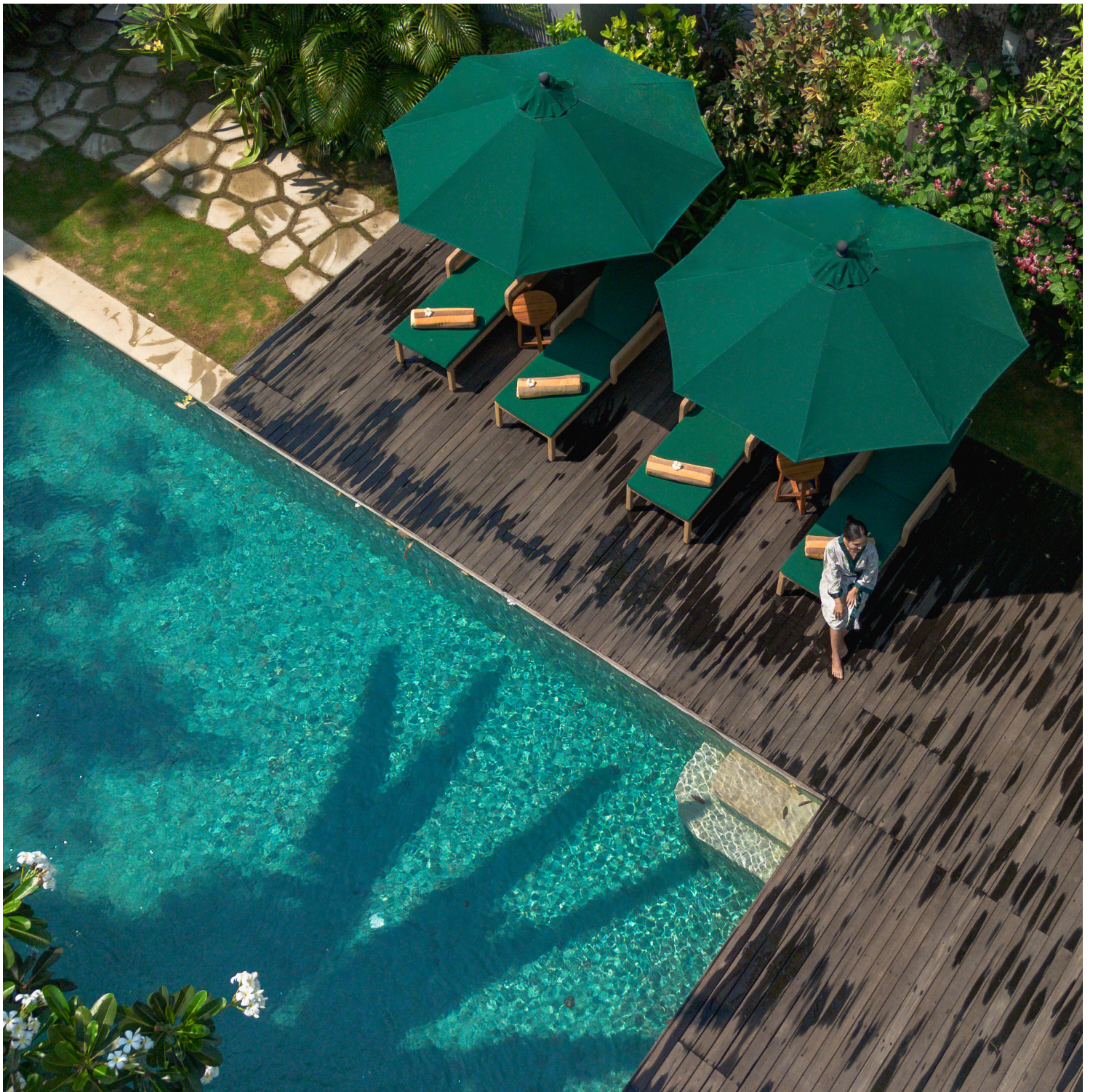
- 3-night stay at Sudamala Resort, Sanur
- Nutrition management & personalized doctor consultation
- Daily healthy meals (doctor-designed menu)
- Daily yoga or meditation sessions
- 60-minute Balinese massage
- Morning exercise & full gym access
- Use of resort facilities

All medical consultations and procedures are provided exclusively by Bali Mandara Hospital, in accordance with their professional standards. Sudamala Resort, Sanur serves only as the venue and hospitality provider and is not responsible for any medical decisions, treatments, or outcomes.

**Single Occupancy – IDR 12,636,000 net/pax**

**Double Occupancy – IDR 9,486,000 net/pax**

*Booking required at least 14 days prior to arrival.*



Today, Sudajiva Spa can be discovered in Bali, Lombok, and Flores. Within Sudajiva Spa, the convergence of East and West treatments creates a harmonious blend, showcasing a captivating fusion of these distinct cultures in our array of offerings.

Each Sudajiva Spa encounter is unparalleled. Guided by our reverence for cultural diversity, you will come to know us for our unwavering dedication to your complete contentment, our profound trust in the therapeutic arts, and the generosity of spirit that infuses every service we provide.



**Elevating Traditions,  
Enhancing Experiences**

[www.sudamalaresorts.com](http://www.sudamalaresorts.com)

**An Indonesian Odyssey**



Bali

Lombok

Flores

# Sudajiva

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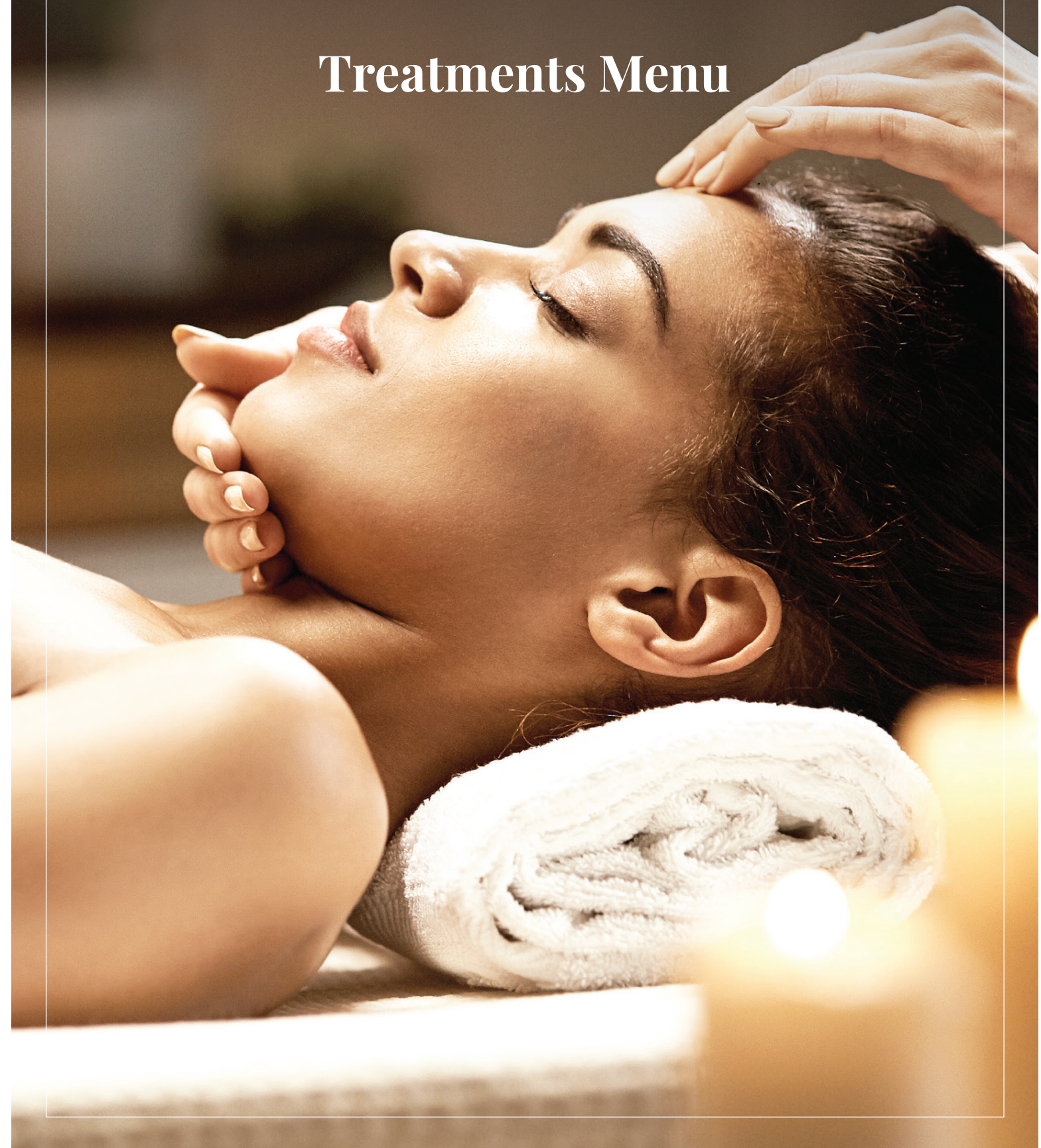
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# Sudajiva

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## Treatments Menu



## 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

Prices quoted in IDR '000' and subject to 26.5% Government Tax & Service Charge

## The Sudajiva Signature Package

*Foot Bath – Sudajiva Signature Balinese Massage – Body Scrub*

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 Balinese 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 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*)

: Cooling and enriching for all hair types.  
: Nourishes dry hair and helps restore shine while stimulating hair growth.

Santan (*Coconut Milk*)  
Wortel (*Carrot*)  
Daun Kembang Sepatu (*Hibiscus Leaf*)  
Daun Mint (*Mint Leaf*)

: 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

# Sudajiva

SPA

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